

HyVee®

FOOD | LIFE | HEALTH

seasons



Holiday
Cheer

december
Prices good December 1-31, 2019

DISCOVER *Premium* SNACKING.



Hillshire Farms
Small Plates:
select varieties
2 to 2.8 oz.
2.79

©2019 Tyson Foods, Inc.

DECEMBER 2019

food



10 FAST & FUN HOLIDAY BAKES

Whip up treats with simple tricks that make baking fun.

20 EASY HOLIDAY ROASTS

Prepare a memorable meal with these tips and techniques.

30 SEAWORTHY CELEBRATING

Take seafood up a level with Alaskan king crab and shrimp.

37 101: BRUSSELS SPROUTS

Discover how good these cute little veggies really taste.

40 TAKE THE PLUNGE: BAKE SOME FUN

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48 THE 12 SNACKS OF CHRISTMAS

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Satisfy everyone with appetizer, snack and dessert boards.

66 CHEERS!

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life



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health



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118 SEND HELP, HY-VEE

Prevent cold and flu with meds from the Hy-Vee Pharmacy.



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

December is a time of hope, joy and special moments spent with family and friends. It can also be a stressful time, which is why we're here to lighten the load.

Learn about holiday time-savers from Hy-Vee, *page 86*; gift baskets to make short work of your Christmas shopping, *page 90*; and kids' snacks you can put together in a hurry, *page 48*.

Ready to entertain? See how to customize cakes, *page 10*, and cookies, *page 40*, from Hy-Vee. Or prepare a boastworthy holiday roast, *page 20*. When guests arrive, be ready with a sumptuous tray of appetizers, *page 52*, and holiday-inspired cocktails, *page 66*.

Enjoy the holiday season!

FOLLOW US...



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

FOLLOW US...
CHECK OUT WHAT'S
HAPPENING IN
AND AROUND HY-VEE.



FOLLOW US: Come see what we've got cooking for you—new recipes, hot deals and much more! [instagram.com/HyVee](https://www.instagram.com/HyVee)

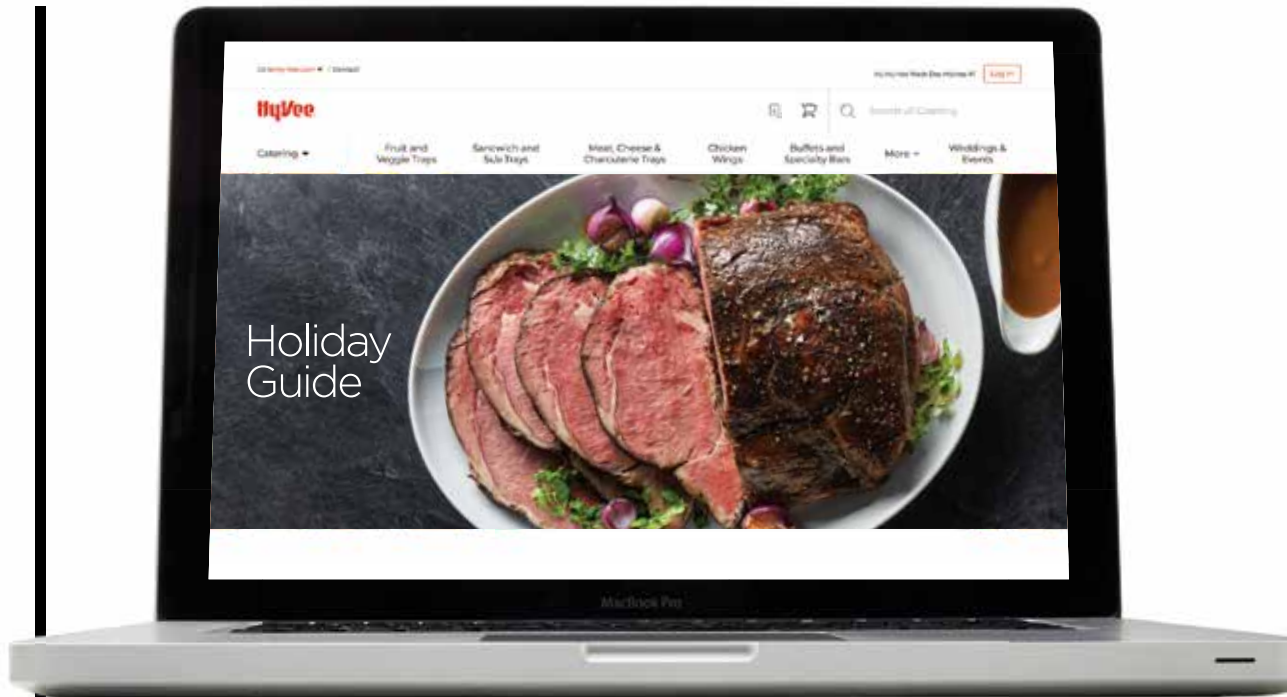


FOLLOW US: Cook up something hot and satisfying. Find great ideas at [facebook.com/HyVee](https://www.facebook.com/HyVee)



WATCH US: Get more holiday entertaining and recipe ideas on our online streaming network at [hstv.com](https://www.hstv.com).

FIND HY-VEE ON YOUR
FAVORITE SOCIAL MEDIA
PLATFORMS:



CONNECT WITH **HyVee**®

YOUR GUIDE TO THE HOLIDAYS

Visit hy-vee.com and search under "Christmas guide" to find recipes that'll make this holiday season a memorable one. From appetizers, cocktails and desserts to full-blown Christmas dinners, you'll quickly see, it's the helpful place to be.

SAMPLE OF HOLIDAY FARE

- Holiday Breakfast & Brunch
- Christmas Appetizers
- Charcuterie Boards
- Bourbon-Glazed Roasted Turkey
- Christmas Dinners That Aren't Turkey
- Christmas Treats
- Cocktails and Hot Drinks
- Christmas Cookie Guide
- Holiday How-To's

HSTV, HY-VEE'S FREE STREAMING NETWORK, HAS ONLINE VIDEOS TO MAKE YOUR HOLIDAYS TRULY SPECIAL!



*A Fun and Festive Holiday Party
Ready, Set, Celebrate!*



*New Year's Hors D'oeuvres
The Braided Apron*



*Holiday Favorites All Grown Up
The Beard Behind the Bar*



*How to make & use sugared cranberries
Hy-Vee Holiday How-To's*

aisles

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

GATHERINGS

Cookie Decor

Get busy decorating cookies this year with the help of Hy-Vee. Grab these tools to craft a work of art that's (almost) too good to eat.



Wilton Trays Nonstick trays ensure that cookies arrive on the table in one piece.



Wilton Christmas Tree Cookie Cutter
Bring the spirit of the season to your table with fun designs.



Wilton Decorating Icing Put finishing touches on your masterpieces, then enjoy the sweet rewards.



Wilton Sprinkles Add colorful and tasty flair to cookies and cakes with assorted sprinkles.



SAY CHEESE

'Tis the season to get cheesy! A carefully crafted cheeseboard will be the star of any holiday party, and your local Hy-Vee has all the flavors and varieties you need. Call at least 24 hours

in advance to order. Not sure what you want? Stop by the deli in person to ask about taste profiles, food and drink pairings, and the best seasonal options for your event.

4 ON THE FLOOR

STOP IN AT HY-VEE TO CHECK OUT THE LATEST AND GREATEST PRODUCTS FROM VARIOUS DEPARTMENTS.

BAKERY
Peppermint Cake



Rich chocolate cake comes coated in creamy peppermint frosting. Call your local Hy-Vee Bakery to add one to your dessert spread this holiday season.

MEAT
Stuffed Chicken Breast



A seasonal favorite at the meat counter. Try spinach and ricotta, bacon Cheddar, wild rice, cornbread pepper jack, chicken cordon bleu and more.

WINE & SPIRITS
Smirnoff Vodka



New this year: limited-edition Smirnoff No. 21 Holiday Ornament bottles. They offer a festive way to make holiday cocktails and a fun stocking stuffer for adults.

PRODUCE
Red Holiday Grapes



A sweet seasonal option, Holiday Grapes burst with flavor as big as the bunches they grow in. Perfect for fruit baskets or an appetizer option.



brand highlight

DI LUSSO MEAT AND CHEESE

A delicious sandwich begins with Di Lusso's tender meat and flavorful cheese, found exclusively at Hy-Vee. Pick from a variety of protein options like turkey, beef, ham and chicken to accompany a wide assortment of premium cheeses.



now trending

STAR WARS

"May the force be with you" as you shop for gifts for your favorite Jedi and celebrate the release of *Star Wars: The Rise of Skywalker*.



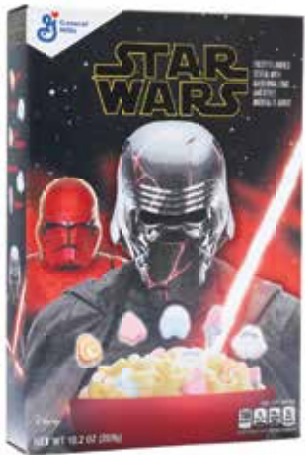
STAR WARS 2-slice toaster
Watch the timer so toast doesn't end up on the dark side.



STAR WARS R2-D2 mini stir popcorn popper
Quickly cook 6 cups of popcorn in under 5 minutes.



HOT WHEELS Real Riders Star Wars
Race across the galaxy with these collectible cars.



GENERAL MILLS *Star Wars* cereal
Limited-edition boxes with Star Wars-theme marshmallows.



GENERAL MILLS *Chex Mix*
Buy Star Wars-marked Chex Mix to help feed the hungry.



STAR WARS *slow cooker*
Two-quart slow cooker for dips, chili or roasts.

STAR WARS *waffle maker*
Ease into the morning with 7-in. waffles shaped like R2-D2.



ZAK DESIGNS *Star Wars* coffee mugs
Get your day rolling like BB-8 with 13-oz. ceramic mugs.



BETTY CROCKER *Star Wars* fruit snacks
Fat-free Star Wars-theme snacks made with real fruit juice.



takes
the
cake



PRESENT DAY

Highlight special occasions with jaw-dropping custom cakes from Hy-Vee. Have a crazy idea? Hy-Vee's talented cake designers make bringing your vision to life, well, a piece of cake! Just walk in or schedule a time to discuss what you'd like. When you want a cake to capture someone's interest or the spirit of the season, like the Christmas Present Cake (pictured) from Hy-Vee cake designer Stephanie Dillon, Hy-Vee has you covered!



An indentation in the middle of the cake creates a spot for fondant ornaments.



Rice Krispies Treats shape easily. Covered with fondant, they are a perfect ornament base.



Rounded cakes are stacked to create height. A skewer keeps the top-layer lid propped open.



Light coats of edible food paint provide texture and vibrant color.

The Gift of Cake
Watch step-by-step at HSTV.com to see how Hy-Vee cake designer Stephanie Dillon made the Christmas Present Cake.



Watch and learn at HSTV.com today!

santa's little helpers.



AVAILABLE AT



simply
done™
ready for life.

Enjoy our family recipe
ON YOUR HOLIDAY TABLE.



King's Hawaiian
Rolls or Buns:
select varieties
10 to 12.8 oz.
3.48



King's Hawaiian Rolls:
select varieties
24 ct.
5.99

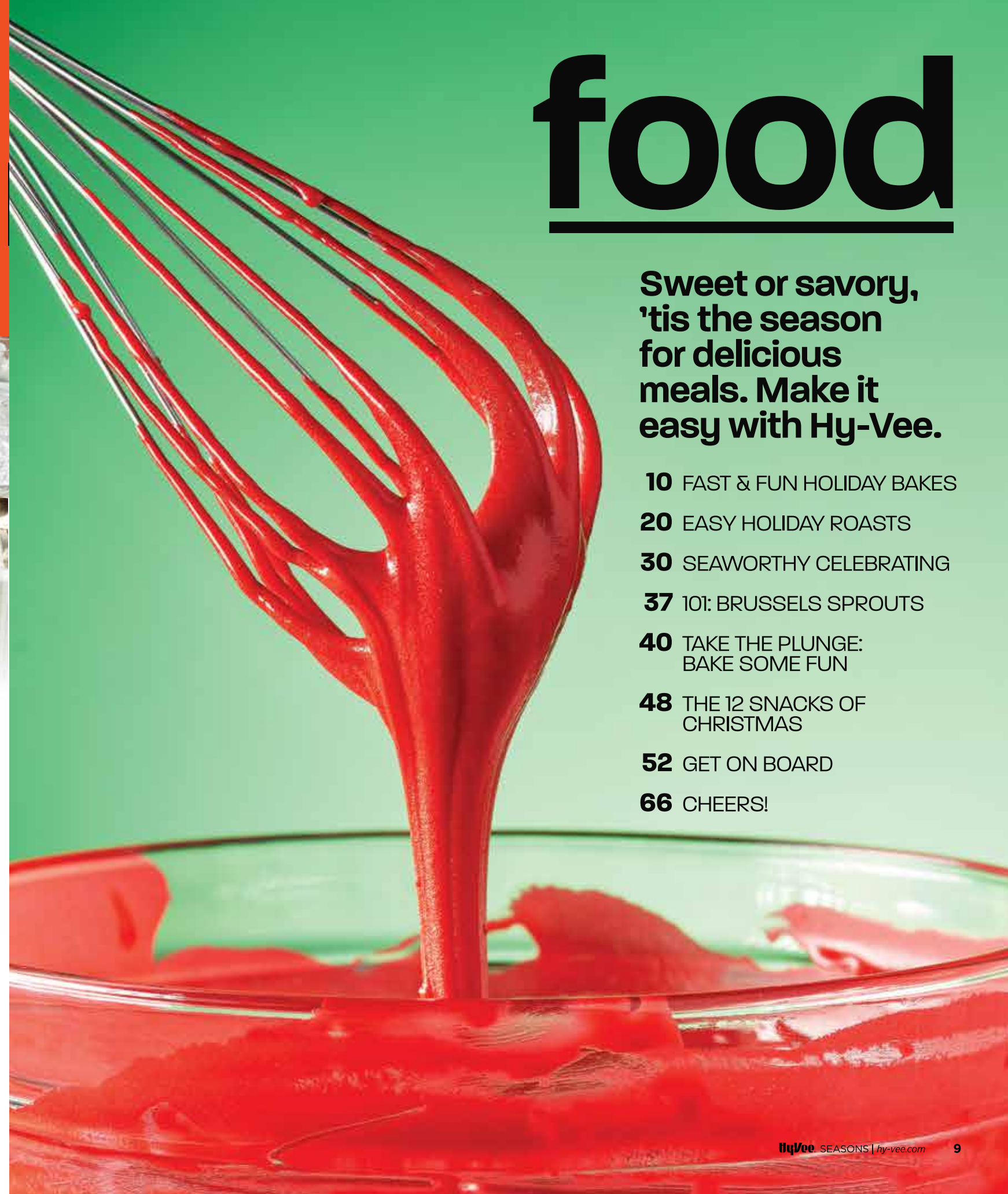


Irresistible Since 1950

food

**Sweet or savory,
'tis the season
for delicious
meals. Make it
easy with Hy-Vee.**

- 10** FAST & FUN HOLIDAY BAKES
- 20** EASY HOLIDAY ROASTS
- 30** SEAWORTHY CELEBRATING
- 37** 101: BRUSSELS SPROUTS
- 40** TAKE THE PLUNGE:
BAKE SOME FUN
- 48** THE 12 SNACKS OF
CHRISTMAS
- 52** GET ON BOARD
- 66** CHEERS!

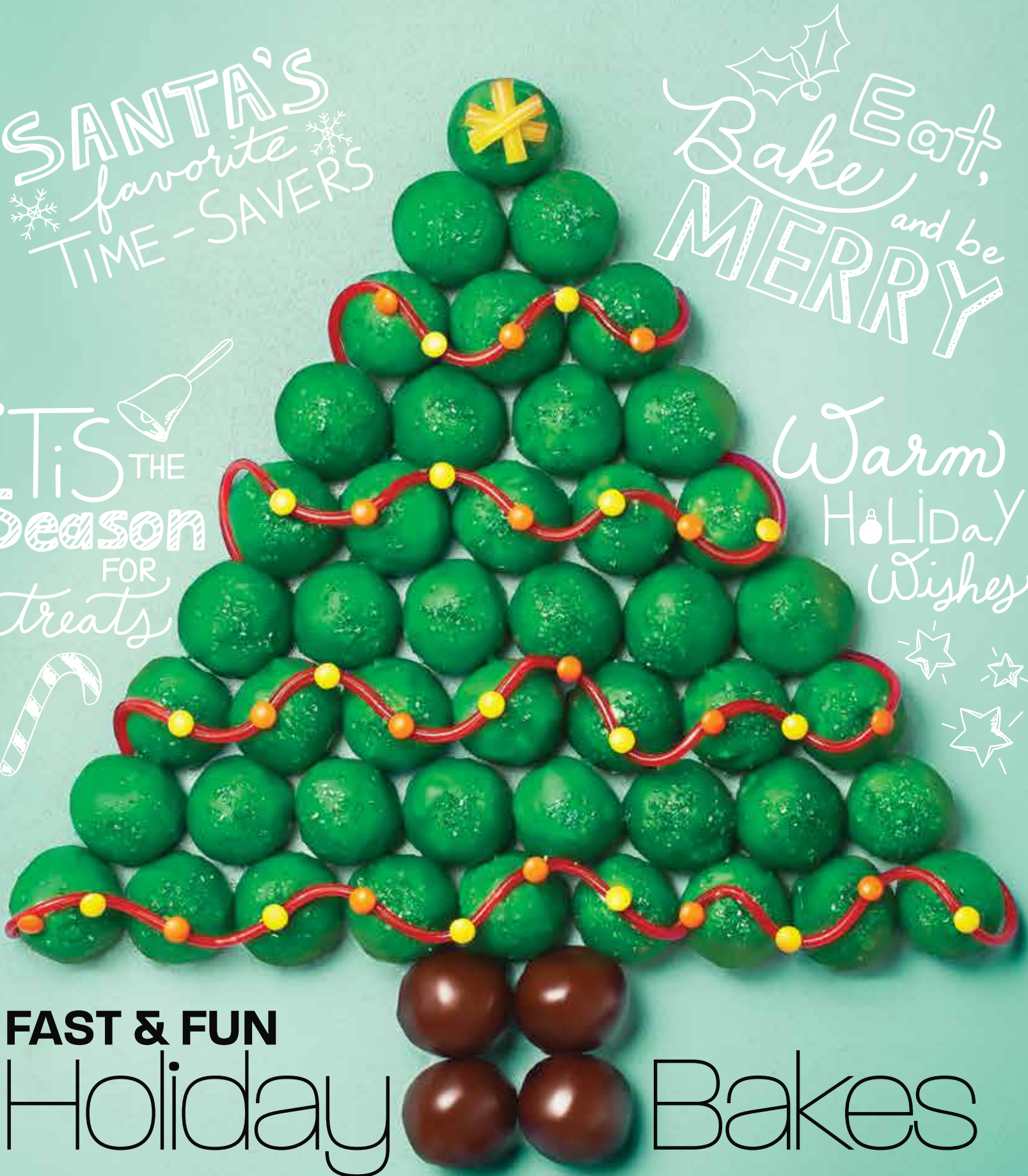


SANTA'S
favorite
TIME - SAVERS

holly leaves
Eat,
Bake and be
MERRY

'Tis THE
Season
FOR
treats

Warm
HOLIDAY
Wishes



FAST & FUN Holiday Bakes

WHIP UP DAZZLING HOLIDAY TREATS WITH LITTLE EFFORT. MIXES, READY-MADE FROSTING AND OTHER SHORTCUTS MAKE BAKING FUN.



Cake-Ball Christmas Tree

Opposite, prepare 1 (16.5-oz.) box Hy-Vee extra-moist white cake mix according to package directions for 13×9×2-in. baking pan; cool completely. Crumble cake in large bowl; stir in 1 cup Hy-Vee creamy white frosting until well-combined. Shape mixture into 49 tablespoon-size balls, place on parchment-lined baking sheet and refrigerate until firm.

Make Royal Icing;* tint with green food coloring. Refrigerate 4 cake balls. Dip remaining balls into tinted icing, allowing excess to drip off; return to baking sheet. Sprinkle with green sanding sugar. Dip refrigerated balls into melted dark chocolate; add to parchment-lined baking sheet and let stand until set. Arrange green balls into a tree and chocolate balls into a trunk. Decorate with Twizzlers Pull 'n' Peel candy and M&M's for garland and lights. Serves 24.

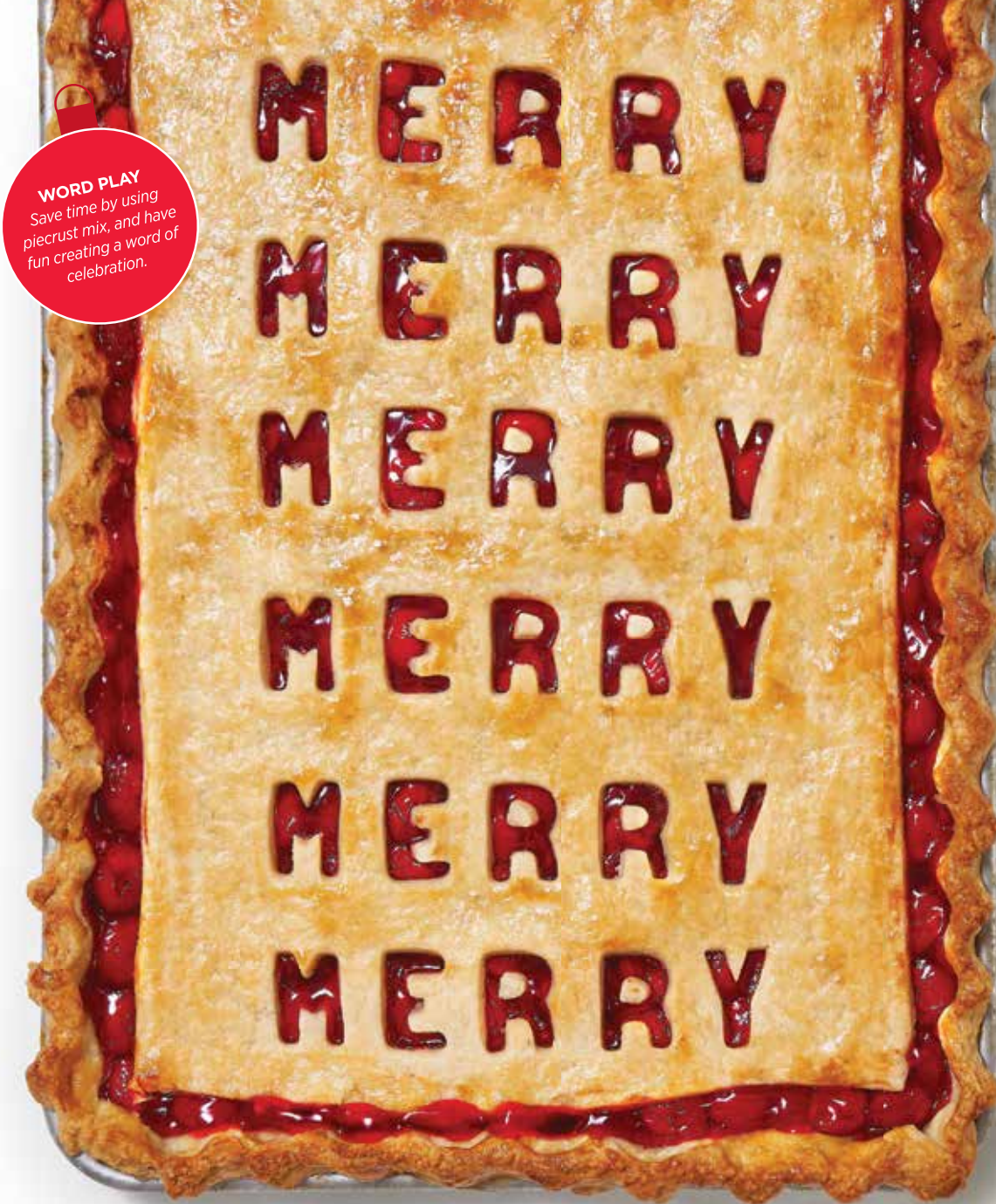
***Royal Icing:** Combine 3 cups Hy-Vee powdered sugar, 2 Tbsp. meringue powder and ¼ tsp. cream of tartar. Add ½ cup warm water and ½ tsp. Hy-Vee vanilla extract; beat with electric mixer on low until well-combined. Beat on high 7 to 10 minutes or until stiff.

Candy Cane Cake

Purchase 3 (7-in.) round vanilla cake layers from your Hy-Vee Bakery. Place a cake layer on a cake stand. Spread ½ cup Hy-Vee creamy white frosting on top. Repeat with remaining two cake layers, spreading ½ cup Hy-Vee creamy white frosting on top of each. Frost top and sides of cake with 1½ cups Hy-Vee creamy white frosting. Press rows of crushed Hy-Vee starlight mints into frosting on sides of cake. Top cake with white chocolate peppermint bark,* candy canes and/or Hy-Vee peppermint twists. Serves 12.



*To make white chocolate peppermint bark, spread melted white baking chocolate on a parchment-lined baking sheet and sprinkle with crushed peppermint candies. Refrigerate until set.



WORD PLAY
Save time by using piecrust mix, and have fun creating a word of celebration.

Holiday Slab Pie

Preheat oven to 400°F. Combine 3 (11-oz.) pkg. piecrust mixes; prepare according to package directions. Divide pastry in half. Roll out one portion into a 15×10-in. rectangle. Using alphabet cookie cutters, cut out desired words; set aside. Roll remaining portion into a 17×12-in. rectangle; line a 15×10×1-in. baking pan with pastry. Spoon 3 (21-oz.) cans Hy-Vee cherry pie filling into pastry-lined pan. Trim pastry to ½ in. beyond edges of pan. Fold under extra pastry even with pan edge. Crimp as desired. Gently roll cutout pastry around a rolling pin, then carefully place it on top of the filling. Brush top pastry with beaten egg. Bake 20 to 25 minutes or until fruit is bubbly in the center. Cool on a wire rack. Serves 24.



1. START WITH THE TOP PASTRY
Roll out one portion of pie pastry into a 15×10-in. rectangle. Lay the 14×9×1-in. baking pan upside down on the pastry and cut around the edges.



2. ADD CUTOUTS
Use small cutters to add a holiday message or a sharp knife to cut slits in the pastry to allow steam to escape from filling during baking.



3. CRIMP EDGES
Place an index finger against the inside edge of the pastry. Using the thumb and index finger of your other hand, press pastry from the outside onto your finger to crimp.



4. ADD THE TOP PASTRY
Gently roll the cutout pastry around a flour-dusted rolling pin. Align the rolling pin with one edge of the pan and carefully unroll pastry to completely cover.

EASY AS PIE

SO PIES AREN'T YOUR STRONG SUIT? NO SHAME IN THAT. LEAVE IT TO THE PROS AT HY-VEE—THEY'RE YOUR HOLIDAY HEROES! CHOOSE FROM AN AMAZING SELECTION THAT INCLUDES DECADENT FRENCH SILK, CLASSIC DUTCH APPLE, RICH AND CREAMY PUMPKIN AND MORE. WHATEVER THE OCCASION, COUNT ON YOUR LOCAL HY-VEE BAKERY FOR A COMPANY-WORTHY PIE.



Call or visit your local Hy-Vee Bakery to preorder pies for the holidays. Place your order a few days ahead to guarantee pickup the day you'll need it. Or order online at Hy-Vee.com



French Silk

Pumpkin

Dutch Apple

TAKE YOUR PICK
Choose from a wide selection of delicious, expertly made pies from your Hy-Vee Bakery.

EASY HOLIDAY BREAKFAST BAKES

Wake up family and guests to the delightful aroma of fresh-baked breakfast. The time-savers? Refrigerated crescent rolls and cinnamon rolls, frozen bread dough and Hy-Vee Bakery cinnamon rolls.



Snowflake Pull-Apart Rolls

Preheat oven to 350°F. Unroll 1 (8-oz.) tube refrigerated crescent dough sheet. Roll dough on a floured piece of parchment paper to ¼-in. thickness. Cut out a 10-in. circle; discard trimmings. Repeat with two more tubes of crescent dough. Transfer one dough circle and parchment to a large baking sheet. Spread ¼ cup hazelnut spread on top; sprinkle with ½ cup chopped Zöet milk chocolate bar with almonds and 2 Tbsp. Hy-Vee chopped pecans. Place second dough circle on top. Spread with ½ cup hazelnut spread; sprinkle with ½ cup chopped Zöet milk chocolate bar with almonds and 2 Tbsp. Hy-Vee chopped pecans. Place remaining dough circle on top. Pinch outside edges together. Place the end of a dough tube in the center. Using a pizza cutter, cut 12 evenly spaced wedges from edge to center. Pick up two wedges; twist one to the left and the other to the right and pinch the ends. Repeat to create snowflake. Bake for 25 to 30 minutes or until lightly golden. Cool on a wire rack. If desired, sprinkle Hy-Vee powdered sugar on top. Serves 12.

Candy Cane Braid

Thaw 1-lb. portion frozen Hy-Vee bread dough according to package directions. Preheat oven to 375°F. Line a rimmed baking pan with parchment paper. Roll out dough on lightly floured surface into a 14×8-in. rectangle. Spread ⅓ cup red plum jam along center third of rectangle. On each long side, cut ½-in. strips about 2½ in. into center. Starting at one end, fold alternating strips at an angle across filling; seal ends and tuck under loaf. Transfer to prepared pan. Adjust braid to form candy cane shape. Bake 25 to 30 minutes or until golden. Cool. Spoon additional jam on top, if desired. For icing, combine ½ cup Hy-Vee powdered sugar, 2 to 3 tsp. Hy-Vee orange juice and ¼ tsp. Hy-Vee vanilla extract. Drizzle over pastry. Serves 8.



Cinnamon Roll Tree

Order 24 unfrosted cinnamon rolls and 2 cups cinnamon roll icing from your local Hy-Vee Bakery. Arrange six unfrosted rolls in a circle on a serving platter; place an additional cinnamon roll in the center. Layer five unfrosted rolls on top, securing with toothpicks as needed. Repeat with a layer of four rolls and two layers of three rolls each. Stack two rolls on top. Drizzle roll stack with icing and garnish with Hy-Vee cinnamon imperials. Serves 24.



Entertaining holiday guests is easy when you rely on your local Hy-Vee Bakery for ready-to-serve freshly baked cinnamon rolls.



ROLL WITH IT
If you prefer, bake two containers of Hy-Vee refrigerated cinnamon rolls (12 each) for this recipe.

Secret Star Loaf Cake

Hands On 40 minutes

Total Time 2 hours plus cooling time

Serves 14

Hy-Vee nonstick cooking spray

1 (16.5-oz.) pkg. Hy-Vee extra-moist classic yellow cake mix

1 (3.4-oz.) pkg. Hy-Vee vanilla instant pudding and pie filling

1¼ cups Hy-Vee 2% reduced-fat milk

3 Hy-Vee large eggs, lightly beaten

Hy-Vee red food coloring

2 cups Hy-Vee powdered sugar

2 to 3 Tbsp. water

¼ cup sliced strawberries

2 Tbsp. roasted unsalted pistachios, chopped

2 Tbsp. pomegranate seeds

1. PREHEAT oven to 350°F. Spray an 8×4×2-in. loaf pan with nonstick spray.

2. WHISK TOGETHER cake mix and pudding and pie filling in a large bowl. Whisk in milk and eggs until smooth. Divide batter in half; set one portion aside. Tint remaining portion with red food coloring to desired color; pour red batter into prepared pan. Bake 35 to 40 minutes or until a wooden toothpick inserted in the center comes out clean. Cool on a wire rack; remove from pan and cool completely. Cut cake into ½-in. slices. Cut out a star from each slice, using a 1½-in. cutter; reserve extra cake for another use.

3. CLEAN loaf pan; spray with nonstick spray. Pour one-fourth of reserved cake batter into bottom of loaf pan. Stack star cutouts; turn stack on one side and place in center of pan. Gently pour remaining batter over stack. Bake 35 to 40 minutes or until a wooden toothpick inserted in center comes out clean. Cool 5 minutes; remove cake from pan and cool completely.

4. FOR ICING, combine powdered sugar and enough water for pouring consistency. Pour icing over cake, letting excess drip over sides. Top with strawberry slices, pistachios and pomegranate seeds.

Per serving: 260 calories, 4 g fat, 1.5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 30 mg sodium, 52 g carbohydrates, 0 g fiber, 39 g sugar (31 g added sugar), 3 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 2%



**try
this**

Toss leftover cake pieces into a blender with your favorite ice cream and some milk to mix up a delicious cake shake.



LET THEM EAT CAKE

Treat family and friends—and yourself—to slices of The Cheesecake Factory Bakery® cheesecake in irresistibly decadent flavors at your Hy-Vee Bakery. Take them to new heights by topping with fresh fruit or fruit spread, drizzles of melted chocolate or caramel, holiday sprinkles and more, *opposite*.

The Cheesecake Factory BAKERY

Order Cheesecake Factory Bakery® desserts for the holidays. Stop by your local Hy-Vee or call a few days ahead to order. You can also order online at Hy-Vee.com

4-INGREDIENT CHEESECAKE CHANGE-UPS

Dashing extras put a delicious Cheesecake Factory slice over the top.



Candy-Covered Cheesecake



White Chocolate Raspberry Cheesecake

+



Fresh Raspberries

+



White Chocolate

+



Mint

Top White Chocolate Raspberry Cheesecake with fresh raspberries. Melt white chocolate in a microwave on LOW. Drizzle over raspberries and top with mint sprigs.



Fudge-Dipped Cheesecake



Peppermint Chocolate Chunk Cheesecake

+



Milk Chocolate

+



Coconut Oil

+



White Chocolate Melting Wafers

Freeze slice of Peppermint Chocolate Chunk Cheesecake. Microwave 1 chopped Zoet chocolate bar and 1 tsp. coconut oil on MEDIUM until melted and smooth. Dip pointed end of Peppermint Chocolate Chunk Cheesecake slice into the chocolate; let set. Drizzle with melted white chocolate and add crushed peppermint.



Candied Cranberry Cheesecake



All-American Cake Cheesecake

+



Cranberries

+



Cane Sugar

+



Rosemary

To "frost" cranberries and rosemary sprigs, rinse in cold water and toss in a bowl of sugar to coat; let dry. Arrange cranberries on top of All-American Cake Cheesecake; garnish with rosemary sprigs.



Caramel Popcorn Cheesecake



Classic Cheesecake

+



Caramel Popcorn

+



Chocolate Melting Wafers

+



Butterscotch Chips

Pile caramel popcorn on Classic Cheesecake. Melt chocolate melting wafers and butterscotch chips in separate containers on LOW in a microwave. Drizzle popcorn and cheesecake with melted chocolate wafers and butterscotch chips.

Wake up
to a magical
morning



Pepperidge Farm
Swirl Bread:
select varieties
14 or 16 oz.
2/6.00

Swirl Baked French Toast

PREP: 15 MIN **TOTAL TIME:** 2 HOURS 5 MIN **SERVES:** 8 PEOPLE

- | | |
|---|--|
| <p>1 loaf (16 oz) <i>Pepperidge Farm</i>® Swirl Cinnamon Raisin bread, cut into cubes</p> <p>¾ cup sweetened dried cranberries</p> <p>5 eggs</p> <p>2½ cups half-and-half or milk</p> <p>1 teaspoon vanilla extract</p> | <p>1 Place the bread pieces and cranberries, if desired, into a lightly greased 3-quart shallow baking dish.</p> <p>2 Beat the eggs, half-and-half and vanilla extract in a medium bowl with a fork or whisk. Pour the egg mixture over the bread pieces. Stir and press the bread pieces into the egg mixture to coat. Refrigerate for 1 hour or overnight.</p> <p>3 Heat the oven to 350°F. Bake for 50 minutes or until a knife inserted in the center comes out clean.</p> |
|---|--|



The classic
crust that's a
holiday must.



Hint: The trick is in this stick!
The key to a perfect pie crust is shortening!

Crisco Shortening:
select varieties
20 oz.
3.28

CLASSIC CRISCO® PIE CRUST

Prep time 10 min / Cook time 12 min / Yields 8 servings

INGREDIENTS:

- 1 1/3 cups all-purpose flour
- 1/2 cup Crisco® All-Vegetable Shortening
- 1/2 teaspoon salt
- 3 to 6 tablespoons ice cold water

PREPARATION DIRECTIONS:

Step 1 / BLEND flour and salt in large bowl. Cut shortening into flour mixture using pastry blender or fork. Stir in just enough water with fork until dough holds together.

Step 2 / SHAPE dough into a ball for single pie crust. Divide dough in two for double crust. Flatten ball(s) into 1/2-inch thick round disk(s). Chill 30 minutes or up to 2 days.

Step 3 / ROLL dough (larger ball of dough for double crust pie) from center outward into a circle 2-inches wider than pie plate on lightly floured surface for the bottom crust. Transfer dough to pie plate.

Step 4 / Trim edges of dough leaving a 3/4 inch overhang. Fold edge under. Flute dough as desired. Bake according to specific recipe directions.

See
Crisco.com
for double crust
and deep dish
crust steps

Get more pie-making tips and recipes at
Crisco.com/All-About/Pies

**SIMPLE
SECRETS**

**TENDER, JUICY
PRIME RIB—
ANYONE CAN
DO THIS!**

Prime rib, also referred to as a standing rib roast, is a beautiful piece of meat. When cooked just right, it's tender, juicy and full of flavor. Give it extra wow by asking a Hy-Vee meat expert to "French," or remove the meat from between the rib bones, as shown *right*. To ease carving, ask to have the bones cut away from the meat, then tied back on. After roasting, just untie the bones and slice the meat.

HOW LONG TO COOK

Plan to roast 15 to 20 minutes per pound for medium-rare doneness—a red warm center. The roast will continue to cook when it comes out of the oven. Do let it rest before slicing to allow juices to disperse throughout the meat. In those few minutes, prepare juices for serving.

MAKE AND
APPLY THE
PEPPERCORN
RUB IN JUST
10 MINUTES!

EASY HOLIDAY ROASTS

HOW TO BUY, COOK AND CARVE AN ULTIMATE CENTERPIECE

ROAST THAT SETS THE STAGE FOR A MEMORABLE MEAL.

**Tri-Pepper
Crusted
Beef Rib Roast**

Hands On 50 minutes

Total Time 4 hours plus chilling and standing time

Serves 16

1 (8- to 9-lb.) Hy-Vee Choice Reserve Beef bone-in standing rib roast, Frenched and trimmed

½ cup whole tricolor peppercorns

3 Tbsp. Hy-Vee kosher sea salt

2 Tbsp. whole coriander seeds

¼ cup Gustare Vita olive oil

4 cloves garlic, minced

1 (14.5-oz.) can Hy-Vee beef broth

1¼ cups Cabernet Sauvignon red wine

2 sprigs each fresh thyme, rosemary and Italian parsley

1 fresh bay leaf

2 Tbsp. Hy-Vee unsalted butter

1 Tbsp. Hy-Vee all-purpose flour

1. PAT beef dry. Coarsely chop peppercorns, salt and coriander seeds in a food processor. Transfer to a bowl; stir in olive oil and garlic. Rub mixture all over beef. Cover and refrigerate 1 to 4 hours.

2. LET roast stand at room temperature 30 minutes before roasting. Preheat oven to 350° F. Lightly grease a roasting rack; place in large shallow roasting pan. Place roast, fat side up, on prepared rack. Roast, uncovered, 2¾ to 3¼ hours or until a thermometer registers 130°F for medium-rare. Transfer roast to cutting board; loosely cover with foil and let stand for 15 minutes.

3. DISCARD fat from roasting pan, reserving ¼ to ½ cup beef drippings. Add drippings to a medium saucepan. Stir in broth, wine, herb sprigs and bay leaf. Gently boil mixture until reduced to 2 cups. Strain. Melt butter in a skillet. Whisk in flour until smooth. Gradually add broth mixture. Cook until thickened and bubbly. Serve with roast.

Per serving: 570 calories, 44 g fat, 22 g saturated fat, 1 g trans fat, 165 mg cholesterol, 1,290 mg sodium, 2 g carbohydrates, 0 g fiber, 0 g sugar (0 g added sugar), 36 g protein.
Daily Values: Vitamin D 6%, Calcium 4%, Iron 6%, Potassium 8%



TO SERVE, SIMPLY REMOVE THE STRING AND CUT BETWEEN THE BONES.

SIMPLE SECRETS

PREPARING A CROWN ROAST

is easier than it looks. Ask a Hy-Vee meat expert to tie your roast and follow these steps to impress guests.



1. Prep
Press a ball of foil into the roast cavity to hold the cavity open during the first 2 hours of roasting.



2. Stuff
Remove foil and spoon stuffing loosely into the crown. During second stage of roasting, it will absorb flavor from the pork.



3. Done!
Insert an instant-read thermometer in several places, avoiding fat and bone, to be sure that pork has reached 145°F.

Knot in your wheelhouse? A Hy-Vee meat expert can tie your crown roast and have it nearly oven-ready.

Roast to Boast About
Take a closer look at preparing a crown roast with the easy-to-follow instructions in our video.

Hy-Vee seasons
Watch and learn at **HSTV.com** today!

Pear-Pecan Stuffed Pork Crown Roast

Hands On 40 minutes
Total Time 3 hours 30 minutes plus resting time
Serves 16

- 1 (9-lb.) pork rib crown roast, about 16 ribs; Frenched and tied
- 8 cups Hy-Vee Bakery stuffing bread
- 1 cup chopped, cored Anjou or Bosc pears
- 1 cup halved red grapes
- 1 cup Hy-Vee pecan pieces
- 2 Tbsp. finely chopped Italian parsley
- 1 Tbsp. finely chopped fresh thyme leaves
- 2 tsp. finely chopped fresh rosemary leaves
- ¼ tsp. Hy-Vee black pepper
- ¼ cup Hy-Vee salted butter
- ¾ cup Hy-Vee Short Cuts chopped white onions
- ¾ cup sliced celery
- 1½ to 1¾ cups Hy-Vee vegetable stock
- ½ cup Hy-Vee apple jelly
- 1 Tbsp. Hy-Vee apple cider vinegar

1. PREHEAT oven to 325°F. Remove pork from refrigerator 30 minutes before roasting. Place pork, bone tips up, on a rack in a roasting pan. Press a ball of foil into center of roast to hold open. Roast for 2 hours. Remove from oven; remove foil.

2. TOSS together bread cubes, pears, grapes, pecans, parsley, thyme, rosemary and pepper. Melt butter in skillet over medium heat. Cook onions and celery 5 minutes or until softened; toss into bread mixture. Toss with enough stock to moisten.

3. COMBINE apple jelly and vinegar; set aside. Spoon stuffing loosely into the crown. Cover with foil. Place remaining stuffing in a lightly greased 2-qt. covered baking dish. Roast stuffed crown and stuffing for 45 minutes, occasionally brushing pork with jelly mixture. Uncover stuffing and roast 15 minutes more or until a thermometer registers 165°F in the stuffing and 145°F in the pork.

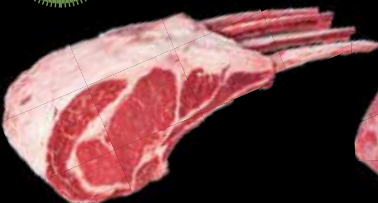
4. REMOVE crown from oven; tent with foil and let rest for 15 minutes. To carve, remove the string and stuffing and cut between the rib bones. Serve slices with stuffing.

Per serving: 510 calories, 27 g fat, 9 g saturated fat, 0 g trans fat, 140 mg cholesterol, 320 mg sodium, 23 g carbohydrates, 1 g fiber, 10 g sugar (5 g added sugar), 44 g protein, **Daily Values:** Vitamin D 10%, Calcium 10%, Iron 15%, Potassium 15%

ROASTS TO BOAST ABOUT

Ask a Hy-Vee meat expert to trim, tie or butterfly a roast to make it easy for you. Using a rack in the roasting pan promotes even cooking. Roasting uncovered ensures the best browning.

BEEF



Standing Rib Roast

A savory, fine-textured cut with generous marbling. Apply a rub and, if desired, sear quickly before roasting for tastier results.

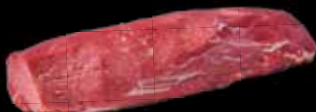
Doneness Temp 130°F (medium-rare), 140°F (medium)



Sirloin Tip Roast

This lean, less-tender cut works well for roasting or braising. Rub it with olive oil and seasonings. To serve, carve the roast into thin slices.

Doneness Temp 130°F (medium-rare), 140°F (medium)



Tenderloin Roast

An indulgent cut that's mild, ultratender and very juicy, thanks to good marbling. Give it a simple herb rub.

Doneness Temp 130°F (medium-rare), 140°F (medium)

PORK



Rib Crown Roast

Two pork loin racks tied together with the ribs Frenched, or scraped clean. When ordering, specify number of ribs; 16 make a dramatic presentation, *opposite*.

Doneness Temp 145°F to 160°F



Loin Roast

A 2- to 4-lb. roast (bone-in or boneless) that's delicious brined, rubbed with spices or stuffed. Roast at 375°F about 20 minutes per pound.

Doneness Temp 145°F to 160°F



Tenderloin Roast

One of the most tender cuts of pork, a 1-lb. tenderloin roast serves 4 to 6. Complement its mild flavor with a spice rub, marinade, stuffing or flavorful sauce.

Doneness Temp 145°F to 160°F

POULTRY



Turkey

For food safety, do not rinse the turkey unless it has been brined. Flavor with a rub, marinade or brine. Or rub an herb butter under the skin. Allow 1 lb. per person.

Doneness Temp 165°F



Duck

Ducks have a distinctive earthy flavor and dark, moist meat. Prick the skin to allow the thick layer of fat under the skin to escape during roasting.

Doneness Temp 165°F



Cornish Game Hens

Bake several birds on a large rimmed baking sheet at 425°F for 45 minutes. They look impressive and taste like a mild version of a tender chicken.

Doneness Temp 165°F

2 WAYS
WITH
TENDERLOIN

Bacon-
Wrapped
Pork Tenderloin

Preheat oven to 400°F. Line a rimmed baking pan with foil. Spray a wire rack with Hy-Vee nonstick cooking spray; place rack in pan. Pat 1 (1¼- to 1½-lb.) Hy-Vee Midwest pork tenderloin dry. Sprinkle with ¼ tsp. Hy-Vee garlic salt and ¼ tsp. Hy-Vee black pepper. Wrap 10 to 12 slices Hy-Vee hickory-smoked uncured bacon around tenderloin. Place tenderloin on prepared rack. Roast, uncovered, 20 minutes. Combine 2 Tbsp. Hy-Vee Select 100% pure maple syrup, 1 Tbsp. packed Hy-Vee dark brown sugar, 1 Tbsp. bourbon and ¼ tsp. Hy-Vee Dijon mustard. Roast 15 to 20 minutes more or until done (145°F), brushing occasionally with glaze. Let stand 3 minutes. Cut into slices. Serves 4.

wrap
it!

stuff
it!

Easy Stuffed
Beef Tenderloin

Let 1 (3- to 3½-lb.) butterflied Hy-Vee Choice Reserve center-cut beef tenderloin roast stand at room temperature for 30 minutes. Meanwhile, prepare stuffing, *below*. Pat roast dry. Preheat oven to 425°F. Lightly grease a roasting rack; place in a roasting pan. Open tenderloin so it lies flat. Spoon stuffing down the center. Fold tenderloin together; tie with kitchen string. Rub a mixture of 1½ Tbsp. Gustare Vita olive oil, 2 Tbsp. each fresh thyme leaves and finely chopped Italian parsley and 1 tsp. each kosher salt and black pepper over roast. Place roast on prepared rack. Roast, uncovered, 30 to 40 minutes for medium-rare (130°F). Let stand 15 minutes before slicing. Garnish with additional thyme and drizzle with Hy-Vee Select Balsamic, if desired. Serves 8.

Spinach-Mushroom Stuffing: Sauté ¼ cup chopped shallot in 1 Tbsp. Gustare Vita olive oil in a large skillet. Add 1¼ cups chopped cremini mushrooms; cook 10 minutes. Add ¼ cup no-salt-added Hy-Vee beef broth and 2 cloves minced garlic; simmer until liquid evaporates. Stir in 3 cups chopped fresh spinach; 1 (2-oz.) pkg. prosciutto, chopped; ½ tsp. lemon zest; and ¼ tsp. each kosher salt and Hy-Vee black pepper. Cook until spinach is wilted. Cool.

French
Herb-Roasted
Turkey

Hands On 40 minutes
Total Time 5 hours plus chilling and standing time
Serves 16

1 (14- to 16-lb.) whole turkey, thawed
1½ tsp. Hy-Vee salt, divided
1 tsp. plus 2 Tbsp. herbes de Provence or herbs from Provence
2 small fresh bay leaves
2 Meyer lemons or 1 regular lemon, plus additional for garnish; cut up

1 navel or blood orange, plus additional for garnish; cut into slices or wedges
1 small yellow onion, cut up
Hy-Vee nonstick cooking spray
¼ cup Hy-Vee salted butter, softened
2 Tbsp. Hy-Vee vegetable oil
Fresh sage, for garnish

1. REMOVE neck and giblets from turkey; discard or reserve for another use. Pat turkey dry. Sprinkle 1 tsp. salt in cavity and ½ tsp. salt over skin. Cover with plastic wrap and refrigerate overnight.

2. REMOVE turkey from refrigerator 1 hour before roasting. Pat cavity and skin dry with paper towels. Sprinkle cavity with 1 tsp. herbes de Provence. Stuff cavity with bay

leaves, lemons, orange and onion. Skewer neck skin to back. Tie drumsticks together with 100-percent-cotton kitchen string. Twist wing tips under back.

3. PREHEAT oven to 325°F. Spray a roasting rack with nonstick spray and place rack in a roasting pan. Place turkey, breast side up, on the prepared roasting rack. Combine butter, oil and remaining 2 Tbsp. herbes de Provence. Rub butter mixture on the outside of the turkey. Loosely cover turkey with foil.

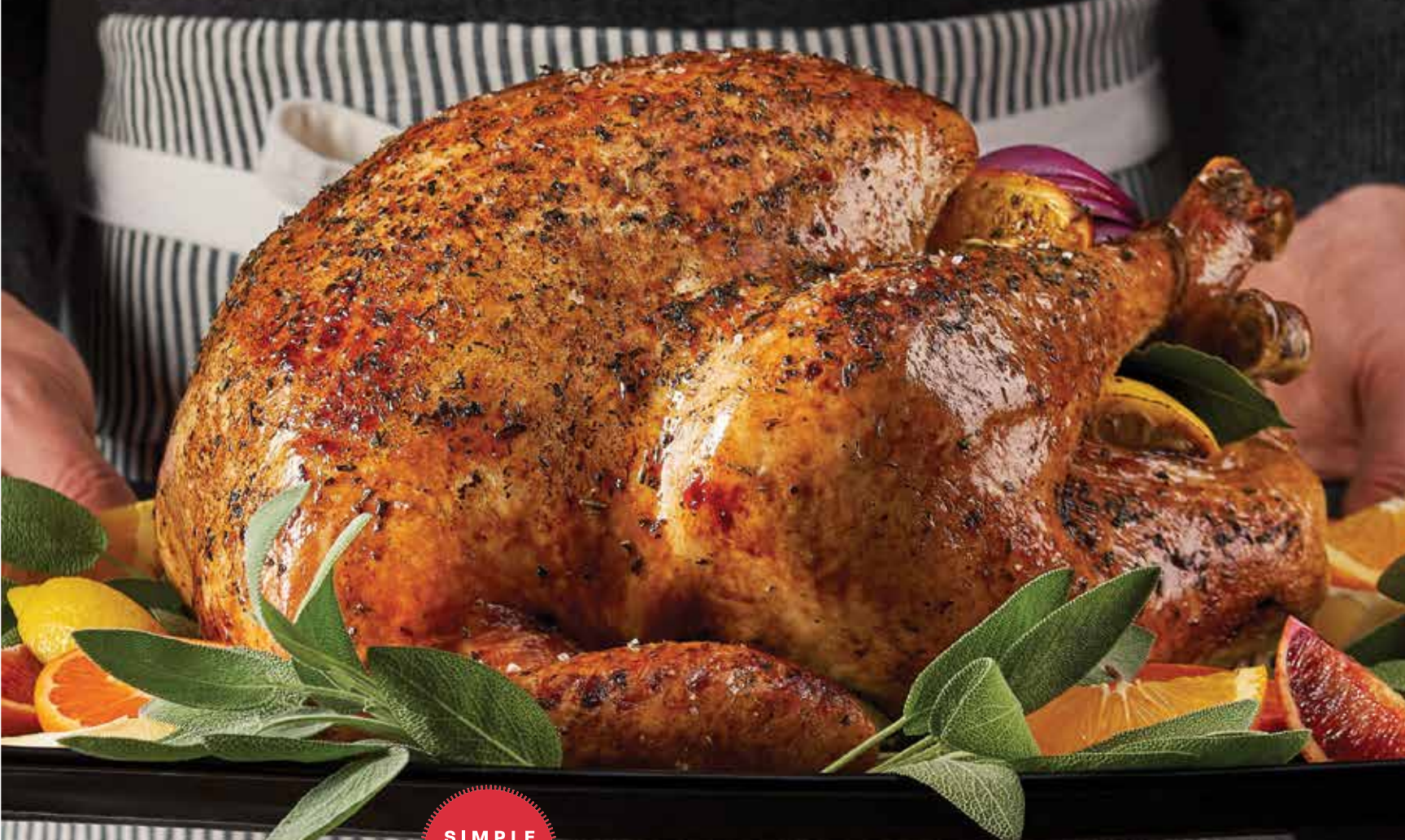
4. ROAST for 2½ hours. Remove foil. Roast, uncovered, for 1½ to 2 hours or until internal temperature reaches 175°F to 180°F in thickest part of thigh away from bone, and 165°F in the thickest portion of the

breast. If necessary, replace foil to prevent overbrowning.

5. REMOVE turkey from oven; transfer to a cutting board. Loosely cover with foil and let stand for 20 minutes.

6. TO SERVE, remove and discard bay leaves, citrus and onion from turkey cavity. Transfer turkey to a serving platter. Garnish platter with additional lemons and oranges, and fresh sage, if desired.

Per serving: 310 calories, 9 g fat, 3 g saturated fat, 0 g trans fat, 165 mg cholesterol, 520 mg sodium, 2 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 53 g protein.
Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 10%



SIMPLE
SECRETS

AMP UP FLAVOR WITH AROMATICS

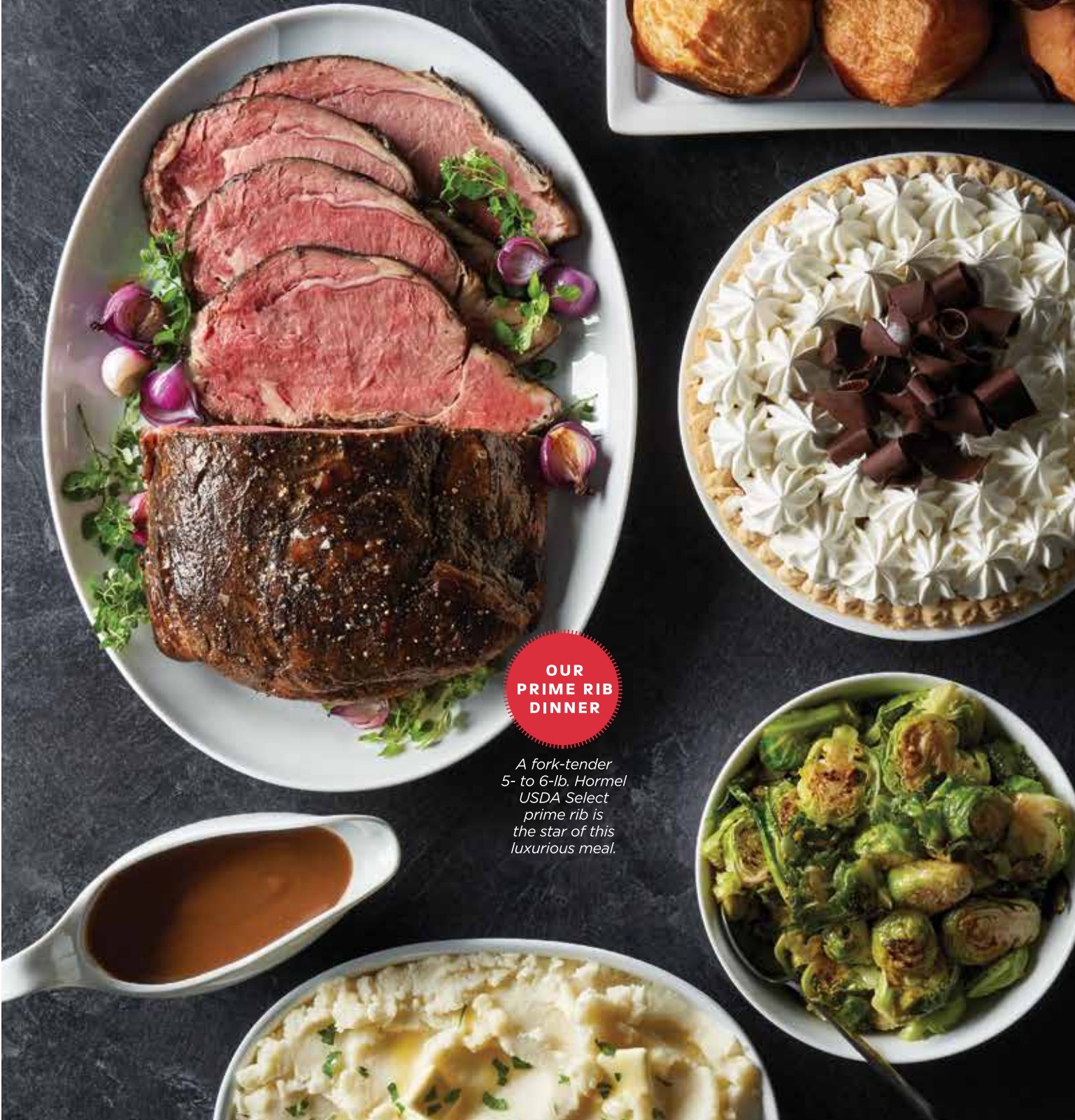
Stuffing fruits, vegetables and herbs into a turkey cavity takes little time and adds incredible flavor. During roasting, the aromatics

release scented steam into the turkey, flavoring the meat from within. Herbes de Provence, used here, is a time-saving blend of thyme,

basil, savory, fennel and lavender that captures the flavors of sunny Provence. Paired with citrus, it changes turkey into a savory delight.

HY-VEE
HOLIDAY
MEAL PACKS

Dinner is served! With Hy-Vee Pre-made Holiday meals, it's reheat then eat. Spend less time in the kitchen and more time with guests. Order your meal at least 48 hours before pickup time. Choose from an assortment of side dishes, add-ons and desserts.



OUR
PRIME RIB
DINNER

A fork-tender 5- to 6-lb. Hormel USDA Select prime rib is the star of this luxurious meal.



MEAL CHOICES

Call or visit your Hy-Vee; or order any of these Holiday Meals online.

FAMILY FEAST
TURKEY DINNER

- Serves 12
- Butterball® turkey (14–16 lb.)
- Two large sides of mashed potatoes
- Four large sides of your choice

- 48 oz. of turkey gravy
- 24 dinner rolls
- Price: **\$129.99** (only \$10.83 per person)

BONELESS TURKEY
BREAST DINNER

- Serves 4
- Jennie-O® boneless turkey breast (3–4 lb.)
- One small side of mashed potatoes

- Two small sides of your choice
- 16 oz. of turkey gravy
- 6 dinner rolls
- Price: **\$49.99** (only \$12.50 per person)

OVEN-ROASTED
PRIME RIB DINNER

- Serves 8
- Hormel® USDA Select prime rib (5–6 lb.)
- Two large sides of mashed potatoes

- Two large sides of your choice
- 32 oz. of beef gravy
- 12 dinner rolls
- Price: **\$149.99** (about \$18.75 per person)

TRADITIONAL TURKEY
FEAST

- Serves 8
- Butterball® turkey (10–12 lb.)
- Two large sides of mashed potatoes

- Two large sides of your choice
- 32 oz. of turkey gravy
- 12 dinner rolls
- Price: **\$89.99** (only \$11.25 per person)

APPLEWOOD PIT
HAM DINNER

- Serves 12
- CarveMaster® Applewood pit ham (7–10 lb.)
- Two large sides of mashed potatoes

- Four large sides of your choice
- 48 oz. of turkey gravy
- 24 dinner rolls
- Price: **\$129.99** (only \$10.83 per person)

GOURMET HOLIDAY FEAST

- Serves 16
- Butterball® turkey (14–16 lb.)
- Gourmet prime rib (5–6 lb.) or a CarveMaster® Applewood pit ham (7–10 lb.)
- One small and two large sides of mashed potatoes

- Four large sides of your choice
- 48 oz. of turkey gravy
- 24 dinner rolls
- Choice of chocolate cake or Cheesecake Factory® Bakery dessert
- Price: **\$259.99** (only \$16.25 per person)

TRADITIONAL BONELESS
HAM DINNER

- Serves 8
- Farmland® boneless ham (4–6 lb.)
- Two large sides of mashed potatoes

- Two large sides of your choice
- 32 oz. of turkey gravy
- 12 dinner rolls
- Price: **\$89.99** (about \$11.25 per person)

HOLIDAY FAMILY
GATHERING

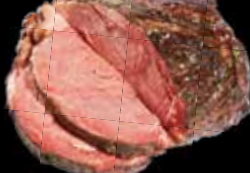
- Serves 20
- Butterball® turkey (14–16 lb.)
- CarveMaster® Applewood pit ham (7–10 lb.)
- One small and two large sides of mashed potatoes

- Three large double sides of your choice
- 48 oz. of turkey gravy
- 24 dinner rolls
- Choice of two Cheesecake Factory® Bakery dessert cakes
- Price: **\$299.99** (only \$15.00 per person)

A SAMPLING OF OUR MAIN AND SIDE DISHES



Butterball® Turkey



Hormel® USDA Select Prime Rib



CarveMaster® Applewood Pit Ham



Farmland® Boneless Ham



Sage Bread Dressing



Brussels Sprouts with Spicy Honey Butter



Cheesy Corn Bake



French Silk Pie

1
STEP
order

Call or visit your local Hy-Vee or order online at hy-vee.com. All the food will be cooked and prepared, then refrigerated until you're ready to pick it up.

2
STEP
pick up

Meals are made with the highest-quality ingredients and feature well-known brands—Butterball®, Farmland® and Hormel®. Food is packed in oven-ready containers and boxed for transport.

3
STEP
heat and eat

Reheat following simple instructions supplied with your meal, then enjoy.

SIDE DISHES

- Available in small or large sizes
- Mashed Potatoes
 - Green Bean Casserole
 - Sage Bread Dressing
 - Sweet Potato Casserole
 - White Cheddar Macaroni
 - Au Gratin Potatoes
 - Holiday Potatoes with Cheddar
 - Cheesy Corn Bake
 - Buttered Sweet Corn
 - Honey Citrus Waldorf Salad
 - Sweet Cranberry Relish
 - Creamed Spinach
 - Brussels Sprouts with Spicy Honey Butter
 - Apple Crisp

PIES

- Can be ordered as a side or à la carte
- Banana Cream Pie
 - French Silk Pie
 - Apple Pie
 - Pumpkin Pie



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more flavor, less fuss.

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visit smithfield.com

HyVee®



Fa-la-la-la-DONE.

HY-VEE PRE-MADE MEALS TAKE THE STRESS OUT OF HOLIDAY COOKING.

View our complete menu of meal options at hy-vee.com.
Order in-store, online, or by phone.

Seaworthy

CELEBRATING

CRACK OPEN THE KING CRAB, DIVE INTO A NEW SHRIMP DIP OR TAKE KING CRAB CAKES TO THE NEXT LEVEL. ONE TASTE OF THESE FRESH SEAFOOD DELIGHTS, AND YOU'LL BE HOOKED.



Alaskan King Crab Legs

Steamed crab legs are a delicious canvas for garlic- or citrus-infused butter. For garlic butter, roast 2 crushed cloves garlic in a small saucepan over medium-high heat 2 minutes; transfer to a bowl. Add ½ cup Hy-Vee unsalted butter to pan. Cook over medium heat 3 minutes. Skim and discard milk solids from surface. Pour butter over garlic in bowl. Let stand 10 minutes before serving. For citrus butter, omit garlic and add ¼ tsp. each orange, lemon and lime zest to hot butter.

Heat & Eat



1 STEAM Add crab legs to boiling salted water. Steam 4 to 5 minutes or until heated through, turning occasionally. Frozen crab legs are precooked and only need heating.



2 CRACK LEG AT THE JOINT Twist crab leg at the joint and pull out the tendon. Wear gloves or use a dish towel to protect hands, if needed.



3 CUT LEG OPEN WITH SCISSORS Use kitchen shears to cut through the shells; pull apart the shell and remove the meat. Serve with lemon wedges and melted butter for dipping.



30
minutes
or less

Creole King Crab Cakes

Hands On 15 minutes

Total Time 23 minutes

Serves 4 (2 crab cakes each)

Hy-Vee nonstick cooking spray

1 Hy-Vee large egg, lightly beaten

2½ Tbsp. Hy-Vee Select chipotle mayo sandwich spread

1 Tbsp. finely chopped fresh parsley

1 tsp. Cajun seasoning

½ tsp. Hy-Vee cracked black pepper

½ tsp. Hy-Vee Dijon mustard

3 slices Hy-Vee white sandwich bread with crusts removed, finely chopped

¼ cup finely chopped celery

1 lb. Alaskan King crabmeat, shelled

1 tsp. Hy-Vee honey

½ tsp. fresh lemon juice, plus lemon wedges for serving

2 cups arugula

Bottled Louisiana remoulade seafood sauce, for serving

1. PREHEAT broiler on HIGH. Line a baking sheet with foil; lightly spray foil with nonstick spray.

2. COMBINE egg, chipotle mayo, parsley, Cajun seasoning, black pepper and Dijon mustard. Stir in bread and celery. Carefully add crabmeat to mixture. Shape mixture into 8 patties; place on prepared baking sheet.

3. PLACE baking sheet under broiler 6 in. from heat. Broil for 8 minutes or until golden brown and internal temperature reaches 165°F.

4. COMBINE honey and lemon juice; gently toss with arugula. Serve crab cakes with remoulade sauce, arugula mixture and lemon wedges.

Per serving: 240 calories, 8 g fat, 0.5 g saturated fat, 0 g trans fat, 130 mg cholesterol, 600 mg sodium, 14 g carbohydrates, 0 g fiber, 3 g sugar (3 g added sugar), 27 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 10%, Potassium 2%



Form the crab cakes and refrigerate 4 hours ahead. It helps the flavors to meld and the cakes to stay together when cooked.

3

Cocktail Sauce Fix-Ups

Hy-Vee cocktail sauce on its own is a terrific time-saver. Toss in simple additions to give it zip, tang or a bit of heat in just 5 minutes. Cook the shrimp in their shells for the best flavor or in a time crunch, purchase cooked shrimp. Either way, shrimp and dip are an amazing party spread.

Sweet Mango

Combine ½ cup Hy-Vee cocktail sauce, ½ cup peeled and chopped fresh mango and ½ tsp. grated fresh ginger in a food processor. Cover and process until smooth. Stir in 2 Tbsp. peeled and finely chopped fresh mango. Makes ¾ cup.

Spicy Korean

Combine ½ cup Hy-Vee cocktail sauce, 1 seeded and finely chopped jalapeño pepper, 1 Tbsp. finely chopped Hy-Vee Short Cuts white onions and 1 Tbsp. gochujang Korean chili sauce. Makes ¾ cup.

Smoky Chipotle

Combine ½ cup Hy-Vee cocktail sauce, 1 canned chipotle pepper in adobo sauce and ½ tsp. smoked paprika in a food processor. Cover and process until smooth. Stir in 2 Tbsp. seeded and finely chopped red bell pepper. Makes ¾ cup.



Cheesy Shrimp Mac & Cheese

Hands On 30 minutes
Total Time 50 minutes
Serves 6

½ (16-oz.) pkg. Hy-Vee elbow macaroni
1 Tbsp. plus ¼ cup HyVee unsalted butter
6 slices Hy-Vee center-cut bacon, chopped
2 (1-lb.) pkg. Hy-Vee EZ Peel shrimp (16 to 20 ct.), peeled and tails removed
3 jalapeño peppers, seeded and finely chopped; divided*

⅓ cup Hy-Vee all-purpose flour
3 cups Hy-Vee 2% reduced-fat milk
2 cups Hy-Vee shredded Cheddar cheese
1 cup Hy-Vee shredded mozzarella cheese
1 tsp. Hy-Vee chili powder
1 tsp. Hy-Vee lemon-pepper seasoning
1 tsp. Hy-Vee garlic salt
1 tsp. Hy-Vee ground mustard
⅓ tsp. Hy-Vee cayenne pepper
½ cup Hy-Vee Italian-seasoned bread crumbs
¼ cup Hy-Vee grated Parmesan cheese

1. PREHEAT oven to 400°F. Lightly grease 6 (12-oz.) ramekins or baking dishes or a 3-qt. baking dish; set aside. Cook pasta in lightly salted boiling water for 7 minutes.

Drain pasta. Toss with 1 Tbsp. butter. Set aside to cool.

2. MEANWHILE, cook bacon in large pot over medium heat 5 minutes. Add shrimp and 2 jalapeño peppers. Cook 1 minute or until shrimp are opaque. Remove shrimp and bacon with a slotted spoon. Reserve drippings and peppers in pot.

3. ADD remaining ¼ cup butter to pot. Melt butter over medium heat. Gradually whisk in flour to form a thick paste. Continue whisking over medium heat 1 to 2 minutes. Slowly whisk milk into flour mixture. Cook for 5 minutes or until thickened, whisking occasionally. Remove from heat. Stir in cheeses, chili powder, lemon-pepper

seasoning, garlic salt, ground mustard, cayenne pepper, cooked pasta and shrimp, and bacon. Heat through.

4. DIVIDE pasta mixture among ramekins or transfer to 3-qt. dish. Combine bread crumbs, Parmesan cheese and remaining jalapeño pepper; sprinkle mixture on top. Bake 20 minutes or until golden brown.

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

Per serving: 680 calories, 33 g fat, 18 g saturated fat, 0.5 g trans fat, 255 mg cholesterol, 1,560 mg sodium, 49 g carbohydrates, 8 g fiber, 9 g sugar (0 g added sugar), 47 g protein.
Daily Values: Vitamin D 10%, Calcium 60%, Iron 15%, Potassium 10%



Shrimp & Crab Bruschetta

Preheat oven to 350°F. Line a baking sheet with parchment paper. Cut 1 (10-oz.) Hy-Vee Bakery fresh baguette in ¼-in.-thick slices. Spread slices on parchment. Drizzle with 2 tsp. Gustare Vita olive oil and sprinkle with 1 tsp. Hy-Vee seasoned salt. Bake 10 minutes or until lightly toasted. Cool. Combine 1 lb. Hy-Vee cooked medium shrimp (71 to 90 ct.), 1 cup Hy-Vee Short Cuts chopped red onions, 1 cup quartered cherry tomatoes, 1 cup fresh mozzarella pearls, ½ cup Hy-Vee mango chipotle vinaigrette dressing and ¼ tsp. Hy-Vee black pepper. Stir in 1 lb. Hy-Vee lump crabmeat. Spread 1 Tbsp. Hy-Vee homestyle mild guacamole on each baguette slice. Top with shrimp and crab mixture. Sprinkle with Hy-Vee crushed red pepper and, if desired, garnish with fresh basil leaves. Serves 16 (1 each).

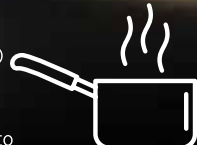


Shrimp Bites



SIZE MATTERS

Extra-jumbo shrimp (16 to 20 per lb.) make an impressive shrimp cocktail spread, *page 33*. At about 3 in. long, the shrimp are manageable enough to eat in one or two bites. Choose smaller shrimp for bruschetta, *opposite*, which give delicious shrimp flavor in every bite.



POACHING

Much of the flavor of shrimp comes from the shells. For shrimp cocktail, poach raw, unshelled shrimp in a large pot of gently boiling salted water for 3 to 4 minutes or just until opaque in the center. Immediately cool the shrimp in an ice bath and peel, leaving tails intact. For make-ahead ease, poach shrimp up to a day ahead; cover and refrigerate.

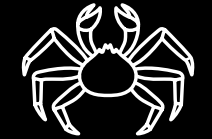


SERVING

Kick off a party in a fun, stress-free way with shrimp cocktail. If you're hosting 20 guests, buy 4 lb. shrimp; for 30 guests, buy 6 lb. Keep shrimp chilled in the refrigerator and replenish on ice as needed. For easy serving, offer cocktail sauce in shot glasses. For accompaniments, include saltine crackers, briny olives or tiny pickles.

Crab 101

Fresh crab comes in two forms—whole or picked meat. Look for these common types at Hy-Vee.

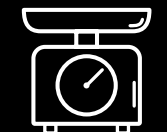


Alaskan king crab legs, whole jumbo-size crab with festive red shells, are full of succulent chunks of mildly sweet crabmeat. Dip in butter or sauce.

Jumbo Lump, the largest, most expensive grade of picked meat, boasts a bright white color. Savor its sweet, delicate flavor on a cocktail platter.

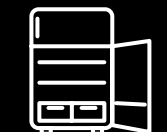
Lump is similar to jumbo but composed of smaller or broken pieces. It's an excellent choice for salads, pasta dishes or crab cakes.

Claw Meat, the least expensive, is pinkish-brown rather than white and has a hearty crab flavor. Use it in soups, stuffing and tacos.



HOW MUCH TO BUY

For light cocktail parties or when additional entrées are being served, plan on about 1 lb. king crab legs per person. For cocktail buffets that may become full meals, double that amount.



HOW TO STORE

Refrigerate king crab legs immediately after purchasing and serve within 2 days. To extend the shelf life another day, place a bag of ice on top of the crab legs.

Bring Home These Family Favorites



101

BRUSSELS SPROUTS

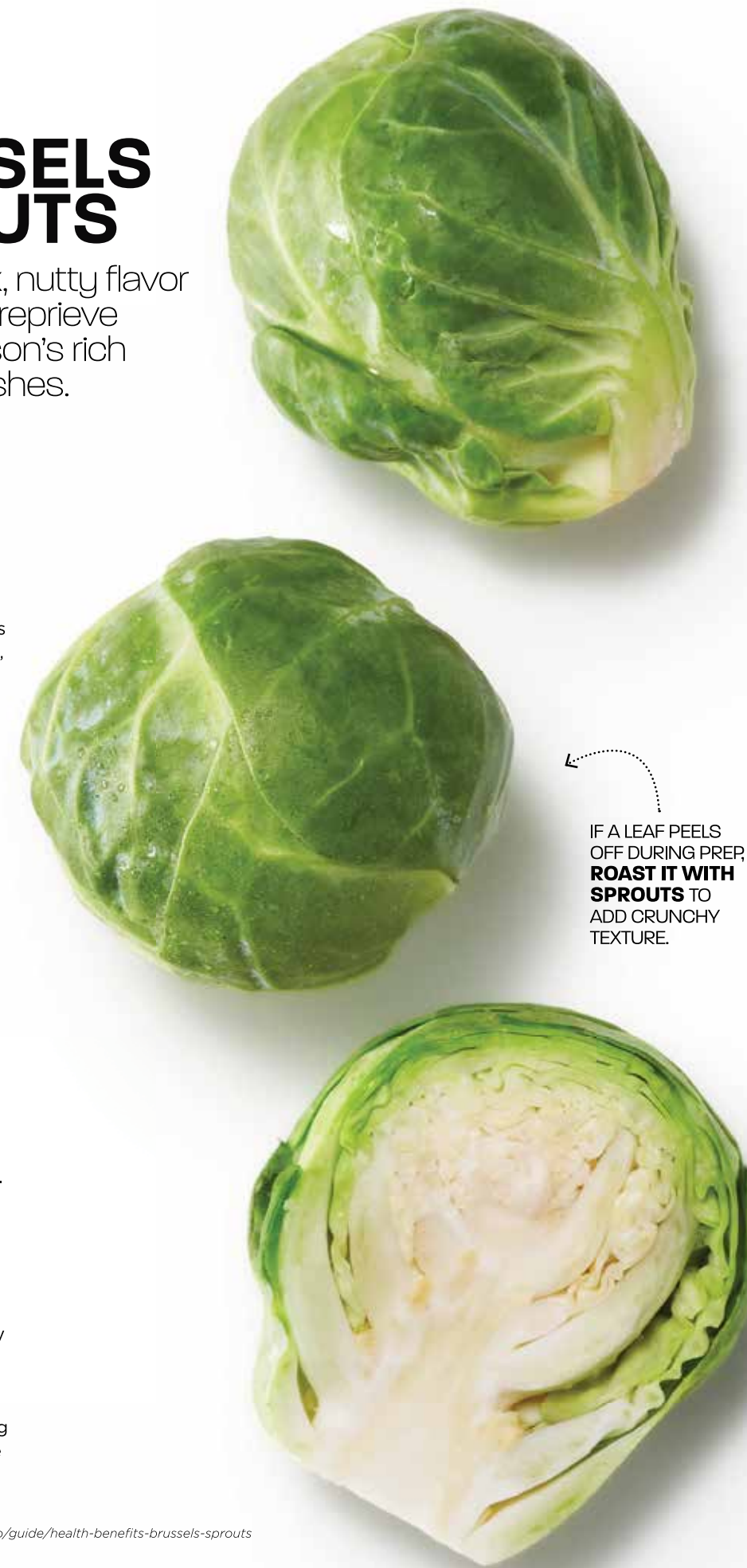
Their complex, nutty flavor is a welcome reprieve from the season's rich and heavy dishes.

Loaded with nutrients and antioxidants, Brussels sprouts are high in fiber and vitamins K and C. They also contain vitamin A for healthy skin and eyes and all of the B vitamins, yet eight cooked sprouts add up to just 70 calories. No wonder more and more people are discovering these delightful vegetables.

BUY smaller sprouts for a tender, sweet flavor, larger ones for a more intense cabbage-like flavor. Look for firm, vibrant green sprouts with tightly wrapped leaves.

STORE sprouts, unwashed, in a plastic bag in the refrigerator crisper for up to a week. However, flavor is better if sprouts are eaten within 3 to 4 days.

PREP by rinsing sprouts under cool running water. Then use a paring knife to trim off the dried bottoms, peeling off any yellowed outer leaves. Halve sprouts, cutting lengthwise to keep the inner core intact. Halving allows heat to penetrate when cooking.



WAYS TO ENJOY

oven-roast

Bring out the sweet, nutty flavor simply by tossing sprouts with olive oil and chopped thyme and oven-roasting on a sheet pan at 400°F for 20–35 minutes, depending on size.

steam

Preserve flavor and nutrients by steaming. Fill the bottom of a steamer pot with 2 inches of water. Bring to boiling; place sprouts in bottom of a steamer basket and steam, covered, for 10–15 minutes.

raw Slice and shave Brussels sprouts to add crunch and texture to a salad. Dress them with lemon or balsamic vinaigrette and sprinkle with Parmesan cheese.



pro tip: PREP AHEAD

“If you are going to sauté sprouts, you can prep them in advance. Simmer sprout halves in salted boiling water for 2 minutes, then set blanched sprouts in an ice bath for 5 minutes before draining. Refrigerate until needed. They will stay bright green and can be sautéed in about 3 minutes.”

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

Source: bbcgoodfood.com/howto/guide/health-benefits-brussels-sprouts

SOUP SIDEKICKS

try
this

Toss Hy-Vee dried cranberries or chopped apricots into the Brussels sprouts. Add crunch with toasted pecans or walnuts.

30
minutes
or less

Crispy Sriracha and Honey Brussels Sprouts

Hands On 10 minutes
Total Time 30 minutes
Serves 4

1 lb. Brussels sprouts
2 Tbsp. rice wine vinegar
1 Tbsp. Gustare Vita olive oil
1 Tbsp. finely chopped shallot
2 tsp. minced fresh garlic
¼ tsp. kosher salt
¼ tsp. Hy-Vee lemon-pepper seasoning
1 Tbsp. Hy-Vee salted butter
½ Honeycrisp apple, cored and chopped
2 tsp. Hy-Vee honey
2 tsp. Sriracha sauce
Black sesame seeds, for garnish

1. PREHEAT oven to 425°F. Line a rimmed baking pan with parchment paper; set aside.

2. TRIM and halve Brussels sprouts; transfer to a medium bowl. Combine rice wine vinegar, olive oil, shallot, garlic, kosher salt and lemon-pepper seasoning; toss mixture with sprouts. Spread in a single layer on prepared pan. Bake for 20 minutes or until sprouts are crisp-tender, stirring halfway through.

3. MEANWHILE, melt butter in a medium saucepan. Add apple and cook for 2 minutes. Remove from heat. Stir in honey and Sriracha. Add mixture to roasted sprouts and toss to combine. Sprinkle with black sesame seeds, if desired.

Per serving: 130 calories, 7 g fat, 2.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 230 mg sodium, 18 g carbohydrates, 1 g fiber, 8 g sugar (3 g added sugar), 4 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 10%



Nabisco Premium Saltines:
select varieties
9 to 16.96 oz.
2/5.00



TAKE THE PLUNGE: BAKE SOME FUN

Go cookie crazy! Create batches of festive treats with these recipes, shortcuts and fix-ups.



For a smooth, even finish, pipe an outline with icing, then fill in the center with thinned icing.



Ginger Cutout Cookies

Hands On 1 hour 15 minutes
Total Time 1 hour 15 minutes plus chilling and cooling time
Serves 35 (1 cookie each)

½ cup Hy-Vee unsalted butter, softened
½ cup packed Hy-Vee dark brown sugar
2½ tsp. pumpkin pie spice
1 tsp. Hy-Vee baking powder
1 tsp. Hy-Vee baking soda

½ cup mild-flavor molasses
1 Hy-Vee large egg
2 cups Hy-Vee all-purpose flour
1 recipe Royal Icing, right

1. PLACE butter in a large mixing bowl. Beat with an electric mixer on medium for 30 seconds. Add brown sugar, pumpkin pie spice, baking powder and baking soda. Beat until combined, scraping sides of bowl occasionally. Beat in molasses and egg until combined.

2. BEAT in as much flour as you can; stir in any remaining flour with a wooden spoon. Divide dough into quarters.

Cover and chill for 3 hours or until easy to handle.

3. PREHEAT oven to 350°F. Line cookie sheets with parchment paper. On a lightly floured surface, roll one portion of dough at a time to ¼-in. thickness. Using a 2- to 3½-in. cookie cutter, cut out shapes. Place 1 in. apart on prepared cookie sheets. Reroll scraps as desired.

4. BAKE for 8 to 10 minutes or until set. Cool on cookie sheets for 1 minute. Transfer cookies to wire rack and cool completely. Frost and decorate cookies as desired with Royal Icing.

Royal Icing: Combine 3 cups Hy-Vee powdered sugar, 2 Tbsp. meringue powder and ¼ tsp. cream of tartar. Add ½ cup warm water and ½ tsp. Hy-Vee vanilla extract; beat with electric mixer on low until combined. Beat on high 7 to 10 minutes or until stiff. Tint with food coloring, if desired.

Per serving (without icing): 35 calories, 1.5 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 25 mg sodium, 6 g carbohydrates, 0 g fiber, 3 g sugar (3 g added sugar), 0 g protein. **Daily Values:** Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 0%.

10 Ready-Made Dough Fix-Ups

GIVE REFRIGERATED COOKIE DOUGH A FEW EASY TWEAKS AND UNLEASH YOUR CHRISTMAS CREATIVITY!

try
this

Just before baking, use a plastic straw to poke a hole in the top of each cookie.



Tree-Light Cutouts

Preheat oven to 350°F. Combine 1 pkg. Hy-Vee refrigerated sugar cookie dough with ½ cup Hy-Vee all-purpose flour; divide into several portions. Tint portions with desired food colorings. Roll each portion between waxed paper to ¼-in. thickness. Use a 1½-in. cookie cutter or pattern to cut out light bulbs. Place 2 in. apart on cookie sheets. Bake 7 to 9 minutes or until set. Cool on cookie sheets 2 minutes. Transfer to wire racks; cool completely. Drizzle icing on bulbs, then, using Hy-Vee light corn syrup as “glue,” decorate with sprinkles and candies. String cookies from Twizzlers Pull ‘n’ Peel candy. Makes 30 cookies.

✱ Start with a 16.5-oz. pkg. of Hy-Vee refrigerated sugar cookie dough



Shortcut Linzer Cookies

Combine dough and ½ cup Hy-Vee all-purpose flour; roll to ¼-in. thickness. Cut 2-in. circles. Cut stars in centers of half the circles. Spread canned Hy-Vee raspberry pie filling on uncut circles, then top with cutout circles; press edges to seal. Chill on parchment-lined cookie sheet 30 minutes. Sprinkle with coarse sugar. Bake at 350°F for 12 to 14 minutes. Makes 20.



Icebox Pinwheels

Divide dough in 3 portions. Tint 1 portion red and 1 portion green; leave 1 portion untinted. Roll each portion into a 7×10-in. rectangle. Stack rectangles together on parchment. From one long edge roll dough into a log. Roll log in nonpareils. Wrap in plastic wrap; freeze 4 hours. Cut log into ¼-in. slices. Bake on parchment-lined cookie sheet at 350°F for 7 to 9 minutes. Makes 20.



Red & White Cookies

Shape dough into 1¼-in. balls; place on parchment-lined cookie sheets. Bake at 350°F for 12 to 14 minutes or until edges begin to brown. Cool on wire rack. Combine 2 cups Hy-Vee powdered sugar and ½ cup Hy-Vee heavy whipping cream in a small bowl. Spread on cookies. Sprinkle half of each cookie with red sanding sugar. Let dry. Makes 15.



Fudgy Cookies

Melt 1 (4-oz.) 60% cacao baking bar; cool. Combine dough and melted chocolate. Shape into balls; place on parchment-lined cookie sheets. Bake at 350°F for 8 minutes. Top with Hy-Vee mini marshmallows. Bake 3 minutes more or until set in the center. Toast marshmallows under broiler, if desired. Sprinkle with Hy-Vee mini chocolate chips. Makes 20.



Matcha Treats

Combine dough with 1 Tbsp. matcha green tea powder. Tint with green food coloring. Shape into 1-in. balls. Place on parchment-lined cookie sheets; press lightly. Bake at 350°F for 10 to 12 minutes or until set. Cool. Drizzle with melted white chocolate; sprinkle with crushed freeze-dried raspberries. Let set. Makes 18.



Salted Caramel Bites

Shape dough into 1-in. balls; dip in water, then roll in chopped Hy-Vee pecans. Place on parchment-lined cookie sheets. Bake at 350°F for 8 minutes or until edges begin to brown. Use handle of a wooden spoon to make indents in warm cookies. Cool. Fill centers with melted Hy-Vee caramels; sprinkle with salt flakes. Makes 20.



Maraschino Morsels

Combine dough, ½ cup chopped Hy-Vee maraschino cherries, ¾ cup Hy-Vee all-purpose flour, ½ cup Hy-Vee sliced almonds and ¼ tsp. Hy-Vee almond extract. Refrigerate 30 minutes. Shape dough into balls; place on parchment-lined cookie sheets. Bake at 350°F for 10 to 12 minutes or until set. Remove from oven and press whole maraschino cherry in centers. Makes 20.



Checkered Rounds

Halve dough crosswise. Knead 2-oz. melted 60% cacao baking bar into one portion. Roll into 4-in. log; halve lengthwise. Roll and halve white dough in the same manner. Join halves to form two white-chocolate dough logs. Halve logs lengthwise; rearrange halves to alternate white and chocolate doughs. Roll in pistachios; wrap and freeze 2 hours. Cut into ½-in. slices; bake at 350°F on a parchment-lined cookie sheet for 8 to 10 minutes. Cool. Makes 20.



Fruit and Nut Cookies

Combine dough with ½ cup chopped raw pistachios, ½ cup chopped Hy-Vee dried cherries and 1 Tbsp. orange zest; shape into 10-in. log. Freeze 4 hours. Cut log into ¼-in. slices; place 1 in. apart on parchment-lined cookie sheet. Bake at 350°F for 10 to 12 minutes. Cool. Frost as desired. Pipe green icing in center and sprinkle with coarse sugar. Makes 20.

5 Store-Bought Cookie Hacks

IT'S EVEN EASIER TO CREATE ENCHANTING CHRISTMAS COOKIES WHEN YOU START WITH STORE-BOUGHT, THEN PRETTY THEM UP WITH EXTRA SWEETS AND JOLLY EMBELLISHMENTS.



Ski Bear

Top a chocolate chip cookie with Hy-Vee creamy white frosting and nonpareils. Using melted chocolate, attach pretzel pieces, jimmies (long sprinkles) and a candy-coated chocolate chip to a teddy graham. Add a rosemary sprig.



Snowman Pop

Dip 3 Oreo cookies in melted white chocolate, then sprinkle with coarse sugar. Thread onto a wooden skewer. Pipe chocolate and orange-tinted white chocolate for face; attach mini chocolate chip buttons.



Nutty Santa

Dip half a Nabisco Nutter Butter cookie in melted white chocolate; top with coconut flakes. Use melted chocolate to attach red licorice hat, mini marshmallow hat pom-pom, candy eyes and mini candy-coated chocolate nose. Sprinkle coarse sugar on hat brim and pom-pom.



Let It Snow

Stack four ginger snaps, sandwiching any flavor Hy-Vee jam. Dip stack in melted white chocolate; let set. Pipe blue-tinted melted white chocolate snowflake and border. Attach nonpareils.



Wreath

Dip tops of Nabisco Fudge and Marshmallow Pinwheel cookies in light-green-tinted melted white chocolate; let set. Pipe dark-green-tinted white chocolate "ribbon" and attach red nonpareils.



Hazelnut-Raspberry Linzer Cookies

Hands On 2 hours

Total Time 2 hours plus chilling time

Serves 40 (1 cookie each)

1 cup hazelnuts or filberts

½ cup packed Hy-Vee dark brown sugar, divided

1 cup Hy-Vee unsalted butter, softened

1 Tbsp. lemon zest

1 tsp. Hy-Vee ground cinnamon

½ tsp. Hy-Vee baking powder

¼ tsp. Hy-Vee salt

1 Hy-Vee large egg

2 tsp. Hy-Vee vanilla extract

2½ cups Hy-Vee all-purpose flour

2 Tbsp. Hy-Vee powdered sugar

½ cup seedless red raspberry jam

1. PREHEAT oven to 350°F. Spread hazelnuts on rimmed baking pan. Bake 5 to 10 minutes or until toasted, stirring once. While still warm, rub off skins in a towel; cool. Pulse hazelnuts and ¼ cup brown sugar in a food processor until finely ground.

2. BEAT butter with an electric mixer on medium for 30 seconds. Add remaining ¼ cup brown sugar, lemon zest, cinnamon, baking powder and salt. Beat in egg and vanilla until creamy. Beat in hazelnut mixture and as much flour as you can. Stir in any remaining flour. Divide dough in half; cover and refrigerate 2 hours.

3. PREHEAT oven to 350°F. Roll dough to ¼- to ½-in. thickness. Cut out desired shapes with 2-in. cutters. Place 1 in. apart on cookie sheets. Cut out centers of half the shapes with a ¾-in. cutter. Reroll scraps as needed. Bake 7 to 9 minutes or until edges are lightly browned. Cool 1 minute; transfer to a wire rack.

4. SIFT powdered sugar on cookies with cutouts. Spread jam onto uncut cookies. Top with cutout cookies. Serve within 2 hours.

Per serving: 70 calories, 4.5 g fat, 1.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 10 mg sodium, 8 g carbohydrates, 0 g fiber, 4 g sugar (3 g added sugar), 1 g protein. **Daily Values:** Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 0%

smart swap

The hint of lemon in the dough nicely complements other fillings, such as blackberry preserves or lemon curd.

Crafty Cookies

Creating these fun, festive cookies is easy! Check out the video to see how it's done.

Hy-Vee seasons



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



"HOT CHOCOLATE" & TOASTED MARSHMALLOW COOKIES

INGREDIENTS :

¾ cup	Ghirardelli, 60% Cacao Bittersweet Chocolate Baking Chips (for melting)	½ tsp	Baking soda	2	Small eggs
1 cup	Plain flour/ all-purpose flour	¼ tsp	Salt	1 tsp	Vanilla extract (optional)
1 tbs	Ghirardelli, Unsweetened Cocoa Powder	6 tbs	Butter, softened	2¼ cups	Ghirardelli, 60% Cacao Bittersweet Chocolate Baking Chips (for mixing)
		1 cup	Soft brown sugar	30	Large marshmallows

DIRECTIONS :

- Melt the ¾ cup of chocolate chips gently in the microwave or over a pot of simmering water (bain marie). Set aside to cool.
- Sift all of the dry ingredients together in a bowl and stir together.
- Beat the butter and sugar together until thick and creamy.
- Beat in the eggs one by one.
- Add in the cooled melted chocolate and vanilla extract. Continue beating until the ingredients are well mixed.
- Fold dry ingredients into the mix and the remaining chocolate chips and mix until combined.
- Scoop your cookie with a 1 tablespoon scoop
- Bake at 350°F for 8-9 minutes. Take care not to over bake as these cookies should be almost brownie-like.
- Once baked, pop a marshmallow on top and put it back in the oven on broil for 1-2 minutes for a lovely toasted effect.

For more tempting recipes, visit www.ghirardelli.com

LET'S
HOLIDAY
TOGETHER
Kellogg's

These **Reindeer Rice Krispies Treats®** are fun to make with chocolate pretzel antlers and red candy noses.

Dash into Hy-Vee to get your favorite Kellogg's® and Keebler® brands to delight your holiday guests.

Search holiday recipe ideas at RiceKrispies.com

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seasons of christmas

SPREAD A LITTLE HOLIDAY CHEER WITH SUPER CUTE TREATS THAT KIDS WILL BE EXCITED TO HELP MAKE.

1 Tasty Waffle Tree

Tint waffle batter green and bake in a round waffle baker according to manufacturer's directions. Arrange slices in a tree shape; add a blueberry trunk, berry ornaments and star-shaped butter on top. Drizzle with syrup.

2 Strawberry Santa

Cut a large round from a peeled apple using a cookie cutter. Cut a strawberry in half crosswise; pat dry and attach to apple with frosting. Pipe on Hy-Vee creamy white frosting for Santa's beard and the fur trim and pom-pom on Santa's hat. Use frosting to attach candy eyes.

3 Star of the Snacks

Arrange five Keebler Pita Chips in a star shape. Scoop Hy-Vee guacamole into center, then top with diced tomato and thin strips of red bell pepper.

4 Banana Penguins

Dip half of a banana into melted white chocolate. When chocolate is set, dip the tip into melted dark chocolate; brush more dark chocolate onto the sides. Add whole Reese's Pieces for the beak and halved Reese's Pieces for feet. Finish with candy eyes and mini chocolate chips.

5 Hot Cocoa Hangout

Skewer a Reese's miniature peanut butter cup and three Hy-Vee marshmallows onto a standard-size candy cane. Poke a toothpick into marshmallows and attach sprinkles for eyes and buttons. Attach an orange Twizzler twist for the nose and a red Fruit Roll-Up scarf.

6 PB&J People

Make a PB&J sandwich using Hy-Vee wheat sandwich bread, Hy-Vee peanut butter and Hy-Vee strawberry jelly. Cut sandwich into a gingerbread man, using a cookie cutter. Add peanut buttons, a dried apricot cutout bow, raisin eyes and jelly lips.



7 Naturally Sweet Candy Cane

Cut strawberries and bananas into slices; arrange slices into a candy cane shape, alternating fruits. Serve with Hy-Vee fruit dip, garnished with fresh mint leaves.



8 Snowball Toss

Prepare cake crumb-frosting mixture as directed for the Cake-Ball Christmas Tree, *page 11*. Shape mixture into 24 (2-in.) balls. Roll balls in Hy-Vee shredded coconut.



9 Edible Snow Globe

Spread Hy-Vee cream cheese on cut sides of a split bagel. For snow, sprinkle Hy-Vee grated Parmesan cheese on cream cheese layer. Cut house sections out of red and green bell peppers and press into bagel top. Use toothpicks to support the snow globe.



10 Deli-cious Tree

Cut four sizes of stars from toasted Hy-Vee white bread, American cheese and deli ham. Cut a smaller star and a trunk from a block of Hy-Vee Cheddar cheese. Skewer the cutouts as shown, tucking greens in between sandwich layers. Add cheese star on top and trunk at bottom.



11 Lunch Box Buddies

Using a marker, draw a face onto the wrapper of a Hy-Vee light mozzarella string cheese stick. Tie a ribbon around the cheese stick to form a scarf. Cut a fingertip off of an old knitted glove; place on top of cheese stick for a hat.



12 Red-Nosed Reindeer

Prepare cereal treats using Hy-Vee One Step crispy rice cereal. (See Steps, *right*.) Insert a peppermint stick into each treat. Coat pretzel-piece antlers with melted white chocolate and sprinkles. Add halved white chocolate wafers for ears, candy eyes and a red M&M's candy nose.



Use Hy-Vee Cocoa Rageous cereal to make a chocolate treat. Coat pretzel antlers in melted dark chocolate and use dark chocolate wafers for ears.



STEP ONE: MELT
Melt 3 Tbsp. Hy-Vee unsalted butter in the microwave. Add 6 cups Hy-Vee mini marshmallows. Cook and stir in 30-second increments until melted.



STEP TWO: MIX
Add 6 cups Hy-Vee One Step crispy rice cereal. Combine mixture thoroughly.



STEP THREE: PRESS
Press cereal mixture into a nonstick 9x9-in. pan. When firm, cut into three rows, then cut each row into three triangles for a total of nine treats.



STEP FOUR: DECORATE
Insert peppermint sticks and add white chocolate-covered pretzel antlers, candy eyes and red M&M's noses.



Get on Board

CRAFT HOLIDAY-THEME APPETIZER, SNACK AND DESSERT BOARDS WITH HY-VEE'S WIDE SELECTION OF ARTISANAL CHEESES AND CURED MEATS.



Festive Wreath Charcuterie

Curate a festive charcuterie board to ring in the holidays.

- Colby Cheese Cubes
- Colby Jack Cheese Cubes
- Green Olives
- Mozzarella Cheese Cubes
- Peppadew Peppers
- Pepper Jack Cheese Cubes
- Provolone Cheese Cubes
- Red Bell Pepper Strips
- Rosemary Sprigs
- Salami
- Sharp and Mild Cheddar Cheese Cubes
- Sweet Drop Peppers

Old-World Alpine Charcuterie

Enjoy a hearty grazing board of Old World-inspired cheeses and dry meats, whole grain crackers and fruits.

- Blood Oranges
- Blueberry Vanilla Goat Cheese
- Flatbread Crackers
- Fruit Pastes
- Genoa Salame Panino
- Grapes
- Gruyère Cheese
- Hy-Vee Olive Bar Olives
- Pomegranate
- Prosciutto & Mozzarella Panino
- Rosemary Sprigs
- Sahale Snacks
- Valdosta Pecans
- Salami Slices
- Swiss Cheese
- Whole Grain Crackers



Holiday Brights BOARD



Let It Snow! BOARD

Let it Snow! Board

Celebrate snow days with a board fit for any whiteout. For frosted grapes, spray grapes with water, then sprinkle with sugar.

- Artisan Crackers
- Blue Cheese
- Brie Cheese
- Cauliflower Florets
- Frosted Grapes
- Goat Cheese
- Hy-Vee Mediterranean Dip
- Jicama Sticks
- Marcona Almonds
- Naan Dippers
- Parmigiano-Reggiano Cheese
- Pear Wedges
- Pistachios
- White Mushrooms
- Zöet Premium Belgian White Chocolate Bars

Holiday Brights Board

Offer a healthier option—an overflowing assortment of flavor and vibrant color that's sure to please.

- Asparagus Spears
- Belgian Endive Leaves
- Broccoli Spears
- Carrot Sticks
- Cherry and Grape Tomatoes
- English Cucumber Slices
- Radicchio Leaves
- Radishes
- Red Pepper Hummus
- Red, Yellow and Orange Sweet Peppers
- Salsa Verde Hummus
- Sugar Snap Peas



Pinwheel Snack BOARD



BelGioioso Burrata
Butter-flavor mozzarella mixed with cream. Good with salads and tomatoes. select varieties
8 oz.
4.99



Hy-Vee Goat Cheese Log
Rich, tangy cheese is delicious on veggie pizza or with crackers and breads. select varieties
4 oz.
3.99

Tree of Cheese Board

A miniature Christmas tree makes a memorable board.

- BelGioioso Fresh Mozzarella Ciliegine, cherry size
- Henning's Cheddar Cheese
- Nasonville Dairy Buffalo Wing Jack Cheese
- Cherry Tomatoes
- Rosemary Sprigs
- Roth Wisconsin 3 Chile Pepper Gouda

How to Assemble:

Cover a foam cone with plastic wrap and set on a platter. Use a knife to cut cheese into cubes and a cookie cutter to form stars. Attach cheese, mozzarella balls and cherry tomatoes to the foam cone with Simply Done designer toothpicks from Hy-Vee. Fill gaps with rosemary sprigs.

Pinwheel Snack Board

A Pinwheel Snack Board puts a savory spin on holiday get-togethers.

- Almonds
- Artisan Soirée Manchego
- Barber's Cheddar Cheese
- BelGioioso Burrata Cheese
- Dried Apricots
- Flatbread Crackers
- Fresh Rosemary Sprigs
- Fresh Thyme Sprigs
- Green Olives
- Jarlsberg Cheese
- Maple Leaf Gouda Cheese
- Montchevré Goat Log
- PDO Comté Gruyère Wedge
- Raspberries
- Rustic Red Cheddar Cheese
- Sartori BellaVitano
- Sartori Reserve Extra-Aged Asiago Cheese

Tree of Cheese BOARD



Henning's Cheddar Cheese
Nutty, caramellike flavor. Try in mac and cheese or mashed potatoes.
7.99 lb



Siorée Fresh Mozzarella Balls, Logs or Pearls
Fresh delicate flavor complements tomatoes, roasted red peppers.
8 oz.
2/5.00

Festive Cheese

Watch our video to get a close-up look at how this Tree of Cheese was put together.

Hy-Vee seasons



Watch and learn at HSTV.com today!

Cheese

FIND A FLAVORFUL WORLD OF CHEESE—including handmade artisan varieties—for your cheese board. Here's a guide:

CHEESE TYPES

Fresh

Young cheeses—white, soft and spreadable; have not been ripened or matured.

Examples: Fresh mozzarella, chèvre (goat cheese), Burrata, fresh feta cheese

Soft-Ripened

Cheeses that ripen from the outside in; characterized by bloomy rind and very soft interior.

Examples: Brie, Camembert

Semisoft

Cheeses with smooth, creamy interior and little or no rind; typically buttery or light sour cream flavor.

Examples: Havarti, mild Cheddar, Monterey Jack, Point Reyes Toma

Hard

Complex, firm cheese; pressed into molds and aged for long periods; dense texture and distinctive sharp taste.

Examples: Asiago, Manchego, aged Cheddar

Alpine

Made from milk of animals that have grazed in high mountain pastures; holes sometimes form during maturing process.

Examples: Swiss, Fontina, Emmentaler, Gruyère, Jarlsberg

Grana

Hard cheese brined in salt baths, then pressed in molds and aged up to seven years; strong, salty flavor and dry, crumbly texture.

Examples: Parmigiano-Reggiano, Pecorino

Blue

Soft-ripened cheese with natural or added mold that grows within and produces rich blue veining; taste ranges from mild to strong.

Examples: Gorgonzola, Roquefort

Dutch

Named after towns in Holland where the cheese is originally made; have wax rinds and fruity, buttery aroma. Gouda develops a caramel sweetness as it ages.

Examples: Gouda, Edam

Kerrygold Irish Cheese

Produced from grass-fed cows on Irish dairy farms. Includes a range of varieties for every sort of dish.
7 oz.
5.99

Président Brie

Soft, creamy and mild-tasting, it works in anything from a cheese plate to a baked dish, select varieties 6 to 8 oz.
3.99

Saint Angel Triple Cream Brie

Delicate combination of flavors: a hint of mushroom plus luscious sweet cream. Serve with sliced pears or berries.
16.99 lb.

Sartori Reserve Gold BellaVitano

Gold medal-winning creamy cheese with nutty, fruity flavor inspired by traditional Italian farmstead cheeses, select varieties
14.99 lb.

Parmigiano-Reggiano

Rich, sharp flavor for topping salads and hot vegetable dishes.
13.99 lb.

Barber's Cheddar Cheese

Rich complex flavor and creamy texture. Scrumptious in potatoes au gratin or a grilled cheese sandwich.
11.49 lb.

Uniekaas Smoked Gouda

Mild, nutty flavor with hint of smokiness tastes great in grilled cheese sandwiches.
5.99 lb.

D'Affinois Brie

Mild and buttery French Brie with silky texture. Pairs well with crackers and chutney, select varieties
19.99 lb.

Meats

HY-VEE PREMIUM CHARCUTERIE MEATS ARE CURED, DRIED AND AGED TO FLAVOR PERFECTION. ASK A STORE ASSOCIATE ABOUT TASTY MEATS TO SERVE ALONG OTHER FOOD-BOARD NIBBLES.



Discover the Difference

La Quercia is an award-winning producer of dry-cured artisanal meats. The Norwalk, Iowa-based company specializes in pork breeds raised in a humane and environmentally conscious way.

CHARCUTERIE 101

Tools

PRESENTATION IS KEY. GET THE RIGHT PRODUCTS TO MAKE YOUR APPETIZERS STAND OUT.

BOSKA CHEESE BOARD

Natural slate with nonslip feet to keep the board in place.

BOSKA CHEESE-SLICING KNIVES

Stainless-steel knives to cut cheese precisely.



BOSTON WAREHOUSE BAMBOO CUTTING BOARD

Present cheese and charcuterie stylishly on natural woods.



CHARCUTERIE 101

Pre-made

HY-VEE OFFERS READY-TO-EAT CHARCUTERIE BOARDS! CALL AHEAD TO PLACE AN ORDER OR ASK ABOUT OPTIONS.



SOPRESSATA SALAMI, PROSCIUTTO & CRESPONE BOARD



TRIPLE-CRÈME BRIE, MONTAMORÉ & REYPENAER CHEESE BOARD



BUTTERMILK BLUE, MANCHEGO & GRUYÈRE CHEESE BOARD



TUSCANO SALAMI, SPECK PROSCIUTTO & FINOCCHIONA BOARD

Ugly Sweater FRUIT PLATTER



Ugly Sweater Fruit Platter

Serve a colorful and bold fruit design resembling the crazy, holiday-party garb.

- Apple Wedges
- Blueberries
- Cantaloupe Cubes
- Fruit Dip
- Golden Berries
- Grapes
- Kiwi Slices
- Mint Garnish
- Orange Slices
- Pineapple Slices
- Pomegranate Seeds
- Raspberries
- Strawberries



Santa's Favorite Tray

Serve this tray of seasonal sweets after a holiday dinner.

- Almond Cookie Brittle
- Cinnamon Crisps
- Gold and White Sugar Pearls
- Green Jimmies
- Hy-Vee Bakery Brownies, cut into stars
- Hy-Vee Bakery Gourmet Macarons
- Hy-Vee Bakery Sugar Cookies
- Hy-Vee Bakery Thumbprint Cookies
- Hy-Vee Pretzel Rods
- Hy-Vee Red and Green Sprinkles
- Hy-Vee Tiny Twist Pretzels
- Pepperidge Farms Mint Chocolate Milano Cookies
- Pistachio Creme Oreo Thins
- Premade Rice Krispies Treats, cut into bells
- White Chocolate Fondue

Cocoa Toppers Board

Assemble the tastiest hot cocoa add-ins and accompaniments all in one place.

- Caramels
- Cinnamon Red Hots
- Crushed Peppermint Candies
- Culinary Tours Belgian waffle crisps
- Hershey's Hugs
- Hy-Vee Chocolate Chips
- Hy-Vee Marshmallows
- Hy-Vee Select Pure Maple Syrup
- Mini Candy Canes
- Peppermint Sticks
- Pepperidge Farms Pirouette Cookies
- Soft Peppermint Candy
- Whipped Cream garnished with Hy-Vee ground cinnamon
- Zöet Dark Chocolate Bars

Santa's
Favorite
TRAY



Cocoa
Toppers
BOARD



From our family tree to yours.

From tree to table, we offer a variety of healthy snacks the whole family will love.



SHARE
YOUR FAVORITE
THINGS
THIS HOLIDAY

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



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Cheers!

CELEBRATE THE SEASON WITH FRESH TWISTS ON COCKTAILS. PLUS FIND TIPS FOR SELECTING BAR TOOLS AND GLASSWARE AND GARNISHING WITH FLAIR.

MOCKTAILS

For a rich and creamy drink, turn this peppermint martini into a mocktail by substituting peppermint hot chocolate (chilled) for the crème de cacao and vodka in the shaker. More mocktail ideas: Combine cranberry juice and ginger beer, or make nonalcoholic mojitos with club soda instead of rum, adding a splash of pomegranate juice.



10
minutes
or less

Santa Martini

Total Time 10 minutes
Serves 1 (5 oz.)

6 Hy-Vee starlight mints, divided; plus additional for garnish

1 tsp. coarse sugar

Hy-Vee light corn syrup, for garnish

2 oz. Smirnoff Peppermint Twist vodka

2 oz. clear crème de cacao

½ oz. Hy-Vee half-and-half

½ cup crushed ice

Small candy cane, for garnish

1. CRUSH 2 starlight mints and combine with coarse sugar

in a shallow dish. Dip the rim of an 8-oz. martini glass into corn syrup, then immediately coat with the crushed mint and sugar mixture. Set aside.

2. COMBINE vodka, crème de cacao, half-and-half, ice and remaining 4 starlight mints in a cocktail shaker. Cover and shake until mixture is well-combined and turns light pink. Strain into prepared glass. Garnish with additional crushed starlight mints and a candy cane, if desired.

Per serving: 330 calories, 1.5 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 30 mg sodium, 45 g carbohydrates, 0 g fiber, 40 g sugar (40 g added sugar), 0 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 0%



10
minutes
or less

Whisky Sour Float

Total Time 10 minutes
Serves 1 (4½ oz.)

½ tsp. finely crushed freeze-dried
pomegranate seeds, for garnish
Hy-Vee light corn syrup, for garnish
2 oz. The Balvenie DoubleWood
scotch whisky
1½ oz. pomegranate liqueur
½ oz. fresh lemon juice
½ oz. simple syrup
¼ cup Gustare Vita limoncello gelato
Fresh pomegranate seeds, for garnish
Lemon slice, for garnish

1. PLACE freeze-dried pomegranate seeds
in a shallow dish. Dip the rim of a 6-oz.
cocktail glass into corn syrup, then coat with
pomegranate seeds; set aside.

2. COMBINE whisky, pomegranate liqueur,
lemon juice and simple syrup in an ice-
filled cocktail shaker. Cover and shake well.
Strain into prepared glass. Serve topped
with limoncello gelato. Garnish with fresh
pomegranate seeds and a lemon slice,
if desired.

Per serving: 390 calories, 0 g fat,
0 g saturated fat, 0 g trans fat, 0 mg cholesterol,
0 mg sodium, 25 g carbohydrates, 0 g fiber,
24 g sugar (0 g added sugar), 0 g protein.
Daily Values: Vitamin D 0%, Calcium 0%,
Iron 0%, Potassium 2%



Feel free to adjust
amounts to your
liking. Add lemon-
lime soda to
lighten up the drink
or ½ oz. more
whisky to pack a
boozier punch.

rosé cosmopolitan

Add 6 oz. Smirnoff No. 21 vodka, 4 oz. 100% cranberry
juice, 1 oz. triple sec, 1 oz. fresh lime juice and 1 Tbsp.
Hy-Vee honey to an ice-filled cocktail shaker. Cover
and shake well. Divide among 5 (6-oz.) champagne
glasses. Divide 8 oz. chilled rosé sparkling wine among
glasses to top off drinks. Garnish with pink cotton candy,
if desired. Serves 5.



try
this

Dip cotton candy
into bubbly
Champagne or
prosecco and it will
dissolve magically,
adding sweetness.

5 STUNNING GARNISHES

TRANSFORM YOUR COCKTAILS INTO THE TALK OF THE PARTY WITH FRESH, AROMATIC ADDITIONS OR FESTIVE HOLIDAY TRIMS.

try this

Bake and decorate other fun holiday shapes—a gingerbread man, star or small tree—to use as a cocktail garnish.



gingerbread house

Adorn a White Russian, white chocolate martini or eggnog with a tiny gingerbread house. Use the Ginger Cutout Cookies and Royal Icing recipes, *page 41*, to bake and decorate the cutout. Cut a slit in the bottom while the cookie is still warm. Sprinkle coarse sugar on the icing. Allow time for icing to dry before propping cutout on the rim of the glass.

candy ribbon tree

Dress up a Negroni, cosmopolitan or martini with a deliciously edible candy-ribbon tree. Thread sour watermelon-flavored candy tape onto a small bamboo skewer. Cut a star from a yellow Starburst candy to top the tree. Insert skewer in drink.

apple-icious

Spice up a Moscow mule, apple cider cocktail or bourbon smash with apple and cinnamon. Turn a Honeycrisp apple on its side and cut thin slices. Use a toothpick to remove seeds from each slice to expose the star shape in the center. Dip an apple slice and cinnamon stick in each drink.

holly and berries

Trim a Tom Collins, gin fizz or lemon drop cocktail with frosted mint leaves and fresh raspberries. Hold a mint sprig from its stem and lightly toss the leaves in granulated sugar. Set the mint on the rim of the glass, then drop in a couple whole raspberries.

rudolph cocktail

Brighten an old-fashioned, whisky sour or screwdriver with a cheery garnish of rosemary sprig antlers and a maraschino cherry nose.

time saver

For shaken drinks, pre-mix and chill the cocktail ingredients ahead so they're ready to add to an ice-filled shaker as guests arrive.



pro tip: IMPROVE YOUR SERVE

“Chill cocktail glasses ahead in the freezer so drinks will stay crisp and cool longer and the glasses will be nice and frosty. If you don't have time to chill ahead, fill glasses with crushed ice to cool them quickly while you mix the drinks.”

—Mike Bubon
Wine & Spirits Manager
Hy-Vee, Ankeny, Iowa

STOCK YOUR BAR



WINEGLASSES

While narrow-fluted glasses keep Champagne bubbles intact, small wineglasses keep whites chilled and large glasses give reds more contact with air. Stemless glasses provide a handhold to see, swirl, smell and taste wine of all kinds.



COCKTAIL GLASSES

Choosing the right glass is key for both presentation and taste. Include whisky, martini and margarita glasses as well as highballs for iced drinks and lowballs for a neat pour of liquor.



BAR TOOLS

A cocktail shaker quickly and effectively cools and mixes cocktail ingredients. A Hawthorne strainer has coiled springs that fit snugly on glasses to hold back ice and other solids. Other essentials: a muddler to crush fruits and herbs, a corkscrew wine opener, a bottle opener and a jigger for precise measuring.

Layered Shooters

Total Time 10 minutes plus chilling time
Serves 1 (2 oz.)

1 oz. DeKuyper melon schnapps, Arrow crème de almond or Paramount green crème de menthe liqueur, chilled

1 oz. Godiva white chocolate liqueur, chilled

1. CHILL shot glass for 1 hour.

2. FOR A RED SHOOTER, pour melon schnapps or crème de almond into shot glass. Slowly pour white chocolate liqueur over the back of a barspoon to create layers. Serve immediately.

3. FOR A GREEN SHOOTER, pour crème de menthe into chilled shot glass. Slowly pour white chocolate liqueur over the back of a barspoon to create layers. Serve immediately.

Per serving (red shooter, melon schnapps): 180 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 18 g carbohydrates, 0 g fiber, 18 g sugar (11 g added sugar), 0 g protein.
Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 0%



**try
this**

If layers accidentally blend, use the cocktail to flavor coffee, or soak sponge cake in it for a tasty dessert.

gingerbread dark and stormy cocktails

For spiced simple syrup, combine ¼ cup Hy-Vee granulated sugar, ¼ cup water and 5 whole cloves in a small saucepan. Bring to boiling; remove from heat. Steep 5 minutes; discard cloves. Dip rims of 2 (6-oz.) highball glasses into Hy-Vee light corn syrup, then coat with finely crushed That's Smart! gingersnap cookies and coarse sugar; set aside. Add ½ cup ice cubes, 4 oz. Captain Morgan Gingerbread Spiced Rum, 1 oz. fresh lime juice and ¼ oz. spiced simple syrup to a cocktail shaker. Cover and shake well. Pour into prepared glasses. Top each drink with 3 oz. ginger beer. Garnish with sugar-coated rosemary sprigs and cranberries, if desired. Serves 2.



**smart
swap**

For another easy drink option, try a fruit-flavored rum and plain simple syrup. Rim glasses with citrus zest and sugar.



GIFT IT FORWARD

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scan. match. gift cash.

Scan QR code on participating packs.

Reveal three Pepsi Globes in a row to gift cash, plus you can get entered into the grand prize sweepstakes

Embrace the holiday spirit and gift up to \$25,000 winnings to anyone on your holiday list



PEPSI, the Pepsi Globe and GIFT IT FORWARD WITH PEPSI are trademarks of PepsiCo, Inc. NO PURCHASE NECESSARY. INTERNET ACCESS & E-MAIL ADDRESS REQUIRED. Game ends December 31, 2019. Open to legal US residents residing in one of the 50 US or DC. 18+ (19+ in AL/NE). For a free game play, mail in 3x5 card with your name, complete address, date of birth and email address postmarked by December 22, 2019. Limit one (1) free request per stamped hand addressed outer envelope. A link to one (1) game play will be sent via email. Click on the link to the microsite for one (1) free game play and for one (1) entry into the grand prize sweepstakes drawing. Must register/log-in after game play. Restrictions on gifting apply. See Official Rules. Limit five (5) game plays/requests for free game play per day. Subject to Official Rules at Pepsi.com/giftitforward/rules. Void where prohibited.

life

Tips and time-savers for a stress-free holiday plus ideas for family get-togethers.

- 76** HY-VEE GIFT GUIDE
- 82** HOLIDAYS IN BLOOM
- 86** FAST FIXES
- 90** THE GIFT BASKET





KEURIG CLASSIC K-MINI PLUS
Slim and sleek single-serve coffee brewer.



LODGE ESSENTIAL PAN
Preseasoned 12-in. cast-iron skillet with detachable red silicone hot-handle holder.



CUISINART NESTING 11-PIECE STAINLESS-STEEL COOKWARE SET
Boil, steam, sauté, simmer, brown or fry with these versatile cookware must-haves.

HY-VEE GIFT GUIDE

From practical to pampering to playful, find just-right gifts for the lucky people on your holiday shopping list.



RIEDEL OUVERTURE WINEGLASS SET
Dishwasher-safe set of 12 lead-free crystal glasses for wine and champagne.



YANKEE CANDLES
Seasonal favorites Sparkling Cinnamon and Christmas Cookie join Hy-Vee's candle collection.

for the Home

Cooking, entertaining and socializing are easy to manage with convenience-minded gifts from Hy-Vee.

CHEFMAN TURBOFRY 3.5-LITER AIR FRYER

Dual-control temperature and timer dial, plus capacity to bake, fry and roast full meals with little or no oil.



CHEFMAN STAINLESS-STEEL WINE OPENER

Sleek cordless electric device effortlessly opens wine bottles.



CUISINART FAUX-WOOD CUTLERY SET

Five knives with high-quality stainless-steel blades, nonstick ceramic coating and blade guards.



STARFRIT INDOOR SMOKELESS GRILL

Electric smokeless grill with nonstick grilling surface for indoor cooking.

TOASTMASTER 2.5-LITER AIR FRYER

Rapid heat convection, adjustable temperature control and timer for healthier oil-free cooking.



CHEFMAN PANINI PRESS & CONTACT GRILL

Multifunctional cooker serves as panini press or indoor grill.



CUISINART FAUX-MARBLE CUTLERY SET

Five knives with stainless-steel blades and nonstick ceramic coating for easy slicing. Includes blade guards.

BASIN BATH BOMBS
Nearly 50 fragrances—including citrus, earthy, floral, fresh, fruity and sweet—to fit every mood and complement any occasion.



BURT'S BEES GIFT SET
Includes milk & honey body lotion, honey & grapeseed hand cream and honey lip balm.



FRAGRANCE GIFT SETS
For her, Beyoncé Heat Kissed & Heat Wild Orchid Gift Set; Adidas Moves for Him Eau de Toilette Spray Gift Set.



FORMULA 10.0.6 MASKS
Specially formulated gel and mud masks to revitalize, tone and soothe facial skin.



for the
Stylish

Make anyone feel pampered and extra special with grooming aids and personal care products from Hy-Vee.



E.L.F. 48-COLOR EYE SHADOW PALETTE
Pocket-size book and brushes to deliver unlimited looks—from bold to natural.



DA BOMBS
Barbie and Hot Wheels bath bombs in fun scents like grape slushie, cotton candy and cherry.



WAHL ALL-IN-ONE TRIMMER
Rechargeable grooming kit with self-sharpening precision blades for shaving and trimming face, nose and ears.



EDU SCIENCE M640X MICROSCOPE
Student microscope with 40x to 640x magnification, LED illumination lamp and geared focusing system.



EDU SCIENCE LAND & SKY 360 TELESCOPE
Tabletop telescope with tripod base and two eyepieces for wide-angle and close-up viewing

for the
Kids

Hy-Vee has something for children of all ages, from fun toys and games to educational gifts for the curious-minded.



ANIMAL ZONE'S BIG TUB OF DINOSAURS
40-piece set includes plastic dinosaurs, accessories and storage tub.



YOU & ME BATH TIME BABY DOLL SET
Washable doll with movable arms, legs and neck and eyes that open and close. Comes with tub and accessories.



BRUIN TOYS
Toys and play sets, geared to specific ages, to foster children's imaginations.



YOU & ME GET WELL BABY DOLL
Soft-bodied doll with pint-size medical tools and accessories



Ziploc Containers:
select varieties
2 to 8 ct.
2/6.00

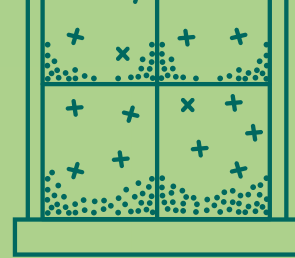
Lock down
your holiday
gift list



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CLEAN DAY

When it comes to
HOLIDAY SCENTS
we say the more
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LIMITED
EDITION
SCENTS

Mrs. Meyer's
Hand Soap,
Dish Soap or Cleaner:
select varieties
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SEASON
TO BE
POWERED



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TM

HOLIDAYS IN BLOOM

From poinsettias and peppermint posies to the cuttings of your favorite Christmas conifer, these festive centerpieces will be making spirits bright this holiday season.

A DIFFERENT STRIPE

This festive display will get everyone in the holiday spirit. Hot-glue peppermint sticks to a square glass container, wrap in a ribbon and finish with a bow. Insert a moist block of Oasis floral foam. Add red carnations from Hy-Vee after removing foliage and cutting stems to desired length.

GROUP EXCURSION

Take a holiday sightseeing tour—in your own home. Gather up your favorite holiday plants from Hy-Vee, including poinsettias, amaryllis and ranunculus. Place individual cuttings in small vases and votives, then display on a tray that can be moved wherever good tidings are needed.

DASHING THROUGH THE SHOW

Create a dashing display with fresh cuttings from needleleaf and broadleaf evergreens along with strands of hypericum berries from the Hy-Vee Floral Department. Place in four matching water-filled metallic containers from Hy-Vee.

SPRAY EVERGREEN CUTTINGS WITH AN ANTIDESICCANT, SUCH AS WILT-PRUF, TO KEEP FOLIAGE FROM DRYING OUT.



POTTED PANACHE

Poinsettias are shrubs in their native Mexico, houseplants farther north. Care to go for a tree? Trained into a tree shape, this cherished holiday plant gathers even more attention than normal. While it's not the sort of tree to provide shade in summer, it should provide smiles—and plenty of 'em—in winter. Get your poinsettia trees from Hy-Vee.



try
this

Let your poinsettia tree be the star of the show. Pair it with a white pot and a soil topper that complements the plant rather than competing with it.

FAST FIXES

FAST FOOD

TAB HY-VEE AS YOUR KITCHEN ASSISTANT THIS HOLIDAY SEASON TO MAKE THE BIG MEAL A SUCCESS FROM START TO FINISH. IN FACT, WE'LL TAKE CARE OF THE WHOLE THING SO YOU CAN SIT BACK AND RELAX!



A NIGHT OUT

Hosting family or friends for several nights? Let Hy-Vee Market Grille provide a meal! The menu is loaded with options to please everyone: tacos, burgers, salads, sushi and more. Check your local Market Grille's daily food or drink specials, and place orders to go.



HOLIDAY MEAL PACKS

Meal packs serve up to 20 people with entrées like turkey, ham and prime rib plus more than a dozen side options and desserts. Food is precooked and oven-ready—all you have to do is reheat and enjoy! Order 48 hours before pickup to get your meal pack on time.



SIDE AND DELI OPTIONS

You handle the entrée, we take care of the sides. Order sides like mac and cheese, mashed potatoes and more from your local Hy-Vee kitchen. Stop by the deli and pick from premium meat and cheeses.



BAKERY DESSERTS

Top off the feast with Hy-Vee desserts. Choose classic holiday fare like pumpkin or pecan pie in addition to French silk, lemon meringue and more. Why stop there? Guests will have tough decisions with cookies, brownies or Cheesecake Factory Bakery Cheesecake.



HY-VEE SHORT CUTS

Save time (and maybe a finger!) with Hy-Vee Short Cuts. Count on pre-cut butternut squash or Brussels sprouts for sides, or take advantage of the chopped onion, celery and carrots medley for stuffing.



FAST SERVICES

CUT TIME SPENT RUNNING ERRANDS BY USING HY-VEE AS YOUR ONE-STOP SHOP. FOR SOME SERVICES, YOU WON'T EVEN NEED TO LEAVE YOUR HOME!



HSTV

Find inspiration from original programming on *HSTV.com*. You'll see quick dinner tutorials with "EZ PZ Meals," fun cocktails from "The Beard Behind the Bar," or simple holiday shortcuts on "What the Hack?"



SHOPPING MADE EASY

Go to hy-vee.com/grocery/ or use the Hy-Vee app on your smartphone to sign up for Hy-Vee Aisles Online. Digitally browse the aisles and select groceries from the comfort of home. When finished, select a convenient time for you to pick up groceries or have them delivered.



PHARMACY

Managing prescriptions has never been easier. Download the Hy-Vee app on your phone to refill a prescription or have it transferred if you're traveling. Check with your local Hy-Vee Pharmacy for delivery options.



DRY CLEANING

Drop off or pick up your clothing at customer service while shopping to mark two items off the checklist at the same time. Also, call ahead to see if your store offers same-day turnaround on dry cleaning services, as many do.

STOCKING STUFFERS

PICK UP LAST-MINUTE GIFTS AND STOCKING STUFFERS LIKE GIFT CARDS TO HY-VEE, STARBUCKS, RESTAURANTS AND ONLINE SERVICES.



PICK UP A PUNCH OF PROTEIN

Odwalla Juice, Protein Shakes, Smoobucha or Shots: select varieties 2.5 or 15.2 fl. oz. 2/5.00

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SHARE THE MAGIC



Coca-Cola Glass Bottles
6 pk., 8 fl. oz.
4.99
(deposit where required)



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Ultra Thin Crust



www.BellatoriaPizza.com



Made in the USA

COCINA ITALIANA BASKET

A Mediterranean journey awaits the grateful recipient of this gift basket. It brims with various pastas and sauces, cheeses, olive oil, balsamic vinegar, pesto and Chianti and Orvieto wines. Say "Buon Appetito!"



THE GIFT BASKET

WITH THESE DELICACIES AND DELIGHTS FROM HY-VEE,
YOU CAN MAKE ANYONE FEEL SPECIAL.

SIPS AND CHEERS

Sip, sip hooray! These gift baskets are brewed and crafted to perfection.



PERFECT PAIRINGS BASKET Give someone the royal treatment. Roll out the red carpet with fine wines, artisan crackers, Rutherford & Meyer fruit pastes, Dickinson's preserves, Mezzetta Italian olives, Columbus salame, Zöet chocolates and Bella Maria caramelized pecans.



MINI BAR BASKET

Say "Cheers!" with a crate crammed with personal-size bottles of gin, vodka, rum, tequila, schnapps, Irish cream liqueur and half a dozen whiskeys. With a stash like this, the bar is always open!



MOSCOW MULE BASKET

This wooden box contains everything to make the winter warm-up known as a Moscow Mule. Along with Tito's vodka, Saranac Ginger Beer, syrup and lime juice, there's a shaker, double jigger and even an ice tray to make ice balls sized for the copper mugs.



MASTER BREWS BASKET

Pop a top and relax with a copper basket brewing up sudsy good taste. Along with bottle opener, glasses and six-pack of assorted craft beers, the basket boasts a beer lover's go-to lineup of snacks: teriyaki- and BBQ-flavored jerky, homestyle pretzels and beer nuts.

CELEBRATE AND SAVOR

Go beyond ordinary snacks with extraordinary hors d'oeuvres.



SIMPLY SARTORI BASKET

One look at the goodies in this basket will put the notion of noshing in everyone's head. Two red wines from Bogle Vineyards complement specialty cheeses and artisan wafers and bruschettini. A cheese slicer and cutting board make quick work of prep.



A TASTE OF ITALY BASKET

Festa Italiana will be in the air with a gift basket full of treats inspired by the Old World, including red wine, pasta, olive oil, balsamic vinegar, cheese, prosciutto, olives, breadsticks, S. Pellegrino water and more.



BON APPÉTIT BASKET

This woven basket holds seven types of cheese and two types of salami. It also includes cracked pepper crisps, fruit paste, caramelized pecans and fresh-churned brown sugar-cinnamon butter.



PICKED FOR PERFECTION BASKET

Treat taste buds to a world tour with hand-selected delicacies, including fig and sour cherry spreads, chocolate-hazelnut wafers, cranberry-cinnamon log, crisps, five kinds of Cheddar cheese and a cutting board.



DELUXE DELIGHTS BASKET

This array of treats brings a new meaning to the word *variety*. It includes fig and sour cherry spreads, artisan crisps, shortbread cookies, dark and milk chocolate, Brie and Cheddar cheeses and salami.



CHARCUTERIE BASKET

There's a lot to savor in this basket. Featuring a sophisticated selection of charcuterie, nuts, cheeses, crisps and specialty foods, it's sure to please anyone with a taste for quality.



SAY CHEESE BASKET

Fine Gouda and Cheddar cheeses are just the start. To make it more convenient, there's a cutting board and cheese slicer. To make it more heavenly, there's artisan crisps and two types of Zöet chocolate.



CELEBRATE AND PAMPER

From comfort foods to enjoy on a cold winter's eve to personal grooming kits, Hy-Vee baskets hold something for everyone.



**HARRY & DAVID
SOUP & SNACKS BASKET**
Everything needed for a cozy evening indoors: summer sausage and honey hot mustard for an appetizer, soup mix and artisan crackers for the entrée, popcorn for the movie and chocolate delicacies to cap off the night.



**COZY PLAID
HOLIDAY BASKET**
Send warm wishes with chocolate cake cookies, truffles, biscotti, kettle corn, shortbread rounds and two ceramic mugs to hold the hot cocoa mix. Even the plaid basket says "Keep warm!"



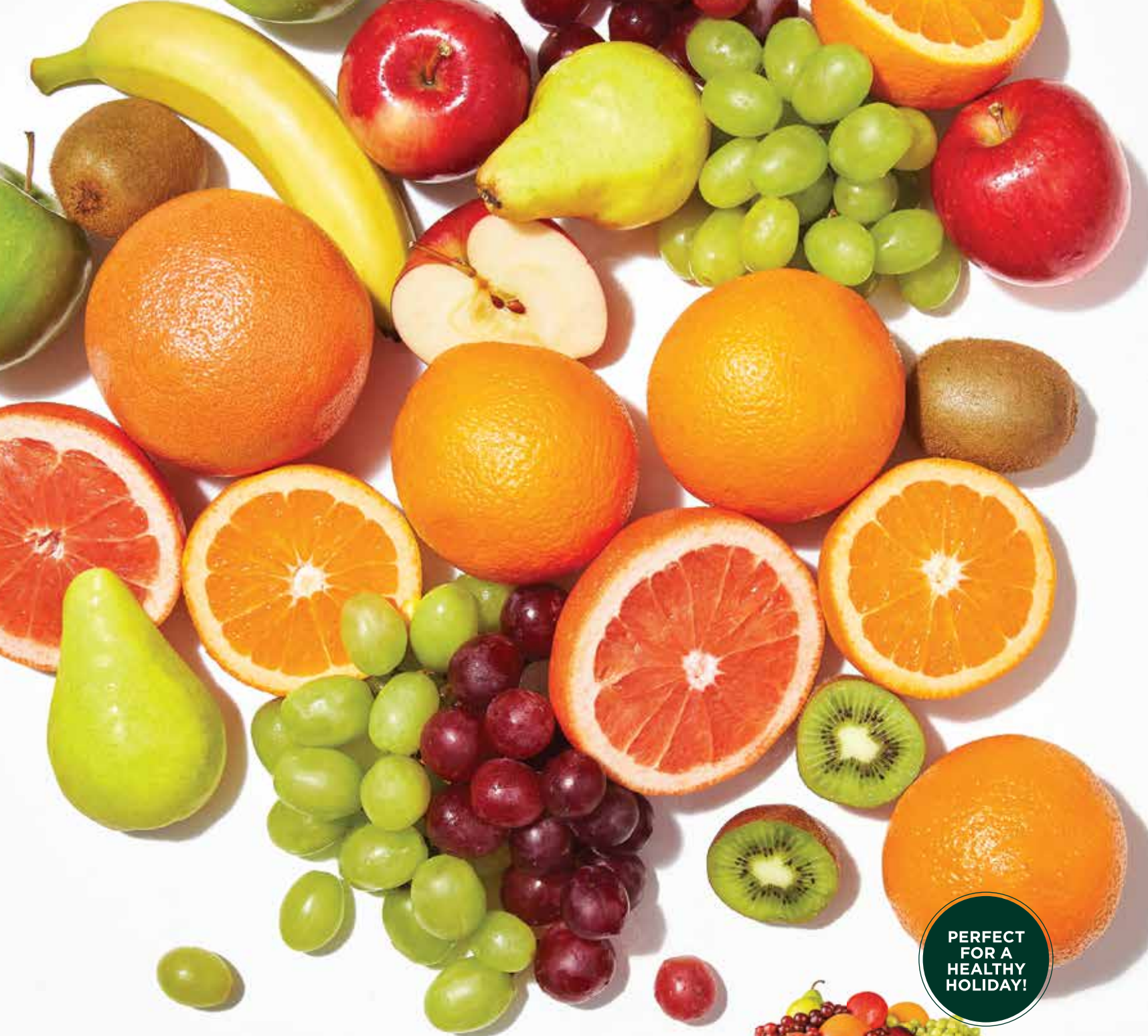
STARRY NIGHT BASKET
Make it magical with Ghirardelli chocolates, caramel s'mores cookies, chocolate-covered graham crackers and hot cocoa mix. Two mugs ensure it's a treat worth sharing.



DUKE CANNON AMMO CAN GIFT SET
Look sharp! It's easy for the lucky gentleman who receives a Duke Cannon gift basket that includes shaving cream, four types of soap and a genuine Army ammunition can.



MERRY AND BRIGHT BASKET
Chocolate-covered graham crackers and dark chocolate mints join toffee-flavored popcorn in a collection that belongs on everyone's bucket list.



BEST OF THE HARVEST

A fruit basket is a nourishing and welcome counterpoint to holiday sweets.

PERFECT FOR A HEALTHY HOLIDAY!



ORCHARD SELECT BASKET
Enjoy the freshest fruits—apples, oranges, bananas, pears, ruby red grapefruit, tropical kiwifruit and seedless grapes—arranged in a braided-rope basket.



HEALTHY CHOICE BASKET
Sample fresh apples, bananas, pears, oranges, ruby red grapefruit, tropical kiwifruit and seedless grapes—all delivered in a premium wicker basket.

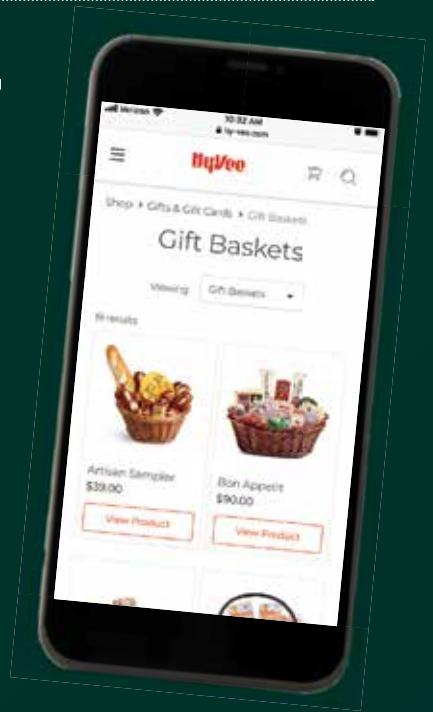


HEARTLAND TRADITION BASKET
Good taste and good for you! This assortment of apples, bananas, pears, grapefruit, oranges, mangoes, tropical kiwifruit, pineapple and seedless grapes makes a healthful addition to traditional holiday fare. Plus, the braided basket with metal handles makes a fine keepsake.



SIMPLY SWEET BASKET
Give a truly sweet gift with a willow oval basket filled with apples, bananas, pears, ruby red grapefruit, oranges, tropical kiwifruit, lemons, limes and seedless grapes.

THESE BASKETS AND ALL YOUR HOLIDAY GIFTS ARE JUST A CLICK AWAY!



VISIT HY-VEE.COM, THEN SEARCH UNDER "GIFT BASKETS."
ORDERS ARE READY FOR PICK UP IN JUST 2 DAYS.

Shaving in a Winter Wonderland

Give every guy on your list these handsome-as-they-are-useful shave tools. They'll be around long after the snow melts.



HARRY'S
now available at Hy-Vee

health

Show your skin some love this winter. Plus, discover diet and exercise tips to ring in the new year.

- 100** 10 TIPS FOR HEALTHY WINTER SKIN
- 104** DIETITIAN Q&A: HEALTHY HOLIDAY HABITS
- 108** FOODS THAT LIFT YOUR MOOD
- 114** GYM 101
- 116** MEASLES VACCINE
- 118** SEND HELP, HY-VEE



10 TIPS FOR HEALTHY WINTER SKIN

Old Man Winter is here to stay (at least for a few months) and with cold temperatures comes dry air. Spend time caring for your skin through the winter to keep it soft, smooth and healthy.



1 DRINK MORE WATER

Water improves skin's elasticity and helps the epidermis, the third and outermost layer of the skin, maintain moisture. In a study published in *Clinical, Cosmetic and Investigational Dermatology*, researchers found that increasing water intake has positive effects on skin health, especially among those with regularly lower water intake.

2 MOISTURIZE

Apply lotion or cream right after drying off from a shower, bath or washing your face. Ointments and creams help retain existing moisture on the surface of the skin, so applying while skin is damp is ideal.

6 bad itch

Scratching dry, itchy skin may cause further irritation and could result in infection. Instead, apply an ice pack to the area for 5 to 10 minutes or until the itch subsides.

3 use a cleanser

Skin will still produce oil even in dry conditions. Rid pores of dead skin cells and oil by applying a gentle, noncomedogenic (won't block pores) cleanser twice daily. When applying, don't use so much that the cleanser becomes frothy. Rinse with lukewarm water and avoid harsh scrubbing, which may make dry skin worse.

4 close shave

Always use a shaving cream and never shave dry, which can dry and irritate skin. Those with dry or sensitive skin will benefit from creams or gels for sensitive skin. Remember to shave in the direction the hair grows.

5 SHORT SHOWERS

A long, hot shower or bath may seem the ideal remedy to a cold night, but it's a culprit for dry skin. When taking a shower or bath, limit time in the water to 5 to 10 minutes, using lukewarm water instead of hot. When it's time to towel off, gently blot your skin.



7 sun protection

The sun's UV rays can cause damage even during the coldest, most overcast day of the year. Wear sunscreen if you spend a prolonged period of time outside, and use extra precaution if taking a ski vacation in the mountains. UV rays are more powerful at high altitudes, and snow can reflect up to 80 percent of the sun's rays.



8 GET DRESSED

It seems like a no-brainer, but bundling up before going outside will keep skin protected from the elements and dry air. Hands tend to dry out faster than other parts of the body, so wear a pair of gloves or mittens when you leave the house.



9 avoid open heat sources

Cozying up by the fire is a romantic idea when it's chilly out, but open heat sources can dry out skin. That goes for radiators, space heaters and open vents, as well. Keep the thermostat slightly lower and dress in layers to provide warmth.



10 Eat right

To protect skin, fuel up with foods laden with vitamin E, like almonds or spinach, to help keep skin moist and soft. Aim for 15 mg a day. Add foods high in vitamin A, like dark leafy veggies, to help your body replace skin cells and maintain function.



pro tip: ALL NATURAL

“Use a moisturizer in the morning and at night to protect your skin's elasticity and natural moisture. When shopping for moisturizers, look for products that contain shea butter, avocado oil or coconut oil, which are naturally hydrating ingredients that provide continuous protection and moisture.”

—Kerry Willoughby
Beauty and Basin
Manager, Osage
Beach, Missouri

Sources: ncbi.nlm.nih.gov/pmc/articles/PMC3936685/
lpi.oregonstate.edu/mic/health-disease/skin-health/vitamin-E

SHOP HY-VEE SKIN CARE

Stock up on winter skin care products at your local Hy-Vee. From cleansers and moisturizers to makeup wipes, Hy-Vee has it all!

1. NEUTROGENA HYDRO BOOST
Improves hydration while removing dirt and oil.

2. BURT'S BEES CLEANSING OIL
Washes away dirt and leaves skin soft and moisturized.

3. BASIN LIP BALM
Avocado oil softens lips and SPF 15 provides sun protection.

4. BASIN SHAVE CREAM
Moisturizes skin while preventing razor burn.

5. GOLD BOND HEALING HAND CREAM
Absorbs quickly to repair cracked, dry hands.

6. GARNIER MICELLAR CLEANSING WATER
Removes makeup without drying or irritating skin.

7. OLAY MICRO-SCULPTING CREAM
Smooth fine lines and wrinkles and improve skin's elasticity.

8. BASIN BODY BUTTER
A creamy moisturizer with coconut oil and cocoa butter.

9. MINERAL FUSION BODY LOTION
Fortified with nourishing vitamins to keep skin soft.



dietitian Q&A

HEALTHY HOLIDAY HABITS

Eat, drink and be merry—and stay (mostly) on track during the holidays. Here's how.



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

Q: How can we eat healthfully this season when we're surrounded by large meals and constant treats?

A: Start with a positive, reasonable truth: This is a time of joy and celebration, family and friends, food and sharing. Enjoying food is part of the holidays. There are smart ways to do that.

Q: Any tips for smart eating at dinner?

A: Fill up on salad and other veggies before meat and potatoes. Offer to bring a dish—veggies and hummus, spinach salad, fruit salad, slaw, steamed green beans with

almonds—for a healthy option. Use a small fork or spoon to eat a dessert, and linger over each bite. And when you feel full, pop a sugarless mint or stick of gum in your mouth—it freshens your breath and you're less likely to want to eat.

Q: At a party?

A: Don't leave your home hungry. Have a snack first—an apple, protein bar, low-fat yogurt with a banana, nut butter on whole grain crackers or low-calorie cheese such as mozzarella or Swiss. Fiber in fruit and whole grains and protein in cheese are filling and low-calorie, making it easier to limit dinner portions. Limit alcohol, which is high-calorie and lowers your inhibitions, leading you to eat more. Stick to two glasses of wine or less, and drink water often.



Q: 'Tis the season to snack. What are some healthy options?

A: Those with vitamins, minerals and fiber, such as grapes, raw veggies and hummus, sliced pears over cottage cheese or Greek yogurt with fruit. I keep a small resealable bag of sliced red bell peppers in the fridge to enjoy with guacamole or hummus. The peppers are loaded with vitamins C and A.

Q: Any other suggestions?

A: Plan for leftovers—turkey and cranberries on whole wheat, Brussels sprouts in an omelet, mashed potatoes mixed with cauliflower. Drink plenty of water to stay full. And be kind to yourself: Reflect on all that makes you happy and thankful this holiday.

**1 LB. OF FAT
EQUALS ABOUT**

3,500

**CALORIES. TO LOSE 1 LB.
IN A WEEK, CUT ABOUT
500 CALORIES EACH DAY.**

Sources: [mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calories/art-20048065](https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calories/art-20048065)
[acpm.org/page/holidayweightgain](https://www.acpm.org/page/holidayweightgain)



7 ways to eat smarter over the holidays

TRY THESE SMART GO-TO SNACK SUGGESTIONS AND FEEL GOOD ABOUT EATING OVER THE HOLIDAYS.

3. TOMATO-MOZZARELLA KABOBS

ALTERNATELY SKEWER CHERRY TOMATOES, MOZZARELLA BALLS OR CUBES AND FRESH BASIL LEAVES, THEN DRIZZLE WITH BALSAMIC VINEGAR AND EXTRA VIRGIN OLIVE OIL.

4. Nutty Sweet Potato
Bake a small sweet potato in the microwave. Cut open and top with 2 to 3 Tbsp. plain Greek yogurt and about 1 Tbsp. chopped pecans. Sprinkle with a little brown sugar and/or cinnamon, if desired.

5. PEAR WITH COTTAGE CHEESE

CUT A PEAR IN HALF AND DISCARD CORE AND SEEDS. SPOON LOW-FAT COTTAGE CHEESE INTO PEAR HALF AND TOP WITH SLICED ALMONDS OR WALNUTS. SPRINKLE WITH CINNAMON.

6. Turkey Roll-Ups
Layer Swiss cheese and smoked turkey slices. Roll up, then dip rolls in hummus or a bold-flavor mustard such as spicy brown or Dijon.

7. ROASTED CHICKPEAS

DRAIN AND RINSE CANNED GARBANZO BEANS (CHICKPEAS) AND BLOT DRY WITH PAPER TOWELS. TOSS CHICKPEAS WITH 1 TO 2 TBSP. OLIVE OIL AND SPRINKLE WITH YOUR FAVORITE SPICES—CUMIN, SMOKED PAPRIKA, CAYENNE PEPPER AND/OR CHILI POWDER. BAKE ON A RIMMED BAKING PAN AT 350°F TO 400°F ABOUT 30 MINUTES OR UNTIL BROWNED AND CRUNCHY.



32 ounces of yogurt, a million ways to use it

From dips to desserts, side dishes to mains, you can craft your favorites with protein-packed Chobani® Greek Yogurt, made with only natural ingredients. Visit chobani.com/recipes for inspiration.

Spinach-Artichoke Dip

Yield: 8 servings

INGREDIENTS

- ¼ cup Chobani® Non-Fat Plain Greek Yogurt
- 1 cup chopped spinach leaves
- 1 cup chopped canned artichoke hearts
- 4 ounces low-fat cream cheese, room temperature
- ¼ cup low-fat mayonnaise
- ½ cup grated parmesan cheese, divided
- ½ teaspoon kosher salt
- ¼ teaspoon garlic powder
- ½ teaspoon Tabasco sauce

INSTRUCTIONS

1. In a small pot, combine spinach and artichoke hearts and fill with water until just submerged. Bring to a boil for 1 minute, then strain. Keep warm.
2. In a medium mixing bowl, combine remaining ingredients, except ¼ cup of parmesan, until fully incorporated. Add spinach and artichoke mixture and stir to combine.
3. Transfer mixture into an oven-safe ramekin or small baking dish. Top with remaining cheese and bake at 350°F for 7-10 minutes, or until cheese is melted on top. Let cool slightly before serving.



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Better Oats Oatmeal:
select varieties
3.9 to 15.17 oz.
2/5.00

FOODS THAT

Lift Your Mood

CERTAIN NUTRIENTS FEED CELLS AND IMPROVE BLOOD FLOW IN THE BRAIN TO BOOST MEMORY, FOCUS AND MOOD. THINK OF THEM AS BRAIN FUEL.

MOOD FOOD

A well-fed brain and nervous system enhance mood. Some nutrients appear to improve verbal and visual memory; others smooth nerve transmissions or morph into serotonin to calm. Studies point to tryptophan as a possible tool to fight depression, which affects roughly 20 percent of the world's population. Make room for these foods in your diet.



pro tip: BALANCE HELPS MOOD

“Avoid skipping meals, and choose a diet that is balanced and includes plenty of fruits, nuts, vegetables, whole grains, legumes and fish—all of which are important sources of nutrients linked to improving mood.”

—Tracey Shaffer
Registered Dietitian
Hy-Vee, Blue Springs, Missouri

Sources: health.harvard.edu/blog/omega-3-fatty-acids-for-mood-disorders-2018080314414
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ncbi.nlm.nih.gov/pmc/articles/PMC4728667/



FOLATE

What it does: Folate (vitamin B₉), which promotes DNA and red blood cell formation, appears to affect levels of the feel-good chemical serotonin in the brain and spinal fluid.

FOODS: Beef liver; beans (black, garbanzo, kidney, pinto); eggs; bananas; oranges; asparagus; broccoli; Brussels sprouts; romaine lettuce; spinach; nuts (cashews, peanuts, pistachios, walnuts); quinoa.

Daily amount: 400 mcg



OMEGA-3 FATTY ACIDS

What they do: Anti-inflammatory properties may fight depression. Omega-3s move through brain cells to interact with molecules that affect mood. Research suggests the acids may lower risks for dementia and might ease symptoms of bipolar disorder and postpartum depression; more study is needed.

FOODS: Salmon, tuna, mackerel, flaxseed oil, canola oil, flaxseeds, chia seeds, walnuts, edamame.

Daily amount: Men 1.6 g, Women 1.1 g



PHYTOCHEMICALS FROM BERRIES

What they do: Anthocyanins, catechins and other phytochemicals appear to prevent or delay Parkinson's and Alzheimer's disease and multiple sclerosis. The brain is more susceptible to oxidative stress than other organs, and phytochemicals easily cross the blood-brain barrier to deliver antioxidant benefits, says the scientific journal *Neural Regeneration Research*.

FOODS: Strawberries, blackberries, blueberries, mulberries.

Daily amount: There is no established amount. The USDA Dietary Guidelines for Americans suggests 2 cups of fruit a day, especially whole ones with significant vitamins, minerals and antioxidants.



CHOLINE

What it does: It feeds the brain and nervous system to regulate mood, memory and muscle function. Choline also helps form membranes surrounding cells in the body. Studies link choline to cognitive function.

FOODS: Quinoa, eggs; beef; pork; chicken; turkey; beans (black, garbanzo, kidney); Brussels sprouts.

Daily amount: Men 550 mg, women 425 mg



TRYPTOPHAN

What it does: An essential amino acid, tryptophan converts to the neurotransmitter serotonin in the brain and in the gut. Serotonin in the brain regulates mood, appetite and sleep.

FOODS: Avocados; nuts (almonds, pistachios, cashews, hazelnuts); seeds (chia, flax, pumpkin); meat (beef, pork, lamb); poultry (chicken, turkey); fish (cod, halibut, snapper, salmon, tuna); beans (kidney, pinto); dairy (milk, cheese, yogurt); oats.

Daily amount: 1.8 mg per lb. of body weight



FLAVANOLS

What they do: Present in cocoa and chocolate, flavanols act as antioxidants and improve blood flow in vessels. One study found that cocoa with high levels of flavanols increased blood flow to gray matter in the brain. Flavanols are also present in certain drinks and other foods.

FOODS: Dark chocolate, tea, red wine, blueberries and cherries.

Daily amount: Not established in the U.S. Health experts suggest getting cocoa flavanols from the most natural, least processed dark chocolate. Keep in mind chocolate is high in calories; more than a couple ounces a day could lead to weight gain.



WHIP UP THIS
LARGE PUFFY
DELIGHT FOR
**BRUNCH OR
LUNCH.**

Spinach Caprese Dutch Baby

Hands On 15 minutes
Total Time 45 minutes
Serves 4

2 Tbsp. Hy-Vee canola oil
4 Hy-Vee large eggs
 $\frac{3}{4}$ cup Hy-Vee all-purpose flour
 $\frac{3}{4}$ cup Hy-Vee whole milk
2 Tbsp. Hy-Vee salted butter, melted
 $\frac{1}{2}$ tsp. kosher salt, plus additional to taste
1 cup fresh spinach leaves, divided
1 oz. Gruyère cheese, shredded ($\frac{1}{4}$ cup)
1 Tbsp. fresh thyme leaves
1 Tbsp chopped fresh chives
2 Tbsp. chopped fresh basil, divided
1 cup cherry tomatoes, halved
1 (8-oz.) presliced fresh mozzarella cheese, quartered
2 tsp. Gustare Vita extra virgin olive oil
Hy-Vee black pepper, to taste

1. PREHEAT oven to 425°F. Add canola oil to a 10-in. cast-iron skillet. Place skillet in preheated oven for 10 minutes.

2. MEANWHILE, whisk together eggs and flour in a bowl until smooth. Whisk in milk, butter and $\frac{1}{2}$ tsp. salt. Chop enough spinach for $\frac{1}{2}$ cup; stir into batter. Combine Gruyère cheese, thyme, chives and 1 Tbsp. basil in a small bowl.

3. REMOVE hot skillet from oven. Pour batter into skillet. Working quickly, sprinkle cheese-herb mixture on top. Bake for 20 to 25 minutes or until puffed and golden.

4. WHILE BAKING, toss together tomatoes, mozzarella cheese, olive oil, remaining spinach, 1 Tbsp. basil and salt and pepper to taste. Add to Dutch baby immediately after baking. Cut into wedges and serve.

Per serving: 490 calories, 34 g fat, 14 g saturated fat, 0 g trans fat, 255 mg cholesterol, 610 mg sodium, 20 g carbohydrates, 1 g fiber, 3 g sugar (0 g added sugar), 23 g protein.
Daily Values: Vitamin D 10%, Calcium 45%, Iron 15%, Potassium 6%



Swap cashews and dried blackberries and/or bananas for the walnuts and apricots for a mellow flavor.

5 EASY COMBOS

FEED YOUR SENSE OF WELL-BEING. TRY THESE MEAL AND SNACK IDEAS—THEY'RE FILLED WITH INGREDIENTS THAT BENEFIT THE BRAIN.

1 Dark Chocolate Nut Bark

Toast 3 Tbsp. chopped Hy-Vee walnuts, 3 Tbsp. chopped whole salted almonds and 1 Tbsp. raw pepitas in a 350°F oven for 5 to 8 minutes. Line a cookie sheet with parchment paper. Chop 12 oz. semisweet chocolate baking squares; melt according to package directions. Spread on parchment to $\frac{1}{4}$ -in. thickness. Sprinkle nut mixture and 1 Tbsp. finely chopped Hy-Vee dried apricots on top. Chill 15 minutes or until set; break into pieces. Makes 25 pieces.

2 Lemon Chicken- Quinoa Skillet

Combine $1\frac{1}{4}$ cups Hy-Vee chicken broth and $\frac{1}{2}$ cup rinsed white quinoa in a large skillet. Bring to boiling; reduce heat. Simmer, covered, 10 minutes. Add 2 cups chopped Hy-Vee Short Cuts broccoli florets. Cook 10 minutes more or until quinoa is tender. Add 2 cups shredded Hy-Vee rotisserie chicken, 1 tsp. lemon zest, and 2 Tbsp. lemon juice; heat through. Sprinkle with $\frac{1}{2}$ cup shredded aged white Cheddar cheese. Season to taste. Serves 4.

3 Cottage Cheese, Fruit and Nut Snack

Stir together $\frac{1}{2}$ cup Hy-Vee 4% small-curd cottage cheese and 1 Tbsp. Hy-Vee hazelnut creamy spread with skim milk & cocoa. Serve on top of desired amount of Hy-Vee Short Cuts mixed berries, chopped Hy-Vee Short Cuts mandarin oranges and/or sliced banana. Sprinkle with chopped almonds or shelled pistachios. Drizzle with Hy-Vee honey, if desired. Serves 1.

4 Beef-Asparagus Stir-Fry

Cut 12 oz. Hy-Vee Angus Reserve boneless sirloin steak into $\frac{1}{4}$ -in. strips. Stir-fry beef in 1 Tbsp. Hy-Vee canola oil until cooked through. Remove from skillet. Add 2 tsp. more oil to skillet. Stir-fry 12 oz. asparagus, trimmed and cut into 2-in. pieces, 3 sliced green onions and $\frac{1}{2}$ tsp. Hy-Vee crushed red pepper for 2 minutes or until asparagus is crisp-tender. Stir in beef and $\frac{1}{2}$ cup Hy-Vee sesame teriyaki sauce. Heat through. Serve over hot cooked rice. Serves 4.

5 Strawberry- Yogurt Smoothie

Place 1 (5.3-oz.) container Hy-Vee plain Greek yogurt in a blender. Add 1 cup Hy-Vee frozen unsweetened whole strawberries, 1 peeled and sliced banana and 1 tsp. Hy-Vee HealthMarket chia seeds. Cover and blend until smooth. Blend in crushed ice for thicker consistency, if desired. Serves 1 (about 12 oz.).



GUACAMOLE WITHOUT THE HASSLE



Wholly Guacamole:
select varieties
8 oz.
3.99

serving
suggestion

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of seasonal deliciousness.

No added hormones
or steroids. Just real
ingredients from
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GYM 101

Fear of the gym holding you back? Fear not! Gyms are full of like-minded people with similar goals: to get fit. Here's how to find your comfort level and get the most from your experience.

Fresh Start

The gym is for everyone, regardless of fitness level or experience. As a member, you'll have access to a variety of equipment, classes and learning opportunities within a supportive environment. Odds are, someone you know has a recommendation—one in five Americans belongs to a gym. Still unsure? These tips might boost your confidence.

1. FIND THE RIGHT GYM

Shop around for membership rates within your budget. Consider your requirements: a large facility with a pool or sauna, or smaller gym with basic equipment. Consider location. You're likely to use your membership if the gym is close to home or work.

2. TAKE A TOUR Ask for a tour at the front desk. Learn the layout of the facility so you feel confident when you start exercising. Knowing how to get around will also boost workout efficiency.

3. ASK QUESTIONS

While touring the facility, ask questions like: What classes are recommended for my fitness level? Is there a schedule or calendar of classes? What are the rules? How do I clean equipment? How much does a training session cost?

4. ASK ABOUT OFFERINGS

Many memberships include classes for members, an opportunity to meet people and receive training in a supportive environment.

5. LEARN THE LINGO

- **Reps** Short for *repetitions*—the number of times to perform an exercise
- **Sets** Number of times to repeat repetitions
- **Spotter** A person who supports another person through an exercise to ensure safety
- **Rack** Structure to hold dumbbells or weighted plates



20%

OF AMERICANS OWNED A GYM MEMBERSHIP IN 2018.

—INTERNATIONAL HEALTH, RACQUET & SPORTSCLUB ASSOCIATION

GYM-STANT SUCCESS

SET YOURSELF UP FOR AN EFFICIENT WORKOUT BEFORE LIFTING YOUR FIRST WEIGHT, AND MAXIMIZE TIME IN THE GYM.

MAKE A PLAN

Set Goals Are you exercising to lose weight? Build muscle? Feel better? Or improve overall health? Set specific and attainable goals in a timeline. Holding to a goal gives workouts purpose and keeps you focused.

Record Workouts

Take a notebook detailing your workout to the gym. Include exercises, sets, reps and rest time. You'll know exactly what to complete and how long it should take.

BE READY

From clothing to devices to warm-ups, be prepared:

- Dress in comfortable, non-restrictive workout clothes.
- Limit distractions by leaving your phone in a locker.
- Wear shoes with ample foot support.
- Always warm up before exercise. Ride a stationary bike at low-intensity for 5 to 10 minutes or jog on a treadmill. Skipping a warm-up increases risks for injury.

SAMPLE WORKOUT

To start gym sessions on the right track, record these upper and lower body workouts. Perform each move for 3 sets of 15 with 60 to 90 seconds rest between sets.

Upper Body

- Seated Row
- Dumbbell Bench Press
- Triceps Push-Down
- Dumbbell Shoulder Press

Lower Body

- Weighted Squats
- Dumbbell Step-Ups
- Seated Leg Curl
- Walking Lunges

proper etiquette

SIMPLE GESTURES GO A LONG WAY WITH GYM MEMBERS AND STAFF:

- Wipe off equipment and pick up after yourself.
- Return weights to rack after using them.
- Be mindful of how long you use a piece of equipment; notice whether anyone is waiting.
- Take up only the space you need.
- Allow others to use equipment during your rest time, if they ask.

MEASLES VACCINE

Once nearly eliminated from the U.S., the measles is making an alarming comeback. Protect your family with the MMR vaccine from Hy-Vee.

REPORTS OF MEASLES CASES ARE ON THE RISE

VACCINATION SUCCESS

The MMR vaccine, also known as the measles, mumps, and rubella combination vaccine, helped eradicate measles from the U.S. in 2000. Before the vaccine program began in 1963, up to 4 million people were affected each year.

WHY THEY'RE BACK

There's been a recent increase in reported measles cases, likely brought in by unvaccinated travelers to foreign countries. This year alone, there have been more than 1,240 reported cases, compared to 86 in 2016.

PRO TIP:

"Keep good hygiene with lots of handwashing, eat a healthy well-balanced diet and get plenty of rest so your body is prepared to fight off bacteria and viruses."

—Angie Nelson,
Hy-Vee VP, Pharmacy
Operations

97%

EFFECTIVENESS OF
TWO DOSES OF
MMR VACCINE IN
PREVENTING
MEASLES

WHAT IS THE MEASLES?

Measles is an extremely contagious disease with flu-like symptoms including rash, fever, dry cough, watery eyes and a runny nose. In rare cases, it can cause pneumonia or even death.

WHO'S AT RISK?

Those traveling to foreign countries are at risk, along with infants, anyone over 20 years old, pregnant women and those with compromised immunities.

GETTING VACCINATED

MOST HY-VEE PHARMACIES OFFER THE MMR VACCINE ADMINISTERED BY CERTIFIED PHARMACISTS—NO APPOINTMENTS OR PRESCRIPTIONS REQUIRED. CALL YOUR LOCAL STORE AND ASK FOR MORE DETAILS.

Source: cdc.gov/measles/cases-outbreaks.html
cdc.gov/vaccines/vpd/measles/index.html

Santa doesn't take SICK DAYS!



Vicks DayQuil or NyQuil: select varieties 3 to 24 oz., 100 grams or 24 ct. 8.44



Put up a fight against colds and flu. Here's what you need to know to prevent and treat them.

VIRUS SEASON

Theories vary on why colds and flu hit hard in winter: Less humidity lets germs spread easily, staying indoors means close contact with others, immune systems work hard. Whatever the reason, it's important to know how to protect against these upper respiratory infections and how to reduce symptoms. Both are caused by viruses; antibiotics, which fight bacteria, do not kill viruses. Colds and flu usually run their course over several days (flu) to a couple weeks (colds). The body fights them naturally—hence the fever, chills, runny nose and congestion. Over-the-counter (OTC) meds can relieve symptoms.

COLDS

ABOUT

Rhinoviruses spread through droplets in the air from coughs and sneezes and through personal contact. The virus first infects the nose and sinuses, which then produce mucus to flush out the virus. Common symptoms include sneezing, coughing, stuffy or runny nose and sore throat.

TREATMENTS

OTC drugs fight sneezing, stuffy or runny nose, sore throat, coughing and postnasal drip. Expectorants thin mucus; decongestants reduce the amount of mucus produced. Cough suppressants reduce the urge to cough. Antihistamines—often used in nighttime meds—fight histamines, which cause congestion.

FLU

ABOUT

Caused by the influenza virus, flu symptoms are fairly short-lived (five to seven days) and include chills, fever, cough, sore throat, aches and pains, runny nose, diarrhea, headache and fatigue. Like colds, flu is spread by air droplets and personal contact. Those who have had a flu shot yet get the flu may be ill fewer days or experience less-severe symptoms than those who have not had the shot.

TREATMENTS

Pain relievers (acetaminophen, ibuprofen, naproxen) relieve headaches and muscle pain and reduce fever. Cough suppressants treat the urge to cough.

CERTAIN CONDITIONS, SUCH AS HYPERTENSION AND DIABETES, DETERMINE WHICH MEDS A PATIENT CAN TAKE SAFELY. IN ADDITION, SOME DRUGS SHOULD NOT BE COMBINED. HY-VEE PHARMACISTS ARE ALWAYS AVAILABLE TO ADVISE ON OVER-THE-COUNTER MEDICATION CHOICES.

—ANGIE NELSON, HY-VEE VICE PRESIDENT, PHARMACY OPERATIONS

Sources: [cdc.gov/antibiotic-use/community/for-patients/common-illnesses/colds.html](https://www.cdc.gov/antibiotic-use/community/for-patients/common-illnesses/colds.html)
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Good to Know

See page 120 for a list of cold symptoms vs. flu symptoms, and page 121 for over-the-counter meds to treat cold and flu. Also know:

•**Acetaminophen** treats pain and fever and is in many cough, cold and pain meds. Limit it to one drug to avoid liver damage.

•**Ibuprofen**, a nonsteroidal anti-inflammatory drug (NSAID), reduces fever, inflammation, headache and muscle aches. Ibuprofen can trigger allergic reactions in those sensitive to aspirin, and it may cause stomach bleeding.

•**Aspirin** alleviates fever and pain. High doses can cause stomach bleeding. Aspirin also can cause Reye's syndrome in children. This rare condition damages the liver and brain. For pain relief, give acetaminophen to children younger than 6 months. For children older than 6 months, give acetaminophen or ibuprofen.



10

WAYS TO FIGHT COLDS & THE FLU

1. WASH HANDS

OFTEN with soap and warm water.

2. SET OUT HAND

SANITIZER in rooms and at the workplace.

3. GET A FLU

VACCINATION, available in a shot or as nasal spray.

4. KEEP YOUR

DISTANCE from cold and flu sufferers. The flu is highly contagious within 3 feet of someone who has it.

5. IF YOU SMOKE,

try quitting. Smoking increases your risk of getting the flu.

6. IF YOU HAVE A

COLD OR THE FLU, drink plenty of water and other liquids—clear broth, lemon water or fruit juice. Fever dehydrates.

7. GET PLENTY OF

REST. Place an extra pillow under your head to help sinuses drain.

8. USE A HUMIDIFIER

or a cool-mist vaporizer if indoor air is dry. Humidity loosens congestion.

9. INHALE STEAM












from a hot shower to keep nasal passageways moist.

10. AVOID

PROLONGED USE OF DECONGESTANT nasal sprays (adult use only), which can cause symptoms to return.

COLD VS. INFLUENZA

Do you have a cold or the flu? Some symptoms occur in both infections; others are specific to one or the other. Here's how to tell.

SYMPTOMS	COLD	FLU
 ACHES, PAIN	Mild headaches and/or body aches	Headaches and body aches common—sometimes severe
 CHEST CONGESTION	Mild to moderate chest congestion common	Common, can be severe
 CHILLS, SWEATS	Uncommon; mild if they occur	Moderate to severe
 COUGH	Common, can last up to 2 weeks	Dry, hacking cough common
 FATIGUE	Mild, lasts about 1 week	Common, can last up to 3 weeks. Exhaustion is common at the start.
 FEVER	Rarely for adults (low-grade), sometimes for children	Common, can last up to 5 days
 RUNNY NOSE	Common. Mucus might have a yellowish or greenish tint.	Stuffy and/or runny nose common
 SNEEZING	Common, usually lasts 2 to 3 days	Sometimes, lasting 4 to 7 days
 SORE THROAT	Sore or scratchy throat, often at the onset of a cold	Often occurs; throat might be red
 STUFFY NOSE	Sometimes, though mild. Can last about 10 days.	Common, more severe than with colds
 WATERY EYES	Burning, watery eyes common	Sometimes occur



pro tip: PROTECT YOURSELF

Wash your hands often, use hand sanitizers, sneeze or cough into your elbow instead of your hands, drink lots of fluids, increase your vitamin C intake and get plenty of rest during the winter months to keep your immune system

strong. Still haven't received a flu shot? December is not too late—Hy-Vee pharmacists give the vaccination throughout winter. Keep in mind it takes a good two weeks to build up immunity against the virus after getting your vaccination."

—Carolyn Lewarne
Pharmacy Manager
West Des Moines, Iowa

Sources: my.clevelandclinic.org/health/diseases/13756--colds-and-flu-symptoms-treatment-prevention-when-to-call/management-and-treatment
cdc.gov/antibiotic-use/community-for-patients/common-illnesses/colds.html
health.harvard.edu/cold-and-flu/influenza

EASE THE SUFFERING

Look to TopCare over-the-counter cold and flu symptom relief for the whole family. TopCare products at affordable prices have the same active ingredients as more expensive brands.

SINUS CONGESTION & PAIN

Nondrowsy relief for sinus pressure, nasal congestion and pain



MUCUS RELIEF

Multisymptom relief: loosens mucus and congestion, controls cough and relieves pain

CHILDREN'S TRIACTING COLD & COUGH

Grape-flavor cough suppressant, decongestant and antihistamine



CHILDREN'S PAIN RELIEF PLUS

Fights sneezing, runny nose, fever, sore throat and cough



CHILDREN'S MUCUS RELIEF

Alcohol-free berry-flavor liquid works on stuffy nose, chest congestion and cough



PRESSURE + PAIN PE

Fights sinus headache, congestion and pressure; reduces fever



IBUPROFEN

200-mg, capsules reduce fever and relieve pain



TUSSIN CF MAX

Nighttime relief of severe cold and flu symptoms: sore throat, body aches, congestion and fever

Consult with a pharmacist or medical professional with any questions. This information is not meant to substitute for any medical advice, and results are not guaranteed.



MAKE YOUR
PARTY
PUNCH
PERFECT

Perfect Party Punch

1. In a large punch bowl, combine:
- | | |
|----------------------------------|---|
| 24 oz. 7UP® | 32 oz. Hawaiian Punch® Fruit Juicy Red® |
| ¼ cup ReaLemon® 100% Lemon Juice | 16 oz. Canada Dry® Club Soda |
| 12 oz. orange juice | 1 pint raspberry sorbet |
2. Garnish with fresh raspberries (if desired) and enjoy!

HyVee®

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*warm
& toasty*
TO SWEET & COZY

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GET THE GOODS

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

fridge & freezer



Barber Stuffed Entrées or Fast Fixin' Breaded Chicken: select varieties 10 to 24 oz. **3.49**



Smithfield Bacon: select varieties 12 oz. **3.99**



Smithfield Fully Cooked Sausage or Breakfast Sandwiches: select varieties 12 to 20 oz. **4.77**



Smithfield Spiral Sliced Half Ham: select varieties **2.99 lb.**



Smithfield Boneless Ham Steak: select varieties **2.18 lb.**



Smithfield Roll Sausage, Premium Sausage Links or Patties: select varieties 12 or 16 oz. **2/7.00**



Hillshire Farm Heritage Spice Blend Uncured Polska Kielbasa Sausage Links 42 oz. **8.99**



Aidells Links, Meatballs or Burgers: select varieties 10 to 12 oz. **5.77**



Wright Bacon: select varieties 1.5 lb. **7.99**



Hillshire Farm Lunch Meat: select varieties 6 to 9 oz. **3/10.00**



Hillshire Farm Yard-O-Beef Summer Sausage 24 oz. **6.99**



Just Bare Chicken Breast Fillets 16 oz. **5.88**



Columbus Charcuterie Sampler 12 oz. **9.99**



Veroni Charcuterie Slices: select varieties 4 oz. **6.99**



La Quercia Prosciutto 2 oz. **4.49**



BelGioioso Mascarpone: select varieties 8 oz. **3.99**



Alouette Cheese Spread: select varieties 6.5 oz. **4.99**



Boursin Cheese: select varieties 5.2 oz. **3.99**



Jimmy Dean Breakfast Bowl: select varieties 7 to 9 oz. **3/8.00**



Green Giant Boxed Vegetables: select varieties 7 to 12 oz. **3/4.00**



Pepperidge Farm Puff Pastry Sheets 17.3 oz. **3.99**



POM POMS Wonderful Pomegranate Fresh Arils 4 oz. **3.99**



POM POMS Wonderful Pomegranate Fresh Arils 8 oz. **5.99**



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

pantry



Frito-Lay Red Rock Chips: select varieties 6.87 or 7 oz. **3.99**



Stacy's Pita Chips or Bagel Chips: select varieties 7 to 7.33 oz. **2/5.00**



Chi-Chi's or Herdez Salsa: select varieties 16 oz. **2.28**



Victoria Pasta Sauce: select varieties 24 fl. oz. **5.49**



Malt-O-Meal Hot Wheat Boxes: select varieties 36 oz. **3.69**



MOM's Best Natural Cereal: select varieties 16 to 24 oz. **2/5.00**



Post Great Grains, Raisin Bran or Grape-Nuts: select varieties 13.5 to 20.5 oz. **3.18**



Post Honey Bunches of Oats: select varieties 28 oz. **4.98**



Smucker's Beekeeper's Promise Honey: select varieties 11.5 or 12 oz. **3.48**



Pepperidge Farm Entertaining Cookies: select varieties 10.9 to 13.5 oz. **5.99**



Pepperidge Farm Holiday Cookies, Stuffing or Party Rye Bread: select varieties 4.75 to 12 oz. **2/5.00**



Old London Toasts, Rounds or Snacks: select varieties 5 or 5.25 oz. **2/5.00**



Snyder's of Hanover Flavored Pretzel Pieces, Specialty Pretzels, Family Size Pretzels or Late July Tortilla Chips: select varieties 10 to 16 oz. **2/5.00**



Ortega Taco Sauce Mild or Medium 16 oz. **2.69**



Bear Creek Dry Soup Mix: select varieties 8 servings **2/7.00**



Ghirardelli Candy Making Wafers: select varieties 10 oz. **4.49**



Ghirardelli Baking Chips: select varieties 10 to 12 oz. **2/6.00**



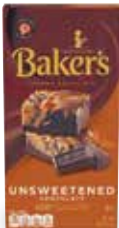
Ghirardelli Candy Bar: select varieties 3.17 or 3.5 oz. **2.69**



Ghirardelli Squares:
select varieties
4.1 to 5.32 oz.
3.99



Ghirardelli Hot Cocoa
8 ct.
3.99



Baker's Chocolate:
select varieties
4 oz.
2/5.00



Baker's Coconut
14 oz.
2.69



Godiva Baking Chips,
Wafers or Bars:
select varieties
4 to 12 oz.
3.29



Jet-Puffed Mini
Marshmallows or
Marshmallow Crème
13 or 16 oz.
1.99

beverages



7Up Mixers:
select varieties
1 l.
3/3.00
(deposit where
required)



SmartWater,
VitaminWater or
Gold Peak Singles:
select varieties
18.5 to 20 fl. oz. or
700 ml.
4/5.00



Tropicana:
select varieties
89 fl. oz.
5.49



Folgers Small Can or
Café Bustelo Small Can:
select varieties
10 to 11.5 oz.
3.99



Gevalia or McCafé
Premium Bags or Pods:
select varieties
4.12 to 12 oz.
6.49



POM Wonderful Juice:
select varieties
16 fl. oz.
3.99

other



Bai Bubbles or HyDrive:
select varieties
11.5 or 16 fl. oz.
2/3.00



Core or Evian
30.4 fl. oz. or 750 ml.
2/3.00



Pee't's or High Brew:
select varieties
8 fl. oz.
2/4.00



Snapple, Vita Coco
or Neuro:
select varieties
14.5, 16.9 or 64 fl. oz.
2/4.00



Glade Air Fresheners:
select varieties
each, 2 ct. 1.34 oz.,
6.2 oz. refill or 6.8 oz.
candle
4.88



Ziploc Freezer or
Storage Bags:
select varieties
10 to 40 ct.
4.99



Ziploc Slider, Sandwich
Bags or Saran Wrap:
select varieties
10 to 40 ct. or 100 ft.
2/4.00



Meow Mix Simple
Servings:
select varieties
2 pk.
4/3.00



Milk-Bone or Pup-Peroni
Dog Snacks:
select varieties
5.6 to 24 oz.
2.99



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30
minutes
or less

30 MINUTES
OR LESS

20
minutes
or less

20 MINUTES
OR LESS

10
minutes
or less

10 MINUTES
OR LESS

GF
option

GLUTEN
FREE

V
option

VEGETARIAN
DISH

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Peppermint Cupcakes



Halos



Old Croc Cheddar and Reypenaer 1-Year-Aged Gouda



CURE 81 Boneless Ham



Boneless Buffalo Chicken Wings



Pita Chips with Spinach Artichoke Dip

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

Produce: Holiday Seedless Grapes
Meat: Gourmet Stuffed Chicken Breasts
Seafood: Encrusted Cod or Tilapia
Charcuterie: Veroni Sliced Charcuterie
Cheese: Sartori Old World Cheddar
Hickory House: Boneless Buffalo & BBQ Chicken Wings
Italian: Flatbread Pizza
Chinese: NORI Sushi Duo Packs
Bakery: Mini Gourmet Cupcakes
Grocery: Frito-Lay Better For You - Smartfood

FRIDAY, DECEMBER 13:
4 P.M. TO 7 P.M.
SATURDAY, DECEMBER 14:
11 A.M. TO 2 P.M.

Produce: Halos
Meat: Our Special Recipe Breakfast Sausage
Seafood: Bristol Bay Salmon
Charcuterie: Columbus Salame Chub
Deli: Reypenaer 1-Year-Aged Gouda; Hy-Vee Roast Beef & Hy-Vee Sliced Cheese
Hickory House: Hy-Vee Premium Soup, 16 oz.
Italian: Lasagna & Chicken Fettuccine Alfredo for Four, 35 oz. or 41 oz.
Chinese: Wonton Chips & Asian Dips
Bakery: Peppermint Cakes and Cupcakes

FRIDAY, DECEMBER 20:
4 P.M. TO 7 P.M.
SATURDAY, DECEMBER 21:
11 A.M. TO 2 P.M.

Produce: Honeycrisp Apples
Meat: CURE 81 Boneless Ham
Seafood: Stuffed Scallops and Seafood Potatoes
Charcuterie: La Quercia Sliced Charcuterie
Cheese: D'Affinois Brie
Deli: Di Lusso Salami & Di Lusso Premium Sliced Cheese; Di Lusso Cranberry Sage Turkey Meat
Hickory House: Tortilla & Pita Chips with Buffalo Chicken Dip & Spinach Artichoke Dip
Italian: Pepperoni Pinwheel Trays
Chinese: Egg Rolls & Crab Rangoon Trays
Bakery: Cream Pies

FRIDAY, DECEMBER 27:
4 P.M. TO 7 P.M.
SATURDAY, DECEMBER 28:
11 A.M. TO 2 P.M.

Produce: Homestyle Guacamole; Wholly Guacamole
Seafood: Seafood Party Dips
Charcuterie: Veroni Charcuterie Platter
Deli: Old Croc Cheddar
Hickory House: Boneless Buffalo & BBQ Chicken Wings
Italian: Family-Size Pizza
Chinese: Wonton Chips and Asian Dips
Bakery: Bagels with Cream Cheese



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