

HyVee[®] FOOD | LIFE | HEALTH

seasons



DREAMY
PIES



CATCH UP. CHOW DOWN.

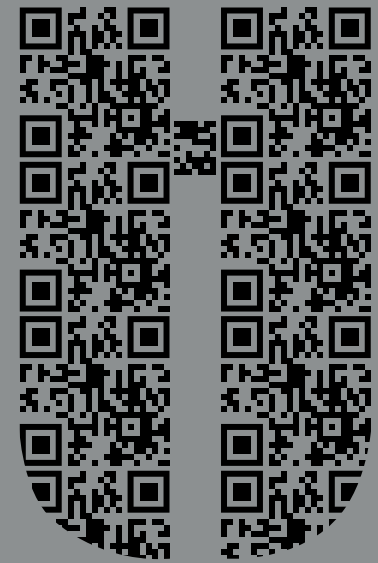
No burger brings a crew together like ours. Stacked with quality ingredients.
Fresh to the last bite. Guaranteed great taste and good times!



HyVee PLUS

**EXCLUSIVE
APRIL OFFERS**
for **Hy-Vee Plus™**
Premium Members

**ENJOY BIG
SPRING SAVINGS**
WITH THESE OFFERS!



SCAN THE CODE TO GET
THE WEEKLY AD AND
OUR HOTTEST DEALS



**20%
OFF**

Patio Furniture*
Limit 1.



15% OFF
Any 6 Bottles of Wine*
750 mL

Excludes Minnesota, Kansas, Missouri,
South Dakota and Wisconsin.



99¢
**Basket & Bushel
Strawberries***
1 lb.
Limit 1.



Don't have a membership? Sign up today. hy-vee.com/plus

See reverse side for MORE exclusive offers.

*Offer available only to Hy-Vee Plus Premium members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires April 30, 2022. Void where prohibited. Not available in all states.



2 FREE

Twice Baked Potatoes*

5 oz.
Limit 1.



FREE

Bakery Fresh Garlic Foil Bread*

20 oz.
Limit 1.

RedBox Rx

FREE

Telehealth visit on all services.*

Check your Hy-Vee Plus email for promo code.



25% OFF

OPI Nail Polish*

.50 oz.

JOE FRESH

25% OFF

Joe Fresh purchase*

Valid at joefresh.hy-vee.com with promo code.

Check your Hy-Vee Plus email for your promo code. Restrictions apply. Limit 1 per transaction.



APRIL 2022

food



10 EASTER DINNER IN 5 EASY STEPS

Let Hy-Vee take the stress out of making Easter dinner.

18 CREAMY DREAMY DESSERTS

Float away on light and fluffy cream-based treats and sweets.

25 101: MUSHROOMS

Learn how to buy, store and prep varieties of this earthy veggie.

28 30-MINUTE TILAPIA

Fast and fresh meals made with Rainforest tilapia from Hy-Vee.

32 GLOBAL KABOBS

Bring flavors from around the world to your backyard this season.

38 LET'S GET FIZZICAL

Create cocktail fizzers for bubbly craft drinks.

42 HAVARTI PARTY

Discover 10 recipe ideas starring this buttery, sweet cheese.

48 GOING DUTCH

Surprising ways to cook with a Dutch oven.

54 BAO WOW!

The history of bao buns, plus recipes to try.

58 BASICS: HOW TO PREPARE A VEGETABLE PLATTER

Impress family and friends with a stunning spread of veggies.

60 DIVINE DIPS

Delicious dip recipes that will be the life of any party.

life



68 CHEERS TO AVALINE

Clean wines from Cameron Diaz and Katherine Power.

74 SPRING INTO EASTER

Get a jump on Easter baskets and outfits at Hy-Vee.

80 22 GROOVY GRAD IDEAS FOR 2022

Hy-Vee has the ideas, food, decor and more to plan your party.

86 CREATING AN OASIS

Make your backyard a relaxing escape from reality.

90 IN FULL BLOOM

Indoor and outdoor springtime floral arrangements.

94 SPRING MAKEUP REFRESH

Rejuvenate your look—and toss out old products.

96 HAPPY MAY DAY

Celebrate the return of spring with homemade gifts.

health



100 FOODS THAT FIGHT SUGAR CRAVINGS

Fool your sweet tooth when you eat these foods.

104 EARLY BIRD FITNESS

Rise and shine with a quick morning workout.

108 STRAIGHTEN UP!

How to create an ergonomic work space that works for you.

110 BEST FOOT FORWARD

Healthy feet are happy feet. Give them a little TLC.

114 FIGHTING INFLAMMATION

Reduce inflammation naturally or with the help of supplements.

118 DIETITIAN Q&A: UNDERSTANDING GLUTEN-FREE

What you need to know about this dietary choice.

121 PAIN RELIEF

Soothe aches with products from the Hy-Vee Pharmacy.



DONNA TWEETEN

EXECUTIVE VICE PRESIDENT,
CHIEF OF STAFF,
PRESIDENT HY-VEE
MARKETING AND MEDIA

Spring is here and it's time to start planning for the many spring events. Find ideas to celebrate graduates as they begin the next chapter in life with parties full of food and fun, *page 80*. April also means it's time to enjoy the warmer weather. Create an idyllic retreat in your own backyard, *page 86*, or bring a breath of fresh air inside with bright Hy-Vee florals, *page 90*.

We're ready to hop into the Easter holiday with dinner ideas from Hy-Vee, *page 10*, plus outfits and goodies to fill baskets to the brim, *page 74*. To help energize for the longer days that come with spring, try a sunrise workout to get a jump on the day, *page 104*.

Refresh, recharge and enjoy the beauty of spring!

WATCH IT. SHOP IT.

Now you can stream free, original content and shop featured products as you watch on HSTV. Get the products you see in action like on-trend cookware, decor, barware and more. Stream and shop today on HSTV.com or the **Helpful Smiles TV app**.

HSTV
STREAM. SHOP. SMILE.



*Offer available only to Hy-Vee Plus Premium members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires April 30, 2022. Void where prohibited. Not available in all states.



REFRESHMENT WITH CAHAFFEINE



NO SWEETENERS ◦ NO SODIUM ◦ NO CALORIES

© 2022 The Coca-Cola Company. "AHA" is a registered trademark of The Coca-Cola Company. 0% Juice.

aisles

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

now trending

GRILLING MEATS

Visit your Hy-Vee Meat Department for delicious barbecue-ready selections.



BEEF & VEGETABLE KABOBS
Savor slices of beef sirloin with bell pepper and red onion.



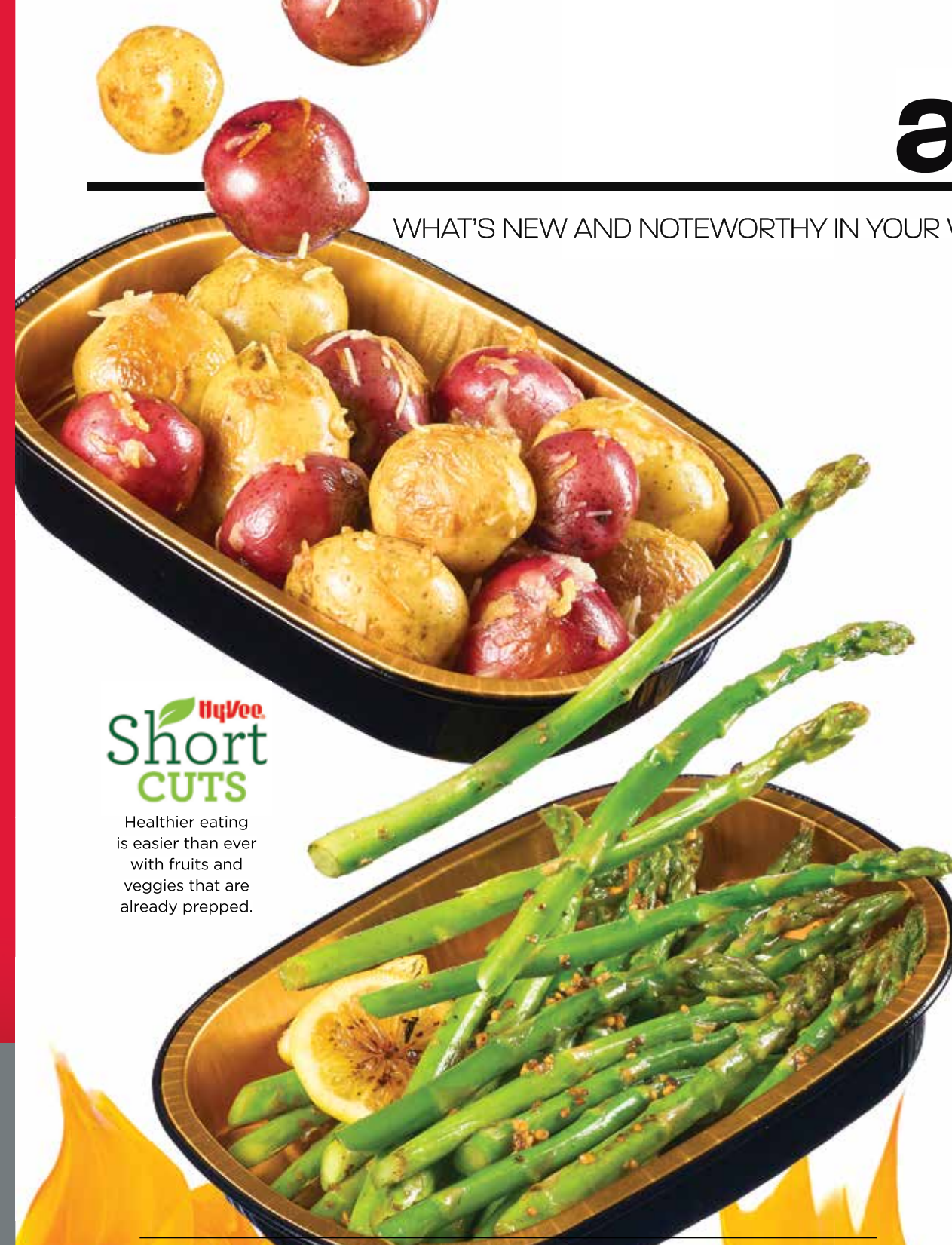
BACON-WRAPPED PRIME RESERVE SIRLOIN FILET
Top-quality sirloin steak wrapped with a strip of beef bacon.



HAWAIIAN CHICKEN GRILLER
Chicken breast stuffed with pineapple and seasoned with brown sugar.



GOURMET STEAKHOUSE BACON CHEDDAR BURGER
Beef burger patty made with bacon bits and Cheddar cheese that melts as it cooks.



Hy-Vee
Short CUTS

Healthier eating is easier than ever with fruits and veggies that are already prepped.

SHORT CUTS GRILL PANS

Get grilling even faster with help from Hy-Vee Short Cuts. Each grill pan has washed, peeled and cut veggies that are ready to grill with little prep needed. Add a drizzle of oil and a dash of your

favorite seasoning, then place the pan directly on the grill to cook. Choose from popular cookout side dishes such as grilled asparagus, potatoes or mixed veggies, plus shucked and ready-to-grill corn on the cob.

now trending



brand highlight

CULINARY TOURS

Bring home international flavors with sauces, salsas, dressings and more made with ingredients from around the globe.

donut of the month

STRAWBERRY LEMONADE OLD FASHIONED DONUT

Crisp, sweet cake donut with strawberry and lemon flavors.



NEW AT HY-VEE!

CHECK OUT THESE NEW, NOTEWORTHY OR SEASONAL PRODUCTS AT HY-VEE.

FISH MARKET

Salmon Burgers



Cook burgers made with wild-caught salmon in a variety of flavors, including spinach feta, Hatch chili and garden vegetable.

FROZEN DESSERTS

Crav'n Flavor Ice Cream Cones



Crav'n Flavor frozen treats are a great snack any time. Chill out with vanilla, vanilla caramel and chocolate ice cream covered with a chocolate shell and nuts.

FROZEN MEALS

Tonucci Pizza



Pizza night is faster than ever with ready-to-bake pizzas. Made with Wisconsin cheese and toppers such as premium pepperoni and Italian sausage.

DELI

La Quercia Jambon



Include cured ham on your next charcuterie board. Look for flavor variations such as honey and herb or sweet and spicy.

SPRING CLEANING

WELCOME THE NEW SEASON BY GIVING YOUR HOME A TOP-TO-BOTTOM SCRUB.



WINDEX ORIGINAL GLASS CLEANER
Easily wipe away fingerprints and smudges with no streaks left behind.

LIBMAN EVERYDAY DUSTING CLOTHS
Eliminate dust and streaks with microfiber cloths that can be used wet or dry.



SIMPLY DONE LATEX HOUSEHOLD GLOVES
Protect hands while washing dishes or cleaning.



SIMPLY DONE RADIAL HEAD KITCHEN BRUSH
Scrub dishes or clean hard-to-reach spots.



SCOTCH-BRITE NON-SCRATCH SPONGES
Clean messes on countertops and remove mildew in showers and tubs.



LIBMAN WONDER MOP
Microfiber grip strips help eliminate dirt from almost any flooring.



PLEDGE FURNITURE SPRAY
Shine and protect wood furniture while cleaning dust and reducing allergens.



LYSOL ALL PURPOSE CLEANER
Kills 99.9% of viruses and bacteria while cleaning grease and other messes.



cake
this!

TEA PARTY CAKE

Cake Designer: Stephanie D.
Olathe, KS

Celebrate the arrival of spring flowers with this cake fit for a fabulous garden party. Consult with one of Hy-Vee's expert cake designers to bring

your spring vision to life. The bakery can create cakes for any occasion, including weddings, birthdays, graduations and more.



Scan the QR Code to see more cake ideas.



A white fondant "tablecloth" is smoothed over a base layer frosted with blue buttercream.



Elegant trios of Swiss dots and a simple shell border are piped on the base layer of the cake.



A rice cereal teapot is covered in blue fondant, and a gumpaste and fondant spout is attached.



Gumpaste flowers are sprinkled with shimmering edible petal dust and attached to the cake.



See how this cake comes to life!

And SHOP the decorating tools used in this episode as you watch Cake This!



DO YOU BELIEVE IN LOVE AT FIRST SIGHT? HOW ABOUT LOVE AT FIRST BITE?

We're taking dating to a whole new playing field: The supermarket!

They'll shop. They'll cook. But will our singles fall in love?

See what happens only on HSTV.

HSTVTM
STREAM. SHOP. SMILE.



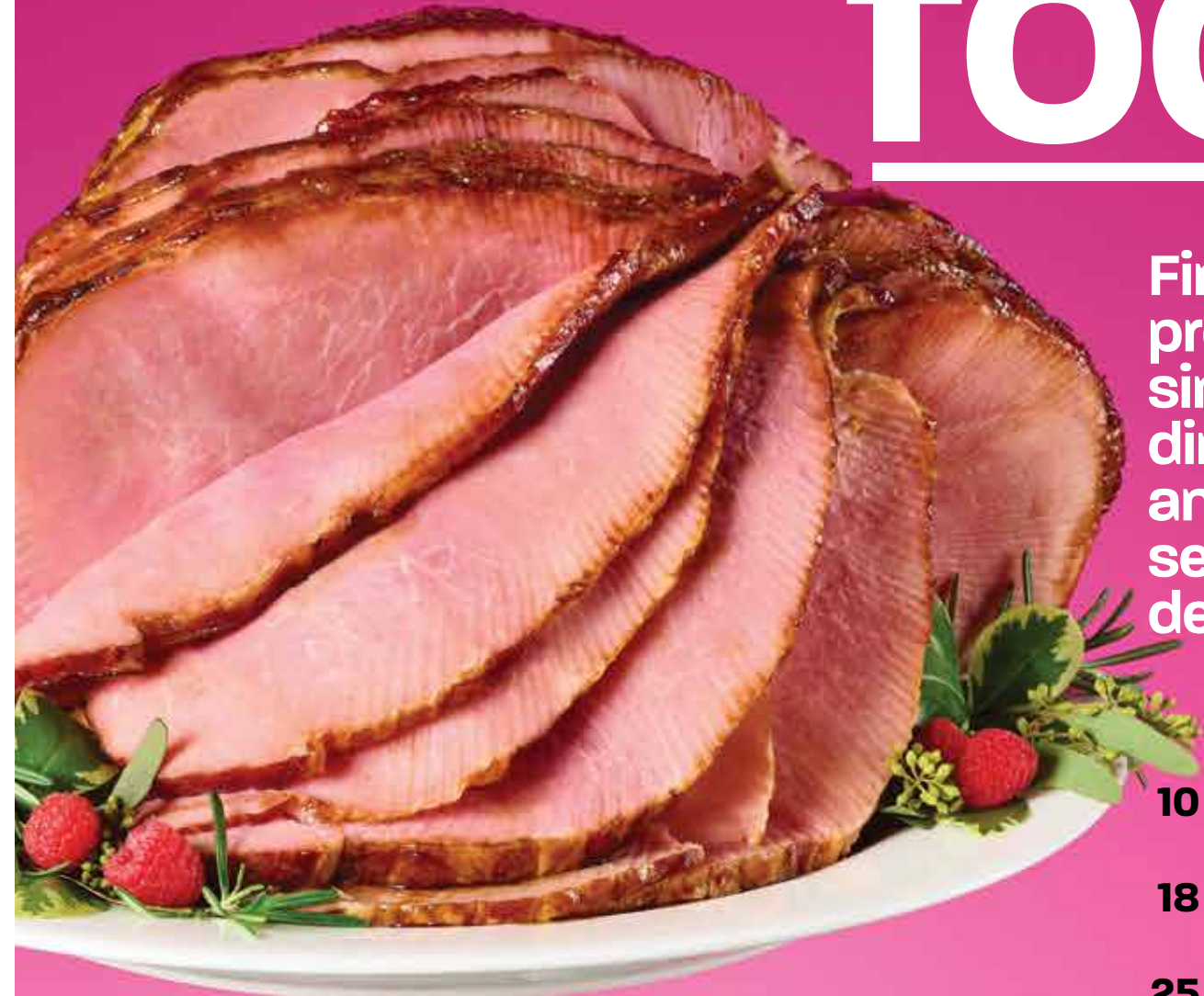
DOWNLOAD THE HELPFUL SMILES TV APP

SIP.
SIP.
SAVE!

10% OFF 6 BOTTLES OR MORE OF WINE.
EVERY DAY!

Not available where prohibited by law. Some restrictions apply. See store for details. Available in Minnesota at Hy-Vee Wine & Spirits in Albert Lea, Austin, Brooklyn Park, Cottage Grove, Eagan, Faribault, Mankato, Maple Grove, Maplewood, New Hope, New Ulm, Oakdale, Owatonna, Plymouth, Rochester, Spring Lake Park, Shakopee.

food



Find tips for preparing a simple Easter dinner, fast and fresh seafood and delicious dips.

- 10** EASTER DINNER IN 5 EASY STEPS
- 18** CREAMY DREAMY DESSERTS
- 25** 101: MUSHROOMS
- 28** 30-MINUTE TILAPIA
- 32** GLOBAL KABOBS
- 38** LET'S GET FIZZICAL
- 42** HAVARTI PARTY
- 48** GOING DUTCH
- 54** BAO WOW!
- 58** BASICS: HOW TO PREPARE A VEGETABLE PLATTER
- 60** DIVINE DIPS

EASTER DINNER

IN 5 EASY STEPS

Select beautiful arrangements from Hy-Vee Floral or work with an expert to create your own bouquet.

Plan an effortless Easter dinner celebration with Hy-Vee's help. Order an Easter Meal Pack for dinner, then customize your feast with a simple homemade side, favorite drinks and an elegant centerpiece from Hy-Vee Floral.

A pitcher of homemade creamy lemonade serves 6.

Hy-Vee sides heat in 60 minutes or less.

Order dessert from the Hy-Vee Bakery to save prep time.

Top fresh spring veggies with arugula pesto.

Easily serve spiral-cut ham with no extra carving required.

5 STEPS FOR SIMPLE HOSTING

1 PICK YOUR MEAL
Choose a pre-cooked entrée from Hy-Vee to serve for Easter dinner. Select ham, turkey or prime rib, then heat in your oven for 1 to 2½ hours. When the entrée is done, carve or slice and serve.

2 CHOOSE YOUR SIDES & DESSERTS
All of Hy-Vee's Easter Meal Packs include choice of side dishes, such as buttered sweet corn and sage bread dressing. Add an à la carte pie, or order extra desserts from the Hy-Vee Bakery.

3 ADD A PERSONAL TOUCH
With Hy-Vee providing the main meal, you have time for holiday traditions. Make one or two family-favorite side dishes to serve with dinner, or try a new recipe to pair with your Easter Meal Pack.

4 DECORATE THE TABLE
Save space at the table for an elegant centerpiece. Hy-Vee Floral can create stunning spring arrangements to serve as decor for an Easter feast.

5 MAKE DRINKS FOR THE DAY
Shake up a signature drink for the occasion. Make an alcohol-free beverage for everyone with optional add-ins, or mix cocktails for the adults. Hy-Vee's experts also can recommend wines to pair with dinner.

1

PICK YOUR MEAL

WHEN TO ORDER

Between 25 days and 48 hours in advance. Schedule a pickup time when you place your order.

HOW MUCH TO ORDER

For entrées, plan on 6 to 8 oz. of meat, poultry or fish per serving, and 2 to 4 oz. of each side dish per person. If you want everyone to take home leftovers, let the catering team know, and they can recommend the best Easter Meal Pack for your gathering.

HOW TO ORDER

Call, stop in or order online at Hy-Vee.com/catering



SCAN THE QR CODE to see all of Hy-Vee's holiday meal options and start your order.

HAMS FOR THE HOLIDAYS

Hy-Vee and Hormel Foods team up annually with first responders to hand out 5,000 Hormel Cure 81 hams to families in need. This year, Hams for the Holidays will distribute hams in 15 cities across Hy-Vee's eight-state region in the weeks leading up to Easter.

SERVES 2



Turkey Dinner or Ham Dinner (Sliced)

Choice of boneless turkey breast (1.35-1.5 lb.) or sliced pit ham (1.35-1.5 lb.), one small side of mashed potatoes, two additional small sides, choice of beef or turkey gravy (16 oz.) and two dinner rolls, \$34.99.

SERVES 4



Turkey Dinner or Ham Dinner (Sliced)

Choice of boneless turkey breast (2.5-2.75 lb.) or sliced pit ham (2.5-2.75 lb.), one large side of mashed potatoes, two additional large sides, choice of beef or turkey gravy (16 oz.) and four dinner rolls, \$59.99.

SERVES 6



Turkey Breast Bundle

Jennie-O® boneless turkey breast (3-4 lb.), two large sides of mashed potatoes, two additional large sides, choice of beef or turkey gravy (16 oz.) and 12 dinner rolls, \$89.99.

SERVES 12



Crowd's Choice Gourmet Ham & Turkey

Butterball® turkey (10-12 lb.), Hy-Vee honey-glazed spiral ham (18-20 lb.), three large sides of mashed potatoes, four additional large sides, choice of beef or turkey gravy (32 oz.), 24 dinner rolls and two pies, \$269.99.

SERVES 8



Applewood Pit Ham Meal

CarveMaster® Applewood pit ham (7-10 lb.), two large sides of mashed potatoes, two additional large sides, choice of beef or turkey gravy (16 oz.) and 12 dinner rolls, \$89.99.



Turkey Party Pleaser

Butterball® turkey (10-12 lb.), two large sides of mashed potatoes, two additional large sides, choice of beef or turkey gravy (16 oz.) and 12 dinner rolls, \$99.99.



Brown Sugar Spiral Ham Meal

Savory brown sugar spiral ham (8-10 lb.), two large sides of mashed potatoes, two additional large sides, choice of beef or turkey gravy (16 oz.) and 12 dinner rolls, \$99.99.



Prime Rib Party Pack

Hormel® USDA Select prime rib (5-6 lb.) with horseradish sauce, two large sides of mashed potatoes, two additional large sides, choice of beef or turkey gravy (16 oz.) and 12 dinner rolls, \$169.99.

2

CHOOSE YOUR SIDES & DESSERTS

CLASSIC SIDES INCLUDED WITH YOUR MEAL



Mashed Potatoes



Turkey or Beef Gravy



Brown and Serve or White Honey Butterflake Rolls

FLAVORFUL SIDES TO ADD TO YOUR ORDER



Holiday Potatoes with Cheddar



Sage Bread Dressing



Green Bean Casserole



Buttered Sweet Corn



Cranberry Relish



White Cheddar Mac and Cheese



Au Gratin Potatoes



Apple Waldorf Salad

DESSERTS FOR YOUR MEAL PACK

Pick a pie or order à la carte.



Apple Pie—10"



Banana Cream Pie—10"



French Silk Pie—10"



SCAN THE QR CODE to order extra Easter desserts.



Asparagus Caprese Salad

Total Time 25 minutes
Serves 6

- 2 cups loosely packed baby arugula, plus additional for garnish
- ½ cup loosely packed fresh basil, plus additional for garnish
- ¼ cup Soirée grated Parmesan cheese
- ¼ cup Hy-Vee pine nuts, toasted
- 1 clove garlic, crushed
- ¼ cup Gustare Vita extra virgin olive oil
- ½ tsp. kosher salt
- ¼ tsp. coarse-ground black pepper
- 1 cup halved Hy-Vee sweet grape tomatoes
- 1 (8-oz.) pkg. Soirée fresh mozzarella cheese pearls, halved
- ¼ small red onion, thinly sliced
- 1 lb. fresh asparagus, trimmed
- Hy-Vee nonstick cooking spray

1. **PLACE** 2 cups arugula, ½ cup basil, Parmesan cheese, pine nuts and garlic in a food processor or blender. Cover and process or blend until finely chopped. With the motor running, gradually add olive oil until well combined. Stir in salt and pepper.
2. **COMBINE** tomatoes, mozzarella and onion in a medium bowl. Add 2 Tbsp. arugula pesto; gently stir to combine.
3. **HEAT** a grill pan over medium-high heat. Spray asparagus with nonstick spray. Grill 6 to 8 minutes or until crisp-tender, turning occasionally.
4. **ARRANGE** asparagus on a serving platter. Spoon tomato mixture over asparagus. Garnish with additional basil leaves and fresh arugula, if desired. Serve with remaining arugula pesto.

Per serving: 260 calories, 22 g fat, 7 g saturated fat, 0 g trans fat, 20 mg cholesterol, 370 mg sodium, 5 g carbohydrates, 2 g fiber, 3 g sugar (0 g added sugar), 12 g protein.
Daily Values: Vitamin D 0%, Calcium 15%, Iron 10%, Potassium 6%

Make the Easter meal unique to your family by including a traditional side dish or dessert at the table. While Hy-Vee may be supplying the entrée, whip up a family favorite or experiment with a new recipe. This Asparagus Caprese Salad combines grilled spring veggies with homemade arugula pesto.

3 ADD A PERSONAL TOUCH

4

DECORATE THE TABLE

Hy-Vee florists can help tie together your entire table with a beautiful arrangement. Pick up a ready-made centerpiece at Hy-Vee, or talk to a florist to bring your dream bouquet to life.

VISIT HY-VEE.COM/FLOWERS TO PLACE YOUR ORDER, OR CALL YOUR STORE TO SPEAK WITH A FLORIST.



THINK PINK

This centerpiece celebrates spring color with red and pink roses, pink carnations and white lilies, hydrangeas, alstroemerias and snapdragons.

IN FULL BLOOM

Choose one of these stunning centerpieces and more from Hy-Vee Floral.



HOP TO IT

A light pink Gerbera daisy anchors this simple arrangement in an adorable bunny vase.



CELEBRATE

This pastel bouquet features light pink roses, white hydrangeas and yellow mums.



HELLO SPRING

Tie together your table decor with a trio of pink, yellow and orange tulips.

5

MAKE DRINKS FOR THE DAY

Finish your dinner spread with delicious drinks fit for a holiday toast. Mix homemade drinks in a few minutes to make the meal feel more personal. Or turn to one of the sommeliers at Hy-Vee to recommend wines for dinner.



CREAMY LEMONADE

Combine 4 cups cold water, ½ cup fresh lemon juice, ½ cup Hy-Vee sweetened condensed milk and ¼ cup Hy-Vee granulated sugar in a large pitcher; stir until sugar dissolves. Refrigerate until serving. To serve, add ice cubes. If desired, garnish with lemon slices and fresh mint. Serves 6 (8 oz. each).

try this

To turn this creamy lemonade into a cocktail, stir ¾ cup limoncello into the pitcher, or mix 1.5 oz. into individual servings.

BOOZY MALTED FRAPPÉ

Place ¼ cup crushed Cadbury milk chocolate mini egg candies on a plate. Spread 1 Tbsp. Hy-Vee hazelnut creamy spread with skim milk & cocoa on rims of 2 (10-oz.) glasses. Dip each rim into crushed chocolate eggs, pressing chocolate into hazelnut spread; set aside. Place 2 cups ice cubes, 4 oz. Hy-Vee heavy whipping cream, 2 oz. Kahlúa rum & coffee liqueur, 1½ oz. clear crème de cacao, 1½ oz. Frangelico hazelnut liqueur, 2 Tbsp. malted milk powder mix, 2 (1.2-oz.) Cadbury caramel eggs and 2 tsp. Hy-Vee instant coffee powder in a high-powered blender. Cover and blend until smooth. Divide between prepared glasses. Top with Hy-Vee aerosol whipped topping, chocolate shavings and a Cadbury caramel egg half, if desired. Serves 2 (10 oz. each).



PEACH PUNCH COCKTAILS

Drain 1 (15.25-oz.) can Hy-Vee sliced yellow cling peaches in heavy syrup; reserve syrup. Divide peach slices; 2 cups raspberries; 4 sprigs fresh thyme, chopped; and 1 lemon, thinly sliced, among 12 (2-in.) square silicone ice-cube molds. Pour reserved syrup into ice cube tray; top off with water. Freeze 6 hours or until frozen. For punch, combine 1 (64-oz.) bottle white grape peach juice, 16 oz. peach-and-orange-flavored vodka, 4 oz. peach schnapps, 2 oz. fresh lemon juice, 2 Tbsp. peach-flavored gelatin dessert mix and 10 dashes orange-flavored bitters in a 1½-gal. punch bowl. To serve, add prepared ice cubes and top with 1 (750-mL) bottle brut rosé sparkling wine. Garnish with additional raspberries and fresh thyme sprigs, if desired. Serves 12 (8 oz. each).

EASTER DINNER WINES

Hy-Vee's experts can recommend the best pairing for your meal.



**LOUIS JADOT
BEAUJOLAIS-VILLAGES**
Medium body, black cherry and strawberry flavor.



A TO Z PINOT NOIR
Juicy black plum and red fruit flavors with a smooth texture and silky finish.



**CHATEAU STE. MICHELLE
DRY RIESLING**
Crisp and refreshing with notes of apple and lime.



DR. LOOSEN RIESLING
Vegan wine with citrus and peach notes and a crisp, dry finish.



CREAMY dreamy DESSERTS

Make some of the most delicious desserts you've ever tasted with a few dollops of cream. Plus, discover delicious cream pies available at the Hy-Vee Bakery.

Banana Cream Caramel Trifle

Total Time 45 minutes plus chilling time
Serves 24 (2/3 cup each)

3 cups Hy-Vee granulated sugar, divided
2/3 cup Hy-Vee all-purpose flour
1 tsp. Hy-Vee salt, divided
5 cups Hy-Vee whole milk
8 Hy-Vee large egg yolks
2 Tbsp. plus 1/2 cup Hy-Vee salted butter, chopped, divided
2 tsp. Hy-Vee vanilla extract
2 3/4 cups Hy-Vee heavy whipping cream, divided
1 1/2 (8.8-oz.) pkg. Lotus Biscoff cookies
1/2 cup Hy-Vee powdered sugar
4 ripe bananas, sliced

TRIFLE TIP

For the caramel sauce, use room-temperature cream. Cold cream can cause the sauce to harden and require additional cooking over low heat.

1. FOR CUSTARD, whisk together 1 1/2 cups granulated sugar, flour and 3/4 tsp. salt in a large saucepan. Gradually whisk in milk. Whisk in egg yolks. Bring to a boil, stirring constantly. Reduce heat to medium-low heat. Cook and stir 3 minutes. Remove from heat. Stir in 2 Tbsp. butter and vanilla until butter is melted. Transfer to a large bowl. Place plastic wrap on surface to cover; cool completely at room temperature.

2. FOR CARAMEL SAUCE, heat and stir remaining 1 1/2 cups granulated sugar in a medium saucepan over medium heat 4 to 5 minutes or until sugar turns a deep amber. Remove from heat and carefully stir in remaining 1/2 cup chopped butter until melted. Gradually stir in 3/4 cup heavy cream until combined; stir in remaining 3/4 tsp. salt. Return to heat and simmer 1 minute. Remove from heat and cool to room temperature.

3. PLACE cookies in food processor. Cover and process until finely ground; set aside.

4. BEAT remaining 2 cups heavy cream and powdered sugar in large bowl with an electric mixer on high until soft peaks form (tips curl).

5. TO ASSEMBLE, reserve 2 Tbsp. cookie crumbs and 2 Tbsp. caramel sauce for garnish. Place 1 1/2 cups cookie crumbs in bottom of a 3 1/2-qt. trifle dish. Layer with half each custard, bananas, caramel sauce and whipped cream. Repeat layers with remaining cookie crumbs, custard, bananas, caramel sauce and whipped cream. Chill 1 hour. Drizzle with reserved caramel sauce and sprinkle with reserved cookie crumbs before serving.

Per serving: 400 calories, 21 g fat, 12 g saturated fat, 0.5 g trans fat, 115 mg cholesterol, 230 mg sodium, 50 g carbohydrates, 0 g fiber, 39 g sugar (33 g added sugar), 5 g protein. Daily Values: Vitamin D 6%, Calcium 8%, Iron 0%, Potassium 4%

Coconut Oatmeal CREAM PIES

Preheat oven to 350°F. Spread ¾ cup Hy-Vee sweetened flake coconut in a rimmed baking pan. Bake 5 to 7 minutes or until lightly toasted, stirring halfway through. Transfer toasted coconut to a

shallow bowl; set aside. Beat ¾ cup softened Hy-Vee unsalted butter in a large mixing bowl with electric mixer on medium until creamy. Add ¾ cup Hy-Vee powdered sugar, ¾ cup Hy-Vee marshmallow creme, ¾ tsp. coconut extract and ½ tsp. Hy-Vee vanilla extract. Beat 1 minute or until light and fluffy. Stir in ½ cup untoasted Hy-Vee sweetened flake coconut. Drop a heaping tablespoonful of marshmallow mixture onto 1 Hy-Vee Bakery oatmeal cookie. Top with an additional oatmeal cookie, flat side down, to form a sandwich; gently press cookies together to spread filling to edges. Roll exposed edge of marshmallow mixture in the toasted coconut. Repeat making 5 more cookie sandwiches using remaining marshmallow mixture, 10 oatmeal cookies and remaining toasted coconut. Serve at room temperature. Store covered in refrigerator up to 2 days. Serves 6 (1 each).

Boston Cream Pie CUPCAKES

Whisk together 4 Hy-Vee large egg yolks in a medium saucepan. Whisk in 2 cups Hy-Vee whole milk, ¾ cup Hy-Vee granulated sugar and 3 Tbsp. Hy-Vee corn starch. Bring to a boil, whisking constantly. Reduce heat to low; cook and whisk 1 minute. Remove from heat; whisk in 3 Tbsp. Hy-Vee unsalted butter and 2 tsp. Hy-Vee vanilla extract. Transfer to medium bowl. Place plastic wrap on surface to cover; cool completely. Refrigerate custard until ready to use. Prepare batter for 1 (16.5-oz.) pkg. Hy-Vee extra-moist classic yellow deluxe cake mix according to pkg. directions using 1 cup water, ½ cup Hy-Vee vegetable oil and 3 Hy-Vee large eggs. Stir in ¼ cup Hy-Vee sour cream and 1 tsp. Hy-Vee vanilla extract. Pour batter into 24 (2½-in.) greased and floured muffin cups. Bake at 350°F for 18 to 21 minutes. Remove from muffin cups; cool completely. Microwave ¾ cup Hy-Vee heavy whipping cream and 2 Tbsp. Hy-Vee light corn syrup in medium microwave-safe bowl for 1½ minutes or until hot. Stir in 1 (12-oz.) pkg. Hy-Vee semisweet chocolate baking chips; let stand 2 minutes. Whisk until completely smooth; set aside. To assemble, split cooled cupcakes in half horizontally. Pipe or spread custard onto cupcake bottoms. Sandwich with cupcake tops. Spoon chocolate mixture on tops of cupcakes; spread evenly with back of spoon. Refrigerate until ready to serve. Serves 24 (1 each).

RICHER CAKE

Sour cream adds moisture without thinning the batter and can offset sugar so the final cake isn't overly sweet.

NO-CHURN ICE CREAM

Most churned ice creams are made with a cooked base that includes egg yolks, milk and sugar. This recipe uses sweetened condensed milk instead, so the ice cream can be frozen without churning. Adding whipped cream helps make the final dessert light, airy and extra creamy.

Chocolate Chip-Raspberry Ice Cream

Total Time 20 minutes plus freezing time
Serves 16 (½ cup each)

½ cup seedless red raspberry jam
1½ cups raspberries
2 cups Hy-Vee heavy whipping cream
1 (14-oz.) can Hy-Vee sweetened condensed milk
1 Tbsp. Hy-Vee vanilla extract
1 (3.5-oz.) bar Zöet white chocolate, coarsely chopped
1 (3.5-oz.) bar Zöet milk chocolate, coarsely chopped
Sugar cones, for serving

1. MICROWAVE jam in medium microwave-safe bowl on HIGH for 1 minute, stirring occasionally until smooth. Add raspberries; slightly mash with fork. Set aside.

2. BEAT cream in large mixing bowl with electric

mixer on high until stiff peaks form (tips stand straight). Add sweetened condensed milk and vanilla. Beat on medium until combined. Fold in chopped white and milk chocolate bars.

3. SPREAD half of cream mixture in a 9×5-in. loaf pan. Spoon ¾ cup raspberry mixture evenly over top. Layer with remaining cream mixture and remaining raspberry mixture. Gently swirl mixtures together with a knife. Cover and freeze 4 hours or until firm.

4. TO SERVE, let stand at room temperature 5 minutes. Scoop mixture into cones, if desired.

Per serving: 290 calories, 17 g fat, 10 g saturated fat, 0 g trans fat, 40 mg cholesterol, 40 mg sodium, 30 g carbohydrates, 0 g fiber, 28 g sugar (18 g added sugar), 4 g protein. **Daily Values:** Vitamin D 6%, Calcium 8%, Iron 0%, Potassium 4%



STIFF PEAKS

Continue whipping heavy cream until it forms straight, steady points (stiff peaks) when you lift the beaters. Beating to stiff peaks incorporates air into the cream, which gives the ice cream mixture a lighter texture.



HY-VEE dreamy DESSERTS

SAVE TIME AND PICK UP RICH, DELICIOUS CREAM PIES FROM YOUR HY-VEE BAKERY.

BANANA CREAM

Smooth banana purée is topped with a pillowy layer of piped whipped cream swirls.

CHOCOLATE CREAM

Luscious chocolate filling is topped with whipped cream and a sprinkle of cocoa powder.

FRENCH SILK

A thick layer of whipped cream and semi-sweet chocolate curls cover a light, fluffy chocolate filling.

KEY LIME

Tangy key lime filling strikes a delicious balance with sweet whipped cream and a crunchy graham cracker crust.

LEMON MERINGUE

Tart lemon purée filling is finished with swirls of lightly browned meringue.



GOLD PEAK
REAL BREWED TEA

PUT GOLD IN YOUR BASKET

101

MUSHROOMS

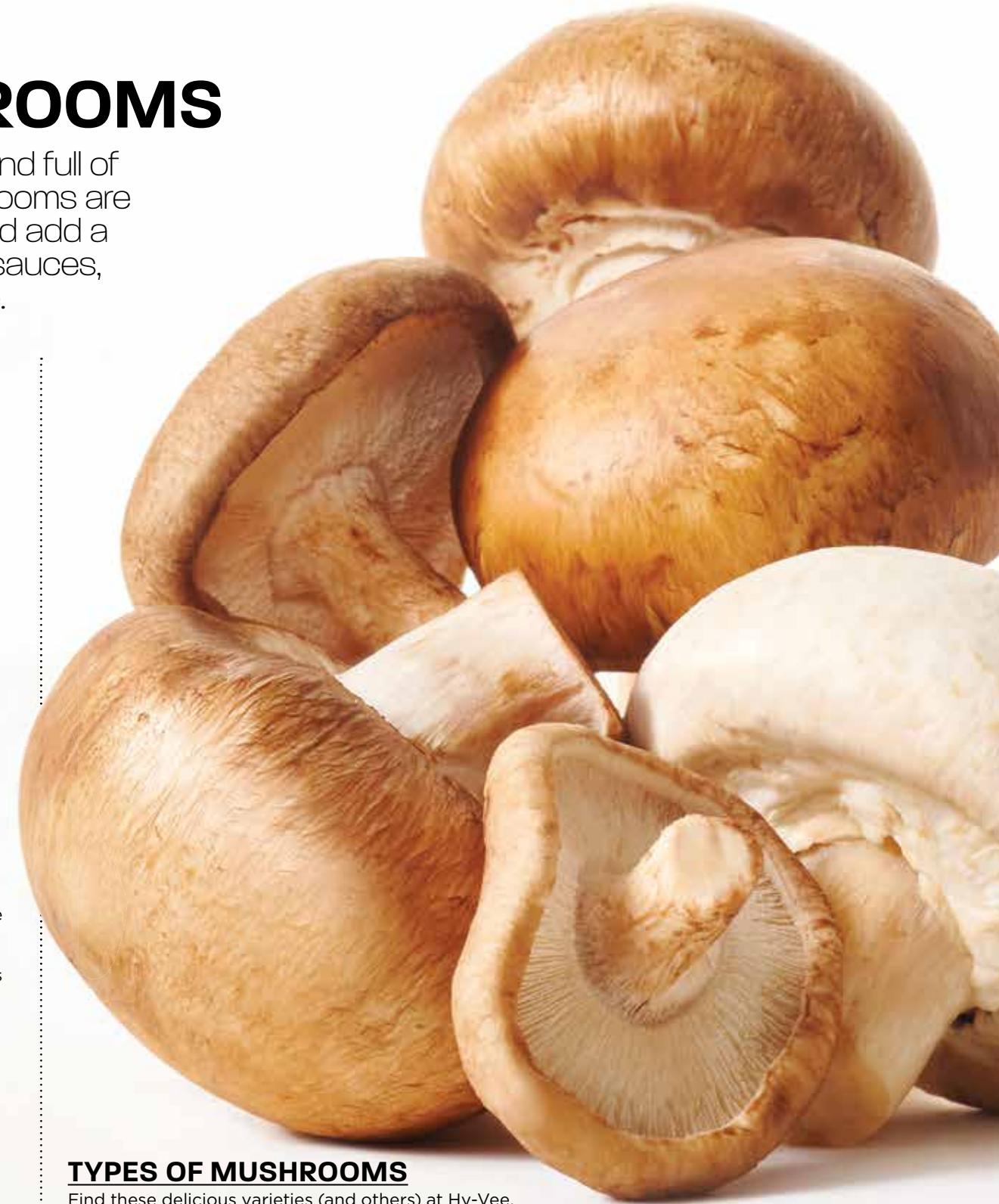
Hearty, earthy and full of nutrients, mushrooms are easy to cook and add a meaty flavor to sauces, soups and more.

There are over 10,000 varieties of mushrooms, but button and portabella are two of the most popular. Most mushrooms have a subtle earthiness and delicate texture. They're low in fat and calories and have a savory, umami flavor similar to meat, so they're a common substitute in vegetarian-friendly dishes. Mushrooms also contain B vitamins, which can help the body generate energy from food, and potassium, which is crucial for maintaining fluid levels inside cells to regulate body temperature.

BUY Mushrooms should look smooth, fresh and dry. Avoid mushrooms that have dark spots or appear slimy.

STORE Whole mushrooms can be left in their original package and refrigerated for up to 5 days. For longer storage, transfer mushrooms to a paper bag lined with a paper towel and refrigerate up to 10 days.

PREP Mushrooms can be wiped clean with a damp paper towel, or quickly rinsed under running water to remove dirt. Dry immediately with paper towels. Slice as desired, or cook whole.



TYPES OF MUSHROOMS

Find these delicious varieties (and others) at Hy-Vee.



Baby Bella
Also called creminis, baby bellas have a light brown cap and a robust, nutty flavor.



Button
Also called white mushrooms, buttons have a very mild flavor and tender texture.



Shiitake
Buttery shiitakes have long, thin stems and umbrella-shape caps with exposed gills.

Sources: hsph.harvard.edu/nutritionsource/food-features/mushrooms/, medlineplus.gov/bvitamins.html, hsph.harvard.edu/nutritionsource/potassium/



To chiffonade (cut into thin strips) basil, place a few leaves on top of each other and roll them into a single cylinder. Use a knife to slice leaves into thin ribbons.

Vegan Mushroom Pasta

Total Time 40 minutes
Serves 6 (1 cup each)

- ½ cup loosely packed fresh basil leaves, plus additional sliced basil for garnish
- ½ cup Gustare Vita extra virgin olive oil
- ¼ cup Hy-Vee chopped walnuts
- 1 tsp. kosher salt
- 1 tsp. fresh lemon juice
- 2 cloves garlic, minced
- ¼ cup vegan butter alternative, divided
- 1 tsp. chili oil
- 1 (8-oz.) pkg. sliced baby bella mushrooms
- ½ (5-oz.) pkg. sliced shiitake mushrooms
- 1 (10-oz) pkg. cherry tomatoes, halved
- ½ (16-oz.) pkg. Hy-Vee angel hair pasta
- ½ cup vegan sour cream alternative
- 1 cup loosely packed Full Circle Market organic baby spinach, chopped
- Hy-Vee crushed red pepper, for garnish
- Lemon zest, for garnish

1. PLACE ½ cup basil, olive oil, walnuts, salt, lemon juice and garlic in a food processor or blender. Cover and process or blend until smooth. Reserve 2 Tbsp. pesto for serving; set pesto aside.

2. HEAT vegan butter and chili oil in a large nonstick skillet over medium heat. Add mushrooms; cook 8 minutes, stirring occasionally. Add tomatoes; cook 5 to 7 minutes or until mushrooms are golden and cherry tomatoes begin to blister. Add remaining pesto to mushroom mixture and toss to coat. Remove from heat.

3. COOK pasta in a large saucepan in boiling salted water according to pkg. directions. Drain pasta, reserving ½ cup pasta water.

4. RETURN pasta to saucepan. Add reserved pasta water and vegan sour cream; stir until combined. Gently stir in spinach and mushroom mixture. Transfer to 6 serving plates. Garnish with crushed red pepper, lemon zest, sliced basil and reserved 2 Tbsp. pesto, if desired.

Per serving: 590 calories, 34 g fat, 10 g saturated fat, 0 g trans fat, 0 mg cholesterol, 460 mg sodium, 65 g carbohydrates, 5 g fiber, 5 g sugar (0 g added sugar), 13 g protein.
Daily Values: Vitamin D 0%, Calcium 6%, Iron 15%, Potassium 10%

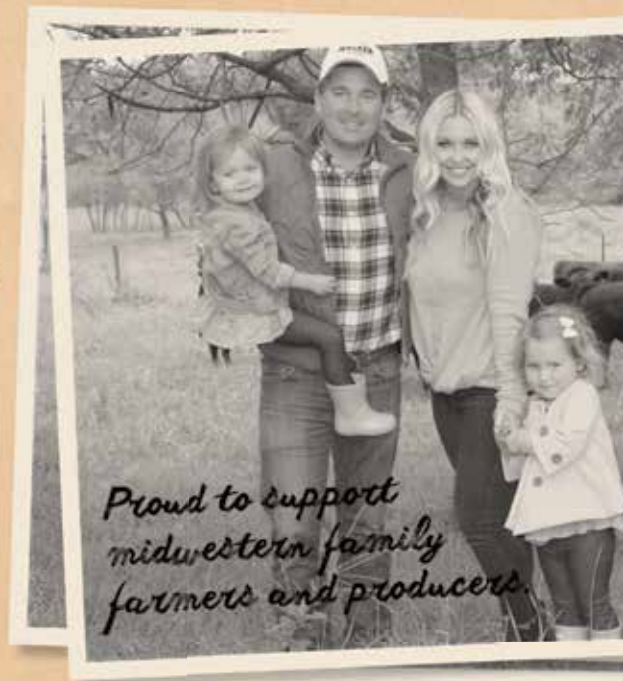


HyVee
true

It's not too good to be true, it's just true.

Feel good about serving Hy-Vee True™ Grass-Fed Beef:

- Hand-picked from family farms
- 100% grass fed Angus Beef
- NO antibiotics
- No growth hormones
- Gluten-free



TURN TOP-QUALITY TILAPIA INTO FAST, EASY AND DELICIOUS DINNERS IN 30 MINUTES OR LESS, AND LEARN WHY RAINFOREST TILAPIA AT HY-VEE IS ONE OF THE BEST-TASTING, MOST SUSTAINABLE FISH TO ADD TO YOUR MENU.

30-MINUTE TILAPIA



WHY TILAPIA?

This mild, delicate white fish can be used in almost any recipe and is a tasty way to try seafood, because it takes on the flavor of seasonings and sauces. It's also high in protein, averaging about 23 g in one fillet (the FDA daily recommendation is about 50 g).

time saver

Ask your local Hy-Vee Kitchen to bake 4 large flour tortilla bowls for you.

Tilapia Taco Salad with Dill Pickle and Caper Cream

Total Time 30 minutes
Serves 4

- 1 (6.2-oz.) pkg. taco salad shells (4 ct.)
- Hy-Vee nonstick cooking spray
- ¼ cup Hy-Vee mayonnaise
- 2 Tbsp. finely chopped Hy-Vee kosher dill pickles, plus 1 Tbsp. brine
- 1 Tbsp. Gustare Vita capers, drained
- 2 Tbsp. fresh lime juice, divided
- ½ tsp. coarse-ground black pepper
- 2 ripe avocados, seeded, peeled and chopped

- 1 cup halved cherry tomatoes
- ½ cup fresh cilantro, plus additional for garnish
- 4 (4- to 6-oz.) fresh Rainforest tilapia fillets
- 1 (1.25-oz.) Hy-Vee 25% less sodium taco seasoning
- 1½ (10-oz.) pkg. Hy-Vee hearts of romaine, chopped

1. **PREHEAT** oven to 350°F. Shape and bake taco shells according to pkg. directions.

2. **PREHEAT** a charcoal or gas grill for indirect cooking over medium-high heat (375°F). Spray a large grill basket or grill screen with nonstick spray; set aside.

3. **STIR** together mayonnaise, chopped pickles and brine, capers, 1 Tbsp. lime juice and pepper in a small bowl; set aside.

4. **COMBINE** avocados, tomatoes, ½ cup cilantro and remaining 1 Tbsp. lime juice in another small bowl; set aside.

5. **PAT** tilapia dry with paper towels; sprinkle both sides evenly with taco seasoning. Place in grill basket or on grill screen. Grill 6 to 9 minutes or until fish reaches 145°F, turning halfway through. Transfer tilapia to a cutting board; flake into large pieces.

6. **DIVIDE** romaine, tilapia and avocado mixture evenly among tortilla bowls. Drizzle with mayonnaise mixture. Garnish with additional cilantro, if desired.

Per serving: 520 calories, 33 g fat, 6 g saturated fat, 0 g trans fat, 65 mg cholesterol, 770 mg sodium, 33 g carbohydrates, 10 g fiber, 6 g sugar (0 g added sugar), 27 g protein. Daily Values: Vitamin D 15%, Calcium 6%, Iron 15%, Potassium 25%

Source: fdc.nal.usda.gov/fdc-app.html#/food-details/175177/nutrients

Blackened Tilapia Burgers

Total Time 30 minutes
Serves 4

- 4 (4- to 6-oz.) fresh Rainforest tilapia fillets**
- 1 cup peeled and finely chopped mango, divided**
- ½ cup chopped fresh cilantro, divided**
- ¾ cup Hy-Vee plain bread crumbs**
- 3 green onions, finely chopped**
- 1 Tbsp. plus 2 tsp. salt-free blackened seasoning, divided**
- 1 tsp. kosher salt, divided**
- ½ tsp. coarse-ground black pepper, divided**

- 1 medium lemon**
- 1 medium lime**
- ¼ cup Hy-Vee sour cream**
- 1 (14-oz.) pkg. 3-color coleslaw mix**
- 1 jalapeño pepper, thinly sliced***
- 1 Tbsp. Hy-Vee vegetable oil**
- 4 Hy-Vee Bakery brioche buns, split and toasted**
- Butterhead lettuce leaves, for serving**
- English cucumber, thinly sliced, for serving**

1. PAT tilapia dry with paper towels; chop. Transfer chopped tilapia to a food processor; add ½ cup mango, ¼ cup cilantro, bread crumbs, green onions, 1 Tbsp. blackened seasoning, ½ tsp. salt and ¼ tsp. black pepper. Cover and pulse until coarsely chopped; chill 10 minutes.

2. ZEST and juice lemon and lime in a large bowl. Stir in sour cream, 1 tsp. blackened seasoning, remaining ½ tsp. salt and ¼ tsp. pepper. Add coleslaw mix, remaining ¼ cup mango, remaining ¼ cup cilantro and sliced jalapeño; toss to coat. Set coleslaw mixture aside.

3. DIVIDE fish mixture into 4 equal balls. Heat vegetable oil in a large nonstick skillet over medium-high heat. Place balls in skillet and press down with a spatula to flatten to 2 in. thick; sprinkle patties with remaining 1 tsp. blackened seasoning. Cook 16 to 20 minutes or until patties are golden brown and reach 145°F, turning halfway through.

4. TO SERVE, top toasted bun bottoms with lettuce, fish burgers, cucumber slices, coleslaw mixture and bun tops.

***NOTE:** Chile peppers contain volatile oils that can burn your skin and eyes. When working with jalapeño peppers, wear protective gloves.

Per serving: 490 calories, 15 g fat, 5 g saturated fat, 0 g trans fat, 95 mg cholesterol, 950 mg sodium, 61 g carbohydrates, 6 g fiber, 24 g sugar (7 g added sugar), 28 g protein. **Daily Values:** Vitamin D 20%, Calcium 8%, Iron 10%, Potassium 15%



Seafood at Hy-Vee with the “Responsible Choice” symbol was caught or farmed in a responsible, sustainable way that protects the local ecosystem.



RAINFOREST TILAPIA AT HY-VEE

Rainforest follows strict standards to raise their fish to be the best quality.

PRISTINE HABITAT
Rainforest tilapia are raised in pure, natural Costa Rican ponds with water flowing from Lake Arenal, a rich volcanic reservoir.

PREMIUM FISH
The thick, hearty fillets come from Rainforest’s specially selected breed, *Oreochromis niloticus*. The fish are raised in a relaxed environment and exclusively fed a plant-based diet.

SUSTAINABLE PRACTICES
Rainforest tilapia are harvested in a zero-waste manner that uses every part of the fish. And as new water enters ponds, old water is recycled, providing hydroelectric power and irrigating nearby agricultural fields.

Pecan- and-Parmesan Crusted Tilapia

Total Time 30 minutes
Serves 4

- Hy-Vee nonstick cooking spray**
- 1 lb. asparagus, trimmed**
- 1 Tbsp. Gustare Vita olive oil**
- 1 tsp. lemon zest**
- ½ tsp. kosher salt, divided**
- ½ tsp. coarse-ground black pepper**
- 1 lemon, sliced**
- 4 (4- to 6-oz.) fresh Rainforest tilapia fillets**
- ½ cup Hy-Vee mayonnaise**

- 2 Tbsp. Weber honey garlic rub, divided**
- ¾ cup Hy-Vee chopped pecans**
- ¼ cup Soirée grated Parmesan cheese**
- 2 Tbsp. Hy-Vee plain panko bread crumbs**
- Fresh thyme, for garnish**

1. PREHEAT oven to 425°F. Line 2 baking sheets with foil and spray with nonstick spray; set aside.

2. PLACE asparagus on one prepared sheet. Drizzle with olive oil; toss to coat. Sprinkle with lemon zest, ¼ tsp. salt and pepper. Add lemon slices.

3. PAT tilapia dry with paper towels. Stir together mayonnaise and 1 Tbsp. honey garlic rub in a small bowl; set aside. Combine chopped pecans, Parmesan cheese, bread crumbs and remaining 1 Tbsp. honey garlic rub in another small bowl.

4. SPREAD mayonnaise mixture on top of fish fillets. Generously sprinkle with pecan mixture; press to adhere. Place fish on remaining prepared baking sheet; lightly spray with nonstick spray.

5. BAKE fish and asparagus with lemons 16 to 18 minutes or until coating is golden brown and fish reaches 145°F, and asparagus is fork tender. Garnish with fresh thyme, if desired.

Per serving: 550 calories, 43 g fat, 7 g saturated fat, 0 g trans fat, 65 mg cholesterol, 870 mg sodium, 14 g carbohydrates, 5 g fiber, 6 g sugar (3 g added sugar), 30 g protein. **Daily Values:** Vitamin D 15%, Calcium 10%, Iron 20%, Potassium 15%

Global Kabobs



SIMPLE YET SATURATED WITH FLAVOR, ROASTED SKEWERED MEAT IS A GLOBAL FAVORITE. BRING THE UNEXPECTED FLAVORS TO YOUR BACKYARD BARBECUES.



MEXICO

Two Mexican dishes with Middle Eastern influences include tacos *al pastor* (meat cooked vertically in a spit) and tacos *de alambre* (skewered, grilled meat). Swap in seafood for a lighter touch and add traditional Mexican spices.

RECIPE FLAVOR spicy, citrusy, peppery

Tips for Best Kabobs

- USE HY-VEE MEATS**
Experts at Hy-Vee Meat and Fish Market Departments are trained to help you find the right cuts for your kabobs.
- SOAK SKEWERS**
To keep bamboo skewers from burning, soak in water at least 30 minutes before adding ingredients.
- MARINATE PROTEIN**
To add extra flavor and tenderize the meat, soak meat or seafood in a liquid full of seasonings (marinade).
- HASTEN GRILLING**
For a quicker cook time, cut ingredients into small pieces and grill when food is at room temperature.
- SPACE ITEMS**
For even grilling, add space between foods so heat can move between the ingredients.

Mexicana Shrimp Kabobs

Hands On 35 minutes
Total Time 44 minutes
Serves 6

- 1 (1-lb.) pkg. Hy-Vee Fish Market frozen shell-on, EZ peel & deveined raw shrimp (16 to 20 ct.), thawed
- ½ medium red onion, cut into 4 wedges
- 1 medium mango, peeled, pitted and cut into 12 pieces
- 6 sweet mini peppers, cut crosswise into 1-in. pieces and seeded
- 1 Tbsp. smoked paprika
- 4 tomatillos, husked
- 1 poblano pepper*
- 2 serrano peppers*
- Hy-Vee nonstick cooking spray
- ¼ cup fresh cilantro leaves, plus additional for garnish
- 1 Tbsp. fresh lime juice
- 1 Tbsp. Hy-Vee canola oil
- 2 cloves whole garlic, peeled
- 1 tsp. kosher salt
- ½ tsp. Hy-Vee ground cumin

- 1. SOAK** 6 (12-in.) bamboo skewers 30 minutes before grilling. Peel shrimp; remove tails. Pat shrimp dry with paper towels. Separate onion wedges into layers.
- 2. ALTERNATELY** thread mango, shrimp, onion and sweet mini peppers onto skewers. Sprinkle kabobs with smoked paprika. Cover and refrigerate until ready to grill.
- 3. PREHEAT** a charcoal or gas grill with a grased grill rack for direct cooking over medium heat (350°F).
- 4. FOR SALSA VERDE**, spray tomatillos and poblano and serrano peppers with nonstick spray. Grill tomatillos and peppers 8 to 10 minutes or until charred and blistered on all sides, turning occasionally; cool. Remove skin, stem and seeds from poblano and serrano peppers. Place tomatillos, poblano and serrano peppers, ¼ cup cilantro, lime juice, oil, garlic, salt and cumin in food processor or blender. Cover and process or blend 30 to 60 seconds or until desired consistency.
- 5. GRILL** kabobs 7 to 9 minutes or until shrimp reach 145°F, turning occasionally. Drizzle and serve with salsa verde. Garnish with additional cilantro, if desired.

*NOTE: Chile peppers contain volatile oils that can burn your skin and eyes. When working with chile peppers, wear protective gloves.

Per serving: 150 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 120 mg cholesterol, 610 mg sodium, 15 g carbohydrates, 2 g fiber, 11 g sugar (0 g added sugar), 17 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 6%



Butter Chicken Kabobs

Cut 1 (1-lb.) pkg. Hy-Vee True chicken breast tenders into 2-in. pieces. Combine chicken and $\frac{3}{4}$ cup Culinary Tours butter chicken sauce in medium bowl until coated. Cover; marinate in refrigerator 2 to 4 hours. Drain chicken; discard marinade. Season chicken with $\frac{1}{2}$ tsp. salt-free garam masala seasoning. Alternately thread chicken and 1 medium white onion, cut into 12 wedges, onto 4 (12-in.) metal skewers. Grill on a greased grill rack over medium-high direct heat (375°F) for 12 to 15 minutes or until chicken reaches 165°F, turning occasionally. Meanwhile, prepare 2 cups Hy-Vee long-grain instant white rice according to pkg. directions. Serve kabobs on cooked rice. Drizzle with an additional $\frac{1}{4}$ cup butter chicken sauce. Garnish with fresh cilantro, if desired. Serves 4.

INDIA



Original Indian kabobs were made with ground meat and influenced by flavors of Central Asia. Hallmarks of current Indian fare are rich sauces and complex spice mixes such as garam masala, which often consists of more than 20 spices.

RECIPE FLAVOR fiery, sweet, creamy, aromatic



Mini Swedish Meatball Kabobs

Swedish meatballs, like kabobs, surprisingly may have Turkish origins. It is said Swedish King Charles XII returned from exile from the Ottoman Empire in the early 1700s with the recipe for Turkish meatballs (kofte) in hand.

RECIPE FLAVOR earthy, warm, buttery

SWEDEN



Tuscan Chicken Kabobs

ITALY



Tuscan recipes embrace the Italian essence of country cooking, and often use farm and garden staples such as tomatoes, peppers and zucchini. Tuscan kabobs continue this tradition, and even include crusty bread—an Italian countryside staple.

RECIPE FLAVOR peppery, aromatic, fresh

Mini Swedish Meatball Kabobs

Place the sauce mix from 1 (2.11-oz.) pkg. McCormick Swedish meatballs seasoning & sauce mixes into a small bowl; set aside. Place seasoning mix into large bowl; add 1 lb. Hy-Vee 85% lean ground beef, 8 oz. Hy-Vee fresh ground pork sausage, $\frac{1}{2}$ cup finely chopped white onion, $\frac{1}{2}$ cup water and 1 clove garlic, minced. Mix well. Shape into 32 (1 $\frac{1}{2}$ -in.) meatballs. Place in greased large rimmed baking pan. Bake at 400°F for 20 to 25 minutes or until meatballs reach 165°F. Meanwhile, cook 3 (8-oz.) pkg. small whole baby bella mushrooms (about 32), halved, and 2 sprigs fresh thyme in 3 Tbsp. melted Hy-Vee salted butter in a large skillet over medium heat 3 to 4 minutes or until mushrooms begin to brown. Remove from skillet; set aside. Wipe skillet clean with paper towels. Whisk 2 cups Hy-Vee whole milk and reserved sauce mix in same skillet. Bring to a boil over medium heat, stirring frequently. Reduce heat; simmer 1 minute. Transfer to serving bowl. Garnish with coarse-ground pepper and chopped fresh thyme, if desired. Alternately thread 2 mushroom halves and 1 meatball onto 4-in. cocktail picks. Serve with sauce. Garnish kabobs with additional chopped thyme and pea microgreen tendrils, if desired. Serves 16 (2 each).

Tuscan Chicken Kabobs

Soak 5 (12-in.) bamboo skewers 30 minutes before grilling. Combine 10 (1-in.) cubes Hy-Vee Bakery artisan ciabatta bread, $\frac{1}{2}$ cup Gustare Vita olive oil and $\frac{1}{2}$ Tbsp. Hy-Vee Italian seasoning in a medium bowl; toss to coat. Drain excess olive oil mixture into small bowl; set aside. Cut 1 (1-lb.) pkg. Hy-Vee True chicken breast tenders into 2-in. pieces; pat dry. Combine chicken, an additional $\frac{1}{2}$ cup olive oil, $\frac{1}{2}$ Tbsp. Italian seasoning and 1 tsp. Hy-Vee crushed red pepper in medium bowl; toss to coat. Alternately thread 1 (8.82-oz.) pkg. Halloumi cheese, cut into 10 pieces; 1 thinly sliced medium zucchini; bread cubes; 1 thinly sliced medium yellow summer squash; 10 whole cherry tomatoes and chicken onto skewers. Brush with reserved olive oil mixture. Grill on a greased grill rack over medium-high direct heat (375°F) for 12 to 15 minutes or until chicken reaches 165°F, turning occasionally. Drizzle with Gustare Vita balsamic glaze and garnish with fresh basil leaves, if desired. Serves 5.

HY-VEE MEAT DEPARTMENT

START YOUR KABOBS WITH QUALITY MEAT FROM HY-VEE OR PICK UP READY-TO-COOK BEEF AND VEGETABLE OR PRIME RESERVE BEEF SIRLOIN KABOBS IN THE HY-VEE MEAT DEPARTMENT.



More Tips & Tricks

SAFETY
For bacteria-free kabobs, cook 2 to 3 minutes more after the last marinade has been added.

STABILITY
To keep foods from spinning around (which affects even doneness), use two skewers.



SIMPLE KABOBS

SAFE AND EASY KABOB COOKING ESSENTIALS AT HY-VEE INCLUDE SIMPLY DONE METAL SKEWERS.

Korean Steak Kabobs

Hands On 25 minutes
Total Time 35 minutes plus marinating time
Serves 4

1 (1-lb.) Hy-Vee Angus Reserve beef flank steak, cut into 1-in. pieces
½ cup gochujang Korean chili sauce
¼ cup Hy-Vee less sodium soy sauce
3 Tbsp. unseasoned rice vinegar
2 Tbsp. Asian sesame oil
1 Tbsp. packed Hy-Vee light brown sugar
1 Tbsp. Hy-Vee honey
2 cloves garlic, minced
¼ tsp. kosher salt
¼ tsp. Hy-Vee black pepper
8 large green onions, cut into 1½-in. pieces
Sesame seeds, for garnish

1. PLACE steak in a large resealable plastic bag. Combine gochujang sauce, soy sauce, rice vinegar, sesame oil, brown sugar, honey, garlic, salt and pepper in a small bowl. Set aside ¼ cup. Pour remaining marinade over steak in bag. Close bag; turn to coat. Refrigerate 4 to 8 hours, turning bag occasionally.

2. PREHEAT a charcoal or gas grill with a greased grill rack for direct cooking over medium-high heat (375°F).

3. DRAIN steak; discard marinade in bag. Alternately thread steak and green onion pieces onto 4 (12-in.) metal skewers. Grill kabobs 8 to 10 minutes or until beef reaches 130°F for medium-rare doneness, turning occasionally.

4. BRUSH with reserved marinade just before serving. Garnish with sesame seeds, if desired.

Per serving: 330 calories, 14 g fat, 3.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 980 mg sodium, 24 g carbohydrates, 0 g fiber, 17 g sugar (16 g added sugar), 25 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 10%

Korean Kick
Discover how to add a dash of Asian flavor to your backyard bash.

Hy-Vee
seasons

Watch and learn at Seasons.Hy-Vee.com

Harissa and Lamb Kabobs

Hands On 30 minutes
Total Time 42 minutes plus marinating time
Serves 6

1 cup Hy-Vee plain nonfat Greek yogurt
2 Tbsp. salt-free harissa seasoning, divided
2 Tbsp. refrigerated ginger paste
1 Tbsp. refrigerated garlic paste
1 tsp. plus 1 Tbsp. Hy-Vee ground cumin, divided
¼ tsp. kosher salt
1 lb. fresh lamb stew meat
¾ cup Hy-Vee canola oil
1 large sweet potato, peeled and cut into 12 pieces
1 fresh plantain, peeled and sliced 1 in. thick

1 medium red onion, cut into 1½-in. wedges
Serrano chile pepper, for garnish*
Baby spinach, for serving
Shallot slices, for serving
Fresh mint leaves, for garnish

1. STIR together yogurt, 1 Tbsp. harissa seasoning, ginger and garlic pastes, 1 tsp. cumin and salt in a large bowl. Add lamb; stir to coat evenly. Cover and marinate in the refrigerator 4 to 8 hours.

2. COMBINE oil, remaining 1 Tbsp. harissa and remaining 1 Tbsp. cumin in a large microwave-safe bowl. Add sweet potato and plantain; toss to coat. Cover and

microwave 3 minutes. Drain, reserving ½ cup oil mixture for serving.

3. PREHEAT a charcoal or gas grill with a greased grill rack for direct cooking over medium heat (350°F).

4. DRAIN lamb; discard marinade. Alternately thread onion wedges, lamb, sweet potato and plantain onto 6 (12-in.) metal skewers. Grill kabobs 10 to 12 minutes or until lamb reaches 145°F for medium-rare doneness, or desired doneness, turning occasionally.

5. SERVE with reserved oil mixture; garnish with sliced serrano pepper, if desired. Serve kabobs with spinach and shallot. Garnish with mint, if desired.

***NOTE:** Chile peppers contain volatile oils that can burn your skin and eyes. When working with chile peppers, wear protective gloves.

Per serving: 530 calories, 36 g fat, 4.5 g saturated fat, 0 g trans fat, 85 mg cholesterol, 330 mg sodium, 19 g carbohydrates, 2 g fiber, 9 g sugar (0 g added sugar), 30 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 15%, Potassium 10%

KOREA

A kabob-like *maekjeok* traces to between 37 BC and 668 AD in Korea. To modernize this dish and add depth of flavor, incorporate gochujang, a fermented chili paste made from soybeans.

RECIPE FLAVOR

spicy, meaty, umami, tangy



Traditional African spice mixes are made with cloves, chili powder, coriander, caraway and fennel seeds to robustly season meat. Mild grains, legumes and nuts play a supporting role. These kabobs incorporate harissa, a Tunisian spicy pepper paste.

RECIPE FLAVOR

spicy, earthy, nutty, smoky, garlicky, lemony, peppery



Let's _____ Get Fizzical



COCKTAIL FIZZERS—OR BOMBS—ARE THE BUBBLY NEW WAY TO CREATE SPECIALTY BEVERAGES. HY-VEE HAS EVERYTHING NEEDED TO CRAFT THESE TRENDY DRINKS.

Fizzers are to cocktails what cocoa bombs are to hot chocolate. Small spheres of flavor that disperse into fizzy, bubbly—sometimes sparkly—cocktail concoctions when added to liquid.



Fizzy Cocktail Bombs Base

LIME ZEST AND EDIBLE FLOWERS ADD FLAVOR AND COLOR TO BOMBS.

Combine ½ cup ultrafine pure cane sugar, ½ cup Hy-Vee powdered sugar and 2 tsp. Hy-Vee baking soda in a small bowl. Stir in 2 tsp. liquid mix-in of choice until powdered sugar mixture resembles wet sand. Stir in 2 tsp. dry mix-in of choice. Press mixture into 2 (1 tsp.) rounded measuring spoons, leaving some excess at top of spoons. Invert one spoon on top of the other. Press spoons together and shake lightly. Remove one spoon and invert bomb into hand. Remove remaining spoon and place bomb in a rimmed tray. Repeat with remaining mixture. Let dry 4 hours before serving. Store covered at room temperature up to 2 days. Makes 10.

What You Need



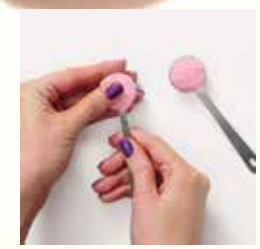
Only three things are needed to form the base cocktail bomb recipe:

- Ultrafine pure cane sugar
- Powdered sugar
- Baking soda

How-To



1. COMBINE ultrafine pure cane sugar, powdered sugar, baking soda and mix-ins. The mixture should be dry, resembling flour. If it is too wet, it won't mold properly.



2. PRESS the mixture into round measuring spoons. Press the two spoons together and shake them gently in the palm of your hand to form the mixture into a sphere.



3. REMOVE the spoons one at a time; they should release easily as long as the mixture isn't too wet. Set the ball on a rimmed tray. Let dry at room temperature for 4 hours.

A Fizzer for Every Flavor

WATCH AS DRINKS BUBBLE TO LIFE WHEN THESE MAGICAL COCKTAIL BOMBS ARE ADDED TO LIQUID.



Cosmopolitan Fizzy Bombs

Prepare Fizzy Cocktail Bombs Base as directed, using cranberry-raspberry liquid water enhancer for liquid mix-in and a chopped edible flower for dry mix-in. To serve, combine 6 oz. chilled orange sparkling water, ¾ oz. lime-flavored vodka and ¾ oz. cranberry-flavored vodka in a 10-oz. coupe cocktail glass. Add 1 bomb; stir to mix well. Repeat to make additional drinks with remaining 9 bombs. Garnish drinks with additional edible flowers, if desired. Serves 10 (10 oz. each).

Arnold Palmer Fizzy Bombs

Combine powdered sugar mixture as directed for Fizzy Cocktail Bombs Base, except omit liquid mix-in and dry mix-in of choice. Transfer ¾ cup mixture to a small bowl; stir in 1½ tsp. Hy-Vee sweet tea liquid water enhancer for liquid mix-in; set aside. Stir in ½ tsp. Hy-Vee lemonade liquid water enhancer for liquid mix-in and 1 tsp. lemon zest for dry mix-in into remaining ½ mixture in bowl. Alternately spoon and press tea and lemon mixtures into 2 (1 tsp.) rounded measuring spoons, leaving some excess at top of spoons. Invert and press spoons together and remove bombs as directed. To serve, add 6 oz. chilled lemon sparkling water to a 12-oz. glass. Add 1 bomb; stir to mix well. Add crushed ice to glass. Repeat to make additional drinks with remaining 9 bombs. Garnish with lemon slices, if desired. Serves 10 (12 oz. each).



Mint Mojito Fizzy Bombs

Prepare Fizzy Cocktail Bombs Base as directed, using 1 tsp. mint extract plus 1 tsp. fresh lime juice for liquid mix-in and 2 tsp. lime zest for dry mix-in. To serve, combine 6 oz. chilled lime sparkling water and 1½ oz. light rum in a 10-oz. cocktail glass. Add 1 bomb; stir to mix well. Repeat to make additional drinks with remaining 9 bombs. Garnish with lime slices and fresh mint, if desired. Serves 10 (10 oz. each).



Drop, Fizz, Drink
Watch and learn how to make these refreshing bubbling beverages.

Hy-Vee
seasons
Watch and learn at
[Seasons.Hy-Vee.com](https://www.hy-vee.com/seasons)

Tequila Sunrise Fizzy Bombs

Prepare Fizzy Cocktail Bombs Base Recipe as directed, using grenadine syrup for liquid mix-in and Over the Top rosy red sanding sugar for dry mix-in. To serve, combine 3 oz. Hy-Vee 100% orange juice, 3 oz. chilled Hy-Vee club soda and 1½ oz. gold tequila in a 10-oz. glass. Add 1 bomb to glass; stir to mix well. Repeat to make additional drinks with remaining 9 bombs. Garnish with orange slices, if desired. Serves 10 (10 oz. each).



pro tip: BUBBLY BENEFITS

“There are a lot of drinks that can be made out of cocktail fizzers: sangria, piña coladas, margaritas, tequila sunrises and more. Cocktail fizzers are great for outdoor entertainment. They also make for fun presentations and can be used as a conversation starter at parties. One of the best benefits for at-home mixologists is the speed with which you can make a mixed cocktail with these.”

—Tim Morfeld
Hy-Vee Wine & Spirits Manager
Lincoln, NE



FIND FUN WAYS TO INTRODUCE THIS VERSATILE AND MILD CHEESE INTO YOUR DISH ROTATION.

HAVARTI CHEESE 101

BUTTERY, SWEET, CHEESY GOODNESS

Sliced, grilled or melted—this unassuming cow’s milk cheese is just sweet enough to play a role in many main courses as well as desserts. It softens quickly at room temperature, so it works great for slicing on charcuterie boards. Use it to create an upscale grilled cheese or melt it for sauces in pasta, chicken and vegetable dishes.

Havarti was created by a Danish woman who traveled throughout Europe learning cheesemaking techniques. When she returned home, she used some of her new skills to develop Havarti and named it after her farm.

It became popular and was typically eaten as dessert. Havarti was introduced to the U.S. by Scandinavian immigrants who

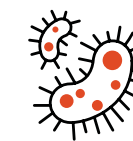
settled largely in Wisconsin.

Like most cheese, Havarti is made by adding rennet (enzymes) to help curdle the milk. The resulting curds are pressed into cheese molds, which are then drained and aged.

This rindless cheese ranges in color from a creamy white to yellow. Its subtle flavor is due to being a washed curd cheese.



5 HAVARTI Q&A



Q WHY DOES IT HAVE HOLES?

A The holes are created by bacteria that release carbon dioxide. The resulting gas bubbles become trapped in the cheese, leaving holes as they evaporate.



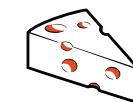
Q HOW LONG DOES IT AGE?

A Havarti typically ages for about 3 months to develop a creamy texture and mild flavor. But it can age up to a year, which results in a firmer texture and salty, hazelnut flavor.



Q WHAT DOES IT TASTE LIKE?

A Creamy, smooth and buttery, without a strong flavor like Gouda. Its mild flavor is similar to Monterey Jack.



Q WHAT’S THE DIFFERENCE BETWEEN HAVARTI AND SWISS?

A They both may be “holey,” but Swiss cheese has a firmer texture and nuttier flavor. Swiss also has more pronounced holes throughout.



Q WHAT DO I SERVE WITH IT?

A Lightly flavored beers like pilsner or a light red wine, such as Pinot Noir. Or choose sweet fruits or jams.



CULINARY TOURS

Explore cheese from around the world available at Hy-Vee.

Culinary Tours introduces American cooks to flavors from far-off lands as well as those closer to home. Find adventurous new cheese options including several flavors of Alpine-style Cheddar, Wisconsin Cheddar, Gruyère, Brie and varieties of Havarti.



SCAN THE QR CODE to shop Havarti cheese at Hy-Vee.



CANDIED BACON 'N' CHEESE SLIDERS

Cut ½ (16-oz.) pkg. Hy-Vee sweet smoked bacon into 2-in. pieces. Cook in a medium skillet over medium heat until slightly crisp; drain on paper towels. Immediately toss with ¼ cup packed Hy-Vee light brown sugar; set aside. Cut 1 (10.92-oz.) pkg. Hy-Vee Hy-Waiian dinner rolls (12 ct.) horizontally in half, separating top from bottom (do not separate rolls). Spread tops or bottoms with ½ cup Hy-Vee stone ground Dijon mustard. Layer bottoms with 4 oz. Hy-Vee Deli thinly sliced Virginia ham, 1 (7-oz.) pkg. Hy-Vee sliced Havarti cheese, candied bacon and ½ cup drained Hy-Vee mild banana pepper rings. Sandwich with top portion of rolls. Place in a foil-lined large rimmed baking pan. Combine ¼ cup melted Hy-Vee salted butter and 2 tsp. minced garlic in a small bowl. Pour over sandwiches. Cover with foil; bake at 350°F for 10 minutes. Uncover; bake 5 minutes more or until tops are golden brown. Cut rolls along seams to serve. Serves 6 (2 sliders each).

HOW TO MAKE

Easily assemble this pork slider.



STEP 1: Cut a 12-ct. pkg. of Hy-Waiian rolls in half horizontally.



STEP 2: Spread rolls with mustard, and layer ham, cheese, bacon and peppers on the bottoms.



STEP 3: Place the roll tops over the bottoms, and brush with melted butter and garlic mixture.

Jalapeño Havarti Chicken Casserole

Hands On 30 minutes

Total Time 1 hour 10 minutes plus standing time

Serves 8

Hy-Vee nonstick cooking spray

2 cups Hy-Vee rotini pasta

6 Tbsp. Hy-Vee unsalted butter, divided

¼ cup Hy-Vee all-purpose flour

½ tsp. Hy-Vee salt

2 tsp. Hy-Vee garlic powder

2 cups Hy-Vee 2% reduced-fat milk

3 cups shredded Havarti cheese, divided

¼ (32-oz.) pkg. Hy-Vee queso blanco pasteurized cheese product, cut into ½-in. pieces

2 cups Hy-Vee Kitchen shredded rotisserie chicken

1 (15.25-oz.) can Hy-Vee no salt added whole kernel golden corn, drained

1 (14.5-oz.) can Hy-Vee no salt added diced tomatoes with green chilies, drained

½ cup Hy-Vee plain panko bread crumbs

1 jalapeño pepper, thinly sliced and seeded*

¼ cup cherry tomatoes, halved

1. PREHEAT oven to 350°F. Spray a 2-qt. baking dish with nonstick spray; set aside. Cook pasta in boiling water 9 to 11 minutes or until pasta is al dente; drain.

2. MELT 4 Tbsp. butter in a large saucepan over medium heat until melted. Whisk in flour, salt and garlic powder until well combined. Slowly whisk in milk. Cook and whisk over medium-low heat 5 minutes or until thickened.

3. STIR in 2 cups Havarti and queso blanco. Cook and stir 2 minutes or until cheeses are melted; remove from heat. Add cooked pasta, chicken, corn and tomatoes with green chilies; stir to combine. Spoon pasta mixture into the prepared baking dish. Top with remaining 1 cup Havarti.

4. MICROWAVE remaining 2 Tbsp. butter in a medium microwave-safe bowl 30 seconds or until melted. Stir in bread crumbs until evenly coated. Sprinkle bread crumb mixture on top of casserole. Top with jalapeño slices and cherry tomatoes. Bake 20 to 23 minutes or until edges begin to bubble; remove from oven.

5. PLACE oven rack 6 in. from heat. Preheat broiler to HIGH. Broil casserole 2 to 3 minutes or until crumbs are golden brown. Let stand 10 minutes before serving.

*NOTE: Chile peppers contain volatile oils that can burn your skin and eyes. When working with jalapeño peppers, wear protective gloves.

Per serving: 570 calories, 30 g fat, 19 g saturated fat, 0 g trans fat, 140 mg cholesterol, 1190 mg sodium, 36 g carbohydrates, 3 g fiber, 9 g sugar (1 g added sugar), 35 g protein. Daily Values: Vitamin D 6%, Calcium 45%, Iron 6%, Potassium 15%



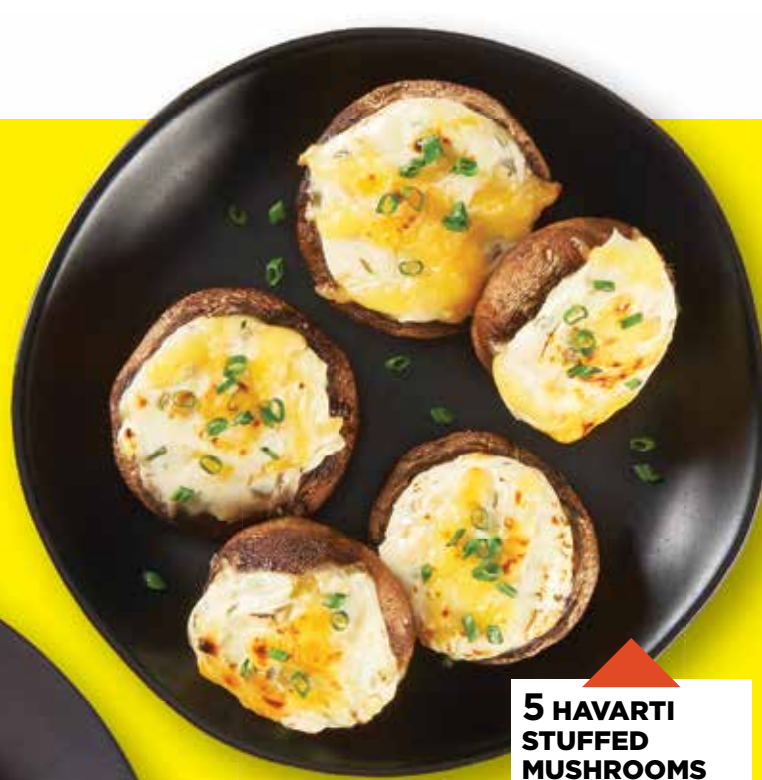
Using queso blanco along with Havarti gives this dish the melty, creamy goodness associated with a traditional mac and cheese.

8 EASY IDEAS

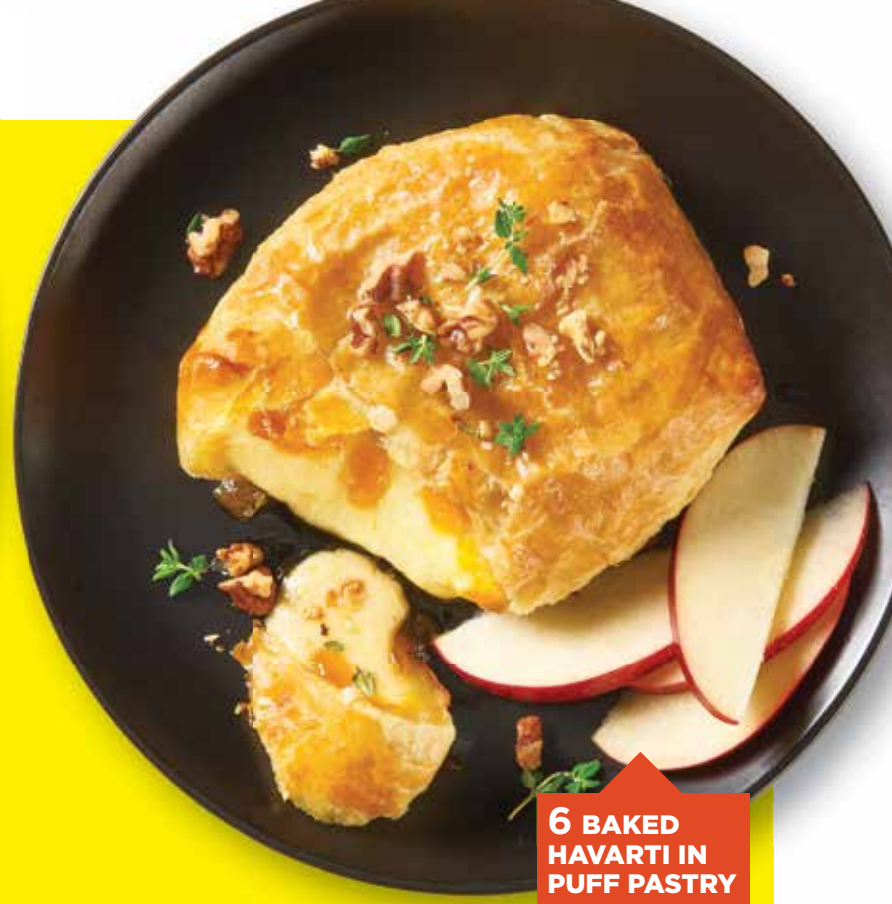
VISIT [SEASONS.HY-VEE.COM](https://seasons.hy-vee.com) FOR THE FULL RECIPES.



1 HOT CRAB AND HAVARTI DIP
 Hy-Vee cream cheese + Hy-Vee mayonnaise + Hy-Vee sour cream + canned white crabmeat + Havarti cheese + fresh parsley + assorted crackers



5 HAVARTI STUFFED MUSHROOMS
 Hy-Vee onion & chive cream cheese spread + Havarti cheese + baby bella mushroom caps + fresh chives



6 BAKED HAVARTI IN PUFF PASTRY
 Havarti cheese + mango-habanero jam + frozen puff pastry sheet, thawed + Hy-Vee chopped walnuts + fresh thyme + apple slices



4 ITALIAN HAVARTI TOASTS
 Hy-Vee Bakery artisan San Francisco sourdough slices + Hy-Vee Havarti cheese + cherry tomato halves + Gustare Vita olive oil + fresh basil + Gustare Vita balsamic glaze



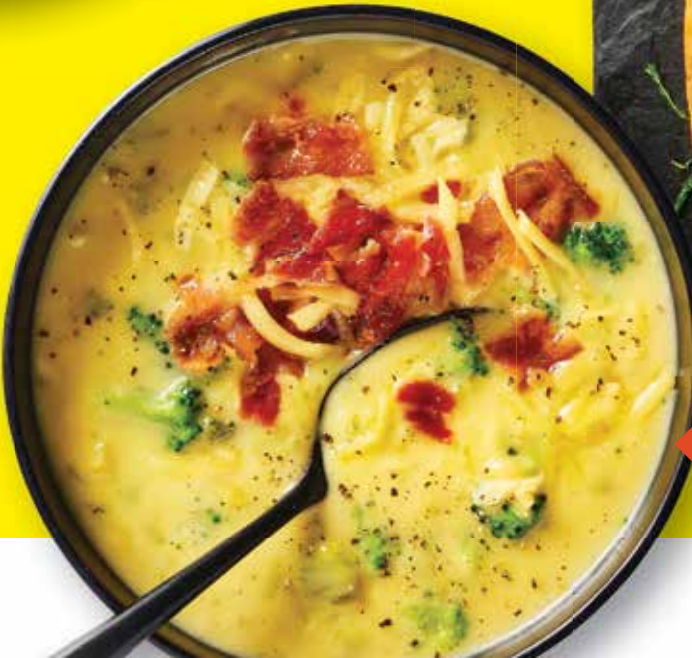
7 HAVARTI WHITE PIZZA
 Hy-Vee refrigerated pizza crust + Gustare Vita Alfredo sauce + Havarti cheese + fresh thyme



2 GRILLED HAVARTI-AND-FIG SANDWICHES
 Hy-Vee Bakery Italian bread slices + Hy-Vee salted butter + fig preserves + Full Circle Market organic arugula + Hy-Vee Havarti cheese



3 HAVARTI CANTALOUPE BITES
 Havarti cheese + Hy-Vee Short Cuts cantaloupe + Culinary Tours prosciutto + fresh basil



8 CHEESY HAVARTI AND BROCCOLI SOUP
 Hy-Vee Kitchen refrigerated cream of broccoli with cheese soup + Havarti cheese + Hy-Vee bacon + Hy-Vee black pepper



Bake, roast and sauté all in one hardworking pot—a Dutch oven, available from Hy-Vee.

Oven-Baked Paella

Hands On 20 minutes
Total Time 1 hour
Serves 8 (1½ cups each)

1 (1-lb.) pkg. Hy-Vee Fish Market frozen shell-on, EZ peel & deveined raw shrimp (16 to 20 ct.), thawed
1 Tbsp. Gustare Vita olive oil
¾ cup Hy-Vee Short Cuts chopped white onions
1 red bell pepper, seeded and cut into strips
¾ (13.5-oz.) pkg. fully cooked smoked chorizo sausage, sliced
1½ tsp. ground turmeric
1½ tsp. smoked paprika

4 cloves garlic, minced
1 (6.8-oz.) pkg. Hy-Vee Spanish rice & vermicelli mix
1 cup Hy-Vee long-grain white rice
4½ cups Hy-Vee no salt added chicken stock
1½ Tbsp. Hy-Vee tomato paste
½ (12-oz.) pkg. frozen Hy-Vee sweet peas, thawed

1. **PREHEAT** oven to 325°F. Peel shrimp, leaving tails intact. Pat shrimp dry with paper towels.

2. **HEAT** oil in a 4-qt. Dutch oven over medium heat. Add shrimp; cook 2 to 4 minutes or until shrimp reach 145°F. Remove from Dutch oven and set aside. Add onions, bell pepper and chorizo to Dutch oven; cook 3 to 5 minutes or until vegetables are softened and chorizo is lightly browned.

3. **STIR** in turmeric, paprika and garlic. Add Spanish rice mix with seasoning packet and white rice; cook and stir 1 minute or until fragrant.

Stir in chicken stock and tomato paste. Bring to a boil. Cover and transfer to oven. Bake 30 minutes or until most of stock is absorbed.

4. **REMOVE** from oven, stir in shrimp and peas. Cover and bake 8 to 10 minutes or until shrimp are heated through.

Per serving: 330 calories, 11 g fat, 3 g saturated fat, 0 g trans fat, 110 mg cholesterol, 920 mg sodium, 35 g carbohydrates, 3 g fiber, 4 g sugar (0 g added sugar), 21 g protein.
Daily Values: Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 6%



Most Dutch ovens are made of cast iron covered with an enamel coating. Both materials are safe to use on the stovetop (electric, gas and induction burners) and in the oven, and are durable and easy to clean.

Simplified Seafood
See how you can make this Spanish-inspired paella using just one pot.

Hy-Vee
seasons

Watch and learn at
Seasons.Hy-Vee.com



Dutch Oven Berry Dump Cake

Hands On 10 minutes
Total Time 1 hour 40 minutes
plus cooling time
Serves 12 (2/3 cup each)

2 (12-oz.) pkg. Hy-Vee frozen
unsweetened berry medley
1 (16-oz.) Hy-Vee extra moist
classic yellow deluxe cake mix
1/2 cup Hy-Vee unsalted
butter, thinly sliced
Hy-Vee powdered sugar,
for garnish
Fresh raspberries, blackberries
and/or blueberries, for garnish
Lemon zest, for garnish
Hy-Vee We All Scream! vanilla
ice cream, for serving

1. PREHEAT oven to 350°F.
Spread frozen berry medley in
the bottom of a 3 1/2- to 4-qt.
Dutch oven. Sprinkle cake mix
evenly over berries. Arrange
butter slices on top of cake mix.

2. COVER and bake 1 hour
30 minutes or until a toothpick
inserted near the center comes
out clean; cool. Sprinkle with
powdered sugar and garnish
with fresh berries and lemon
zest, if desired. Serve topped
with ice cream, if desired.

Per serving: 250 calories, 10 g fat,
6 g saturated fat, 0 g trans fat,
20 mg cholesterol, 230 mg sodium,
37 g carbohydrates, 2 g fiber, 21 g sugar
(16 g added sugar), 1 g protein.
Daily Values: Vitamin D 0%, Calcium
4%, Iron 6%, Potassium 2%

Dutch Oven Bread

Hands On 25 minutes
Total Time 1 hour 10 minutes plus
rising and cooling time
Serves 16

3 1/2 cups Hy-Vee all-purpose flour,
plus additional for dusting
2 tsp. Hy-Vee salt
2 tsp. quick-rise yeast
Desired mix-ins
1 1/4 cups warm water
(120°F to 130°F)
Desired toppers

1. WHISK together 3 1/2 cups flour,
salt and yeast in a large bowl. Stir in
desired mix-ins until combined. Stir
in warm water using a wooden spoon
until mixture forms a wet dough.
Cover dough in bowl with plastic
wrap; let stand in a warm place
2 to 3 hours or until doubled in size.

2. LIGHTLY FLOUR a large sheet
of parchment paper. Turn bowl
over onto parchment paper and let
dough fall out. Set dough aside.

3. PLACE a 3 1/2- to 4-qt. Dutch oven
in oven. Preheat oven to 450°F.
Remove Dutch oven and quickly
transfer dough on parchment paper
to the hot Dutch oven. Sprinkle
with desired toppers. Cover
and bake 25 minutes. Uncover
and bake 15 to 20 minutes
more or until golden brown.

4. REMOVE bread from Dutch
oven using parchment paper.
Cool bread on a wire rack.

Per serving: 100 calories, 0 g fat,
0 g saturated fat, 0 g trans fat,
0 mg cholesterol, 290 mg sodium,
21 g carbohydrates, 1 g fiber,
0 g sugar (0 g added sugar),
3 g protein. **Daily Values:** Vitamin D 0%,
Calcium 0%, Iron 6%, Potassium 0%



Jalapeño-Swiss
Dutch Oven
Bread

**When you add raw dough to a
preheated Dutch oven, it creates
steam. Leave the lid on during
cooking to trap the steam and
create an extra crunchy crust.**

Cast iron retains heat well. As a result, cooking with high heat on the stove can cause the pot to get too hot resulting in food that sticks or scorches. Use low to medium heat settings, except when boiling water or reducing stock or sauce.



Dutch Oven Leek and Carrot Risotto

Hands On 25 minutes
Total Time 55 minutes
Serves 4 (1½ cups each)

7 Tbsp. Hy-Vee salted butter, divided
3 cups peeled and sliced organic rainbow carrots
2 cups sliced leeks, white and light green parts only
1½ cups Hy-Vee Arborio rice
½ cup dry white wine, such as Chardonnay
4 cups Hy-Vee vegetable stock

2 tsp. finely chopped fresh dill, plus additional for garnish
½ cup Soirée shredded Parmesan cheese
Hy-Vee salt
Hy-Vee black pepper

1. PREHEAT oven to 375°F. Melt 1 Tbsp. butter in a 3- to 3½-qt. Dutch oven over medium-high heat. Add carrots; cook and stir 3 to 4 minutes or until tender. Transfer carrots to a bowl; set aside.

2. MELT 4 Tbsp. butter in same Dutch oven over medium heat. Add leeks; cook 3 to 6 minutes or until softened, stirring occasionally. Add rice; cook and stir 4 to 6 minutes or until rice is golden.

3. REMOVE Dutch oven from heat; add wine. Return to heat; cook and stir until wine is absorbed. Stir in vegetable stock and 2 tsp. dill; bring to a simmer.

4. COVER and bake 25 to 30 minutes or until rice

is al dente and most of stock is absorbed.

5. STIR remaining 2 Tbsp. butter and Parmesan cheese into risotto. Season to taste with salt and pepper. Stir half of carrots into risotto; top with remaining carrots. Garnish with additional dill, if desired.

Per serving: 560 calories, 25 g fat, 15 g saturated fat, 1 g trans fat, 60 mg cholesterol, 940 mg sodium, 72 g carbohydrates, 5 g fiber, 9 g sugar (2 g added sugar), 12 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 10%

FIND IT AT HY-VEE



LODGE 6-QT. DUTCH OVEN

Enameled cast iron is oven-safe up to 500°F, and includes pot protectors that prevent chips and moisture buildup.

SHIP TO HOME
Lodge 6-qt. Dutch oven



HSTV.com
STREAM. SHOP. SMILE.

French Onion Brisket

Hands On 1 hour 5 minutes
Total Time 3 hours 5 minutes plus standing and refrigeration time
Serves 6

1 (3½-lb.) Hy-Vee Angus Reserve beef brisket flat
½ cup Hy-Vee salted butter
4 medium yellow onions, thinly sliced
2 Tbsp. sherry cooking wine
1 Tbsp. Hy-Vee apple cider flavored vinegar
3 cups Hy-Vee beef stock
2 sprigs fresh thyme, plus additional for garnish
Chopped Italian parsley, for garnish

1. PREHEAT oven to 350°F. Pat brisket dry with paper towels; trim fat. Melt butter in a 6-qt. Dutch oven over medium-high heat. Sear brisket 6 to 8 minutes or until golden brown, turning halfway through. Remove brisket from Dutch oven; set aside.

2. ADD onions to Dutch oven; cook over medium heat 20 to 25 minutes or until onions begin to brown, stirring occasionally. Cover and cook on medium-low heat 20 to 25 more minutes or until onions are golden brown, stirring occasionally.

3. STIR in sherry and vinegar. Cook and stir over medium-high heat until liquid evaporates. Stir in beef stock and 2 thyme sprigs. Bring to a boil; return brisket to Dutch oven.

4. COVER and bake 1 hour 45 minutes to 2 hours or until brisket reaches 205°F. Remove from oven; uncover and cool brisket in cooking liquid for 45 minutes. Cover and refrigerate overnight for flavors to blend and easier slicing.

5. TO SERVE, remove and discard thyme sprigs. Slice brisket across the grain; return to the Dutch oven with cooking juices. Cover and heat over medium heat 15 minutes or until heated through. Garnish with additional thyme sprigs and Italian parsley, if desired.

Per serving: 630 calories, 40 g fat, 19 g saturated fat, 2 g trans fat, 220 mg cholesterol, 620 mg sodium, 11 g carbohydrates, 2 g fiber, 5 g sugar (1 g added sugar), 57 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 35%, Potassium 25%

Traditional French onion briskets, a Passover favorite, are refrigerated overnight after baking so the meat neatly slices after reheating. If you cut the meat without refrigerating, it will shred.



To preserve a Dutch oven's coating, always use silicone, plastic or wood utensils for stirring and serving. Metal may scratch and damage the enamel.

B

A



Learn the centuries-old origins of yummy *bao* buns and how to fill and fold them at home. The Mandarin Chinese word *bao* (pronounced like “take a bow”) means bun. *Bao* often has a thick, pillowy dough and is stuffed with sweet or savory filling, then steamed.

W



W



LEARN TO CREATE VARIOUS VERSIONS OF BAO USING THE SAME DOUGH AND DIFFERENT FOLDING TECHNIQUES.

Steamed Bao Buns

Total Time 1 hour 30 minutes plus rising and standing time
Serves 7 (2 each)

3 cups cake flour, plus additional as needed
5 Tbsp. ultrafine pure cane sugar
2½ tsp. Hy-Vee baking powder
1 tsp. quick-rise yeast
¾ cup warm water (120°F to 130°F)
¼ cup Hy-Vee vegetable oil, plus additional for greasing bowl
Desired filling

1. COMBINE 3 cups flour, sugar, baking powder and yeast in a large mixing bowl. Add warm water and ¼ cup vegetable oil. Beat with an electric mixer, fitted with a dough hook, on medium 2 minutes.

Scrape sides of bowl and continue beating on medium 4 to 6 minutes or until mixture forms a soft, smooth dough. If dough is still sticky, add 1 Tbsp. flour at a time until dough forms a ball.

2. TURN dough out onto a lightly floured surface; knead dough 2 to 3 minutes. Lightly grease a medium bowl with oil; transfer dough to prepared bowl. Cover with a clean kitchen towel. Let rise in a warm place 1 to 1½ hours or until dough has doubled in size.

3. TURN out dough onto a lightly floured surface. Roll dough to ½-in. thickness. Cut into rounds using a 2½-in. round biscuit cutter. Reroll dough once to cut out additional rounds, if desired.

4. FLATTEN 14 (2½-in.) muffin cup paper liners on baking sheets or trays; set aside. Gently roll each dough round to a larger 4-in. round. Spoon 1½ Tbsp. desired filling (see *Bao Fillers*) into center of each round. Fold and

pleat dough around the filling; pinch top to seal. Place buns on flattened paper liners with pleated sides up. Let rest in a warm place 30 minutes or until dough is slightly puffy.

5. FILL a large saucepan with 1 to 2 in. water. Place steamer basket* of same diameter on top of saucepan, making sure water does not touch basket. Bring water to a boil over medium heat. Working in batches, transfer buns from paper liners to bottom of steamer basket, placing 1 to 2 in. apart. Cover; steam 10 to 12 minutes or until buns are light and airy. Add additional water to saucepan as needed.

*NOTE: A wire rack placed on top of the saucepan can be used if you don't have a steamer basket.

Per serving: 320 calories, 9 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 180 mg sodium, 56 g carbohydrates, 1 g fiber, 9 g sugar (9 g added sugar), 5 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 20%, Potassium 2%

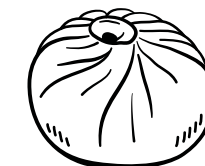
TYPES OF BAO

DIFFERENT REGIONS HAVE DEVELOPED THEIR OWN UNIQUE BAO. TRY MAKING THESE VARIATIONS AT HOME.



HONG KONG BAO

Called *char siu bao* (*cha sew bow*), these fluffy buns are filled with barbecued pork and steamed. The *bao* dough is traditionally made with highly bleached wheat flour.



SHANGHAI BAO

Often known as soup dumplings in the U.S., *xiaolongbao* (*shau-long-bow*) is found across China. Thin dough is filled with meat and gelatin, then steamed to melt the gelatin into soup.



TAIWANESE BAO

Gua bao (*gwa bow*), a popular street food in Taiwan, is made with fluffy circular buns folded around pork belly, pickled mustard greens, crushed peanuts and cilantro.

HOW TO MAKE BAO

USE TWO SHAPING TECHNIQUES WITH THE SAME DOUGH TO CREATE TWO TYPES OF BAO.

PLEATED



1 Roll dough to ½ in. thick, and use a 2½-in. round biscuit cutter to cut the dough into circles.



2 Roll each round gently to 4 in. diameter. Spoon 1 to 2 Tbsp. filling into the center of each circle of dough.



3 Fold edges inward in a counterclockwise motion, forming pleats. Continue folding until the filling is encircled.



4 Steam bao in a steamer basket for 10 to 12 minutes or until buns have risen and are light and fluffy.

FOLDED



1 Roll dough to ½ in. thick, and use a 2½-in. round biscuit cutter to cut the dough into circles.



2 Roll each cutout once to flatten into ovals. Fold to form into a taco-like shape. Place on flattened muffin cup paper liners.



3 Place buns on paper liners on a tray. Cover with a towel and let rise in a warm place for 30 minutes.



4 Steam buns on paper liners in a steamer basket for 10 to 12 minutes, or until buns have risen and are light and fluffy when opened. Spoon hot filling inside to serve.



SWEET-AND-SPICY BAO FILLING

Heat 2 Tbsp. Gustare Vita olive oil in a large nonstick skillet over medium heat. Add 1 (5-oz.) pkg. sliced shiitake mushrooms and 1 finely chopped shallot; cook 2 minutes. Add 1 medium peeled and finely chopped sweet potato; cook 7 to 10 minutes or until sweet potato is fork tender. Combine 1 Tbsp. packed Hy-Vee brown sugar, 1 Tbsp. seasoned rice vinegar, 1 Tbsp. Hy-Vee soy sauce, 1 Tbsp. refrigerated lemongrass paste, 1 Tbsp. refrigerated garlic paste, 1 Tbsp. refrigerated ginger paste and 1 tsp. red chili paste in a small bowl. Add sauce mixture to skillet; cook 2 to 3 minutes or until thickened. Remove from heat; stir in ¼ cup thinly sliced green onions and cool. Prepare Steamed Bao Buns as directed; fill with sweet potato mixture. Place, pleated sides down, on flattened paper liners. Let rest in warm place 30 minutes; transfer buns from paper liners to bottom of steamer basket and steam as directed. Garnish with black sesame seeds, if desired. Serves 7 (2 each).

BAO FILLERS

SWEET RED BEAN BAO FILLING

Combine 1 (15-oz.) can Hy-Vee red beans, drained and rinsed, and 1 cup Hy-Vee granulated sugar in small saucepan. Cook over medium heat 10 to 12 minutes or until sugar dissolves and mixture is glossy. Remove from heat; mash with a potato masher or fork, leaving some pieces whole. Cover and chill 4 hours or until mixture has thickened. Prepare Steamed Bao Buns as directed; fill with bean mixture. Let rest in a warm place for 30 minutes; transfer buns from paper liners to bottom of steamer basket and steam as directed. Serves 7 (2 each).

KOREAN BBQ PANCETTA BAO FILLING

Prepare Steamed Bao Buns as directed, except do not roll the 2½-in. rounds into larger 4-in. rounds. Instead, use rolling pin to gently roll each round once from front to back of round to create an oval. Fold ovals in half and place on flattened muffin cup paper liners. Let rest in warm place 30 minutes; transfer buns on paper liners to bottom of steamer basket and steam as directed. For filling, cook 2 (5-oz.) pkg. Culinary Tours diced pancetta in a medium nonstick skillet over medium-high heat 6 to 8 minutes or until golden and crispy; drain on paper towels. Wipe skillet clean with paper towel. Return pancetta to skillet; add ½ cup Korean BBQ & marinade sauce and cook until thickened and bubbly. To serve, spoon 2 Tbsp. pancetta mixture in the middle of each steamed bao. Top bao with 4 green onions, thinly sliced; ¼ English cucumber, thinly sliced; and 1 carrot, peeled and julienned. Serves 7 (2 each).

Origins of Bao

Bao's exact origins aren't known, but many theories link the buns to the 3rd century Chinese military strategist Zhuge Liang. It's said that he created *mantou* as an offering to a river god in northern China in exchange for safe passage. The unstuffed buns evolved over centuries, with stuffed bao becoming its own dish by the 10th century. Different regions of China then developed their own versions using local ingredients. Chinese people brought bao with them as they emigrated to surrounding countries such as Japan, Thailand and the Philippines, which then developed new regional variations.

FUN FACT BAO (BOW) OR BAOZI (BOW-ZEE) REFERS TO STUFFED BUNS, AND MANTOU (MAN-TOW) IS THE MANDARIN TERM FOR STEAMED BREAD OR BUNS WITHOUT ANY FILLING.

basics

HOW TO PREPARE A VEGETABLE PLATTER

Learn ways to prep a colorful and healthful crudité's platter for spring gatherings.

4 STEPS TO PREP

- 1 WHAT TO SELECT**
Buy veggies no more than 2 days before the event. Use what is in season and look for vibrant, rich colors. Broccoli, cauliflower, celery, peppers and carrots are tasty and popular platter favorites.
- 2 HOW TO STORE**
Wash, peel and cut veggies to desired shapes and sizes. Wrap in damp paper towels and store in a large resealable plastic bag with the air pressed out for up to 2 days before the event.
- 3 TRY BLANCHING**
Snap peas, green beans and asparagus benefit from blanching to make them crisp-tender and to preserve their color. Boil for 1 to 5 minutes and then plunge them into ice water to chill.
- 4 HOW TO ARRANGE**
Group veggies by color, or create an overflowing cornucopia. Add bowls of creamy dip such as ranch or hummus to pair with veggies, plus optional baguettes, pita chips or crackers.

THE SLICE IS RIGHT

PRESENT VEGGIES LIKE A PRO WITH THESE DISPLAY-WORTHY WAYS TO CUT PRODUCE.

STICKS



RIBBONS



SLICES



FLORETS



BIAS/DIAGONAL



HALVES



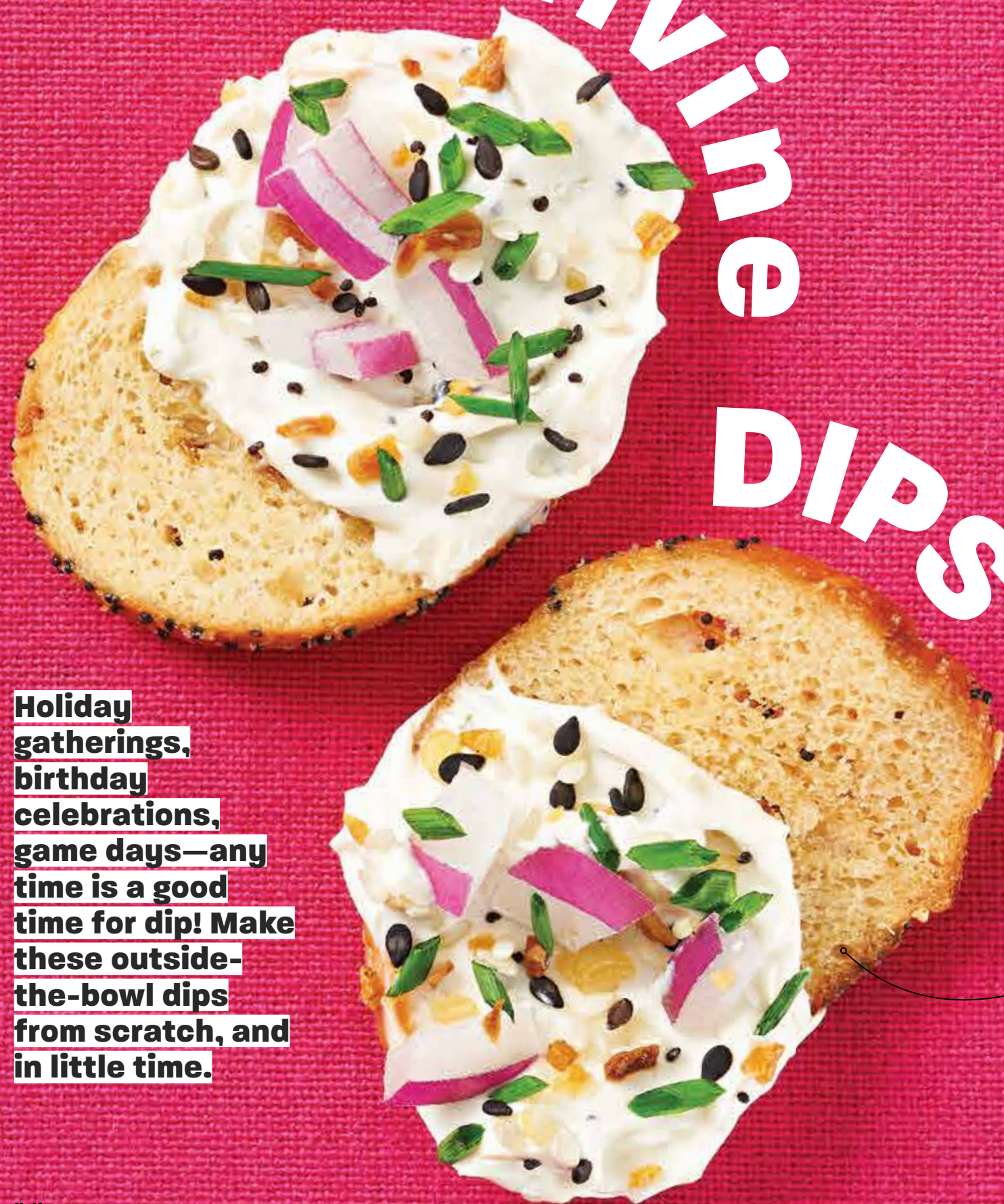
Hy-Vee
Short
CUTS

SAVE TIME AND EFFORT

Enjoy fresh Hy-Vee produce without the prep. Hy-Vee Short Cuts fruits and vegetables are washed, cut and ready for you to enjoy. Pick from over 40 varieties of fruits and vegetables.

divine DIPS

Holiday gatherings, birthday celebrations, game days—any time is a good time for dip! Make these outside-the-bowl dips from scratch, and in little time.



Creamy Pineapple Shrimp Dip

Remove tails from 1 (12-oz.) pkg. thawed Hy-Vee Fish Market frozen tail-on, peeled & deveined cooked shrimp (51 to 60 ct.). Pat dry with paper towels. Coarsely chop shrimp; set aside. Stir together 1 (8-oz.) container Hy-Vee French onion sour cream dip, ¼ cup chopped green onions, 1 tsp. grated gingerroot, 1 tsp. Hy-Vee less sodium soy sauce and

1 tsp. sriracha in a medium bowl. Stir in shrimp and 1 cup finely chopped fresh pineapple. Stir dip; spoon into serving bowl*. Drizzle with ¼ cup That's Smart! Original barbecue sauce. Garnish with sliced green onions, if desired. Serve with assorted crackers, if desired. Serves 14 (¼ cup each).

***NOTE:** To serve in a pineapple bowl, cut whole pineapple in half lengthwise. Using a paring knife and metal spoon, carefully remove core and fruit, leaving a ¾-in.-thick pineapple shell.

Everything Bagel Dip

Beat 1 (8-oz.) pkg. Hy-Vee onion & chive cream cheese spread, 1 cup Hy-Vee sour cream, 2 Tbsp. Culinary Tours everything bagel seasoning and 1 Tbsp. Gustare Vita extra virgin olive oil in a medium bowl with an electric mixer on high until well combined. Transfer to serving bowl. Sprinkle with additional everything bagel seasoning. Garnish with chopped red onion and sliced chives, if desired. Serve with bagel chips, if desired. Serves 20 (2 Tbsp. each).

KEEP IT COOL

TO ENSURE DIPS STAY FOOD-SAFE, SERVE THEM ON SERVING TRAYS WITH AN ICE COMPARTMENT UNDERNEATH TO KEEP THEM CHILLED LONGER, OR PUT OUT SMALL BOWLS OF DIP INTERMITTENTLY.

KEEP IT CLEAN
PROPER DIP ETIQUETTE INCLUDES USING TONGS FOR THE CHIPS OR CRACKERS, AND NEVER DOUBLE-DIPPING INTO COMMUNAL BOWLS OF DIP.





KEEP IT MOVING
 TRY NOT TO HOVER
 OVER THE SNACK TABLE
 AND CREATE A TRAFFIC JAM.
 IF YOU'RE THE HOST, SET
 OUT PLATES AND UTENSILS
 SO GUESTS CAN SERVE
 THEMSELVES AND THEN
 MOVE ON.

Whipped Lemon-Feta Dip

Beat 1 (8-oz.) container Hy-Vee whipped cream cheese spread, softened, and 1 (4-oz.) container Soirée traditional crumbled feta cheese in a medium bowl with electric mixer on high until combined. Add 3 Tbsp. Gustare Vita extra virgin olive oil, 1 tsp. lemon zest, 1 Tbsp. fresh lemon juice, ½ tsp. Hy-Vee crushed red pepper and 1 clove garlic, minced; beat 2 minutes or until light and fluffy. Spread evenly in serving bowl. Garnish with additional olive oil, crushed red pepper and fresh dill, if desired. Serve with assorted dippers, such as Hy-Vee Bakery baguette, sliced, and pita wedges, if desired. Serves 16 (2 Tbsp. each).

READY-TO-EAT
 VISIT HY-VEE
 WHENEVER YOU NEED
 A DIP-ME-UP.
 HY-VEE CARRIES A
 HUGE SELECTION OF
 DELICIOUS OPTIONS,
 PLUS CRACKERS AND
 CHIPS FOR DIPPING.



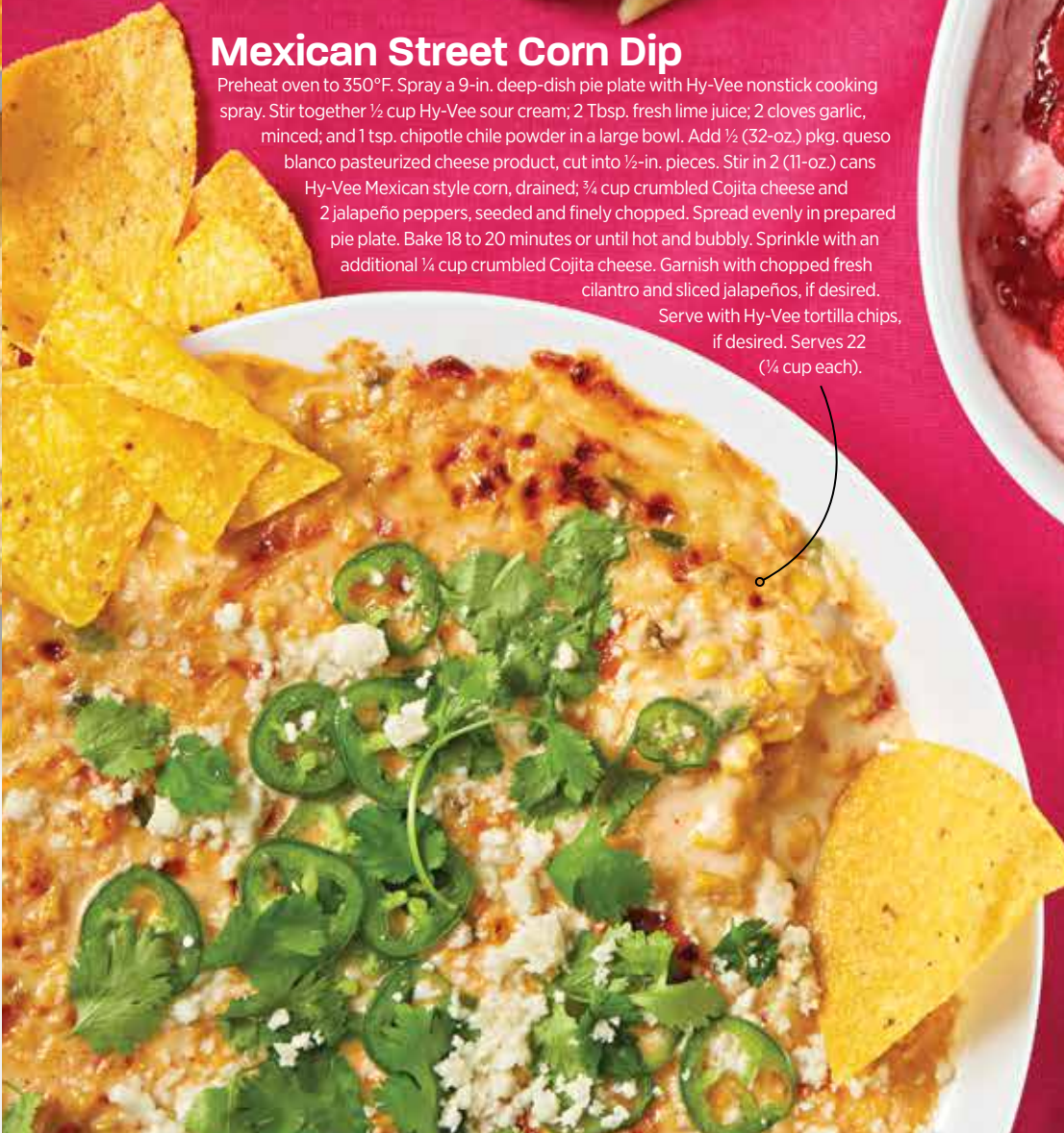
Dill Pickle Dip

Stir together 1 (8-oz.) container Hy-Vee onion & chive cream cheese spread and 1 cup Hy-Vee sour cream in a medium bowl. Stir in 2 Tbsp. pickle brine from Hy-Vee kosher baby dill pickles, 1 Tbsp. Hy-Vee Dijon mustard, 1 tsp. chopped fresh dill and ½ tsp. coarsely ground Hy-Vee garlic-pepper. Add 1 cup chopped Hy-Vee kosher baby dill pickles and 1 cup finely chopped Hy-Vee Deli sliced Black Forest smoked ham. Spread evenly in serving dish. Garnish with additional chopped pickles and coarsely ground Hy-Vee garlic-pepper, if desired. Serve with assorted dippers, such as celery sticks, crackers and pretzels, if desired. Serves 26 (2 Tbsp. each).



Mexican Street Corn Dip

Preheat oven to 350°F. Spray a 9-in. deep-dish pie plate with Hy-Vee nonstick cooking spray. Stir together ½ cup Hy-Vee sour cream; 2 Tbsp. fresh lime juice; 2 cloves garlic, minced; and 1 tsp. chipotle chile powder in a large bowl. Add ½ (32-oz.) pkg. queso blanco pasteurized cheese product, cut into ½-in. pieces. Stir in 2 (11-oz.) cans Hy-Vee Mexican style corn, drained; ¾ cup crumbled Cojita cheese and 2 jalapeño peppers, seeded and finely chopped. Spread evenly in prepared pie plate. Bake 18 to 20 minutes or until hot and bubbly. Sprinkle with an additional ¼ cup crumbled Cojita cheese. Garnish with chopped fresh cilantro and sliced jalapeños, if desired. Serve with Hy-Vee tortilla chips, if desired. Serves 22 (¼ cup each).



No-Bake Raspberry Cheesecake Dip

Beat 2 (8-oz.) pkg. Hy-Vee whipped cream cheese spread, softened, in a medium bowl with electric mixer on high until smooth. Add ½ cup Hy-Vee raspberry pie filling or topping, 1 cup Hy-Vee whole milk ricotta cheese, ¼ cup Hy-Vee powdered sugar, 1 Tbsp. fresh lemon juice and, if desired, 1 Tbsp. Chambord black raspberry liqueur. Beat on medium 1 minute or until combined. Spread evenly in serving dish. Top with an additional ½ cup raspberry pie filling; gently swirl into dip using tip of knife. Garnish with raspberries and lemon zest, if desired. Serve with assorted dippers, such as grilled pound cake cubes, Crav'n Flavor honey graham crackers and Crav'n Flavor original vanilla wafers, if desired. Serves 32 (2 Tbsp. each).



PURE ENERGY SELTZER



NOW AVAILABLE IN SINGLES AND 4 PACKS

ZERO SUGAR SWEETENER CALORIES

PLANT BASED ENERGY



YOU FINANCE. WE FUEL.

Fuel Saver Members can receive up to **\$480 towards fuel** for a year with **mortgage loans** for a limited time.*



*Offer available on first mortgage purchase or refinance transactions only. May not be combined with any other offer. Subject to credit approval and can change at any time. Offer may be discontinued without notice. Only valid on new transactions.

Hy-Vee Fuel Saver credit will be applied within the first 15 days of the month following a closed mortgage. Hy-Vee Fuel Saver number must be provided during the mortgage closing process. Only one \$2.00 Hy-Vee Fuel Saver credit allowed per household, per account and per month for 12 months. \$2.00 Fuel Saver credit applicable for up to 20 gallons of gas per month for a maximum redemption credit of \$480. See Hy-Vee Fuel Saver Terms & Conditions for Fuel Saver program details and expirations.



Get in touch: 888-489-0166



It's time to accelerate your savings.

For smart saving made easy on the items your family needs, look for That's Smart!™ products to save you more across the store. They're easy to find and budget friendly no matter when you shop.

Everything you need for race day.



life

Discover more about clean wine, how to set up a relaxing backyard and tips to update beauty routines.

68 CHEERS TO AVALINE

74 SPRING INTO EASTER

80 22 GROOVY GRAD IDEAS FOR 2022

86 CREATING AN OASIS

90 IN FULL BLOOM

94 SPRING MAKEUP REFRESH

96 MAY DAY BASKETS



**ACTRESS AND AUTHOR
CAMERON DIAZ JOINS FORCES WITH
ENTREPRENEUR KATHERINE POWER
TO CREATE A NEW CLEAN WINE BRAND—
NOW APPEARING AT YOUR LOCAL HY-VEE.**

CHEERS TO AVALINE

Cameron Diaz debuted as the iconic jazz singer, Tina Carlyle—Jim Carrey’s memorable love interest in *The Mask*—at only 21 years old. Her beauty instantly grabbed audiences, but it was her comedic timing and chops for playing opposite his huge personality that proved she had Hollywood staying power.

In one fell swoop she moved from *Seventeen* magazine cover and product model to the big screen. Since, she’s starred alongside other box office icons, including Drew Barrymore, Tom Cruise, Matt Dillon, Ashton Kutcher, Jude Law, Julia Roberts, Ben Stiller and Kate Winslet. Her work earned nominations for awards from the Golden Globes and Screen Actors Guild.

In 2013, Diaz wrote the first of her two books on health and wellness, *The Body Book*, followed by *The Longevity Book* (2016), both *New York Times* Best Sellers. A few years later, she stepped away from acting to refocus her life on new endeavors, such as launching the clean wine company, Avaline.

The decision to enter the wine making world came after an aha moment for Diaz and LA-based fashion-brand entrepreneur, Katherine Power while they sipped wine in a sun-dappled backyard. “We really bonded over the fact that we love to entertain and drink wine at home,” says Diaz, who shares Power’s passion for healthy living and eco-friendly products.

“We realized that, while we had switched over to eating organic and using clean skin care, we had no idea what kinds of ingredients were being used in the wines we had been drinking,” says Diaz.

The two formed Avaline, a new line of wines created from organic grapes and transparent practices. “We were aligned from the very beginning about the kind of wines we wanted to bring into the world. All we wanted was to create wines we would drink ourselves, that measured up to our



standards for taste, ingredients and accessibility,” says Diaz.

The mission—to champion new cleaner standards in the wine industry—was set.

Diaz says, “I looked to simplify and remove harmful chemicals from my life and wanted to learn more about what is added to the products I use on a regular basis—a glass of wine being one of them.”

Power says she and Diaz had switched to clean wines but found it very hard to find and identify them.

Making their wines accessible and affordable was a goal.

“We love Hy-Vee’s customer-first approach and how well-versed in wine their employees are. They are an excellent resource for our consumers and do a fantastic job breaking down those barriers when it comes to buying wine,” Power says.

When Diaz and Power started Avaline they had to literally learn the business from the ground up. While they live in California, the top wine producing region in the country, their research into organic growing practices took them to Europe.

“I think the most impressive thing we learned was that the style of winemaking we wanted to do—low intervention and simple winemaking—was similar to the values that have been held by many winemakers for generations,” Diaz says.

Some of the vineyards Avaline works with have been family run for centuries throughout Europe. One Spanish winery has been creating wine since 1497 and is still plowed by horse rather than tractor. And one of the French wineries grows chickpeas to serve as a natural source of nitrogen for the grape vines.

“We were totally new to all of it, but we had a really clear idea of what we wanted from the whole process and it ended up being about asking the right questions,” Diaz says. “We spent a lot of time educating ourselves and learning from people who have been doing this their whole lives.”

To soak in all the new information, Diaz says, “we just stayed open-minded and never let ourselves think we might know more about it than these wonderful people around us.”

To help demonstrate their commitment to producing clean wine and their desire for transparency, Power and Diaz insisted Avaline labels include ingredient and nutrition information, not typical for wine labels. Power says, “When you’re walking through a grocery store and have concerns about the ingredients, you check the ingredient list. It’s one of the only options you have to make an informed decision. We wanted Avaline to fit into that system.”

Power’s experience building clean brands in



clothing and beauty industries helped navigate this new arena. “When we started translating that idea to wine, we had a lot of surprised reactions to it. It was such a new concept to the alcohol and beverage world, so the challenge was educating people on what it means to be clean wine,” she says. Diaz says everyone drinks wine differently and, while the ingredients are important, having access to great wines leads to people being able to get together and make memories.

“It’s not enough to simply create a wine that is delicious, clean and measures up to these high standards. It needs to be accessible and fit into many different lifestyles,” says Diaz.

They want Avaline wines to be for everyone, so developing styles that are approachable in terms of price and drinkability, as well as attainability, was really important to them.

“Our goal is to keep expanding, and our partnership with Hy-Vee is helping make Avaline much easier to find. We don’t want any of our customers to have to make a special trip out of the way to get their hands on the wines they love,” says Diaz.

CAMERON DIAZ

Raised in California, Diaz was spotted by a photographer at a party when she was 16. He offered to help her land modeling work, and within days she was contracted by Elite Model Management and was soon modeling for Calvin Klein, Coca-Cola and Nivea, and made the cover of *Seventeen*, at age 17. Four years later she debuted opposite Jim Carrey in the comedy, *The Mask*. Her acting career has spanned over 20 years and she’s received numerous accolades, including four Golden Globes, three Screen Actors Guild Awards, and has a star on the Hollywood Walk of Fame. In 2014 Diaz appeared in *Annie* and has since stepped away from the limelight. In a 2020 interview, Diaz described her time away from Hollywood as an “intermission” rather than a retirement.

Here are a few of Diaz’s career achievements:

1994: *The Mask*

1997: *My Best Friend’s Wedding*

1998: *There’s Something About Mary*

1999: *Any Given Sunday*

2000: *Charlie’s Angels*

2001: *Shrek*

2005: *In Her Shoes*

2006: *The Holiday*

2011: *Bad Teacher*

2011: *The Green Hornet*

2013: Writes *New York Times* Best Seller, *The Body Book*

2014: *The Other Woman*

2014: *Annie*

2016: Writes *New York Times* Best Seller, *The Longevity Book*

2020: Launches Avaline Wine



The two of you spent a lot of time researching and developing Avaline before it launched. Did the process strengthen your friendship?

KP: Our partnership is very complementary. We have different skill sets but are aligned around the same mission: championing a new cleaner standard in the wine industry. We are friends first and enjoy spending time together, so all of the research and development, years of tasting different wines, and visiting many vineyards was natural and easy (even though it was a lot of hard work!).

Can you give any advice to our readers on how they can live a cleaner lifestyle?

CD: In terms of advice, I would just tell anyone trying to live a cleaner lifestyle to start educating themselves about what’s in the items they’re consuming on a regular basis—makeup, skincare, laundry detergent, your favorite cereal...just everything. Start asking questions, and if you don’t like the answers,

you can start swapping some of these out for products that have answers that seem better to you and align more with your values.

How has working with Hy-Vee helped bring Avaline to a larger audience?

KP: We rely on our retail partners to be our brand ambassadors, and Hy-Vee has been great about getting our story out in the world regarding transparency and our overall mission with Avaline. We couldn’t be happier to have our wines on their shelves.

What’s your future vision for Avaline wine?

KP: We’re focused on growing our foundation. We love our consumers, and if something is missing from their lives that we can provide for them, we’re going to do our best to make it happen. Our release of personal-sized canned wines is the perfect example of that. It’s the same as what’s in the bottle, but now in an easier, more portable format.

What’s your go-to Avaline wine?

CD: I love our Avaline Red—it’s such a good, easy-drinking blend that I can have any day of the week. It has a touch of spice at the end that is really nice.

What sets Avaline apart from other organic or vegan wines?

CD: Apart from the nutrition facts and ingredients listed right on the label, I think it’s our general approach to the brand and the culture of drinking wine. It can be so intimidating to pick out a wine! We put the tasting notes right on the label, and we add pairing suggestions that have more to do with the atmosphere you can create than specific food pairings.

Why is leading a healthy lifestyle important to you?

CD: I just would really love to make the world a better place for the next generation, and to me that means taking care of the planet and staying healthy. The two really go hand in hand.



KATHERINE POWER LA-based entrepreneur Katherine Power began her career as a production assistant with Touchstone Pictures. She skipped the expected college track and instead focused on working, later becoming co-founder of Versed Skincare and MERIT Beauty, and co-founding a fashion- and beauty-brand business, Who What Wear, with fashion-journalist, Hillary Kerr.

Power connected with Diaz through her friend and Diaz’ sister-in-law, Nicole Richie, and the two quickly found their similar world view and desire for eco-friendly wines made a good partnership. “Avaline was developed from a personal desire to drink wine made from organic grapes and little else,” says Power. “You have apparel brands using recycled fabrics and mitigating waste through packaging and offsetting their carbon footprint. There is sustainability throughout the supply chain, and every brand’s ingredients have gotten cleaner when it comes to beauty,” says Power. Translating safer practices to the wine business is the next step. “Once we do that, it’s an obvious choice, because who doesn’t want the healthier option, if it tastes just as good, if not better.”



WHAT IS clean wine?

A TERM USED BY AVALINE TO MEAN MADE FROM ORGANIC GRAPES GROWN WITHOUT THE USE OF SYNTHETIC PESTICIDES OR FERTILIZERS. IT IS FREE OF UNNECESSARY ADDITIVES LIKE CHEMICALS, COLORS, CONCENTRATES AND SUGARS. ALSO, IT MUST BE VEGAN WITH NO ANIMAL BYPRODUCTS USED IN PRODUCTION.



We promise to never use any unnecessary additives, and to always be transparent about exactly what our wine is made with—because you don't need many ingredients to make great wine.



—CAMERON DIAZ



Avaline: DRINK EASY

FIND AVALINE, A CLEAN TRANSPARENTLY LABELED WINE, AT HY-VEE. FREE FROM UNNECESSARY EXTRAS AND FULL OF NATURAL GOODNESS, HERE IS WHAT IS IN EVERY BOTTLE:



Made with Organic Grapes
In each bottle of Avaline you'll find

100% organically farmed grapes. The brand works with growers who rely solely on nature to grow healthy fruit, free from synthetic pesticides.



Vegan Friendly
Many conventionally produced wines

are fined with egg whites or other animal-based products, but Avaline only uses naturally derived mineral compounds like bentonite clay.



No Unwanted Additives

Every bottle of Avaline is made

with minimal intervention, so it's free from added colors, concentrates and sugars. Avaline tells you exactly which ingredients are used in their wines.



Just Clean, Delicious Wine

Avaline wine

carries a selection of popular blends like white, red, rosé, syrah, pinot noir, sparkling, Bordeaux blend and grenache blanc.



spring INTO



STYLISH SPRING OUTFITS, GIFT BASKETS FOR ALL AGES AND MORE EASTER HOLIDAY HELP FROM HY-VEE.

DSW

Pair your Easter clothes with comfy shoes from DSW: tennis shoes, dress shoes, sandals, boots and more for kids and adults—just what you need to complete your Easter outfit. Shop at select Hy-Vee stores or online at dsw.Hy-Vee.com

JOE FRESH

Head to Hy-Vee to find Joe Fresh clothes for kids comfy enough for an egg hunt and stylish enough for Easter dinner. Shop spring t-shirts, pants,

dresses, leggings, polos and more. Look for these Easter-ready outfits in select Hy-Vee stores, or shop online at joefresh.Hy-Vee.com



SCAN THE QR CODE to shop stylish Joe Fresh Easter clothing.

basket building



Create a fun Easter basket for kids filled with toys, candy and more from Hy-Vee.

1 Baskets

First, choose a basket to fill; Hy-Vee has baskets for kids of all ages. Find traditional woven, giant Easter eggs and plush animal baskets such as sloths and llamas.

2 Toys

Pick a variety of toys to include in your child's basket, such as bubbles, Easter-theme pop-its, sidewalk chalk and more.

3 Art Supplies

If your child enjoys arts and crafts, include a few supplies from Hy-Vee in their basket, such as a paint brushes and sketch pads.

4 Eggs

Finally, fill a few plastic eggs with small items such as jelly beans, tiny toys or individually wrapped candies. Use them to fill in any gaps left in the baskets.

Find more Easter basket ideas on **HOLIDAY HOW-TO'S**



CANDY FAVORITES

Tuck a few sweet surprises in Easter baskets and eggs.

BRACH'S RAINBOW SPARKLE JELLY BIRD EGGS

Classic fruity jelly beans in flavors such as cherry and blue raspberry with a pearlescent coating.

HERSHEY'S MILK CHOCOLATE EGGS

Solid, melt-in-your-mouth milk chocolate mini eggs.

RUSSELL STOVER CARAMEL BUNNY

Rich, gooey caramel covered in creamy milk chocolate.



RUSSELL STOVER COCONUT CRÈME EGG

Fluffy coconut cream covered with dark chocolate.



REESE'S PEANUT BUTTER EGG

Thick peanut butter layer surrounded by milk chocolate.



STARBURST JELLY BEANS

Chewy, fruity jelly beans with bold flavors such as cherry, strawberry, orange and green apple.



PEEPS

Sweet colored sugar and fluffy marshmallow in fun, Easter shapes.



BRACH'S RAINBOW SPARKLE JELLY BIRD EGGS

Classic fruity jelly beans in flavors such as cherry and blue raspberry with a pearlescent coating.



HERSHEY'S MILK CHOCOLATE EGGS

Solid, melt-in-your-mouth milk chocolate mini eggs.



KIT KAT MINIS

Bite-size crisp wafers coated in milk chocolate.



CADBURY MINI EGGS

Rich milk chocolate center with pastel candy coating.



LINDT GOLD BUNNY

Hollow milk chocolate bunny wrapped in eye-catching gold foil.



gifts for all

CREATE JUST-RIGHT BASKETS FOR EVERYONE—INCLUDING THE ADULTS!

HyVee
KIDSFIT.

Get eggcited for spring!
Join KidsFit to follow an at-home workout routine with 6 Easter-themed exercises.



child Fill a basket with all of your child's favorite activities, candies and toys. Let them get creative with Peeps bubbles and Crayola Scribble Scrubbie pets. They also can play with Easter pop-its while snacking on peanut butter and chocolate eggs. Include an adorable unicorn-theme Easter egg Zak! tumbler that's great for sipping on water or juice.

coffee lover Help always-on-the-go adults stay caffeinated with a basket full of energy-boosting treats. Give a Contigo spill-proof travel mug with Starbucks ground coffee and flavored syrup and Caribou coffee pods. Add in coffee shop snacks such as chocolate-covered espresso beans, Nudge creamy coffee bombs and Nonni's Limone biscotti.

teen If your teen likes to pamper themselves, give a beauty-based basket. Basin bath bombs, body butter and moisturizer are great for relaxing (and so is a chocolate bunny). Tuck in a Real Techniques makeup brush set, a Scunci jumbo crushed velvet scrunchie, Revlon rose glow facial mist, OPI nail polish, e.l.f. lip gloss and a FLOWER Beauty eyeshadow palette.

toddler Everybunny loves seeing a stuffed animal in their basket, especially toddlers. Fill space around a plush bunny with coloring and activity books, character-theme bubbles, Peeps putty, and candy-filled Easter eggs. Add in a few favorite foods, too, such as GoGo Squeez fruit pouches and Tippy Toes puffed snacks.

baby Create a basket to help welcome the newest member of the family and commemorate their first Easter. Fill with a stuffed bunny for snuggling, a plush WubbaNub pacifier, baby toys, and fun baby supplies such as patterned bottles.

fitness fan For the family member who's always looking forward to their next workout, give exercise equipment such as a Tone It Up jump rope and resistance bands. Snacks to fuel their session include Quest protein cookies, ONE and Performance Inspired protein bars and Protein2o water. Finish with a reusable Rubbermaid bottle and Quest protein powder.



GROOVY GRAD IDEAS FOR 2022

These ideas, along with the help of products and services from Hy-Vee, are sure to get the party started.

1

FUN THEME

FIND INSPIRATION IN A FAVORITE COLOR OR ANIMAL, A DREAM VACATION DESTINATION, A FAVORITE SPORTS TEAM OR EVEN WHERE THE GRAD IS GOING NEXT.

2 STAND OUT

If you're hosting the party at home, guide guests to the right house by decorating the mailbox with graduation balloons from Hy-Vee.

3 CRISP & CLEAN

Let the dry cleaning department at Hy-Vee handle linens or get the grad's party outfit cleaned so they're dressed to impress.

4 GAME ON

Keep guests entertained and having fun with outdoor party games. Hy-Vee carries crowd favorites like lawn darts and croquet.

5 PICTURE THIS

Print out photos of the grad's favorite memories from school at Hy-Vee. Use the pictures to create a collage that doubles as decor.

6

HY-VEE CARRIES DOZENS OF GIFT CARDS TO RESTAURANTS, RETAIL STORES AND MORE.



FLORAL DISPLAYS

FLOWERS, BOUQUETS AND SHOWPIECE ARRANGEMENTS CAN BE MADE TO FIT ANY GRADUATE'S THEME OR STYLE. CALL YOUR LOCAL STORE OR VISIT [HY-VEE.COM/FLOWERS](https://www.hy-vee.com/flowers) FOR AN APPOINTMENT.





PHOTO BOOTH
CAPTURE ALL THE MEMORIES FROM THE PARTY. CREATE A JUMBO PICTURE FRAME WITH BALLOONS FROM HY-VEE TO USE AS A PROP. GUESTS WILL LINE UP TO GET THEIR SHOT.



9 BALLOONS
Use balloons from Hy-Vee to decorate the venue. Balloon arches and numbers also double as photo props.

10 PAPER GOODS
Create a cohesive theme for the party with matching Sensations plates, napkins and utensils.

11 DECOR
Hang streamers and lay out table covers with a wide selection of colorful party supplies from Hy-Vee.

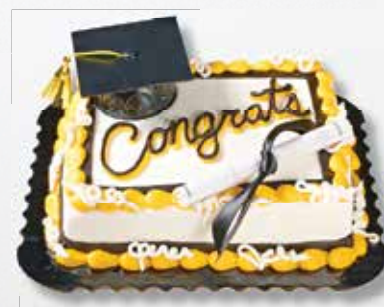
12 CANDIES
Buy colored bulk candy from Hy-Vee to set out as table decor, or create grab bags of sweets for guests to take home.



13 BROWNIE & CUPCAKE TRAYS
Order assorted brownie and cupcake trays from Hy-Vee to fill the dessert table.

14 GRAD COOKIES
Custom decorated grad cookies are a tasty handheld, portable snack to set alongside an elaborate cake.

15 GO OUTSIDE THE BOX WITH A CHOCOLATE DISPLAY, INCLUDING A CHOCOLATE FOUNTAIN AND DIPPERS LIKE MARSHMALLOWS OR PRETZELS.



16 SHEET CAKES
Find options at the Hy-Vee Bakery that can be picked up the day of the party without ordering in advance.

CROWD- PLEASING CAKES

The talented cake designers at Hy-Vee craft impressive and unique designs to match the party theme. Call or visit the Hy-Vee Bakery to place an order for pickup or delivery 2 to 3 weeks before the party. Orders can also be placed online at Hy-Vee.com/catering





18 SUSHI PARTY TRAY

For the sushi-loving graduate, get assorted Nori Sushi party trays at Hy-Vee. Attendees can sample a range of fresh, flavorful and filling sushi rolls that also add color and vibrancy to the food display.



19 CHARCUTERIE

Set out a crowd-pleasing appetizer of cured meats, cheeses, fruits, veggies and assorted dips to get the party started. Hy-Vee has deluxe charcuterie trays, along with custom-order options.



20

GOING FOR SOMETHING SIMPLER? GET TRAYS OF ASSORTED MEATS AND CHEESES, ALONG WITH CLASSIC SUBS.

21

**CUSTOM PUNCH
QUENCH THIRSTS WITH A HOMEMADE DRINK. MIX UP SOMETHING THAT COMPLEMENTS THE PARTY THEME OR INCLUDES THE GRAD'S FAVORITE FLAVORS.**

PERFECT PARTY PUNCH

24 oz. 7Up + 32 oz. Hawaiian Punch Fruit Juicy Red + ¼ cup ReaLemon 100% lemon juice + 6 oz. Canada Dry club soda + 12 oz. orange juice + 1 pint raspberry sorbet. Serves 13 (8 oz. each).



CATERING BARS

Hy-Vee offers a selection of specialty food bars that make it easy to satisfy party-goers. Call or visit the Catering Department, or order online at Hy-Vee.com/catering

- APPETIZER BAR
- ASIAN BAR
- BRAT BAR
- COCINA MEXICANA
- HICKORY HOUSE
- PASTA BAR
- PIZZA BAR
- TACO BAR

HY-VEE FUELSAVER: Save money on gas when you shop for the big celebration. Get 5¢ off when you spend \$25, 10¢ off when you spend \$50 and 20¢ off when you spend \$100.

CREATING AN

OS

OS

OS

BASK IN YOUR BACKYARD SHANGRI-LA. HY-VEE HAS THE FURNITURE, ACCESSORIES AND PLANTS TO MAKE YOUR DREAM RETREAT A REALITY.



Container plants add ambience and a natural touch to settings that might otherwise seem barren. Large pots command attention and can provide shade and a sense of coziness to a space.

Don't forget a side table to hold drinks, snacks and reading materials within arm's reach. This **Graydon 3-Piece Bistro set** showcases natural woven and wood materials.

A pillow and throw can ensure greater comfort. The muted hues of tan and mustard are warm and friendly, without demanding extra attention.

A **Wicker Egg Chair** can contribute to a comfortable reading or relaxing environment. With a sturdy steel frame and stain-resistant cushions, it's also durable.

MAKE YOUR SPACE

Tips on setting up an outdoor room.

Location: Keep grilling and dining areas close to the kitchen for convenience. Make sure an entertaining space has ample room, seating and protection from the weather. And set an oasis for reading or relaxing in a private, secluded spot away from the commotion of the house.

Style: Just like in a home, furnishings should reflect personal style. Let the colors, materials and style of your home's interior decorating influence what you use outdoors. Using a similar style and theme provides a sense of continuity.

Accessories: Get the most use out of an outdoor space by making it comfortable. Soft cushions, a patio or table umbrella, space heater and fire pit add to both comfort and ambience.



A 9-ft. Aluminum Market table umbrella is a welcome addition. Aesthetically, it frames the seating area and adds interest and sometimes color, too. From a practical standpoint, it deflects sunrays and raindrops.

Linens, placemats and dishes can add either a homey or festive touch. Hy-Vee has a range of colors, styles and materials.

Hy-Vee has more than outdoor furniture and accessories. You'll also find dinnerware and glassware, such as these Reidel glasses.

This Key Largo five-piece dining set is made with weather-resistant materials and includes a 39-in. wave-design glass-top table and four sling chairs.

CHOOSE FURNITURE

Dining: Furnish with upright chairs for guests, a table high enough to eat at, and a patio umbrella for sun or rain protection.

Living Room: Create a conversation pit with sectional sofa, chair and coffee table.

Relaxing: Add a comfy egg chair or chaise longue and an end table to hold drinks and reading material.

Short on room? Use stackable sling chairs. Avoid large, bulky items such as sofas and chaise longues.

Short on storage? Select furniture that's comfortable without bulky cushions that need to be stored.

SELECT AND CARE FOR PLANTS OUTDOORS

Bring a welcoming look to your outdoor oasis with plants and pots from Hy-Vee.

Houseplants: Many indoor plants can vacation outdoors for the summer as long as nighttime temperatures are reliably above 50°F. Set them in an area sheltered from wind and direct sunlight, and water regularly. Bring them back indoors before cold temperatures return in fall.

Flowers: Fill pots with colorful annual flowers from Hy-Vee and use to decorate your retreat. Read the plant tag to see if the plant prefers sunny or shady conditions.

Outdoor Plants: Where space permits, plant trees, shrubs, grasses and perennials. They will return year after year to provide shelter, privacy and beauty to your outdoor oasis.



BOSTON FERN
Not only easy to care for, this handsome houseplant is adaptable enough to move outdoors for the summer if given shade.



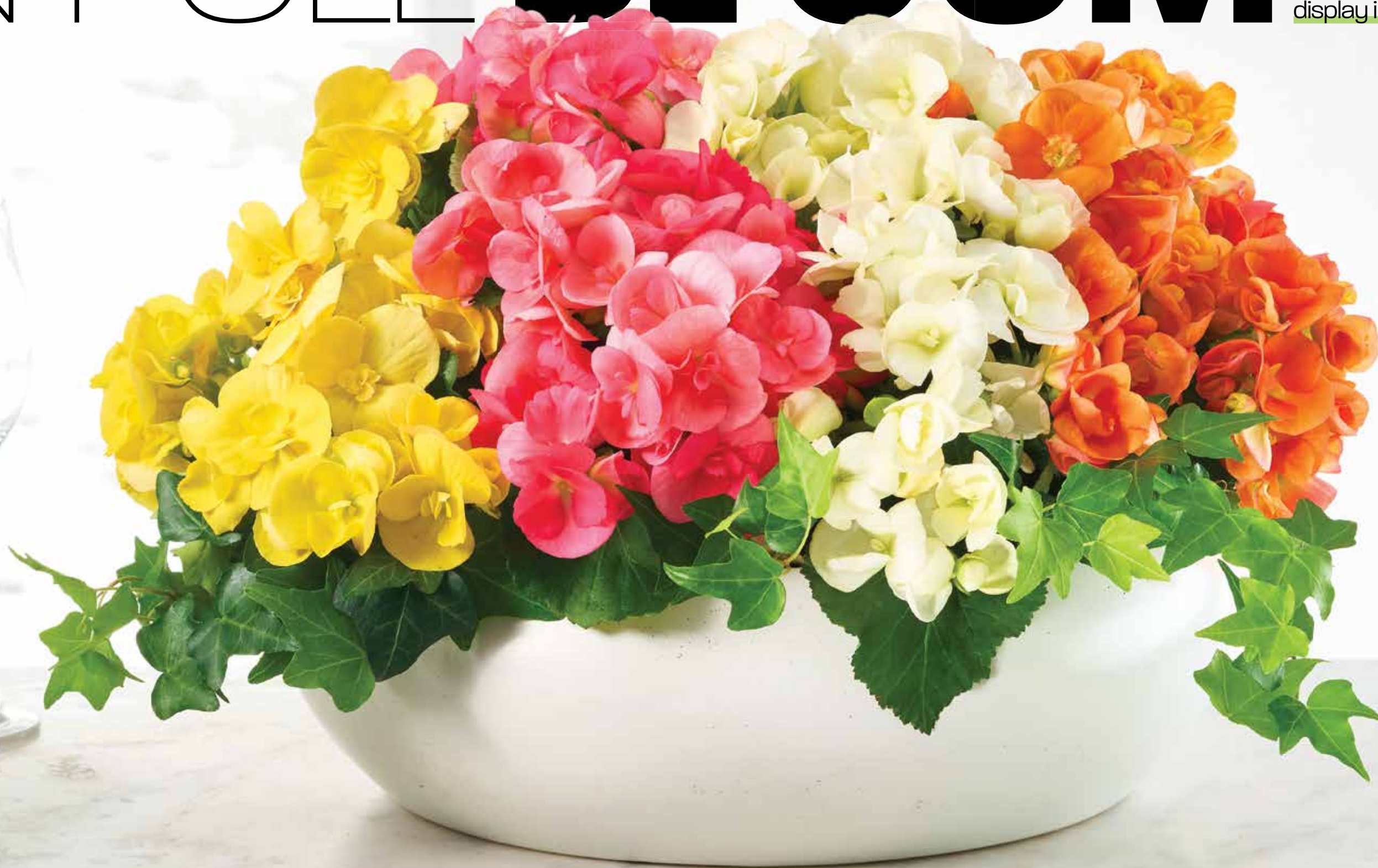
HIBISCUS
Tropical hibiscus plants from Hy-Vee bring a fun, exotic vibe to your outdoor space. The large flowers come in many colors.



COLEUS
This summer annual never fails to please with boldly patterned leaves in a range of captivating color combinations.

IN FULL BLOOM

Show off gorgeous flowering plants from Hy-Vee. Pair knockout colors, dress up the containers and display in artful ways.



ARRANGE A BLOOMING GOOD TIME ANYWHERE

Start with bright flowering plants from Hy-Vee Floral, then follow these steps.



DRAINAGE: If the pot doesn't have a drainage hole (and saucer to collect runoff), line the bottom with 2 inches of gravel to collect excess water.



DESIGN: Experiment with plant placement. Multiple colors look more natural when clustered. A trailing ivy softens the pot.



PLANTING: Fill the bottom half of the pot with potting mix, add plants, then fill gaps with potting mix. Tap lightly and water well.



1 DOUBLE THE PLEASURE A single hanging plant may look lonely, while a duo can offer more visual appeal. Highlight contrasting shapes and colors, like this azalea and variegated spider plant, and hang them at different heights for a dynamic effect. Tie the pair together with matching pots.

2 HOWDY HYDRANGEA! Get a summer vibe going—even in April—by placing a vibrant hydrangea from Hy-Vee Floral in a handsome container. The nice thing is that those huge mophead flower clusters look good even after they fade.

3 PAINT YOUR WORLD Putting shiny, empty paint cans to work as planters is a cheeky way of saying you're ready for spring color in whatever form it takes. In this case, the color isn't from paint but pink hyacinths and cyclamen, along with purple campanula from Hy-Vee Floral.

4 ORANGE YOU GLAD? You will be once you set eyes on these orange and white kalanchoe plants. They're set off in cute baskets covered with scrapbooking paper that's been folded, creased and held in place with double-sided tape and colorful ribbons.





Out with the old and in with the new. Swap out old trends and makeup for vibrant new ideas and products from Hy-Vee.

SPRING MAKEUP REFRESH

BEAUTY TRENDS

BRIGHTEN UP WITH PLAYFUL RED LIPS, SHIMMERY CHEEKS AND BOLD EYES. EXPERIMENT WITH POPULAR BRANDS FROM HY-VEE.

COLORFUL EYELINER

Eye-catching, non-neutral shades like navy blue and purple instantly brighten and awaken eyes. Use a lot or a little: color the upper lash line or add a flick to the outer wing of a traditional black-lined look.

PASTEL EYESHADOWS

Pastels and spring are a classic duo. Paired with minimal makeup everywhere else, a bright smudge of yellow or blue gives eyes an unexpected pop of color.

BOLD BLUSH

Blend a light pink or peach blush on cheeks, temples and underneath brow bones for a warm and pretty allover flush to give your face a wake up.

METALLICS

Makeup that shimmers and shines enhances your complexion. Brush a generous amount of a metallic highlighter on cheekbones, collarbones and above your browline to attract light and make skin bright and dewy.

GLOSSY LIPS

Part of the early-2000s resurgence, shiny, glossy lips add a refreshing and youthful touch of glam to spring makeup. Swipe on a light pink gloss to help lips appear plump and hydrated.

FRESH RED POUT

The bold and trendy way to wear a red lip this spring is with barely any other makeup. The splash of crimson red makes a statement and stands out on an otherwise bare face.

SAFE FACE

ALL MAKEUP HAS AN EXPIRATION DATE. SOME ARE PRINTED ON THE CONTAINERS. IF NOT, FOLLOW THESE GENERAL GUIDELINES.

- | | | |
|-------------------|---------------|-------------------|
| 3 MONTHS | 1 YEAR | 18 MONTHS |
| • Mascara | • Concealer | • Bronzer |
| | • Face creams | • Lipstick |
| 6 MONTHS | • Foundation | • Pencil eyeliner |
| • Liquid eyeliner | • Nail polish | • Powder |

Applicator Care

Makeup applicators can build up dirt, oil and bacteria over time. Wash sponges once or twice a week, and replace them after three months. Clean foundation and concealer brushes once a week, and eyeshadow brushes twice a month.

Colorful makeup applied to cheekbones, lips and eyes draws attention to your best features.



Find These Popular Makeup Brands at Hy-Vee!

- Bare Minerals
- CoverGirl
- e.l.f.
- Pacifica
- Revlon
- Sally Hansen
- W3LL People



Tuck in mini Basin bath bombs for extra pampering.

V Chocolates are a sweet, delicious way to welcome spring.

Find seasonal fresh-cut flowers for baskets from Hy-Vee Floral.

Celebrate spring with homemade May Day baskets filled with flowers, candy and other goodies from Hy-Vee.

HOW TO MAKE A "BASKET"

Use an 8x8-in. piece of paper to fold a cone.



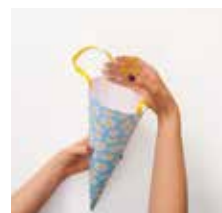
Roll the paper into a cone and secure with hot glue or tape.



Trim the top of the cone to create a level opening.



Use hot glue to secure both ends of a ribbon handle on opposite sides of the inside of the cone.



Place a plastic pastry bag inside the cone. Pour a small amount of water in the bag and add flowers.

HOMEMADE baskets

UPCYCLE ITEMS FROM HOME TO CREATE BASKETS, AND FILL WITH CANDY AND FLOWERS.

WHAT IS MAY DAY?

Traditionally observed on May 1, May Day celebrates the return of spring. The custom of bringing in wildflowers began in England, and evolved into May baskets filled with spring blooms and candies.

for KIDS

Fill a colorful cup with candies such as Starburst and Dots, then add small toys such as bubbles and Hot Wheels cars. Finish with homemade flowers: Cut flower shapes out of colored paper and thread them onto Tootsie Roll pops.

for the COFFEE FANATIC

Transform a coffee can into a basket by wrapping with ribbon and adding a May Day tag. Fill with chocolate espresso beans, coffee pods, biscotti and rich Nudge coffee bars.

for the PLANT LOVER

Plant succulents or the recipient's favorite plant in a terra-cotta pot. Tuck in a cute, colorful homemade May Day sign.

for the SWEETS LOVER

Fold the top of a colorful gift bag down and inside to create a bright basket. Fill with Hy-Vee Bakery macarons, Lindor truffles, Taza dark chocolate with salted almonds and an Endangered Species sea salt, almond and dark chocolate bar.

Real allergy relief.

Real savings.

The same quality as national brands for less.

TopCare®

health

Learn to kick-start the day with exercise, fend off sugar cravings and give your feet some TLC.

- 100** FOODS THAT FIGHT SUGAR CRAVINGS
- 104** EARLY BIRD FITNESS
- 108** STRAIGHTEN UP!
- 110** BEST FOOT FORWARD
- 114** FIGHTING INFLAMMATION
- 118** DIETITIAN Q&A: UNDERSTANDING GLUTEN-FREE
- 121** PAIN RELIEF



FOODS THAT FIGHT SUGAR CRAVINGS

WHAT EXACTLY IS SUGAR AND WHY DO WE YEARN FOR IT? LEARN MORE ABOUT WHICH FOODS COMBAT SWEET CRAVINGS AND LOW-SUGAR SNACK IDEAS THAT WON'T LEAVE YOU FEELING GUILTY.

The body naturally craves sweet foods because sugar is addictive. When it's consumed, opioids and dopamine are released into the body, causing future cravings. In fact, although the daily recommended amount is no more than 9 teaspoons of added sugar, Americans on average consume between 22 and 30 teaspoons each day. Sugar is found in many foods, especially processed foods. Although natural sugar acts as an energy source for your body's cells and is not harmful when consumed in moderation, an added sugar such as high-fructose corn syrup can encourage your brain to desire unhealthy foods and to eat more, impacting weight and heart health, and leading to chronic illness. To curb cravings, consume naturally sweetened foods and foods high in fiber.



SWEET POTATOES

Consuming healthy carbs that are naturally sweet in flavor will help your body feel full while eating something sweet.



BROCCOLI

Eating fiber-rich cruciferous vegetables such as broccoli, cauliflower and Brussels sprouts can create a feeling of fullness due to a longer digestion period.



CINNAMON

The sweet flavor of cinnamon can trick the brain into thinking sugar was consumed. It also helps regulate blood sugar by reducing glucose levels.



BERRIES

Naturally sweet in flavor and high in fiber, berries can help reduce appetite or feelings of hunger by stimulating the body's metabolism.



CARROTS

Soluble fiber helps lower blood sugar levels and slows sugar digestion. This helps prevent blood sugar spikes, which typically lead to hunger and sugar cravings.



KALE

Leafy greens are low in calories but high in fiber, adding substance to your meals and leaving you feeling full and less likely to reach for sugary food to satisfy hunger.



BANANAS

Easily digestible bananas contain natural sugars that can help ease cravings for a sweet snack. They are also high in fiber and less than 100 calories per serving.

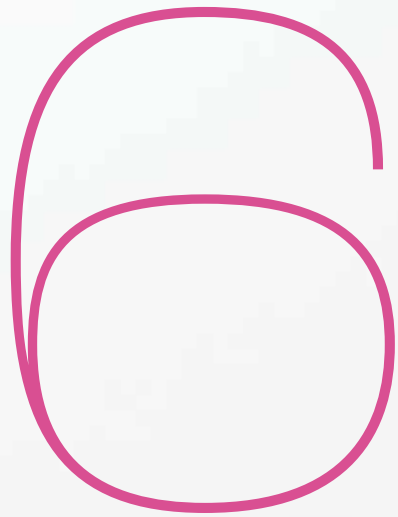


NUTS

Eating nuts that contain healthy fats, protein and fiber can help eliminate strong sugar cravings by keeping blood sugar balanced and regulated.

EAT TO BEAT SUGAR CRAVINGS

These eight sugar-combating alternatives can help reduce your cravings and lower your daily added sugar intake.



GUILT FREE SNACKS

INDULGE YOUR SWEET TOOTH WITH THESE LOW-SUGAR, SWEET-TREAT ALTERNATIVES

1. Chocolate-Peanut Butter Squares

Preheat oven to 350°F. Spray an 8×8-in. baking dish with Hy-Vee nonstick cooking spray; set aside. Place 1 (6.8-oz.) pkg. keto peanut butter sandwich cookies and ¼ cup Hy-Vee salted butter, melted, in a food processor or blender. Cover and pulse until well combined. Press mixture into prepared baking dish. Bake 10 to 12 minutes or until lightly browned; cool. Beat 1 (8-oz.) pkg. Hy-Vee cream cheese, softened; ½ cup Hy-Vee heavy whipping cream; ¼ cup white monkfruit sweetener and 3 Tbsp. Full Circle Market no-sugar-added organic creamy peanut butter in a large bowl with an electric mixer until combined. Spread evenly over cooled cookie crust in baking dish. Spread with 1 (14.5-oz.) pkg. refrigerated sugar-free chocolate-flavored pudding cups (4 ct.). Beat an additional 1 cup heavy whipping cream, 2 Tbsp. white monkfruit sweetener and 1 Tbsp. Hy-Vee baking cocoa in a medium bowl with an electric mixer 3 to 5 minutes or until soft peaks form (tips curl). Spread evenly over pudding layer. Top with ½ cup Hy-Vee party peanuts and 1 Tbsp. shaved Zōet 70% cacao extra dark chocolate bar. Cover and refrigerate 2 hours or until ready to serve. Serves 16 (1 each).

2. Strawberry Cheesecake Fluff

Combine 2 cups Hy-Vee heavy whipping cream; 1 (8-oz.) pkg. Hy-Vee cream cheese, softened; and 1 (0.44-oz.) pkg. Hy-Vee sugar-free strawberry gelatin dessert in a large mixing bowl. Beat with an electric mixer on medium 4 to 5 minutes or until soft peaks form (tips curl). Fold in 1 cup sliced Hy-Vee Short Cuts strawberries. Cover and refrigerate 1 hour before serving. Serves 8 (½ cup each).

Low-Sugar Snack Ideas

- 3 **Frozen Yogurt Bark** = Greek yogurt + sliced strawberries + chopped pistachios
- 4 **Peanut Butter Cups** = no-sugar-added peanut butter + dark chocolate + coconut oil
- 5 **Berry Gelatin** = sugar-free mixed berry gelatin + blackberries + raspberries + blueberries
- 6 **Monkey Tail** = banana + 85% dark chocolate + chopped pecans



Thin & Minty
See how to make these keto-friendly cookies that are big on flavor.
Hy-Vee seasons
Watch and learn at Seasons.Hy-Vee.com

Keto Chocolate Mint Cookies

Hands On 25 minutes
Total Time 37 minutes plus chilling and standing time
Serves 7 (2 each)

- 1 cup Good Graces almond flour, plus additional for dusting
- 2 Tbsp. white monkfruit sweetener
- 1 Tbsp. Hy-Vee baking cocoa
- ¼ cup Hy-Vee salted butter, softened
- ½ tsp. peppermint extract, divided
- ⅔ cup no-sugar-added semisweet-style baking chips
- 2 tsp. Hy-Vee refined coconut oil

1. WHISK together 1 cup almond flour, monkfruit sweetener and cocoa powder in a medium bowl. Add softened butter and ¼ tsp. peppermint extract; beat with an electric mixer on medium until well combined. Cover and refrigerate 30 minutes.

2. PREHEAT oven to 350°F. Line a large cookie sheet with parchment paper; set aside. Sprinkle work surface with additional almond flour; roll out chilled dough to ¼-in. thickness. Cut into rounds using a 2-in.-round cookie cutter.

3. PLACE rounds 1 in. apart on prepared cookie sheet. Bake 10 to 12 minutes or until crisp. Transfer cookies to a wire rack; cool completely.

4. COMBINE baking chips, coconut oil and remaining ¼ tsp. peppermint extract in a medium microwave-safe bowl. Microwave on HIGH at 30-second intervals or until melted, stirring each time.

5. DIP cookies into melted chocolate and place on parchment paper; let dry. Once set, drizzle with remaining melted chocolate. Refrigerate until ready to serve.

Per serving: 220 calories, 21 g fat, 8 g saturated fat, 0 g trans fat, 15 mg cholesterol, 50 mg sodium, 11 g carbohydrates, 5 g fiber, 5 g sugar (1 g added sugar), 5 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 4%



pro tip: FRUITFUL DECISIONS

“Whenever you are craving something sweet, it usually is because you are not balancing your food groups during the day or you are dehydrated. To satisfy a sweet craving, always start with a serving of your favorite fruit and a tall glass of water.”

—Anne Cundiff, RD, LD, FAND, Hy-Vee Dietitian

MONKFRUIT SWEETENER SIMILAR TO GRANULATED SUGAR IN CONSISTENCY, MONKFRUIT HAS ZERO CALORIES, CARBS AND FAT.

Added Sugar Masquerades as the Following on Food Labels

- Raw sugar
- Brown sugar
- Corn syrup
- Malt sugar
- Honey
- Corn sweetener
- Fruit juice concentrate
- Dextrose or any word ending in “ose”

EARLY MORNING EXERCISES

REAP THE BENEFITS OF EXERCISING IN THE A.M. WITH THESE TIPS AND EXERCISES, YOU CAN START AN EARLY-MORNING WORKOUT, THEN CROSS THAT OFF YOUR TO-DO LIST!



GETTING STARTED

- **Set your intention.** Write down exactly what you're hoping to gain (greater stamina, more energy, etc.).
- **Adjust your sleep schedule gradually.** Go to sleep and awaken 30 minutes earlier. After a week, dial the time back another half hour.
- **Have workout gear ready the night before** so you don't take time from your workout.
- **Ease into it.** If you need a few minutes to clear your head, do so. Just don't get back in bed or lounge on the couch.
- **Find your motivation** with a workout buddy, listening to upbeat music or following along with a fitness video.
- **Keep it fun.** Do exercises you enjoy so you look forward to the new routine.

5 benefits of morning exercise



Fewer obstacles. With no meetings, phone calls, emails or cooking smells to distract, there's less chance of becoming sidetracked and skipping exercise.



Increased focus. Exercise stimulates the release of feel-good hormones, leading to improved attention span and greater mental clarity—a way to lift “morning fog.”



Lower blood pressure and better sleep. Early morning aerobic exercise was shown to have the best effect on both blood pressure and sleep quality.



Weight management. Exercise boosts the body's metabolism to burn more calories. Morning exercise has been shown to burn more fat over the course of 24 hours when performed before breakfast.



More energy. Exercise benefits the cardiovascular system so you feel more energized to tackle the day ahead.

UP & AT 'EM



1. SQUAT SIDE SHUFFLE

Stand with feet shoulder-width apart, knees slightly bent and buttocks sticking out to increase pressure on hamstrings. Place band directly below knees. Shuffle 5 steps to the left, then 5 steps to the right. Repeat 10 times. Keep feet facing forward and knees directly above feet throughout the exercise. **Note:** The band helps increase strength of the hips, legs and joints; however, the exercise can be performed without the band, if desired.



3. SQUAT & PRESS

Stand with feet shoulder-width apart and hold dumbbells high above head. Bend knees into a squat as you lower weights to shoulder height. Slowly return to starting position. Repeat 10 times.



2. RENEGADE ROWS

Assume plank position, hands grasping dumbbells set shoulder-width apart and feet spaced wider than shoulders. Stiffen entire body while driving right dumbbell into floor and rowing left dumbbell up and to side of rib cage. Slowly lower dumbbell back to the floor. Switch to opposite arm. Perform 5 to 10 reps for each arm. **Note:** Do not twist hips.



4. LATERAL LUNGE AND CURL

Stand upright with feet hip-width apart; hold dumbbells by sides, palms facing body. Keep right leg straight while lunging with left leg a few feet to the side; bend left knee but keep it tracking above toes. Keep arms extended toward floor while holding weights at center. Push off left foot, return to starting position and curl dumbbells with palms facing shoulders. Lower dumbbells and repeat sequence while lunging to the opposite side. Perform 10 reps on each side.

JUMPSTART YOUR DAY WITH THESE ENERGIZING EXERCISES. START WITH 2 SETS OF EACH EXERCISE. ADD ADDITIONAL SETS AS TIME ALLOWS AND STRENGTH INCREASES.

STRETCH FIRST. It not only helps prevent injury, it also limbers up your body after a night of sleep by increasing blood flow to muscles and joints.

5. HIGH KNEES

March in place, pulling left knee up toward chest while raising the right hand to shoulder level. Return to starting position and perform the move with opposite leg and arm. Repeat 10 times on each side.



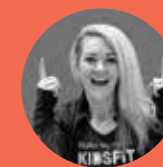
6. REVERSE LUNGE

Stand with feet 6 in. apart, arms by side. Hold dumbbell in left arm and place left foot on Slide 'n Sculpt disc. Slide disc back while dropping into a lunge, bringing right knee to 90-degree angle and left knee close to floor. Push back and return to starting position. Complete 10 lunges, then switch disc and dumbbell to right side and complete 10 lunges. **Note:** The disc introduces elements of balance and coordination to the movement, but the exercise can be done without it, if desired.



7. TRICEP DIP & TOE TOUCH

Lean backwards while seated on floor with knees bent and hands beneath shoulders. Use hands and feet to lift buttocks off ground, then lower toward floor without touching to complete a tricep dip. Lift buttocks back up, this time straightening the left leg and right arm simultaneously as you reach toward toes. Return outstretched arm and leg to starting position; repeat tricep dip. Repeat sequence, alternating arms and legs until you have completed a total of 10 reps.



pro tip: MAKE THE COMMITMENT

“Morning workouts are ideal for starting each day off on the right foot! Write it in your planner, set an alarm and go in with the attitude that you are making a commitment to yourself. Don't be surprised if you find that exercising first thing in the morning energizes you for the day ahead.”

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

Kick up the cardio. If time and fitness level permit, add jumping rope to the morning routine one to three times per week. One study showed that 10 minutes of jumping rope had the same cardio benefit as 30 minutes of jogging.

get what you need at Hy-Vee



Tone It Up Booty Bands



Tone It Up Slide 'n Sculpt Discs



Tone It Up Jump Rope

STRAIGHTEN UP!

AN ERGONOMIC WORKSTATION THAT SUPPORTS THE BODY CAN HELP YOU AVOID NECK, SHOULDER AND BACK PAIN, AS WELL AS OTHER AILMENTS.



WORK STATION 101

PREVENT NEEDLESS STRAIN ON YOUR BODY WITH AN EFFICIENT WORKSPACE DESIGN.

Avoid neck strain; position top of computer screen at eye level.

Avert repetitive stress injury by keeping wrists flat and hands at elbow level for greater support.

Diminish the need to lean forward by placing screen an arm's length away.

Prevent excess strain on back by keeping knees level with hips for a neutral spine position.

Steer clear of lower back pain with a chair that fits the natural S-curve of the back and offers lumbar support.

For greater comfort, keep feet flat on floor. Use a footrest if desk height requires raising chair higher.

Stand-Up Routine

Excess sitting is linked with obesity, high blood pressure, back pain, cancer and heart disease. Conventional advice has called for standing at least 15 minutes per hour, but new research indicates a 1:1 or 1:3 ratio is better during an 8-hour workday. That means standing for 30 to 45 minutes every hour. There can be too much of a good thing, though; 50 percent of study participants developed lower back pain after standing at an ergonomic desk for two consecutive hours even though they had not experienced back pain previously.

GLASSES AT HY-VEE
Headaches and eye strain can be a result of poor vision. Select Hy-Vee stores are partnering with Pair Eyewear to offer high-quality, affordable eyewear at in-store kiosks. Customizable glasses, sunglasses and blue-light-filtering glasses will be available.



Scan the QR Code to find available prescription and non-prescription lenses.



PAIR EYEWEAR AT HY-VEE FEATURES CUSTOMIZABLE FRAMES FOR CHILDREN AND ADULTS.

pair × Hy-Vee

GET THE LIGHT RIGHT

Blue-light-filtering glasses may benefit those using digital devices before bedtime. That's because the blue light from screens can interfere with our circadian rhythm—the body's natural cycle that gets us to sleep.

KEEP MOVING

Sedentary living is bad for health—and movement is the medicine. Along with helping prevent a range of health conditions, movement can counter anxiety and depression. To offset sedentary habits, the University of Michigan recommends taking an activity break—stretching, walking, climbing stairs—for 3 minutes every 30 to 60 minutes.

Sources: uwaterloo.ca/kinesiology-health-sciences/how-long-should-you-stand-rather-sit-your-work-station
mayoclinichealthsystem.org/hometown-health/featured-topic/the-importance-of-movement



Our feet might not get much attention—unless there's a problem. Keep feet healthy, happy and hygienic with these tips, products and footwear from Hy-Vee.

BEST FOOT forward



WITH MORE THAN 50 BONES, 200 MUSCLES AND 60 JOINTS, TENDONS AND LIGAMENTS, feet are a testament to the engineering and adaptability of the human body. They do a lot of work, and any issues have a direct impact on mobility and daily activities like walking around the house or running errands. That's why it is so important to protect those fabulous feet.



GOOD FOOT HYGIENE

Avoid skin irritations and infections with these tips.
DAILY CARE: Wash feet daily, thoroughly rinsing and drying when finished.
FOOT ODOR: Wear shoes made with a breathable material; apply a foot odor powder or spray.
SMELLY SOCKS: Change into clean socks daily (more often if needed).
DIRTY SOLES: Soak feet in warm, sudsy water, then scrub with a washcloth.
CRACKED HEELS: After soaking and drying feet, apply a foot cream.



1. CORNS & CALLUSES

Treat with medicated patches or callus removers from Hy-Vee.



2. FOOT ODOR

Hy-Vee has powders, sprays, lotions and even odor-destroying insoles to take care of foot odor.



3. TOENAIL FUNGUS

Hy-Vee offers maximum strength antifungal liquid clinically proven to cure fungal infections.



4. ATHLETE'S FOOT

Find antifungal sprays, creams and disposable towels at Hy-Vee to treat athlete's foot.

COMMON PROBLEMS

HY-VEE HAS OVER-THE-COUNTER AS WELL AS PRESCRIPTION MEDICATIONS TO TREAT A VARIETY OF COMMON FOOT PROBLEMS.

'FEET' RELIEF

With dozens of foot care products on hand, Hy-Vee has solutions for day-to-day hygiene, treating conditions and relieving pain.

TOPCARE INSOLES

Choose from air foam or gel foam insoles to relieve pain, provide support, absorb shock or correct weight distribution on feet.

4-IN-1 PEDICURE TOOL

Includes brush, pumice, callus remover and file for at-home pedicures.



BURT'S BEES COCONUT FOOT CREME

Treats dry, cracked and rough skin with vitamin E and penetrating botanical oils.

AVEENO REPAIRING FOOT MASK

Single-use slippers hydrate extra-dry feet with prebiotic oat & shea butter.

* DSW IS AT HY-VEE! *

Shopping for shoes is easier than ever now that DSW Designer Shoe Warehouse offerings are in select Hy-Vee stores. Also browse the huge selection and order online at dsw.hy-vee.com



SCAN THE QR CODE to shop DSW footwear.

CROCS CLASSIC SANDAL

Roomy fit, easy washability and foam cushioning for all-day comfort and support.



ITALIAN SHOEMAKERS BECA SANDAL

Handmade in seven colors with a wide elastic strap midfoot for a secure and comfortable fit.



L'ARTISTE FORTUNE PLATFORM SANDAL

Enhanced with bright patterns and flowers; features a cork-infused sole.



SPERRY SURVEYOR BOAT SHOES

Full-length memory foam footbed for comfort and rubber traction sole for stability.



FRANCO SARTO CALVIN PLATFORM SANDAL

Thick midsole for cushioning and support; comes in nine colors and three unique patterns.



JESSICA SIMPSON OPRIELI SANDAL

Dynamic silhouette; available in pink tie-dye or black.



HEY DUDE WALLY SOX SLIP-ONS

Memory foam insole for comfortable fit; machine washable for easy cleaning.



ENSURE THE PROPER FIT

Footwear has a lot to do for foot health. Keep these tips in mind.

- Avoid tight-fitting shoes that hurt your feet or constrict blood flow.
- Select footwear according to the activity. Flats are not made for marathons.

- Look for footwear offering good arch support, especially if you're on your feet a lot.
- Rotate shoes regularly so you don't have to break in a replacement pair all at once.
- Replace footwear when soles and/or heels become worn or develop holes.



INSOLES

Hy-Vee offers shoe inserts to alleviate painful conditions such as arthritis or plantar fasciitis.

FIGHTING INFLAMMATION

DISCOVER WAYS YOU CAN PREVENT CHRONIC INFLAMMATION, A CONDITION THAT CAN LEAD TO MANY HEALTH PROBLEMS. FOODS, SUPPLEMENTS AND EVEN LIFESTYLE CHANGES CAN ALL HELP.

Inflammation has an important role to play in the body's immune response. It aids healing after injury (think: swelling from a sprained ankle) and helps isolate and stop the spread of infection (swelling and redness surrounding a wound). A problem occurs when inflammation is chronic, or ongoing. That's when it can be an accomplice

to a host of health issues including Alzheimer's disease, arthritis, cancer, depression, diabetes, heart disease, multiple sclerosis and Parkinson's disease. Chronic inflammation can have a wide range of causes including exposure to toxins, long-term stress, obesity and autoimmune disorders. Diet can

also come into play: Some foods trigger inflammation while others have a beneficial effect. And finally there is the impact of lifestyle. Exercising, getting enough sleep, keeping weight under control, taming stress and reducing blood sugar have all been shown to have a favorable impact on inflammation.

UNTREATED CHRONIC INFLAMMATION IS A MAJOR THREAT TO HEALTH AND LONGEVITY. HOWEVER, IT'S OFTEN INVISIBLE AND ONLY DETECTED THROUGH A MEDICAL EVALUATION.

Your doctor can review symptoms, if any, conduct a physical and order blood tests to detect inflammation. These tests look for inflammation markers—such as specific proteins and

cytokines associated with heart disease, Alzheimer's, diabetes and arthritis—that increase when inflammation is present. However, the tests do not pinpoint the cause of the inflammation.

More than **50%** of all deaths worldwide can be attributed to diseases associated with inflammation.

foods to eat THESE FOODS OFFER BENEFICIAL ANTIOXIDANTS, OMEGA-3S, VITAMINS AND MINERALS.



VEGETABLES especially broccoli, chard, collard greens, kale, spinach.



FRUITS such as apples, avocados, blackberries, blueberries, cherries, raspberries and strawberries.



BEVERAGES including green and black tea.



LEGUMES such as beans, lentils, peas and peanuts.



NUTS including almonds, hazelnuts, pecans, pistachios and walnuts.



FATTY FISH such as salmon, mackerel, tuna and sardines.

foods to avoid THESE FOODS CAN TRIGGER OR WORSEN INFLAMMATION.



REFINED CARBS in many white foods including white bread, white rice, pasta, pastries.



DEEP-FRIED FOODS especially when prepared in corn, cottonseed, soybean or sunflower oil.



ADDED SUGARS in breads, crackers, granola bars, salad dressings and sugary cereals.



RED AND PROCESSED MEATS such as bacon, bologna, hot dogs, beef jerky, pepperoni, salami and sausage.



SATURATED FATS in butter, ghee, lard, coconut oil, palm oil, baked goods, cured meats and cheese.



TRANS FATS in margarine, corn oil, deep-fried foods and many processed foods.

Sources: scripps.org/news_items/4393-can-food-heal ncbi.nlm.nih.gov/pmc/articles/PMC5664031/ ncbi.nlm.nih.gov/books/NBK493173/ pennmedicine.org/updates/blogs/musculoskeletal-and-rheumatology/2018/may/seven-foods-to-help-you-fight-arthritis arthritis-health.com/blog/top-8-anti-inflammatory-foods-you-should-eat

Sources: health.harvard.edu/staying-healthy/understanding-acute-and-chronic-inflammation medlineplus.gov/lab-tests/erythrocyte-sedimentation-rate-esr/ newsroom.ucla.edu/releases/taming-chronic-inflammation nature.com/articles/s41591-019-0675-0 health.clevelandclinic.org/5-foods-that-can-cause-inflammation/



STEPS YOU CAN TAKE

MAKING SIMPLE YET CONSISTENT CHANGES IN YOUR DAY-TO-DAY LIFE CAN POSITIVELY IMPACT CHRONIC INFLAMMATION.



EXERCISE & SLEEP

Regular exercise is helpful in several ways. It burns calories, aiding in weight control and body fat reduction, and it lowers the levels of C-reactive protein (CRP), a marker for inflammation. CRP levels are also impacted by sleeping too little or too much. Strive for 7 to 8 hours of sleep nightly.



WEIGHT CONTROL

Overweight and obese individuals tend to have higher levels of inflammatory compounds such as CRP. Those levels generally decrease when excess weight is shed. Some scientists even speculate that excess fat cells may trigger an inflammatory response from the immune system.



CHRONIC STRESS

Stress can negatively impact physical health and lead to overeating and weight gain. Also, chronic stress can contribute to inflammation. Reducing stress through meditation, mindfulness, yoga or other methods can improve health and reduce the risk of chronic disease.



BLOOD SUGAR

Chronically high blood sugar, also known as hyperglycemia, increases inflammation and negatively impacts the immune system. It also can contribute to atherosclerosis (clogging of the arteries) and can lead to diabetes.

supplements to help

LOOK TO THE HY-VEE HEALTHMARKET FOR VITAMINS AND SUPPLEMENTS TO ROUND OUT YOUR DIET AND FIGHT INFLAMMATION.

VITAMIN A

has anti-inflammatory properties; a deficiency can induce or aggravate inflammation.

CAPSAICIN

is the chemical compound that gives heat to chili peppers; it stops proteins controlling the body's response to inflammation.

TURMERIC

is a spice containing curcumin, an anti-inflammatory and antioxidant, which may prevent or delay cell damage.

GARLIC

slows down inflammatory enzymes and fights swelling; available fresh, minced or ground as a spice.

GINGER

is an anti-inflammatory sometimes used to treat swelling; available fresh or in spice form.

ZINC

is an anti-inflammatory agent shown to decrease the generation of inflammatory cytokine proteins.

VITAMIN E

is a potent antioxidant with anti-inflammatory properties that may be beneficial to those at risk of cardiovascular disease.

OMEGA-3 FATS

are found in fish oil supplements and can increase the level of anti-inflammatory molecules in the blood.



ANTI-INFLAMMATORIES

NON-STEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS) SUCH AS ASPIRIN, IBUPROFEN AND NAPROXEN BLOCK THE PRODUCTION OF BODY CHEMICALS THAT CAUSE INFLAMMATION. THEY SHOULD BE TAKEN ONLY FOR A SHORT PERIOD OF TIME UNLESS AUTHORIZED BY A DOCTOR. PRESCRIPTION-STRENGTH NSAIDS ARE AVAILABLE FOR RHEUMATOLOGIC DISEASES SUCH AS RHEUMATOID ARTHRITIS AND MODERATE TO SEVERE OSTEOARTHRITIS.



The statements in this article have not been evaluated or approved by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Sources: myclevelandclinic.org/health/drugs/11086-non-steroidal-anti-inflammatory-medicines-nsaids
pubmed.ncbi.nlm.nih.gov/12230799/ heart.org/en/news/2019/12/12/could-fish-oil-fight-inflammation
pubmed.ncbi.nlm.nih.gov/25200490/ mdpi.com/1422-0067/22/2/11923/htm

dietitian Q&A

UNDERSTANDING GLUTEN-FREE

Some people have to eliminate gluten due to intolerance, some do so for other health reasons. Learn if going gluten-free is for you.



Elisa Sloss, RD, LD
Vice President,
HealthMarket & Dietitians

Q: What is gluten?

A: Gluten is a naturally occurring protein typically found in grains like wheat, barley, rye and triticale (a cross of rye and barley), but it can be extracted, concentrated and added to processed food. It acts as the “glue” that helps food keep its structure and provides elasticity.

Q: Who needs to avoid eating gluten?

A: Those who have celiac disease, non-celiac gluten sensitivity or gluten intolerance and wheat allergies can have reactions when consuming gluten. If you feel bloated, gassy, tired, develop a rash or have an itchy mouth or throat, you may have an issue with gluten. If you experience more severe symptoms like diarrhea or vomiting, seek medical attention.

Others suffering from mental health conditions, fibromyalgia or endometriosis may also see benefits from eating a gluten-free diet.

Q: What foods are gluten-free?

A: Many foods are naturally gluten-free, including beans; eggs; fruits and vegetables; lean, nonprocessed meats, fish and poultry; and most low-fat dairy products. Several grains also do not contain gluten, such as corn, quinoa, rice, soy and teff. For processed food to be labeled gluten-free, it needs to contain less than 20 parts per million of gluten, according to FDA guidelines.

Q: Where does gluten “hide?”

A: Wheat is the most common gluten-containing ingredient, and it can be labeled as durum, einkorn, emmer, farina, farro, graham, wheat berries, semolina, spelt and udon. Also watch for brown rice syrup, caramel, glucose syrup, maltodextrin, starch and modified food starch. Some surprising gluten-containing products include medications and supplements, seasoned potato chips, salad dressings and some beverages like flavored coffee, beer and malt beverages.

Q: What are the advantages of a gluten-free diet?

A: More studies are needed, but some

preliminary data suggests a gluten-free diet could help with weight loss, improve gastrointestinal health, enhance athletic performance and improve health overall. However, like any eating plan, a gluten-free diet needs to be well balanced.

Q: Are there any drawbacks?

A: Those following a gluten-free diet for any reason do need to be aware of a few risks. Be mindful of the sugar and fat content of foods as they can increase when gluten is removed. Read labels to ensure salt, calories from fats and calories from sugar are in the recommended daily range. Also, watch to make sure you are getting the recommended amounts of micronutrients (thiamin, riboflavin, niacin and folate), calcium, iron and fiber.



Scan the QR Code to find a local dietitian and learn how Hy-Vee can help you maintain a healthy lifestyle.

NECESSARY NUTRIENTS

WHEN GOING GLUTEN-FREE, TAKE CARE TO GET THE RECOMMENDED DAILY AMOUNT OF THE NUTRIENTS THAT ARE FOUND IN FOODS THAT NATURALLY CONTAIN GLUTEN.

CALCIUM, the most abundant mineral in the body, is stored in bones and teeth. Strong bones are needed for the body to move properly.

INCLUDE THESE FOODS: cheese, milk, yogurt; bok choy, broccoli, kale; canned sardines; fruit juices with added calcium

FIBER helps maintain a healthy weight and lowers the risk of certain diseases, including diabetes, heart disease and some types of cancer.

INCLUDE THESE FOODS: beans, chickpeas and other legumes; apples, oranges, pears; almonds, pecans, walnuts; asparagus, cucumber

IRON is needed to make hemoglobin and myoglobin, proteins in red blood cells that provide oxygen to all parts of the body.

INCLUDE THESE FOODS: lean meat, seafood and poultry; white beans, lentils and peas; nuts and dried fruits; spinach

GOOD GRACES AT HY-VEE

THIS BUDGET-FRIENDLY LINE OFFERS MORE THAN 30 HIGH-QUALITY GLUTEN-FREE PRODUCTS, INCLUDING ENTRÉES, GRANOLA, OATMEAL, PASTA, SNACKS AND SOUP. BAKING ITEMS LIKE ALMOND AND COCONUT FLOUR ALSO ARE OFFERED.

- CHEESE LASAGNA
- CHEESE PIZZA
- FRUIT & NUT GRANOLA
- INSTANT OATMEAL
- ORGANIC WHITE CHEDDAR CHEESE PUFFS
- SPAGHETTI



Spring is **even greener** with prescription savings

The VCRx Savings Card offers discounts on more than 10,000 medications. Look for it at Hy-Vee and other pharmacy locations, or visit vcrx.org to check prices and print, text or email a coupon.



vcrx.org
1-877-848-4379

*Savings vary by prescription and by pharmacy, and may reach up to 80% off cash price.

PAIN RELIEF

Quickly soothe pain with oral and topical products available at the Hy-Vee Pharmacy.

If you have a prescription for pain medication, fill or transfer it online at Hy-Vee.com/my-pharmacy and pick it up at your local Hy-Vee.

ORAL PAIN RELIEVERS

1 EXCEDRIN HEADACHE RELIEF

Acetaminophen and aspirin caplets act fast to soothe headaches.

2 TOPCARE IBUPROFEN

Tablets work quickly to alleviate pain and reduce fever.

3 CHILDREN'S MOTRIN

Safe for kids, berry-flavor ibuprofen can relieve pain and reduce fever for up to 8 hours.

4 TYLENOL PAIN RELIEVER

Rapid release gels provide almost instant relief of minor aches and reduce fever.

TOPICAL PAIN RELIEVERS

5 TOPCARE ICE GEL

Menthol quickly cools away pain with no greasy feel.

6 ASPERCREME PAIN RELIEF CREAM

Maximum strength lidocaine targets nerves to quickly numb pain.

7 TOPCARE ARTHRITIS PAIN RELIEVER

Ease arthritis pain with anti-inflammatory gel.

8 BIOFREEZE ROLL-ON

Apply cooling relief directly to sore muscles.

9 THERMACARE HEATWRAPS

Wrap on neck, wrist or shoulder for up to 16 hours of pain relief.

10 BACTINE MAX CLEANSING SPRAY

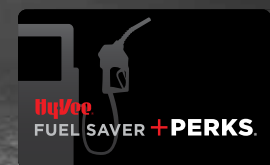
Sanitizer kills 99% of germs while also alleviating pain.



Hy-Vee BRANDS FOR GRAND\$

SHIFT INTO SAVINGS!

WIN A TRIP TO NASHVILLE!



You could win a Nashville experience for two! Swipe your Hy-Vee Fuel Saver + Perks Rewards card when you purchase these participating brands from April 11-30 to be entered.



Scan the QR code for more information!

NO PURCHASE NECESSARY. Open to legal residents of the states of IA, MO, SD, KS, IL, NE, MN or WI, age 18 or older (19 in NE) at the time of entry. Void outside these geographic areas. For entry details and Official Rules, see <https://hy-vee.com/corporate/news-events/promotions/>

recipe index

EASTER DINNER IN 5 EASY STEPS

- V** 30 Asparagus Caprese Salad p. 14
- 10** Boozy Malted Frappé p. 16
- 10** Creamy Lemonade p. 17
- Peach Punch Cocktails p. 17

CREAMY DREAMY DESSERTS

- Banana Cream Caramel Trifle p. 19
- 30** Coconut Oatmeal Cream Pies p. 20
- Boston Cream Pie Cupcakes p. 20
- Chocolate Chip-Raspberry Ice Cream p. 21

101: MUSHROOMS

- V** Vegan Mushroom Pasta p. 26

30-MINUTE TILAPIA

- 30** Tilapia Taco Salad with Dill Pickle and Caper Cream p. 29
- 30** Blackened Tilapia Burgers p. 30
- 30** Pecan-and-Parmesan Crusted Tilapia p. 31

GLOBAL KABOBS

- GF** Mexicana Shrimp Kabobs p. 33
- GF** Butter Chicken Kabobs p. 34
- Mini Swedish Meatball Kabobs p. 35
- Tuscan Chicken Kabobs p. 35
- Korean Steak Kabobs p. 36
- GF** Harissa and Lamb Kabobs p. 37

LET'S GET FIZZICAL

- GF** Fizzy Cocktail Bombs Base p. 39
- Mint Mojito Fizzy Bombs p. 40
- Cosmopolitan Fizzy Bombs p. 40
- Arnold Palmer Fizzy Bombs p. 40
- Tequila Sunrise Fizzy Bombs p. 41

HAVARTI PARTY

- Candied Bacon 'n' Cheese Sliders p. 44
- Jalapeño Havarti Chicken Casserole p. 45
- 30** Hot Crab and Havarti Dip p. 46
- V** 20 Grilled Havarti-and-Fig Sandwiches p. 46
- GF** **V** 10 Havarti Cantaloupe Bites p. 46
- V** 20 Italian Havarti Toasts p. 47
- GF** **V** 30 Havarti Stuffed Mushrooms p. 47
- V** Baked Havarti in Puff Pastry p. 47
- V** 30 Havarti White Pizza p. 47
- 10** Cheesy Havarti and Broccoli Soup p. 47

GOING DUTCH

- Oven-Baked Paella p. 49
- Dutch Oven Berry Dump Cake p. 50
- Dutch Oven Bread p. 51



Try these Mexicana Shrimp Kabobs, pg. 33

- Jalapeño-Swiss Dutch Oven Bread p. 51
- Cranberry Walnut Dutch Oven Bread p. 51
- Cheddar & Green Onion Dutch Oven Bread p. 51
- GF** **V** Dutch Oven Leek and Carrot Risotto p. 52
- GF** French Onion Brisket p. 53

BAO WOW

- Steamed Bao Buns p. 55
- Sweet-and-Spicy Bao Filling p. 56
- V** Sweet Red Bean Bao Filling p. 57
- Korean BBQ Pancetta Bao Filling p. 57

DIVINE DIPS

- 20** Creamy Pineapple Shrimp Dip p. 61
- V** **10** Everything Bagel Dip p. 61
- 20** Whipped Lemon-Feta Dip p. 62
- 10** Dill Pickle Dip p. 63
- V** Mexican Street Corn Dip p. 63
- 20** No-Bake Raspberry Cheesecake Dip p. 63

22 GROOVY GRAD IDEAS FOR 2022

- Perfect Party Punch p. 84

FOODS THAT FIGHT SUGAR CRAVINGS

- Chocolate-Peanut Butter Squares p. 102
- GF** Strawberry Cheesecake Fluff p. 102
- GF** Keto Chocolate Mint Cookies p. 103

30 minutes or less	20 minutes or less	10 minutes or less	GF option GLUTEN FREE	V option VEGETARIAN DISH
---------------------------------	---------------------------------	---------------------------------	---------------------------------------	--

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 SEASONS GOES DIGITAL!
Look for *Hy-Vee Seasons Digital Edition*, an enhanced, interactive, online version of *Hy-Vee Seasons* magazine. Shop right from the articles for ingredients, decor and more. See it for yourself at Seasons.Hy-Vee.com—we look forward to connecting with you!

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. 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.

**FIND
YOUR
WEEKLY
AD**



(SCAN THE 'H' CODE.)

HyVee deals\$.com