

# HyVee<sup>®</sup>

FOOD | LIFE | HEALTH

# seasons<sup>®</sup>



**spring** it on!

**april**  
Prices good April 1-30, 2019



# COFFEE IN FULL BLOOM



LIMITED EDITION

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

Keurig, Keurig Hot, K-Cup and the K logo are trademarks of Keurig Green Mountain, Inc., used with permission. Starbucks and the Starbucks logo are registered trademarks of Starbucks Corporation used under license by Nestlé.

# the lineup

APRIL 2019

## APRIL SPRING IT ON



- 38 HOST EASTER WITH EASE
- 58 CREATE AN OUTDOOR OASIS
- 64 GET YOUR GRILL ON
- 100 SPRING FORWARD WITH A CLEAN SWEEP
- 104 HEALTH TIPS FOR WOMEN

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



## APRIL 2019



### food

- 9 BASICS**  
Asparagus for beginners.
- 13 COOKING 101**  
Make no mi-steak, you'll be the talk of the barbecue with these grilling tips.
- 15 BETTER EATS**  
Everything is better with Cheddar. These no-guilt biscuits prove it.
- 17 WINE & SPIRITS**  
Boost brunch with these tasty cocktails.
- 20 UNSTOPPABLE STEAKS**  
Give 'em something good to talk about—Hy-Vee's tender, juicy steaks can't be beat.
- 24 KABOBS**  
From the grill to the table in minutes.
- 28 THE BIG CHEESE!**  
Deliciously cheesy dishes to dig into.
- 32 HY-VEE CHICKEN**  
Five easy ways to jump-start your meals with Hy-Vee rotisserie chicken.
- 38 NO-FUSS EASTER**  
Holidays don't need to be a hassle. Check out these time-saving, easy-to-do ideas.

### life

- 49 SEASONS**  
Do the bunny shop—fill your basket with Easter goodies from Hy-Vee.
- 52 WHAT THE HACK?**  
Egg dyeing made easy.
- 55 BLOOMS**  
Make your house smile. Take home tulips.
- 58 OUTDOOR LIVING**  
Need a vacay every day? Create an outdoor room with furniture from Hy-Vee.
- 64 GET YOUR GRILL ON**  
Dreaming of BBQ and burgers? Learn about our wide selection of grills—charcoal, gas, ceramic and smoker varieties—and find some tasty recipes, too.
- 74 GRADUATION PARTY BIG IDEAS**  
Show your pride and take it up a notch for your grad's big day.
- 82 LEADER OF THE PACK**  
The big dog on the Minnesota Timberwolves is actually a KAT! Meet NBA rising star Karl-Anthony Towns.

### health

- 89 BODY**  
Find must-have makeup shades for this spring.
- 90 EXERCISE**  
Core and back moves for flexibility and strength.
- 92 PHARMACY**  
Go-to remedies for springtime cold and allergy symptoms.
- 95 DIETITIAN TIPS**  
What you need to know about diabetes.
- 96 FOODS THAT REDUCE ANXIETY**  
A balanced diet along with the right vitamins and minerals can soothe your mood.
- 100 CLEAN SWEEP**  
Smart ways to spring-clean your house.
- 104 WOMEN'S HEALTH**  
Take charge now to live longer.
- 110 DAILY DOSE**  
Essential vitamins and minerals for every day.
- 112 30-MINUTE SUMMER BODY**  
Knock out a half-hour each weekday to meet your goals.

It takes just 15 minutes to whip up a quiche for a crowd, see page 43.

## 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.

New York Bakery  
Texas Toast  
croustons:  
select varieties  
4.5 to 5 oz.  
2/4.00

Reames  
Homestyle  
Egg Noodles  
16 oz.  
2/6.00



Foldits or  
Flatouts:  
select varieties  
6.8 to 11.2 oz.  
2/5.00

Marzetti Salad  
Dressing & Dips:  
select varieties  
12 to 15 fl. oz.  
3.99

Olive Garden Dressing  
or Marzetti Slaw:  
select varieties  
16 fl. oz.  
3.49

**T. Marzetti**  
A LANCASTER COLONY COMPANY

T. Marzetti Company | 380 Polaris Parkway, Suite 400 | Westerville, Ohio 43082 | 614-846-2232 | www.Marzetti.com



# BIG WEEKENDS ARE FULL OF LITTLE MOMENTS



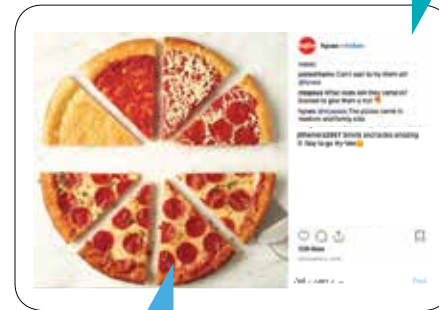
Pepsi Mini Can:  
select varieties  
7.5 fl. oz., 10 pk.  
2/8.00

PEPSI, DIET PEPSI, PEPSI-COLA and the Pepsi  
Globe are registered trademarks of PepsiCo, Inc.

## YOU SAID:

“Smells and tastes amazing!!!  
Way to go Hy-Vee!”

-@jillherrera2867



## FOLLOW US

What's trending at Hy-Vee? Maybe it's  
a chef chat, a fresh produce recipe or a  
Hy-Vee Fuel Saver + Perks deal.  
[instagram.com/HyVee](https://www.instagram.com/HyVee)

## WHAT YOU'RE SAYING...



## WATCH US

See our step-by-step video, **Grilling Steaks**,  
to learn the secrets behind preparing  
tender, savory steaks every time.  
[hstv.com](https://www.hstv.com)



## FOLLOW US...



[instagram.com/HyVee](https://www.instagram.com/HyVee)



[twitter.com/HyVee](https://twitter.com/HyVee)



[facebook.com/HyVee](https://www.facebook.com/HyVee)



[pinterest.com/HyVee](https://www.pinterest.com/HyVee)



[hstv.com](https://www.hstv.com)

CONNECT WITH **HyVee**  
@ **Hy-Vee.com**

## hello from hy-vee



**DONNA TWEETEN**  
EXECUTIVE VICE PRESIDENT,  
CHIEF MARKETING OFFICER,  
CHIEF CUSTOMER OFFICER



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!



recipe index

BASICS

30 Creamy Pasta with Asparagus and Salmon *p. 10*

BETTER EATS

Fat-Reduced Cheddar Biscuits *p. 15*

WINE & SPIRITS

Strawberry Crème Mimosas *p. 17*

30 Bunny Hop Martini *p. 18*

Short Cuts Sangrias *p. 18*

UNSTOPPABLE STEAKS

30 GF Angus Steak Salad *p. 22*

30 GF Salsa Verde *p. 23*

30 GF Mushrooms and Herbs *p. 23*

30 GF Rustic Tomato *p. 23*

30 GF Rosemary-Thyme Butter *p. 23*

KABOBS

30 Teriyaki Brush-On Sauce *p. 26*

30 Surf & Turf Marinade *p. 26*

30 Mediterranean Rub *p. 26*

THE BIG CHEESE!

V Havarti Scalloped Potatoes *p. 28*

30 GF Smokin' Gouda Poppers *p. 29*

30 GF Caprese Salad Party Skewers *p. 29*

30 GF Cheese and Pear Wedges *p. 29*

30 V Smoked Cheddar Grilled Cheese Sandwich *p. 30*

30 GF Ricotta Cheese Cannoli Dip *p. 30*

30 V Swiss Cheese and Avocado Sandwich *p. 30*

30 Brie Cheese, Cranberry and Rosemary Toast *p. 30*

30 Boursin Garlic & Fine Herbs Cheese-Stuffed Olives *p. 30*

HY-VEE CHICKEN

30 Chicken Pasta *p. 33*

Chicken Enchiladas *p. 34*

5-Ingredient Chicken Pot Pie *p. 35*

30 15-Minute Chicken Buffalo Dip *p. 36*

Chicken-Broccoli Stuffing Casserole *p. 37*

NO-FUSS EASTER

GF Sheet-Pan Ham Dinner for 4 *p. 40*

GF Balsamic Nectar-Glazed Ham *p. 41*

30 Breadstick Bowknots *p. 42*

30 GF V Vegan Strawberry Cucumber Salad *p. 42*

Crustless Slab Quiche *p. 43*

WHAT THE HACK?

30 Bunny Tracks Trail Mix *p. 53*

GET YOUR GRILL ON

GF Cedar-Planked Salmon with Citrus-Chive Butter *p. 67*

Smoke-Cooked Pulled Pork Sandwiches *p. 71*

Smoked Baby Back Ribs *p. 73*

FOODS THAT REDUCE ANXIETY

Chamomile-Honey Mini Muffins *p. 98*

30 Lentil-Rice Pilaf *p. 99*

30 GF V Sautéed Chard with Poached Egg *p. 99*

30 Artichoke and Lemon Pasta *p. 99*

30 Blueberry-Apricot Yogurt Parfait *p. 99*

V Broccoli 'n' Cheese Baked Potato *p. 99*

GET THE GOODS

Fried Shrimp and Rainbow Slaw Bowls *p. 116*

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

Hy-Vee, Inc., Grey Dog Media, LLC, and any individual or party represented in this work do not warrant or assume any legal liability or responsibility for the quality, accuracy, completeness, legality, reliability or usefulness of any information, product or service represented within this magazine.

HY-VEE, INC.  
DONNA TWEETEN  
EXECUTIVE VICE PRESIDENT,  
CHIEF MARKETING OFFICER,  
CHIEF CUSTOMER OFFICER  
MATT NANNEN  
SENIOR VICE PRESIDENT,  
DIGITAL DEVELOPMENT/BRAND  
AND IMAGE MARKETING  
JOEL ALLEN  
SENIOR VICE PRESIDENT, MARKETING  
SARA CANADY  
ASSISTANT VICE PRESIDENT,  
BRAND AND IMAGE MARKETING  
KEATH ALLEN  
ASSISTANT VICE PRESIDENT, ADVERTISING  
CHELSEA KUMBERA  
DIRECTOR, ADVERTISING CREATIVE  
AD STAFF  
AMY HOLDEN, LORRIE TROGDON, ERIC  
BOEDING, CHERI PRIDE, JENNY HUNTER,  
BRIAN GOERES, MORGAN WILDE  
TEST KITCHEN  
RACHEL THALHUBER, HEATHER RAY

GREY DOG MEDIA, LLC  
INTEGRATED MARKETING  
WANDA J. VENTLING  
PRESIDENT,  
EDITORIAL AND CREATIVE DIRECTOR  
ALISON HERR  
VICE PRESIDENT, ASSOCIATE EDITORIAL  
AND CREATIVE DIRECTOR  
RICH MICHELS  
EXECUTIVE ART DIRECTOR  
LAUREN NORTHNESS  
EXECUTIVE ART DIRECTOR  
AARON VENTLING  
EXECUTIVE EDITOR

EDIT  
BEAU BERKLEY, LOIS CARPENTER,  
LUKE MILLER  
CONTRIBUTING EDITOR  
HILARY BRAAKSMA  
ART  
CATHY BRETT, KATLYN BROUWER,  
KATE CORMAN, BECKY LAU EKSTRAND,  
MACKENZIE FERGUSON, JENA HAMILTON,  
BROCK MERRITT, CAITIE TAUKE  
CONTRIBUTING ART  
DARA NEUBAUER  
ASSISTANT  
KAARI DEVENS

MICHAEL GOSHON  
PREMEDIA/IMAGING DIRECTOR  
PREMEDIA/IMAGING SPECIALISTS  
AMY NESBITT, LESLIE WHITE

TEST KITCHEN  
CASEY HALDER, CANDICE NIELSEN,  
MARY JO PLUTT

KRISTI CHEW  
COPY CHIEF

ADAM VENTLING  
EXECUTIVE VICE PRESIDENT,  
BUSINESS DIRECTOR  
ANDREW VENTLING  
VICE PRESIDENT,  
OPERATIONS DIRECTOR  
BILL FRAME  
ADVERTISING SALES DIRECTOR

TOBIN BENNETT  
COVER PHOTOGRAPHER

Prices effective April 1, 2019  
through April 30, 2019  
(while quantities last).  
© 2019 by Hy-Vee, Inc. All rights reserved.  
Printed in the U.S.A.

Hy-Vee Seasons recipes are tested by test kitchen  
food technologists to guarantee that they are  
reliable, easy to follow and good tasting.

Please recycle after use.



A TRIO OF

PIE-STA  
FLAVORS



Fresh asparagus is a  
springtime treat in this  
simple pasta meal, *page 10*.

30  
minutes  
or less  
30 MINUTES  
OR LESS

GF  
option  
GLUTEN FREE

V  
option  
VEGETARIAN  
DISH



MAKE EVERY DAY EARTH DAY

~ STOCK UP TODAY! ~

Offers available 4/1/19-4/30/19.

Check in stores deals for weekly savings. See store for offer details, including participating varieties of each advertised product. Only at Hy-Vee.



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



Epic Jerky: select varieties 2.5 oz. 2/9.00



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



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



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

Earn \$.25  
per gallon on fuel  
with your Hy-Vee Fuel Saver + PERKS™ card!

When you buy \$15  
in participating General Mills items



Look for participating General Mills products in April weekly ads. Fuel offer valid 4/1/19-4/30/19. Participating products must be purchased in a single transaction. Limit one fuel discount per person. Fuel discount good for the purchase of up to 20 gallons in one fuel purchase. See full fuel program terms at [www.hy-vee.com/perks](http://www.hy-vee.com/perks). © General Mills.

basics

## ASPARAGUS

Grab a bunch and make this spring treasure your go-to veggie with these tips and new prep ideas.

**S**weet, tender asparagus stars in everything from raw salads to quick pastas. Spears come in green, white and purple and can be used interchangeably. While 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.

# food



### 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.





# 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 flakes easily with a fork (145°F). Remove and discard skin; flake salmon and set aside.

4. **MELT** butter over medium heat in a saucepan. Add shallots and garlic; cook for 2 minutes or until softened. Whisk in flour. Gradually whisk in milk. Cook, whisking constantly, until thickened. Cook and whisk 1 minute more. Remove from heat. Stir in 3 Tbsp. Parmesan cheese and lemon zest. Season to taste with salt.

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 a 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 meets. 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  
Produce Manager  
Hy-Vee, West Des Moines, Iowa

New



Meal Kits for 2.  
Ready in 10 minutes.



We give you the prepped ingredients.  
You assemble for a delicious meal in minutes!

Keep your choices fresh and fun with our rotating menu:



**dragon bowl**  
with thai peanut sauce



**sweet-and-savory chicken**  
with snap peas, broccoli, and brown rice



**grilled chicken tacos**  
with roasted chipotle sauce & pineapple slaw



**two-cheese butternut squash rotini**  
with bread crumbs



**loaded flatbreads**  
with chicken, feta, and fresh greens



**lemony chicken, farro, and apple saute**  
with fresh greens



**beef baja bowl**  
with fire-roasted corn & black beans



# WE KNOW BEANS... AND BEANS. AND BEANS.

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



Bush's Variety Beans:  
select varieties  
15 to 16 oz.  
1.18

Bush's Beans:  
select varieties  
15 to 16 oz.  
1.38



BUSHBEANS.COM



## 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 filet connected by a T-shape bone. (The porterhouse cut has a larger tenderloin.)

### COWBOY RIBEYE

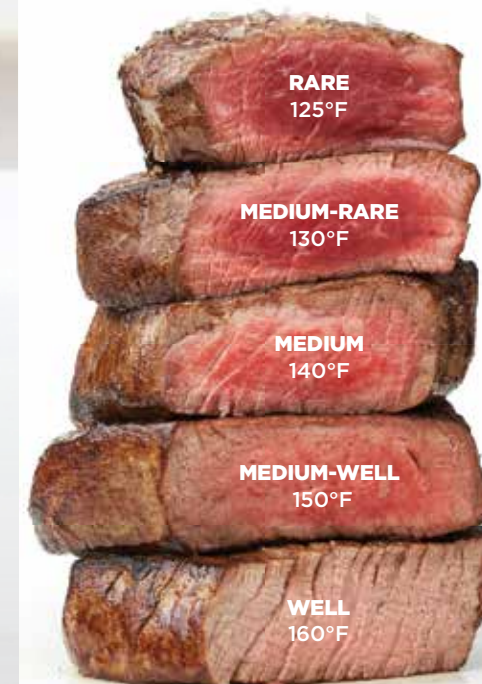
A generously marbled, very flavorful bone-in cut.

### TOP SIRLOIN

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.



## cooking 101

# GRILLED STEAK

Learn secrets to perfectly grilled steak—with the tenderness and char you get at a steakhouse.



## 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 the 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 meat.

### Sizzling Steak

Grill it perfectly. Our video shows how, from choosing the cut to throwing it on the plate.

Hy-Vee  
seasons



Watch and learn  
at [HSTV.com](http://HSTV.com) today!





Food Network Dinners or Cooking Sauces: select varieties 4 to 15 oz. 2/5.00



Benihana Frozen Meals: select varieties 10 oz. 3.99



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



EVERYTHING'S BETTER  
WITH CHEESE...

ESPECIALLY  
TACO BELL® CHEESE!



better eats

## LIGHT BAKING DONE RIGHT

Make the restaurant biscuits you love minus all the fat. Our recipe makeover omits butter and amps up Cheddar flavor.

Ours	140 calories	6 g fat	16 g carbs	210 mg sodium
Theirs	160 calories	10 g fat	16 g carbs	380 mg sodium

## Fat-Reduced Cheddar Biscuits

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  
1 Tbsp. Hy-Vee baking powder  
2 tsp. Hy-Vee granulated sugar  
2 tsp. Hy-Vee garlic powder  
½ tsp. Hy-Vee baking soda  
½ tsp. Hy-Vee salt  
¼ tsp. Hy-Vee cayenne pepper  
¾ cup Hy-Vee finely shredded extra-sharp Cheddar cheese  
1¼ cups cold buttermilk  
¼ cup Hy-Vee canola oil

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.

Per serving: 140 calories, 6 g fat, 2 g saturated fat, 0 g trans fat, 5 mg cholesterol, 210 mg sodium, 16 g carbohydrates, 1 g fiber, 2 g sugar (1 g added sugar), 4 g protein.  
Daily Values: Vitamin D 0%, Calcium 15%, Iron 6%, Potassium 2%





# WINE COOLERS COOL AGAIN

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.



## wine & spirits

# PUNCH UP A BRUNCH

Break out the champagne for bubbly mimosas, mix up an Easter martini or fill a pitcher with minty melon sangria. Refreshing drinks like these will be the talk of the day.

## Strawberry Crème Mimosas

**Hands On** 15 minutes  
**Total Time** 15 minutes  
plus chilling  
**Serves** 6 (6 oz.)

**1½ cups Hy-Vee frozen unsweetened strawberries**  
**½ cup Hy-Vee frozen unsweetened raspberries**  
**3 Tbsp. Hy-Vee honey**  
**1 cup Hy-Vee half-and-half**  
**1 (750-ml) bottle Korbel champagne, chilled**  
**Fresh strawberries, for garnish**

**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:** Vitamin D 0%, Calcium 4%, Iron 0%, Potassium 2%

## pro tip: A GOOD MIX



Korbel



“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 I am free to greet 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”  
HSTV.com





## 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  
 ½ oz. Master of Mixes real cream of coconut  
 ½ oz. Cross Keys rum  
 ½ oz. Hy-Vee half-and-half  
 ¼ 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 g trans fat, 5 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%



Cross Keys Rum



Smirnoff Vodka

MAKE THIS IN  
5 MINUTES!



### SHORT CUTS SANGRIAS

Combine 2 (750-ml) bottles rosé 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.

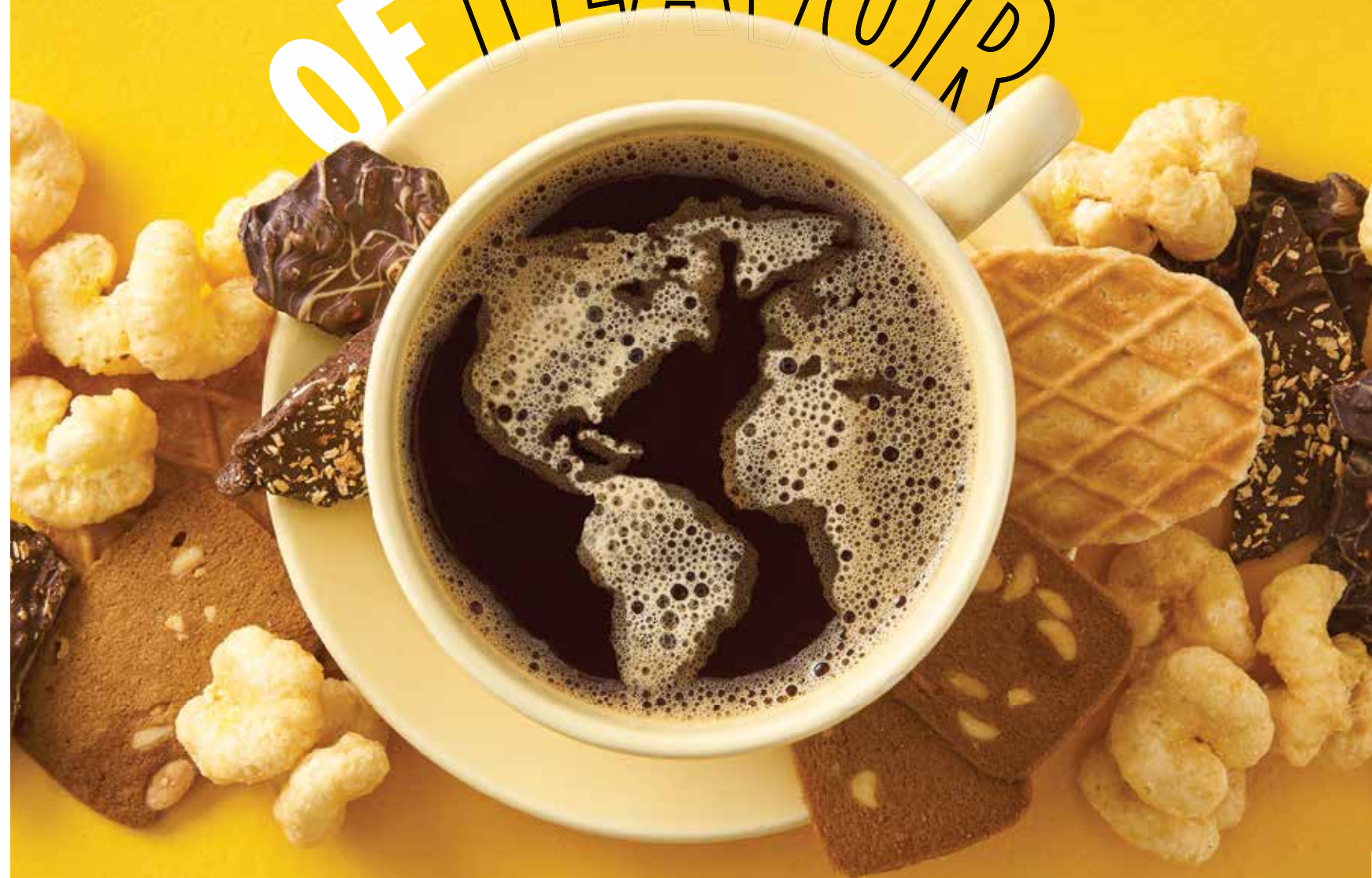


### Cut Kitchen Time with Short Cuts

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.



# a WORLD OF FLAVOR



### 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: select varieties  
3.53 oz.  
2/5.00



Culinary Tours Irish Butter: select varieties  
16 oz.  
7.99





## pro tip: 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 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

Boneless sirloin is a lean, flavorful cut that benefits from a tenderizing marinade before grilling. It’s also good for kabobs.

### Tenderloin (Filet Mignon)

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

### New York Strip

This meaty, well-marbled cut goes by other names, such as Kansas City steak or strip steak. Cook on the grill or under the broiler.

### T-Bone/Porterhouse

The T-shape bone divides two cuts of steak—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 this cut.

### Hy-Vee ANGUS RESERVE

LEANER, WITH LESS MARBLING OVERALL, OUR ANGUS BEEF OFFERS EVERYDAY VALUE FIT FOR ANY MEAL OR OCCASION.

### Hy-Vee CHOICE RESERVE

TENDER AND FLAVORFUL BUT WITH LESS MARBLING, LESS THAN 10% OF USDA CHOICE BEEF MEETS HY-VEE’S REQUIREMENTS.

### Hy-Vee PRIME RESERVE

WITH ABUNDANT MARBLING AND UPSCALE QUALITY FOUND IN FINE RESTAURANTS, ONLY THE TOP 2% OF BEEF EARNS THE PRIME LABEL.





PREP THIS IN  
15 MINUTES!

**30**  
minutes  
or less

## Angus Steak Salad

Hands On 15 minutes  
Total Time 30 minutes  
Serves 4

1 recipe **Balsamic Vinaigrette**, *right*  
1 lb. Hy-Vee Angus Reserve Beef Loin  
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  
¼ medium red onion, cut into slices  
¼ 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.

**Balsamic Vinaigrette:** Whisk together  
3 Tbsp. aged white balsamic vinegar,  
1 Tbsp. Hy-Vee Dijon mustard, 1 Tbsp.  
Hy-Vee honey, 1 minced garlic clove and  
¼ tsp. Hy-Vee black pepper in a medium  
bowl. Slowly add ¼ cup Hy-Vee Gustare  
Vita olive oil, whisking continuously.  
Makes ½ cup.

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%

## WHAT'S FOR DINNER?

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 filets—they're fast, leaving you time to prep a few sides.

USDA  
CHOICE



Hy-Vee Choice Reserve  
Beef Big T-Bone Steak  
25 oz.  
20.00

USDA  
PRIME



Gourmet  
Steakhouse Burgers:  
select varieties  
6 oz.  
2/5.00

USDA  
PRIME



Hy-Vee Prime Reserve  
Bacon Wrapped Sirloin  
Filet  
5 oz.  
3.99



## Top a Steak 3 ways.

Amp up the flavor of hot-off-the-grill juicy steaks by layering on herbs, spices or fresh produce—whatever suits the season or the occasion.

### 1 SALSA VERDE

Combine ½ cup finely chopped cilantro, ⅓ cup Gustare Vita olive oil, 1 Tbsp. finely chopped seeded poblano pepper, 1 tsp. Gustare Vita red wine vinegar, ¼ tsp. Hy-Vee crushed red pepper and ¼ tsp. Hy-Vee sea salt in a medium bowl. Makes 1½ cups.

### 2 MUSHROOMS AND HERBS

Heat 1 Tbsp. Hy-Vee salted butter and 1 Tbsp. Gustare Vita olive oil in a skillet over medium-high heat. Add 2 cloves minced garlic to hot oil and cook for 30 seconds or until fragrant. Stir in 1 (8-oz.) pkg. sliced baby bella mushrooms and Hy-Vee salt, to taste. Cook and stir for 3 to 4 minutes or until tender. Remove from heat. Add 2 tsp. chopped fresh oregano and 1 tsp. chopped fresh thyme. Makes 1 cup.

### 3 RUSTIC TOMATO

Combine 2 cups halved tricolor cherry tomatoes, ¼ cup Gustare Vita olive oil, ¼ cup chopped fresh basil, 2 Tbsp. Hy-Vee Short Cuts chopped red onion, 2 tsp. Gustare Vita balsamic vinegar, ½ tsp. cracked black pepper and ¼ tsp. Hy-Vee sea salt. Makes 2¼ cups.

try  
this

**Rosemary-Thyme Butter:** Beat together ¼ cup softened Hy-Vee unsalted butter, 2 minced garlic cloves, 2 Tbsp. finely chopped fresh rosemary and 2 Tbsp. finely chopped fresh thyme. Serve over grilled steaks. Makes ¼ cup.



# KABOBS

Grill our ready-to-go kabobs in minutes!

Select ready-to-go kabobs, *above*, or customize your own in three easy steps, *page 26*. 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!

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

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

Pork & Vegetable Kabob  
10 oz.  
3.99

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.  
3/5.00



Fair Trade Previously Frozen Ahi Tuna & Vegetable Kabob  
7 oz.  
5.99



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

Previously Frozen Swordfish & Vegetable Kabob  
7 oz.  
4.99



## Fair Trade Standards

The Fair Trade Certified™ seal recognizes first-rate seafood companies for their commitment to improve 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.



# 3 STEPS TO SUPPER

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

## TERIYAKI BRUSH-ON SAUCE



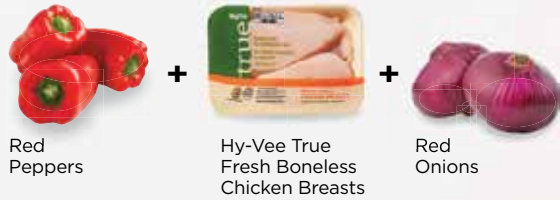
1. Thread pork tenderloin chunks, zucchini and yellow summer squash slices and mushrooms onto skewers.
2. Brush with Hy-Vee Hickory House Asian Glazin' teriyaki wing sauce.
3. Grill over medium-high heat 6 minutes or until pork is done (145°F.), turning kabobs once halfway through.

## SURF & TURF MARINADE



1. Marinate sirloin steak chunks and raw shrimp in Hy-Vee Hickory House Steak Soak steak & chop marinade for 1 hour in the refrigerator.
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.

## 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).

### 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, sprinkle with

fresh herbs and they're good to go.”  
—Susan Coe  
Registered Dietitian  
Hy-Vee, Omaha, Nebraska



Simply Done Metal Skewers  
4 ct.  
2/3.00



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.

## BENEFITS

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



# The BIG Cheese!

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

## 1 Havarti Scalloped Potatoes

**Hands On** 50 minutes  
**Total Time** 2 hours  
**Serves** 20

**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**  
**2½ tsp. Hy-Vee salt**  
**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 ½ in. thick**

**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%



**Hy-Vee**  
**ONE STEP**

Proceeds from sales of One Step Russet Potatoes have helped fund more than 740 community gardens throughout the Midwest.



## 2 SMOKIN' GOUDA POPPERS

Holland Smoked Gouda Cheese  
**7.99 lb.**

Preheat 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 ¼ tsp. Hy-Vee paprika. Spoon mixture into pepper shells. Bake for 15 to 20 minutes or until bubbly. Serves 20.

## HAVARTI PARTY

For quality and versatility, it's easy to see that rich, creamy Roth Havarti cheese stacks up to the best.

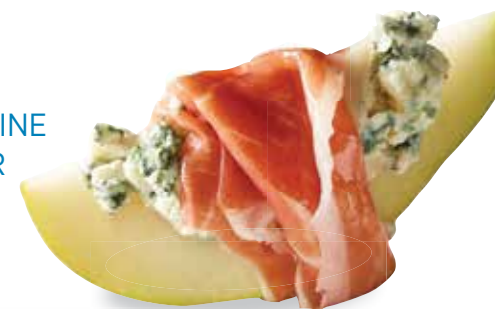
Handcrafted in Wisconsin by award-winning cheesemakers, Havarti is a go-to table cheese that can be sliced or grilled in a sandwich. It pairs well with fruit and wine.

Horseradish Havarti jacks up the flavor of a roast beef sandwich. Jalapeño Havarti turns up the heat in a cheesy potato dish. Dill Havarti adds a refreshing note to a cheese tray. Visit your Hy-Vee deli to sample Roth Havarti cheese.



Roth Havarti Cheese:  
select varieties  
6 oz.  
**3.99**

## 3 IT'S HARD TO IMAGINE ANYTHING TASTIER THAN FRESH PEAR WEDGES WITH BLUE CHEESE AND PROSCIUTTO.



## 4 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.



Soirée Fresh Mozzarella Balls, Logs or Pearls  
8 oz.  
**2.88**



5

**SMALL SANDWICHES**  
SERVE UP BIG FLAVOR  
WHEN MILD AND NUTTY  
SWISS CHEESE AND  
AVOCADO JOIN FORCES  
BETWEEN TOASTED SLICES  
OF COCKTAIL RYE BREAD.  
BAKE IN A 350°F OVEN  
FOR 5 MINUTES TO GET  
A CREAMY MELT.



6



Fun and easy to make, these  
tasty little toasts take minutes  
to assemble. Top a crostini  
with slices of Brie cheese,  
spoon on some  
cranberry relish  
and garnish with  
fresh rosemary.

8



Frigo Mozzarella,  
Parmesan Cup  
or Ricotta:  
select varieties  
10 to 32 oz.  
4.48

## 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.

Add  $\frac{3}{4}$  cup Hy-Vee powdered sugar  
and  $\frac{1}{2}$  tsp. orange liqueur; beat until  
well combined. Stir in  $\frac{1}{2}$  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.

To make the dip, place 1 cup drained  
Frigo whole milk ricotta cheese and  
 $\frac{1}{2}$  cup mascarpone cheese in a medium  
mixing bowl. Beat with an electric  
mixer on medium for 30 seconds.



Soirée Smoked  
Cheddar Cheese:  
select varieties  
9.99 lb.

9

Enjoy a cheese-stuffed delicacy  
as an appetizer or in a martini.  
Pipe creamy Boursin Garlic & Fine  
Herbs cheese into whole pitted ripe  
olives. Serve with appetizer picks.



Boursin Cheese:  
select varieties  
5.2 oz.  
3.99

7

## CLASSIC & A TWIST

Who doesn't love a grilled  
cheese sandwich? Give it an  
upgrade by doubling up  
on melty Soirée smoked  
Cheddar between slices of  
Hy-Vee light Italian bread.

**Amp Up Grilled Cheese**  
Check out our Gourmet  
Grilled Cheese sandwich.



Watch and learn  
at **HSTV.com** today!

10

## RITZ CHEESE TOPPERS

Whatever the party, we  
have the pleaser. Dress  
up rich and buttery RITZ  
crackers with cheese and  
fresh toppings. Then get  
ready for fun times 'round  
the RITZ!



Brie Cheese + Plum + Thyme



Raspberries + Cream Cheese + Mint



Blue Cheese + Pecan + Honey



Swiss Cheese + Ham + Parsley



Cheddar Cheese + Fresh Jalapeño Slices



Swiss Cheese + Summer Sausage



Goat Cheese + Roasted Red Peppers



Brie Cheese + Blackberry Jam + Mint



Colby Jack Cheese + Swiss Cheese + Thyme

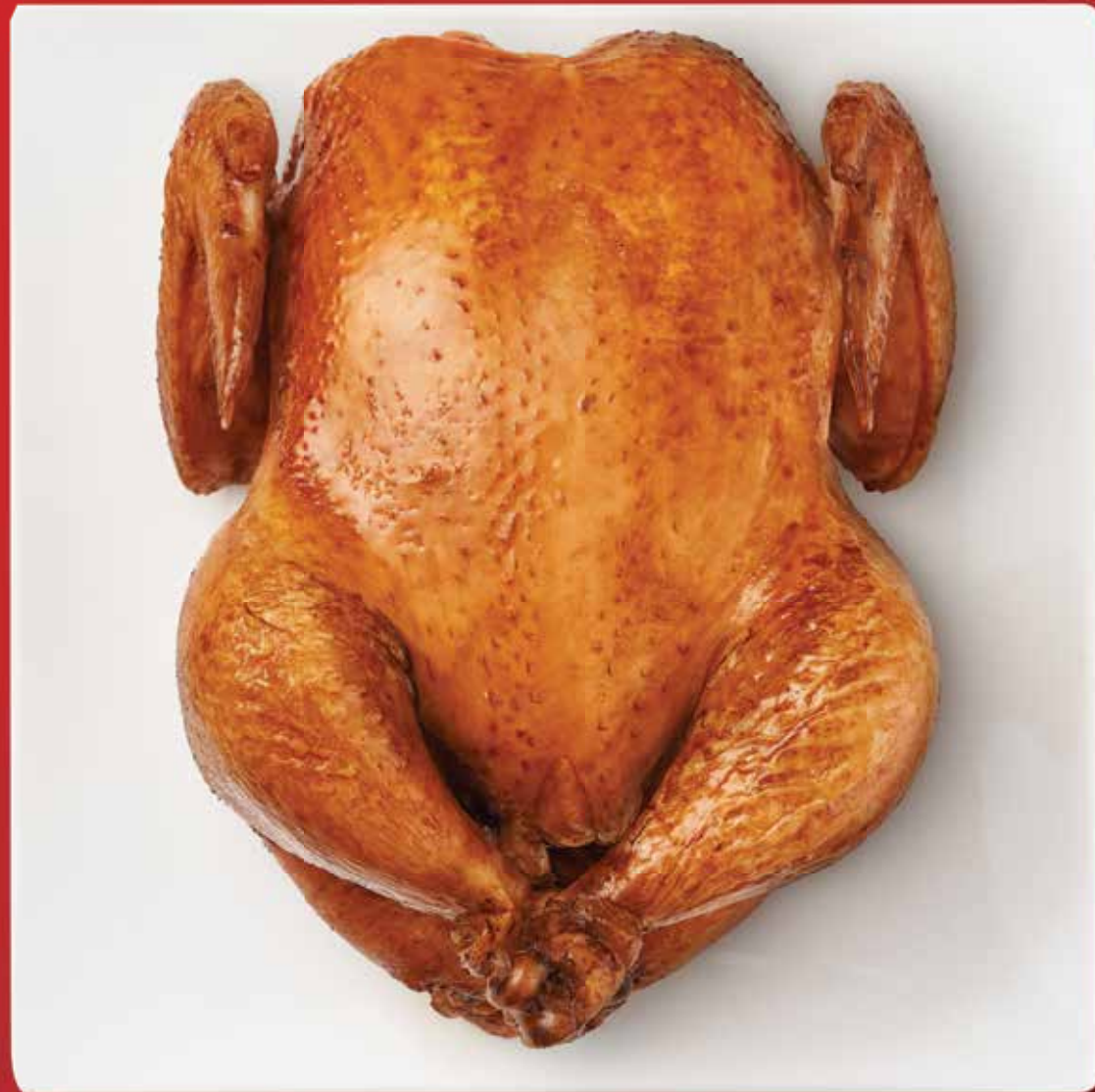


Fresh Mozzarella + Tomato + Basil + Balsamic Glaze



# Hy-Vee® Chicken

## Hy-Vee Rotisserie Chicken, 5 Ways!



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.

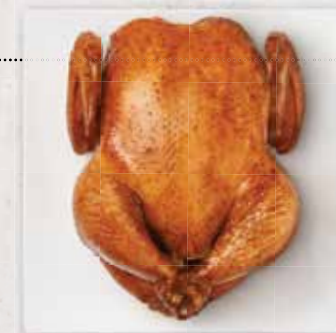
If you prefer only white meat, pick up a rotisserie chicken breast instead of a whole bird. When removing bones and skin, do it while the chicken is warm and it will go faster. Figure about 4 cups (1 lb.) chopped meat from each whole chicken.



### 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  $\frac{1}{2}$  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.



4 cups shredded Hy-Vee rotisserie chicken



1 bag fresh baby spinach  
8 oz.



1 jar Gustare Vita Alfredo sauce  
12.5 oz.



2 cups Hy-Vee Short Cuts chopped butternut squash



Hy-Vee dry fettuccine  
8 oz.





3 cups shredded  
Hy-Vee rotisserie chicken



Feelin' spicy?  
Swap in Hy-Vee  
thick & chunky  
hot salsa.



½ jar Hy-Vee mild  
corn and black  
bean salsa  
15.5 oz.



1 pkg. Hy-Vee  
finely shredded  
Mexican cheese  
8 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



## 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.



smart  
swap

Try other frozen vegetable combos, cutting large pieces, such as broccoli or cauliflower, into small pieces to blend evenly in the sauce.

## 5-Ingredient Chicken Pot Pie

**Hands On** 10 minutes  
**Total Time** 40 minutes  
**Serves** 8

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.



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.





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

## 15-Minute Chicken **Buffalo Dip**

**Hands On** 12 minutes  
**Total Time** 15 minutes  
**Serves** 20  
(2 Tbsp. each)

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).



1½ cups shredded Hy-Vee Rotisserie chicken



½ cup Hy-Vee buffalo wing sauce



1 pkg. Hy-Vee plain cream cheese, cut up and softened 8 oz.



½ cup Hy-Vee blue cheese salad dressing



1 pkg. Hy-Vee shredded Cheddar Jack cheese, divided 8 oz.



4 cups shredded Hy-Vee rotisserie chicken



1 (6-oz.) box Hy-Vee chicken stuffing mix 8 oz.



1 can Hy-Vee condensed cream of chicken soup 10.5 oz.



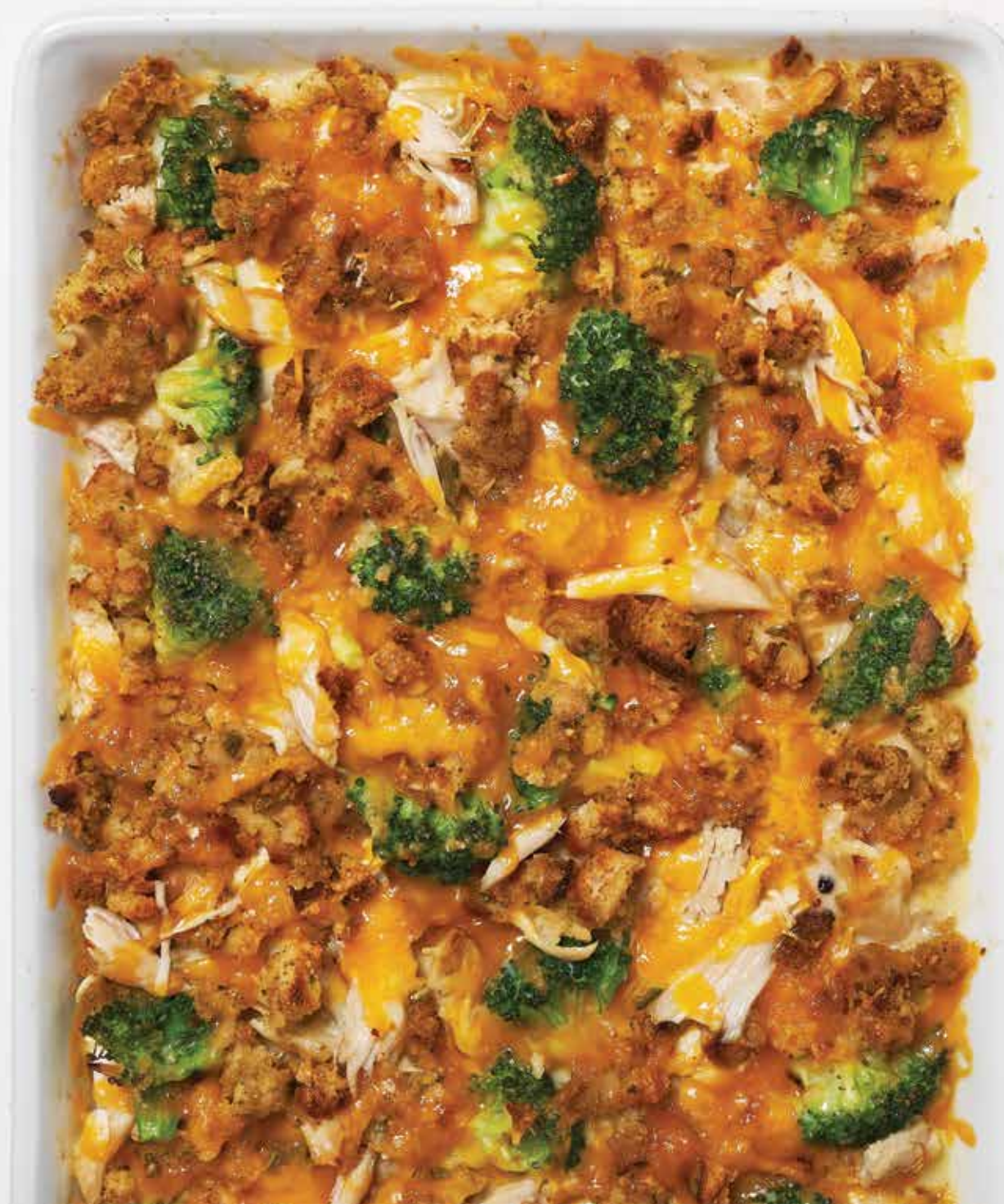
2 cups Hy-Vee Short Cuts broccoli florets



1 bag Hy-Vee shredded Cheddar cheese, divided 8 oz.



1 cup Hy-Vee 2% reduced-fat milk



## 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.





NO-FUSS

# EASTER

[SERIOUSLY!]

KICK OFF THE MORNING WITH A BRUNCH OF HAM, EGGS AND OTHER CLASSIC FAVORITES THAT ARE EASY TO MAKE AND CROWD-PLEASING.

try  
this

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.



No time for a **HUGE** ham?  
Try this **EASY** Easter sheet-pan dinner.

LESS THAN  
**45**  
MINUTES

## Sheet-Pan Ham Dinner For 4

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.



### CHOOSING HAM

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

#### Un sliced

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 55 minutes

**Serves** 36 (4 oz. each)

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

**½ cup coconut or agave nectar**

**½ cup refrigerated apple cider or pure-pressed apple juice**

**3 Tbsp. Gustare Vita balsamic vinegar**

**½ tsp. Hy-Vee ground cloves**

**Tangerines, halved or quartered, for garnish**

**Fresh bay leaves, for garnish**

**1. PREHEAT** oven to 325°F. Place ham on a rack in a shallow roasting pan. (Reserve glaze packet for another use.) Tightly cover with heavy foil and roast for 1½ hours.

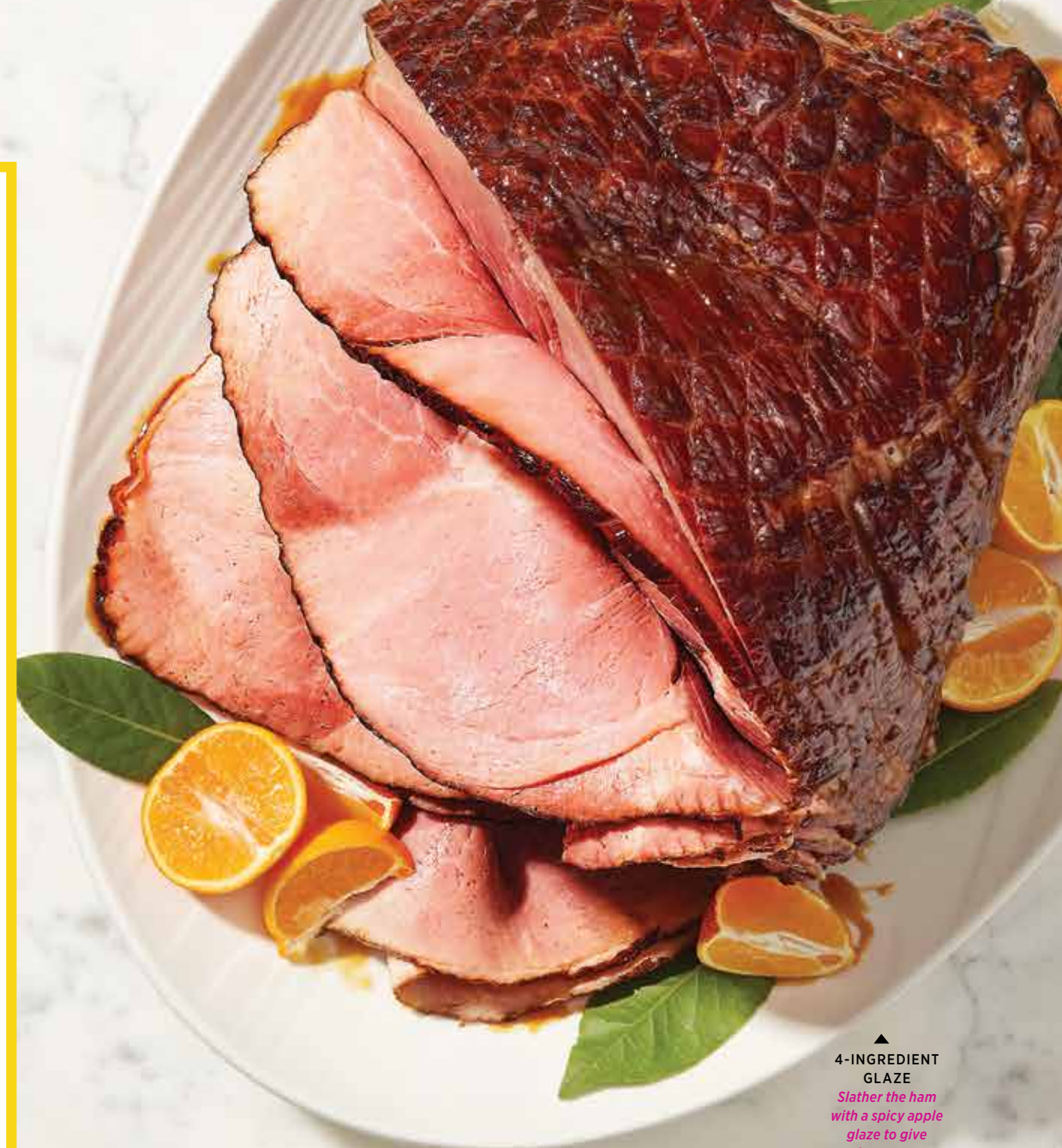
**2. COMBINE** coconut nectar, apple cider, balsamic vinegar and cloves in a small saucepan. Bring to boiling; reduce heat. Gently boil until reduced to ½ cup. Remove from heat.

**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, 0 g trans fat, 70 mg cholesterol, 980 mg sodium, 5 g carbohydrates, 0 g fiber, 4 g sugar (3 g added sugar), 18 g protein. Daily Values: Vitamin D 0%, Calcium 0%, Iron 20%, Potassium 0%

▲  
**4-INGREDIENT  
GLAZE**  
Slather the ham  
with a spicy apple  
glaze to give  
it a sweet  
lacquered finish.





**Easy Breadstick Rolls**  
Watch the step-by-step, including how to “knot” the dough, for these heavenly bowknots.



Watch and learn at **HSTV.com** today!



▲  
**THE PLAN:**  
*Bake these buttery rolls while your ham is resting.*

## 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.

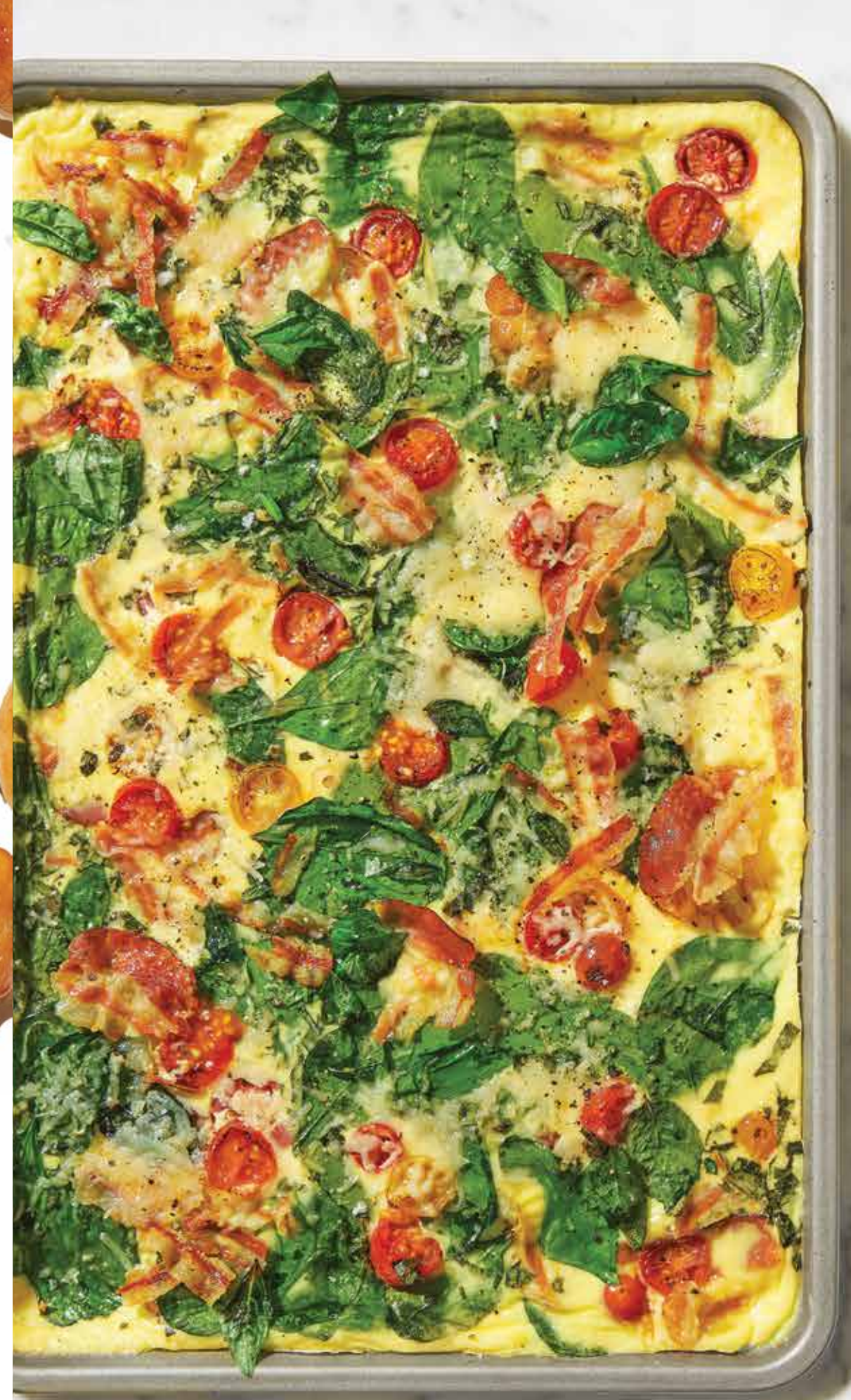
**5. TRANSFER** rolls to a wire rack; brush with butter mixture. Sprinkle with thyme and coarse sea salt. Serve warm.

**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%

## 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 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.



## 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**  
**¼ tsp. Hy-Vee salt**  
**¼ tsp. Hy-Vee stone-ground Dijon mustard**  
**2½ 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**  
**½ cup loosely packed chopped fresh basil**  
**1 cup grape tomatoes, halved**

- 1. PREHEAT** oven to 325°F. Spray a 12×10×1-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%

### EGG-STR A EASY

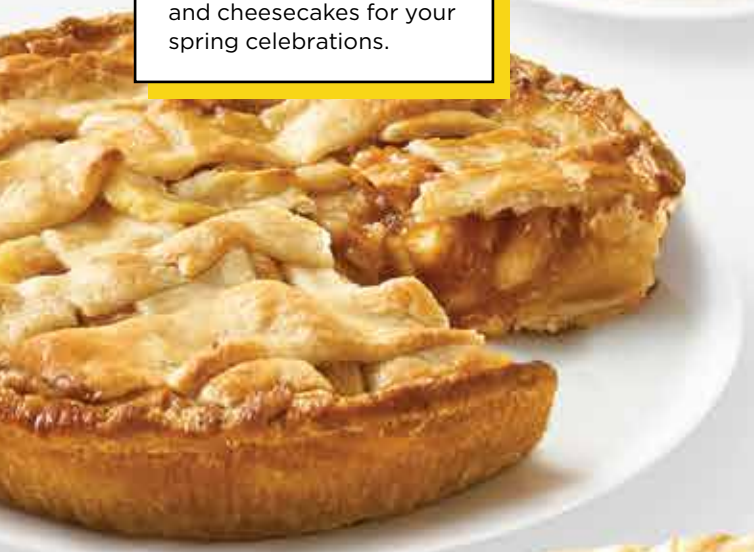
This version of quiche in a sheet pan works well for a brunch crowd. It takes just 15 minutes to prep.



# GRAB & GO

## PIES & CHEESECAKES

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



**time  
saver**

The first piece of 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



## 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**

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



# DINNER IS SERVED

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.

## 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**

### DINNER DONE

Order your premade holiday meal in-store, by phone or online at [hy-vee.com](http://hy-vee.com) at least 48 hours before pick-up time.



## Applewood Pit Ham Meal

Includes a 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 an 8- to 9-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  
**79.99**



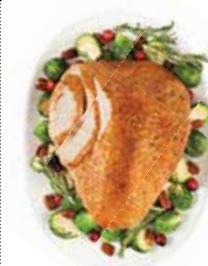
## Turkey Party Pleaser

Includes a 10- to 12-lb. Butterball turkey, two large sides of mashed potatoes, 16 oz. gravy, 12 dinner rolls and choice of two 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 6  
**79.99**



# SOMETHING *for* EVERY BUNNY

Hershey's Easter  
Family-Size Package  
Candy:  
select varieties  
16.9 to 18.5 oz.  
6.49



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

Hershey's Easter  
Package Candy:  
select varieties  
5.4 to 12 oz.  
4.49

seasons

## 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!)

# life



36" Easter Plush  
select varieties  
each  
19.97



# make someone

# hoppy

## 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.

## drive time

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

## 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.

### BASKET BASICS

Find all of your Easter gift needs at Hy-Vee!



Bamboo Easter Basket: select varieties each 4.99



Ruffle Easter Grass: select varieties each 1.88



PAAS Unicorn Color Whip Egg Decorating Dye: select varieties each 2.48



PAAS Golden Shimmer Egg Decorating Dye each 2.48



Barbie: select varieties 4.99



Palmer Pastel Pals: select varieties 1.5 oz. 10/\$10



Starburst Jelly Beans: select varieties 10 to 14 oz. 2/4.00



Mattel Easter Basket Toy: select varieties 1 to 5 ct. 4.99



Mattel Hot Wheels: select varieties each 1.00



Easter Dollar Items: select varieties each 1.00



Shea Moisture Facial Mask: select varieties .5 oz. 2/4.00



Elf Cosmetic Brush: select varieties each 6.00



1 FREE When You Buy 2 Conair Scunci Hair Care Accessories: select varieties 1 to 500 ct.



Lindt Easter Assorted Chocolates: select varieties 1.7 to 4.4 oz. 3.99



Cadbury, Hershey's or Reese's Singles: select varieties: 1.1 to 1.5 oz. .79



Gift Cards: select varieties



what the hack?

# EASTER MADE EASY

Give spring a boost with these helpful tips.



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.

**Easter Hacks**  
Watch the how-to for all of these smart and easy springtime tips.



Watch and learn at [HSTV.com](http://HSTV.com) today!



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.



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, 1/2 cup Hershey's white baking chips, 1/2 cup milk chocolate M&M's and 1/2 cup Hy-Vee raisins in a large bowl. Transfer to an airtight container. Cover and store up to 1 week. Makes 3 cups.





BE READY FOR  
**MOTHER'S DAY**  
 WITH **FERRERO  
 ROCHER®**



Ferrero Rocher  
 or Collection:  
 select varieties  
 4.6 to 10.6 oz.  
 10.99



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



© FERRERO. All rights reserved.



blooms

## TULIP TIME

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

try  
this

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  
 10 Stems  
 10.00  
 (vase not included)



# Runs on batteries. Nibbles on carrots.



OUR  
#1 LONGEST  
LASTING  
MAX™  
\*AA/AAA



©2019 Energizer. Energizer, Energizer Bunny design and certain graphic designs are trademarks of Energizer Brands, LLC.

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 may cause tulips to lean and droop. Set them in partial bright light, such as a window with a light shade.

## 5 MORE FLORAL FINDS AT HY-VEE



Moon Struck Bouquet  
20.00  
(vase not included)



African Violets  
4"  
3/10.00



Bloomakers Tulips  
in Roma Vase  
15.00

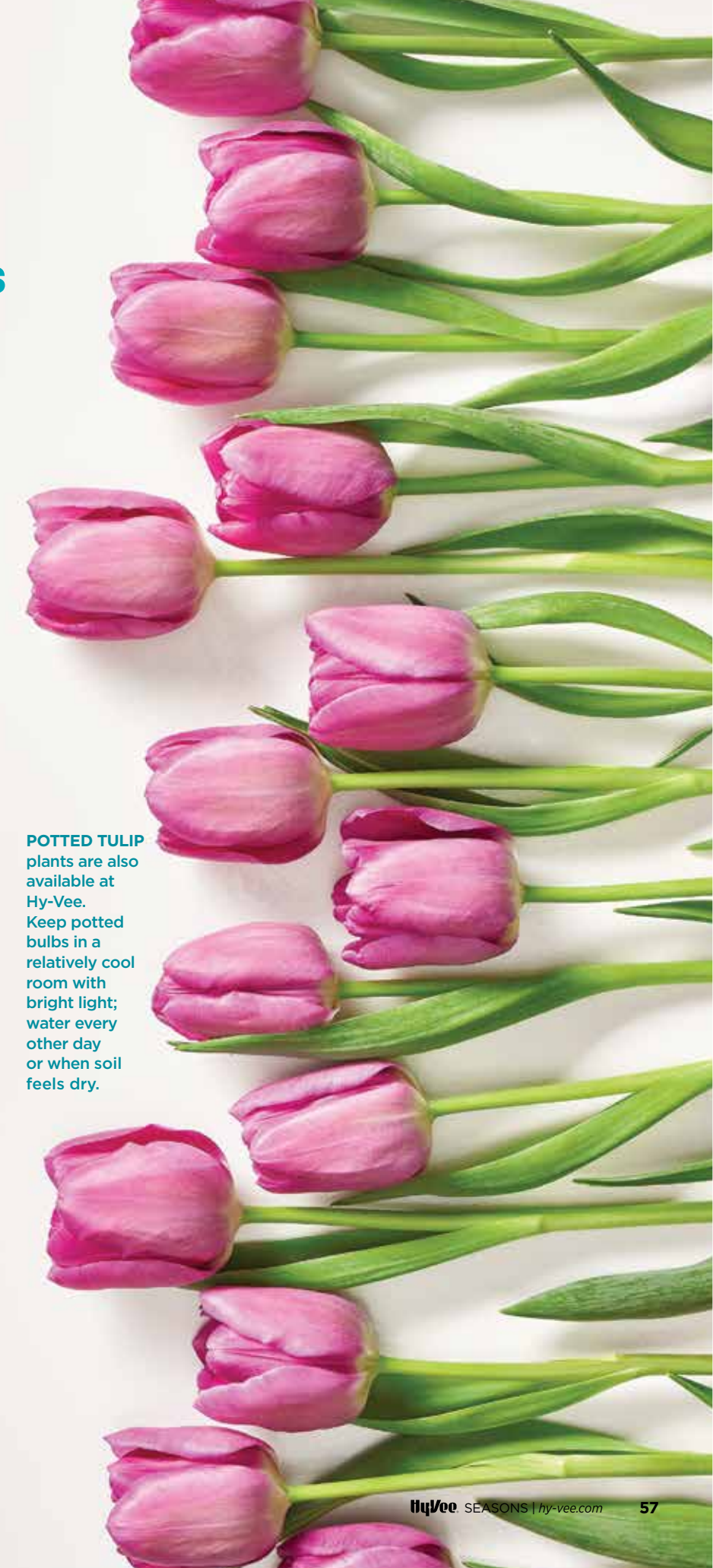


Iris 10-stem bunch  
12.00



Bonsai  
8"  
30.00ea.

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.

Vintage Drop  
Light Set  
30"  
29.99

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

Carolina Coast  
Wicker 6-Piece Set  
699.99  
(Accent pillows not included)

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

6-Piece Patio  
Dining Set  
139.99

## relax

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 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



## 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 each **\$39.99**  
Umbrella Base 28 lb.

With ample elbow room for six, this dining set features ergonomic chairs for relaxing comfort.

Amsterdam 7-Piece Dining Set **\$499.97**

## 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.



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 keeps drinks handy while gliding.



This bistro set is ideal for an intimate gathering.

Palm Steel 3-Piece Bar Set **\$249.98**

## WHY A WEAWE?

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.



# 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

Aluminum  
gliders are  
fun to use  
and weather  
resistant.

Andrea 3-Piece  
Aluminum Sling  
249.98

Mesh table and  
stackable chairs dry  
quickly after rain  
and store efficiently.

Parkland Mesh  
Dining Table  
99.99  
Parkland Mesh  
Dining Chair  
49.99

## LIGHT & 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.

# bring on the green

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



Calliope  
Geranium  
Hanging  
Basket  
12"  
17.00



Double  
Knock Out  
Rose  
2 gal.  
19.99



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

Bloem Rustic  
Wall Plant  
Hanger  
19.98



Assorted  
Foliage  
Hanging  
Basket  
8"  
15.00



Senetti  
Patio Planter  
12"  
17.00



Assorted  
Stone Statues  
12"-16"  
each  
25.00



Boston Fern  
10"  
15.00  
(Planter not included)

Farmington  
Planter  
16"  
29.99  
(Fern not included)

Pinehurst  
Planter  
16"  
19.99  
(Fern not included)



# GET YOUR GRILL ON

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'll 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.

Read on to learn what each kind of grill offers, and get grilling tips from Hy-Vee pros. Then try our recipes and ideas for chicken grillers, ribs, pork sliders and salmon over a cedar plank.

## 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



# GAS GRILLS



Propane tank exchange is available at Hy-Vee gas stations and through Customer Service at some stores.

Multiple burners allow you to tailor the temperature to suit various foods.

Weber Spirit 11 E-310 Grill



Weber Spirit 11 E-210 Black or Red Grill



Char-Broil Performance 2-Burner Gas Grill



Char-Broil Performance 2-Burner Gas Grill; silver

## 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.

## HY-VEE: GOOD STEWARDS OF THE SEA

Rest easy knowing Hy-Vee’s fish and seafood is responsibly sourced. Hy-Vee sells only seafood that is rated “Best Choice” or “Good Alternative” by the Monterey Bay Aquarium Seafood Watch program. And Greenpeace recently ranked Hy-Vee second of the 22 largest supermarket chains in the country for its commitment to sustainability and its efforts to protect oceans and seafood workers.



### RESPONSIBLE CHOICE

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.



### FISHWISE

To help meet seafood sustainability goals, Hy-Vee works with FishWise, an organization promoting the health of ocean ecosystems through environmentally and socially responsible business practices.



### FAIR TRADE

Hy-Vee partners with Fair Trade USA, a nonprofit organization and the leading certifier of Fair Trade products in North America, to ensure that the seafood you buy is responsibly produced.



## pro tip: GRILLING ON PLANKS

Make sure to use a good grilling plank like cedar or alderwood, and that it is specifically for grilling food. I never reuse grilling planks because whatever is cooked the second time will take on the flavor of what you cooked the first time. Some of the natural oils from the wood get burned off—so you don’t get the same flavors as with a fresh plank. For sanitation reasons, if it is not cleaned and dried properly, you run the risk of mold and bacteria growing on the wood.”

—Jeff Russell  
Retail Chef,  
Hy-Vee, Waukee, Iowa

## Cedar-Planked Salmon With Citrus-Chive Butter

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

- 2 cedar grilling planks**
- ¼ cup Culinary Tours salted butter, softened**
- 1 Tbsp. finely chopped shallot**
- 1 Tbsp. finely chopped fresh chives**
- 1 tsp. orange zest**
- 2 tsp. fresh orange juice**
- 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**

- 1. SOAK** cedar planks in water for 30 minutes.
- 2. STIR** together butter, shallot, chives and orange zest and juice. Set aside.\*

**3. 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.

**4. 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 15 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, unwrap butter and cut into slices.

**Per serving:** 340 calories, 27 g fat, 11 g saturated fat, 0 g trans fat, 95 mg cholesterol, 160 mg sodium, 1 g carbohydrates, 0 g fiber, 0 g sugar (0 g added sugar), 23 g protein. **Daily Values:** Vitamin D 60%, Calcium 2%, Iron 0%, Potassium 10%



Responsible Choice  
Fair Trade Sockeye  
Salmon Portion  
12 oz.  
**13.99**

**10% off**  
Wild Wood  
Cedar Planks:  
select varieties  
each



If you’re pressed for time, Hy-Vee offers prepackaged salmon on a plank, ready to grill.





**SANTE FE**  
Black bean salsa,  
cream cheese,  
Pepper Jack cheese  
and Southwest spices

**COWGIRL**  
Monterey Jack,  
mushrooms, green  
peppers and bacon

**HAWAIIAN**  
Pineapple, brown  
sugar ham and bacon

**PIZZA**  
Pepperoni,  
Canadian bacon  
and mozzarella  
cheese

**STUFFED  
SPINACH &  
RICOTTA**  
Spinach, bacon;  
ricotta and  
parmesan cheese

**HAM & CHEESE**  
Smoked ham; Swiss  
and Cheddar cheeses

**COWBOY**  
Hot pepper cheese,  
bacon and jalapeño  
peppers

## 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.

# CHARCOAL GRILLS



This iconic design remains quintessential to charcoal grilling.

Weber Original 22 in Kettle Grill

## GRILL TOOLS



Weber Premium Two-Piece Tool Set



Weber Instant-Read Thermometer



Weber Rapidfire Chimney Starter



**15% off**  
Charcoal Companion or McCormick Grill Mates BBQ Tool: select varieties



# CERAMIC GRILLS

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

CharGriller Akorn Ceramic Kamado



Hinged locking lid makes checking food simple.

CharGriller Akorn Kamado Kooker

Lightweight design features handles for easy transport.

CharGriller Akorn Jr



For ultimate versatility, heat deflectors are used for indirect baking, grilling and smoking.

CharGriller Smokin' Stone

## benefits of ceramic grills

- 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.

**Best Uses** Versatile: Grill steaks, chicken, chops and burgers over flame. Smoke ribs or pork shoulder using a ceramic insert. Smoke-cook pork.



**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.

## Smoke-Cooked Pulled Pork Sandwiches

**Hands On** 15 minutes  
**Total Time** 11 hours 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. kosher 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 cayenne pepper
- Applewood chips
- 12 Hy-Vee Bakery whole wheat hamburger buns, split and toasted
- 2 cups Hy-Vee barbeque 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 cayenne pepper. Sprinkle and rub 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 in smoker 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 barbeque 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, 0 g trans fat, 100 mg cholesterol, 960 mg sodium, 51 g carbohydrates, 3 g fiber, 24 g sugar (3 g added sugar), 37 g protein. Daily Values: Vitamin D 6%, Calcium 4%, Iron 15%, Potassium 10%





# SMOKER GRILLS



## 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



Traeger Bronson  
20" Grill



## 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
- 2 Tbsp. Hy-Vee black pepper
- 1 Tbsp. Hy-Vee lemon pepper seasoning
- 1 Tbsp. Hy-Vee dried parsley flakes
- 1 Tbsp. Hy-Vee chili powder
- 1 Tbsp. Hy-Vee ground cumin
- 1 Tbsp. Hy-Vee sea salt

- 1½ tsp. celery salt
- 1½ tsp. Hy-Vee dried thyme
- 1½ tsp. Hy-Vee onion powder
- 1½ 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, lemon pepper seasoning, parsley, chili powder, cumin, sea salt, celery salt, thyme, 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 185°F to 190°F, adding 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, 0 g trans fat, 195 mg cholesterol, 1,430 mg sodium, 9 g carbohydrates, 5 g fiber, 5 g sugar (5 g added sugar), 55 g protein. Daily values: Vitamin D 15%, Calcium 10%, Iron 20%, Potassium 15%





# 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.

[PROJECT KNOW-HOW]

### 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-hooks above the top corners of the frame. Tie framing wire around the hooks and tie the opposite ends around a high, sturdy point.



[COMPLETE PACKAGES]

## 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 carnitas, beef Barbacoa 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.



[READY TO SERVE]

## 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!

12" Veggie Tray  
serves 8 to 12  
49 oz.  
20.00



Sushi Tray  
40 ct.  
29.99



12" Formaggio Entertainment Tray  
serves up to 10  
24 oz.  
15.00



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



12" Shrimp Tray  
serves 8 to 14  
24 oz.  
25.00



Pepperoni Pinwheel Trays  
12 ct.  
9.99



## SET UP A BUFFET

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



[GRADUATION THEMED]

## party buffets

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



### 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 entrées, 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 doz. 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



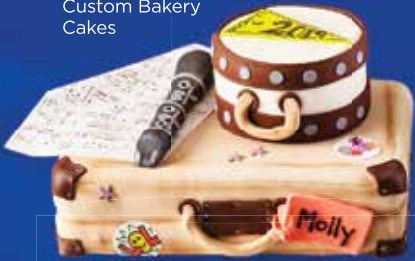


CUSTOM PARTY CAKES

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



Custom Bakery Cakes



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



Custom Cake Flavors



Custom Frosting Flavors



**Fantastic Cakes**  
Hy-Vee can customize a cake to fit a theme. Check out how this backpack cake was made!



Watch and learn at [HSTV.com](http://HSTV.com) today!

[JUST DESSERTS]

quick cakes

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



Bakery Fresh Double Layer Cake 7" (shown) select varieties 24 to 42.5 oz. Starting at 19.99

Bakery Fresh Single Layer Cake 7" 8.99

fresh cookies



Bakery Fresh Cut-Out Cookies and Cupcakes 6 ct. 5.99



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

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

Glitzy Graduation Paper Goods: select varieties 8 or 16 ct. 2/3.00

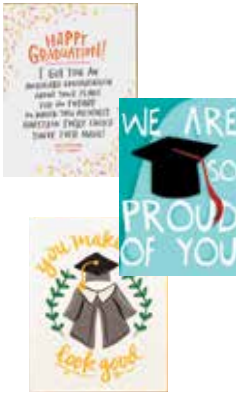
Bakery Fresh Cupcake Cake: select varieties 21 ct. Starting at 19.99



spirited balloons

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

card magic



Save 4.00 Instantly When You Buy 4 Hallmark Cards: select varieties

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



LEADER **OF THE**  
pack



# KARL-ANTHONY towns

MINNESOTA TIMBERWOLVES STAR CENTER KARL-ANTHONY TOWNS, ALSO KNOWN AS KAT, WAS DETERMINED FROM CHILDHOOD TO USE HIS SIZE (HE'S NOW 7-FEET TALL), KNOWLEDGE OF THE GAME AND COACHABILITY TO PROPEL HIM TO HIS NBA DREAM JOB. OVER THE YEARS HE'S LEARNED FROM THE BEST IN THE BIZ—HIS DAD, COACHES AND OTHER PLAYERS—TO AIM FOR GREATNESS, BOTH ON AND OFF THE COURT.

WORDS Kristi Chew, Aaron Ventling and Wanda Ventling PHOTO David Sherman/NBAE via Getty Images

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.



**B**orn in 1995 in Edison, New Jersey, Towns learned from his dad, Karl Towns Sr., a former star player for Monmouth University who coached high school basketball in nearby Piscataway.

By fifth grade, Towns, at 6-foot-3, was drilling jump shots and free throws with the junior varsity team.

"My dad put me on the practice squad. Day in, day out. I always wanted to play with the older kids," Towns says. Being coached by his dad developed his skills and something more. "The biggest thing I've learned from my dad, not only in basketball but in life, is his work ethic," Towns says. "He's had so many jobs to put food on the table—to keep a roof over our head when I was young. His work ethic transferred to me."

After graduating from high school, Towns headed to Kentucky to play for John Calipari—a coach he'd met during his time on the Dominican Republic National Basketball Team. Towns credits Calipari for giving him the best advice he's ever received.

"Coach Calipari said to live in the moment. Life is so fragile. You never know what's going to happen. You never know if you'll get that moment back, in basketball, as a person," he says.

Towns led the Wildcats to

the 2015 NCAA Tournament with a 38-0 record before the team fell to Wisconsin in the Final Four.

"It was a roller-coaster. You're a rock star one minute, then all of a sudden you lose the last game and you know, you're not a rock star anymore," Towns says. "Obviously, it was awesome being undefeated—having such great, talented 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 baskets or rebounds you grab," says Towns. "It's something that is an everyday challenge. I think success is more about ... consistently being the best you, and the best person for others. I think that's really where life will judge you."

## CAREER HIGHLIGHTS

**KENTUCKY**  
Towns and Coach John Calipari share a special bond during the 2015 SEC Tournament. That season, the Wildcats made their 17th Final Four appearance. Towns was named a consensus second-team All-American.

**NO. 1 DRAFT PICK**  
Towns with NBA Commissioner Adam Silver at draft night June 25, 2015. Towns was the No. 1 draft pick overall for Minnesota. "It was a whirlwind of emotions," Towns says of the ceremony at Barclays Center in Brooklyn, New York. "For the first time, you have no idea what's happening in your life."

**ALL-STAR GAME**  
In 2016, Towns became the fifth player in history to earn unanimous NBA Rookie of the Year honors. Since then, he was named an NBA All-Star in 2018 (shown right, receiving his jersey) and again this season.



PHOTOS: Andy Lyons/Getty Images (Kentucky); Jesse D. Garrabrant/NBAE via Getty Images (No. 1 Draft Pick); David Sherman/NBAE via Getty Images (All-Star Game and opposite)

## Q&A WITH KARL-ANTHONY TOWNS

### Q. WHAT WAS YOUR FIRST BASKETBALL MEMORY?

**A.** Being with my dad when he coached high school and just running around with the older guys. I was real young—3 or 4—feeling like "Hey, you know, I can't wait to go out here and play with them."

### Q. WHAT WAS IT LIKE TO PLAY JUNIOR VARSITY AS A FIFTH-GRADER?

**A.** I wanted to play against older kids. My dad put me on the practice squad. Day in, day out, every time they had practice, I was there. I knew all their plays, I knew everything I had to know. Really learned how to scout teams and scout players. Play to their tendencies. It took me a long way.

### Q. WHEN DID YOU REALIZE BASKETBALL WAS SERIOUS FOR YOU?

**A.** Probably before I got to high school and I played for the Dominican Republic on the national team. I felt I had a chance to play the game professionally, at the highest level. I played that whole summer and knew I had a chance, more seasoning and maturing.

### Q. WERE YOU EXPECTED TO PLAY BASKETBALL?

**A.** When I was young I quit basketball and played baseball. My parents didn't give me any fight back. They supported my decision 100 percent...and when I came back to the game of basketball, I had such a love for it. I missed it so much and realized how special it was to me.



## Q WHAT DO YOU WANT YOUR LEGACY TO BE?

**A**  
What I do outside of basketball is what's going to be most important. It's about setting a standard for players and leaving the game in a better place. At the same time, I want to do the same thing in communities. For the kids. It's about leaving the next generation in a better spot than where you came in.

### Q. WHO WAS YOUR BIGGEST INSPIRATION IN YOUR PLAYING CAREER?

**A.** My dad. I wanted to be like him. He was a highly regarded player at Monmouth University. Honestly, he drove me a lot. I wanted to be better than him. I've always been competitive.

### Q. HOW LONG DID IT TAKE YOU TO BEAT HIM ONE-ON-ONE?

**A.** Oh, it was early. Like fifth grade, maybe?

### Q. WHAT MAKES BASKETBALL SPECIAL?

**A.** The competition. I love team sports. Having to gel and work with people and have that kind of energy. Also, basketball has always had a special place in my heart. Not only did my dad play, my sister played on scholarship at college. I've always known basketball.

### Q. BEST PLAYER YOU PLAYED AGAINST?

**A.** Myself. The only player that can stop me is myself. It's amazing how easy it is to play against yourself, beat yourself up.





## QUENCH YOUR THIRST!

### 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."

## Hy-Vee®

### WHAT DO YOU ENJOY 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."

PHOTO: David Sherman/NBAE via Getty Images

# 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.

# GATORADE® ZERO

GATORADE and G DESIGN are registered trademarks of Stokely-Van Camp, Inc. ©2019 S-V-C, Inc.





# snacks for every occasion

Give KIND® a try.



KIND Protein Bars:  
select varieties  
1.76 oz.



KIND Core Bars:  
select varieties  
1.2 to 1.6 oz.



KIND Breakfast Bars or  
Healthy Grains Bars:  
select varieties  
1.8 to 7.04 oz., 4 or 5 pk.  
or 10 ct.



KIND Granola Clusters  
and Fruit Bites:  
select varieties  
3.2 to 11 oz.



KIND Kids and Nut  
Butter Filled:  
select varieties  
4 pk. or 6 ct.



@kindsnacks | kindsnacks.com

# health

## body

## 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.

**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.

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.



try  
this

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.



Earn 15¢ per gallon when you buy \$20 Neutrogena Master Brand: select varieties .01 to 8.5 oz. or 1 to 50 ct.



Buy One, Get One 50% Off Revlon or Almay Products: select varieties 0.1 to 4 oz. or 1 to 24 ct.



Moda EZ Glam Cosmetic Brush: select varieties each 7.99



exercise

# STRAIGHTEN UP

Improve posture with these five moves that enhance flexibility and strengthen core and back muscles.

**Good Posture**  
See these core and back muscle moves in action and get started on improving your posture.



Watch and learn at **HSTV.com** today!



**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.



**pro tip**  
**BETTER TOGETHER**

“Posture and fitness go hand in hand. If you exercise with bad posture, it can lead to injury. If you don’t stay active, it is hard to maintain strong muscles, bones and joints needed for proper posture.”

—Daira Driftmier  
Certified Personal Trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitness

# NEVER TRUST A BATTERY TO DO A DURACELL® JOB.





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.



Buy \$15 in TopCare Allergy items, Get 10¢ Fuel Saver

PHOTO Billion Photos/Shutterstock



## Generics as low as \$4

See your Hy-Vee pharmacist for details. A complete list is available at [Hy-Vee.com](http://Hy-Vee.com).

HyVee® pharmacy

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

**CAUSES**  
**Allergies:** mold and pollen from grass, trees and weeds such as dandelions and ragweed.  
**Colds:** viruses, mostly rhinovirus and coronavirus.

**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.

Source: [acaai.org/allergies](http://acaai.org/allergies)





# Products with purpose



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



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



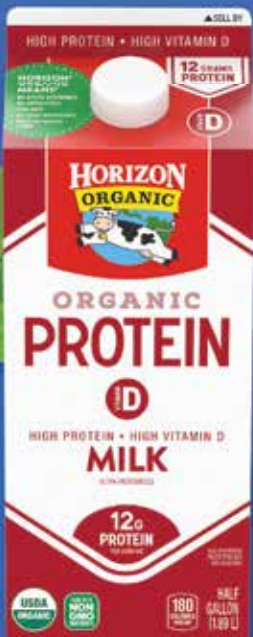
Horizon Organic  
Milk Protein:  
select varieties  
64 fl. oz.  
5.99



Danimals Smoothie:  
select varieties  
12 pk.  
4.99



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



Proudly part of the  
B Corp movement.  
**Better for you.**  
**Better for the world.**

## dietitian tips

# DIABETES BASICS

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

# Q AND A



Julie McMillin, RD, LD  
Assistant Vice President,  
Retail Dietetics

### Q: What is diabetes?

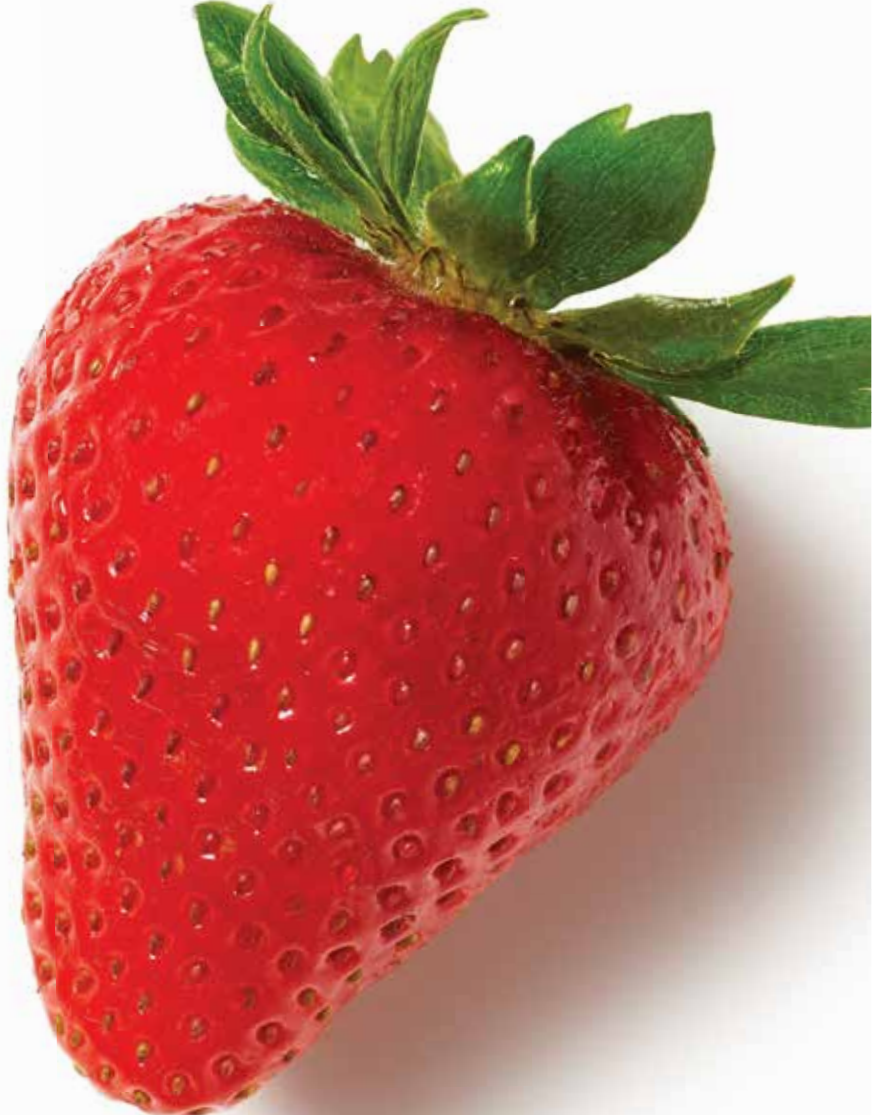
**A:** It's a chronic disease that prevents blood glucose from reaching cells. In type 1 diabetes, which affects mostly children and young adults, the pancreas stops producing glucose-regulating insulin; daily insulin injections are required. Type 2 diabetes, more common, causes the pancreas to release 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.



# Foods That Reduce ANXIETY

## 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

**JENA**  
DeMOSS  
DIETITIAN



**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.**

## A diet THAT SOOTHES

### 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. Health experts say most people in the U.S. get much less than this amount through their diets.

**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**  
320 mg daily for women, 420 mg for men.

**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.

### 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.

**Probiotics** in fermented foods, such as yogurt, 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](https://ncbi.nlm.nih.gov/pubmed/26243838)  
[ncbi.nlm.nih.gov/pubmed/18466657](https://ncbi.nlm.nih.gov/pubmed/18466657)  
[ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/](https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/)  
[ods.od.nih.gov/factsheets/Selenium-Consumer/](https://ods.od.nih.gov/factsheets/Selenium-Consumer/)  
[ncbi.nlm.nih.gov/pubmed/1873372](https://ncbi.nlm.nih.gov/pubmed/1873372)  
[med.uvm.edu/com/news/2017/06/27/studyfindsmagnesiumtreatmentfordepression](https://med.uvm.edu/com/news/2017/06/27/studyfindsmagnesiumtreatmentfordepression)  
[nccih.nih.gov/research/results/spotlight/040310.htm](https://nccih.nih.gov/research/results/spotlight/040310.htm)  
[ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/](https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/)  
[ncbi.nlm.nih.gov/pmc/articles/PMC5331589/](https://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**

**¼ tsp. Hy-Vee salt**

**1 Hy-Vee large egg, lightly beaten**

**¼ cup mashed banana**

**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, 15 g sugar, (14 g added sugar), 2 g protein. **Daily values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 2%

**smart swap**

Substitute unsweetened applesauce for banana 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.



A  
GOOD SPRING  
CLEANING GOES WELL  
BEYOND DUSTING AND  
VACUUMING. IT'S ALSO  
ABOUT REMOVING  
CLUTTER, GETTING  
ORGANIZED AND  
CLEANING EFFICIENTLY.  
WE'LL SHOW YOU HOW  
TO DO ALL OF  
THE ABOVE.

## WHERE TO BEGIN

CLEANING 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.

**3. SIMPLIFY** Quickly reduce clutter by eliminating duplicates. Go through old clothes—if you haven't worn it in 3 years, give it away. Sort and file old paperwork. Shred sensitive documents and recycle the rest.

**4. STOW IT** Store seasonal and seldom-used items in stackable covered bins. List contents on the outside of bins to easily identify.

**5. TAKE INVENTORY** Note which cleaning supplies you have on hand and make a list of what's missing or nearly empty so you can stock up at Hy-Vee.

## 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.

**simply  
done™**

Simply Done offers the quality of national brands at a lower price.



### 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:

Soften gunk by placing a hot, wet cloth on residue. Let stand a few minutes, then scrub clean.

## 5 USES 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. SCRUB OUTDOOR GRILLS FREE OF GREASE AND BURNT-ON FOOD
5. REMOVE SCUFFS AND GREASY RESIDUE ON ALLOY AUTOMOBILE WHEELS



Mr. Clean Magic Erasers: select varieties 4.99 Save 3¢ per gallon with each item purchased

**Use Your Eraser**  
See five ways to put your Mr. Clean Magic Eraser to work around your house.



Watch and learn at **HSTV.com** today!



**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.



**PROBLEM:  
GRIMY 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 scuff 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.

## 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.



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.

## SMART WAYS TO SAVE TIME



**Top-down approach**  
Start with the ceiling and work your way down so dirt and dust fall to surfaces that are yet to be cleaned. Knock down cobwebs from the ceiling and dust light fixtures and ceiling fans with a microfiber cloth or a rag sprayed with a dusting spray.



**Dry tasks first**  
To keep dirt off wet surfaces, dust, sweep and vacuum before washing windows and mopping floors.



**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.



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 Disinfectants: select varieties 13.9 fl. oz. 5.49



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



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.

# women's health



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.

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

**Pelvic Exam/Pap Smear** Every 3 years starting at age 21. If you're over 30 and tests are normal, every 5 years (Pap smear).

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

### age 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.

**Pelvic Exam/Pap Smear** Every 3 years. If you have normal Pap smear and HPV (human papilloma virus) test, every 5 years.

**Colorectal Cancer** If you're under 50, talk to your doctor about screening. If over 50, get a fecal occult blood test every year, a colonoscopy every 10 years, or other tests as advised by your doctor.

### 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.

### 34%

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



Significantly more women than men suffer from multiple chronic conditions such as hypertension and arthritis.

More women than men are diagnosed with depression each year.

WOMEN ARE MORE LIKELY THAN MEN TO BE OBESE. THE RATE FOR WOMEN IS 40 PERCENT; FOR MEN IT'S 35 PERCENT.

Women are more likely than men to die following a heart attack.

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.

Sources: [annals.org/aim/article-abstract/1671714/plasma-phospholipid-long-chain-3-fatty-acids-total-cause-specific](https://annals.org/aim/article-abstract/1671714/plasma-phospholipid-long-chain-3-fatty-acids-total-cause-specific)  
[acc.org/about-acc/press-releases/2014/07/29/09/32/leisure-running-jacc-pr](https://acc.org/about-acc/press-releases/2014/07/29/09/32/leisure-running-jacc-pr)  
[ncbi.nlm.nih.gov/pmc/articles/PMC3124361/](https://ncbi.nlm.nih.gov/pmc/articles/PMC3124361/)  
[ncbi.nlm.nih.gov/pmc/articles/PMC4067603/](https://ncbi.nlm.nih.gov/pmc/articles/PMC4067603/)  
[acsh.org/news/2011/02/15/high-fiber-diet-may-increase-longevity](https://acsh.org/news/2011/02/15/high-fiber-diet-may-increase-longevity)  
[medlineplus.gov/ency/article/007462.htm](https://medlineplus.gov/ency/article/007462.htm)  
[medlineplus.gov/ency/article/007462.htm](https://medlineplus.gov/ency/article/007462.htm)  
[health.harvard.edu/topics/screening-tests-for-women](https://health.harvard.edu/topics/screening-tests-for-women)  
[womenshealth.gov/healthy-living-age](https://womenshealth.gov/healthy-living-age)  
[medlineplus.gov/womenshealth.html](https://medlineplus.gov/womenshealth.html)  
[cdc.gov/pod/issues/2013/12\\_0203.htm](https://cdc.gov/pod/issues/2013/12_0203.htm)  
[niddk.nih.gov/health-information/health-statistics/overweight-obesity](https://niddk.nih.gov/health-information/health-statistics/overweight-obesity)



# 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?

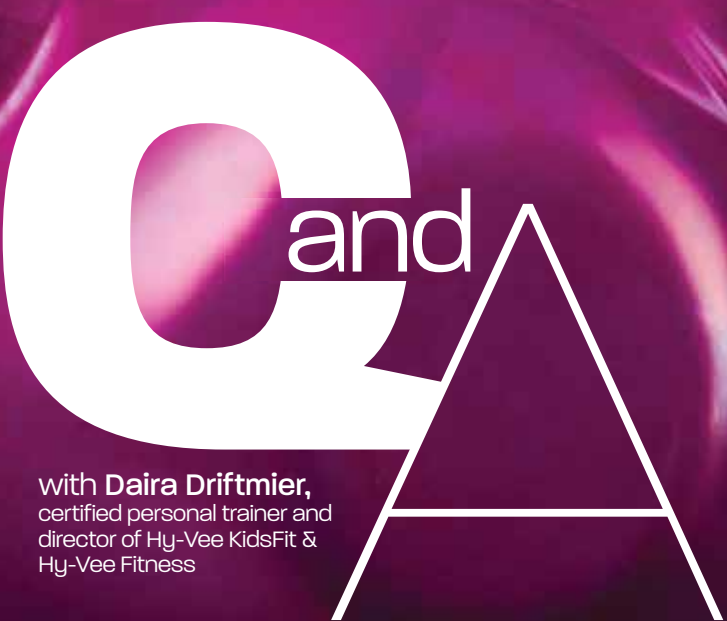
**A:** Cardio exercise is good for everyone. It can be traditional movements like walking, biking, running and swimming, but it can also be lightweight circuit training. Cardio is essential to build a healthy heart. I would recommend finding something you enjoy, so it is easy to build a daily habit around.

### Q: What is HIIT training?

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.



with Daira Driftnier, certified personal trainer and director of Hy-Vee KidsFit & Hy-Vee Fitness

## 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.





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.

# ALL YOU CAN EAT

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.

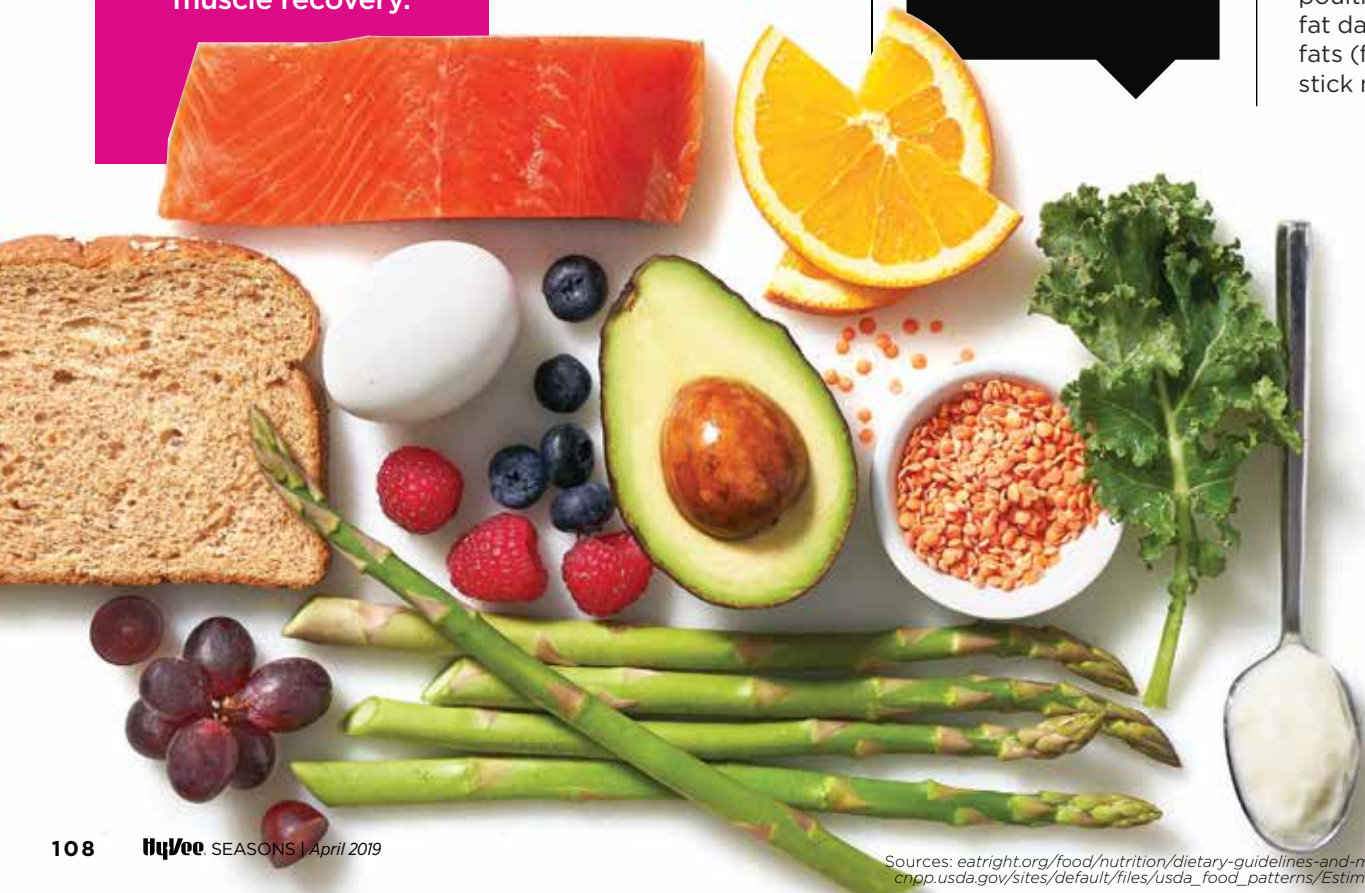
**Goal** 45 to 65 percent of daily total calories.

**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).



*begin*™

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.



Truwomen bars and powders are the tasty result of input by women. Bars are made with easy-to-digest cassava flour; brown rice and pea proteins; and smooth fair trade cocoa. Truwomen protein powders, with 9 essential amino acids, make rich, creamy shakes and smoothies.

Truwomen:  
select varieties  
50 g.  
2.69

# eat, fuel, love

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





# DAILY DOSE

A healthy, well-balanced diet is the best source of vitamins and minerals. But if you're not getting all the nutrients you need, a supplement may help. Here's a look at some of the most important vitamins and minerals.

## 11 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.

### 1 VITAMIN A

**What it does:** Needed for healthy eyesight, reproduction and immune system.

**What you need:** 700–900 mcg/day. High doses can cause liver damage.

### 2 B VITAMINS

**What they do:** 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).

**What you need:** Refer to package.

### 3 VITAMIN C

**What it does:** Reduces cellular damage by neutralizing free radicals and supports a healthy immune system.

**What you need:** 75–90 mg.

### 4 VITAMIN D

**What it does:** Fortifies bones, muscles and the immune system. Also needed for communication between brain and body.

**What you need:** 15–20 mcg.

### 5 VITAMIN E

**What it does:** Maintains red blood cells and muscle tissue, supports heart health and protects against cell damage.

**What you need:** 15 mg.

### 6 VITAMIN K

**What it does:** K1 and K2 play a role in blood clotting and maintaining bone health.

**What you need:** 120 mcg men, 90 mcg women; limit if you take blood-thinning medication.

### 7 POTASSIUM

**What it does:** Essential for muscle and nerve function and regular heartbeat; may reduce blood pressure by removing sodium.

**What you need:** 4,700 mg.

### 8 CALCIUM

**What it does:** Supports bone health; needed to reduce the risk of osteoporosis. It also helps with muscle and nerve function.

**What you need:** 1,000–1,200 mg.

### 9 IRON

**What it does:** Needed to make hemoglobin, the protein in red blood cells.

**What you need:** Men, 8 mg; women up to age 50, 18 mg; women 51 and older, 8 mg.

### 10 MAGNESIUM

**What it does:** Works with calcium in muscle contraction, blood clotting and building bones and teeth.

**What you need:** Men, 420 mg; women, 320 mg.

### 11 PHOSPHORUS

**What it does:** Builds and strengthens bones and teeth.

**What you need:** 700 mg.

#### POPULAR SUPPLEMENTS

##### MULTIVITAMIN FOR WOMEN

**What it does:** High-potency multivitamin for women—includes necessary minerals like calcium for bones and iron for blood.

##### IMMUNE BOOSTER

**What it does:** Contains vitamin C, zinc and other nutrients to support the immune system.

##### OMEGA-3

**What it does:** Helps maintain cholesterol levels and reduce risk for heart disease.

## 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

Sources: [medlineplus.gov/vitamins.html](https://medlineplus.gov/vitamins.html)  
[medlineplus.gov/minerals.html](https://medlineplus.gov/minerals.html)  
[ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/](https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/)  
[health.harvard.edu/staying-healthy/listing\\_of\\_vitamins](https://health.harvard.edu/staying-healthy/listing_of_vitamins)



# 30 MINUTE SUMMER BODY

PERFORM EACH MOVE FOR 4 SETS OF 45 SECONDS. REST 1 MINUTE BETWEEN SETS AND 2 MINUTES BETWEEN EXERCISES.

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. 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, elbows close to the body.

**2. PUSH-UPS**  
Begin in high plank position. Lower chest to almost touch the floor. Push up to starting position.

**3. SUPERMAN RAISE**  
Lie facedown, arms overhead and legs fully extended. Keeping chin toward chest and back straight, lift both arms and legs, keeping spine stable and aligned with head and neck.

**4. PUSH-UPS WITH FEET ELEVATED**  
Begin in high plank position, toes resting on a stable, elevated surface such as plyo box or bench. Slowly lower chest to almost touch the floor. Push up to starting position.

## DAY 2

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

**2. DUMBBELL CURL**  
Hold a dumbbell in each hand, palms forward, elbows close to body. Curl dumbbells toward shoulders. Lower to starting position.

**3. OVERHEAD TRICEP EXTENSION**  
Holding a dumbbell in each hand, raise arms overhead, palms facing. Bend at elbows until both dumbbells are behind head. Bring dumbbells back overhead to starting position.



**4. 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 butt until elbows form a 90-degree angle.

## DAY 3

**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 elbows close to sides. Lift torso while maintaining a flat back and straight legs. Do not let back arch or hips dip.

**4. V-UP (PICTURED, FAR RIGHT)**  
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 4

**1. BODYWEIGHT SQUATS**  
Stand with feet slightly wider than hip-width. Bend at knees until thighs are parallel to the floor. Push off heels and return to standing.



**2. LUNGES**  
Feet shoulder-width apart, step forward with right foot until thigh is parallel to the floor. Return to starting position. Alternate legs.

**3. DUMBBELL RDL**  
Hold a dumbbell in each hand in front of thighs, feet hip-width apart. Slowly hinge at the hips and lower weights to knees, keeping weights close to body. Slowly bring hips forward 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. Lower.



**3. FRONT RAISE**  
Hold a dumbbell in each hand in front of legs, palms toward thighs. With a slight bend in elbows, lift both dumbbells until arms extend in front of you. Lower.

**4. SHOULDER SHRUGS**  
Hold a dumbbell in each hand, arms by your sides. Shrug shoulders upward, then lower.



## pro tip: TUNE OUT & TUNE UP

“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.”

—Daira Driftmier  
Certified Personal Trainer  
and Director of Hy-Vee  
KidsFit and Hy-Vee Fitness

## HALF-HOUR POWER

When juggling (or trying to juggle) work, school, kids and a social life, who has time to wait in line at the gym for an elliptical? Physical Activity Guidelines for Americans recommends 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise per week. It might sound like a lofty goal, but dedicating just 30 minutes a day, five

days a week, will get you there. According to a study out of the University of Copenhagen, 30 minutes of exercise may be equally effective for long-term weight loss as 60 minutes. Researchers theorized that participants who exercised 30 minutes a day had more leftover energy throughout the day and were less hungry than participants who exercised for 60 minutes.







© 2019 Reynolds Consumer Products, LLC. "This is the good stuff" is a trademark of Reynolds Consumer Products LLC.

## MIX IT UP

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



Recipes at [ReynoldsKitchens.com/MealPrep](https://ReynoldsKitchens.com/MealPrep)

this is the good stuff™

# 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 Multipak or Caramel Flan  
6 or 12 oz.  
**3.29**



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



O That's Good! Refrigerated Sides:  
select varieties  
18 or 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 Terra Fina Dips or Spread:  
select varieties  
10 oz.  
**3.49**



### 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.

Love Beauty and Planet:  
select varieties  
2.95, 13.5 to 16 oz.;  
or 2 ct.  
**6.99**



goods

fridge & freezer



Hormel  
Cure 81 Whole  
Boneless Ham  
3.99 lb.



Jones Canadian Bacon  
or Braunschweiger  
6 or 8 oz.  
3.99



Just BARE Boneless  
Skinless Chicken Breasts  
16 oz.  
5.99  
Save 5¢ per gallon with  
each item purchased



Fresh Boneless Skinless  
Lean Chicken Breast  
(From Our Service  
Case)  
3.88 lb.



Big G Bag Cereal:  
select varieties  
32 to 36 oz.  
Save 5¢ per gallon  
with each item  
purchased



King Arthur  
All-Purpose Flour  
5 lb.  
2.99

easter



Baby's First  
Cuddle & Play  
16.98



Baby's First  
Cuddle Buddy  
32.98



Baby's First Team  
Baby Buddy  
11.98



Russell Stover  
Bunnies:  
select varieties  
3 oz.  
2.99



King's Hawaiian  
Buns or Rolls:  
select varieties  
10 to 12.8 oz.  
2.99



Pringles:  
select varieties  
4.9 to 5.6 oz.  
3/5.00



Truvia Sweeteners  
Sachets, Cane Sugar  
Blend or Spoonable  
80 ct.; 9.8 or 24 oz.  
5.99



Cameron's Coffee:  
select varieties  
10 or 12 oz. bag;  
4.33 oz single cup  
5.99

Fried Shrimp and Rainbow Slaw Bowls

Total Time 35 minutes  
Serves 4

- 1 (1-lb.) pkg. wild USA Gulf raw shrimp (16 to 20 ct.), thawed
- 3 Tbsp. fresh lemon juice
- 2 Tbsp. Gustare Vita olive oil
- 2 Tbsp. finely chopped fresh basil
- 3 cloves 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
- ½ cup Zatarain's New Orleans Style Fish Fri seasoned seafood breading mix
- Hy-Vee canola oil
- 4 large green cabbage leaves, for serving

1. PEEL AND DEVEIN 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 slices and bell pepper into thin strips for slaw. Using a vegetable peeler, cut asparagus spears into thin ribbons. Cut carrot chips into thin pieces. Add mushrooms, bell pepper strips, asparagus ribbons 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.



Easter Candy Basket:  
select varieties  
2.6 to 7.1 oz.  
15.99



Baby's First  
Hug & Snug  
18.98



Easter Egg Filled  
With 60 Eggs  
6.99

Hy-Vee complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Hy-Vee does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

- Hy-Vee provides:
- Free aids and services to people with disabilities to communicate effectively with us, upon request or when necessary, such as:
  - Qualified language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
  - Free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages upon request

If you need these services, contact your local pharmacist. If you believe that Hy-Vee has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Hy-Vee Civil Rights Coordinator, Attn: Legal Dept., 5820 Westown Parkway, West Des Moines, IA 50266, 515-267-2800, Fax 515-327-2162, [legalnotices@hy-vee.com](mailto:legalnotices@hy-vee.com). You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Hy-Vee Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave. SW, Room 509F, HHH Building, Washington DC 20201, 800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-874-3972.

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-866-874-3972.



# FLAVOR IT ITALIAN WITH *Pesto*



Barilla Pesto or Legume Pasta: select varieties 6 to 8.8 oz. 2/5.00



MASTERS OF PASTA

©2019 Barilla America, Inc.

# FAMILY, FRIENDS, FLAVOR.



Flavor hails from **Smithfield**®

For holiday recipes and tips to make the most of the season, visit [smithfield.com](http://smithfield.com)



Smithfield Spirals Sliced Half Ham: select varieties 2.99 lb.



Smithfield Bacon: select varieties 12 oz. 3.99



Smithfield Roll Sausage: select varieties 16 oz 3.49



Smithfield Premium Sausage: select varieties 12 oz. 3.49



Carando Meatballs or Ground Pork: select varieties 16 oz. 4.49



# MAKING NEW TRADITIONS.



©2019 Smithfield Foods

FOR MORE DELICIOUSLY CONVENIENT RECIPES, VISIT [CARANDO.COM](http://CARANDO.COM)





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



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



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

McCormick  
MAKES IT A  
MEMORY

**NO FLAVOR LIKE HOME**

**FIRE UP. FLAVOR ON.**

**GRILL UP™  
MORE HITS**

©2019  
McCormick & Co., Inc.

**FEED WHAT'S AHEAD™**



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



©, TM, © 2019 Bear Naked, Inc.

**STRAIGHT FROM THE FOIL**

**BY THE HANDFUL**

**CRAZY GOOD**

**NO MATTER HOW THEY LOVE 'EM**

**NEW! pop-tarts BITES**

**FROSTED STRAWBERRY**

©, TM, © 2019 Kellogg NA Co.



Kellogg's  
Pop-Tarts:  
select varieties  
12 ct.



Kellogg's Toasteds  
Crackers  
12 oz.  
3.97



New at  
**HyVee**

STAINMASTER<sup>BRAND</sup>

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.



## TOSTITOS<sup>®</sup> SalsaGuac



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

1. Cut each avocado in half and discard pits.
2. Scoop avocado into a large bowl and smash 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 the Tostitos<sup>®</sup> Chunky Salsa.
5. Serve!



Stacy's Pita Bagel Chips:  
select varieties  
7 to 7.3 oz.  
2.99



Frito Lay Red Rock:  
select varieties  
6.87 to 7 oz.  
3.99



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



Frito Lay Tostitos, or  
Jar Dip:  
select varieties  
10 to 15.75 oz.  
2/6.00

Available at your local **HyVee**





**SAVING YOU TIME.**



**samples**

# EXPLORE OUR FLAVORS

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



Chicken Kabobs



Angel Food Jelly Rolls



Chef Kim's Salmon Burgers

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

**Produce:** Mandarins  
**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:** Chicken Tenders  
**Italian:** Single-Topping Pizza  
**Chinese:** Egg Rolls  
**Bakery:** Angel Food Jelly Rolls  
**Non Foods:** P&G Gain Sample Packs  
**Grocery:** Kraft Bitten & Twisted 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 Mortadella with King's Hawaiian Cocktail Bun  
**Cheese:** Roth Kase Havarti  
**Deli:** Di Lusso Deli Sliced Italian Turkey (limited time!);  
Hormel - Garlic Turkey Di Lusso Deli Meat  
**Hickory House:** Pulled Pork  
**Italian:** Meat Cravers Pizza  
**Chinese:** Sushi  
**Bakery:** Donut Croissants  
**Grocery:** Campbell's Yes! 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 Garlic Turkey (limited time!)  
**Hickory House:** Kitchen Fresh Tortilla 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





**THAT'S  
GOOD!**

real, nutritious deliciousness

# 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.



HyVee.

**ONE** STEP

For every purchase of any "O, That's Good!"  
product at a Hy-Vee store, Hy-Vee will donate \$0.35  
of the purchase price to the Backpack Program™.  
For more information on the Backpack Program™,  
visit [OneStep.Hy-Vee.com/OThatsGood](http://OneStep.Hy-Vee.com/OThatsGood)