spring it on!
Welcome spring with the new bright and smooth Starbucks® Blonde Sunrise Blend

No green thumb? No problem! Make an easy centerpiece using our rainbow-fresh bouquets. (see pages 38 & 55 for ideas)
### lineup

#### APRIL 2019

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**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.

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It takes just 15 minutes to whip up a quiche for a crowd, see page 42.
Spring is finally here and we're eager to share our ideas for enjoying the best this season has to offer: breezy outdoor living, easy recipes, Easter inspiration and much more. Spring it on!

This month’s issue of Seasons highlights grilling. Learn how to grill the perfect steak in “Cooking 101: Grilled Steak,” page 13, including the best cuts to use. Love food on a stick? Kabobs are low-prep and stacked with protein and veggies, page 24. If you’re in the market for a new grill, check out “Get Your Grill On,” page 64, for what you need to know about gas, charcoal, ceramic and smokers. Along the way see how to cook salmon on a plank or serve smoke-cooked pork sandwiches and chicken.

Speaking of chicken, grab a rotisserie chicken from Hy-Vee. Only a handful of add-ins make one a full meal. See “Hy-Vee Chicken,” page 32. And with Easter around the corner, look to “No-Fuss Easter,” page 38, for simple ways to cook ham and for one-pan recipes.

Follow spring’s call and set up for patio season. Check out lawn and garden products available at Hy-Vee, “Outdoor Living,” page 58, where you’ll find stylish, comfortable furniture along with umbrellas and pillows for any outdoor space. Then add beautiful pots and plants. Inside, give your home a good spring cleaning. “Clean Sweep,” page 100, has strategies to streamline the work.

For a glimpse into what inspires a Minneapolis NBA star, turn to page 82. Karl-Anthony Towns, a team leader with the Minnesota Timberwolves, describes the motivation and persistence that propel him.

Enjoy spring!
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HY-VEE, INC.
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Please recycle after use.
MAKE EVERY DAY EARTH DAY

~ STOCK UP TODAY! ~

Offers available 4/1/19-4/30/19. Check in stores for weekly savings. See store for offer details, including participating varieties of each advertised product. Only at Hy-Vee.

STOCK UP TODAY!

When you buy $15 in participating General Mills items


Make Every Day Earth Day

Epic Jerky: select varieties 2.5 oz. $9.00

Muir Glen Tomatoes or Epic Performance Bar: select varieties 2/4.00

Epic Performance Bar: select varieties 5.25 to 6 oz., 28 oz. or 7.48 to 16.83 oz. 2/4.00

Annie’s Snacks or Fruit Snacks: select varieties 4 to 15.6 oz. 2/6.00

Larabar Multipack Bars: select varieties 8 to 8.5 oz. 2/10.00

Cascadian Farm and Annie’s Cereal & Bars: select varieties 6.2 to 16 oz. 2/7.00

Sweat, tender asparagus stars in everything from raw salads to quick pastas. Spears come in green, white and purple and can be used interchangeably. White green offers a grassy flavor, white tastes milder and purple takes on fruity notes.

BUY: spears that snap rather than bend and that have tight tips. The deeper the color, the more tender the spears.

STORE: in the fridge up to a week. First remove rubber bands, trim stem ends, wash spears and pat dry. Stand stalks in a glass with a few inches of water; cover loosely with a plastic bag.

PEEL: thick stalks to cook at the same rate as the tender tips. Starting from about 2 inches below tips, peel downward. Thin stalks do not need peeling.

WAYS TO COOK

roast

Toss spears with olive oil and season as desired. Spread in a single layer in a baking pan. Roast in a 450°F oven, uncovered, for 10 to 15 minutes or until crisp-tender and edges begin to brown.

grill

Brush spears with olive oil to prevent sticking to the grill rack. Season as desired, then place spears across the grill rack. Grill directly over medium heat for 7 to 10 minutes or until crisp-tender, turning occasionally.

steam

Place a steamer basket in a saucepan. Add water to just below the bottom of the basket. Bring water to boiling. Add asparagus to basket. Cover and steam for 3 to 5 minutes or until crisp-tender.

Epic Jerky: select varieties 2.5 oz.

Cascadian Farm and Annie’s Cereal & Bars: select varieties 6.2 to 16 oz.

Larabar Multipack Bars: select varieties 8 to 8.5 oz.

Annie’s Snacks or Fruit Snacks: select varieties 4 to 15.6 oz.

Muir Glen Tomatoes or Epic Performance Bar: select varieties 2/4.00

Epic Performance Bar: select varieties 5.25 to 6 oz., 28 oz. or 7.48 to 16.83 oz.

Annie’s Snacks or Fruit Snacks: select varieties 4 to 15.6 oz.

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Place a steamer basket in a saucepan. Add water to just below the bottom of the basket. Bring water to boiling. Add asparagus to basket. Cover and steam for 3 to 5 minutes or until crisp-tender.
Creamy Pasta with Asparagus and Salmon

Total Time 30 minutes
Serves 6

1 (12-oz.) fresh sockeye salmon fillet
Hy-Vee salt and black pepper
1 (12-oz.) pkg. Hy-Vee dry farfalle (bow tie) pasta
1 lb. fresh asparagus, trimmed and cut into 2-in. pieces
2 Tbsp. Hy-Vee unsalted butter
¼ cup finely chopped shallots
2 cloves garlic, minced
2 Tbsp. Hy-Vee all-purpose flour
2 cups Hy-Vee 2% reduced-fat milk
4 Tbsp. freshly grated Parmesan cheese, divided
1 Tbsp. lemon zest
Cracked black pepper, for garnish
Lemon wedges, for serving

1. PREHEAT oven to 400°F. Pat salmon dry; season with salt and pepper. Line a shallow baking pan with foil; add salmon, tucking under any thin edges.

2. COOK pasta according to package directions, adding asparagus during the last 1 to 2 minutes. Cook until asparagus is crisp-tender. Drain, reserving some pasta water. Return pasta and asparagus to pan; cover and keep warm.

3. BAKE salmon for 10 to 15 minutes or until it fl akes easily with a fork (145°F). Remove and discard skin; fl ake salmon and set aside.


5. POUR sauce over pasta and asparagus in pan. Gently toss in salmon and heat through. Add additional pasta water if needed, to maintain creamy consistency. Transfer to serving dish. Sprinkle with remaining 1 Tbsp. Parmesan cheese. Season with cracked pepper to taste. Serve with lemon wedges.

Per serving: 440 calories, 15 g fat, 6 g saturated fat, 0 g trans fat, 50 mg cholesterol, 135 mg sodium, 53 g carbohydrates, 4 g fiber, 8 g sugar (0 g added sugar), 25 g protein.

Daily Values: Vitamin D 35%, Calcium 15%, Iron 20%, Potassium 15%.

pro tip: PICK A GOOD BUNCH

Look for tight tips on the spears. The cut ends of the stalks should be moist, not dried out. After washing the spears, gently bend each stalk with your fingers and it will snap where the tender stem and the tough woody part meet. Choose medium spears. Too thin, and they won’t hold texture well while cooking. Too large, and they may be woody and not have good flavor.

—Dillon Maple
Producer Manager
Hy-Vee, West Des Moines, Iowa
WE KNOW BEANS... AND BEANS. AND BEANS.

Enjoy a whole family of flavors from the best name in beans.

©2019 Bush Brothers & Company

BEST CUTS FOR GRILLING
Selecting the right cut, size and USDA Prime beef promises a delicious steak. Hy-Vee’s knowledgeable butchers can help you choose the steak that’s right for you. Try these popular cuts:

- TENDERLOIN (FILET MIGNON): The most tender steak, lean yet succulent with fine buttery texture.
- NEW YORK STRIP: A meaty, well-marbled cut that is tender and flavorful. Also called Kansas City steak.
- T-BONE/PORTERHOUSE: Lean, tender steaks—strip and tenderloin fillet connected by a T-shape bone. (The porterhouse cut has a larger tenderloin.)
- COWBOY RIBEYE: A generously marbled, very flavorful bone-in cut.
- TOP SILIVER: A lean, flavorful cut that is moderately tender.

TEMPERATURE GUIDE
Remove steak from the grill when temp is 5°F lower than desired doneness. The temp will continue to rise while the steak is resting.

HOW TO GRILL THE PERFECT STEAK
Give it a good char on the outside, a juicy pink interior and irresistibly tender texture.

1. SELECT
Pick a steak that’s at least 1¼ in. thick with marbling in the meat. Marbling means the fat is dispersed throughout the steak and the flavor will be too. Fat also makes it tender and juicy.

2. PREP
Trim exterior fat on the steak to ¼ in. to prevent flare-ups. Pat the steak dry, then season it as desired and let it stand out of the refrigerator for 20 minutes so it cooks evenly.

3. FIRE UP
Prepare the grill with a hot side to sear the steak over direct heat and a warm side to finish cooking the steak over indirect heat. Sear steak over direct heat for a couple minutes per side, turning once.

4. GRILL
Finish grilling the steak over indirect heat to desired doneness, turning halfway through. Use tongs to turn the steak to avoid piercing with a fork and losing juice in the meat.

5. TEST DONENESS
Insert an instant-read thermometer into the center of the thickest part of the steak, away from bone and fat. Follow this temperature guide, left, to determine desired doneness.

6. LET IT REST
Transfer steak to a platter or cutting board; loosely cover with foil. Let it rest for 5 minutes to allow juices to redistribute in the steak, resulting in a more tender meal.
**Food Network Dinners or Cooking Sauces:**
select varieties
4 to 15 oz.
2/5.00

**Baker’s Chocolate Dessert Balls:**
select varieties
8.6 oz.
2/7.00

---

**LIGHT BAKING DONE RIGHT**

**Hands On** 15 minutes
**Total Time** 30 minutes
**Serves** 14 (1 each)

1 cup plus 1 Tbsp. Hy-Vee all-purpose flour
1 cup cake flour
2 Tbsp. finely chopped fresh Italian parsley
2 tsp. Hy-Vee baking powder
2 tsp. Hy-Vee granulated sugar
2 tsp. Hy-Vee garlic powder
1 tsp. Hy-Vee baking soda
1 tsp. Hy-Vee salt
1 tsp. Hy-Vee cayenne pepper
1 cup Hy-Vee finely shredded extra sharp Cheddar cheese
1/4 cup cold buttermilk

1. **PREHEAT** oven to 400˚F. Line a large baking sheet with parchment paper; set aside.

2. **WHISK** together all-purpose and cake flours in a medium bowl. Whisk in parsley, baking powder, sugar, garlic powder, baking soda, salt and cayenne pepper. Add cheese; stir with fork until combined. Make a well in center of mixture; set aside.

3. **WHISK** together buttermilk and oil in a bowl; add to flour mixture. Stir with fork just until moistened (do not overmix). Drop dough into 14 mounds onto prepared baking sheet.

4. **BAKE** for 14 to 16 minutes or until lightly golden. Remove biscuits from baking sheet; serve hot.

**Nutrition Facts:**

<table>
<thead>
<tr>
<th></th>
<th>Ours</th>
<th>Theirs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>140 g</td>
<td>160 g</td>
</tr>
<tr>
<td>Fat</td>
<td>6 g</td>
<td>10 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>16 g</td>
<td>18 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>210 mg</td>
<td>380 mg</td>
</tr>
</tbody>
</table>

**Daily Values:**

- Vitamin D: 0%
- Calcium: 15%
- Iron: 6%
- Potassium: 2%

---

**Fat-Reduced Cheddar Biscuits**

**Hands On** 15 minutes
**Total Time** 10 minutes
**Serves** 8 (1 each)

1 cup plus 1 Tbsp. Hy-Vee all-purpose flour
1 cup cake flour
2 Tbsp. finely chopped fresh Italian parsley
2 tsp. Hy-Vee baking powder
2 tsp. Hy-Vee granulated sugar
2 tsp. Hy-Vee garlic powder
1 tsp. Hy-Vee baking soda
1 tsp. Hy-Vee salt
1 tsp. Hy-Vee cayenne pepper
1 cup Hy-Vee finely shredded extra sharp Cheddar cheese
1/4 cup cold buttermilk

**Note:** Ours vs. Theirs: Ours: 140 calories, 6 g fat. Theirs: 160 calories, 10 g fat.
The iconic Bartles & Jaymes wine cooler from the 1980s has undergone a serious style update. It’s now available in 6 pk. cans and refreshing new flavor combinations.

The Beard Behind the Bar

My favorite way to serve drinks at a party is to offer a few signature cocktails besides wine, beer and nonalcoholic beverages. I like to garnish the glasses ahead for my signature cocktails, so my guests can pour their own drink. It’s easy to serve and is free to guests as they arrive. If you’re offering a specialty cocktail, why not include a fun garnish to take it to the next level. You can also make flavored ice cubes for drinks in advance, so they’re ready to go when guests arrive.”

—Jeff Naples
“The Beard Behind the Bar”

A GOOD MIX

1. COMBINE strawberries, raspberries and honey in a medium saucepan. Cook over medium heat for 5 to 7 minutes or until juices form, stirring occasionally. Remove from heat; cool slightly. Transfer berry mixture to a blender; add half-and-half. Cover and blend until smooth. Transfer to a 2-qt. pitcher. Cover and refrigerate several hours.

2. ADD champagne to strawberry mixture in pitcher just before serving. Stir gently, then slowly fill glasses. Garnish each drink with a fresh strawberry, if desired.

Per serving: 210 calories, 4 g fat, 2.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 30 mg sodium, 15 g carbohydrates, 2 g fiber, 12 g sugar (9 g added sugar), 2 g protein. Daily Values: 0% Vitamin D, 4% Calcium, 0% Iron, 2% Potassium.
Bunny Hop Martini

Hands On: 5 minutes
Total Time: 5 minutes
Serves: 1

Hy-Vee light corn syrup, for garnish
Hy-Vee sweetened coconut flakes, for garnish
1 oz. Smirnoff vanilla vodka
1 oz. Hy-Vee 100% no-sugar-added pineapple juice
1/2 oz. Master of Mixes real cream of coconut
1/2 oz. Cross Keys rum
1/2 oz. Hy-Vee half-and-half
1 cup ice cubes
Cotton candy, for garnish

1. COAT the rim of a 6-oz. martini glass with corn syrup; dip into coconut flakes. Set aside.
2. POUR vodka, pineapple juice, cream of coconut, rum, half-and-half and ice cubes in a cocktail shaker. Cover and shake well. Strain into prepared glass. Garnish with skewered cotton candy, if desired.

Per serving:
180 calories, 2.5 g fat, 2 g saturated fat, 0 mg cholesterol, 25 mg sodium, 13 g carbohydrates, 0 g fiber, 13 g sugar (0 g added sugar), 1 g protein.

Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 2%

Cut Kitchen Time with Short Cuts:
Prewashed and presliced, Hy-Vee Short Cuts fruits and veggies are ready for any recipe or to enjoy as a quick and healthy snack on the go.

SHORT CUTS SANGRIAS

Combine 2 (750-ml) bottles rose wine; 1 cup elderflower liqueur, such as St. Germain, and 10 mint leaves in a 1-gal. pitcher. Add 1½ lb. Hy-Vee Short Cuts melon mix to the pitcher. Cover and refrigerate for 8 to 24 hours. To serve, remove mint leaves from pitcher; slowly add 2 cups chilled Hy-Vee club soda. Serve in ice-filled glasses. Garnish with melon wedges and fresh mint sprigs, if desired.

Per serving:

A WORLD-CLASS TREAT

For a really good cup of joe with bold, complex flavors, try Culinary Tours gourmet coffee. These custom grinds are extraordinary on their own. Or pair them with one of our many inspired flavors from around the globe—such as these delectable Culinary Tours Belgian shortbread cookies.

Culinary Tours Honey Almond or Vermont Maple Puffed Corn:
5 oz. 2.69

Culinary Tours Belgian Cookies:
3.5 oz. 2.99

Culinary Tours Irish Butter:
16 oz. 7.99
 Protip: Hungry for steak?

New York strips and ribeyes are good choices if you're looking for something quick to grill. T-Bones are thicker and take longer. Our Choice Reserve steaks come from the top 10 percent of the USDA Choice beef produced in the country. You won't find any better! —Marco Rios, Assistant Meat Manager, Hy-Vee, West Des Moines, Iowa

Unstoppable Steaks

Ask a Hy-Vee Expert! Our full-service Meat Department brings you the very best in quality and selection. We offer fresh beef, pork, poultry and more. Whether it’s burgers on the grill or a specialty cut—such as leg of lamb or standing rib roast—Hy-Vee experts can find a solution and customize your order just the way you prefer. We’re eager to answer questions and offer tips for preparing and serving. When it comes to meats, count on Hy-Vee.

Quality cuts

Top Sirloin

Butterflied, grilled whole, flavorful cut that benefits from a tenderizing marinade before grilling. It’s also good for kabobs.

Tenderloin (Filet Mignon)

The most tender steak is lean yet succulent, with a fine buttery flavor. Broil or grill this steak. Or sear it on the stovetop and finish cooking in a 350°F oven to desired doneness.

New York Strip

This lean, well-marbled cut gives tender, juicy steaks, such as Kansas City steak or rib steak. Cook gently grill or under the broiler.

T-Bone/Porterhouse

The T-shape bone divides fillets of New York strip and tenderloin filet for one tasty cut to grill or broil.

Cowboy Ribeye

Generously marbled, this bone-in steak is from the center of the prime rib. It’s the juiciest, most flavorful of all steaks. Grill or broil the cut.

Right:

Angus Reserve

Leaner, with less marbling overall, our Angus beef offers everyday value for any meal or occasion.

Right:

Choice Reserve

Tender and flavorful, but with less marbling, less than 10% of USDA Choice Beef meets Hy-Vee’s requirements.

Right:

Prime Reserve

With abundant marbling and upscale quality found in fine restaurants, only the top 2% of beef earns the Prime label.

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Right:

Prime Reserve

With abundant marbling and upscale quality found in fine restaurants, only the top 2% of beef earns the Prime label.
Fire up your grill and get a taste of the Big Daddy of steaks (a T-Bone cut) that has gorgeous marbling. Or, if you crave burgers, dive into Hy-Vee gourmet steakhouse burgers, loaded with add-ins like bacon, cheese, chiles, mushrooms and seasonings. Want more beef? Grill bacon-wrapped sirloin files—they're fast, leaving you time to prep a few sides.

WHAT'S FOR DINNER?

Angus Steak Salad

Hands On 15 minutes
Total Time 30 minutes
Servings 4

1 recipe Balsamic Vinaigrette, right
1 lb. Hy-Vee Angus Reserve Beef New York Strip Steaks
1 Tbsp. Hy-Vee Hickory House savory steak seasoning
2 ears of fresh corn, shucked, or 2 ears frozen corn, thawed
1 (10-oz.) bag Hy-Vee Italian blend salad mix
2 avocados, seeded, peeled and sliced
2 cups cherry tomatoes, halved
1/4 medium red onion, cut into slices
1/4 cup blue cheese crumbles

1. PREPARE Balsamic Vinaigrette. Set aside.
2. HEAT a charcoal or gas grill for direct cooking over medium-high heat. Pat steaks dry and season with steak seasoning.
3. GRILL steaks for 10 minutes, turning once halfway through. Remove and cover with foil. Let stand for 5 minutes.
4. GRILL ears of corn for 5 to 7 minutes or until charred, turning occasionally. Cool slightly. Cut kernels off cobs. Thinly slice steak against the grain.
5. LINE dinner plates with salad mix. Top with steak and avocado slices, corn, tomatoes, red onion and blue cheese. Drizzle with Balsamic Vinaigrette.


Per serving: 620 calories, 44 g fat, 11 g saturated fat, 0 g trans fat, 65 mg cholesterol, 1,100 mg sodium, 36 g carbohydrates, 11 g fiber, 14 g sugar (4 g added sugar), 29 g protein.

Daily Values: Vitamin D 0%, Calcium 10%, Iron 20%, Potassium 20%.
Grill our ready-to-go kabobs in minutes!

Select ready-to-go kabobs, above, or customize your own in three easy steps, page 28. Either way, kabobs are a no-hassle meal for the busy cook and can be on the table in a flash. Grill them in about 6 minutes over medium-high heat, turning occasionally. Stop by the Hy-Vee Meat Department and pick up beef, pork, chicken and seafood kabobs. There’s something for everyone! Premade kabobs mean the work has been done for you—no slicing, dicing, skewering or seasoning required. Make-your-own kabobs let you decide which veggies, meat and flavorings you prefer. Whichever method you choose, the best part is eating!

Fair Trade Standards
The Fair Trade Certified™ seal recognizes first-rate seafood companies for their commitment to improving working and living conditions in fishing communities that provide responsibly sourced seafood.

Responsible Choice Standards
The Responsible Choice label on seafood packaging is your guarantee that species sold at Hy-Vee are abundant in the open sea or are farmed in an environmentally safe manner.

Hy-Vee Choice Reserve Beef Sirloin Kabob: select varieties
5 oz.
2/8.00

Hy-Vee Prime Reserve Beef & Vegetable Kabob
10 oz.
6.99

BBQ Seasoned Pork Skewer
5 oz.
3/5.00

Grill-Ready Chicken Kabob: select varieties
10 oz.
3.99

Chicken Breast Kabob: select varieties
5 oz.
1.99

Pork & Vegetable Kabob
5 oz.
1.99

Responsible Choice Natural Raw Shrimp Kabob
3 oz.
2/6.00

Previously Frozen Swordfish & Vegetable Kabob
7 oz.
4.99

Previously Frozen Ahi Tuna & Vegetable Kabob
7 oz.
5.99

Responsible Choice Standards

directly influenced & vegetable Kabob
7 oz.
4.99

Page 25
3 STEPS TO SUPPER

Make these easy kabobs! Add flavor with a sauce, marinade or rub.

TERIYAKI BRUSH-ON SAUCE
1. Thread pork tenderloin chunks, zucchini and yellow summer squash slices and mushrooms onto skewers.
2. Brush with Hy-Vee Hickory House Asian Glazin’ teriyaki wing sauce.
3. Grill over medium-high heat 6 minutes or until pork is done (145°F.), turning kabobs once halfway through.

Zucchini Squash Monterey Mushrooms
8 oz. Monterey Zucchini Squash
Hormel Always Tender Fresh Pork Tenderloin
3.99 lb. Hormel Always Tender Fresh

SURF & TURF MARINADE
1. Marinate sirloin steak chunks and raw shrimp in Hy-Vee Hickory House Asian Glazin’ teriyaki wing sauce.
2. Thread steak, shrimp, grape tomatoes and onion wedges onto skewers.
3. Grill over medium-high heat for 6 minutes or until shrimp is opaque and steak reaches desired doneness (130°F) for medium-rare.

Hy-Vee Angus Reserve Boneless Top of Iowa Sirloin Steak
7.99 lb. Hy-Vee Angus Reserve Boneless
Grape Tomatoes
1 pint Hy-Vee Grape Tomatoes
Responsible Choice Natural Peeled and Deveined Raw Shrimp
31 to 40 ct.
9.99 lb. Responsible Choice

MEDITERRANEAN RUB
1. Rub cubes of boneless, skinless chicken breasts with Gustare Vita olive oil and Cavender’s all-purpose Greek seasoning.
2. Thread chicken, bell pepper chunks and red onion wedges onto skewers.
3. Grill over medium-high heat for 6 minutes or until chicken is done (165°F).

Red Peppers Red Onions
Hy-Vee True Fresh Boneless Chicken Breasts

pro tip: CUSTOMIZE YOUR KABOB
Kabobs are a great way to get a sensible portion of protein along with fruits or veggies at a cookout. When making your own, choose lean cuts of meat and go light on the sauce to keep sodium in check. To boost veggies in your diet, grill Hy-Vee Short Cuts veggies on skewers. Brush them with oil, sprinkles fresh herbs and you’ve got a good go-to.

—Susan Coe
Registered Dietitian
Hy-Vee, Omaha, Nebraska

BENEFITS
- Raised with no antibiotics ever
- No added hormones or steroids
- All natural; no artificial ingredients or chemical preservatives
- Cage free

Discover the ease of grilling Hy-Vee True chicken, a unique brand that comes from farms using precise production methods and controlled feeding of the broilers to meet special quality standards. With chicken so tender and juicy, smoke-kissed kabobs cook fast and explode with flavor. The Mediterranean Rub chicken kabobs, left, can be prepped ahead and grilled later. Simply apply the rub and prep. Cover and refrigerate up to 8 hours before grilling for the chicken to take on more flavor of the rub.

SEASONS | hy-vee.com
27

SEASONS | hy-vee.com
**Havarti Scalloped Potatoes**

Grate it, pair it, share it! Here are 10 tasty ideas to explore new flavors and varieties found at your Hy-Vee Deli.

**Ingredients:**
- Hy-Vee nonstick cooking spray
- 10 oz. Roth jalapeño Havarti cheese, plus additional for topping; shredded
- 2 Tbsp. Hy-Vee all-purpose flour
- 2 Tbsp. Hy-Vee salted butter
- ¾ cup finely chopped shallots
- 2 cloves Hy-Vee Short Cuts garlic, minced
- ¼ tsp. Hy-Vee black pepper
- 4 cups Hy-Vee half-and-half
- 1 (5-lb.) bag Hy-Vee One Step russet potatoes, peeled and sliced ⅛ in. thick

**Instructions:**
1. **PREHEAT** oven to 350°F. Spray a 3-qt. rectangular baking dish with nonstick spray. Spray a large sheet of aluminum foil with nonstick spray; set aside.

2. **Toss** together 10 oz. shredded cheese and flour in a medium bowl. Set aside.

3. **Melt** butter in a heavy 5- to 6-qt. pot or Dutch oven over medium heat. Add shallots, garlic, salt and pepper. Cook and stir for 1 to 2 minutes or until shallots are softened. Stir in half-and-half, then add potatoes. Bring to boiling over medium-high heat; reduce heat. Gently boil for 2 to 3 minutes or until slightly thickened, stirring occasionally.

4. **Spoon** about one-third of the potato mixture into prepared baking dish. Top with half the cheese mixture. Repeat layers. Top with remaining potato mixture.

5. **Bake,** covered with prepared foil, for 60 to 75 minutes or until potatoes are tender. Remove foil. Sprinkle with additional cheese and bake, uncovered, for 10 minutes more or until lightly golden. Let stand for 10 minutes before serving.

**Per serving:**
- 220 calories
- 11 g fat
- 7 g saturated fat
- 0 g trans fat
- 40 mg cholesterol
- 450 mg sodium
- 21 g carbohydrates
- 0 g fiber
- 3 g sugar (0 g added sugar)
- 7 g protein

**Daily Values:**
- Vitamin D 0%
- Calcium 15%
- Iron 6%
- Potassium 10%

**Handcrafted in Wisconsin by award-winning cheesemakers, Havarti is a go-to table cheese that can be toasted and grilled in a sandwich. It pairs well with fruit salads.**

**SMOKIN’ GOUDA POPPERS**

Presheat oven to 350°F. Halve 10 jalapeño peppers lengthwise; remove seeds. Combine 1 (8-oz.) pkg. softened Hy-Vee cream cheese, 4 oz. finely shredded Roth smoked Gouda cheese and 1 tsp. Hy-Vee paprika. Spoon mixture into pepper shells. Bake for 15 to 20 minutes or until bubbly. Serves 20.

**Caprese Salad Party Skewers**

Food on a stick is fun pick-up-and-mingle party fare. For fresh and simple, thread sweet grape tomatoes, Soirée fresh mozzarella pearls and fresh basil leaves onto appetizer skewers. Finish with a drizzle of flavorful Hy-Vee Select balsamic glaze.

**HAVARTI PARTY**

For quality and versatility, it’s easy to see that rich, creamy Roth Havarti cheese stacks up to the best. Handcrafted in Wisconsin by award-winning cheesemakers, Havarti is a go-to table cheese that can be toasted and grilled in a sandwich. It pairs well with fruit salads. **Havarti Party**

For quality and versatility, it’s easy to see that rich, creamy Roth Havarti cheese stacks up to the best. Handcrafted in Wisconsin by award-winning cheesemakers, Havarti is a go-to table cheese that can be sliced or grilled in a sandwich. It pairs well with fruit salads. **Havarti Party**

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**Cannoli Dip**

Made With Ricotta Cheese

This sweet, creamy dip, reminiscent of Italy’s classic cannoli dessert, will be a hit. Serve with waffle cone chips, cookies or graham crackers.

To make the dip, place 1 cup drained Frigo whole milk ricotta cheese and ½ cup mascarpone cheese in a medium mixing bowl. Beat with an electric mixer on medium for 30 seconds. Add ¾ cup Hy-Vee powdered sugar and 1½ tsp. orange liqueur; beat until well combined. Stir in ⅓ cup Hy-Vee mini semisweet chocolate baking chips. Transfer dip to a serving bowl. Garnish with additional mini semisweet chocolate chips, if desired. Store dip in the refrigerator up to 24 hours. Makes 2 cups.
Busy weeknight? Combine tender, juicy rotisserie chicken with timesaving ingredients to make quick dinners that the whole family will enjoy. Whether you choose savory, smoked or garlic-herb seasoned chicken, all will work in these recipes.

If you prefer only white meat, pick up a rotisserie chicken breast instead of a whole bird. When removing bones and skin, do it while the chicken is warm and it will go faster. Figure about 4 cups (1 lb.) chopped meat from each whole chicken.

Chicken Pasta

Hands On 10 minutes
Total Time 20 minutes

Serves 6

Cook fettuccine and squash in lightly salted boiling water until pasta is done. Drain, reserving ½ cup pasta water; set pasta and squash aside. Heat Alfredo sauce in same pan over medium heat. Stir in chicken, spinach and pasta mixture. Add reserved pasta water to thin sauce, if necessary. Heat mixture through. Season to taste with cracked black pepper.

2 cups Hy-Vee Short Cuts chopped butternut squash
8 oz. Hy-Vee dry fettuccine
8 oz. 1 bag fresh baby spinach
12.5 oz. 1 jar Gustare Vita Alfredo sauce
1 lb. Hy-Vee 4 cups shredded rotisserie chicken
Hy-Vee dry mesclun mix

![Hy-Vee Rotisserie Chicken, 5 Ways!](image)
Chicken Enchiladas

**Hands On** 10 minutes
**Total Time** 50 minutes
**Serves** 4 (2 each)

Preheat oven to 350°F. Combine chicken and salsa; set aside.

Add ½ can enchilada sauce to a 3-qt. rectangular baking dish; set aside. Spoon ¼ cup chicken mixture and 1 Tbsp. cheese along center of each tortilla; roll up. Place, seam sides down, in baking dish. Top with remaining enchilada sauce; sprinkle with remaining cheese.

Bake, covered, 35 to 40 minutes or until heated through. Garnish with chopped avocado, if desired.

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**Ingredients**

- 1 can Hy-Vee mild corn and black bean salsa 15.5 oz.
- 1 pkg. Hy-Vee fajita-size flour tortillas 16 oz.
- 1 can Hy-Vee mild tomato-based enchilada sauce 10 oz.
- 2 avocados, peeled, seeded and chopped, for garnish

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5-Ingredient Chicken Pot Pie

**Hands On** 10 minutes
**Total Time** 40 minutes
**Serves** 1

Preheat oven to 400°F. Combine gravy and sour cream; stir in vegetables and chicken. Transfer to a 3-qt. rectangular baking dish.

Bake, uncovered, 20 minutes or until bubbly. Arrange biscuits on top. Bake 10 to 15 minutes more or until the biscuits are golden brown.

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**Ingredients**

- 3 cups shredded Hy-Vee rotisserie chicken
- 2 jars Hy-Vee chicken gravy 12 oz.
- 1 pkg. Hy-Vee frozen mixed vegetables, thawed 16 oz.
- 1 can Hy-Vee jumbo buttermilk biscuits 16 oz.
- 1 container Hy-Vee sour cream 8 oz.
15-Minute Chicken Buffalo Dip

**Hands On** 12 minutes  
**Total Time** 15 minutes  
**Serves** 20

Preheat broiler on high. Heat chicken and wing sauce in an 8-in. broiler-safe skillet over medium-low heat. Add cream cheese, salad dressing and half the cheese. Cook until mixture is heated through, stirring occasionally. Sprinkle with remaining cheese. Broil 2 to 3 minutes or until cheese is bubbly (watch closely).

**Ingredients**
- ½ cup Hy-Vee blue cheese salad dressing
- ½ cup Hy-Vee buffalo wing sauce
- 1 pkg. Hy-Vee plain cream cheese, cut up and softened
- 8 oz.

*Smart Swap*
Swap in Cheddar or Colby Jack cheese or Hy-Vee ranch dressing for other tasty flavor combos.

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Chicken-Broccoli Stuffing Casserole

**Hands On** 10 minutes  
**Total Time** 55 minutes  
**Serves** 6

Preheat oven to 400°F. Grease a 3-qt. rectangular baking dish; set aside. Prepare stuffing mix according to package directions; omit butter. Combine condensed soup and milk in a large bowl. Stir in chicken, broccoli, half of the stuffing and half of the cheese. Transfer mixture to prepared dish. Top with remaining stuffing. Bake, uncovered, 35 minutes or until bubbly. Top with remaining cheese. Bake 5 minutes more or until cheese is melted. Let stand 5 minutes before serving.

**Ingredients**
- 4 cups shredded Hy-Vee rotisserie chicken
- 1 cup Hy-Vee chicken stuffing mix
- 1 can Hy-Vee condensed cream of chicken soup
- 10.5 oz.
- 2 cups Hy-Vee short cuts broccoli Florets
- 1 bag Hy-Vee shredded Cheddar cheese, divided
- 8 oz.
- 1 cup Hy-Vee 2% reduced-fat milk

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SEASONS | hy-vee.com
Set colorful tulips, from your Hy-Vee Floral Department, into clear vases to bring life to your table. Check out Blooms on page 57 for tulip care information.

KICK OFF THE MORNING WITH A BRUNCH OF HAM, EGGS AND OTHER CLASSIC FAVORITES THAT ARE EASY TO MAKE AND CROWD-PLEASING.
1. Preheat oven to 375°F. Spray a large rimmed baking pan with Hy-Vee nonstick cooking spray; set aside.

2. Stir together 1½ cups purchased mashed potatoes, 1 beaten Hy-Vee large egg and 1 Tbsp. chopped fresh herbs. Pipe or spoon into mounds on prepared pan; brush with melted Hy-Vee salted butter.

3. Toss Hy-Vee Short Cuts garlic-lemon asparagus with Gustare Vita olive oil. Place asparagus on baking pan, leaving space for ham and rolls. Bake for 10 minutes.

4. Arrange Hy-Vee fully-cooked ham slices and Hy-Vee canned pineapple slices in an overlapping layer on baking pan; bake 10 minutes. Add Hy-Vee Bakery Hy-Waiian dinner rolls to pan; bake 5 minutes more or until ham is heated through and asparagus is crisp-tender. Garnish with Hy-Vee maraschino cherries, if desired.

For 4

SEASONS | April 2019

CHOOSING HAM

Pick out a quality ham for your Easter table from these offerings at Hy-Vee.

Unsliced Easy to manage from oven to plate, just slice and serve. Available boneless or bone-in; whole or half sizes.

Spiral-Cut Perfectly sliced from rind to bone for easy carving. Available boneless or bone-in; whole or half sizes. Many come with glazing packets, a mixture of spices and sweetener.

Fully Cooked Table-ready or heat and serve (140°F).

How Much to Buy

• Bone-In: one-third to one-half lb. per person
• Boneless: one-fourth to one-third lb. per person

Balsamic-Nectar Glazed Ham

Hands On 10 minutes
Total Time 1 hour 15 minutes
Serves 36 (4 oz. each)

3 Tbsp. Gustare Vita balsamic vinegar
1 tsp. Hy-Vee ground cloves
1 Tbsp. apple juice
½ cup refrigerated apple cider or pure-pressed apple juice

1 (9- to 11-lb.) Hy-Vee fully cooked bone-in spiral-sliced ham

1. PREHEAT oven to 325°F. Place ham on a rack in a shallow roasting pan. (Reserve glaze packet for another use.)

2. COMBINE coconut nectar, apple cider, balsamic vinegar and cloves in a small saucepan. Bring to boiling; reduce heat. Gently boil until reduced to ½ cup. Remove from heat.

3. INCREASE oven temperature to 425°F. Remove foil from ham; brush half of the glaze over top and sides of ham. Return ham to oven and roast, uncovered, for 10 minutes or until heated through (140°F).

4. TRANSFER ham to a cutting board. Brush with remaining glaze. Loosely cover with foil and let stand for 10 minutes. Transfer ham to a serving platter. Garnish with tangerines and bay leaves, if desired.

Per serving:
200 calories, 12 g fat, 4 g saturated fat, 70 mg cholesterol, 1940 mg sodium, 4 g carbohydrate, 2 g fiber, 4 g sugar (3 g added sugar), 18 g protein, Daily Values: Vitamin D 0%, Calcium 0%, Iron 20%, Potassium 0%
Thinly slice a 1-lb. cucumber lengthwise into ribbons. Toss together cucumber, 1 cup sliced fresh strawberries, ½ cup spinach leaves, ½ cup arugula and ¼ cup toasted Hy-Vee sliced almonds. For dressing, whisk together 2 Tbsp. fresh lime juice, 2 Tbsp. Gustare Vita extra virgin olive oil, 1 Tbsp. Hy-Vee apple cider vinegar, 2 tsp. chopped onion, 1 minced garlic clove and ¼ tsp. finely chopped fresh dill. Toss salad with dressing. Season to taste with kosher salt. Serves 4.

**Breadstick Bowknots**

**Hands On** 10 minutes  
**Total Time** 25 minutes  
**Serves** 12 (1 each)

1 (11-oz.) can refrigerated breadstick dough  
1 Hy-Vee large egg  
1 Tbsp. water  
1 Tbsp. Hy-Vee salted butter  
½ tsp. Hy-Vee honey  
1 tsp. fresh thyme leaves  
Hy-Vee sea salt

1. PREHEAT oven to 375˚F. Line baking sheets with parchment paper; set aside.
2. UNROLL dough and separate into 12 strips on a lightly floured surface. Gently roll each strip into an 8-in. rope. Loop each rope into a loose knot. Place on prepared baking sheet; tuck under ends.
3. BEAT together egg and water with a fork in a small bowl. Lightly brush each bowknot with egg mixture.
4. BAKE for 15 to 17 minutes or until golden. Meanwhile, melt butter with honey in a small microwave-safe dish in the microwave.
5. TRANSFER rolls to a wire rack; brush with butter mixture. Sprinkle with thyme and coarse sea salt. Serve warm.

Per serving:
- 80 calories
- 2.5 g fat
- 0.5 g saturated fat
- 0 g trans fat
- 20 mg cholesterol
- 150 mg sodium
- 13 g carbohydrates
- 0 g fiber
- 2 g sugar (0 g added sugar)
- 3 g protein

Daily Values:
- Vitamin D 0%
- Calcium 0%
- Iron 6%
- Potassium 0%

**Crustless Slab Quiche**

**Hands On** 15 minutes  
**Total Time** 55 minutes  
**Serves** 8

Hy-Vee nonstick cooking spray  
6 oz. thinly sliced pancetta  
8 Hy-Vee large eggs  
2 cups Hy-Vee half-and-half  
1¼ cups Hy-Vee 2% reduced-fat milk  
½ tsp. ground white pepper  
1 tsp. Hy-Vee salt  
1 tsp. Hy-Vee stone-ground Dijon mustard  
2 cups Hy-Vee shredded Italian blend or mozzarella cheese (10 oz.)  
2 Tbsp. Hy-Vee all-purpose flour  
2 cups loosely packed fresh baby spinach, divided  
1 cup halved grape tomatoes, halved

1. PREHEAT oven to 325°F. Spray a 12×10-in. sheet pan or a 13×9×2-in. baking dish with nonstick spray; set aside.
2. COOK pancetta in a large skillet over medium heat until crisp. Coarsely chop half the pancetta; set remaining pancetta aside.
3. WHISK together eggs, half-and-half, milk, pepper, salt and mustard in a large bowl. Combine cheese and flour in a medium bowl; toss until flour coats cheese. Add cheese mixture, the chopped pancetta, 1 cup of the spinach and the basil to egg mixture; combine well.
4. POUR egg mixture into prepared pan. Tear reserved pancetta into large pieces. Top quiche with remaining spinach, pancetta and tomatoes.
5. BAKE for 30 to 40 minutes or until a knife inserted near center comes out clean (160°F). Let stand for 10 minutes before serving.

Per serving:
- 430 calories
- 32 g fat
- 15 g saturated fat
- 0 g trans fat
- 265 mg cholesterol
- 730 mg sodium
- 10 g carbohydrates
- 1 g fiber
- 6 g sugar (0 g added sugar)
- 22 g protein

Daily Values:
- Vitamin D 10%
- Calcium 30%
- Iron 10%
- Potassium 6%

**Vegan Strawberry Cucumber Salad**

Thinly slice a 1 lb. cucumber lengthwise into ribbons. Toss together cucumber, 1 cup sliced fresh strawberries, ½ cup spinach leaves, ½ cup anguila and ½ cup toasted Hy-Vee sliced almonds. For dressing, whisk together 2 Tbsp. fresh lime juice, 2 Tbsp. Gustave Vila extra virgin olive oil, 1 Tbsp. Hy-Vee apple cider vinegar, 2 tsp. chopped onion, 1 minced garlic clove and ½ tsp. finely chopped fresh dill. Toss salad with dressing. Season to taste with kosher salt. Serves 4.
The first pie is always the toughest to serve. For best results, use a pie server, which makes it easier to lift a slice out of the pan.

Bakery Fresh Gourmet Meringue and Creme Pie: select varieties 10”, 38 to 40 oz. 13.99

Dress up the pie for chocolate-lovers. Drizzle the berries with melted dark chocolate or sprinkle with ground chocolate.

Try this

Hy-Vee Strawberry Pie
This is a pie truly worth celebrating the first strawberries of spring: ripe, juicy and bursting with flavor. The berries are coated in a light strawberry glaze and embellished with whipped topping.

Try this

Your Hy-Vee Bakery offers an assortment of freshly baked pies and cheesecakes for your spring celebrations.

GRAB & GO
PIES & CHEESECAKES

Bakery Fresh Gourmet Meringue and Creme Pie: select varieties 10”, 38 to 40 oz. 13.99
For the easiest Easter dinner ever, choose one of Hy-Vee's premade holiday meal packs. Traditional Easter meal options serve up to 12 people, with entrée options like turkey breast, brown sugar spiral ham, prime rib and more.

**Applewood Pit Ham Meal**
Includes 4- to 6-lb. brown sugar spiral ham, two large sides of mashed potatoes, 16 oz. gravy, 12 dinner rolls and choice of two additional large sides. Serves 8
89.99

**Brown Sugar Spiral Ham Meal**
Includes 8- to 9-lb. Hy-Vee premium honey-baked ham, three large sides of mashed potatoes, 16 oz. gravy, 12 dinner rolls and choice of four additional large sides. Serves 12
149.99

**Honey-Glazed Spiral Ham Feast**
Includes a 13- to 15-lb. Hy-Vee premium honey-baked ham, three large sides of mashed potatoes, 32 oz. gravy, 24 dinner rolls and choice of four additional large sides. Serves 12
149.99

**Turkey Party Pleaser**
Includes a 10- to 12-lb. Butterball turkey, two large sides of mashed potatoes, 16 oz. gravy, 12 dinner rolls and choice of four additional large sides. Serves 8
89.99

**Prime Rib Party Pick**
Includes a 5- to 6-lb. Hormel USDA Select prime rib, two large sides of mashed potatoes, 16 oz. gravy, 12 dinner rolls and choice of two additional large sides. Serves 8
149.99

**Boneless Turkey Breast Bundle**
Includes a 3- to 4-lb. Jennie-O turkey breast, two large sides of mashed potatoes, 16 oz. gravy, 12 dinner rolls and choice of two additional large sides. Serves 8
79.99

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

Hershey’s Easter Family-Size Package Candy: select varieties 16.9 to 18.5 oz. $4.49

Hershey’s Easter Small Package Candy: select varieties 10 oz. $1.88

IT’S SWEET TO SHARE

Pick up all things soft, pretty, plushy and fun—along with the baskets to put them in—at Hy-Vee. (Candy too!)
Tickled Pink

Tuck in Barbie (find in Easter Mattel toys, Easter section) along with a chocolate bunny, candies and fun finds in the dollar section.

Make Someone

Drive Time

Fill with packs of Mattel Hot Wheels and other toy cars, dollar-section creatures and plastic Easter eggs.

Hoppy

Chill Out

Pamper someone with facial masks, makeup brushes, bath bombs and hair accessories or other luxuries from the health & beauty department.

Game On!

Along with chocolate candies include gift cards for his or her favorite tech, clothing brands and more.

Seasongs | Hy-Vee.com
Give spring a boost with these helpful tips.

**EASTER MADE EASY**

**what the hack?**

**hands-free egg dipper**
Reduce dye splashes by gently separating the wires of a whisk to slide in a hard-boiled egg. Holding the whisk handle, dunk the egg into the dye. Carefully separate wires to release egg on a paper towel to dry.

**wilt-free solution**
Keep cut flowers blooming with a mixture of half water and half 7-Up or Sprite. The sugar from the soda will nourish the stems to prevent early wilting.

**EASY-PEEL EGG**
Tap a hard-boiled egg against a hard surface to crack the shell. Roll the cracked egg on a hard surface while applying light pressure, then peel off the shell under water.

**NO-DYE HANDS**
Remove lingering stains by rubbing hands with baking soda, then apply soap and rinse.

**diy bunny bucket**
Cut felt pieces and hot-glue to a clean, dry plastic container. Hot-glue a cotton-ball tail and a ribbon for a “handle,” then fill with this simple trail mix.

**BUNNY TRACKS TRAIL MIX**
Combine 1 cup Glutino pretzels, 1 cup Annie’s organic Cheddar Bunnies, ½ cup Hershey’s white baking chips, ½ cup milk chocolate M&M’s and ½ cup Hy-Vee raisins in a large bowl. Transfer to an airtight container. Cover and store up to 1 week. Makes 3 cups.
MOTHER'S DAY

WITH

FERRERO ROCHER®

BE READY FOR

Ferrero Rocher or Collection
Select varieties
4.6 to 5.3 oz.
10.99

Ferrero Rocher or Collection
Gift Box
Select varieties
4.6 or 5.3 oz.
4.49

These bright, beautiful flowers signal spring.
Here's how to arrange and display these blooms, available from Hy-Vee Floral.

TULIP TIME

Tulip Bouquet
10 Stems
10.00
(vase not included)

Divide tulips into two slender vases, then slip them into rain boots. Use crumpled plastic bags along the vase sides to secure them in the boots.

Tulip Bouquet
5 Stems
5.00
(vase not included)
Runs on batteries. Nibbles on carrots.

Find a rainbow range of fresh tulips and other blooms at the Hy-Vee Floral Department, where an associate will trim stems for you, wrap the flowers and answer any questions you have.

**TIPS FOR ARRANGING TULIPS**

- **PICK THE RIGHT VASE**
  Stems are slender and delicate. Pick a vase that’s tall, narrow and contains at least half the stem to keep blooms upright.

- **TRIM STEMS**
  Tulips continue to grow after they’re snipped from the bulb and trimmed. To keep them at a consistent height, trim stems at a 45-degree angle.

- **PROPER PLACEMENT**
  Direct sunlight can cause tulips to lean and droop. Set them in partial bright light, such as a window with a light shade.

**MORE FLORAL FINDS AT HY-VEE**

- **Bloomakers Tulips in Roma Vase**
  15.00

- **Moon Shuck Bouquet**
  20.00 (Vase not included)

- **Iris 10-stem bunch**
  12.00

- **African Violets**
  3/10.00

- **African Violets**
  3/10.00

- **Bonsai 8”**
  30.00ea.

- **African Violets**
  African Violets

- **African Violets**

- **Moon Struck Bouquet**
  20.00 (Vase not included)

**POTTED TULIP PLANTS** are also available at Hy-Vee. Keep potted bulbs in a relatively cool room with bright light; water every other day or when soil feels dry.
outdoor LIVING

Sit a spell. Take in some fresh air while lounging on furniture from Hy-Vee.

PILLOW PIZZAZZ
Punch up color and patterns with pillows. Mix or match durable pillows with zippered, washable cases that are UV- and water-repellent.

Toss Pillow select varieties each 12.99

Bask in the breezy life with outdoor living products from Hy-Vee. Browse the Lawn and Garden Department for group seating and dining sets plus stylish, sturdy accessories. Whatever the size or shape of your space, you'll find furniture, cushions, umbrellas and pillows that invite comfort. Many styles and materials are available.

Pillow

Vintage Drop Light Set 30" 20.99

Carolina Coast Wicker 6-Piece Set 699.99

(Accent pillows not included)

Arrange this weatherproof modular furniture to suit reading, lounging or entertaining.

6-Piece Patio Dining Set 139.99

This space-efficient dining set features a matching patio umbrella to shelter a selected spot.

6-Piece Patio Dining Set 139.99

Dine in comfort with a patio umbrella that suits your open space's style and shade needs.

Hy-Vee.com
entertain

Sleek, modern lines plus sturdy construction equal roomy comfort. A colorful umbrella and classic pillows heighten style. The heavy concrete-base umbrella stand keeps the umbrella anchored even in high wind.

MADE IN THE SHADE

With a crank for easy opening and closing and a tilt feature for sun-shade control, this patio umbrella has you covered. Available in Multi Blue Stripe, shown above, and a variety of colors and patterns.

Aluminum Market Umbrella: select varieties $39.99
Umbrella Base 28 lb.

small-space grace

Neat and pretty wicker furniture features clean, contemporary lines that have timeless appeal. It’s perfect to perk up a conversation nook.

WHY A WEAVE?

The weave in wicker furniture results in strength and makes it especially durable in severe weather. It requires little maintenance. To clean, just hose off and dry well. The warm, welcoming pieces are available in more colors than metal furniture.

Amsterdam 7-Piece Dining Set $499.97
With ample elbow room for six, this dining set features ergonomic chairs for relaxing comfort.

Siesta Key 4-Piece Wicker Set $299.99
Wicker-and-steel-frame furniture takes on a sleek, modern look in a dark hue.

Siesta Key 4-Piece Wicker Set $299.99
2-Person Swing with Canopy $249.98
Convenient side tables keep drinks handy while gliding.

Palm Steel 3-Piece Bar Set $249.98
This bistro set is ideal for an intimate gathering.

Hy-vee.com
porch charmers
Wood lends outdoor furniture warm, natural appeal. People will gravitate to a rocker or Adirondack chair prettied up with a pillow.

Wooden rockers offer charm and a reason to rock away stress. Wooden Rocker white or oak 79.98

Adirondack chairs boast classic style, laid-back comfort. American Oak Wood Adirondack 119.99

Mesh table and stackable chairs dry quickly after rain and store efficiently. Parkland Mesh Dining Table 99.99

Mesh table and stackable chairs dry quickly after rain and store efficiently. Parkland Mesh Dining Chair 49.99

Aluminum gliders are fun to use and weather resistant. Andrea 3-Piece Aluminum Sling 249.98

LIT&T STRONG
Metals such as steel mesh, wrought iron and aluminum are especially strong and durable. Aluminum, which won’t rust, is a good poolside choice. Aluminum furniture with powder-coated finish is further protected from corrosion and scratches.

Metal and steel furniture are the best choice for poolside, outdoor use. Parkland Mesh Dining Table 99.99

Metal and steel furniture are the best choice for poolside, outdoor use. Parkland Mesh Dining Chair 49.99

Plants and accessories from the Hy-Vee Lawn & Garden Department.

Boston Fern 10” 15.00 (Planter not included)

Pinehurst Planter 16” 19.99

Double Knock Out Rose 2 gal. 19.99

Assorted Vintage Hanging Basket 15.00

Senetti Patio Planter 17.00

Poinsettia 5” 17.99

Farmington Planter 16” 29.99 (Fern not included)

Bloem Rustic Wall Planter 19.98

Assorted Stone Statues 12”–16” 25.00

Fill this rustic wall planter with your favorite herbs to make harvesting convenient.

Assorted Foliage Hanging Basket 17.00

Calliope Geranium Hanging Basket 17.00

Pinehurst Planter 16” 19.99

Senetti Patio Planter 17.00

Assorted Stone Statues 12”–16” 25.00

Boston Fern 10” 15.00 (Planter not included)
Spring marks the beginning of grilling season. If you’re in the market for a new grill, Hy-Vee has one to match your cooking style, whether it’s flipping burgers or smoking ribs.

BEFORE YOU BUY, consider the type of outdoor cooking you do. For a crowd or a small group? Mostly meats, or veggies? Charcoal or gas? Whether you like the convenience of a gas grill, the tradition of a charcoal burner or the authentic barbecue taste that comes from a smoker, Hy-Vee has what you need, plus grilling tools, charcoal and lighter fluid.

GRILLS AT HY-VEE:
Charcoal grills sear meat quickly and lend smoky flavor to foods.
Gas grills are ultra convenient—they start quickly with an ignitor and cook different types of foods on the grate at the same time with the turning of knobs.
Ceramic grills are charcoal-fueled multitaskers; their domed lids and ceramic walls let you flame-grill, slow-cook or bake foods.
Smoker grills use charcoal or wood chips to cook meats over consistent low temperatures for long periods.

Cast-iron grates retain heat efficiently and are coated in a rust-resistant porcelain finish to ensure easy cleaning.
Char-Broil Performance Gas Grill 4 Burner
**Benefits of Gas Grills**

- Easy to start.
- No ashes to dispose of.
- Short heat-up before cooking and cool-down time before covering.
- Quickly increase or reduce heat with the turn of a knob.
- Second-tier grate allows you to move foods from direct heat and keep them warm.

**Best Uses**

All-purpose, fast cooking and prep. Grill meats, seafood, veggies, fruit. Cook over direct or indirect heat.

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**Cedar-Planked Salmon With Citrus-Chive Butter**

**Total Time** 50 minutes  
**Serves** 4

1. **SOAK** 2 cedar grilling planks in water for 30 minutes.
2. **PREHEAT** a charcoal or gas grill for direct cooking over medium heat. Place soaked planks on hot grill for 5 minutes or until lightly smoking, turning once.
3. **PLACE** salmon portions, skin side down, on cedar planks. Grill for 15 to 20 minutes or until fish flakes easily with a fork (145°F). Top each portion with citrus butter. Season to taste with salt and pepper and, if desired, garnish with green onions.

**NOTE:** If desired, chill citrus butter for 10 minutes or until slightly firm. Transfer to parchment paper and roll to create a log. Twist ends of paper to seal. Refrigerate for 3 hours or until firm enough to slice. To serve, unmold butter and cut into slices.

For serving: 540 calories, 27 g fat, 1 g saturated fat, 12 g protein, 10 g carbohydrates, 160 mg sodium, 0 g fiber (0 g added sugar), 20 g polyunsaturated fat, 10 % Total, 27 % Smart.

Per serving: 340 calories, 13 g fat, 0 g saturated fat, 0 g protein, 0 g carbohydrates, 0 g sugar (0 g added sugar), 12 g polyunsaturated fat (0 % Total, 0 % Smart).

**Ingredients**

- 2 cedar grilling planks
- ¼ cup Culinary Tours salted butter, softened
- 1 tsp. orange zest
- 2 tsp. fresh orange juice
- 1 Tbsp. finely chopped shallot
- 1 Tbsp. finely chopped fresh chives
- Freshly ground Hy-Vee Mediterranean sea salt and black pepper, to taste
- Sliced green onions, for garnish

**Instructions**

1. **SOAK** 2 cedar grilling planks in water for 30 minutes.
2. **PREHEAT** a charcoal or gas grill for direct cooking over medium heat. Place soaked planks on hot grill for 5 minutes or until lightly smoking, turning once.
3. **PLACE** salmon portions, skin side down, on cedar planks. Grill for 15 to 20 minutes or until fish flakes easily with a fork (145°F). Top each portion with citrus butter. Season to taste with salt and pepper and, if desired, garnish with green onions.

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Per serving: 340 calories, 13 g fat, 0 g saturated fat, 0 g protein, 0 g carbohydrates, 0 g sugar (0 g added sugar), 12 g polyunsaturated fat (0 % Total, 0 % Smart).

**Ingredients**

- 2 cedar grilling planks in water for 30 minutes.
- 3 Tbsp. butter and cut into slices.
- 2 cedar grilling planks on hot grill for 5 minutes or until lightly smoking, turning once.
- 4 (4- to 6-oz. each) frozen sockeye salmon fillet portions, thawed
- Freshly ground Hy-Vee Mediterranean sea salt and black pepper, to taste
- Sliced green onions, for garnish

**Instructions**

1. **SOAK** 2 cedar grilling planks in water for 30 minutes.
2. **PREHEAT** a charcoal or gas grill for direct cooking over medium heat. Place soaked planks on hot grill for 5 minutes or until lightly smoking, turning once.
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Per serving: 340 calories, 13 g fat, 0 g saturated fat, 0 g protein, 0 g carbohydrates, 0 g sugar (0 g added sugar), 12 g polyunsaturated fat (0 % Total, 0 % Smart).
benefits of charcoal grills

- Portable; easy to move or store over winter.
- Less expensive than many other types of grills.
- Burn hot, sear meat for crispy, caramelized outer layer and tender, juicy inside.
- Give food a smoky flavor.

Best Uses: Grill steaks and other meat cuts that love a crusty sear.

CHICKEN GRILLERS
Everyone’s Favorite

Hy-Vee Chicken Grillers are bacon-wrapped breasts with cheese and other add-ins inside—ready to grill! Choose from seven varieties, left.

HOW TO COOK

Chicken griller breast
Grill over medium heat for 20 to 30 minutes or until internal temperature reaches 170°F. Turn every 6 to 7 minutes.

Chicken griller ground patty
Preheat grill to medium. If frozen, cook patties over medium heat for 23 to 27 minutes or until internal temperature reaches 165°F. If thawed, cook patty over medium heat about 14 minutes or until internal temperature reaches 165°F.
For ultimate versatility, heat deflectors are used for indirect baking, grilling and smoking.

Smoke-Cooked Pulled Pork Sandwiches

Hands On 15 minutes
Total Time 1 hour plus chilling time
Serves 12

1 (4-lb.) Hormel always tender boneless pork shoulder roast
3 Tbsp. packed Hy-Vee brown sugar
1 tsp. brown salt
1 tsp. Hy-Vee garlic powder
1 tsp. Hy-Vee ground dry mustard
1 tsp. Hy-Vee ground cumin
1 tsp. Hy-Vee paprika
1 tsp. Hy-Vee chili powder
1 tsp. Hy-Vee curry powder
Applewood chips
12 Hy-Vee Bakery whole wheat hamburger buns, split and toasted
2 cups Hy-Vee barbecue sauce
That's Smart! sliced dill pickles, for serving
Thinly sliced red onion, for serving

1. PAT pork dry with paper towels. Leave netting intact. Combine brown sugar, onion powder, salt, garlic powder, dry mustard, cumin, paprika, chili powder and curry powder. Sprinkle evenly over seasoning mixture on pork. Cover pork with plastic wrap and refrigerate 8 hours or overnight.

2. REMOVE pork from refrigerator; let stand at room temperature while preheating smoker. Preheat smoker according to the manufacturer’s directions to maintain a temperature between 200°F and 225°F. Use applewood chips and water pan as directed.

3. PLACE pork, fat side up, on rack directly over water pan. Cover or close smoker, adding additional wood chips as needed to maintain smoke. Cook pork for 8 to 10 hours, or until an instant-read thermometer inserted into the deepest part of the roast reaches 180°F.

4. REMOVE pork from smoker. Cover with foil and let rest for 20 minutes. Transfer pork to a cutting board. Remove netting. Using two forks, shred pork.

5. TO SERVE, place shredded pork on bun bottoms. Drizzle with barbecue sauce and top with dill pickles and red onion slices. Add bun tops and serve.

Per serving: 520 calories, 18 g fat, 5 g saturated fat, 100 mg cholesterol, 180 mg sodium

Midwest Pork

When you buy Hy-Vee Midwest Pork, you support local family farms throughout Iowa, Minnesota, South Dakota, Nebraska, Kansas, Missouri, Illinois and Wisconsin.

Can be used as a grill, outdoor oven or smoker.
Dome shape and ceramic walls retain heat to keep foods moist.
Cook foods evenly from all sides, not just from the bottom.
Use less charcoal than a regular charcoal grill.
Temperature is managed efficiently with dampers that control air flow.


Benefits of ceramic grills

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- Dome shape and ceramic walls retain heat to keep foods moist.
- Cook foods evenly from all sides, not just from the bottom.
- Use less charcoal than a regular charcoal grill.
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CERAMIC GRILLS

Able to hold both very high and very low temperatures, this grill also functions as a smoker.

CharGriller Akorn Ceramic Kamado

CharGriller Akorn Jr

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Smoke-Cooked Pulled Pork Sandwiches

Hands On 10 minutes
Total Time 1 hour plus chilling time
Serves 12

1 (4-lb.) Hormel always tender boneless pork shoulder roast
3 Tbsp. packed Hy-Vee brown sugar
2 tsp. That’s Smart! onion powder
1 tsp. brown salt
1 tsp. Hy-Vee garlic powder
1 tsp. Hy-Vee ground dry mustard
1 tsp. Hy-Vee ground cumin
1 tsp. Hy-Vee paprika
1 tsp. Hy-Vee chili powder
1 tsp. Hy-Vee curry powder
Applewood chips
12 Hy-Vee Bakery whole wheat hamburger buns, split and toasted
2 cups Hy-Vee barbecue sauce
That’s Smart! sliced dill pickles, for serving
Thinly sliced red onion, for serving

1. PAT pork dry with paper towels. Leave netting intact. Combine brown sugar, onion powder, salt, garlic powder, dry mustard, cumin, paprika, chili powder and curry powder. Sprinkle evenly over seasoning mixture on pork. Cover pork with plastic wrap and refrigerate 8 hours or overnight.

2. REMOVE pork from refrigerator; let stand at room temperature while preheating smoker. Preheat smoker according to the manufacturer’s directions to maintain a temperature between 200°F and 225°F. Use applewood chips and water pan as directed.

3. PLACE pork, fat side up, on rack directly over water pan. Cover or close smoker, adding additional wood chips as needed to maintain smoke. Cook pork for 8 to 10 hours, or until an instant-read thermometer inserted into the deepest part of the roast reaches 180°F.

4. REMOVE pork from smoker. Cover with foil and let rest for 20 minutes. Transfer pork to a cutting board. Remove netting. Using two forks, shred pork.

5. TO SERVE, place shredded pork on bun bottoms. Drizzle with barbecue sauce and top with dill pickles and red onion slices. Add bun tops and serve.

Per serving: 520 calories, 18 g fat, 5 g saturated fat, 100 mg cholesterol, 180 mg sodium

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When you buy Hy-Vee Midwest Pork, you support local family farms throughout Iowa, Minnesota, South Dakota, Nebraska, Kansas, Missouri, Illinois and Wisconsin.

Can be used as a grill, outdoor oven or smoker.
Dome shape and ceramic walls retain heat to keep foods moist.
Cook foods evenly from all sides, not just from the bottom.
Use less charcoal than a regular charcoal grill.
Temperature is managed efficiently with dampers that control air flow.

benefits of smoker grills

- Keep a consistent low temperature for extremely tender meat.
- Maximize amount of smoke that penetrates meat.
- Use different types of wood chips for varying smoke flavors.
- Create an authentic barbecue taste.

Best Uses: Hours-long cooking of large cuts of meat, ribs, pork shoulder, roasts, brisket

pro tip:
SMOKING A SIDE OF RIBS

To create the smoke, I prefer chips of hickory for beef and pork and fruitwood for lighter meats such as fish and chicken. I soak the wood in water overnight, which prevents it from burning too quickly on the fire. Instead, the wet wood fibers smolder steadily. A couple of larger pieces or a handful of chips is good for up to 30 to 40 minutes of smoke. Replenish as needed.

—Mark Webster
Retail Chef,
Hy-Vee, Lee’s Summit, Missouri

Smoked Baby Back Ribs

Hands On 10 minutes
Total Time 3½ hours
Serves 8

3 Tbsp. packed Hy-Vee brown sugar
3 Tbsp. Hy-Vee paprika
1 Tbsp. Hy-Vee black pepper
1 tsp. Hy-Vee onion powder
1 tsp. Hy-Vee garlic powder
2 (2½ lb. each) racks loin back pork ribs (baby back ribs)
Hickory wood chips
2 cups favorite Hy-Vee barbecue sauce, optional

1. FOR THE RUB, in a small bowl stir together brown sugar, paprika, black pepper, onion powder and garlic powder.
2. PAT ribs dry with paper towels and remove the silverskin, the white membrane covering the bones. Sprinkle rub evenly on top and bottom of ribs and gently pat with hands.
3. IN A SMOKER, arrange preheated coals, wood chips and water in a water pan according to the manufacturer’s directions. Add additional coals and adjust vents as needed to maintain a temperature of about 240°F. Place ribs on a well-greased rack directly over water pan and cover or close smoker. Smoke for 3 hours or until ribs are tender and an instant-read thermometer inserted into the meat between the ribs reaches 160°F to 165°F. Replacing wood chips as needed to maintain smoke. If desired, brush with some of the barbecue sauce during the last 30 minutes of cooking.
4. REMOVE ribs from smoker. Cover with foil and let stand 20 minutes. Serve with remaining barbecue sauce, if desired.

Per serving: 680 calories, 47 g fat, 16 g saturated fat, 81 mg cholesterol, 1,430 mg sodium, 9 g carbohydrates, 5 g fiber, 5 g sugar (5 g added sugar), 55 g protein. Daily values: 20% Vitamin D, 15% Calcium, 20% Iron, 15% Potassium.
FLOWER PHOTO FRAME
Make your grad’s day picture perfect with this custom frame. For this project, you need wood, L-brackets, carnations, two eye-hooks and framing wire.

1. Connect four lengths of wood (1x3 planks) with L-brackets. Or buy an assembled picture frame.
2. Hot glue the back of carnations, then stick them on the front side of the frame.
3. Screw two eye-hoops above the top corners of the frame. Tie framing wire around the hooks and tie the opposite ends around a high, sturdy point.

GRADUATION PARTY
big ideas

WORD IS OUT AND SO ARE THE INVITES: YOU’RE HOSTING THE BIGGEST PARTY IN TOWN. NOW YOU JUST HAVE TO FEED ALL THOSE PARTY ANIMALS. NO MATTER HOW MANY GUESTS YOU HAVE, HY-VEE HAS YOU COVERED WITH SEEMINGLY ENDLESS CATERING OPTIONS AND EXPERTS.

[HY-VEE COMES TO YOU]
in-home catering
Schedule catering experts to set up the spread or prepare food on site. We cook, you eat. It’s that simple.

Arrange for our experts to cater your party by calling at least two to four weeks ahead. Services vary by location, so double-check with your local Hy-Vee about what is offered.

Select food for the party. Hy-Vee has plenty of options, from breakfast bars to super sub sandwiches. See a sampling of the fare on pages 76–81.

Enjoy the experience! Experts show up before the event to set up trays, platters, spreads, bars and supplies. And they’re available to serve guests or prepare certain foods.
specialty bars

Cater your graduate’s favorite foods. Check your local Hy-Vee for pricing.

**Cocina Bar**

Pile your plate with your choice of chicken, pork, camasias, beef Barbianos or tofu chorizo. Served with chili-lime rice, cilantro rice, black beans and pinto beans, as well as three flour tortillas per person and chips.

**Pizza Bar**

Pick three family-size pizzas from 15 varieties, as well as oven-fresh breadsticks and Caesar salad. Now that’s amore!

**Pasta Party Bar**

Choose from fettuccine, spaghetti or penne with two sauces: marinara, Alfredo or meat sauce. Included are meatballs or chicken, garden or Caesar salad, breadsticks or garlic bread and cherry cheesecake or cookies for dessert.

**Chinese Bar**

High five for Hy-Chi! Your choice of two or three entrée meals among 17 options. Both sections come with fried rice, steamed rice, egg rolls and crab rangoons.

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**trays of plenty**

Colorful and delicious party platters are simple to set up for serving and clean up. The options below are just some of Hy-Vee’s many offerings!

---

**Sushi Tray**

40 ct. 29.99

---

**SET UP A BUFFET**

Offer guests plenty of variety. Set up your very own buffet line with delightful trays from Hy-Vee.

---

**Di Lusso Super Sub**

3 ft. (Please order at least 24 hours prior to pick up)

---

**12” Fruit Tray**

serves 11 to 16
63 oz. 22.00

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**12” Shrimp Tray**

serves 8 to 14
24 oz. 25.00

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**12” Formaggio Entertainment Tray**

serves up to 10
8 oz. 25.00

---

**Sef set of 4 Pepperoni Pinwheel Trays**

12” 9.99
party buffets

Our grad party packages were voted most likely to satisfy. Choose from the three options below, depending on number of guests.

1 Cap & Gown Package

Includes
• 36 assorted cocktail sandwiches
• small vegetable tray
• 5 lb. salad of choice
• one-fourth graduation sheet cake
• disposable tableware*

Serves 16 to 20

119.99

*Cost of table service is 20¢ per person

Not sure which tray or food bar to select? Choose a graduation party package complete with entrees, sides and a dessert. You can't go wrong!

2 Top of the Class Package

Includes
• 24 mini croissant sandwiches
• 3 lb. Swedish meatballs
• 36 chicken strips with dip
• 18 melon kabobs
• one-fourth graduation sheet cake
• disposable tableware*

Serves 16 to 20

189.95

*Cost of table service is 20¢ per person

3 Valedictorian Package

Includes
• Hy-Vee Hickory House BBQ pulled pork and BBQ Turkey (8 lb. each)
• 5 dz. Bakery Fresh buns
• 10 lb. green onion & egg potato salad
• 10 lb. BBQ baked beans
• 10 lb. rainbow rotini salad
• one-half graduation sheet cake
• disposable tableware*

Serves 32 to 40

349.95

*Cost of table service is 20¢ per person
CUSTOM PARTY CAKES

Capture the graduate’s personality or beloved activity in one delicious cake! Check with your local Hy-Vee for custom cake options.

pro tip: PLAN AHEAD

Consider the graduate’s favorite flavor or hobby that could translate into a cool custom cake. The more advance notice you can give your cake designer, the better. Your designer can show you all your options.”

—Sara Vanderheyden
Lead Cake Designer
Prairie Trail Hy-Vee
Ankeny, Iowa

SATISFY THE SWEET TOOTH OF EVERY GUEST WITH THESE DESSERTS AND MORE!

quick cakes

Cake—centerpiece of the celebration! Choose from sheet cakes, cupcake arrangements or custom designs.

Bakery Fresh
Half-Sheet Cakes:
select varieties
28 to 44 oz.
Starting at
19.99

Bakery Fresh
Double Layer Cake
7” (shown)
select varieties
24 to 42.5 oz.
Starting at
27.99

Bakery Fresh
Single Layer Cake
8”
6.99

Spirited Balloons
Bouquet includes two Mylar balloons—round or star shape—in school colors plus coordinating round Mylar graduation balloon.

Fresh Cookies
Bakery Fresh
Cut-Out Cookies & Cupcakes
8 ct.
5.99

Bakery Fresh
Gourmet Mini Cupcakes:
select varieties
20 ct.
27.99

Glitzy Graduation Paper Goods:
select varieties
20 or 12 ct.
23.00

Save 4.00 instantly when you buy 4 Hallmark cards: select varieties

81 SEASONS | hy-vee.com
Karl-Anthony Towns has packed a lot into his 23 years. He led his high school, St. Joseph's Prep, (known for producing future-NBA talent) to an unprecedented three New Jersey state championships. At 16, he earned a spot on the Dominican Republic National Basketball Team—alongside players twice his age—and competed against the likes of LeBron James, Kevin Durant and other elite athletes. In college, he played for Hall of Fame Coach John Calipari at Kentucky. After one season with the Wildcats, he was drafted No. 1 overall by the Timberwolves in the 2015 NBA draft. Since then he was named Rookie of the Year and has competed in two NBA All-Star games. Through four seasons, Towns has earned a leadership role on the team and is primed to take the Timberwolves to the next level.
in basketball, as a person, "to happen. You never know if You never know what’s going ever received. Basketball Team. Towns Dominican Republic National life, is his work ethic," Towns not only in basketball but in thing I’ve learned from my dad, something more. "The biggest dad developed his skills and says. Being coached by his with the older kids," Towns out. I always wanted to play junior varsity team. 6-foot-3, was drilling jump shots and free throws with the Piscataway. University who coached high star player for Monmouth John Calipari—a coach he to Kentucky to play for high school, Towns headed 4th year, how to find success also as a person. grow not only as a player but the Timberwolves helped him. After four years, he says, jubilation—now you know, you touched. It’s not about how many baskets or rebounds with the guys around. We proved to the world, with sacrifice, anything is possible," he says. In April 2015, Towns declared for the NBA draft. Two months later he strode on stage at Barclays Center in Brooklyn wearing a chevron-pattern jacket and Timberwolves cap. “All that joy, emotion, jubilation—now you know where your future will be," says Towns. After four years, he says, the Timberwolves helped him grow not only as a player but also as a person. “I now understand, in my fourth year, how to find success in the NBA at a more consistent rate—how to do the little things even better," says Towns. He says the Timberwolves have given him a platform to make a difference beyond the court. “Success is how many lives you touch. It’s not about how many baske...
Why rep Gatorade?

Staying hydrated with the right balance of electrolytes is paramount for Towns. "Gatorade has been part of my life since I was young—being a basketball player, being an athlete," Towns says. "Without Gatorade—the hydration and other things it provides—I don’t know if I could do all the things I have been able to do."

What’s your favorite flavor?

"I’m a Glacier Freeze guy—the light blue bottle."

What’s special about the brand?

Towns takes pride in representing a company that is "about the athlete, about the kids."

QUENCH YOUR THIRST!

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What’s special about the brand?

Towns takes pride in representing a company that is "about the athlete, about the kids."

WHAT DO YOU KNOW ABOUT HY-VEE?

"I’ve had a lot of experience being in Hy-Vee," Towns says. "I love it! It’s a great place. Every time I go into Hy-Vee, I always get everything I need. I never have to go anywhere else. It’s a one-stop shop."

ALL THE ELECTROLYTES: ZERO SUGAR.

*Same electrolytes as regular Gatorade.

AVAILABLE IN 32 fl. oz., BOTTLES AND 12 fl. oz. OR 20 fl. oz. MULTI-PACKS.
KIND snacks for every occasion
Give KIND a try.

COOL skin undertones have hints of blue, pink or red. Lip and cheek shades that enhance them include berry, plum, mauve and purple-pinks. For a bold red lip, try a shade that has a bit of blue in it, such as berry or plum.

WARM undertones have yellow, gold or peach. Flattering colors for blush and lipsticks: apricot, peach and coral. Rich red lipsticks can include merlot, brick or burgundy tones.

NEUTRAL skin undertones are a mixture of both, and either warm or cool skin-tone colors work. Lucky you! For a classic red lip, try a hue of wine or bold fire-engine red.

COLOR CRUSH
Pinks and reds—on lips and cheeks—are the way to go this spring. Here’s how to choose colors for your skin tone.

Experiment! It’s fun, and choosing makeup colors is unique to each person. Find your spring palette in the Hy-Vee beauty and cosmetics department.

Keep brushes clean so makeup applies smoothly. Once a week, wet bristles and massage with gentle soap and warm water. Rinse, then squeeze out water. Reshape and air-dry.

@kindsnacks | kindsnacks.com
STRAIGHTEN UP
Improve posture with these five moves that enhance flexibility and strengthen core and back muscles.

1. SIDE PLANK (OBLIQUES)
   Lie on your right side. Use your right forearm to prop up your body, forming a line from shoulders to ankles. Hold for 10 seconds. Alternate sides.

2. CAT-COW BACK
   Begin on hands and knees. Engage core, then push spine upward. Hold 5 seconds, then slowly lower your stomach toward the floor while shoulder blades retract. Hold 5 seconds.

3. THORACIC SPINE ROTATION BACK
   Begin on hands and knees. Place left hand overhead on upper back. Roll upper body downward until left elbow nearly touches right knee. Rotate upward toward ceiling. Alternate.

4. SUPINE MARCH ABS
   Lie on your back, knees bent and feet flat on the floor. Slowly lift one foot off the floor until thigh is vertical. Maintain 90-degree angle in knee. Hold 5 seconds. Alternate legs.

5. BIRD DOG ABS, BACK
   From hands and knees, engage core and maintain a flat back. Simultaneously extend left leg and right arm until both are parallel to the floor. Hold 5 seconds. Return to starting position in a controlled motion. Alternate leg and arm.
CAUSES
Allergies: mold and pollen from grass, trees and weeds such as dandelions and ragweed.
Colds: viruses, mostly rhinovirus and coronaviruses.

SYMPTOMS
Allergies: runny or stuffy nose, sneezing, coughing, and itchy eyes or skin.
Colds: coughing, sneezing, runny or stuffy nose, sore throat, fever, fatigue and general aches and pains.

REMEDIES
Allergies: Most nonprescription tablets contain antihistamine to fight symptoms; sprays work against nasal congestion, runny or itchy nose and sneezing.
Colds: Cough suppressants, decongestants, acetaminophen for fever or achiness.

pharmacy
BREATHE EASY
Say good-bye to sneezes and sniffles. Affordable, high-quality TopCare products at Hy-Vee fight springtime allergy and cold symptoms with a vengeance.

Source: acaai.org/allergies

SAVE MORE WITH $4
Generics as low as $4
See your Hy-Vee pharmacist for details. A complete list is available at Hy-Vee.com.

Some restrictions may apply. Not applicable with all insurance plans. MN and WI state law restrictions apply.
Danimals Smoothie:
select varieties
12 pk.
4.99

Silk or So Delicious Yogurt:
select varieties
5.3 oz.
2/3.00

Horizon Organic Milk Protein:
select varieties
64 fl. oz.
5.99

Silk Almond Milk:
select varieties
64 fl. oz.
2.99

Vega:
select varieties
1.6 to 22 oz.
10% off

DIABETES BASICS
Learn about the diagnosis, symptoms and treatment, as well as how to avoid the disease, from Hy-Vee Dietitian Julie McMillin.

Q: What is diabetes?
A: It’s a chronic disease that prevents blood glucose from reaching cells. In type 1 diabetes, which affects mostly children and young adults, the pancreas stops producing glucose-regulating insulin; daily insulin injections are required. Type 2 diabetes, more common, causes the pancreas to release too little insulin or causes the body to use it ineffectively.

Q: What does high blood sugar do?
A: When glucose can’t reach cells to feed them, it rises in the bloodstream and over time could cause serious complications: heart and kidney problems, stroke, eye and dental disease, foot conditions and nerve damage.

Q: What are symptoms of diabetes?
A: Symptoms include frequent urination, extreme fatigue, and feeling very hungry and/or thirsty. Some type 2 symptoms are mild enough to go unnoticed. Risk for type 2 diabetes rises if you’re overweight, have a poor diet and don’t exercise. A family history of diabetes is also a risk factor.

Q: What kinds of foods can I eat if I have type 2 diabetes?
A: Vegetables and fruits offer low-calorie nutrition with fiber, which can help regulate glucose levels. Make at least half the grains you eat whole grains. Avoid added sugars. A Hy-Vee dietitian can help you choose foods. To manage diabetes (or to ward it off) check out the 10-week Hy-Vee Begin™ program. It includes glucose screenings and sessions on how to manage diabetes. Ask a store dietitian for more information.

Q: How do I test for either type 1 or type 2?
A: A doctor will order a fasting glucose blood test, as well as an A1C blood test for a three-month average of how your blood sugars are regulating.

A1C INFO
The A1C test is used to diagnose type 1 and type 2 diabetes. It also tracks how well diabetes is managed. Results indicate average blood sugar level for the past 2 to 3 months. Specifically, it measures how much of hemoglobin—the part of red blood cells that carry oxygen—is coated with sugar. A normal result is below 5.7 percent.
Pro tip: TAKE 3

Omega-3 fatty acids in salmon and other fatty fish are linked to heart health and the prevention of certain cancers. There may be other benefits. Although the exact mechanism is still being studied, omega-3s are thought to lower symptoms of anxiety by neutralizing high concentrations of pro-inflammatory proteins... that are often seen with anxiety.”

—Jena DeMoss
Hy-Vee Registered Dietitian
Oakdale, Minnesota

Anxiety
Foods That Reduce

Avoid anxiety with a balanced diet that has the right amounts of potassium, magnesium, selenium and omega-3 fatty acids. Some to zero in on: fish, nuts and plenty of fresh fruits and veggies.

Potassium is needed for muscle contraction and nerve signal transmission. One study associates a low-sodium, high-potassium diet with improved mood. What you need 4,700 mg a day. Foods Apricots (especially dried), bananas, potatoes, spinach (especially cooked), broccoli, lentils, nuts.

Magnesium works with enzymes to regulate nerve function, blood glucose levels and blood pressure. It transports calcium and potassium for nerve impulse conduction and muscle contraction. What you need 420 mg daily for men, 320 mg for women. Foods Almonds, cashews, cooked spinach, edamame, canned tuna, black beans, cooked oatmeal, artichokes, cooked Swiss chard.

Selenium is a trace element involved in thyroid function, reproduction and protection from free radicals and infection. Correct levels of selenium have been associated with a decrease in anxiety. What you need 55 mcg daily. Foods Meats, seafood, poultry, Brazil nuts, brown rice, eggs, oatmeal, cooked spinach, yogurt, lentils and fresh produce that has grown in soil naturally rich in selenium; in the U.S. those regions tend to be in the Midwest and West.

Omega-3 fatty acids play a role in building brain cell membranes. Studies have linked omega-3s to preventing mood and anxiety disorders. What you need The Food and Nutrition Board of the National Academy of Medicine suggests 1.6 g for men and 1.1 g for women. Foods Fatty fish (salmon, tuna, mackerel, herring), walnuts, chia seeds, flaxseeds, soybeans, canola oils, certain fortified yogurts, eggs, milk and soy beverages.

Flavonoids in blueberries are linked to mood. A 2017 study on children and young adults at the University of Reading in the U.K. reported positive effects on mood after consuming flavonoid-rich wild blueberry drinks. Probiotics in fermented foods, such as yogourt, kefir and kombucha, have been linked to anxiety reduction, though more study is needed.

Chamomile may help ease anxiety symptoms. Limited research suggests the herb’s flavonoids may also lessen depression symptoms.

Sources: ncbi.nlm.nih.gov/pubmed/26243838
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ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/
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A diet that soothes

Other Flavonoids in blueberries are linked to mood. A 2017 study on children and young adults at the University of Reading in the U.K. reported positive effects on mood after consuming flavonoid-rich wild blueberry drinks.

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ncbi.nlm.nih.gov/pmc/articles/PMC5331589/
Chamomile-Honey Mini Muffins

Hands On 35 minutes
Total Time 52 minutes
Serves 12 (2 each)

Hy-Vee nonstick cooking spray
3 Hy-Vee chamomile tea bags
½ cup Hy-Vee 2% reduced-fat milk
½ cup Hy-Vee honey
1 cup plus 2 Tbsp. Hy-Vee whole-wheat flour
2 Tbsp. packed Hy-Vee brown sugar
1 tsp. Hy-Vee baking soda
1 tsp. Hy-Vee baking powder
½ tsp. Hy-Vee salt
1 Hy-Vee large egg, lightly beaten
1 cup plus 2 Tbsp. Hy-Vee canola oil
Additional honey, warmed; for serving
Fresh thyme, for garnish

1. PREHEAT oven to 350°F. Spray 24 (1¾-in.) mini muffin cups with nonstick spray; set aside.

2. CUT strings off tea bags and place bags in a medium saucepan. Add milk and ½ cup honey. Bring to boiling; reduce heat. Simmer for 5 minutes. Remove from heat. Cover and let stand for 15 minutes. Remove tea bags; set tea aside.

3. COMBINE flour, brown sugar, baking soda, baking powder and salt in a medium bowl. Make a well in center of flour mixture; set aside.

4. COMBINE milk and honey mixture, egg, banana and oil; add all at once to flour mixture. Stir just until moistened (batter should be lumpy).

5. SPOON batter into prepared muffin cups, filling each half to two-thirds full. Bake for 12 to 15 minutes or until golden brown. Cool on a wire rack.

Dip muffins into warmed honey and, if desired, garnish with thyme.

Per serving:
130 calories, 3 g fat, .5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 210 mg sodium, 25 g carbohydrates, 1 g fiber, 12 g added sugar, 2 g protein.

SMART SWAP
Substitute unsweetened applesauce for bananas for flavor variety.

5 easy ways to reduce anxiety

1. Lentil-Rice Pilaf
Savor the rich texture of brown rice pilaf studded with lentils. Add shredded carrot, sliced green onions and roasted garlic to enhance flavor. Serve as a side to swordfish, tuna, chicken or pork.

2. Sautéed Chard with Poached Egg
For colorful hearty greens, sauté onions, garlic and halved cherry tomatoes until tomatoes begin to soften and juice out. Add chopped rainbow Swiss chard and continue cooking until wilted. Serve the greens mixture topped with a poached egg. Garnish with shaved Parmesan, if desired.

3. Artichoke and Lemon Pasta
Toss together cooked farfalle (bow tie) pasta, steamed asparagus and canned artichoke hearts. Add goat cheese, chopped fresh parsley, lemon zest and lemon juice; toss to coat. Serve as a side with seared or grilled tuna steaks.

4. Blueberry-Apricot Yogurt Parfait
(ABOVE) FILL AN 8-OZ. GLASS ONE-THIRD WITH FRESH BLUEBERRIES. TOP WITH HY-VEE VANILLA GREEK YOGURT. ADD CHOPPED HY-VEE DRIED APRICOTS AND HY-VEE SLICED ALMONDS. FOR OTHER TOPPING OPTIONS, TRY SLICED BANANAS, DARK CHOCOLATE CHUNKS OR HY-VEE HEALTHMARKET CHIA SEEDS.

5. Broccoli ‘n’ Cheese Baked Potato
Top a baked potato with homemade broccoli-cheddar cheese sauce made with Vitamin D-fortified milk. Super easy! You can also bake potatoes ahead.

SMART SWAP
Substitute unsweetened applesauce for bananas for flavor variety.
WHERE TO BEGIN
Cleansing is a big job. Make it manageable by following these steps.

1. CLEAR THE DECKS
Clutter is hard to work around—and it collects dust. Take stock of what’s in your house and remove what you don’t need, want or use.

2. SORT IT
Use bins to separate items to leave the residence. For instance, you could have bins for items to be trashed, recycled, donated, sold or stored in the garage or shed.

CLEANING CHALLENGES
Here’s how to deal with head-scratching chores that tend to pop up during your spring clean.

**PROBLEM:** BATHTUB GRIME
**SOLUTION:** Dilute liquid dish soap (formulated to remove grease) in warm water. Use it with a soft sponge to scrub tub.

**PROBLEM:** TOILET BOWL STAINS
**SOLUTION:** For hard water stains, make a paste of borax and vinegar and apply with a scrub brush. For mildew, drain the toilet and spray with distilled white vinegar. Then scrub until shiny.

**PROBLEM:** MARKS ON WALLS
**SOLUTION:** Wet a sponge (melamine sponges work best) and add a dab of diluted baking soda; scrub lightly. Or use a packaged eraser sponge.

**PROBLEM:** DIRTY WINDOW BLINDS
**SOLUTION:** Vacuum with an upholstery attachment, then wipe slats individually. Use a slightly damp cloth on wooden blinds, a mix of warm water and liquid dish soap on metal or vinyl blinds.

**PROBLEM:** COUNTERTOP GUNK
**SOLUTION:** Soffen gunk by placing a hot, wet cloth on residue. Let stand a few minutes, then scrub clean.

USE FOR MR. CLEAN MAGIC ERASERS
1. CLEAN DIRTY CERAMIC TILE AND GRIMY GROUT
2. WIPE DOWN DINGY OUTDOOR FURNITURE
3. WASH OFF SOAP SCUM, RUST AND HARD WATER STAINS
4. SCOUR OUTDOOR GRILLS FREE OF GREASE AND BURNT-ON FOOD
5. REMOVE SCUFFS AND GREASY RESIDUE ON ALLOY AUTOMOBILE WHEELS

Simply Done offers the quality of national brands at a lower price.
Play it safe. Ensure good ventilation when working with cleaning products that contain chemicals such as bleach or ammonia. Never mix products. Combinations can result in toxic vapors.

**Smart Ways to Save Time**

**Problem: Grumpy Deck Furniture**

**Solution:** For metal, mix ¼ cup mild dish soap with 1 gallon warm water; brush or sponge on furniture. For resin, spray all-purpose cleaner; wipe with a sponge and rinse.

**Problem: Dirty Windows**

**Solution:** Spray with glass cleaner and wipe with either newspaper or squeegee. Clean on an overcast day or when glass is shaded.

**Problem: Stale Stuffed Animals**

**Solution:** Wash stuffed toys according to manufacturer’s instructions. Many can be laundered, then dried on low in the dryer. Check that seams and sewn-on items are secure.

**Problem: Shoe Marks on Floors**

**Solution:** Mix 2 Tbsp. baking soda and a little water to form a paste. Apply the paste to tile or laminate floors with a cloth, scrubbing until stubborn marks disappear. Remove residue with a damp cloth, then towel dry.

**Problem: Germ-Laden Surfaces**

**Solution:** Wipe countertops, cutting boards and anything else that has been in contact with raw meat with a disinfectant formulated to kill germs and bacteria.

**Problem: Shoe Marks on Floors**

**Solution:** Mix 2 Tbsp. baking soda and a little water to form a paste. Apply the paste to tile or laminate floors with a cloth, scrubbing until stubborn marks disappear. Remove residue with a damp cloth, then towel dry.

**Organize Your Pantry**

**Shelving** Stairstep shelving provides a view of pantry storage. Place items with long shelf life toward the back.

**Bins** Store onions, potatoes, garlic and similar foods in lined baskets to keep them contained and fresh and your counter neat.

**Canisters** Maximize space by stacking containers in a range of sizes for various foods.

**Scents Made from 100% Essential Oils & Botanical Ingredients**

Seventh Generation Laundry Detergent: select varieties 50 to 112 fl. oz. $12.99

Seventh Generation Diapers: select varieties 22 to 40 ct. $10.99

Seventh Generation Facial Tissue or Paper Towels: select varieties each $2.49

Seventh Generation Cleaners, Dish Soap or Hand Soap: select varieties 12 to 32 fl. oz. $3.49

©2019 Seventh Generation®

**OxO Pop Container:** select varieties 1.7 to 5.8 qt. $11.99

OxO containers, available at Hy-Vee, feature a range of sizes for many uses.

**Caddy Convenience**

Carry cleaning supplies in a caddy to keep them within arm’s reach and to save multiple trips to the supply closet.

**Multitasking**

Load the dishwasher (to get stuff out of the sink and off the counter) and let it run while you clean the kitchen. Wash a load of sheets while cleaning bedrooms.
Take ownership of your body and start living your best life now! The first step is personal responsibility. Get regular checkups, eat food that leaves you energized instead of sluggish, and exercise in a way that’s best for you. Here’s how.

Pencil this in your planner: Get a checkup. Some conditions affect women more, or differently, than men, and regular medical screenings alert you to problems early, when they’re treatable. Stay on top of preventative care with these screenings.

**MEDICAL SCREENS**

**Ages 18–39**
- **Blood pressure**: At least once every 2 years, more often if it’s high (above 120/80).
- **Cholesterol**: Every 5 years, more often if you’re at risk for heart disease.
- **Diabetes**: Get tested if your blood pressure is high, you have a body mass index greater than 25 or have other risk factors.
- **Mammogram**: Not recommended for most women under 40. If your mother or sister had breast cancer at a young age, get tested.

**Ages 40+**
- **Blood pressure**: At least once a year; more often if it’s high.
- **Cholesterol**: Every 5 years, more often if you’re at risk for heart disease.
- **Diabetes**: After age 44, every 3 years, more if your blood pressure is high or you have other risk factors.
- **Mammogram**: Every 1 to 2 years. Not all experts agree on timing for women in their 40s. Talk with your doctor.

**Skin cancer**: Have your doctor check for signs.

**Other**
- If you’re between 18 and 26, ask about the human papilloma virus (HPV) vaccine.

**5 WAYS TO INCREASE YOUR LONGEVITY:**
1. **Eat fish.** Omega-3s in fatty fish, like salmon, reduce risk of heart disease.
2. **Run a few minutes a day.** Even 5 minutes can increase your life expectancy.
3. **Floss.** It reduces inflammation in the body.
4. **Sleep well.** It’s needed for physical and mental health.
5. **Eat fiber.** It protects against heart disease.

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34% OF U.S. WOMEN AGE 20 AND OLDER HAVE HIGH BLOOD PRESSURE, WHICH INCREASES THE RISKS FOR HEART DISEASE AND STROKE.

35% OF U.S. WOMEN AGE 20 AND OLDER HAVE HIGH BLOOD PRESSURE, WHICH INCREASES THE RISKS FOR HEART DISEASE AND STROKE.

Women are significantly more likely than men to suffer from multiple chronic conditions such as hypertension and arthritis.

More women than men are diagnosed with depression each year.

Women are significantly more likely than men to be obese. The rate for women is 40 percent; for men it’s 35 percent.

While men are more likely to become addicted to alcohol, the health effects of alcoholism in women are more serious, including increased risks for breast cancer and heart disease.
FIT FOR HEALTH

Regular exercise keeps you at a steady weight, increases strength, maintains bone density and can lower risks for heart disease, stroke and depression. The benefits of outdoor exercise go beyond physical; a walk along a trail or lakeside does wonders for your state of mind. The U.S. Department of Health and Human Services recommends at least 150 minutes of moderate activity per week. That boils down to a half-hour each day Monday through Friday. What might that look like? Check out “30-Minute Summer Body” on page 112.

Hy-Vee’s partnership with Orangetheory Fitness lets customers join group exercise in studios in or near stores. Sessions include cardio and strength. Check with your local Hy-Vee about availability of an Orangetheory Fitness studio in your area.

THE NEXT TIME A FRIEND ASKS ABOUT GETTING TOGETHER OVER COFFEE, SUGGEST CHATTING OVER A WALK, YOGA CLASS OR BIKE RIDE INSTEAD.

work in workouts

Build exercise into your busy schedule by tweaking your routines.

WALK OR BIKE to work when the weather is nice. Do your co-workers a favor and keep deodorant and a clean shirt or blouse at the office to freshen up.

PUMP DUMBBELLS while you watch your favorite episode of The Office for the 100th time.

WEAR A FITNESS TRACKER and aim for 10,000 steps a day. It can be a fun way to challenge yourself on a daily basis. Your work, family and personal schedules amount to a lot of steps!

PRACTICE SQUATS and LUNGES instead of bending at the waist to pick up toys and clothes off the floor.


Q: HOW SHOULD WOMEN EXERCISE, IN GENERAL?

A: THEY SHOULD DO WHATEVER THEY ENJOY! I LOVE IT WHEN WOMEN ADD RESISTANCE TRAINING. THEY SEE GREAT BENEFITS FOR BONE DENSITY. IT ALSO IMPROVES CONFIDENCE AND MAINTAINS GOOD POSTURE.

Q: Why is cardio good for women?

A: Cardio exercise is good for everyone. It can be traditional movements like walking, biking, running and swimming, but it can also be lightweight circuit training. Cardio is essential to build a healthy heart. I would recommend finding something you enjoy, so it is easy to build a daily habit around.

Q: What is HIIT training?

A: High-intensity interval training is repeating bursts of movements at a moderate to high intensity, followed by lower intensity of the movement. It’s good for everyone, especially women. Start with one or two HIIT workouts per week and see how your body responds. Add additional HIIT workouts as your body reaps the benefits.

Q: Are certain exercises especially good or bad for women?

A: All exercise is good in moderation. One machine I tend to pull women away from is the leg extension machine. It puts strain on joints and tendons in the knees and has been linked to injury. Women tend to have wider hips, which puts our knees at risk for many injuries. I would add in lunges and squats to build up strong legs.

Q: What are the benefits of exercise in general, for everyone?

A: Exercise helps release positive endorphins to help people manage stress better, feel better and move better.
Women, who typically have more body fat than men, often find it challenging to lose weight. Recommended daily calories for women are 1,600 to 2,400, depending on age and activity level. Calories from macronutrients (protein, carbohydrates, fats), below, must be balanced in order to lose or maintain weight, keeping in mind that women have special needs depending on their age.

- **Folate** (leafy greens, beans, citrus) guards against birth defects,
- **Iron** (meats, poultry, fish, kale) replenishes red blood cells and
- **Calcium** (milk, yogurt, cheese) contributes to bone health and reduces risk for osteoporosis.
- **Vitamin D** (eggs, fortified milk) helps absorb calcium.

**Protein** = 4 cal/g repairs and rebuilds cells, promotes growth and development and plays a role in the immune system and hormone levels.

**Goal** About 15 percent of daily calories. Athletes may need more.

**Carbs** = 4 cal/g provide quick energy via sugars and starch.

**Goal** 45 to 65 percent of daily total calories. Most should come from complex carbs with high fiber (fruits, vegetables, whole grains, beans). Avoid refined sugar.

**Fats** = 9 cal/g help the body absorb vitamins and promote healthy brain and skin.

**Goal** Below 30 to 35 percent of daily calories. Opt for unsaturated fats (olive oil, omega-3s in fish) over saturated fat (meat, poultry skin, whole-fat dairy) and trans fats (fried foods, stick margarine).

For a clean source of protein to fuel workouts, add Performance Inspired Whey Protein to your next smoothie. It delivers a protein boost plus digestive enzymes and fiber to help regulate blood sugar levels. Performance Inspired protein powder and bars contain all-natural ingredients for muscle recovery.

Source: eatright.org/food/nutrition/dietary-guidelines-and-myplate/healthy-eating-for-women

Kick-start your new lifestyle today. Hy-Vee begin™ classes show you the ropes of clean eating and exercise. Sessions include cooking tips and recipes. Ask your store dietitian for information.

**ALL YOU CAN EAT**

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TRUWOMEN SNACKS ARE SMART FUEL. THEY’RE NUTRIENT-DENSE, WITH PLANT-BASED PROTEIN AND NATURAL INGREDIENTS. TO YOUR HEALTH!
### ESSENTIALS

Available at Hy-Vee, these vitamins and minerals are key to your health, supporting the body to perform a multitude of tasks. B vitamins are available individually or as B-complex vitamins. Multivitamins provide most, if not all, of these nutrients in one dose.

<table>
<thead>
<tr>
<th>Vitamin/Mineral</th>
<th>What it does</th>
<th>What you need</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 VITAMIN A</td>
<td>Needed for healthy eyesight, reproduction and immune system.</td>
<td>700–900 mcg/day</td>
<td>High doses can cause liver damage.</td>
</tr>
<tr>
<td>2 B VITAMINS</td>
<td>B vitamins help metabolize food, keep skin, eyes and nervous system healthy, make red blood cells and help prevent birth defects. Key B vitamins include B1 (thiamine); B2 (riboflavin); B3 (niacin); B6 (pyridoxine); B7 (biotin); B9 (folate); and B12 (cobalamin).</td>
<td>Refer to package.</td>
<td></td>
</tr>
<tr>
<td>3 VITAMIN C</td>
<td>Reduces cellular damage by neutralizing free radicals and supports a healthy immune system.</td>
<td>75–90 mg.</td>
<td></td>
</tr>
<tr>
<td>4 VITAMIN D</td>
<td>Fortifies bones, muscles and the immune system. Also needed for communication between brain and body.</td>
<td>15–20 mcg.</td>
<td></td>
</tr>
<tr>
<td>5 VITAMIN E</td>
<td>Maintains red blood cells and muscle tissue, supports heart health and protects against cell damage.</td>
<td>15 mg.</td>
<td></td>
</tr>
<tr>
<td>6 VITAMIN K</td>
<td>K1 and K2 play a role in blood clotting and maintaining bone health.</td>
<td>120 mcg men, 90 mcg women; limit if you take blood-thinning medication.</td>
<td></td>
</tr>
<tr>
<td>7 POTASSIUM</td>
<td>Essential for muscle and nerve function and regular heartbeat; may reduce blood pressure by removing sodium.</td>
<td>4,700 mg.</td>
<td></td>
</tr>
<tr>
<td>8 CALCIUM</td>
<td>Supports bone health; needed to reduce the risk of osteoporosis. It also helps with muscle and nerve function.</td>
<td>1,000–1,200 mg.</td>
<td></td>
</tr>
<tr>
<td>9 IRON</td>
<td>Needed to make hemoglobin, the protein in red blood cells.</td>
<td>8 mg: women up to age 50; 18 mg: women 51 and older; 8 mg.</td>
<td></td>
</tr>
<tr>
<td>10 MAGNESIUM</td>
<td>Works with calcium in muscle contraction, blood clotting and building bones and teeth.</td>
<td>Men: 420 mg; women: 320 mg.</td>
<td></td>
</tr>
<tr>
<td>11 PHOSPHORUS</td>
<td>Builds and strengthens bones and teeth.</td>
<td>700 mg.</td>
<td></td>
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</tbody>
</table>

### POPULAR SUPPLEMENTS

<table>
<thead>
<tr>
<th>Supplement</th>
<th>What it does</th>
</tr>
</thead>
<tbody>
<tr>
<td>MULTIVITAMIN FOR WOMEN</td>
<td>High-potency multivitamin for women—includes necessary minerals like calcium for bones and iron for blood.</td>
</tr>
<tr>
<td>IMMUNE BOOSTER</td>
<td>Contains vitamin C, zinc and other nutrients to support the immune system.</td>
</tr>
<tr>
<td>OMEGA-3</td>
<td>Helps maintain cholesterol levels and reduce risk for heart disease.</td>
</tr>
</tbody>
</table>

### pro tip: A WORD TO THE WISE

It is beneficial for all adults to take a daily multivitamin because most do not get all the daily recommended nutrition from their diet. Check with your doctor or pharmacist before adding any vitamins or supplements because they can interact with prescription medications. Getting too much of some vitamins or supplements can cause side effects. Check with a health care professional to see what dose is appropriate for you.”

—Erin Copeland, PharmD,
Hy-Vee Court Avenue, Des Moines, Iowa
SUMMER BODY Kudos to the marathon runners, but that's not for everyone. Here's how to knock out a half hour, five days a week, to hit your goals and be beach ready by summer.

**Day 1**

1. **Hammer Curl**
   - Hold a dumbbell in each hand, palms toward body. Curl dumbbells up toward shoulders. Lower to starting position.

2. **Dumbbell Row**
   - With arms at sides, hold a dumbbell in each hand, palms facing each other. Bend slightly at knees and sit hips back. Lift dumbbells toward midsection. Elves close to body.

3. **Push-ups**
   - Begin in high plank position. Lower chest to almost touch the floor. Push up to starting position.

4. **Superman Raise**
   - Lie facedown, arms overhead, palms forward. Bend at elbows until both dumbbells are behind head. Bring dumbbells back overhead to starting position.

**Day 2**

1. **Jumping Jacks**
   - Stand with feet hip-width apart. Jump your feet to each side while raising arms overhead. Return to starting position.

2. **Burpees**
   - Stand with feet shoulder-width apart. Squat down, place hands on the floor and shoot legs backward, forming a high plank position. Immediately bring legs back to squat position then jump, landing softly on both feet.

3. **Plank**
   - Lie on your stomach with hands placed under shoulders. Keep body off floor and reach for toes, forming a V.

4. **V-Ups**
   - Lie on back, arms overhead, feet together and toes pointed. Lift legs and upper body off floor and reach for toes, forming a V.

**Day 3**

1. **Dips**
   - Face away from a raised surface, like a chair or plyo box. Place palms on edge of surface, then stretch out legs. Bend at elbows to lower body until elbows form a 90-degree angle.

2. **Front Raise**
   - Hold a dumbbell in each hand, palms toward body. With a slight bend in the elbows, raise arms laterally until parallel to the floor.

3. **Calf Raises**
   - With feet hip-width apart and hands along sides, slowly lift heels, standing on balls of feet. Hold for 1 second.

4. **Shoulder Shrugs**
   - Hold a dumbbell in each hand, arms by your sides. Shrug shoulders upward, then lower.

**Day 4**

1. **Bodyweight Squats**
   - Stand with feet hip-width apart. Bend at knees until thighs are parallel to floor. Return to starting position.

2. **Lunges**
   - Feet shoulder-width apart, step forward with right foot until thighs are parallel to the floor. Return to starting position.

3. **Dumbbell Row**
   - Hold a dumbbell in each hand, palms toward body. Curl dumbbells up toward shoulders. Lower to starting position.

4. **Calf Raises**
   - With feet hip-width apart and hands along sides, slowly lift heels, standing on balls of feet. Hold for 1 second.

**Day 5**

1. **Shoulder Press**
   - Hold dumbbells at shoulder height, palms forward. Lift weights up until arms are fully extended.

2. **Side Lateral Raise**
   - Hold a dumbbell in each hand, palms next to hips and toward body. With a slight bend in the elbows, raise arms laterally until parallel to the floor.

3. **Front Raise**
   - Hold a dumbbell in each hand, palms facing each other. Bend slightly at knees and sit hips back. Lift dumbbells toward midsection. Elves close to body.

4. **Push-ups**
   - Begin in high plank position. Lower chest to almost touch the floor. Push up to starting position.

**Source:** news.ku.dk/all_news/2012/2012.8/30-minutes-of-daily-exercise-does-the-trick/

**Pro tip:**

“Eliminate as many distractions as you can to get the most out of your 30-minute workout. It also helps to have upbeat music playing to keep you moving.”

—Dara Diffenber
Certified Personal Trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitnes
MIX IT UP

Put a twist on familiar favorites. Think turmeric-grilled chicken. Dinnertime has changed. Our quality hasn’t.

get the goods

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

**fridge & freezer**

- **Raymundo’s Gelatin**
  - pac or Caramel Flan
  - 6 or 12 oz.
  - 3.29

- **Love Beauty and Planet:**
  - select varieties
  - 13.5 to 16 oz.; or 2 ct.
  - 6.99

- **V&V Supremo**
  - Shredded or Chunk Cheese
  - 7 to 8 oz.
  - 2.69

- **O That’s Good!**
  - Refrigerated Sides:
    - select varieties
    - 18 to 20 oz.
    - 3.99

- **O That’s Good!**
  - Refrigerated Soup:
    - select varieties
    - 16 oz.
    - 4.49

- **El Monterey**
  - Burritos or Chimichangas Family Pack
  - select varieties
  - 32 oz.
  - 3.99

- **La Tarte Fines**
  - Dips or Spread:
    - select varieties
    - 10 oz.
    - 3.49

- **Raymundo’s Guac:**
  - Pac or Caramel Dip
  - 6 or 12 oz.
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- **V&V Supremo**
  - Shredded or Chunk Cheese
  - 7 to 8 oz.
  - 2.69

- **Love Beauty and Planet:**
  - select varieties
  - 13.5 to 16 oz.; or 2 ct.
  - 6.99

**TENDER CARE FOR YOURSELF—and Earth**

Love Beauty and Planet products rejuvenate your skin and hair while being kind to the environment. That means quick-rinse conditioners to save water, bottles made from 100-percent recycled plastic, no animal testing, and a commitment to reduce the carbon footprint.
Fried Shrimp and Rainbow Slaw Bowls

Total Time 35 minutes
Serves 4

1 (1-lb.) jar wild USA Gulf raw shrimp (16 to 20 ct.), thawed
2 Tbsp. fresh lemon juice
2 Tbsp. Gourmet Usa olive oil
2 Tbsp. finely chopped fresh basil
1 clove Hy-Vee Short Cuts peeled garlic, minced
1 Tbsp. Hy-Vee honey
1 Tbsp. Hy-Vee white distilled vinegar
1 (1-lb.) container Hy-Vee Short Cuts spring veggie blend
1 cup Zatarain’s New Orleans Style Fish Fri sauce and seafood breading mix
Hy-Vee canola oil
4 large green cabbage leaves, for serving

1. PEEL AND DEVIN SHRIMP: remove tails. Set shrimp aside.
2. COMBINE lemon juice, olive oil, basil, garlic, honey and vinegar in a medium bowl for vinaigrette. Set aside.
3. CUT mushrooms in veggie blend into slivers and bell pepper into thin strips for slaw. Using a vegetable peeler, cut asparagus spears into thin ribbons. Cut carrot strips into thin pieces. Add mushrooms, bell pepper strips, asparagus strips and carrots to vinaigrette. toss to coat. Cover and refrigerate.
4. PAT shrimp dry with paper towels. Toss shrimp with breading mix to coat. Heat about 2 in. oil in a large, heavy skillet over medium-high heat to 350°F. Deep-fry shrimp in batches for 2 to 3 minutes or until opaque and golden brown, turning once halfway through.
5. TO ASSEMBLE: place a cabbage leaf on each serving plate. Divide slaw among the cabbage leaves, then top with shrimp.
Frank’s RedHot or Buffalo Sauce: select varieties 12 fl. oz. 2.88

Stubb’s BBQ or Marinade: select varieties 12 to 18 fl. oz. 3.48

25% off McCormick Vanilla, Extracts, or Food Coloring: select varieties .25 to 4 fl. oz.

Lawry’s Wet Marinades: select varieties 12 to 13.58 fl. oz. 2/5.00

25% off Lawry’s Wet Marinades: select varieties 12 fl. oz.

Bear Naked Granola: select varieties 7.2 to 13.7 oz. 2/7.00

Bear Naked Premium Granola: select varieties 11 oz. 2/10.00

Kellogg’s Pop-Tarts: select varieties 12 ct. 3.97

Kellogg’s Toasted Crackers 12 oz. 3.37
New at HyVee

Floor Care

CHANGE the way you CLEAN

SWEEP & MOP KIT
• Flexible pole extends for hard-to-reach areas

SPRAY MOP KIT
• Protects from stuck-on grime with regular use

WET MOPPING CLOTHS
• Eliminate 3X the grime per swipe*

*Versus water. ©2019 Georgia-Pacific Consumer Products. All rights reserved. STAINMASTER is a trademark of INVISTA and used under license by Georgia-Pacific Consumer Products.

Available at your local HyVee

Stacy’s Pita Bagel Chips: select varieties 7 to 17.5 oz. 2.99

Frito Lay Tostitos, or Jar Dip: select varieties 10 to 15.75 oz. 2.99

Frito Lay Red Rock: select varieties 6.87 to 7 oz. 3.09

Frito Lay Smartfood Popcorn: select varieties 4.5 to 10 oz. 2/6.00

Stacy’s Pita Bagel Chips: select varieties 7 to 17.5 oz. 2.99

Frito Lay Tostitos, or Jar Dip: select varieties 10 to 15.75 oz. 2.99

Frito Lay Red Rock: select varieties 6.87 to 7 oz. 3.09

Frito Lay Smartfood Popcorn: select varieties 4.5 to 10 oz. 2/6.00

TOSTITOS® Salsa Guac

- 4 Avocados from Mexico
- 1 Tbsp. Fresh Lime Juice
- 1/2 Cup Tostitos® Chunky Salsa
- 1/4 tsp. Kosher Salt

1. Cut each avocado in half and discard pits.
2. Scoop avocados into a large bowl and mash into tiny chunks with a fork until the mixture starts to get soft.
3. Add the lime juice and salt and continue to mix until all ingredients are combined.
4. Fold in the Tostitos® Chunky Salsa.
5. Serve!
EXPLORE OUR FLAVORS
Taste your way through Hy-Vee every Friday and Saturday through the month of April.

FRIDAY, APRIL 5: 4 P.M. TO 7 P.M.
SATURDAY, APRIL 6: 11 A.M. TO 2 P.M.

Produce: Mandarin
Meat: Choice Reserve New York Strips with Deck Project Steak Seasoning; Cracker Barrel Cheese Snacking Cubes
Seafood: Trident Wild Alaska Pollock
Charcuterie: Veroni Charcuterie Platters
Cheese: Roth Kase Havarti
Deli: Di Lusso Deli Sliced Italian Turkey (limited time!)
Hickory House: Boneless Wings
Italian: Single Topping Pizza
Chinese: Egg Rolls
Bakery: Angel Food Jelly Rolls
Non-Foods: P&G Gain Sample Packs
Grocery: Kraft Bistro & Yogurt Dressing

FRIDAY, APRIL 12: 4 P.M. TO 7 P.M.
SATURDAY, APRIL 13: 11 A.M. TO 2 P.M.

Produce: Avocados
Meat: Smoked Pork Chops
Seafood: Sea Best Tempura Tilapia
Charcuterie: Veroni Mediterranean with King's Hawaiian Cocktail Bun
Cheese: Roth Kase Havarti
Deli: Di Lusso Deli Sliced Italian Turkey (limited time!)
Hickory House: Pulled Pork
Italian: Meat Cravers Pizza
Chinese: Shrimp
Bakery: Danish Crossants
Grocery: Campbell’s Velt Soup Sipping

FRIDAY, APRIL 19: 4 P.M. TO 7 P.M.
SATURDAY, APRIL 20: 11 A.M. TO 2 P.M.

Produce: Pineapple
Meat: Our Own Breakfast Sausage Links
Seafood: Chef Kim’s Salmon Burgers
Charcuterie: Columbus Samplers
Cheese: Roth Kase Havarti
Deli: True Deli Meats
Hickory House: Boneless Wings
Italian: Supreme Pizza
Chinese: Wonton Chips & Crab Rangoon Dip
Bakery: Angel Food Cakes

FRIDAY, APRIL 26: 4 P.M. TO 7 P.M.
SATURDAY, APRIL 27: 11 A.M. TO 2 P.M.

Produce: Blackberries
Meat: Chicken Kabobs
Seafood: Shrimp on a Barbie
Charcuterie: LaQuercia Borsellino Salami
Cheese: Roth Kase Havarti
Deli: New Di Lusso Italian Garden Turkey (limited time!)
Hickory House: Kitchen Fresh Antipasto Chips; Spinach Artichoke & Buffalo Chicken Dip
Italian: Single Topping Pizzas
Chinese: Egg Rolls
Bakery: Iced Angel Food Cake
Grocery: Frito-Lay Tostitos Cinco Central; Hershey’s Reese’s THINS

samples
THIS COMFORT FOOD ALSO HELPS COMFORT HUNGRY CHILDREN.

WHEN YOU PURCHASE “O, THAT’S GOOD!” PRODUCTS FEATURING THE HY-VEE ONE STEP LOGO, A PORTION OF PROCEEDS GO TO THE BACKPACK PROGRAM™, WHICH HELPS KIDS SUCCEED BY MAKING SURE THEY DON’T GO HUNGRY ON WEEKENDS.