

HyVee[®] seasons[®]

FOOD | LIFE | HEALTH





The most luxurious gift is already wrapped.

There's no reason to add bows and ribbons to Zöet premium Belgian chocolate bars. Everyone on your list will appreciate them just the way they are.

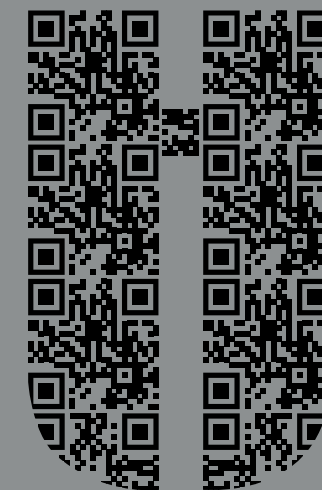
Exclusively at **Hy-Vee**.



HyVee PLUS™

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

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



**JOIN HY-VEE IN THE
FIGHT AGAINST HUNGER.**

A few minutes and a few dollars can have a huge impact in combating food insecurity. Scan the "H" QR code to help Hy-Vee and its partners provide 5 million meals to families in need.

FREE
**Grab and Go
Shrimp Tray***
7 oz.



**15%
OFF**
**Any 6 Bottles
of Wine***
750 mL
Excludes Minnesota
and Kansas.



20% OFF

**Breakfast at
Hy-Vee Market Grille***
with purchase of \$6 or more.
Dine-in only. Show your digital Fuel Saver
card within the Hy-Vee app to your server
to redeem.



**BUY ONE,
GET ONE
FREE**
6" Red Poinsettia*



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

See reverse side for MORE exclusive offers.

*Offer available only to Hy-Vee Plus Premium members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires December 31, 2021. Void where prohibited. Not available in all states.



BUY TWO, GET ONE
FREE
Lindt Gourmet Chocolates*
2.8 to 4.4 oz.



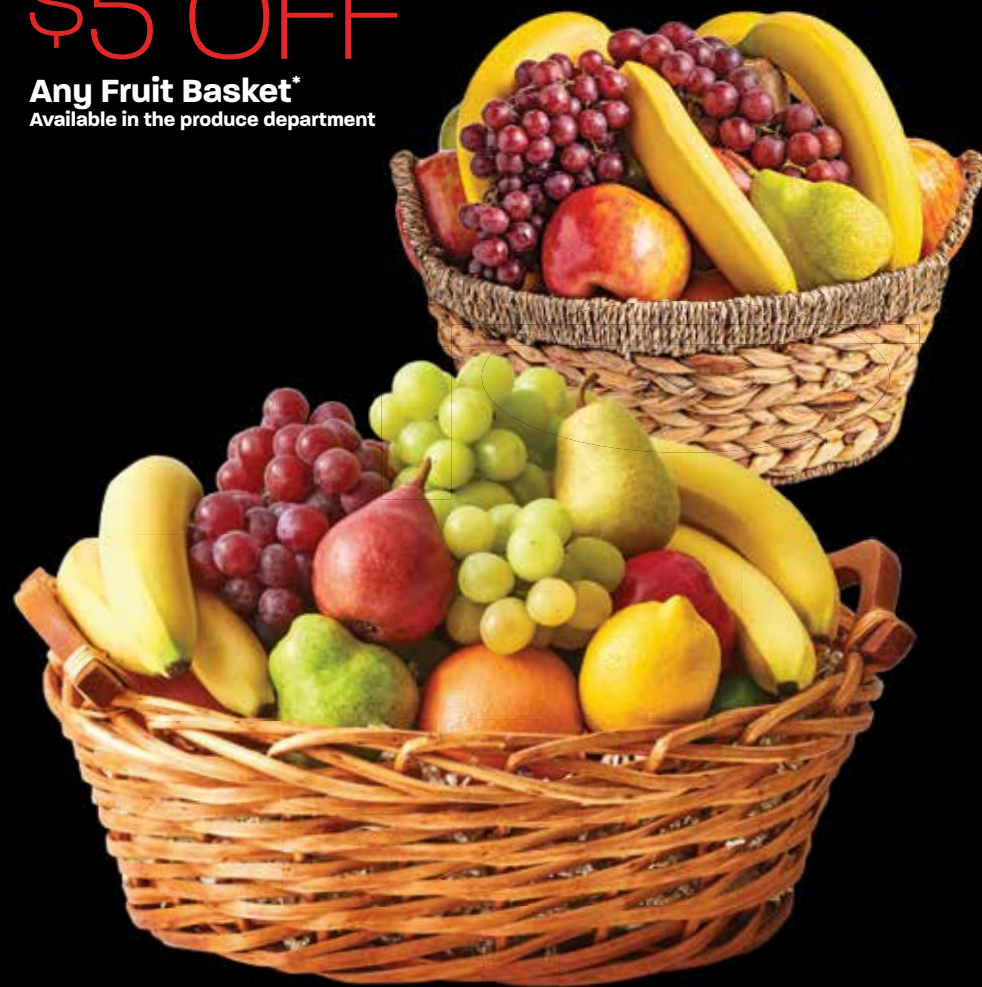
FREE
Hy-Vee Smart Bite Potatoes*
1.5 lb.
Baby blondes, strawberry reds or flavor fusion



\$5 OFF
Any Hy-Vee Bakery Fresh
Candy Tray*

\$5 OFF

Any Fruit Basket*
Available in the produce department



FREE
Hy-Vee Tortilla Chips 15 oz.
or Hy-Vee Pita Chips 10 oz.*
with purchase of freshly made Spinach
Artichoke or Buffalo Chicken Dip
Minimum 1 lb. purchase required.



DECEMBER 2021

food



- 18 HOLIDAY SPECIAL**
Create main dish standouts yourself, or order from Hy-Vee.
- 26 SENSATIONAL SEAFOOD**
Homemade apps and entrées as elegant as restaurant fare.
- 30 LEVEL UP DESSERTS**
Personalize desserts in a few simple steps with Hy-Vee ingredients.
- 35 101: PEARS**
Buying tips, nutrition and a recipe for this versatile winter fruit.
- 38 SEASONS BEST COOKIES ADVENT CALENDAR**
Enjoy the daily countdown with staff-selected most-loved recipes.
- 46 CHEERS TO US**
Enliven the crowd with memorable drinks for any occasion.
- 52 SIMPLY WINE**
Compare organic, vegan and natural wines at Hy-Vee.
- 58 IT'S A WONDERFUL BOARD**
Anytime charcuterie options that go far beyond meat and cheese.
- 66 MAKE IT MINI**
Huge in deliciousness and Instagram-worthiness, small in size.
- 72 BASICS: HOW TO MAKE MASHED POTATOES**
Get the facts about mashing the nation's most popular veggie.
- 74 BEST OF HY-VEE SEASONS**
A history of favorite dishes from *Seasons* staff.

life



- 84 FESTIVE DECOR**
Spread holiday spirit through the whole house with help from the Hy-Vee floral department.
- 90 HOLIDAY HAIR STYLE**
Styling suggestions and products for on-trend party-ready locks.
- 94 THE GIFT GIVING GUIDE**
Find the perfect present for everyone with clever ideas from Hy-Vee.
- 100 ALL WRAPPED UP**
Wrap like a pro, even for oddly shaped packages, with essentials and tips from Hy-Vee.

health



- 104 SEASONS OF HEALTH**
Our commitment to wellness, and an interview with Hy-Vee Chief Medical Officer Dr. Daniel Fick.
- 108 WAKE-UP CALL**
Develop a morning routine that works for the whole family.
- 112 FEELING CRUMMY?**
Identify the differences among three common ailments, and get symptom relief from Hy-Vee.
- 114 FOODS THAT SOOTHE STOMACH ACHES**
Consume the right foods to help calm holiday digestive pains.
- 118 DIETITIAN Q&A: HOW TO AVOID HOLIDAY WEIGHT GAIN**
Indulge holiday cravings while meeting your health goals.
- 121 HY-VEE PREFERRED PHARMACY BENEFITS**
Low copays and more advantages of using Hy-Vee Pharmacy.



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

December is a time to celebrate treasured traditions while establishing new ones. As *Hy-Vee Seasons* reaches our 100th issue, we observe the occasion by remembering milestones, creating holiday trends and continuing our commitment to making lives easier, happier and healthier.

Discover a special story this month covering the purpose and history of the magazine, *page 2*. See *Seasons* staff's most-loved recipes, *page 74*, and our longstanding dedication to health and wellness, *page 104*.

Rooted firmly in the present (and future!), check out cute Instagram-worthy recipes, *page 66*, holiday-party hairdos, *page 90*, and fresh ways to get the family out the door every morning, *page 108*.

Join us as we reflect on the past, savor the present and look forward to the future of more food, life and health.

**WATCH IT.
SHOP IT.**

Now you can shop the shows you see on **HSTV.com**. Get the products you see in action like on-trend cookware, decor, barware and more.

HyVee® seasons



THIS MONTH 15 YEARS AGO, HY-VEE SEASONS MAGAZINE DEBUTED, AND 100 ISSUES LATER IT'S STILL GOING STRONG.

"We had a mission statement about making people's lives easier, healthier and happier," says Donna Tweeten, executive vice president, chief of staff and president of Hy-Vee marketing and media. "And *Seasons* magazine was a wonderful way to do that and build a deeper relationship with our customers."

The magazine's purpose is to marry traditional lifestyle content like recipes with valuable purchasing information so you can easily incorporate the ideas and tips presented into your own life. The name reflects the seasons of life and how each occasion, large and small, helps you lead your best life.

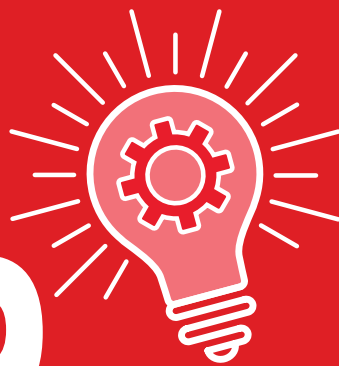
Over the course of 100 issues, the goal of the magazine has remained the same; however, how we deliver it to you has changed. "It's one of those magazines that's going to ebb and flow with changing lifestyles," Donna says. The content and images are meant to be aspirational, but as your life got busier, our recipes got simpler and we started presenting information in easier-to-absorb snippets.

"It's very seldom that something gets better with age," Donna says. "But *Seasons* has matured in a youthful way—it's still so young and fresh."

ISSUE ANNIVERSARY

Behind the SCENES

FIND FUN FACTS AND INTERESTING TIDBITS ABOUT WHAT IT TAKES TO PUT SEASONS MAGAZINE IN YOUR HANDS EVERY MONTH.



22

BRUSHES WITH FAME

We have brought you the stories of athletes like Shawn Johnson and Patrick Mahomes, Hollywood stars such as Drew Barrymore, Kristen Bell and Dax Shepard, entertainers like 50 Cent and Judy Greer, and famous chefs such as Giada De Laurentiis.

EXPERTS ABOARD

Good food doesn't happen overnight. The *Seasons* team of recipe developers creates every recipe. A panel of foodies tastes them—sometimes several times—to ensure they meet *Seasons*' high standards.

110

WORKING DAYS
IT TAKES 6 MONTHS
ON AVERAGE FROM
CONCEPT TO THE
MAGAZINE HITTING
YOUR MAILBOX.

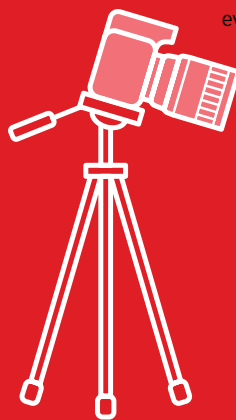


CHRISTMAS IN JULY

The *Seasons* team was testing the recipes and creating the holiday sets you see in the following pages in July. By the time you read this, January is being printed, February is in the final stages, March writing and photography are complete, April recipes have been developed, May story assignments have been made and we are looking at June story ideas.



Think the food in the photos looks yummy? We start with delicious recipes, but it does take a village to pay attention to the details. Photographers, art directors and food stylists are at each photo shoot for every food image shown.



STYLE REVAMPS

Maintenance is always required, including on magazines. The look of *Seasons* has been tweaked several times to keep it fresh and modern.

3,200+



RECIPES PROVIDED

From the first issue with seven recipes to our 10th anniversary edition with 100 recipes, we're dedicated to helping you discover new family favorites. You can find them at hy-vee.com/recipes

36

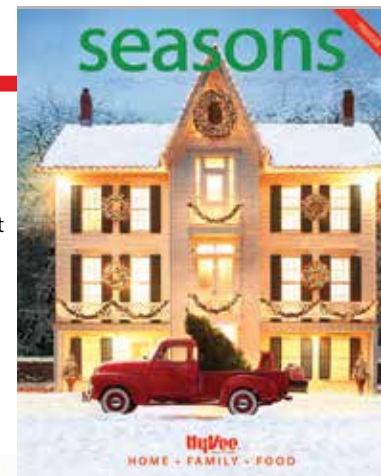
PUPPY LOVE
THREE DOZEN DOGS HAVE GRACED
THE PAGES, COMPARED TO 20 BABIES,
10 MASCOTS, SIX CATS AND 1 DUCK.



2006

INAUGURAL ISSUE

The first issue of *Seasons* debuted, just in time for the winter holidays. The issue set the theme of home, family and food. The cover models were an early 1950s Chevrolet 3100 pickup truck and a federal-style house.



2008: FOCUS ON DIETITIANS

Seasons began highlighting in-store dietitians and the many services they offer. Hy-Vee was one of the first stores in the nation to have registered dietitians on staff.

2007

HEALTHIER YOU

The first Health-theme issue showcased Hy-Vee's commitment to the health of you, the customer, and its team members.



2008

MORE TO LOVE

Seasons moved to six issues per year and introduced readers to guest editors—members of the Hy-Vee team who offered insight into their own lives and how they related to the articles.



2010

2009: CATCH OF THE DAY

Seasons followed Hy-Vee team members as they ventured to Alaska to find the finest seafood available and bring it home to your Hy-Vee store.



BASEBALL FEVER

Readers were able to visit Kansas City's Kauffman Stadium, home of the Major League Baseball team, the Royals, through the pages of the magazine. Hy-Vee also sells tickets to games in area stores.



2011: COOKING WITH STONE

The summer issue introduced celebrity chef Curtis Stone, who offered easy-to-make recipes, tips and insights to bring families to the dinner table.



2012

GOLDEN GIRL

Olympic gold medalist Shawn Johnson was the cover girl for the summer issue, just as she announced her retirement from gymnastics. Hy-Vee was a staunch supporter of the athlete throughout her career and into the next phase of her life.



2012: WATCH IT

Sometimes seeing is worth a thousand words. *Seasons* introduced online videos showing how to prepare recipes and make the crafts featured in the magazine.

2013

ANIMAL KINGDOM

Seasons invited readers to experience the wonder of Omaha's Henry Doorly Zoo through a pictorial visit in the pages of the magazine.



2016: A DECADE OF EXCELLENCE

This issue celebrated the magazine's 10th anniversary and had 100 recipes, the most ever printed in *Seasons*.

2014

ASK AWAY

Ask a Dietitian (now called Dietitian Q&A) debuted in *Seasons* magazine. Hy-Vee's dietitians offer nutritional insights helpful to readers.

HELPFUL SMILE

The magazine celebrated half a century of Hy-Vee's famous tagline A Helpful Smile in Every Aisle by offering 50 recipes; 10 from every decade the tagline had been in use.



2015

POWER OF HISTORY

Seasons looked back to celebrate 85 years of Hy-Vee history with pictures and a timeline of all the important events in our past, such as Hy-Vee being adopted as the store moniker in 1952.



2017

PICTURE IT

More how-to images were added to *Seasons'* recipes and fewer ingredients were featured to make recreating them at home easier. It also began printing in conjunction with health and wellness sister magazine, *Balance*.

2018: BALANCE ALONE

Hy-Vee Balance, a health and fitness magazine, was introduced to provide ideas on how to become the healthiest version of yourself and shared tips from celebrities on how to live the best life.



2021

2021: THE SCREENS HAVE IT

Finding more information and buying what you see in the magazine was made easier when QR codes were introduced, directing readers to the appropriate section of *Hy-Vee.com*

2020: ONE STEP

Your help matters. The magazine followed Hy-Vee behind the scenes of the filming of the One Step commercial as it showed how the program assisted a community in northern South Africa gain access to fresh drinking water.

2019: MOVE TO MONTHLY

Seasons returned, printing once a month. The latest version combined the health focus of *Balance* with food and daily life components, making *Seasons* a full-fledged lifestyle magazine.

FUTURE

LOOK FORWARD TO...

HY-VEE AND SEASONS MAGAZINE ARE COMMITTED TO BRINGING THE LATEST TRENDS HOME TO YOU IN WAYS THAT WILL MAKE YOUR LIFE EASIER, HEALTHIER AND HAPPIER.

SEASONS MAGAZINE COMES TO LIFE AT YOUR FINGERTIPS OR THE CLICK OF A MOUSE.

FUTURE



New Interactive Digital Edition!

Since *Seasons* debuted 100 issues ago, we have recognized the major shift in the way people access information. This past summer, *Seasons* came to your mobile devices, offering a way for you to have the magazine at hand no matter where you are.

"Knowing the audience that loves to interact with digital media, we saw this as an opportunity to really make *Seasons* come to life. I mean, literally have stuff jumping off the screen and watching the activity of that recipe being made," says Donna Tweeten, executive vice

president, chief of staff and president of Hy-Vee's marketing and media.

New shoppable content was added, making it easier than ever for you to get what you see in *Seasons* to your home by simply tapping what you want from the shopping list. You also can search for recipes by name or ingredients to put together the perfect menu—and add ingredients you need to your shopping cart right from the recipe. Plus play fun games as you browse content.

Seasons now offers two distinctive ways to learn how Hy-Vee can make your life easier, healthier and happier. The information is more accessible than ever and available to easily share with your friends and family.

Crabulous Savings.

Shop the Crab &
Seafood Sale at Hy-Vee.

December 1 - 31, 2021

HyVee



100% of Hy-Vee seafood is responsibly sourced.*

* All of Hy-Vee's seafood meets our Seafood Procurement Policy. Products labeled "Responsible Choice" are Green or Yellow rated by Seafood Watch or hold an equivalent certification. Hy-Vee's seafood sourcing is third-party verified by FishWise, our partner in Responsible Seafood.

aisles

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

now trending

PARTY SNACKS

Hosting holiday parties is a breeze with a wide assortment of crackers, cheese and more from Hy-Vee.



HY-VEE FISH MARKET SHRIMP PLATTER

Up to 30 cooked and peeled ready-to-serve shrimp with cocktail sauce.



WELLINGTON WATER CRACKERS

Traditional crackers suitable for any occasion and topping.



CULINARY TOURS GRUYERE

Creamy, nutty, Swiss-style cheese that's aged for 4 months.



ARTIKAAS SMOKED GOUDA

Spicy jalapeño adds heat and tang to smoky Gouda.

RESPONSIBLE SEAFOOD

Whether you're hosting a holiday party or settling in for a cozy night at home with a restaurant-inspired meal, December is a great time to enjoy seafood from Hy-Vee. Find fresh and frozen favorites like crab,

shrimp, lobster and more. All seafood from Hy-Vee bearing the "Responsible Choice" symbol are harvested in an ethical and sustainable manner that supports healthy seafood for generations to come.



HASSLE-FREE HOLIDAYS

Order pre-made charcuterie boards and appetizer trays to get the party started.

HyVee



ORDER TODAY!
hy-vee.com/holiday



brand highlight

FULL CIRCLE MARKET

Fully cooked chicken and beef meatballs make for a quick and tasty holiday appetizer. Just heat, add sauce and enjoy.



donut of the month

HOLIDAY EGGNOG CAKE DONUT

Make holiday mornings even sweeter with this festive treat. The flavor of seasonal eggnog pairs deliciously with spongy cake donuts.



NEW AT HY-VEE!

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

FROZEN

Crav'n Appetizers



Satisfy cravings during cocktail hour with seasoned mini beef franks wrapped in puff pastry and mini beef empanadas loaded with beans, peppers and cheese.

WINE & SPIRITS

Woodford Reserve Holiday Bottle



An excellent gift, this whiskey features a beautiful holiday scene on each bottle. Woodford's flagship bourbon has notes of dried fruit and fresh herbs.

MEAT

Gourmet Stuffed Chicken Breasts



Create an easy meal with stuffed chicken breasts from the Hy-Vee Meat Department as the centerpiece. Find flavors such as bacon Cheddar and broccoli Cheddar.

BAKERY

Holiday Bakery Bundles



Fill the table with an assortment of the best desserts from the Hy-Vee Bakery, including rolls, gourmet cupcakes, brownies, cookies and more.



HASSLE-FREE HOLIDAYS

Order themed gift baskets for everyone on your nice list.

HyVee®



ORDER TODAY!
hy-vee.com/holiday

now
trending

aisles

KITCHEN GADGETS

GRAB THESE EASY-TO-USE KITCHEN GADGETS FROM HY-VEE
TO MAKE COOKING FAST AND (ALMOST) EFFORTLESS.



ZYLISS EGG SLICER

Slice or wedge hard-boiled eggs cleanly and quickly for salads, side dishes and more.

OXO LITTLE SALAD DRESSING SHAKER

Make, shake and store salad dressings, marinades and sauces.



Scan the
QR Code
to shop these
kitchen gadgets
and others online!



ZYLISS DUAL ACTION SPIRALIZER

Create spirals and ribbons of zucchini, cucumbers and yellow squash for veggie-packed pasta.



OXO 3-IN-1 AVOCADO SLICER

Save time (and your palm) with this multifaceted kitchen tool.

KITCHENAID 2-SPEED HAND BLENDER

Quickly and easily blend, puree and crush ingredients.



ZYLISS APPLE DIVIDER

Core apples and divide them into eight uniform slices with ultra-sharp blades and handles for comfortable grip.



ATTEND A VIRTUAL COOKING CLASS

Hy-Vee dietitians host Smart Carb Cooking and the Healthy Habits program, which teach what a healthy carbohydrate balance looks like.

TODAY BY PRIMULA COFFEE PRESS

French pressed coffee brings forth the unique flavors of the coffee beans.



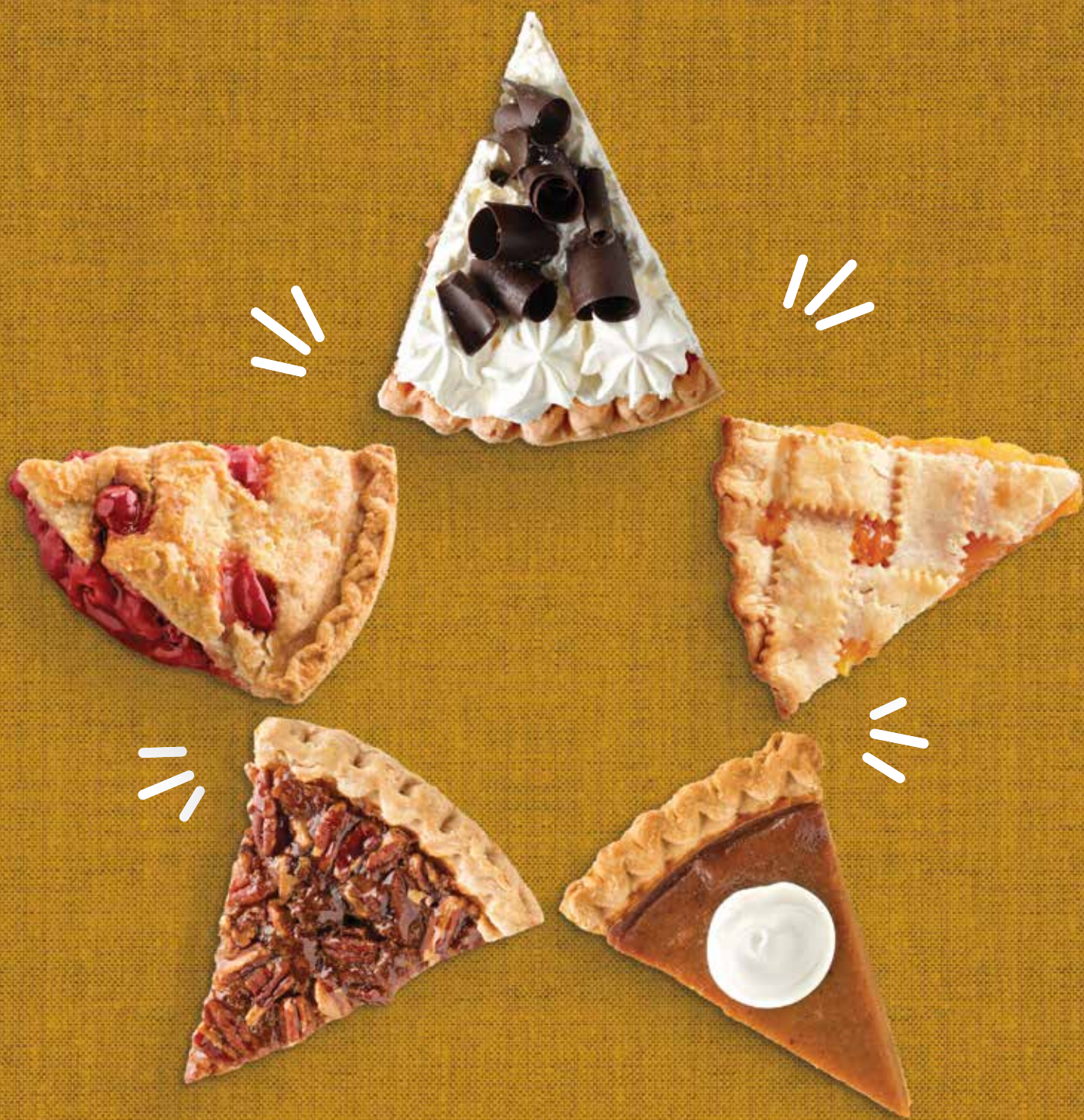
GOOD COOK SALAD SPINNER

Wash, then remove excess water from leafy greens, herbs, pasta and beans.

GOOD COOK SWIVEL PEELER

Peel carrots and potatoes with ease with the stainless-steel blade.





HASSLE-FREE HOLIDAYS

Order a variety of fresh baked pies to tempt holiday guests.



ORDER TODAY!
hy-vee.com/holiday

Knitted Out

See how our Hy-Vee cake designer built this seasonal masterpiece start to finish.



Watch and learn
at HSTV.com today!



Buttercream frosted tiers are assembled by width, the largest being 10 in. and the smallest 6 in.



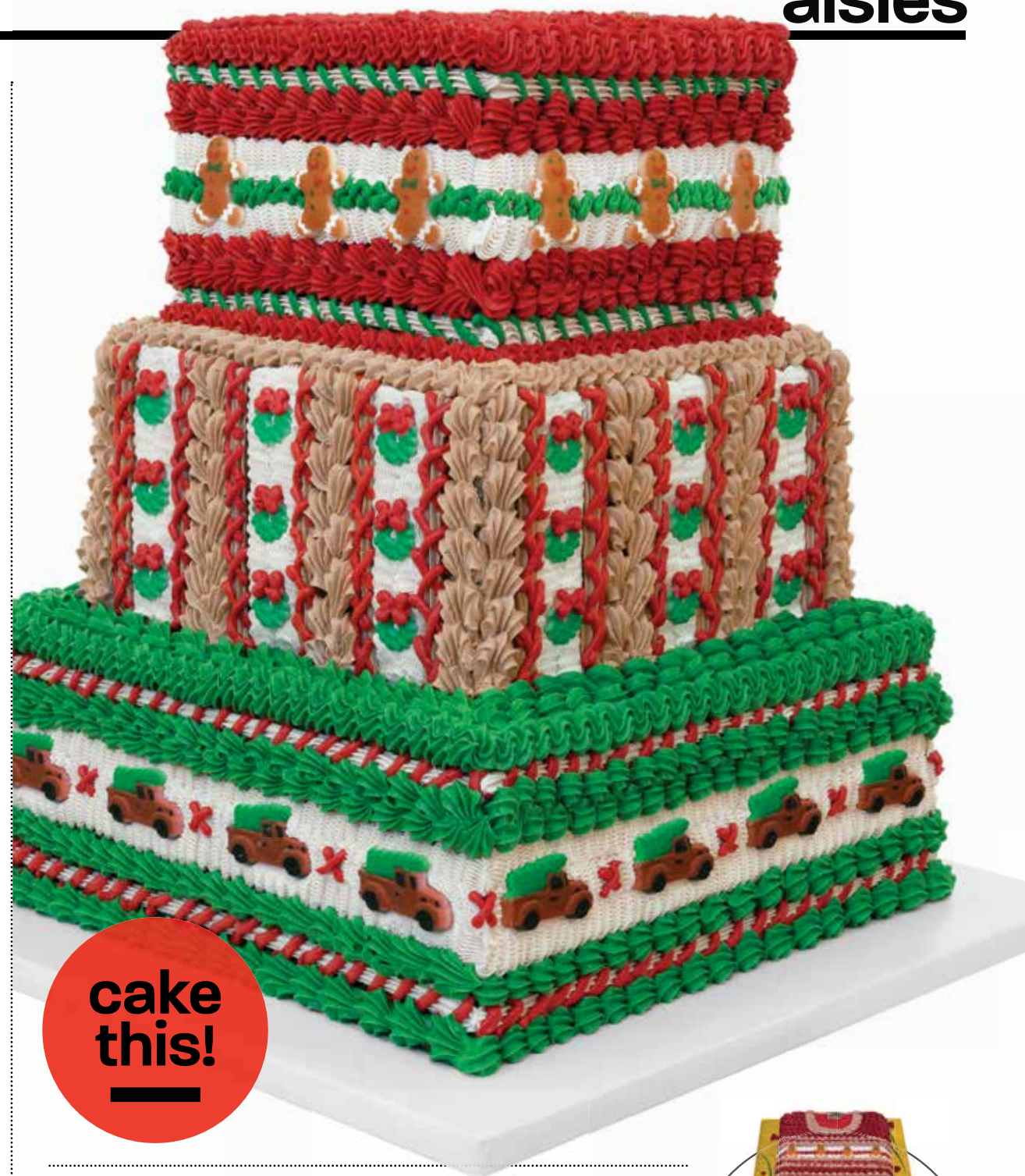
White icing is piped on in different patterns to mimic the stitching in a cozy winter sweater.



Using various piping techniques, red and green buttercream creates the look of knitted yarn.



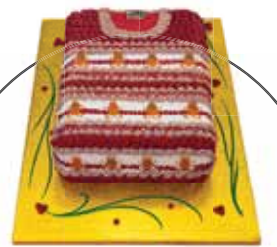
Sugar gingerbread, trucks and wreaths are added to each tier for an extra festive appearance.



HOLIDAY SWEATER CAKE

Cake Designer: Stephanie D. Olathe, KS

Have a holly, jolly holiday sweater party with this festive and fun cake. Contact your local Hy-Vee Bakery to discover more ways the expert cake decorators can make the season bright.



FOLDED SWEATER

Order this simple sweater cake from any Hy-Vee Bakery!

2



HASSLE-FREE HOLIDAYS

Order fully prepared holiday meal packs for gatherings large or small.

HyVee



ORDER TODAY!
hy-vee.com/holiday

food

Make the holiday merry with a custom meal, lavish food boards and wines.

- 18** HOLIDAY SPECIAL
- 26** SENSATIONAL SEAFOOD
- 30** LEVEL UP DESSERTS
- 35** 101: PEARS
- 38** SEASONS
BEST COOKIES
ADVENT CALENDAR
- 46** CHEERS TO US!
- 52** SIMPLY WINE
- 58** IT'S A
WONDERFUL BOARD
- 66** MAKE IT MINI
- 72** BASICS: HOW TO MAKE
MASHED POTATOES
- 74** BEST OF
HY-VEE SEASONS



holiday SPECIAL

Impress holiday dinner guests with one of these easy, elegant entrées, or place your order and let Hy-Vee do the cooking.

Make your holiday meal even more memorable for friends and family with a spectacular entrée. Stuffed pork loin, beef Wellington, Cornish hens or roasted leg of lamb show everyone at your table how much you care. With step-by-step instructions, these

showstoppers are easy for anyone. Or if you want to spend more time gathered around the table, place an order for one of Hy-Vee's holiday meal packs. À la carte sides and desserts from Hy-Vee can also take some of the cooking and baking off your plate.

Broccoli- and Pistachio Pesto Stuffed Pork Loin

Hands On 35 minutes

Total Time 1 hour 45 minutes plus standing time

Serves 8

1½ cups broccoli florets
½ cup roasted & salted shelled pistachios, plus additional for garnish
1 clove garlic
¾ cup tightly packed Italian parsley, chopped, plus additional for garnish
½ cup Gustare Vita olive oil
½ cup grated Asiago cheese
¾ tsp. Hy-Vee crushed red pepper
2¼ tsp. kosher salt, divided
2¼ tsp. Hy-Vee black pepper, divided
Hy-Vee nonstick cooking spray
1 (3-lb.) Hy-Vee boneless pork top loin roast
1 Tbsp. Hy-Vee granulated sugar
2 Tbsp. Hy-Vee vegetable oil
1 lemon, zested, for garnish
Fresh bay leaves, for garnish

1. COOK broccoli in lightly salted simmering water for 2 to 3 minutes or until crisp-tender. Drain well. Transfer to a cutting board; coarsely chop and set aside.

2. FOR PESTO, place ½ cup pistachios and garlic clove in a food processor. Cover and pulse until coarsely chopped. Add cooked broccoli and ¾ cup parsley. Cover and process just until combined. With processor running, slowly add olive oil and process until smooth. Stir in Asiago cheese, crushed red pepper, ¼ tsp. salt and ¼ tsp. black pepper. Set aside.

3. PREHEAT oven to 350°F. Line a large rimmed baking pan with foil. Place a wire rack in the pan and lightly spray with nonstick spray. Set aside.

4. TO ROLL-CUT the pork loin, place pork loin lengthwise on a cutting board. Make a ½-in.-deep lengthwise slit on one side of the roast, 1 in. parallel from the cutting board. Continue cutting, gently unrolling the roast at the same time. When completed, the roast should be a rectangular and 1 in. thick. (If thickness is uneven, place a large piece of plastic wrap on top of roast; lightly

pound to an even thickness using the flat side of a meat mallet.)

5. SPRINKLE both sides of pork with remaining 2 tsp. salt, remaining 2 tsp. black pepper and sugar. Place pork, cut side up, on cutting board. Spread with pesto to within ½ in. of all edges. Starting from a long side, tightly roll up into a spiral. Tie pork together at 1-in. intervals using five 10-in. pieces of kitchen string.

6. HEAT vegetable oil in a large skillet over high heat. Carefully sear pork loin 1 minute on each side or until lightly browned. Place rolled pork, seam side down, on prepared rack in pan.

7. ROAST pork for 55 to 70 minutes or until an instant-read thermometer inserted into the center reaches 165°F. Transfer pork to a clean cutting board. Loosely cover with foil; let rest for 15 to 20 minutes before slicing.

8. TO SERVE, remove kitchen string. Slice pork and arrange on serving platter. Garnish with additional pistachios, additional parsley, lemon zest and bay leaves, if desired.

Per serving: 360 calories, 20 g fat, 4 g saturated fat, 0 g trans fat, 110 mg cholesterol, 730 mg sodium, 5 g carbohydrates, 1 g fiber, 2 g sugar (2 g added sugar), 39 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 20%

pork roll TUTORIAL

Learn how to roll-cut and stuff pork loin, creating a beautiful pork roll.



STEP ONE: Place pork loin lengthwise on cutting board. Slice lengthwise ½ in. into one side of the pork loin.



STEP TWO: Holding the knife parallel to the cutting board, slice and unroll the pork until it's a 1-in.-thick rectangle.



STEP THREE: After seasoning both sides of the pork loin, place cut side up and spoon filling on top within ½ in. of the edges.



STEP FOUR: Starting at the long edge, tightly roll the pork loin. Tie kitchen string at 1-in. intervals to hold it together.

Beef Wellington

Hands On 1 hour 15 minutes
Total Time 2 hours 55 minutes plus standing time
Serves 12

- 1 (3-lb.) Hy-Vee Choice Reserve center-cut beef tenderloin roast**
- 1 Tbsp. plus 1 1/4 tsp. kosher salt, divided**
- 3 tsp. Hy-Vee black pepper, divided**
- 2 cups Hy-Vee beef stock**
- 1 cup Cabernet Sauvignon red wine**
- 3 Tbsp. Hy-Vee unsalted butter, divided**
- 4 Tbsp. Hy-Vee vegetable oil, divided**
- 2 small shallots, finely sliced**
- 2 large portabella mushrooms, stems and gills removed, chopped (3 1/2 cups)**
- 1/2 cup dry sherry**
- 1 Tbsp. chopped fresh thyme, plus additional for garnish**
- Hy-Vee nonstick cooking spray**
- 4 Tbsp. Terrapin Ridge Farms apple & horseradish jam, divided**
- 1 (17.3-oz.) pkg. frozen puff pastry (2 sheets), thawed**
- Hy-Vee all-purpose flour, for dusting**
- 1 Hy-Vee large egg, lightly beaten**

1. REMOVE roast from refrigerator; let stand at room temperature for 1 hour before roasting.

Pat roast dry with paper towels. Sprinkle with 1 Tbsp. salt and 2 tsp. black pepper.

2. FOR SAUCE, combine beef stock, Cabernet Sauvignon and 1 Tbsp. butter in a small saucepan. Bring to a boil; reduce heat. Simmer, uncovered, over low heat for 35 to 40 minutes or until reduced by half. Set aside until serving.

3. FOR FILLING, heat remaining 2 Tbsp. butter and 2 Tbsp. of the vegetable oil in a 12-in. skillet over medium heat. Add shallots; cook for 3 to 4 minutes or until softened, stirring often. Add mushrooms; cook for 5 to 6 minutes or until softened, stirring occasionally. Remove skillet from heat; stir in sherry. Return to heat; cook over medium heat for 5 to 8 minutes or until liquid is evaporated, stirring occasionally. Stir in 1 Tbsp. thyme, 1 tsp. salt and remaining 1 tsp. pepper. Transfer to a small bowl; set aside to cool.

4. PREHEAT oven to 450°F. Place a wire rack in a large rimmed baking pan; lightly spray with nonstick spray. Set aside.

5. HEAT remaining 2 Tbsp. vegetable oil in the same skillet over high heat. Sear beef 1 minute on each side or until brown. Transfer beef to prepared wire rack in pan. Brush top of roast with 2 Tbsp. jam. Set aside.

6. ROLL OUT 1 puff pastry sheet to a 16×13-in. rectangle on a lightly floured surface. Spread the mushroom mixture lengthwise down

center of puff pastry. Place roast, jam side down, on top of mushroom mixture. Brush bottom and sides of roast with remaining 2 Tbsp. jam. Bring edges of pastry up and around roast to enclose roast in pastry. Trim off excess pastry; reserve trimmings. Brush edges of pastry with beaten egg; press together to seal.

7. PLACE pastry-wrapped beef, seam side down, on rack in pan. Slightly score pastry to allow steam to escape while cooking. Roll out pastry trimmings and remaining pastry sheet; cut out shapes, if desired. Attach cutouts to wrapped roast by brushing with egg. Lightly brush pastry-wrapped beef with remaining egg; sprinkle with remaining 1/4 tsp. salt.

8. ROAST pastry-wrapped beef for 10 minutes. Reduce oven temperature to 425°F. Roast for 25 to 30 minutes more or until an instant-read thermometer inserted into the center of the roast reaches 120°F for rare or 130°F for medium-rare. If necessary, loosely cover with foil during the last 15 minutes of roasting to prevent overbrowning. Transfer to serving platter; let stand for 10 minutes. Meanwhile, warm sauce. Garnish with additional fresh thyme, if desired. Serve with sauce.

Per serving: 590 calories, 42 g fat, 16 g saturated fat, 0 g trans fat, 120 mg cholesterol, 960 mg sodium, 18 g carbohydrates, 1 g fiber, 6 g sugar (3 g added sugar), 31 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 30%, Potassium 15%



TEMP TIP

INSERT AN INSTANT-READ MEAT THERMOMETER INTO THE CENTER OF THE ROAST TO CHECK THE TEMPERATURE. FOR RARE, REMOVE THE BEEF FROM THE OVEN WHEN THE TEMPERATURE REGISTERS 120°F. THE TEMPERATURE WILL CONTINUE TO RISE BY 10°F WHILE THE BEEF RESTS.

beef wellington TUTORIAL

Wrap beef tenderloin in puff pastry and bake for a celebration-worthy entrée.



STEP ONE: In a large skillet, sear all sides of the tenderloin until brown.



STEP TWO: Brush a light layer of jam on top of the tenderloin.



STEP THREE: On a floured surface, roll out puff pastry into a 16×13-in. rectangle. Trim and save any extra pastry.



STEP FOUR: Spread the mushroom mixture down the center of the pastry. Place the tenderloin on top, jam side down.



STEP FIVE: Fold the puff pastry up on both ends, then fold one side over the other.



STEP SIX: Brush egg wash over bottom edge of seam; press to seal. Flip over and score the top of the pastry.



STEP SEVEN: Attach pastry cutouts to the top by brushing with egg.



STEP EIGHT: Brush Wellington with remaining beaten egg and sprinkle with salt.

Magnificent Meal
See how to make this decadent but simple main course.

Hy-Vee seasons

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



The puff pastry of beef Wellington works as insulation to trap the heat from the meat.

Braised Apricot-Orange Cornish Game Hens

Hands On 30 minutes
Total Time 1 hour 30 minutes plus standing time
Serves 4

- Hy-Vee nonstick cooking spray
- 2 (40-oz.) pkg. frozen Cornish game hens (4 total), thawed
- 1 tsp. kosher salt
- 1 tsp. cracked black pepper, plus additional for garnish
- 1 Tbsp. Hy-Vee salted butter
- 1 shallot, thinly sliced
- 1 cup Hy-Vee apricot preserves
- ¼ cup Culinary Tours smoked porter coarse-ground mustard
- ¼ cup yuzu ponzu sauce
- 1½ Tbsp. Cara Cara orange zest
- ¼ cup fresh Cara Cara orange juice
- 4 thin slices Cara Cara orange
- 1 cup Hy-Vee dried apricots
- 1 cup pitted Greek Kalamata olives, drained
- 2 bulbs garlic, tops removed
- 4 small fresh oregano sprigs, plus additional for garnish
- 1½ cups dry white wine

- 1. PREHEAT** oven to 425°F. Line a large rimmed baking pan with foil. Place a wire rack in the pan and lightly spray with nonstick spray. Set aside.
- 2. REMOVE** and discard neck and giblets from Cornish hens. Pat outsides and cavities dry with paper towels. Sprinkle salt and 1 tsp. pepper evenly on outside skin. Place, breast sides up, on prepared wire rack in pan; set aside.
- 3. MELT** butter in a small saucepan over medium heat. Cook shallot for 2 to 3 minutes or until softened. Stir in preserves, mustard, yuzu ponzu sauce and orange zest and juice. Simmer, uncovered, for 10 minutes or until thickened. Brush hens with glaze; place 1 orange slice on top of each.
- 4. ARRANGE** apricots, Greek olives, garlic bulb halves and 4 oregano sprigs around hens. Add white wine to baking pan under the wire rack.
- 5. ROAST** for 55 to 60 minutes or until internal temperature reaches 165°F in the breasts, brushing with glaze every 20 minutes. Transfer Cornish hens on wire rack to a large cutting board; discard oregano. Loosely cover with foil. Let stand for 10 minutes.

 Cornish hens thaw quickly because they're much smaller than a whole turkey or chicken. Thaw overnight in the refrigerator before cooking.

6. FOR SAUCE, strain cooking juices through a fine-mesh sieve into a small saucepan. Heat over medium heat until thickened and bubbly.

7. TO SERVE, arrange hens, apricots, olives and garlic bulbs on a serving platter. Garnish with additional cracked black pepper and fresh oregano sprigs. Serve with sauce.

Per serving: 730 calories, 24 g fat, 3 g saturated fat, 0 g trans fat, 130 mg cholesterol, 2,320 mg sodium, 85 g carbohydrates, 4 g fiber, 62 g sugar (36 g added sugar), 30 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 15%, Potassium 20%



Roasted Leg of Lamb with Rosemary-Garlic Potatoes


Hands On 30 minutes
Total Time 2 hours 20 minutes plus standing time
Serves 10

- 1 cup Gustare Vita olive oil
- 3 whole cloves garlic
- 3 sprigs fresh rosemary, plus additional for garnish
- 1 (1½-lb.) pkg. Hy-Vee Smart Bite flavor fusion potatoes
- 1 (5½-lb.) boneless leg of lamb
- ½ cup fresh mint leaves, plus additional for garnish
- 2 Tbsp. stone ground mustard
- 2 Tbsp. Hy-Vee honey
- 2 Tbsp. Hy-Vee apple cider flavored distilled vinegar
- 1 Tbsp. refrigerated prepared horseradish

- 1 Tbsp. finely chopped rosemary**
1 Tbsp. kosher salt
1 Tbsp. coarse-ground black pepper, plus additional for garnish
- 1. LINE** a large rimmed baking pan with foil; set aside. Combine olive oil, garlic and 3 sprigs of rosemary in a small saucepan. Warm over low heat for 5 minutes or until oil is fragrant. Remove from heat. Remove and discard garlic cloves and rosemary sprigs. Set rosemary-garlic oil aside.
- 2. PREHEAT** oven to 350°F. Cut a thin lengthwise slice off from one side of each potato. Place a potato, cut side down, on a cutting board between 2 chopsticks. Slice the potato perpendicular to the chopsticks, making cuts about ⅛ in. apart and stopping just before the chopsticks (about three-quarters of the way through the potato). Repeat slicing remaining potatoes.
- 3. REMOVE** netting from leg of lamb, if necessary. Pat lamb dry with paper towels; tie lamb together with kitchen string. Brush lamb and potatoes with ¾ cup rosemary-garlic oil. Place lamb in center of the prepared baking pan. Surround lamb with potatoes, cut sides up.

- 4. ROAST** lamb and potatoes, uncovered, for 1 hour 45 minutes to 2 hours or until an instant-read thermometer inserted in the thickest part of the meat reaches 140°F for medium-rare doneness. Transfer lamb to a cutting board; loosely cover with foil and let stand for 30 minutes. Loosely cover potatoes in pan with foil to keep warm.
- 5. FOR SAUCE,** place ½ cup mint, remaining ¼ cup rosemary-garlic oil, mustard, honey, vinegar, horseradish, chopped rosemary, salt and 1 Tbsp. black pepper in a food processor. Cover and process until smooth. Set aside until serving.
- 6. TO SERVE,** transfer lamb and potatoes to a serving platter. Garnish with additional rosemary sprigs, fresh mint and black pepper, if desired. Serve with sauce.
- Per serving:** 650 calories, 46 g fat, 14 g saturated fat, 1.5 g trans fat, 190 mg cholesterol, 830 mg sodium, 6 g carbohydrates, 1 g fiber, 4 g sugar (3 g added sugar), 55 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 35%, Potassium 15%



 To carve leg of lamb, slice across the grain (the grain is the direction the muscle fibers run). Cutting against the grain shortens the fibers and makes the meat more tender to eat.



Scan the QR Code and visit [Hy-Vee.com/recipes-ideas](https://www.hy-vee.com/recipes-ideas) for more meat tips.



HY-VEE HOLIDAY MEAL PACKS

Let Hy-Vee do all of the cooking for your holiday meal, then simply reheat and eat. Or, order side dishes, entrées and desserts à la carte and serve a semi-homemade feast.

Hy-Vee's Crowd's Choice meal pack serves 12 and includes a Butterball® turkey, honey-glazed spiral ham, three large sides of mashed potatoes, four large sides of your choice, 32 oz. of gravy, 24 dinner rolls and two pies.

Just need desserts? Contact the Hy-Vee Bakery to order a holiday Bakery Bundle with pies, gourmet cupcakes, cookies and more for up to 20 guests.

pick your pack

CHOOSE FROM TURKEY, BEEF AND HAM ENTRÉES, THEN SELECT YOUR SIDES. HY-VEE CATERERS CAN HELP YOU DETERMINE HOW MUCH FOOD YOU NEED TO ORDER FOR THE NUMBER OF PEOPLE YOU'RE HOSTING.

meal choices

These are a few of the meal packs available at Hy-Vee. To order, visit your local store or go to [Hy-Vee.com/holiday-meals](https://www.hy-vee.com/holiday-meals)

TURKEY



TURKEY PARTY PLEASER

Serves 8

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

- Two large sides of your choice
 - 16 oz. beef or turkey gravy
 - 12 dinner rolls
- Price: \$99.99**
(only \$12.50 per person)

BEEF



PRIME RIB PARTY PACK

Serves 8

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

- Two large sides of your choice
 - 16 oz. beef or turkey gravy
 - 12 dinner rolls
- Price: \$169.99**
(about \$21.25 per person)

HAM

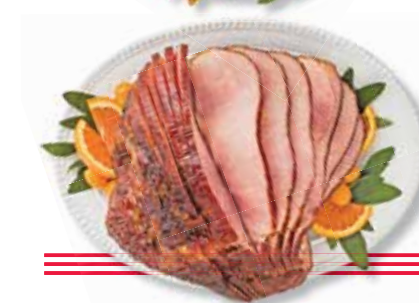


APPLEWOOD PIT HAM MEAL

Serves 8

- CarveMaster™ Applewood pit ham (4–6 lb.)
- Two large sides of mashed potatoes

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



BROWN SUGAR SPIRAL HAM MEAL

Serves 8

- Savory brown sugar spiral ham (8–10 lb.)
- Two large sides of mashed potatoes

- Two large sides of your choice
 - 16 oz. beef or turkey gravy
 - 12 dinner rolls
- Price: \$99.99**
(about \$12.50 per person)

TRY THESE SIDES:

BROWN AND SERVE DINNER ROLLS

BUTTERED SWEET CORN

CRANBERRY RELISH

GREEN BEAN CASSEROLE

HOLIDAY POTATOES WITH CHEDDAR

MASHED POTATOES

SAGE BREAD DRESSING

WHEAT OR WHITE JUMBO HONEY BUTTERFLAKE DINNER ROLLS

WHITE CHEDDAR MACARONI

DESSERTS:

APPLE PIE

FRENCH SILK PIE

PECAN PIE

PUMPKIN PIE



Buttered Sweet Corn



White Cheddar Macaroni



Sage Bread Dressing



Green Bean Casserole



Pumpkin Pie



French Silk Pie



Pecan Pie



Apple Pie

1 order
Place your order at least one week ahead by calling or visiting [Hy-Vee.com/holiday-meals](https://www.hy-vee.com/holiday-meals)

2 pick up
Your order will be ready near our Kitchen at your scheduled pick-up time.

3 heat and eat
Reheat entrées for 1 to 2½ hours in the oven, and side dishes in just 60 minutes or less.



Scan the QR Code and visit [Hy-Vee.com/holiday-meals](https://www.hy-vee.com/holiday-meals) for meal options.



sensational SEAFOOD

Bring the experience of a 5-star seafood restaurant home with a showstopping seafood tower appetizer and two delicious entrées: stuffed lobster tails and mushroom risotto with truffle sea scallops. The quality and flavor will be unmatched with responsibly sourced fresh seafood from the Hy-Vee Fish Market Department.

SEAFOOD TOWER IN 3 EASY STEPS

Create an impressive appetizer with a mix of raw and cooked seafood arranged on tiers to create a towering selection of delicate, fresh flavors.

1. SELECT YOUR INGREDIENTS

SHRIMP Save on prep time by purchasing cooked, peeled and deveined Responsible Choice shrimp from the Hy-Vee Fish Market Department. Shrimp can be served cold with cocktail sauce or gently heated in a large skillet and tossed with a bottled sauce.

MUSSELS Find both live and packaged mussels at Hy-Vee. Scrub under cold running water and discard visible beards. Cook mussels in a skillet with butter, minced garlic and sweet wine over medium-high heat 5 to 7 minutes, tossing constantly or until shells open. Discard any that do not open.

FRIED SEAFOOD Hy-Vee offers a frozen mixed seafood combination featuring shrimp, scallops and calamari tubes and tentacles. Thaw seafood and fry according to pkg. directions.

CRAB LEGS For best recipe results using fresh Alaskan snow crab clusters and golden king crab legs from Hy-Vee, follow safe thawing and serving pkg. instructions.

OYSTERS Hy-Vee carries live and canned oysters. To prep live oysters, scrub under cold running water before opening. Oysters are easier to shuck when shells are well-chilled. Serve shucked oysters on the half shell.

2. SET UP YOUR DISPLAY

Follow these simple steps to build a grand presentation.

Arrange fried seafood and other hot items such as hush puppies on the top tier of the tower.

Place cooked mussels and shrimp in separate serving bowls on the second tier. Tuck bread slices where space allows and add bowls of dipping sauces on appropriate tiers.

Fill the bottom tier with a layer of crushed ice. Arrange cold seafood items on this tier only to avoid cross-contamination.



3. GARNISH + SAUCE ▶

Enhance the flavors of seafood with a few finishing touches.

The tart, sweet and fresh flavors of lemon are a classic pairing for any seafood dish.



Edible flowers may wilt on a seafood tower. Garnish with fresh herbs like dill, flat leaf (Italian) parsley or basil.



Cubed or crushed ice from Hy-Vee keeps uncooked seafood fresh for guests to enjoy all evening.



pro tip: CONSIDER GUESTS

Always start with quality items and make sure to check with your guests regarding shellfish allergies. If you can't contact guests ahead of time, place raw shellfish, such as oysters, on a different level than your cooked items to prevent cross-contamination."

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

QUALITY SEAFOOD

Look for the "Responsible Choice" label on fish and shellfish products at Hy-Vee. It means your seafood was caught or farmed in a sustainable, safe way. Sustainable seafood is responsibly fished so it can remain available for generations to come.



Add a kick of spicy flavor with Hy-Vee chili sauce. Made with tomato puree, garlic and aromatic spices.



Spread creamy-smooth Culinary Tours horseradish sauce onto seafood for a touch of heat.



Inglehoffer seafood cocktail sauce is a classic signature sauce made with fresh grated horseradish.



Rich and smooth Louisiana garlic butter sauce works well as a dip and on seafood pastas.



Shrimp-and-Lobster Stuffed Tails with Limoncello Cream Sauce

Total Time 35 minutes
Serves 4

4 (3- to 4-oz.) Hy-Vee Fish Market cooked shell-on lobster tails
½ cup limoncello liqueur
¼ cup Hy-Vee reconstituted 100% lemon juice
½ cup cold Hy-Vee salted butter, cut up
¼ cup Hy-Vee heavy whipping cream
½ cup Hy-Vee plain panko bread crumbs
12 Hy-Vee Fish Market cooked shrimp with tails (26 to 30 ct.), divided
1 small celery stalk, finely chopped
2 Tbsp. chopped fresh chives, plus additional for garnish
Chopped fresh dill, for garnish
Grilled lemon slices, for garnish

1. CUT through the top of the lobster shells down the center, just to the tails, using kitchen shears. Split the shells. Use thumbs and fingers to spread open. Gently loosen lobster meat; pull meat away from bottom, leaving shells empty. Reserve shells. Rough chop lobster and set aside.

2. FOR SAUCE, combine limoncello and lemon juice in a small saucepan; warm over medium-low heat. Whisk in butter; cook over low heat for 2 to 3 minutes or until bubbly. Remove saucepan from heat; whisk in heavy cream.

3. STIR together panko and 2 Tbsp. limoncello sauce in a small skillet. Heat panko mixture over medium heat until lightly toasted, stirring occasionally. Set aside.

4. SET aside ½ cup limoncello sauce for serving. Leave 4 shrimp whole and set aside. Discard tails on remaining 8 shrimp; chop. Add lobster and chopped shrimp to the remaining limoncello sauce in saucepan. Heat over medium heat for 2 to 3 minutes or until heated through (145°F). Remove from heat; stir in celery and 2 Tbsp. chopped chives.

5. SPOON seafood mixture evenly among lobster shells. Place on a serving platter. Top with toasted panko mixture and whole shrimp. Serve with reserved ½ cup limoncello sauce, and garnish with fresh chives, dill and grilled lemon slices, if desired.

Per serving: 480 calories, 29 g fat, 18 g saturated fat, 1 g trans fat, 200 mg cholesterol, 730 mg sodium, 18 g carbohydrates, 1 g fiber, 10 g sugar (9 g added sugar), 27 g protein. **Daily Values:** Vitamin D 0%, Calcium 8%, Iron 6%, Potassium 10%

Save time with cooked lobster and responsibly sourced Fair Trade 100% natural pure shrimp at Hy-Vee.



HOW TO SELECT LOBSTER

To choose a healthy live lobster, lift it out of the water and make sure it moves its legs and claws. Healthy lobsters will not have cracked shells or claws, and they will feel heavy for their size. They will have firm, white, evenly colored flesh. Ask your Hy-Vee Fish Market Department for tips to choose the amount you need so you can enjoy the clean taste of high-quality cold-water lobster.

Mushroom Risotto with Truffled Sea Scallops and Filet of Beef

Total Time 1 hour 10 minutes
Serves 4

2 cups sugar snap peas, divided
2 (5-oz.) pkg. dried chanterelle mushrooms
7 cups water
¾ cup Hy-Vee salted butter, divided
2 Tbsp. Gustare Vita olive oil
3 cups fresh shiitake mushrooms, stems removed and halved
2 shallots, finely sliced
1¼ tsp. kosher salt, divided
1¼ tsp. coarse-ground black pepper, divided
1½ cups Arborio rice
1 cup dry white wine
2 (4-oz.) Hy-Vee Choice Reserve beef tenderloin filet mignon steaks
6 fresh thyme sprigs, divided, plus additional for garnish
12 Hy-Vee Fish Market sea scallops
2 tsp. white truffle oil, optional

1. SHELL 1 cup sugar snap peas and split open remaining 1 cup; set each aside separately.

2. COMBINE chanterelle mushrooms and water in a medium saucepan. Bring to a boil; reduce heat. Cover and simmer over low heat for 10 minutes.

3. FOR RISOTTO, melt ¼ cup butter with olive oil in a medium Dutch oven over medium heat. Add shiitake mushrooms, shallots, ½ tsp. salt and ½ tsp. pepper. Cook for 3 to 5 minutes or until softened, stirring occasionally. Add rice. Cook and stir for 3 to 5 minutes or until golden brown. Remove from heat; add wine. Return to heat and cook until wine evaporates.

4. STIR ½ cup hot mushroom broth with chanterelle mushrooms into rice mixture. Cook over medium heat until liquid is absorbed, stirring

frequently. Continue adding broth, ½ cup at a time, and stirring frequently until the broth is absorbed. Stir in ¼ cup butter and shelled peas. Cover and set aside.

5. PAT steaks dry with paper towels; sprinkle both sides with ½ tsp. salt and ½ tsp. pepper. Heat 1 Tbsp. butter and 3 thyme sprigs in a large heavy skillet over medium-high heat. Add steaks and cook for 5 to 6 minutes or until steaks reach 130°F for medium-rare doneness, turning halfway through. Transfer steaks to a cutting board; loosely cover with foil and set aside.

6. CAREFULLY wipe out skillet with paper towels. Add 1 Tbsp. butter and heat over medium heat. Add split sugar snap peas and cook for 2 minutes. Remove from skillet; set aside.

7. PAT scallops dry with paper towels; sprinkle with remaining ¼ tsp. salt and remaining ¼ tsp. pepper. Heat remaining 2 Tbsp. butter and remaining 3 thyme sprigs in same skillet over medium-high heat. Add scallops; cook for 4 to 5 minutes or until scallops are opaque (145°F), turning halfway through.

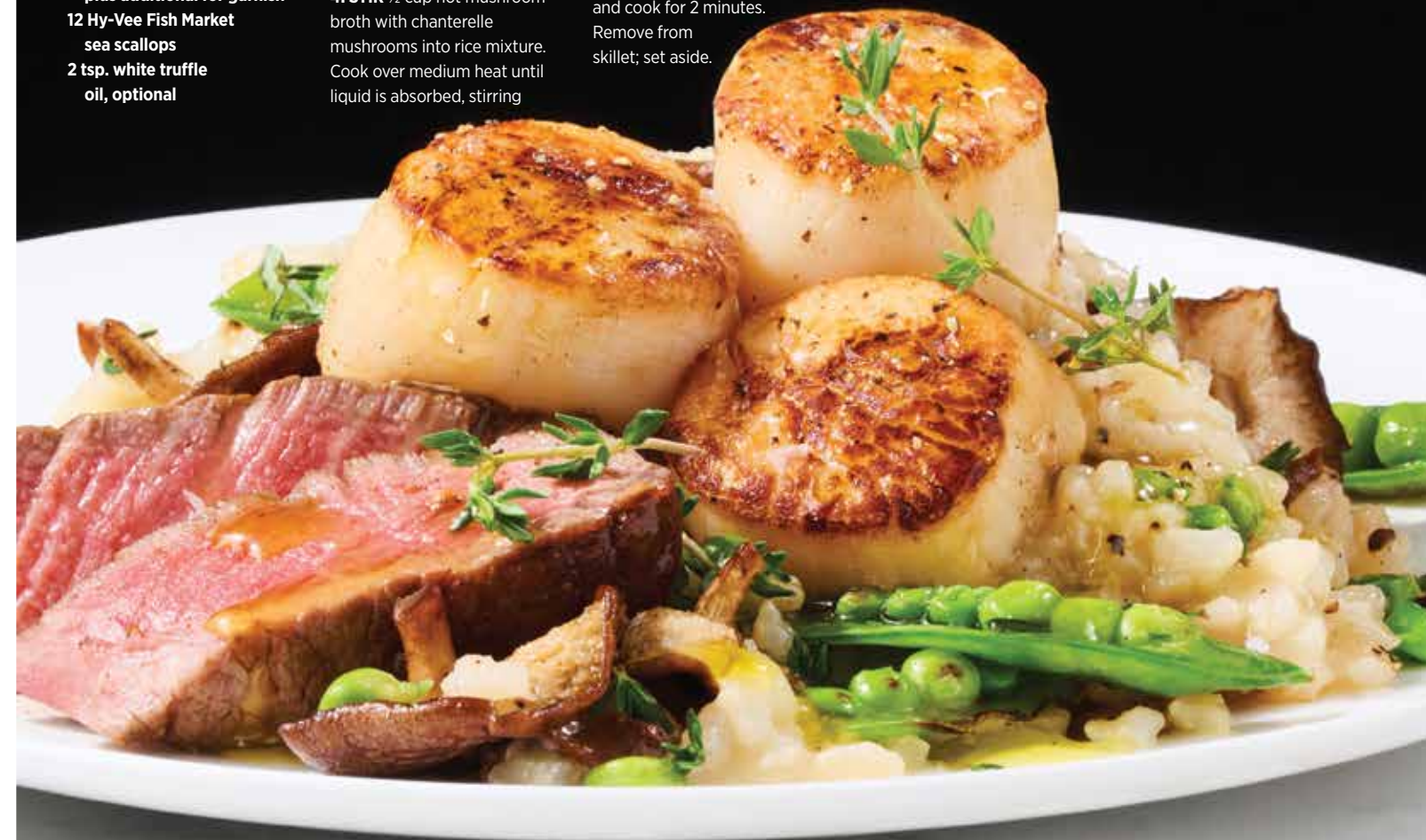
8. TO SERVE, slice beef. Divide risotto among 4 serving plates. Top with sea scallops, beef and split sugar snap peas. Garnish with additional fresh thyme; drizzle on truffle oil, if desired.

Per serving: 900 calories, 53 g fat, 27 g saturated fat, 1.5 g trans fat, 130 mg cholesterol, 940 mg sodium, 75 g carbohydrates, 6 g fiber, 4 g sugar (0 g added sugar), 23 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 20%, Potassium 10%



HOW TO SELECT SCALLOPS

When shopping for sweet buttery fresh scallops, look for ones that are pearly white and firm with a texture that is similar to a raw pork chop. Fresh scallops have a saltwater and/or seaweed scent if they were recently caught. Find larger (sea) scallops and smaller (bay) scallops at your Hy-Vee Fish Market Department.





LEVEL UP DES-SERIS

amazing bakery hacks

No time to make a homemade dessert for the party? No problem! Take delicious Hy-Vee Bakery items and use them to create your own extravagant holiday treats.

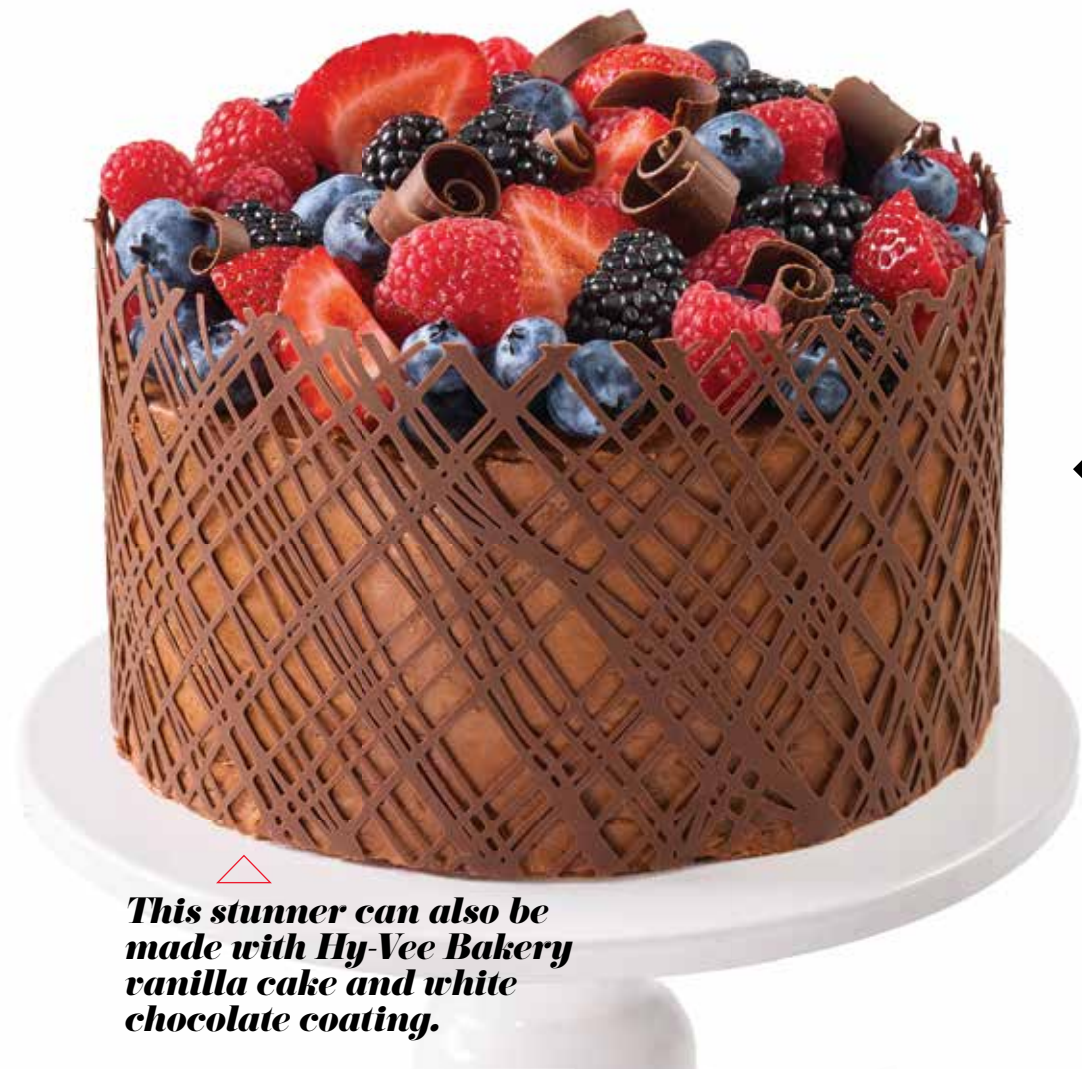


WINTER WONDERLAND DONUT CAKE

USE: Hy-Vee Bakery white iced donuts and plain donut holes

HOW TO MAKE:

Cut and discard 3 in. from top of a 17.9x4.75-in. polystyrene foam cone. Cover cone with foil. Spread ½ (16-oz.) container Hy-Vee creamy white frosting over foil to cover. Place frosted cone on a serving platter. Insert toothpicks in 80 Hy-Vee Bakery plain donut holes. Use the toothpick to dip each donut hole in 1¼ (24-oz.) pkg. melted Hy-Vee vanilla-flavored Hy-Vee almond bark; let excess drip off. Coat dipped donut holes with desired white toppers, such as decorating sugar, sanding sugar, nonpareils, jimmies, powdered sugar and shredded coconut. Transfer to parchment paper and let stand until set. Cut 4 Hy-Vee Bakery white frosted cake donuts in half. Arrange donuts around base of cone. Insert toothpicks with similar-topped donut holes in a diagonal row, from bottom to top, in the cone. Repeat adding rows of similar-topped donut holes to the cone until the cone is completely covered. Pipe additional melted almond bark onto parchment paper in snowflake shapes; let stand until set. Remove from paper and use melted almond bark to adhere snowflakes to cone. Dip fresh rosemary sprigs in water; dry slightly. Dip into Hy-Vee granulated sugar, turning to coat. Garnish cone tree with rosemary sprigs. Serves 40.



This stunner can also be made with Hy-Vee Bakery vanilla cake and white chocolate coating.



DARK CHOCOLATE CAGE CAKE

USE: Hy-Vee Bakery 2-layer 7-in. round chocolate cake with chocolate buttercream frosting

HOW TO MAKE:

Cut a piece of parchment paper into a 22×4-in. rectangle; place on top of a larger piece of parchment paper on a clean flat work surface. Place 1 (2-layer, 7-in. round) Hy-Vee Bakery chocolate cake with chocolate buttercream frosting on a serving plate; set aside. Place 1 cup dark chocolate melting wafers in a medium microwave-safe bowl. Microwave on HIGH at 30-second intervals until melted, stirring each time. If desired, transfer chocolate to a pastry bag fitted with a small round piping tip. Pipe or drizzle chocolate onto the rectangle parchment to catch excess chocolate. Let stand until just set but still pliable. Carefully pick up parchment rectangle and wrap around side of cake, pressing chocolate into frosting. Let stand 20 minutes or until chocolate is completely set. Carefully peel away parchment paper from chocolate. Garnish top with fresh berries and chocolate curls, if desired. Serves 16.

Switch up the flavor by trying the Wide Awake Coffee Co. Salted Caramel Mocha non-dairy coffee creamer paired with white chocolate chips.

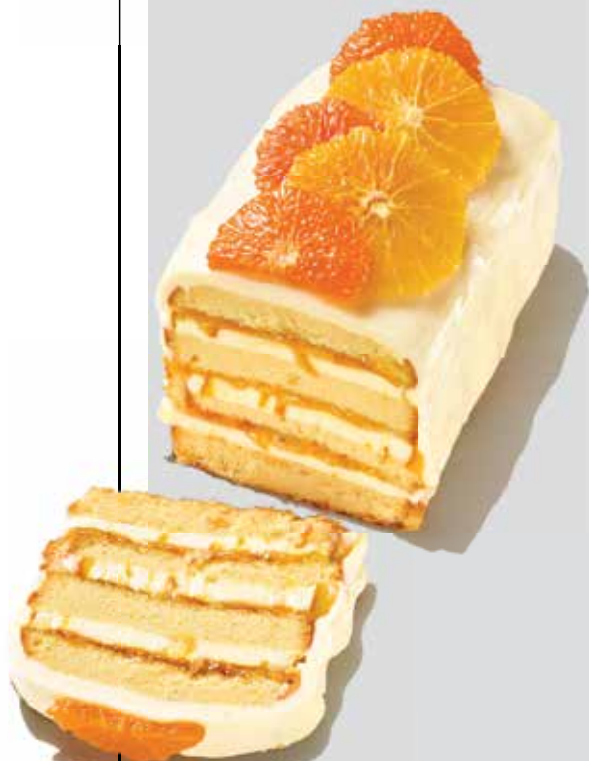


CHRISTMAS TREE CAKES

USE: Hy-Vee Bakery unfrosted white quarter sheet cake

HOW TO MAKE:

Cut 1 (quarter sheet) Hy-Vee Bakery unfrosted white cake in half lengthwise. Cut each half into 8 triangles to make 16 triangles total. Line a rimmed baking pan with parchment paper. Place a wire rack in the baking pan. Transfer cake triangles to wire rack; set aside. Place 3 (10-oz.) pkg. white chocolate melting wafers in a medium microwave-safe bowl. Microwave on HIGH at 30-second intervals until melted, stirring each time. Break 8 Hy-Vee pretzel rods in half crosswise. Spray with gold food-color mist spray; let dry. Dip one end of each pretzel half into melted chocolate and insert it into the bottom of each triangle. Pour remaining melted chocolate over each cake triangle, fully coating tops and sides. Spray 16 Hy-Vee milk chocolate stars with gold mist spray; add to tops of trees. Add nonpareils in rows to each tree; let dry. Serves 16 (1 each).



ORANGE-CREAM CAKE

USE: Hy-Vee Bakery 12-oz. unsliced pound cake

HOW TO MAKE: Remove 1 (12-oz.) Hy-Vee Bakery unsliced pound cake from pan. Place cake on its side and cut loaf lengthwise into 4 equal layers. Line the foil pan the cake came in with plastic wrap, extending plastic wrap over the edges of the pan. Place bottom layer in prepared loaf pan. Spread evenly with ¼ cup Hy-Vee creamy cream cheese frosting and then ¼ cup Hy-Vee orange marmalade. Repeat layering with cake layers and toppings two more times; place top cake layer on top. Wrap extended edges of plastic wrap around cake. Refrigerate for 30 minutes. Remove cake from refrigerator. Use plastic wrap to lift cake from pan; transfer cake to a serving platter. Place an additional ½ cup cream cheese frosting in a medium microwave-safe bowl. Microwave on HIGH 30 seconds or until melted. Pour frosting over cake, letting frosting drip down sides. Let stand until set. Top cake with peeled, thinly sliced oranges. Serves 12.

bakery
@Hy-Vee

PICK UP A READY-TO-IMPRESS DESSERT AT HY-VEE.



The Cheesecake Factory Bakery® All-American

Layers of vanilla cake, strawberry mousse and cheesecake with blueberries and strawberries.



French Silk Pie Velvety chocolate filling made with real cocoa, topped with whipped cream and gourmet chocolate curls.



CHOCOLATE-CARAMEL PUDDING WITH IRISH CREAM SAUCE

USE: Hy-Vee Bakery 16-oz. unsliced challah bread loaf

HOW TO MAKE: Preheat oven to 350°F. Spray a 3-qt. rectangular baking dish with Hy-Vee nonstick cooking spray; set aside. Arrange 1 (16-oz.) unsliced loaf Hy-Vee Bakery challah bread, cut into 1-in. cubes, in a large rimmed baking pan. Bake 12 minutes or until bread is dry; cool. Transfer one-third of bread cubes to prepared baking dish. Sprinkle with ½ cup Hy-Vee semisweet chocolate baking chips. Repeat layers two more times. Whisk together 5 Hy-Vee large eggs and 3½ cups Wide Awake Coffee Co. vanilla caramel non-dairy coffee creamer in a large bowl. Pour mixture over bread cubes in baking dish; lightly press down on bread to moisten. Cover with foil; bake 30 minutes. Uncover and lightly press down on bread again. Bake 20 minutes, uncovered, or until a knife inserted near center comes out clean. Meanwhile, for sauce, whisk 3 Hy-Vee large eggs in a medium bowl until lightly beaten; set aside. Bring 1½ cups Wide Awake Coffee Co. vanilla caramel non-dairy coffee creamer to a boil in a medium saucepan. Slowly whisk in half of creamer into beaten eggs. Transfer egg mixture back to saucepan; cook and whisk over medium-low heat until mixture thickens and reaches 180°F. Transfer to a medium bowl and whisk in ¼ cup Baileys Irish cream liqueur. Place bowl over an ice bath to cool. Serve bread pudding warm topped with sauce. Serves 16.





MAKE THE MOST OF MEALTIME.



FINALLY FINISHED YOUR
holiday shopping?



This calls for
Edwards



101

PEARS

Fill holiday gift baskets, baked goods and more with the sweet seasonal flavor of pears from Hy-Vee.

December may be National Pear Month, but this juicy fruit is readily available year-round. Their texture and flavor can vary widely, from crisp to soft with sweet, tangy or even mildly spicy flavors. The 3,000 types of pears include popular Bartlett, Anjou and Bosc. All pears are an excellent source of fiber (a medium-size pear has 24% of the daily recommended value), which helps regulate digestion and the body's use of sugar.

BUY Pick out ripe pears by gently pressing into the top where the stem joins the fruit. If it starts to give, it's ripe.

STORE Keep ripe pears at room temperature for up to 4 days and unripe ones for up to a week. Seal in a paper bag to ripen quicker. Refrigerate ripe pears for up to 10 days.

PREP Rinse in cold water before eating. After slicing, brush on a solution of half water and half lemon juice to help slow browning, if desired.

WAYS TO ENJOY

Raw

Pears are a nutritious snack. Varieties like Bartlett and Comice have soft and juicy textures that are most commonly eaten fresh like an apple.

Baked

Use baked pears to flavor oatmeal, cakes, custard pies and more. Bosc and Anjou pears are best for baking because they keep their shape.

Cooked

Spread cooked pears over bread or pork chops or eat on their own. Bartlett pears mash under the slightest heat, so use them for sauces.



Sources: usapecars.org/pear-nutrition/
food.unl.edu/healthy-bites-december-national-pear-month
hsph.harvard.edu/nutritionsource/carbohydrates/fiber/

Pear and Pistachio
**Upside-Down
Cake**

Hands On 25 minutes
Total Time 1 hour plus cooling time
Serves 12

Hy-Vee nonstick cooking spray
**¼ cup chopped roasted & salted
shelled pistachios, plus
additional for garnish**
**2 Anjou pears, cored and
thinly sliced**
¼ cup Hy-Vee unsalted butter
**½ cup packed Hy-Vee
brown sugar**
**¼ cup Hy-Vee Select 100%
maple syrup**
**1 (16.5-oz.) pkg. Hy-Vee
extra moist spice
deluxe cake mix**
1 cup water
**½ cup Hy-Vee
vegetable oil**
3 Hy-Vee large eggs

- 1. PREHEAT** oven to 350°F. Lightly spray a 9-in. round cake pan with nonstick spray.
- 2. PLACE** ¼ cup pistachios in center of cake pan. Arrange pear slices in a circular fashion around pistachios, slightly overlapping slices.
- 3. MELT** butter in a small saucepan over medium heat. Stir in brown sugar and maple syrup; cook over medium-low heat for 2 minutes or until sugar dissolves. Pour over pears in cake pan; set aside.
- 4. PLACE** cake mix, water, vegetable oil and eggs in a large mixing bowl. Beat with an electric mixer on low until moistened. Beat on medium for 2 minutes. Pour cake batter over butter mixture in cake pan.
- 5. BAKE** for 35 to 45 minutes or until a toothpick inserted near center comes out clean. Cool on wire rack for 10 minutes. Run a knife along edge of pan to loosen cake. Place a serving plate on top of cake pan; carefully invert cake pan onto plate. Remove cake pan. Garnish with additional chopped pistachios, if desired.

Per serving: 350 calories, 15 g fat, 5 g saturated fat, 0 g trans fat, 55 mg cholesterol, 260 mg sodium, 49 g carbohydrates, 1 g fiber, 33 g sugar (30 g added sugar), 3 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 2%



**An omelet you
don't have to flip?**
Get Outta Here!™



**Find new Omelet Rounds
in the egg aisle.**

© 2021 Kraft Foods

Hot fluffy omelets in under 2 minutes.

Hy-Vee Seasons Best

COOKIES advent calendar

It's cookie season and the countdown has begun! Double down on creating a sweet smorgasbord to wow family and friends alike. We searched through the Seasons archives to come up with 24 awesome cookies worthy of an encore. One taste and we think you'll agree!

Want more? Check out the Hy-Vee Christmas Cookies Baking Guide at [Hy-Vee.com/Christmas-cookies](https://www.hy-vee.com/Christmas-cookies)

1



12



5

16

8



10

4



3



2

22



17

6



14

9

24

7

11



Scan the QR Code
to get all 24 of the cookie
recipes in this story or find
them at [Hy-Vee.com/recipes](https://www.hy-vee.com/recipes)



1 PEANUT BUTTER STAR COOKIES*

Who doesn't like peanut butter cookies? We're not seeing a lot of hands raised! These traditional treats are even better with a chocolate morsel on top.



2 PEPPERMINT BARS*

If anything says holiday treat, it's a crunchy chocolate cutout dipped in velvety dark chocolate, then sprinkled with crushed peppermint candy.



3 GLAZED SPRITZ COOKIES*

Crisp, buttery spritz cookies put on their holiday best when dipped in glaze and decorating sugar. Customize the shape and color as desired. You can even pipe on frosting.



4 SPICE COOKIES*

It's a pairing for the ages: sweet, rich frosting atop tender spice cookies flavored with a mix of cinnamon, allspice, ginger, cloves and nutmeg.



CHECK OUT THE HY-VEE CHRISTMAS COOKIES BAKING GUIDE AT HY-VEE.COM/CHRISTMAS-COOKIES

6 Double-Chocolate Espresso Crinkles

Hands On 15 minutes

Total Time 51 minutes plus chilling time

Serves 36 (1 cookie each)

2 cups Hy-Vee granulated sugar

¾ cup Hy-Vee baking cocoa

¼ cup instant espresso powder

¾ cup Hy-Vee vegetable oil

4 Hy-Vee large eggs, room temperature

1 Tbsp. Hy-Vee vanilla extract

2 cups Hy-Vee all-purpose flour

2 tsp. Hy-Vee baking powder

½ tsp. Hy-Vee salt

1 cup Hy-Vee mini semisweet chocolate baking chips

½ cup Hy-Vee powdered sugar

1. STIR together granulated sugar, cocoa and espresso powder in a medium bowl. Stir in oil until smooth. Stir in eggs, one at a time, and vanilla.

2. WHISK together flour, baking powder and salt. Stir flour mixture into egg mixture until combined. Stir in chocolate chips. Cover and chill at least 4 hours.

3. PREHEAT oven to 350°F.

Line cookie sheets with parchment paper. Roll dough into 1½-in. balls. Roll in powdered sugar to coat. Place 2 in. apart on prepared cookie sheets.

4. BAKE for 10 to 12 minutes or until edges are firm and cookies no longer appear wet. Cool 1 minute on cookie sheets. Transfer cookies to wire racks to cool completely.

Per serving: 150 calories, 7 g fat, 1 g saturated fat, 0.5 g trans fat, 20 mg cholesterol, 70 mg sodium, 22 g carbohydrates, 1 g fiber, 16 g sugar (15 g added sugar), 2 g protein. **Daily Values:** Vitamin D 0%, Calcium 0%, Iron 6%, Potassium 0%

THE NOT-SO-SECRET INGREDIENT (IT'S IN THE TITLE AFTER ALL!) IS INSTANT ESPRESSO POWDER, WHICH JOINS WITH COCOA, SEMISWEET CHOCOLATE CHIPS AND POWDERED SUGAR FOR A REAL TREAT.



7 Classic Cutouts

Hands On 40 minutes

Total Time 47 minutes plus chilling time

Serves 16 (1 cookie each)

¾ cup Hy-Vee salted butter, softened

¾ cup Hy-Vee granulated sugar

1 tsp. Hy-Vee baking powder

1 Hy-Vee large egg, room temperature

2 tsp. Hy-Vee vanilla extract

¼ tsp. Hy-Vee almond extract

2¼ cups Hy-Vee all-purpose flour

1 recipe Royal Icing

Desired Over the Top decorating nonpareils and sprinkles

1. PLACE butter in a large mixing bowl. Beat butter with an electric mixer on medium for 30 seconds. Add sugar and baking powder. Beat on medium until combined. Beat in egg, vanilla and almond extract until combined.

2. BEAT in as much flour as you can with the mixer. Stir in any remaining flour. Divide dough in half. Cover and refrigerate dough for 30 minutes or until easy to handle.

3. PREHEAT oven to 375°F. Roll one portion of dough at a time on a lightly floured surface to ¼-in. thickness. Cut into desired shapes using a 3-in. cookie cutter. Place cutouts 1 in. apart on ungreased cookie sheets.

4. BAKE for 7 minutes or until edges are firm and bottoms are light brown. Transfer cookies to wire racks to cool completely. Frost as desired with Royal Icing and, if desired, add decorating non-pareils and sprinkles.



ROYAL ICING: Whisk together 3 cups Hy-Vee powdered sugar, 2 Tbsp. meringue powder and ¼ tsp. cream of tartar in a large mixing bowl. Add ½ cup warm water and ½ tsp. Hy-Vee vanilla extract. Beat with an electric mixer on low until combined. Beat on high for 7 to 10 minutes or until icing is very stiff. If not using immediately, cover bowl with a damp paper towel; cover tightly with plastic wrap (icing will dry quickly when exposed to air). Refrigerate up to 48 hours. Stir before using. Tint as desired. Makes 2¼ cups.

Per serving: 280 calories, 9 g fat, 6 g saturated fat, 0 g trans fat, 35 mg cholesterol, 40 mg sodium, 46 g carbohydrates, 0 g fiber, 32 g sugar (32 g added sugar), 3 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 0%



Macaron Snowmen

Hands On 50 minutes

Total Time 1 hour 30 minutes plus standing time

Serves 24 (1 cookie each)

1¼ cups Hy-Vee powdered sugar

1¼ cups Full Circle Market almond flour

3 Hy-Vee large egg whites, room temperature

¼ tsp. Hy-Vee salt

3 Tbsp. Hy-Vee granulated sugar

½ tsp. Hy-Vee vanilla extract or desired extract

1 recipe Creamy Vanilla Frosting

Hy-Vee red and blue food coloring, for tinting frosting

Hy-Vee mini semisweet chocolate baking chips, for decorating

Red Hots cinnamon flavored candies, for decorating

1. PRINT snowman template**. Line 2 large cookie sheets with parchment paper. Slide template under parchment as guide for piping batter; set aside.

2. POSITION oven rack in center of oven. Preheat oven to 300°F. Whisk together powdered sugar

and almond flour in a medium bowl; set aside.

3. PLACE egg whites and salt in a large mixing bowl. Beat with an electric mixer, fitted with a whisk attachment, on high until soft peaks form (tips curl). Beat in granulated sugar, 1 Tbsp. at a time. Beat in vanilla until stiff peaks form (tips stand straight).

4. FOLD half of the almond mixture into the egg white mixture using a rubber spatula; fold in remaining almond mixture until smooth. Spoon mixture into a pastry bag fitted with a ¼-in. round piping tip. (Or transfer to a plastic sandwich bag; snip off one corner from bag.)

5. HOLDING tip about ¼ in. from parchment on prepared cookie sheet, outline snowmen first, then fill in with random directions using decorating tip to create smooth surfaces. To release air bubbles, lift cookie sheet about 5 in. above work surface and drop; repeat 4 times. Let stand 20 to 30 minutes or until tops are no longer sticky.

6. BAKE one cookie sheet at a time for 18 to 21 minutes or until bottoms just begin to brown. Cool 5 to 10 minutes on cookie sheet.

Peel cookies from parchment and transfer to wire racks to cool completely.

7. TO DECORATE, on half of the snowmen, pipe on red-tinted frosting for a scarf and blue-tinted frosting for a cap. Pipe melted chocolate chips for eyes and noses. Use white frosting to attach mini chocolate chips for buttons and red cinnamon candy for cap tassel. Use frosting to attach a plain snowman to a decorated one with flat sides together. Store in an airtight container up to 3 days.

CREAMY VANILLA FROSTING

Beat 2 Tbsp. softened Hy-Vee unsalted butter and 2 Tbsp. Hy-Vee vegetable shortening in a small mixing bowl with an electric mixer until smooth. Beat in 1 cup Hy-Vee powdered sugar, ½ cup at a time. Beat in 1½ tsp. Hy-Vee 2% reduced-fat milk and ¼ tsp. Hy-Vee vanilla extract until creamy. Makes about ½ cup.

Per serving: 110 calories, 4 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 30 mg sodium, 17 g carbohydrates, 0 g fiber, 16 g sugar (15 g added sugar), 2 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 0%

**Find the snowman template at Hy-Vee.com/Christmas

OUR BASIC RECIPE CAN BE ADAPTED TO CREATE THESE CHARMING SNOWMEN AS WELL AS FLAVORED MACARONS.





8

STRAWBERRY CREAM CHEESE COOKIE BARS*

Here's a simple recipe that's simply delicious. Strawberry pie meets sugar cookie in a recipe with just three ingredients.



9

BROWNIE SANDWICH COOKIES WITH SPRINKLES*

If a picture is worth a thousand words, this combo of fudgy cookie, creamy frosting and sprinkles is akin to a literary classic.



10

RASPBERRY-ALMOND THUMBPRINTS*

As if they weren't already tempting enough, these buttery, almond-flavor goodies are filled with raspberry preserves and piped with melted chocolate.



CHECK OUT THE HY-VEE CHRISTMAS COOKIES BAKING GUIDE AT [HY-VEE.COM/CHRISTMAS-COOKIES](https://www.hy-vee.com/christmas-cookies)

**Candy Stripe Meringue Cookies**

Hands On 25 minutes
Total Time 1 hour 5 minutes
Serves 80 (1 cookie each)

3 Hy-Vee large egg whites, room temperature
¼ tsp. cream of tartar
¼ tsp. Hy-Vee salt
1 cup Hy-Vee granulated sugar
Hy-Vee red food coloring

1. POSITION oven rack in center of oven. Preheat oven to 300°F. Line cookie sheets with parchment paper; set aside.

2. PLACE egg whites, cream of tartar and salt in a large mixing bowl. Beat with an electric mixer, fitted with a whisk attachment, on high until soft peaks form (tips curl).

Add sugar, ¼ cup at a time, beating on high until stiff peaks form (tips stand straight). The meringue should have a glossy surface.

3. PAINT a ¼-in.-wide stripe of red food coloring down one side of a pastry bag fitted with a ½-in. open star piping tip, using a small brush. Carefully spoon meringue into the pastry bag. Pipe 2-in. rosettes 1 in. apart on prepared cookie sheets.

4. BAKE 35 to 40 minutes or until crisp. Cool completely on cookie sheets on a wire rack. Store in an airtight container.

Per serving: 10 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 3 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%



12

Macadamia Island Drops

Hands On 15 minutes
Total Time 1 hour
Serves 78 (1 cookie each)

1 cup Hy-Vee salted butter, softened
1½ cups Hy-Vee granulated sugar
1 cup packed Hy-Vee brown sugar
2 Hy-Vee large eggs, room temperature
1½ tsp. Hy-Vee vanilla extract
3 cups Hy-Vee all-purpose flour
1 tsp. Hy-Vee salt
½ tsp. Hy-Vee baking soda
1½ cups Hy-Vee creamy white vanilla baking chips
½ cup coarsely chopped Hy-Vee roasted & salted macadamia nuts
¼ cup chopped Hy-Vee dried apricots
3 Tbsp. chopped Hy-Vee sweetened dried pineapple
3 Tbsp. chopped Hy-Vee sweetened dried mango

1. PREHEAT oven to 350°F. Place butter in a large mixing bowl. Beat butter with an electric mixer on medium for 30 seconds. Add granulated and brown sugars; beat on medium until fluffy. Add eggs, one at a time, beating after each addition. Beat in vanilla until combined.

2. WHISK together flour, salt and baking soda in a medium bowl. Add to butter mixture and beat until well combined. Stir in vanilla chips, macadamia nuts, dried apricots, pineapple and mango.

3. DROP dough by tablespoons 2 in. apart on ungreased cookie sheets.

4. BAKE 12 to 14 minutes or until bottoms just begin to brown. Transfer cookies to wire racks to cool completely.

Per serving: 100 calories, 4.5 g fat, 3 g saturated fat, 0 g trans fat, 10 mg cholesterol, 65 mg sodium, 15 g carbohydrates, 0 g fiber, 11 g sugar (9 g added sugar), 1 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 0%

13

MELTING SNOWMEN

Partially dip purchased gingersnap cookies into melted Hy-Vee vanilla almond bark. Add Hy-Vee miniature marshmallows for snowmen and green mint baking chips for their hats. Let stand until set. Use fine-tip food coloring edible markers to add details.

14

HOLIDAY WREATHS

Dip purchased fudge and marshmallow cookie pinwheels into melted Hy-Vee Select 60% cacao bittersweet chocolate baking chips. Sprinkle with Over the Top glam green sanding sugar and sprinkles; add red decorating candies. Let stand until set.

15

POLAR BEARS

Dip Hy-Vee sandwich crème cookies and mini chocolate sandwich cookies into melted Hy-Vee vanilla-flavor almond bark. Place smaller dipped cookies on top of larger dipped cookies to create bear faces. Dip small white gumdrops in melted almond bark and attach for ears. Add Hy-Vee milk chocolate mini gems for eyes and crispy candy-coated chocolate pieces for noses. Let stand until set.



16

RED VELVET CAKE COOKIES

Preheat oven to 375°F. Stir together 1 (15.25-oz.) pkg. Betty Crocker Super Moist red velvet cake mix, 2 Hy-Vee large eggs and 6 Tbsp. melted Hy-Vee salted butter until well combined. Drop dough by rounded teaspoons 2 in. apart on ungreased cookie sheets. Bake for 8 to 10 minutes or just until tops are set. Cool for 1 minute on cookie sheets. Transfer cookies to wire racks to cool completely. Dust with 2 Tbsp. Hy-Vee powdered sugar before serving. Serves 40 (1 cookie each).



ENLIST LITTLE HANDS TO ASSIST ROLLING DOUGH INTO CRAYON-WIDTH ROPES.

Candy Cane Cookies

Hands On 55 minutes
Total Time 1 hour 11 minutes plus chilling time
Serves 20 (1 cookie each)

½ cup Hy-Vee vegetable shortening
½ cup Hy-Vee salted butter, softened
1 cup Hy-Vee powdered sugar
1 Hy-Vee large egg, room temperature
1 tsp. Hy-Vee almond extract or ½ tsp. peppermint extract
1 tsp. Hy-Vee vanilla extract
2½ cups Hy-Vee all-purpose flour
1 tsp. Hy-Vee salt
Hy-Vee red food coloring

1. PLACE shortening and butter in a large mixing bowl. Beat with an electric mixer on medium for 30 seconds. Add powdered sugar. Beat on medium until combined. Beat in egg, almond extract and vanilla until combined.

2. WHISK together flour and salt in a medium bowl. Add to butter mixture and beat until combined. Divide dough in half. Add enough red food coloring to one portion of dough to reach desired color; stir evenly to distribute color. Cover and chill separately both red and plain doughs for 30 minutes.

3. PREHEAT oven to 375°F. To form candy canes, use 1 Tbsp. of dough for each rope. Roll each on a lightly floured surface using fingers in a gentle back-and-forth motion to form a 4-in.-long smooth rope. There should be an equal number of red and plain ropes. Place one rope of each color side-by-side; lightly press together and gently twist. Arrange twisted ropes about 1½ in. apart on ungreased cookie sheets, curving one end of each into a cane.

4. BAKE about 8 minutes or until cookies are firm to the touch (not brown). Cool for 1 minute on cookie sheets. Transfer cookies to wire racks to cool completely. (Cookies can easily break at the curve, so take extra care in handling them.)

Per serving: 170 calories, 10 g fat, 4 g saturated fat, 0 g trans fat, 20 mg cholesterol, 120 mg sodium, 18 g carbohydrates, 0 g fiber, 6 g sugar (6 g added sugar), 2 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 0%



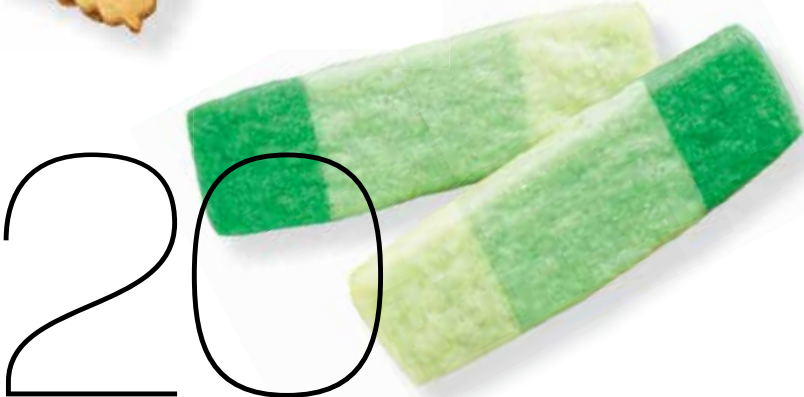
18 LEMON THUMBPRINTS*

Bring on the lemons! These delectable cookies take advantage of citrus, winter's seasonal fruit. They feature lemon zest, lemon juice and, most importantly, moist supreme lemon cake mix.



19 JAM SANDWICH*

These scrumptious pastry-like creations pair shortbread squares with strawberry filling. Customize the cookie by substituting your choice of fruit preserves.



20 OMBRÉ SUGAR COOKIES

Combine 1 (16.5-oz.) package refrigerated sugar cookie dough, softened, with ¼ cup Hy-Vee all-purpose flour. Divide dough into three portions. Tint each portion with increased amounts of Hy-Vee red or green food coloring to form an ombre effect. Roll each portion into a log.

Spray work surface with Hy-Vee nonstick cooking spray. Arrange logs, side by side, from lightest to darkest on prepared work surface. Using a rolling pin, gently roll on top of logs to form a rectangle. Wrap rolled dough tightly in plastic wrap and refrigerate for 10 minutes.

Preheat oven to 350°F. Cut rolled dough crosswise into ¼-in.-thick slices. Place slices 2 in. apart on ungreased cookie sheets. Bake for 8 to 10 minutes or until cookies are set. Cool for 2 minutes on cookie sheets. Transfer cookies to wire racks to cool completely. Serves 20 to 24 (1 cookie each).



21 YETI CHOW COOKIES

Bake 1 (16-oz.) pkg. Crav'n Flavor Break 'n Bake peanut butter cookie dough according to pkg. directions; cool completely. Combine ½ cup Hy-Vee creamy peanut butter and ½ cup Hy-Vee unsalted butter in a small saucepan. Stir in 1 cup Hy-Vee semisweet chocolate baking chips. Cook and stir over low heat until mixture is smooth and creamy. Stir in 1 tsp. Hy-Vee vanilla extract. Dip cooled cookies in chocolate mixture; let excess drip off. Coat dipped cookies with 2¼ cups Hy-Vee powdered sugar. Refrigerate until set. Serves 24 (1 cookie each).

22 FROSTED EGGNOG COOKIES

Prepare 1 (17.5-ounce) pkg. Hy-Vee sugar cookie mix dough according to pkg. directions, except stir 1½ tsp. Hy-Vee ground nutmeg and 1 tsp. rum extract into dough. Drop dough by level tablespoonfuls. Bake for 8 to 10 minutes; cool as directed. Combine ½ (16-oz.) container Hy-Vee creamy buttercream frosting and ½ tsp. rum extract; spread frosting on cooled cookies and sprinkle with additional Hy-Vee ground nutmeg. Serves 36 (1 cookie each).

23 PEPPERMINT BARK COOKIES*

The outside of this winter cookie may look as pure as snow, but the burst of peppermint flavor in the white chocolate bark is covering a dark chocolate secret on the inside.

***CHECK OUT THE HY-VEE CHRISTMAS COOKIES BAKING GUIDE AT HY-VEE.COM/CHRISTMAS-COOKIES**

Gingerbread Cutouts

Hands On 35 minutes
Total Time 1 hour 10 minutes plus chilling time
Serves 50 (1 cookie each)

½ cup Hy-Vee unsalted butter, softened
½ cup Hy-Vee granulated sugar
1½ tsp. Hy-Vee ground ginger
1½ tsp. Hy-Vee ground allspice
1 tsp. Hy-Vee ground cinnamon
1 tsp. Hy-Vee baking powder
1 tsp. Hy-Vee baking soda
½ cup molasses
1 Hy-Vee large egg yolk, room temperature
2 cups Hy-Vee all-purpose flour
1 recipe Royal Icing, optional; see Classic Cutouts cookies on page 41

1. PLACE butter in a large mixing bowl. Beat butter with an electric mixer on medium for 30 seconds. Add sugar, ginger, allspice, cinnamon, baking powder and baking soda. Beat on medium until combined. Beat in molasses and egg yolk until combined.

2. BEAT in as much flour as you can with the mixer. Stir in any remaining flour. Divide dough into quarters. Roll one portion of dough at a time on a lightly floured surface to ¼-in. thickness. Cut into desired shapes** using a 2- or 3½-in. cookie cutter.

3. PREHEAT oven to 350°F. Lightly grease cookie sheets; set aside. Roll one portion of dough at a time on a lightly floured surface to ¼-in. thickness. Cut into desired shapes** using a 2- or 3½-in. cookie cutter.

Place cutouts 1 in. apart on prepared cookie sheets.

4. BAKE for 8 to 9 minutes or until bottoms are light brown. Cool 1 minute on cookie sheets. Transfer cookies to wire racks to cool completely. Decorate cookies with Royal Icing, if desired.

****For Gingerbread People:** Prepare recipe as directed, using 4-in. people-shape cutters. Serves 20 (1 cookie each).

Per serving: 50 calories, 2 g fat, 1 g saturated fat, 0 g trans fat, 10 mg cholesterol, 15 mg sodium, 8 g carbohydrates, 0 g fiber, 4 g sugar (4 g added sugar), 1 g protein. **Daily Values:** Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 2%

CHEERS TO US!

It's time to celebrate and say, "Hey! We've got some livin' to do in '22!" Give a bubbly greeting this New Year with a sparkling wine from Hy-Vee. Or try one of our special spritzer drink recipes.

SPARKLING WINE mini guide

It may be the best known, but Champagne isn't the only sparkling wine available.

CHAMPAGNE This sparkling wine can only be made within the region of Champagne in France and must follow a strict set of rules on what grapes are used and how they are raised and harvested. There are also specific rules on how the wine is made in the traditional method of secondary fermentation. The mineral-rich soils and cooler climate of northern France give Champagne a distinct flavor profile and crispness.

PROSECCO A popular Italian sparkling wine, it is made primarily with Glera grapes and is fruitier than Champagne. There is also a rosé Prosecco.

CAVA This Spanish sparkling wine has a fresh, citrusy character that takes on different undertones, depending on the grapes used, primarily Macabeu, Xarello or Parellada.

SEKT Often made with Riesling grapes, this sparkling wine comes from either Germany or Austria. It tends to have elevated acidity and slightly lower alcohol for a tart, fresh, crisp and clean quality and aromatic fruit characteristics.

ASTI A popular sparkler from the Asti region in northwestern Italy is Asti Spumante. Made with Moscato grapes, it is light, fruity, sweet and tends to be lower in alcohol.

LAMBRUSCO Featuring Lambrusco grapes from northern Italy, these red wines are fruit forward, low alcohol and semi-sparkling. They range from dry to very sweet.

ROSÉ A fruity sparkling wine, rosé has developed a reputation for being super easy to pair with different foods.

level of sweetness

Wines are labeled "dry" when they include no residual sugar. Here are standard categories:

BRUT NATURE (also called Brut Zero or Ultra Brut) = bone dry, no sweetness.

EXTRA BRUT = little to no sweetness.

BRUT = the most common style with very little to no detectable sweetness; 95% of Champagne is labeled Brut.

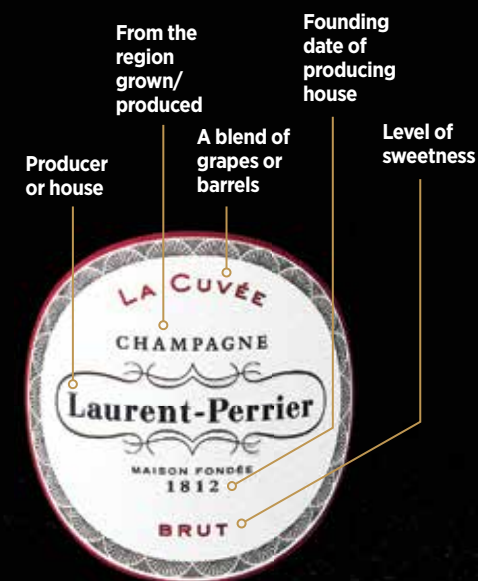
EXTRA DRY (or Extra Sec) = just a hint of sweetness, residual sugars barely perceptible; some might say "off dry."

DRY (also called Sec) = noticeable, but lightly sweet.

DEMI-SEC = semi-sweet to moderately sweet, but not a true dessert wine.

DOUX = the sweetest, but rarely produced or sold commercially anymore.

LABELS 101



GLASS
GUIDE



FLUTE

This stylish glass is a mainstay at celebrations involving a toast. The narrow opening minimizes spilling and preserves effervescence for a more celebratory experience.



COUPE

Commonly seen in classic movies, this shallow, wide-rimmed glass allows sparkling wine to breathe. With less effervescence, a wine's nuance and complexity come through, so it's great for older vintages.



TULIP

The tulip's wide surface area and narrow opening allow for delicate aromas to be released and then concentrated for the drinker to enjoy.

CRANBERRY-ROSE SPRITZER

Muddle ½ cup frozen cranberries, thawed, in a cocktail shaker. Add 2 oz. elderflower liqueur, 1 oz. fresh lime juice and ½ cup ice cubes. Cover and shake well until chilled. Strain mixture into a 10-oz. champagne flute. Top with 4 oz. sparkling rosé wine. Garnish with a rosemary sprig threaded with additional thawed cranberries, if desired. Serves 1 (8 oz.).



Veuve-Olivier
Rosé

STRAWBERRY-WHITE CHOCOLATE COCKTAIL

Muddle ½ cup chopped strawberries in a cocktail shaker. Add 2 oz. clear crème de cacao and ½ cup ice cubes. Cover and shake well until chilled. Strain mixture into an 8-oz. champagne flute. Top with 4 oz. Prosecco. Garnish with a whole strawberry drizzled with white chocolate, if desired. Serves 1 (7 oz.).



Giuliana
Prosecco

pro tip: IMPROVE YOUR SERVE



“Make sure your sparkling wine is thoroughly chilled—I like to use an ice bucket—prior to opening. Remove the bottle from the ice bucket and gently dry it off. Carefully untwist the wire cage around the cork and keep your thumb over the cork. Use a towel or cloth to gently twist the cork out while applying a small amount of

pressure. When the cork pops, you should barely hear a sound. Keeping the bottle very cold will help prevent a big explosion, preserving the bubbles for you to enjoy in your glass.”

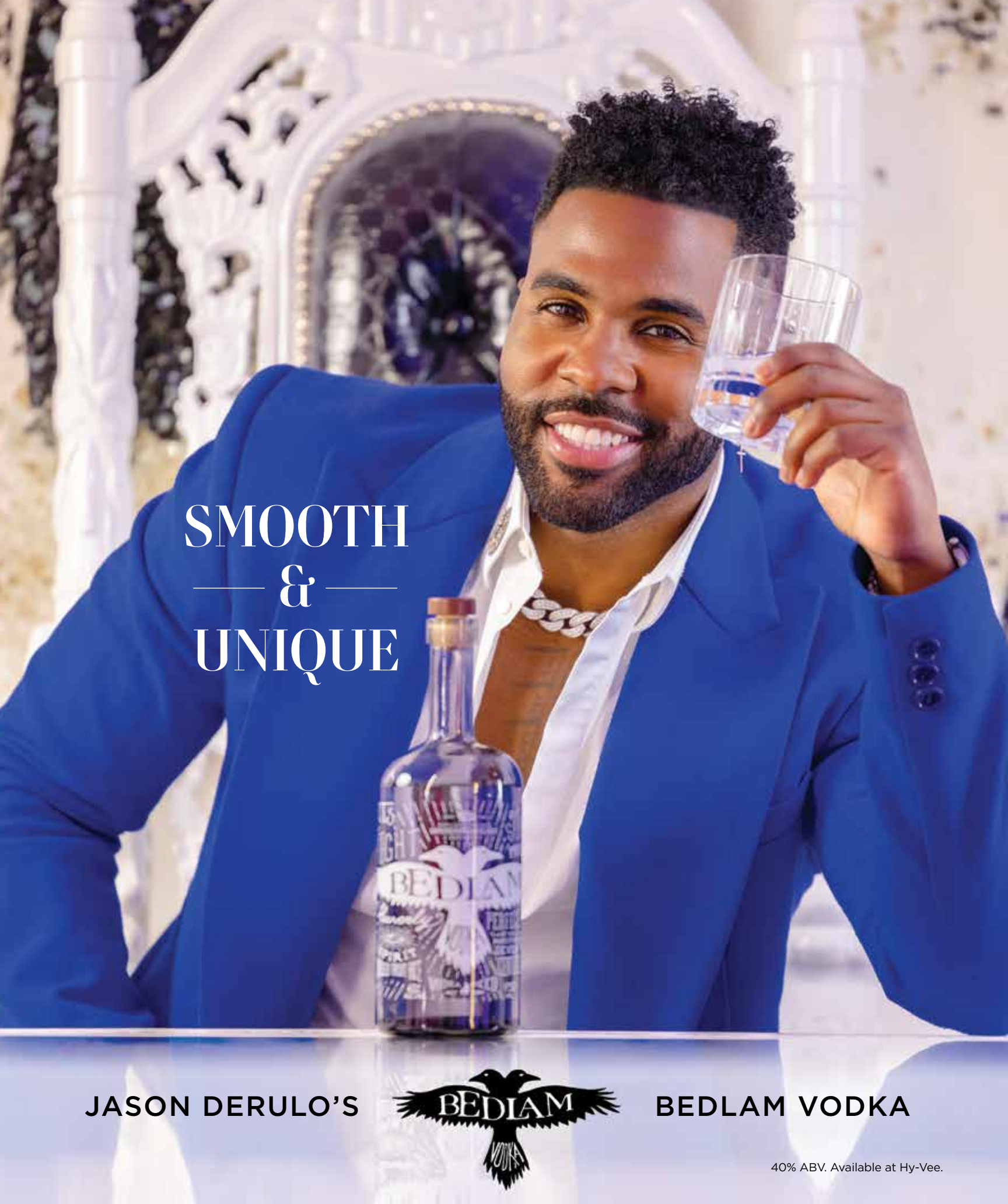
—Blair Zachariasen
Certified Sommelier
and Wine & Spirits Manager
Hy-Vee, Des Moines, IA

PEAR GINGER FIZZ

Combine 2 oz. ginger beer and 4 oz. pear juice in a 12-oz. cocktail glass. Top with 4 oz. brut Cava. Garnish with pear slices, if desired. Serves 1 (10 oz.).



Veuve-Olivier
Brut



SMOOTH
— & —
UNIQUE

JASON DERULO'S



BEDLAM VODKA

40% ABV. Available at Hy-Vee.

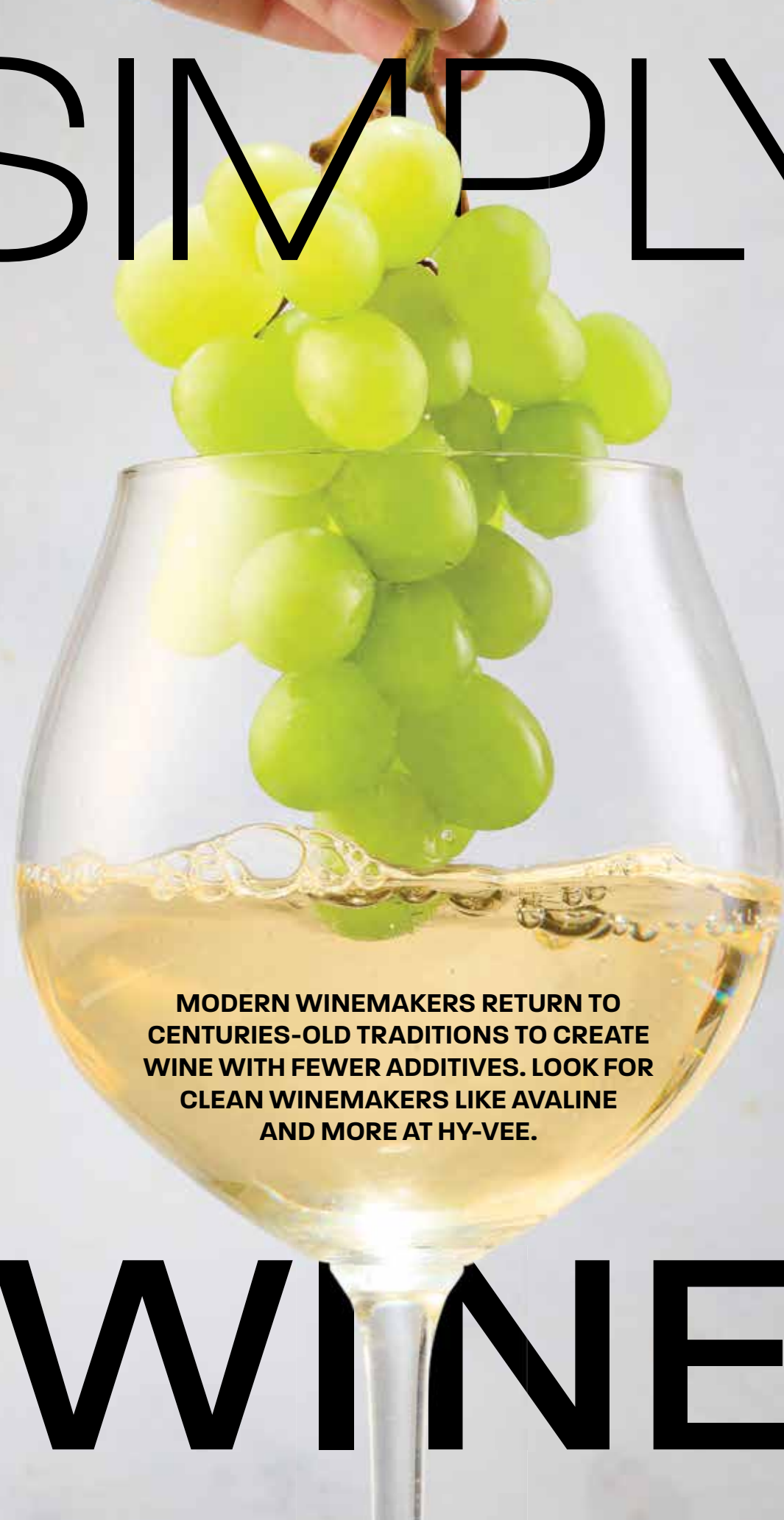
'H' IS FOR
DEALS



(SCAN THE 'H' CODE.)

HyVee **deals** **.COM**

SIMPLY



MODERN WINEMAKERS RETURN TO CENTURIES-OLD TRADITIONS TO CREATE WINE WITH FEWER ADDITIVES. LOOK FOR CLEAN WINEMAKERS LIKE AVALINE AND MORE AT HY-VEE.

WINE

Looking for a Simple Wine?

Many categories exist based on farming style, environmental impact and type and amount of ingredients.

Look to the label to find which suits your taste and lifestyle, such as these:

1. Sustainable: Winery practices minimize environmental impact.
2. Biodynamic: Natural farming methods protect the ecosystem and control pests.
3. Certified Organic: USDA certified 100% organic ingredients.
4. USDA Organic: USDA certified 95% organic ingredients. Virtually no sulfites (flavor preservatives) are allowed.
5. Vegan: Produced without animal products in the wine or bottling.

The flavor of natural wines is cider-like, with a more bubbly mouthfeel due to the extra time needed for the grapes' natural sugars to change to alcohol.

NATURAL WINES

Usually made with organic or sustainably farmed grapes. Grapes are often hand-picked. Other definitions of natural wine include wines with minimal processing and wines with limited additives.

Wines at Hy-Vee

- Frey Vineyards Organic Cabernet Sauvignon
- Tenuta di Tavnano Il Pestifero Organic Pét-Nat

ORGANIC WINES

Made with organic grapes and without pesticides, fertilizers, herbicides or genetically modified seeds.

Wines at Hy-Vee

- A to Z Pinot Gris
- Bonterra Equinox Red
- Frey Vineyards Organic Cabernet Sauvignon
- Frog's Leap Sauvignon Blanc
- Whitehaven Sauvignon Blanc
- Willamette Valley Vineyards Whole Cluster Pinot Noir

VEGAN WINES

Developed with vegetable-base ingredients for both wine and bottling. Non-vegan fining agents, such as egg whites and casein, are not used, nor are beeswax bottle seals or milk-base cork glues.

Wines at Hy-Vee

- Frey Vineyards
- Justin
- Layer Cake
- Natura
- Seghesio
- Stella Rosa
- Sutter Home
- Underwood Can Wines





AVALINE WINE

BUSINESS PARTNERS CAMERON DIAZ AND KATHERINE POWER SHARE THEIR CLEAN WINE.

While enjoying a glass of wine, the duo discovered each other's commitment to ingredient transparency. An idea, and line of clean wines, was soon born.

"With clean wine, there are no hidden secrets. We list all of the ingredients that go into each bottle—so when you look through them, you won't find any surprises," says the Avaline Team.

Rosé, white and red Avaline wines, now available at Hy-Vee, are vegan-friendly, made from organic grapes and have no added artificial ingredients, added sugars, colors or concentrates.

The rosé, made in Provence, France, has notes of melon, raspberries and citrus zest. The white is from northern Spain and has aromas of citrus and stone fruit. The red is a combination of Grenache and Syrah grapes and has hints of tart black cherry jam.



3 sparkling SPRITZERS WITH AVALINE WINES

POMEGRANATE & CARDAMOM SPRITZ WITH AVALINE ROSÉ

3 oz. Avaline Rosé +
3 Tbsp. pomegranate arils +
8 cardamom pods +
A twist of orange, for garnish +
2 oz. Hy-Vee club soda
 Muddle pomegranate arils and cardamom pods in a 1-cup glass measuring cup. Stir in Avaline Rosé wine. Strain into an ice-filled 12-oz. cocktail glass. Add club soda. Garnish with orange twist, if desired. Serves 1 (6 oz.).



PLUM & SAGE SPRITZ WITH AVALINE WHITE

3 oz. Avaline White +
½ pitted ripe purple plum, muddled +
2 fresh sage leaves, plus additional for garnish +
2 oz. Hy-Vee club soda
 Muddle ½ plum and fresh sage leaves in a 1-cup glass measuring cup. Stir in Avaline white wine. Strain into an ice-filled 12-oz. Collins glass. Add club soda. Garnish with a small fresh sage sprig. Serves 1 (6 oz.).



3 oz. Avaline Red +
¼ seeded ripe Bartlett or Anjou pear +
1 pinch of ground cinnamon +
A twist of lemon +
2 oz. Hy-Vee club soda
 Muddle ¼ seeded pear with a pinch of cinnamon in a 1-cup glass measuring cup. Stir in Avaline Red. Strain into an ice-filled 20-oz. wine glass. Add with club soda. Garnish with lemon twist. Serves 1 (6 oz.).



PEAR & CINNAMON SPRITZ WITH AVALINE RED



BRIAN WAHLSTROM

CERTIFIED WINE MASTER
 HY-VEE, AUSTIN, MN

“The difference between organic wine and wines produced using more modern practices is often extremely subtle in the glass but can manifest as a wine that relies purely on the flavors naturally present in the grape itself. Organic wines tend to be ‘varietally correct,’ meaning they characterize the true spirit of the grapes.”



Founded by Cameron Diaz
and Katherine Power

NOW AVAILABLE AT HY-VEE

AVALINE

Just clean, delicious wine.™

DRINKAVALINE.COM @AVALINE



MADE WITH ORGANIC GRAPES

LESS THAN 1 GRAM OF SUGAR

NO UNWANTED ADDITIVES

CRAFT something CRAVEABLE

CHOOSE FROM A VARIETY OF *KELLOGG'S®*
CRACKERS EVERYONE WILL LOVE



TM

It's a WONDERFUL BOARD

MEAT AND CHEESE ARE JUST THE BEGINNING. EASILY IMPRESS LARGE CROWDS WITH SHOWSTOPPING AND DELICIOUS FOOD BOARDS—LEARN THE BASICS WITH THIS HELPFUL GUIDE.

LUX board

- DeLallo pitted olives jubilee
- Champagne grapes
- DeLallo tri-color Pepperazzi spicy-sweet peppers
- D'Artagnan wild boar saucisson uncured dried sausage slices
- Tickler extra-mature Devonshire Cheddar
- Marcona almonds
- Cracked pepper wafer crackers
- Columbus Genoa salame
- Radish slices
- Old Brooklyn IPA mustard
- Vermont Creamery Vermont cheese
- Mandarin orange wedges
- Gustare Vita traditional thin Italian breadsticks
- Drunken goat cheese
- Caramelized pecans
- La Bonne Vie triple crème Brie cheese with honey
- Cranberry-pumpkin seed cracker crisps
- Columbus peppered salame slices
- Westminster rustic red cheese
- Split pomegranate
- Pitted Medjool dates with blue cheese and prosciutto
- Butcher & Baker sea salt flatbread crackers
- Somerdale Stilton cheese with cranberries

what is a board?

A LARGE PLATTER OR SERVING TRAY WITH AN ASSORTMENT OF FOODS FOR GRAZING.

what a board needs

- **CREATIVITY** Colorful foods are arranged artistically.
- **CHOICE** Boards can be tailored to suit any taste and any theme.
- **CONVENIENCE** Small nibbles and individual portions make choosing easy.

types of boards

Traditional boards include the items below (but there's no need to limit yourself to just these choices!).

- **CHARCUTERIE:** cured meats, sometimes with cheese.
- **CHEESE:** artisan cheeses and crackers.
- **FRUIT:** sliced or bite-size; served with dip.
- **VEGETABLES:** cut up; served with dip.
- **DESSERT:** chocolate and assorted sweets.

board basics

HANDY IDEAS TO CREATE A BOARD THAT WORKS.

MATERIAL: Non-porous hardwoods (e.g., teak, cherry and black walnut) or food-safe plastics, china or marble work best. Otherwise, use a liner.

SIZE: Match the size of the board to the number of guests: 8 in. diameter for 2 to 3 people;

10 in. for 4 to 5 people; 12 in. for 6 to 7 people; and 15 in. for 8 to 12 people.

ACCESSORIES: Use small, colorful plates and bowls to spotlight specialty foods and hold sauces, dips and small items like nuts and olives.

SIMPLE STRATEGIES

Make it easier on yourself and guests with these tips.



• **AVOID THE RUSH.** Wash produce, chop ingredients and gather serving bowls and trays in advance. Or save time with Hy-Vee Short Cuts.

• **POSITION YOUR BOARD.** To keep guests from creating a bottleneck (like in a corner), consider traffic flow when placing your board in the room.

• **SIMPLIFY.** Embrace the appeal of simplicity: Leaving grapes on the vine, or cheese wedges uncut not only saves time but adds charm. To keep foods from becoming lost visually, keep the variety of foods manageable. A rule of thumb: Add four or five primary foods in ample quantities, then smaller portions of secondary foods.

• **FIND A BALANCE.** A well-rounded board needs contrasts. Use a variety of vegetables, fruits and dips for color. Balance soft textures like cheese and hummus with crispy crackers. Add flavor surprises like chocolate-covered pretzel sticks for a mix of sweet and salty.

• **TAKE IT EASY.** To enjoy time with guests rather than tending to the board, keep foods that need to be served warm on a separate hot plate. Keep extra board items cut and ready to go for when you do need to replace them.

Specialty Food Boards

Create personalized boards for guests with dietary restrictions or preferences. Visit Hy-Vee for help selecting products that will meet their needs such as low sodium, vegetarian, paleo, keto, vegan and more.

BOARD FOOD SAFETY

Take simple precautions

- Use a food-safe board or line with foil or parchment paper.
- Wash the board with hot, soapy water; rinse and air dry.
- Use separate serving utensils for each food (using the same utensil for multiple foods can cross-contaminate foods).
- Set out single-use toothpicks.
- Provide hand sanitizer for guests.
- Ask guests to use a clean plate for seconds.
- Refrigerate perishables after 2 hours, including meat, cheese, dips and fruit.

how to arrange a board

Make it memorable with these steps.



STEP 1 Start with the largest item, spacing variations of it equidistantly. Place empty ramekins for dips and sauces.



STEP 2 Lay out the next largest item in a winding, informal shape to contrast with the geometric shapes.



STEP 3 Fill in the gaps with foods in a variety of colors, textures and flavors.



STEP 4 Finish by filling the ramekins and adding garnishes, if desired.



BASIC board

- Oven-baked everything Parm crisps
- Burrata cheese drizzled with honey, and garnished with cracked black pepper and chopped fresh thyme leaves
- White Cheddar cheese slices

- Hy-Vee dried apricots
- Wensleydale Stilton cheese with apricots
- Cracked pepper wafer crackers
- Cornichon gherkin pickles
- Jarlsberg cheese slices

- Henning's 4-month-aged Cheddar cheese slices
- Garlic & fine herbs Boursin rolled in Culinary Tours everything bagel seasoning
- Honeycrisp apple slices
- Columbus Italian dry salame slices

- Genoa salami slices
- Hot sopressata spicy salami slices
- Wensleydale with lemon curd and honey cheese
- Fig spread



Culinary Tours Cheddar

Alpine-style Cheddar cheese has a mild, nutty taste.



HOLIDAY SWEETS board

- Hy-Vee Bakery frosted brownies decorated with fruit leather candies
- Hy-Vee Bakery holiday decorated sugar cookies
- Andes crème de menthe thins
- Mini stroopwafel biscuits dipped in melted white chocolate and Over the Top decorating jimmies
- Green and red M&M's milk chocolate candies
- Soft peppermint candy puffs
- Edible cookie dough balls coated with melted white chocolate and Over the Top decorating jimmies
- Hershey's Santa hat kisses
- Hy-Vee milk chocolate stars
- Zöet premium Belgian white chocolate
- Hy-Vee vanilla yogurt covered raisins
- Hy-Vee Bakery powdered sugar donut holes
- Chocolate chip cookie cones dipped in melted white chocolate and Over the Top decorating jimmies
- White chocolate popcorn clusters (stir together Hy-Vee salted popcorn with melted white chocolate and top with sprinkles)
- Hy-Vee yogurt mini pretzels

Hy-Vee Bakery Brownie
Chocolatey goodness is topped with cream cheese frosting.

Hy-Vee Bakery Cookies
Sugar cookies look even better wearing a holiday coat of frosting.

Zöet White Chocolate
Premium Belgian chocolate in convenient squares.

PANCAKE & WAFFLE board

- Hot waffles
- Hot 2½- to 3-in pancakes
- Heated Hy-Vee frozen traditional mini pancake bites
- Hy-Vee hazelnut creamy spread with skim milk and cocoa garnished with mini chocolate chips
- Hy-Vee thawed frozen whipped topping garnished with sprinkles
- Strawberry cream cheese fruit dip swirled with strawberry jam
- Hy-Vee Select 100% pure maple syrup
- Crisp-cooked Hy-Vee sweet smoked bacon
- Sliced bananas
- Chopped kiwi
- Raspberries
- Halved strawberries



MAKE IT SIMPLE

Save time and effort with Hy-Vee Short Cuts: fruit and veggies that are washed, cut and ready to eat.

Breakfast Onboard
Create your own fabulous day-brightener of a breakfast board.

Hy-Vee seasons
Watch and learn at Seasons.Hy-Vee.com

BRUNCH board

- Hy-Vee plain bagel juniors
- Hy-Vee whipped cream cheese spread garnished with Culinary Tours everything bagel seasoning and crushed freeze-dried raspberries
- Star fruit slices
- Cara Cara orange slices
- Mandarin orange slices
- Peeled cantaloupe wedges wrapped with prosciutto
- Mini muffins
- Blackberries
- Hy-Vee hard-boiled egg halves
- English cucumber slices
- Avocado slices
- Pickled beets
- Pickled red onions
- Party bread Jewish rye
- Gustare Vita capers
- Hy-Vee Fish Market smoked Atlantic salmon
- Tomato slices garnished with salt-free tomato-basil seasoning and cracked black pepper
- Halved cherry tomatoes
- Crisp-cooked Hy-Vee bacon



UP THE ANTE IN THE A.M.

Get creative with breakfast or brunch boards.

PICK a star, such as waffles or silver dollar pancakes; base the supporting cast on that item.

PLACE toppings in small bowls; cut and prep cold sides like fruits and vegetables.

COOK, reheat or toast hot items, such as pancakes, waffles, bacon and sausages.

ASSEMBLE the board, starting with the star of the plate, then the bowls and finally the supporting cast.

DON'T FORGET THE BEVERAGES:
COFFEE (REGULAR AND DECAF), CREAMER, MILK, ORANGE JUICE AND WATER.



VEGAN board

- Radicchio lettuce cups
- Organic rainbow carrot sticks
- Radishes
- Grilled pita breads
- Spicy yellow lentil hummus
- Red mini sweet bell peppers
- Yellow mini sweet bell peppers stuffed with Daiya dairy-free plain cream cheese style spread
- English cucumber slices
- Miyoko's double-cream classic chive cashew milk cheese
- Raw asparagus
- Dried golden figs
- Hy-Vee whole natural almonds
- Violife block vegan feta cheese alternative
- Gustare Vita extra virgin olive oil
- Hy-Vee dried apricots
- Pitted Italian Castelvetrano olives
- Pink Himalayan salt flatbread crackers
- Sriracha carrot hummus, garnished with finely chopped carrot and sliced green onion

trays to go

ORDER TRAYS OR
BOARDS ONLINE AT
[HY-VEE.COM/SHOP](https://www.hy-vee.com/shop)



Sushi Party Platter #2

California, caterpillar, mini and rainbow rolls; nigiri; wasabi; soy sauce; ginger.



Veggie Tray with Dip

Carrots, broccoli, cauliflower, cucumbers, tomatoes, celery and ranch dressing.



Butter Spritz & Thumbprint Cookie Tray

Buttery cookies with drizzle and sugar cookies with frosting.

BOARDS AT HY-VEE

Hy-Vee Catering offers a wide array of time-saving boards and party trays.



SPARKLING FRUIT AND CHEESE BOARD

Brie, Gruyère and Cheddar cheeses. Seedless red and green grapes, blueberries, strawberries, dark chocolate and oatcakes.



PRIDE OF THE MIDWEST CHEESE BOARD

Blue cheese, two kinds of Cheddar, prosciutto, cheese curds, flatbread crackers, seedless red and green grapes, roasted almonds and dried apricots.



EVERYTHING ENGLISH BOARD

Blue Stilton cheese, two kinds of Cheddar, Wensleydale & Cranberries cheese, raspberries, Italian dry salame, blueberry jam, oatcakes, seedless green grapes and caramelized pecans.



WORLD TOUR BOARD

Double cream Brie, Manchego, Gruyère and Gouda cheeses. Prosciutto Italiano, seedless red and green grapes, caramelized pecans, dried apricots, pumpkin seed crisps and fig spread.



GENOA SALAME, SPECK PROSCIUTTO, AND FINOCCHIONA BOARD

Raspberry BellaVitano and Genoa salame, Finocchiona salami, speck prosciutto, olives, mustard, red pepper jelly, caramelized pecans and dried apricots.

CUSTOMIZE YOUR ORDER

Choose a personalized charcuterie board from Hy-Vee starting at just \$25.

- **CHEESE & CHARCUTERIE BOARDS:** artfully assembled specialty cheeses and cured meats.
- **DELI TRAYS:** handcrafted with Di Lusso meats and cheeses accompanied by other appetizers.
- **SEAFOOD TRAYS:** featuring shrimp or Surimi crab and cocktail sauce.
- **OTHER TRAYS:** sushi, appetizers, produce and bakery/sweets.

MAKE IT mini



These recipes may be tiny, but they're still big on flavor. Shrink down classic recipes to yummy, bite-size form for social media-worthy treats that are easy to share with a crowd.

Bite-Size Fun

Learn how to make these individual cheesecakes that will have you coming back for more.

Hy-Vee
seasons

Watch and learn at
Seasons.Hy-Vee.com
today!

COOL SLOWLY IN AN OPEN OVEN FOR A FEW MINUTES BEFORE REMOVING TO KEEP THE MIDDLE OF THE CHEESECAKE FROM SINKING.



gluten-free mini cherry cheesecakes

Lightly brush Hy-Vee light corn syrup onto 24 fresh mint leaves, then dip leaves into Full Circle Market organic pure cane sugar to coat. Transfer to parchment paper; let stand until set. For crust, combine 1 cup finely crushed gluten-free honey graham crackers, 2 Tbsp. Hy-Vee granulated white sugar and 1 Tbsp. packed Hy-Vee brown sugar in a small bowl. Stir in 6 Tbsp. melted Hy-Vee salted butter. Press mixture in bottoms and up the sides of 24 (1¼-in.) greased mini muffin cups; set aside. Beat 1 (8-oz.) pkg. softened Hy-Vee cream cheese, ½ cup granulated white sugar, 1 Tbsp. Good Graces gluten-free flour and ½ tsp. Hy-Vee vanilla extract with an electric mixer on low just until combined. Beat in 1 Hy-Vee large egg. Spoon mixture into crusts, filling each three-fourths full. Top each with ¼ tsp. glaze from 1 (21-oz.) can Hy-Vee cherry pie filling or topping. Use a toothpick to slightly swirl the glaze into the cream cheese mixture. Bake at 350°F for 10 to 12 minutes or just until set. Turn oven off and open door; cool cheesecakes in oven 10 minutes. Remove from oven and cool completely in muffin cups on a wire rack. Refrigerate 2 hours before serving. To serve, remove cheesecakes from muffin cups; garnish each with 1 whole cherry from pie filling and 1 sugared mint leaf. Serves 24 (1 each).

mini caramel apples

Scoop balls from 4 Granny Smith apples using a 1-in. melon baller. Pat apple balls dry with paper towels; set aside. Microwave ½ (12-oz.) pkg. Hy-Vee candy caramels in a medium microwave-safe bowl on HIGH at 30-second intervals until melted, stirring each time. Fill a large bowl with ice and water. Insert a 6-in. bamboo skewer into each apple ball. Dip apple balls into melted caramel. Then quickly dip caramel-coated apple balls in ice water for 2 to 3 minutes or until caramel is partially set. Pat off excess water from caramel with

paper towels; roll half of the coated apple balls in Over the Top decorating sprinkles. Place upright on a parchment-lined baking sheet; set aside. Melt ½ cup white chocolate melting wafers in the microwave according to pkg. directions. Drizzle melted white chocolate over tops of remaining coated apple balls. Refrigerate for 2 to 4 hours or until caramel is firm. Serves 8 (2 each).



raspberry-lemon hand pie ice cream sandwiches

Preheat oven to 350°F. Soften 1 (1.5-qt.) container It's Your Churn premium vanilla bean ice cream at room temperature for 20 to 30 minutes. Spread softened ice cream evenly in a 15x10-in. baking pan; sprinkle with zest from 1 lemon and freeze for 2 hours. Unfold crusts from 2 (15-oz.) pkg. ready-to-bake 9-in. pie crusts (4 crusts total). Cut crusts into 28 (2¾-in.) squares total. Spoon 1 Tbsp. Hy-Vee raspberry pie filling or topping onto 14 dough squares. Place remaining squares on top; crimp edges with a fork to seal. Brush tops with 1 Hy-Vee large egg, beaten; sprinkle with 1 Tbsp. coarse white sugar. Place on a greased baking sheet; bake for 15 to 17 minutes or until golden brown. Transfer pies to a wire rack to cool completely. Just before serving, cut ice cream into 7 (2½-in.) squares. Sandwich 1 ice cream square between 2 pies. Garnish with finely crushed freeze-dried raspberries and additional lemon zest, if desired. Serves 7 (1 each).

FOR A CRISPIER CRUST, CUT SLITS IN THE TOP OF EACH HAND PIE. THIS ALLOWS STEAM TO ESCAPE WHILE BAKING AND PREVENTS SOGGINESS.

chocolate-dipped apricot cheese

Microwave ¾ cup Hy-Vee milk chocolate baking chips in small microwave-safe bowl on HIGH at 30-second intervals until melted, stirring each time. Cut 10-oz. Somerdale white Stilton with apricots cheese into 1-in. cubes. Dip each cheese cube diagonally into melted chocolate, covering about half of the cube. Place on parchment paper; let stand until set. Cover and refrigerate until ready to serve. If desired, top with Hy-Vee red raspberry preserves. Serves 12 (1 each).

USE A SMALL ROUND COOKIE CUTTER TO QUICKLY AND EASILY CUT TORTILLAS INTO MINI TACO SHELLS.


mini shrimp tacos

Thaw 1 (16-oz.) pkg. Hy-Vee Fish Market frozen cooked shrimp (26 to 30 ct.). For the mini taco shells, cut 40 (2½-in.-round) circles from 1 (16-oz.) pkg. Hy-Vee fajita-size flour tortillas. Heat 3 Tbsp. Hy-Vee vegetable oil in large nonstick skillet over medium-low heat. Fry tortilla rounds for 1 to 2 minutes or until lightly browned, turning halfway through. Transfer to paper towels to cool. Wipe skillet clean. Remove and discard tails from shrimp. Cut each shrimp into 4 pieces; transfer to medium bowl. Add 1 Tbsp. Tajín Clásico seasoning; toss to coat. Melt 2 Tbsp. Hy-Vee unsalted butter in the same large skillet. Add shrimp; cook over medium heat for 5 to 6 minutes or until liquid is evaporated and shrimp are heated through. Stir in 1 tsp. fresh lime juice. For tacos, place shrimp on center of each fried tortilla round. Top each with ½ tsp. drained Hy-Vee Mexican style whole corn kernels and ½ tsp. crumbled Cotija cheese. Drizzle with Culinary Tours street taco hatch green chile sauce and sprinkle with chopped cilantro. Fold sides of tortilla rounds up to hold filling. Serves 20 (2 each).

mini cheeseburgers

Preheat oven to 350°F. Line a baking sheet with parchment paper; spray with Hy-Vee nonstick cooking spray; set aside. For buns, unroll 1 (13.8-oz.) can Hy-Vee pizza crust on a lightly floured cutting board; lightly cover with plastic wrap and let stand for 45 minutes at room temperature. Cut dough into 10 equal pieces. Knead each dough piece into a ball on work surface for 1 to 2 minutes with the palm of your hand. Place 1 in. apart on prepared baking sheet. Whisk together 1 Hy-Vee large egg and 1 Tbsp. cold water; lightly brush dough balls with egg mixture. Sprinkle with sesame seeds. Bake 20 minutes or until golden. Transfer buns to a wire rack to cool. Increase oven temperature to 450°F. Cook 1 (8-oz.) pkg. Crav'n Flavor spicy breaded pickle slices in oven according to pkg. directions. For patties, combine 1 lb. 85% lean ground beef, 1 Tbsp. Hy-Vee ranch dressing mix and 1 tsp. That's Smart! garlic salt. Form mixture into 10 (½-in.-thick) patties. Cook patties in a large nonstick skillet over medium heat for 4 to 6 minutes or until burgers reach 160°F, turning halfway through. Cut 3 Hy-Vee mild Cheddar cheese slices into 10 (2-in.) squares. Place cheese squares on burgers during the last minute of cooking. To assemble, split buns. On bun bottoms, layer leaf lettuce, burgers, Roma tomato slices, breaded pickles, 3 pieces crisp-cooked thick cut bacon, and bun tops. If desired, skewer with sandwich picks. Serves 10 (1 each).



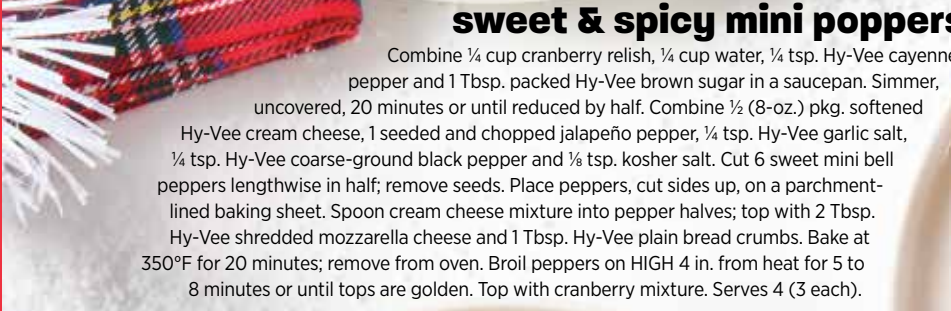

BRUSHING EACH
HOMEMADE BURGER BUN
WITH EGG WASH HAS TWO
PURPOSES: IT CREATES
AN ENTICING GOLDEN
BROWN COLOR AS THE
BUN BAKES, AND HELPS
HOLD THE SESAME SEEDS
IN PLACE ON TOP.

mini burgers



prosciutto pastry twists

Thaw ½ (17.3-oz.) pkg. frozen puff pastry (1 sheet). Preheat oven to 350°F. Line a large baking sheet with parchment paper; spray with Hy-Vee nonstick cooking spray and set aside. Unfold pastry sheet on a cutting board. Spread with 2 Tbsp. fig spread; sprinkle with ½ cup crumbled goat cheese and top with 2 oz. Culinary Tours prosciutto. Cut puff pastry sheet into 6 equal squares. Cut each square into 6 strips. Working with one strip at a time, transfer to prepared baking sheet and twist the two ends in opposite directions several times. Place twisted strips 1 in. apart. Bake for 22 to 25 minutes or until golden brown. Garnish with fresh chopped thyme, if desired. Serves 18 (2 each).



sweet & spicy mini poppers

Combine ¼ cup cranberry relish, ¼ cup water, ¼ tsp. Hy-Vee cayenne pepper and 1 Tbsp. packed Hy-Vee brown sugar in a saucepan. Simmer, uncovered, 20 minutes or until reduced by half. Combine ½ (8-oz.) pkg. softened Hy-Vee cream cheese, 1 seeded and chopped jalapeño pepper, ¼ tsp. Hy-Vee garlic salt, ¼ tsp. Hy-Vee coarse-ground black pepper and ¼ tsp. kosher salt. Cut 6 sweet mini bell peppers lengthwise in half; remove seeds. Place peppers, cut sides up, on a parchment-lined baking sheet. Spoon cream cheese mixture into pepper halves; top with 2 Tbsp. Hy-Vee shredded mozzarella cheese and 1 Tbsp. Hy-Vee plain bread crumbs. Bake at 350°F for 20 minutes; remove from oven. Broil peppers on HIGH 4 in. from heat for 5 to 8 minutes or until tops are golden. Top with cranberry mixture. Serves 4 (3 each).



mini pizza potato skins

Preheat broiler to HIGH. Microwave 1 (1.5-lb.) bag Hy-Vee Smart Bite baby blonde potatoes (about 14 potatoes) in bag on HIGH for 6 minutes. Open bag; cool slightly. Cut potatoes in half lengthwise. Using a melon baller, scoop out center of each potato to make ½-in.-thick shell. Reserve for another use. Place potato halves, cut sides up, on a large rimmed foil-lined baking pan. Fill each potato half with 3 mini pepperoni slices, ¼ tsp. Hy-Vee marinara pasta sauce and 1 Soirée fresh mozzarella cheese pearl. Sprinkle with a mixture of ½ Tbsp. Soirée grated Parmesan cheese and 1 tsp. Hy-Vee Italian seasoning. Broil 4 in. from heat for 6 to 8 minutes or until cheese is melted and potatoes are tender. Sprinkle potatoes with additional ½ Tbsp. grated Parmesan cheese. Garnish with fresh basil, if desired. Serves 14 (2 each).



mini blt bites

Cut a thin slice off of tops and bottoms of 40 cherry tomatoes (2 cups). Scoop out fruit using a very small spoon. Crisp-cook 2 slices Hy-Vee thick-cut bacon; crumble and set aside. Stir together 2 oz. softened Hy-Vee cream cheese and ¼ cup roasted garlic aioli. Transfer to a pastry bag fitted with a round piping tip. Place 1 small baby arugula leaf into each tomato shell; fill with cream cheese mixture. Top with crumbled bacon and 2 Tbsp. whole wheat panko bread crumbs. Serves 20 (2 each).

basics

HOW TO MAKE MASHED POTATOES

The perfect mashed potato is open to interpretation but try this 3-step process as a starting point. Learn some problem-solving tips for common mashing mishaps.

You can mash potatoes peeled or unpeeled. Peeled gives you fluffy, creamy potatoes and unpeeled includes the nutrients from the skin. If you leave the peel on, choose a potato with thin skin, such as red, Yukon gold or fingerling.

3 EASY STEPS



STEP 1: PREP

Peel potatoes using a vegetable peeler or paring knife. Cut into 1½-in. pieces and place in large pot.



STEP 2: BOIL

Cover with cold, salted water. Bring to a boil over high heat. Reduce heat and simmer 15 to 20 minutes or until tender.



STEP 3: MASH

Drain using a colander. Add warm milk and butter for easier mixing and creamier texture. Mash to desired smoothness; add mix-ins.

TRY THESE MIX-INS

PESTO-PARMESAN

- + ½ cup Gustare Vita pesto
- + ½ cup Soirée grated Parmesan cheese
- + 2 Tbsp. Gustare Vita extra virgin olive oil

SOUR CREAM-RANCH

- + ¾ cup Hy-Vee sour cream
- + 2 Tbsp. Hy-Vee dry ranch dressing mix
- + 2 Tbsp. chopped fresh chives

PUMPKIN-SAGE

- + ¾ cup Hy-Vee canned pumpkin
- + 2 Tbsp. chopped fresh sage leaves
- + ½ tsp. Hy-Vee garlic salt

Note: Quantities are based upon 2½ lbs. of potatoes

POTATO CATEGORIES

STARCHY High starch and low moisture creates flaky flesh that breaks down easily, making these potatoes great for mashing. They absorb liquids, like dairy and butter, well. Also use them for baked potatoes and french fries.

Types: russet, Idaho, sweet

WAXY High in moisture and low in starch, these potatoes have creamier flesh and thinner skin than starchy potatoes. They work well for boiling, roasting and baking.

Types: red, white, fingerling

ALL-PURPOSE Medium starch and moisture, these can substitute for both starchy and waxy potatoes.

Types: Yukon gold, yellow, new

MASHED POTATO MISHAPS

PROBLEM: Lumpy potatoes are often caused by undercooking or adding to already-boiling water, which cooks the outside too quickly.

SOLUTION: Try putting the potatoes through a potato ricer, but don't keep mashing as they can turn gummy. Or add other ingredients like bacon to mask the lumps.

PROBLEM: Runny potatoes can be the result of cutting pieces too small, which speeds up cooking time but also means more surface area for water to be absorbed and more flavor lost.

SOLUTION: Add more potatoes or even instant potatoes. If those solutions aren't possible, add corn starch or flour, but flour does need to be cooked. Also try drying them a bit over low heat on the stovetop.

PROBLEM: Stiff, gluey or pasty potatoes can be the result of overworking them while mashing, especially if a blender or food processor was used. Overworking the potatoes releases too much starch, which cannot be removed.

SOLUTION: Use the potatoes in a casserole and top with melted butter and grated cheese; bake until brown on top.

Essentials from Hy-Vee



PEELER Good Cook Swivel Peeler features an integrated potato eye remover.

MASHER Mash perfectly smooth potatoes every time with the Good Cook Wire Masher.

PARING KNIFE The sleek nonslip handle on the Good Cook 3.5-in. paring knife is longer than most for easier control when peeling.



BEST OF HY-VEE SEASONS

WHY WE CHOSE IT

Perfect for breakfast or dessert, the soft, dense texture and intriguing layers of flavor make this bread a hit at family gatherings.

In honor of *Seasons*' 100th issue, we looked back through thousands of recipes to find 10 of the absolute best culinary creations we could find.

Orange-Glazed Cranberry Streusel Bread

Hands On 30 minutes
Total Time 1 hour
5 minutes plus cooling and storage time
Serves 16

- 2¼ cups Hy-Vee all-purpose flour, divided**
- 2 Tbsp. plus 1 cup Hy-Vee granulated sugar, divided**
- ½ tsp. Hy-Vee ground cinnamon**
- ¼ tsp. Hy-Vee ground nutmeg**
- 3 Tbsp. Hy-Vee salted butter, chilled**
- 1 tsp. Hy-Vee baking powder**
- ½ tsp. Hy-Vee salt**
- 1 Hy-Vee large egg, lightly beaten**
- 1 cup Hy-Vee fat-free skim milk**
- ¼ cup Hy-Vee canola oil**
- 1 Tbsp. orange zest, plus additional for garnish**
- 1 tsp. Hy-Vee vanilla extract**
- 2 cups fresh or frozen cranberries**
- 1 cup Hy-Vee powdered sugar**
- 1 to 2 Tbsp. fresh orange juice**
- 1 recipe Sugared Cranberries, for garnish**

1. PREHEAT oven to 350°F. Grease bottom and ½ in. up sides of a 9×5-in. loaf pan; set aside. For streusel, combine ¼ cup flour, 2 Tbsp. granulated sugar, cinnamon and nutmeg in a medium bowl. Cut in butter until mixture resembles coarse crumbs; set aside.

2. FOR BREAD, whisk together remaining 2 cups flour, remaining 1 cup sugar, baking powder and salt in a large bowl. Make a well

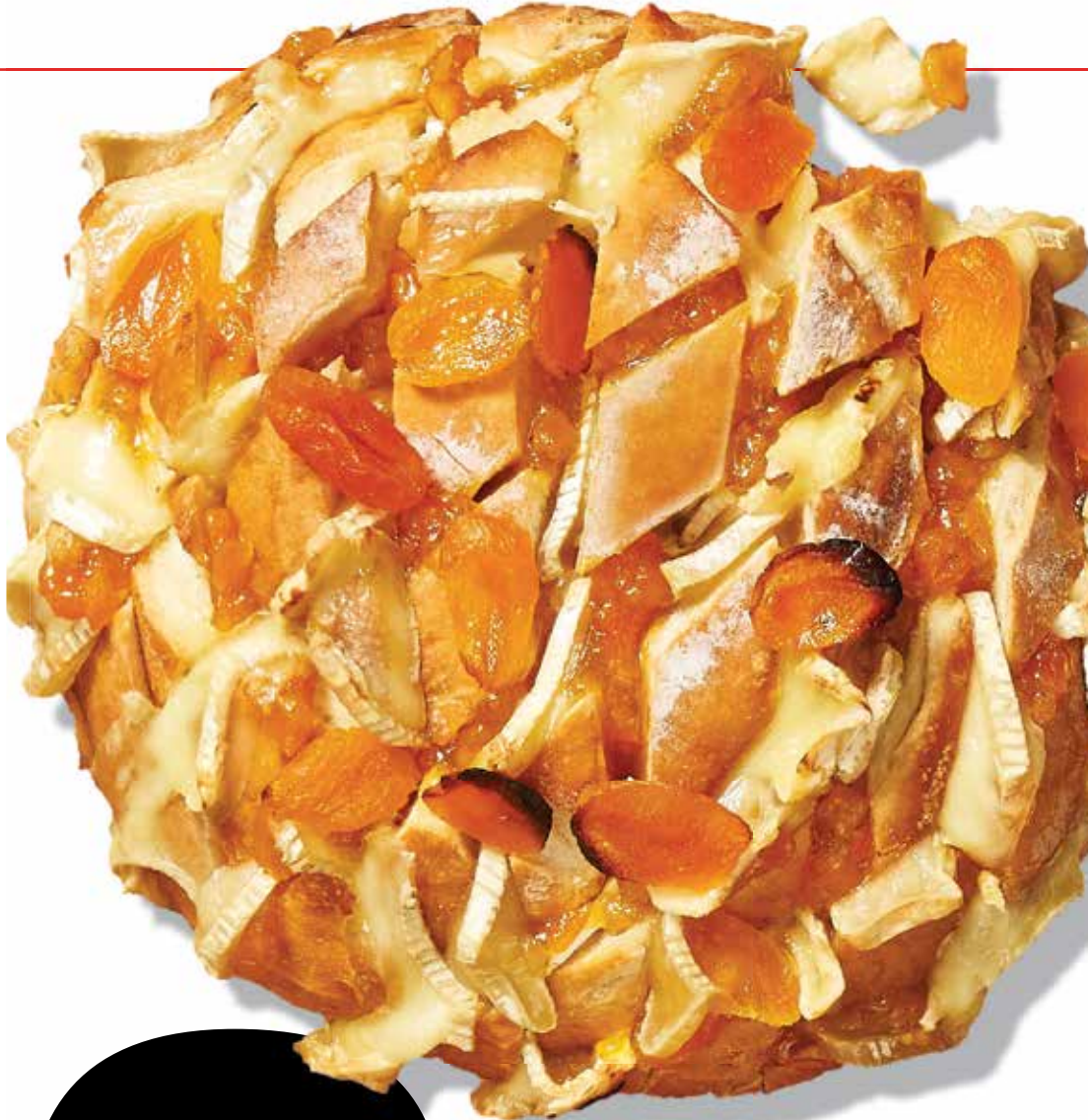
in center of flour mixture; set aside. Combine egg, milk, oil, 1 Tbsp. orange zest and vanilla in a medium bowl. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Fold in cranberries. Spoon batter into prepared pan, spreading evenly.

3. SPRINKLE streusel on top of batter. Bake for 60 to 65 minutes or until a toothpick inserted near the center comes out clean. Cool in pan on a wire rack for 10 minutes. Remove bread from pan. Cool completely on wire rack. Wrap and store overnight.

4. TO SERVE, combine powdered sugar and orange juice in a small bowl. Spread glaze over loaf. Garnish with sugared cranberries and additional orange zest, if desired. Cut into slices to serve.

Sugared Cranberries: Combine ½ cup Hy-Vee granulated sugar and ½ cup water in a medium saucepan. Bring to a boil; reduce heat. Simmer, uncovered, just until sugar dissolves, stirring constantly. Remove from heat; stir in ½ cup fresh cranberries. Refrigerate until berries are cool. Drain well and toss berries with ½ cup superfine sugar. Transfer berries to waxed paper to dry.

Per serving: 220 calories, 6 g fat, 1.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 120 mg sodium, 36 g carbohydrates, 1 g fiber, 23 g sugar (22 g added sugar), 3 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%



2

APRICOT-BRIE PULL-APART BREAD

Preheat a charcoal or gas grill for indirect cooking over medium-high heat (375°F). Cut 1 (21-oz.) loaf Hy-Vee Bakery unsliced French boule bread into 1-in. diamonds, cutting to within 1 in. of bread bottom. Place bread on a heavy foil sheet large enough for wrapping loaf. Separate cut sections with your fingers and stuff in the following order: 1 (8-oz.) pkg. thinly sliced soft-ripened Brie cheese, 1 (12-oz.) can apricot cake & pastry filling, ½ cup finely chopped Hy-Vee dried apricots and an additional (8-oz.) pkg. thinly sliced Brie. Wrap bread in foil. Grill for 30 to 35 minutes or until cheese is melted. Open foil and grill bread 5 minutes more. Let stand 5 minutes. Serves 15.

WHY WE CHOSE IT

THIS SWEET AND SAVORY APPETIZER IS SO EASY TO MAKE AND SET OUT FOR HOLIDAY GUESTS TO NIBBLE. JUST PICK UP A LOAF OF FRENCH BOULE BREAD AT HY-VEE AND ADD THREE INGREDIENTS. THE RECIPE CALLS FOR GRILLING BUT IT ALSO CAN BE MADE IN A 375°F OVEN.

Caramel-Pecan Rolls

Hands On 30 minutes
Total Time 1 hour
5 minutes plus rising and standing time
Serves 12 (1 each)

4 cups plus 3 Tbsp. Hy-Vee all-purpose flour, divided
1 (¼-oz.) pkg. quick-rise yeast (2¼ tsp.)
¾ cup buttermilk
½ cup Hy-Vee granulated sugar
¼ cup Hy-Vee unsalted butter, cut up
¼ cup Hy-Vee vegetable shortening
1 tsp. Hy-Vee salt
¼ cup cold water
2 Hy-Vee large eggs
Hy-Vee nonstick cooking spray
2½ cups packed Hy-Vee brown sugar, divided
1 cup Hy-Vee heavy whipping cream
1 Tbsp. plus ¼ cup Hy-Vee unsalted butter, softened, divided
½ tsp. Hy-Vee vanilla extract
1 cup Hy-Vee pecan pieces
2 tsp. Hy-Vee ground cinnamon

1. FOR DOUGH, stir together 4 cups flour and yeast in a large bowl; set aside. Combine buttermilk, granulated sugar, cut-up butter, shortening and salt in a small saucepan. Cook and stir over medium heat just until butter and shortening are melted. Remove from heat; stir in cold water. Add buttermilk mixture and eggs to flour mixture. Using a wooden spoon, stir until a soft dough forms.

2. TURN dough out onto a lightly floured surface. Knead in enough of the remaining 3 Tbsp. flour for 5 minutes to make a soft, but not sticky dough. Shape dough into a ball. Spray a large, clean bowl

with nonstick spray. Place dough in bowl; turn over to grease surface. Cover loosely with plastic wrap and cloth towel; let rise in a warm place about 1 hour or until double in size.

3. LIGHTLY SPRAY sides of a 13×19-in. baking dish with nonstick spray. For topping, in a medium saucepan combine 2 cups brown sugar, whipping cream, 1 Tbsp. softened butter and vanilla. Bring mixture to a boil; reduce heat. Gently boil for 3 to 4 minutes. Pour topping into prepared baking dish. Sprinkle pecans on top.

4. TURN dough out onto a lightly floured surface. Gently roll dough to an 18×15-in. rectangle. Spread dough evenly with remaining ¼ cup softened butter. Combine remaining ½ cup brown sugar and cinnamon; sprinkle evenly on dough. Tightly roll dough, jelly-roll style, beginning at long edge. Pinch the edges to seal. Using a serrated knife, trim both ends. Then cut log into 12 even slices. Arrange rolls, cut sides down, in baking dish. Use your hands to gently press the rolls down into the pecans. Cover dish loosely with plastic wrap sprayed with nonstick spray. Let rise in warm place about 40 minutes or until nearly double.

5. PREHEAT oven to 350°F. Uncover rolls and bake for 30 to 35 minutes or until light brown. Let stand in dish on wire rack for 5 minutes. Invert onto serving platter; remove baking dish. Serve warm.

Per serving: 620 calories, 12 g fat, 0.5 g saturated fat, 0.5 g trans fat, 75 mg cholesterol, 260 mg sodium, 87 g carbohydrates, 2 g fiber, 52 g sugar (50 g added sugar), 8 g protein. **Daily Values:** Vitamin D 0%, Calcium 8%, Iron 15%, Potassium 4%

WHY WE CHOSE IT

WITH SOFT TEXTURE AND A GOOEY TOPPING, THESE ROLLS ARE ALMOST LIKE HAVING HOLIDAY PECAN PIE FOR BREAKFAST. MAKE THEM AHEAD AND POP THEM IN THE OVEN TO WARM FOR SERVING.

WHY WE CHOSE IT

This foolproof recipe impresses with layers of flavor from Buffalo wings sauce and cheese.

4

BUFFALO CHICKEN MAC & CHEESE

Hands On 20 minutes
Total Time 50 minutes
Serves 12 (1 cup each)

1 (16-oz.) pkg. Hy-Vee large elbow macaroni
3¼ cups shredded Hy-Vee Kitchen rotisserie chicken
2 (10½-oz.) cans condensed Cheddar cheese soup
1½ cups Hy-Vee fat-free skim milk
8 oz. Hy-Vee Smooth & Cheesy pasteurized cheese product loaf, cubed
1½ (8-oz.) pkg. Hy-Vee shredded sharp Cheddar cheese (3 cups)
½ cup Frank's Redhot Buffalo wings sauce
1 cup crushed Hy-Vee nacho-cheese flavored tortilla chips
Sliced green onions, for garnish
Soirée blue cheese crumbles, for garnish

1. PREHEAT oven to 350°F. Cook pasta according to pkg. directions; drain. Transfer pasta to a 4-qt. baking dish. Stir in chicken; set aside.

2. COMBINE condensed soup, milk, pasteurized cheese product and Cheddar cheese in a medium saucepan. Heat over medium heat until cheese is melted, stirring often. Stir in Buffalo wings sauce.

3. POUR cheese mixture over pasta and chicken. Stir until pasta and chicken are evenly coated. Bake for 30 minutes or until heated through. Top with crushed nacho chips. Garnish with sliced green onions and blue cheese crumbles, if desired.

Per serving: 400 calories, 16 g fat, 8 g saturated fat, 0 g trans fat, 55 mg cholesterol, 1,210 mg sodium, 42 g carbohydrates, 2 g fiber, 5 g sugar (0 g added sugar), 21 g protein. **Daily Values:** Vitamin D 6%, Calcium 30%, Iron 6%, Potassium 6%

WHY WE CHOSE IT

The salty, sweet, spicy and buttery flavors of these mixed nuts make a cozy snack before a big holiday meal.

5

Sweet & Spicy Nut Medley

Hands On 5 minutes
Total Time 25 minutes
Serves 16 (about ¼ cup each)

Hy-Vee nonstick cooking spray
½ cup Hy-Vee unsalted butter, melted
¼ cup packed Hy-Vee brown sugar
4 tsp. Hy-Vee salt
4 tsp. Hy-Vee chili powder
4 tsp. Hy-Vee ground cinnamon
2 Tbsp. fresh thyme leaves, plus additional if desired
4 cups mixed nuts

1. PREHEAT oven to 325°F. Line a large rimmed baking pan with foil and lightly spray with nonstick spray; set aside.

2. COMBINE butter, brown sugar, salt, chili powder, cinnamon and 2 Tbsp. thyme in a medium bowl. Gently stir in nuts until well coated. Spread nuts evenly in prepared baking pan. Bake for 18 minutes, stirring twice. Line a baking sheet with paper towels.

3. REMOVE nuts from oven and transfer to prepared baking sheet to cool. Remove excess oils by patting nuts with a paper towel. If desired, season with additional fresh thyme. Serve at room temperature.

Per serving: 250 calories, 21 g fat, 6 g saturated fat, 0 g trans fat, 15 mg cholesterol, 660 mg sodium, 9 g carbohydrates, 5 g fiber, 4 g sugar (3 g added sugar), 6 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 4%



WHY WE CHOSE IT

Spirals of sausage, bacon, spinach, two cheeses and sriracha sauce make this delicious dish look stunning.

STUFFED MEATLOAF

Hands On 45 minutes
Total Time 1 hour 40 minutes plus standing time
Serves 10

Hy-Vee nonstick cooking spray
1 Tbsp. Gustare Vita olive oil
1 clove garlic, minced
1 (5.5-oz.) pkg. baby spinach
2 Hy-Vee large eggs, lightly beaten
1½ lb. 90% lean ground beef
8 oz. Hy-Vee fresh ground pork sausage
1 small white onion, finely chopped
¾ cup Hy-Vee plain bread crumbs
¼ cup Hy-Vee 2% reduced-fat milk
1 tsp. kosher salt, plus additional for garnish
¼ tsp. Hy-Vee black pepper
½ cup Hy-Vee sriracha sauce or Kansas City-style sauce
1 Tbsp. Hy-Vee honey
6 (1-oz.) slices Hy-Vee mozzarella cheese
1 cup Soirée shredded Asiago cheese
10 slices Hy-Vee bacon
Italian parsley, for garnish

1. PREHEAT oven to 350°F. Spray a large rimmed baking

pan with nonstick spray; set aside.

2. HEAT oil and garlic in a large skillet. Add spinach; cook for 3 minutes or until wilted, tossing often. Remove from heat; set aside.

3. COMBINE beaten eggs, ground beef, pork sausage, onion, bread crumbs, milk, 1 tsp. salt and black pepper in a large bowl. Be careful not to overmix. Combine sriracha and honey in a small bowl.

4. PAT meat mixture into a 14-in. square on a large piece of foil. Arrange mozzarella slices in a single layer down the center of the meat square; spoon 3 Tbsp. sriracha mixture on mozzarella. Sprinkle Asiago cheese and spinach mixture on top of the sriracha and mozzarella. Carefully roll the meat, jelly-roll style, starting at one edge; pinch edges and ends together to seal.

5. PLACE meat roll in prepared baking pan. Wrap bacon slices around the meat, trimming to fit. Bake for 1 hour or until meat reaches 160°F. Cover loosely with foil; let stand 10 minutes.

5. PREHEAT broiler to HIGH. Uncover meatloaf and broil 6 in. from heat for 1 to 2 minutes or until bacon is slightly crisp. Drizzle with remaining sriracha mixture. Garnish with parsley and additional sea salt, if desired. Cut into slices to serve.

Per serving: 430 calories, 26 g fat, 10 g saturated fat, 0 g trans fat, 145 mg cholesterol, 1,060 mg sodium, 13 g carbohydrates, 1 g fiber, 5 g sugar (2 g added sugar), 35 g protein. **Daily Values:** Vitamin D 0%, Calcium 20%, Iron 20%, Potassium 8%



Blackberry Grilled Cheese

Total Time 10 minutes
Serves 2

4 (½-in.-thick) slices Hy-Vee Bakery classic 10-grain bread
2 Tbsp. Culinary Tours Marion blackberry preserves, divided
1 (8-oz.) pkg. Brie cheese, rind removed, sliced and divided
1 (8-oz.) container fresh blackberries, divided
2 Tbsp. Hy-Vee unsalted butter, divided

1. SPREAD 2 slices of bread each with 1 Tbsp. blackberry preserves. Layer with 2 oz. sliced Brie and 4 oz. fresh blackberries. Top with remaining 2 oz. Brie and remaining bread slices.

2. MELT 1 Tbsp. butter in a medium skillet over medium heat. Place one sandwich in skillet and cook 2 to 3 minutes. Flip sandwich; cook an additional 2 to 3 minutes or until golden brown and cheese is melted. Remove sandwich from skillet and keep warm. Repeat with remaining 1 Tbsp. butter and sandwich.

Per serving: 780 calories, 44 g fat, 27 g saturated fat, 0 g trans fat, 145 mg cholesterol, 1,160 mg sodium, 68 g carbohydrates, 6 g fiber, 24 g sugar (24 g added sugar), 31 g protein. **Daily Values:** Vitamin D 6%, Calcium 20%, Iron 15%, Potassium 8%

WHY WE CHOSE IT

THIS GROWN-UP VERSION OF A CHILDHOOD TRADITION WILL BRING BACK MEMORIES OF TIME SPENT WITH FAMILY, A HOLIDAY ESSENTIAL.

CLASSIC LASAGNA

Hands On 45 minutes
Total Time 1 hour 30 minutes plus standing time
Serves 12

12 Hy-Vee lasagna noodles
1 lb. Hy-Vee ground fresh mild Italian pork sausage
½ cup Hy-Vee Short Cuts chopped white onions
1 (15-oz.) can Hy-Vee crushed tomatoes in puree
1 (12-oz.) can Hy-Vee tomato paste
2 cups water
½ cup chopped fresh parsley, divided
2 cloves garlic, minced
2 tsp. Hy-Vee dried basil leaves
1½ tsp. Hy-Vee salt
1 tsp. Hy-Vee dried oregano leaves
¼ tsp. Hy-Vee dried rosemary leaves
¼ tsp. Hy-Vee black pepper
¼ tsp. Hy-Vee crushed red pepper
2 Hy-Vee large eggs, beaten
1 (15-oz.) container Hy-Vee part-skim ricotta cheese
¾ cup Soirée grated Parmesan cheese, divided
2 (8-oz.) pkg. Hy-Vee shredded mozzarella cheese
Fresh basil, for garnish

1. COOK lasagna noodles according to pkg. directions, using shortest cooking time. Drain and rinse with cold water; set aside. Place noodles flat on paper towels to slightly dry.

2. FOR SAUCE, cook sausage and onions in a large skillet over medium heat until sausage is brown, stirring occasionally to break into uniform crumbles. Drain if necessary. Add undrained tomatoes, tomato paste, water,

8

¼ cup parsley, garlic, basil, salt, oregano, rosemary, black pepper and crushed red pepper. Bring to a boil; reduce heat. Simmer, covered, 20 minutes.

3. PREHEAT oven to 350°F. Combine eggs, ricotta, ½ cup Parmesan and remaining ¼ cup parsley in a medium bowl.

4. SPREAD 1 cup of the tomato mixture in the bottom of a 13×9-in. baking dish. Arrange 3 of the cooked noodles on top of sauce. Top with one-third of the ricotta mixture, one-fourth of the mozzarella and 1½ cups of the sauce. Repeat twice. Top with remaining 3 noodles, sauce, mozzarella and remaining ¼ cup Parmesan. Cover tightly with foil.

5. BAKE for 40 minutes. Uncover and bake about 20 minutes or until cheese begins to brown. Remove from oven; let stand 15 minutes before serving. Garnish with fresh basil, if desired.

Per serving: 400 calories, 19 g fat, 9 g saturated fat, 0 g trans fat, 80 mg cholesterol, 880 mg sodium, 35 g carbohydrates, 7 g fiber, 8 g sugar (0 g added sugar), 25 g protein. **Daily Values:** Vitamin D 6%, Calcium 35%, Iron 10%, Potassium 15%



WHY WE CHOSE IT

A long-time family favorite, this dish features added kick with crushed red pepper flakes.

WHY WE CHOSE IT

HANDED DOWN FOR GENERATIONS, IT'S THE PERFECT TRADITIONAL DRINK FOR USHERING IN THE WINTER HOLIDAYS, WITH WHISKEY AND DARK RUM BALANCING THE SWEETNESS OF THE EGGNOG.

CHEF KIM'S EGGNOG

Total Time 20 minutes
Serves 20 (½ cup each)

6 pasteurized large eggs, separated*
¾ cups Hy-Vee granulated sugar, divided

1 qt. Hy-Vee half-and-half
2 cups Finagren's Irish whiskey
2 Tbsp. Cross Keys Barbados rum
Ground nutmeg, for garnish
Star anise, for garnish

1. BEAT egg yolks and ½ cup sugar using an electric mixer on medium-high for 5 minutes or until very pale yellow. Transfer to a punch bowl or large pitcher. Fold in half-and-half, whiskey and rum.

2. BEAT egg whites in a clean mixing bowl until soft peak form (tips curl). Gradually add remaining ¼ cup sugar and continue beating until stiff peaks form (tips stand straight).

3. FOLD one-third of the beaten egg whites into egg yolk mixture, then fold in remaining egg whites.

3. TO SERVE, ladle eggnog into cups. Garnish with nutmeg and star anise, if desired.

**Consuming unpasteurized, uncooked eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*

Per serving: 170 calories, 6 g fat, 3.5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 50 mg sodium, 10 g carbohydrates, 0 g fiber, 10 g sugar (8 g added sugar), 3 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 0%, Potassium 2%

HY-VEE CHEF KIM BUROW, NOW RETIRED, GOT THE RECIPE FROM HIS MOTHER-IN-LAW, WHO ORIGINALLY RECEIVED IT FROM HER FATHER. THIS RECIPE HAS BEEN SERVED AT THEIR FAMILY HOLIDAY FUNCTIONS FOR CLOSE TO A HALF CENTURY.

Grasshopper Ice Cream Tart



WHY WE CHOSE IT

This no-bake dessert takes the minty after-dinner drink and adds more chocolate flavor with hot fudge.

Total Time 40 minutes plus freezing time
Serves 12

Hy-Vee nonstick cooking spray
¾ cup Hy-Vee unsalted butter, melted
3 cups chocolate wafer crumbs
⅔ cup hot fudge topping
1 (1.75-qt.) container Hy-Vee We All Scream! mint chip ice cream, softened
1½ (8-oz.) containers Hy-Vee frozen whipped topping, thawed
Crème de menthe chocolate curls, for garnish

1. LIGHTLY SPRAY a 9-in. round tart pan with a removable bottom with nonstick spray; set aside.

2. COMBINE melted butter and wafer crumbs in a large bowl; toss to mix. Spread in tart pan; press evenly onto bottom and side. Freeze for 15 minutes.

3. REMOVE from freezer. Spread hot fudge sauce over crust. Freeze for 10 minutes more.

4. REMOVE from freezer. Spoon ice cream into crust, spreading evenly. Cover and freeze for 2 to 24 hours.

5. JUST BEFORE SERVING, remove side from pan. Transfer tart to a platter. Top with whipped topping. Garnish with crème de menthe curls, if desired.

Per serving: 520 calories, 30 g fat, 20 g saturated fat, 0 g trans fat, 60 mg cholesterol, 250 mg sodium, 58 g carbohydrates, 0 g fiber, 37 g sugar (23 g added sugar), 5 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 10%, Potassium 6%

Bring Home
**Holiday
Magic**



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life

**Holiday
decorating
for the home, a
gift-wrapping
primer and
the best hair
styles for the
season's
big parties.**

84 FESTIVE DECOR

90 HOLIDAY HAIR STYLE

94 THE GIFT
GIVING GUIDE

100 ALL WRAPPED UP





DECK THE HALLS WITH FRESH GARLANDS, WREATHS AND SEASONAL CENTERPIECES FROM HY-VEE FLORAL. ORDER READY-TO-HANG DECORATIONS OR START WITH LUSH GREENERY AND MAKE IT YOUR OWN.

MAKE A REAL ENTRANCE THIS HOLIDAY SEASON—WITH A MEMORABLE WREATH.



RAINBOW ORNAMENTS

Use more than traditional holiday colors in your decor by creating a rainbow wreath. Gather ornaments in shades of yellow, green, blue, purple, pink, red and orange, then use floral wire to secure them to the evergreen branches of the wreath.



DRIED CITRUS

Dehydrate oranges and other citrus fruits by cutting them into thin slices and baking at 200°F until dried and wrinkled. Use a hot glue gun to create clusters of fruit slices and cinnamon sticks. Arrange and attach each cluster to the wreath with floral wire.



STAR CUTOUTS

Gold star cookie cutters create a sophisticated holiday wreath. Spray-paint cookie cutters gold and let dry. Use floral wire to attach the shapes to the wreath. Remove pinecones from wreath if desired.



FRESH LAVENDER

Use natural elements to breathe life into an evergreen wreath. Tie small bunches of lavender with floral wire. Tuck them between evergreen branches and use floral wire to secure them to the wreath.



FRESH WREATHS AT HY-VEE!

HY-VEE'S MIXED EVERGREEN WREATH IS EMBELLISHED WITH PINECONES, GOLD TIP CEDAR AND BLUEBERRY CEDAR. IT MAKES A STUNNING DECORATION ON ITS OWN, BUT YOU ALSO CAN ADD A BOW OR OTHER DECORATIONS.

- Use ribbon or string to hang jingle bells from the center of the wreath, or use floral wire to attach them to the branches.
- Wrap battery-powered white or multicolor holiday lights around the wreath. Use floral wire to secure the cords and the battery pack to the back of the wreath.

- Add fresh or dried holiday flowers and plants such as globe thistle, pampas grass and lotus pods.

Bring a starry holiday night indoors and use fishing line or string to hang purchased or DIY paper stars. Choose white, gold or silver paper to add elegance.

PAPER STARS

EUCALYPTUS GARLAND

Swap out traditional evergreens and deck the halls with a sprawling eucalyptus garland. To help it look fresh, keep out of direct sunlight and away from heat vents and fireplaces.



Cut house shapes out of ½-in.-thick foam core. Cover with brown kraft paper and use glue to secure. Draw house details on paper with pencil. Cover pencil design with white dimensional paint and let dry. Glue a small block of foam core on the back of each house to help them stand up.

CRAFT PAPER GINGERBREAD VILLAGE

QUICK & EASY

Give your holiday decor charm and personality with these simple DIY projects.



Tree Tea Towels: Pour dark green acrylic paint onto a paper plate. Dip a Christmas tree-shape cookie cutter into the paint, then stamp onto the towel. Repeat to create a pattern. Use a paintbrush to fill in some trees with paint, and a pencil end to make ornaments.



Individual Centerpieces: Arrange trimmed evergreen branches and clusters of juniper berries in small white vases from Hy-Vee. Display around the table at each place setting.



Evergreen Bouquet: Display a fresh evergreen bouquet from Hy-Vee for a variety of greenery. Add in extra leaves such as magnolia and balsam for even more shape and color.



Wreath Napkin Rings: Use twine to tie a single rosemary sprig in a circle around a cloth napkin. Include at each place setting to add fresh fragrance to the table.

STAY-FRESH HOLIDAY DECOR

FOLLOW THESE CARE TIPS TO HELP HOLIDAY CENTERPIECES LAST LONGER.

- For bouquets, cut stems at a 45-degree angle to absorb more water. Recut the stems every five days.
- Make sure stem ends are completely covered by water, and replace the water every other day.
- Mix cut-flower food into the water for nourishment.



pro tip: MAKE IT LAST

“Buy the freshest greenery and garlands possible, and store them in a cool place until you’re ready to use them. Keep them out of sunlight and away from heat sources. To extend the life of the greenery, spritz with water every 2 to 3 days. When greenery or wreaths start to get dry, they also can be submerged in cool water to revive them a bit.”

—Lori McKenna
Hy-Vee Floral Manager
Ankeny, Iowa

FLORAL

CONTACT THE HY-VEE FLORAL DEPARTMENT TO ORDER THESE (AND MORE) BEAUTIFUL BOUQUETS AND CENTERPIECES FOR YOUR HOLIDAY TABLE.

WINTER'S WONDER

A combination of white lilies, pine cones and small and large roses is even more beautiful than freshly fallen snow.

HOLLY JOLLY

Red hypericum berries and alstroemeria lilies add seasonal color to a centerpiece with evergreen stems and white snapdragons.

CELEBRATE

Make it a white Christmas with a stunning arrangement of lilies, hydrangea, roses and snapdragons.

ALPINE SNOW

Succulents, evergreen sprigs, white roses and snapdragons are accented with gray and white buffalo check ribbon.



HOLIDAY HAIR

style

'Tis the season for glitz and glam. Show up to every party looking your very best with simple styling ideas, hair tools and a wide range of products and accessories from Hy-Vee.

The holidays are a special occasion, and part of the celebration is getting to dress up and try out a new look. Hy-Vee has everything to help hair look just as festive as the event:

- bobby pins
- curling irons and wands
- hair dryers
- hairspray
- headbands
- heat protectants
- mousse
- scrunchies
- styling cream

Trying a new hair style can be intimidating—especially when heading to a big event. Follow these tips to simplify styling time.

- Soft, clean hair doesn't hold curls or styles as well, so avoid washing hair the day of styling if possible.
- Practice any new style so you can nail it the day of the holiday party.
- To keep from being rushed, keep track of how long the style takes while practicing.

EASY HOLIDAY STYLES

CREATE ELEGANT AND EFFORTLESS STYLES FOR ANY SEASONAL GATHERING IN A FEW QUICK STEPS.

TOP KNOT BUN



TOOLS Sexy Hair volumizing hairspray, Conair Pin & Match, Scunci hair elastics



1. COMB hair straight back and pull all of it into a high ponytail. Spray some hairspray to help give hair texture for styling.



2. SPLIT the hair in the ponytail in half, twist each piece and then twist them together. Tie with an elastic band.



3. WRAP the twisted ponytail into a bun and pin the end with a few bobby pins to secure the bun on top of the head.



4. ADJUST the bun to hide the bobby pins and give the updo some volume by gently pulling it loose and securing with hairspray.

CHI Air
½-1-in. Ceramic
Tapered
Curling Wand

InfinitiPRO by
Conair Texture
Dryer

Conair Double
Ceramic
1" Flat Iron

STYLING TOOLS AT HY-VEE
SHOP FROM CURLING WANDS AND IRONS, FLAT IRONS AND HAIR DRYERS FOR SUCCESSFUL CURLING, STRAIGHTENING AND HAIR DRYING WHEN YOU NEED TO LOOK YOUR BEST.

ENHANCE WAVES AND CURLS WHILE REDUCING FRIZZ FOR SMOOTH, SHINY RESULTS AND HEALTHIER-LOOKING HAIR.

step-by-step **STYLE**

FIND A LOOK THAT FITS YOUR HOLIDAY EVENT.

HALF UP



TOOLS Herbal Essences volumizing hairspray, Scünci The Original Scrunchie, Zoe Ayla Scrunchie



1. GATHER the top half of your hair into your hands, smoothing out any bumps or lumps with a comb or brush.



2. TIE hair at the top of the head with a clear polyband into a high half-ponytail.



3. TEASE the hair to add volume in the ponytail by combing it in a downward motion toward the polyband.



4. ADD a colored scrunchie around the polyband for a decorative holiday look. Spray with a volumizing hairspray.

WAVY WITH PINS



TOOLS Pantene Pro-V primer thermal heat protection spray, Scünci bobby pins



1. CURL hair in sections with a curling iron or wand, using a heat protection spray beforehand to prevent damage.



2. COMB through curls with fingers or a comb to separate ringlets and create soft, natural-looking waves.



3. TUCK hair behind one ear, flattening hair down on the side of your head. Slide in bobby pins to hold hair securely.



4. PIN the hair in place behind your ear with four to six bobby pins. Alternate between gold and rose gold.

CURLY UPDO



TOOLS Not Your Mother's Curl Talk mousse, Conair Pin & Match, Scünci clear polybands



1. APPLY a curl-boosting mousse to shape and enhance natural curls by scrunching it from the ends up.



2. DUTCH braid one side of your hair and tie with a clear polyband at the base of the neck. Gently pull the braid to loosen.



3. WRAP both sides of the hair into two low buns, and then pin them together into one at the base of the neck with bobby pins.



4. CURL face-framing strands with a curling wand as needed, tuck in any flyaway hairs and finish with hairspray.

COMPLETE YOUR PARTY LOOK WITH ACCESSORIES LIKE EARRINGS AND NECKLACES FROM JOE FRESH AT HY-VEE.



1. TWIST hair on each side of the head into a flat twist using a technique similar to a French braid, but with two strands of hair.



2. WRAP all hair into a loose bun at the base of the neck or higher with an elastic band to secure the twists together.



3. ADD a gold thread through the twist and wrap around the bun. Tape off the end of a bobby pin to use as a threader.

natural/curlly hair products

NATURAL HAIR STYLE



COMBS

Create volume and style, and detangle thick hair with the Conair Lift & Style comb and the Conair Style & Detangle comb.



SHAMPOO

Get shiny, bouncy hair with Shea Moisture Curl & Shine shampoo or Maui Moisture Curl Quench Coconut Oil shampoo.



CONDITIONER

Enhance and soften natural curls with Suave Professionals moisturizing curl conditioner and Aussie Miracle Curls conditioner.



CURL CREAM

Nourish and shape curls with Garnier Fructis Curl Nourish butter cream and Pantene Curl Affair (Re)Shaping cream.

GIFTS FOR HER

WHETHER IT'S TO PAMPER OR ADD GLAMOUR, HY-VEE HAS SOMETHING FOR EVERY WOMAN ON YOUR GIFT LIST.



1 DSW Shoes at Hy-Vee like Jessica Simpson Wisla pumps with metallic-tone upper.

2 Godiva Goldmark assorted chocolate caramels from a legendary Belgian chocolatier.

3 Miss Dior eau de toilette spray perfume with a spring-like floral bouquet.

4 Joe Fresh earrings in a range of designs.

5 Joe Fresh women's pajamas in assorted styles and fabrics.

6 Basin body butter in 6 varieties.

7 FLOWER Beauty makeup brushes for foundation, powder or blush.

8 Sophia Joy Check Out makeup bag.

9 O.P.I., Sinful Colors and essie nail polishes.

10 Veuve-Olivier rosé wine made in the South of France.

11 FLOWER Beauty ceramic straightening brush from Drew Barrymore.

12 Burt's Bees face essentials including lip balm, deep cleansing cream, deep pore scrub and hydrating overnight mask.

PRODUCED IN THE SOUTH OF FRANCE, THIS SPARKLING ROSÉ OFFERS A FRUIT AROMA ALONG WITH A FRESH, BALANCED TASTE.



Bon Appetit gift baskets brimming with fine snacks, meats and cheese.



Viski Admiral decanter & tumbler sets for a stylish and sophisticated happy hour.



Peace Coffee and Primula Burke cold brew coffee maker for the perfect cup of joe.



Moose Crunch gift baskets with sweet surprises like Moose Munch, chocolate and more.



Oster electric wine bottle openers ergonomically designed for effortless opening.



Luxe Essentials soft, plush and comforting 50x60-in. faux fur throws.



Performance Inspired natural, nutritional products for men and women.



West Bend Stir Crazy electric popcorn maker and Hy-Vee popcorn to take care of movie night munchies.



FUN & GAMES

BOOST FAMILY TIME WITH FUN GAMES FOR ALL AGES.

Find these games and more at Hy-Vee:

- Bicycle playing cards
- Crossed Signals
- Minions Gas Out

- Pictionary
- Pictionary Air Kids vs. Grownups
- Rock 'Em Sock 'Em Robots
- Spirit Stackin' Apples
- Ticket to Ride
- UNO
- UNO Attack!
- Whac-A-Mole

GIFTS FOR ALL

HY-VEE MAKES IT EASY TO WHITTLE DOWN YOUR HOLIDAY SHOPPING LIST WITH GIFTS FOR THE WHOLE FAMILY.

GIFTS FOR KIDS

HY-VEE HAS TOYS FOR ALL AGES, PLUS GAMES, STUFFED ANIMALS, ART SUPPLIES AND MORE.

HyVee.
KIDSFIT.CLUB

Help your kids embrace the season of giving! The KidsFit Gift Tracker will help them choose the perfect gift for everyone on their list. Find it at hy-veekidsfit.com



1 Fisher-Price Cash Register for lots of fun at young kids' playtime.

2 Fisher-Price Little Snoopy with roller wheels and a leash for walks.

3 Ty Puffies toss-able, huggable and adorable fluffy friends.

4 Hot Wheels available at Hy-Vee in many styles and colors.

5 View Master box set with three picture wheels.

6 Crayola STEAM Space Science Kit to merge science, technology, engineering, art and math (STEAM).

7 Fisher-Price Picture Camera with three picture disks that advance with the push of a button.

8 Elf on the Shelf, a classic favorite with renewed popularity.

9 Fisher-Price Chatter Phone to bring a new meaning to small talk.

10 Cat Construction Fleet Wheel Loader for the perfect complement to a Cat dump truck.



Crayola Silly Scents mini art case with washable, scented crayons and markers.



Schylling Makit classic wood construction kit with 70 disks, squares and rods.



Barbie Color Reveal doll with seven surprises in one box so kids find unexpected looks.



Monster Jam truck featuring lights, sounds and remote control so it's ready to roll!



LEGO Classic Bricks and Houses with 270 pieces and six easy-to-build models.



Foam Alive for mixing, molding and melting in choice of six scents in a non-toxic formula.



My Pet Pig Piggles battery-operated toy with more than 20 sounds and reactions.



Scruff a Luv Babies from scruffy to fluffy plush pets with a few passes of the comb.

MOVE THE ARTICULATED VEHICLE BUCKET JUST LIKE THE REAL THING. CAT TOYS ARE BUILT FOR OUTDOOR OR INDOOR PLAY.

ALL WRAPPED UP

EARN THE TITLE
OF BEST GIFT-
WRAPPER THIS
HOLIDAY SEASON
BY WRAPPING EVEN
THE TRICKIEST
PACKAGE LIKE
A TRUE EXPERT.
PICK UP FESTIVE
SUPPLIES AT HY-VEE
AND FOLLOW A
FEW SIMPLE STEPS
FOR SUCCESS.

HOW TO WRAP ANY GIFT

SQUARE OR RECTANGLE



STEP 1 For square or rectangular boxes, cut the paper long enough to cover each side of the gift with a few inches of overlap.



STEP 2 Fold up two sides of the paper to cover the length of the box and secure with tape. On one open end, push the top flap of paper down over the box.



STEP 3 Pull each of the triangular flaps on the sides toward the center and secure with tape.



STEP 4 Fold the triangular bottom flap up toward the center and attach with tape. Repeat on the opposite side of the box.

CYLINDER



STEP 1 Wrap the paper around the cylinder, making sure it covers the entire circumference with at least 1 inch of overlap. Each flat end should have several inches of overhanging paper.



STEP 2 Lay the cylinder flat in the center of the paper, and wrap the paper around the length, securing with tape.



STEP 3 On one open end of the gift, fold the seam of the wrapping paper toward the center, creating a pleat.



STEP 4 Continue folding the paper toward the center, creating more pleats. Use your finger to crease each pleat. Secure the pleats in the center with tape and repeat on the opposite end.

SPHERE



STEP 1 Cut a rectangular piece of wrapping paper. Both the length and width of the paper should cover the gift completely with a few inches of overlap.



STEP 2 Place a bowl or cup under the wrapping paper and set the gift on top to prevent it from rolling away.



STEP 3 Begin pulling all sides of the wrapping paper up toward the top of the gift, gently creasing it as you work your way around the ball. Secure the short sides of the paper with tape.



STEP 4 Once all the paper is folded upward, carefully gather all the edges together at the center on top of the gift. Tie the extra paper with ribbon.

IRREGULAR



STEP 1 To wrap a gift without straight edges or corners, cut a sheet of paper that completely covers the length of the gift with at least 2 inches of overlap.



STEP 2 Loosely wrap the paper around the width of the gift, creating a tube with open ends, and secure with tape.



STEP 3 Flatten one edge of the tube and fold the paper over by 1 inch. Fold again to hide the cut edge of the paper. Repeat on the other open end.



STEP 4 Secure the folded edges with tape. If desired, punch two holes through the folded paper on both sides. Thread ribbon through the holes and tie into a bow.

WRAP, RIBBONS AND MORE

Pick up festively decorated boxes and bags, or start from scratch and dress up presents of all shapes and sizes with paper and accessories from Hy-Vee.



GIFT BAGS

Find tissue paper and gift bags in a range of sizes, from small treat bags all the way up to large square bags for super-size presents.



WRAPPING PAPER

Patterned and metallic paper fits any theme or style for the holidays. Finish each gift with ribbon or place a jumbo bow on top.



GIFT BOXES

Use gift boxes decorated to look like wrapping paper for small to extra-large gifts. Hy-Vee also has small flat boxes for gift cards.

Deck the fridge with flavor



*Not a low calorie food. ©2021 Chobani, LLC

health

Ways to create a custom morning routine, tips from a Hy-Vee dietitian to avoid holiday weight gain and more.

104 SEASONS OF HEALTH

108 WAKE-UP CALL

112 FEELING CRUMMY?

114 FOODS THAT SOOTHE STOMACH ACHES

118 DIETITIAN Q&A: HOW TO AVOID HOLIDAY WEIGHT GAIN

121 HY-VEE PREFERRED PHARMACY BENEFITS



seasons of

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fitness / diet & nutrition / wellness



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prevention / treatment / pharmacy services



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Hy-Vee cares about the well-being of its customers. See how *Seasons* has covered that commitment to health, then meet the new chief medical officer who will grow Hy-Vee's health and medical initiatives.

Hy-Vee's dedication to the health of its customers is one of the reasons *Seasons* magazine covers health topics so faithfully. From skin care to supplements, fitness to fasting, medication to meditation, *Seasons* explores health with an appreciation of how mind and body work together. You'll find everyday habits for a healthier and happier life, whether it's working out, fueling the body, alleviating stress or fostering a connection with others.

FOOD

HY-VEE KNOWS THE KEY ROLE FOOD AND NUTRITION PLAY IN LONG-TERM HEALTH.

Hy-Vee is focused on offering expert dietary advice not only in the pages of *Seasons* but also in-store and online. Dietitians provide virtual store tours and discovery sessions, and lead virtual classes to help customers on their wellness journey. Learn more at hy-vee.com/health/hy-vee-dietitians

HY-VEE'S HEALTHY HABITS MENU PROGRAM PROVIDES MEAL PLANS AND PRODUCT RECOMMENDATIONS TO MEET AN INDIVIDUAL'S NUTRITION GOALS AND HEALTH NEEDS. PERSONALIZED NUTRITION COUNSELING IS ALSO AVAILABLE.



PREVENTION IS A KEY FOCUS OF SEASONS

According to the World Health Organization, 80 percent of chronic diseases are preventable. *Seasons* stories go beyond treatment options and also look at preventive measures. The magazine shares ways readers can be proactive about lifestyle choices, which are so critical to health in the long-term.

WELLNESS WATCH

TAKE A WALK DOWN THE HEALTHMARKET AISLE TO SEE HY-VEE'S COMMITMENT TO THE HEALTH AND WELLNESS OF ITS CUSTOMERS IN ACTION. THERE YOU'LL FIND VITAMINS, SUPPLEMENTS, ORGANIC PRODUCE, ALLERGEN-FREE FOODS AND FOODS FOR SPECIAL DIETARY NEEDS—ALL TOPICS REGULARLY COVERED IN *SEASONS*.

Each issue of *Seasons* includes a Dietitian Q&A with helpful, timely information on trending topics such as sugar substitutes, intermittent fasting and weight loss.



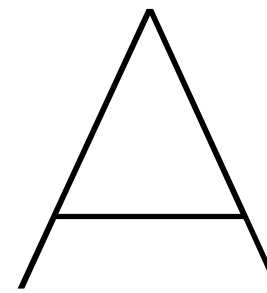
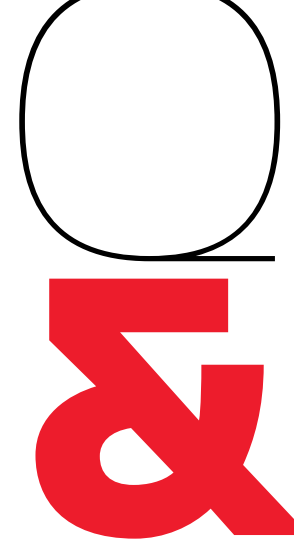
HY-VEE LEADS THE WAY TO FITNESS

Whether it's building muscles, improving flexibility or simply getting some aerobic exercise, *Seasons* fitness stories focus on keeping a body strong, healthy and in good working order while highlighting simple yet effective exercises and straightforward advice meant for all skill levels.



FILLING MANY NEEDS

Hy-Vee Pharmacies fill more than prescriptions. They also fill needs such as offering individual counseling, smoking cessation programs and drug take-back services. Hy-Vee even has specialized pharmacy services for complex medical conditions, combining clinical care with support and counseling.



with
Daniel S. Fick, M.D.

NEW CHIEF MEDICAL OFFICER WILL OVERSEE
HY-VEE'S LATEST SERVICES AND OFFERINGS.



"Coming to Hy-Vee is coming home, in a way. I worked for Hy-Vee as a student, and I have wanted to return to Hy-Vee as a physician for a number of years. I'm excited to be taking on this position that is a unique fit for my experience and abilities."

Q: What surprised you most when you came on board?

A: I was very much surprised at both the depth and breadth of the wellness and health care initiatives. During this pandemic Hy-Vee has also jumped into public health initiatives with the vaccination response for the state of Iowa.

Q: Why are health and medical initiatives important to Hy-Vee?

A: At Hy-Vee we are working to make lives easier, healthier, and happier. I believe our health and medical initiatives can contribute to all three areas. We are providing health care and pharmacy services at our stores and we need to provide these high-quality services at locations and times that work for our customers. People want these services in locations that are convenient, available when they're needed and linked to

other services such as pharmacy and medical supplies.

Q: How have Hy-Vee's efforts evolved to meet community needs?

A: I think the biggest change over the years has been the increased number of health products and services we provide. There is an incredible amount of health, lifestyle diets and performance products in our HealthMarkets that were not available years ago. We also offer greatly expanded dietary and pharmacy services compared to a decade ago. Perhaps the biggest change is the ability to provide these products and services online and in virtual formats.

Q: How will you help grow Hy-Vee's health and medical initiatives?

A: I envision Hy-Vee being a leader in innovative ways to keep our customers healthy

and provide needed health care and pharmacy services. We are working to expand and strengthen our HealthMarket offerings in nutritional supplements, lifestyle diets, performance nutrition and personal health and wellness products. We also will be working to expand our health clinic services with current and new health care partners.

Q: Which aspects do you see being most important in the future?

A: Having access to acute care and primary care services will be critical in the future to keep our customers healthy. Linking this care to pharmacy services and additional specialists will also be critical to providing the health care that is high quality, coordinated and cost effective.

Hy-Vee KidsFit encourages exercise and nutrition starting at an early age because fitness is a habit that develops over time. *Seasons* keeps the momentum going by providing exercises for adults.

"WITH DR. FICK ON OUR TEAM, OUR HY-VEE LOCATIONS CAN FURTHER EXPAND THEIR ROLES IN MAKING LIVES EASIER, HEALTHIER AND HAPPIER FOR OUR CUSTOMERS THROUGH OUR PHARMACY, HEALTH CARE AND WELLNESS OFFERINGS."

—RANDY EDEKER, HY-VEE CHAIRMAN, CEO AND PRESIDENT

DEDICATED TO THE HEALTHIEST YOU

See the many wellness topics we cover in the digital version of *Seasons* at seasons.hy-vee.com

FIND DSW FOOTWEAR AND JOE FRESH CLOTHING AT HY-VEE FOR ALL YOUR CALORIE-BURNING ACTIVITIES. WHETHER CLEANING OR RUNNING, DO IT ALL IN COMFORT AND STYLE.



SCAN THE QR CODE to shop DSW footwear.



SCAN THE QR CODE to shop Joe Fresh activewear.



DISCOVER THE BENEFITS OF A
CONSISTENT MORNING SCHEDULE
FOR KIDS AND ADULTS, AND HOW
HY-VEE CAN HELP YOU ACHIEVE IT.



THE Morning Routine

Learn why a schedule can be beneficial for the whole family.

The tasks you need to do to get ready for the day and the order you do them is your morning routine. Relying on a routine means fewer decisions to make, which may lead to your family feeling less frazzled. A morning routine can also profoundly impact health and well-being. In 2007, the World Health Organization determined sleep disruption was likely cancer causing. A set schedule also has been linked to social skill development, crisis resilience and, for children, improved vocabulary, leading to greater academic achievement. A morning routine can make your alarm clock a new best friend.

4

tips to a successful routine

Routines may look different, but should include all these elements:

- 1 INTENT/PURPOSE:** Set a goal. It can give you motivation, help you track progress and provide a sense of achievement.
- 2 PRIORITIES:** Decide on, then build time for, must-do tasks. This can help you determine what is really necessary and what can be moved to the day before to lessen morning stress and increase and improve healthful sleep time.
- 3 ENGAGEMENT/COMMITMENT:** Dedicate your attention to one chore at a time. Multitasking causes the frontoparietal control, dorsal attention and ventral attention networks of the brain to compete. In other words, the focus you think you are giving each task is actually divided.
- 4 FLEXIBILITY:** Be prepared to adjust your priority list, timing or goals if necessary until your morning routine is a success for the whole family.



According to the National Alliance on Mental Illness, HAVING A CONSISTENT MORNING ROUTINE CAN INCREASE YOUR ENERGY, POSITIVITY AND PRODUCTIVITY THROUGHOUT THE DAY. A REGULAR ROUTINE CAN ELIMINATE THE NEED TO MAKE DECISIONS RIGHT AWAY, WHICH MAY HELP PRESERVE YOUR ENERGY FOR THE DAY AND PREVENT DECISION FATIGUE.

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KIDS

To set habits, let kids participate in planning new routines and learn strategies to get them out of bed on time.

Try these research-based tips for a smooth family morning routine.

SAME BEDTIME

According to Cleveland Clinic, kids with a consistent bedtime are more likely to get enough sleep. And a study published in the official journal of the American Academy of Pediatrics shows children with regular bedtimes have fewer behavioral difficulties.

EAT BREAKFAST

Include time for kids to eat a healthy meal, such as whole wheat toast and fruit. University of Leeds researchers found that children who eat breakfast in the morning are more likely to stay on-task, especially in the classroom, and receive higher grades.

SKIP SCREENS

Minimize distractions by keeping mornings screen-free. According to research from the University of New South Wales, 83 percent of parents believe their children are negatively distracted by digital devices.

MAKE IT FUN

Give kids a part of the routine to look forward to like eating a special family breakfast. It may help motivate them to complete other tasks like brushing teeth.

PRACTICE

If you change your routine, do a few practice runs on weekends or breaks from school and work. According to the American Journal of Lifestyle Medicine, it takes an average of 66 days for a habit to become automatic.



WAYS KIDS CAN HELP
Establish life habits by giving kids a few tasks.

- PACK BACKPACKS
- SET THEIR OWN ALARM OR WAKE UP ON THEIR OWN
- CHOOSE AND LAY OUT CLOTHES, AND GET DRESSED
- MAKE THEIR BEDS
- HELP PACK LUNCHES
- BRUSH TEETH
- COMB HAIR
- PUT ON SHOES AND COATS

Hy-Vee
KIDSFIT

JOIN THE HY-VEE KIDSFIT CLUB to build more healthy habits at home. It's fun and free at Hy-VeeKidsFit.com

WAKE UP with all smiles

Sometimes, getting kids out of bed can be tricky. If you have little ones who fight to stay in bed, first make sure they're getting enough sleep (children ages 5 to 12 need 9 to 12 hours of sleep each night). Natural light can also help rouse reluctant kids—opening their curtains or using a sunrise alarm might help. Or try playing their favorite music to encourage them to wake up and get out of bed, or let them pick out a toothbrush with their favorite character on it.

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the night before

A little evening prep can make early mornings much easier.

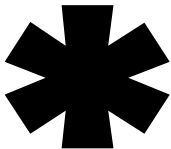
Even if you and your family are usually early birds, look for ways to get ready before going to bed. Parents can prep breakfast, pack lunches and make sure essentials like coats and shoes are in place to grab and walk out the door. Even something as simple as setting the table with plates and utensils can save a little time and help make mornings easier to navigate.

Hy-Vee can help make mornings run more smoothly.

PICK UP HY-VEE SHORT CUTS PREWASHED FRUITS AND VEGGIES TO MAKE PACKING LUNCHES EASIER. ASSIGN STORAGE BASKETS FOR EACH PERSON TO ORGANIZE HOMEWORK, LUNCH BOXES AND MORE.

ADULTS

Learn how to plan and keep yourself committed to a new routine, plus ideas for activities to include and ways to prep the night before.



ACCORDING TO THE NATIONAL INSTITUTE FOR FITNESS AND SPORT, WORKING OUT IN THE MORNING CAN HELP INCREASE YOUR ENERGY LEVEL THROUGHOUT THE DAY.

stick with it

WANT TO CHANGE UP HOW YOU GET READY IN THE MORNING? USE THESE TIPS TO STAY ON TRACK WITH A NEW ROUTINE.

CREATE A PLAN

If you want to start a new routine, writing everything down can help organize your thoughts. Start with what time you want to walk out the door, then work backward.

EASE IN TO THE ROUTINE

Even if you want to meditate for 30 minutes or squeeze in a 60-minute workout, start out small and manageable. Try adding just 5 minutes of meditation, then gradually increase the time.

DO WHAT WORKS

Create a routine that feels natural to you. If you're not normally an early riser, don't try to drastically change your wake-up time. And if part of your routine isn't working, adjust it.

get in THE routine

Use these ideas as a starting point to plan the best morning routine for you.

JOURNAL	STRETCH	DRINK WATER	EAT HEALTHY
Taking time to do something creative in the morning can help you relax and ready your mind for the day. Some ideas include journaling, drawing or working on a word puzzle.	When time permits, exercise in the morning to feel more awake. And if you can't fit in a full workout, a few minutes of stretching will at least help get your blood pumping.	If you always start your day with a cup of coffee, consider pairing it with a glass of water. It can help you rehydrate and start a habit for the day.	According to Cleveland Clinic, a healthy breakfast with protein and fat can give you more energy and help you be more alert and focused.



Feeling Crummy?

TO FIGHT ILLNESS, FIRST FIGURE OUT WHAT YOUR SYMPTOMS MEAN.

Does a runny nose and a sore throat have you feeling anything but sweet? Identifying that you're sick is the easy part—figuring out what has you clinging to a box of tissues is another. Use this quick guide to help you understand the difference between common respiratory illnesses.

COLD. A usually harmless upper respiratory tract (nose and throat) viral infection. Recovery time is within 10 days.

FLU (INFLUENZA). A contagious respiratory illness caused by viruses affecting the nose, throat and sometimes lungs. Generally resolves on its own but can be life threatening to the most susceptible.

COVID-19. An illness caused by the coronavirus affecting the upper respiratory tract. Recovery time can be weeks, but some experience long-term symptoms or death.



COLD VS. FLU VS. COVID

IDENTIFY YOUR AILMENT SO YOU CAN TREAT IT EFFECTIVELY.

SYMPTOMS	COLD	FLU	COVID
CHEST PAIN	Rare	In more serious infections	Has been reported
COUGH	Common, mild	Common, can be severe	Common
DIARRHEA	Not ever	Sometimes in children	Has been reported
FEVER	Rare	Common (100°F and higher)	Common
GENERAL ACHES, PAINS	Sometimes	Common, often severe	Has been reported
HEADACHE	Rare	Common, often intense	Has been reported
LONG-TERM EXHAUSTION	Not ever	Common, lasting 2 to 3 weeks	Has been reported
LOSS OF SMELL AND TASTE	Sometimes	Sometimes	Has been reported
PINK EYE	Sometimes	Sometimes	Sometimes
SHORTNESS OF BREATH	Rare	Rare	Has been reported
SNEEZING	Common	Sometimes	Has been reported
SORE THROAT	Common	Common	Has been reported
STUFFY/RUNNY NOSE	Common	Sometimes	Has been reported
WEAKNESS/FATIGUE	Sometimes	Common, often intense	Common

FEEL BETTER WITH PRODUCTS FROM HY-VEE



AIRBORNE ZESTY ORANGE TABLETS

Help support your immune system to ward off illness.



TOPCARE DAY TIME COLD & FLU RELIEF

Ease aches, fever, congestion and cough during the day.



DELSYM 12-HOUR COUGH RELIEF

Day or night, suppress cough to feel better for 12 hours.



TOPCARE NITE TIME COLD & FLU RELIEF

Powerful nighttime cold and flu relief to get some rest.



TOPCARE MENTHOL COUGH DROPS

Soothe a sore throat and temporarily relieve cough.



TOPCARE NO DRIP NASAL SPRAY

Breathe easier with fast, powerful relief from congestion.

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foods that SOOTHE THE STOMACH ACHES

ALL THE EXTRA EATING DURING THE HOLIDAYS CAN MAKE YOUR STOMACH NOT-SO-JOLLY. HERE'S WHAT TO EAT WHEN THE TREATS, SWEETS AND SNACKS BITE BACK.

A stomach ache (abdominal pain) is discomfort anywhere in the midsection. Almost everyone experiences a stomach ache at some point. The discomfort can take a variety of forms, including cramps that come and go; sudden, stabbing pains or a constant, dull, abdominal aching. Most causes of abdominal pain are nothing to fret about, and can be easily treated by eating bland foods or drinking fluids in small amounts throughout the day. The most common reasons for a stomach ache are constipation, gas, indigestion, food allergies and a virus such as the stomach flu. However, if the pain worsens, doesn't go away or keeps coming back, reach out to your doctor as this could be a sign of internal inflammation or infection.

FOODS FOR AN UPSET STOMACH WHEN FACED WITH ABDOMINAL PAIN AND DISCOMFORT, REACH FOR ONE OF THESE TUMMY-SOOTHING FOODS.



APPLESAUCE has soluble fiber, which can help absorb liquid in the intestines to alleviate diarrhea.



BANANAS help replenish the body with potassium and fluid that can be lost from vomiting.



COCONUT WATER replaces fluids and electrolytes without sugar after vomiting or having diarrhea.



CRACKERS and other foods that are high in starch absorb gastric acid, which can settle a queasy stomach.



GINGER contains a compound called gingerol that can help soothe an upset stomach and prevent nausea.



HERBAL TEA such as chamomile relaxes muscles to relieve gas, while easing discomfort from belly bloat.



PEPPERMINT calms the muscles of the stomach and improves the flow of bile to digest fat.



RICE can help firm up stool to relieve diarrhea. Plain white rice is easier to digest because it lacks fiber.



ROLLED OATS include fiber, which helps regulate digestion and bind stool to relieve diarrhea.



SOUP provides the body vitamins and nutrients in a broken down and ready-to-digest form.



TOAST has higher levels of starch, which helps absorb gastric acid and settles a queasy stomach.



YOGURT is a probiotic-rich food that can enhance the gut microbiota for improved digestive health.

FOODS TO AVOID

THESE CAN OFTEN MAKE A SOUR STOMACH EVEN WORSE.

DAIRY
The lactose in milk products can be tough to digest. When lactose isn't digested properly, gas and bloating result. Lactose-free options can be an alternative.

FRIED FOODS
Fried foods can move undigested through the body too quickly, leading to diarrhea, or stay in the digestive tract too long, resulting in bloating.

RAW FRUITS & VEGGIES
If experiencing diarrhea, the higher fiber content in fruits and veggies can make symptoms worse. Ease your way into these with small portions.

SODA
Reach for the ginger—skip the ale. While ginger is a great way to combat nausea, the sugar in soda can often worsen diarrhea.

SPICY FOODS
Foods prepared with hot spices like cayenne or chili peppers contain capsaicin, an ingredient that can irritate the stomach lining or intestines.

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**BROTH-BASE SOUPS HELP
REPLACE SALT AND FLUID TO
PREVENT DEHYDRATION.**

Lemon-Chicken Vegetable Soup

Hands On 25 minutes
Total Time 45 minutes
Serves 8 (1½ cups each)

1 (1- to 1¼-lb.) pkg. Hy-Vee True boneless, skinless chicken breasts
1 tsp. Hy-Vee salt
½ tsp. Hy-Vee black pepper
2 Tbsp. Gustare Vita olive oil
3 medium carrots, peeled and sliced
1 cup chopped yellow onions
3 cloves garlic, minced
2 (32-oz.) containers Hy-Vee chicken stock
1 cup Gustare Vita organic orzo pasta
1 medium zucchini, halved lengthwise and sliced
Zest of 1 lemon
¼ cup fresh lemon juice
1 Tbsp. chopped fresh oregano
1 (5-oz.) pkg. baby spinach, coarsely chopped
Fresh lemon slices, for garnish

1. PAT chicken dry with paper towels; sprinkle with salt and black pepper. Heat olive oil in Dutch oven over medium heat. Add chicken in a single layer. Cook for 12 to 16 minutes or until chicken reaches 165°F, turning halfway through. Transfer to a cutting board.

2. ADD carrots and onions to Dutch oven. Cook for 5 minutes, stirring frequently. Stir in the garlic; cook for 30 seconds. Pour in chicken stock. Bring to a boil; reduce heat. Simmer for 10 minutes.

3. SHRED chicken into bite-size pieces. Add chicken and pasta to stock mixture. Gently simmer for 5 minutes. Stir in zucchini, lemon zest and juice and oregano. Simmer 5 minutes or until pasta is tender. Stir in spinach; remove from heat. Ladle soup into bowls. Garnish with lemon slices, if desired.

Per serving: 240 calories, 8 g fat, 1 g saturated fat, 0 g trans fat, 40 mg cholesterol, 830 mg sodium, 27 g carbohydrates, 2 g fiber, 4 g sugar (1 g added sugar), 21 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 15%

3

STOMACH-SOOTHING IDEAS

1 Cucumber-Mint Cooler

Muddle 15 fresh mint leaves and 1 Tbsp. Hy-Vee granulated sugar in 1-cup glass measuring cup. Stir in ¼ cup water; pour mixture into a 3-qt. pitcher. Add 1 small cucumber, thinly sliced, and 1 lime, thinly sliced. Stir in 8 cups cold water. Cover and refrigerate up to 2 days. To serve, strain mixture into 10 (10-oz.) ice-filled glasses. Top each with 2 oz. Hy-Vee key lime water cooler. Garnish with additional sliced cucumber and fresh mint sprigs, if desired. Serves 10 (about 8 oz. each).

2 Frozen Oatmeal Yogurt

Place 2 cups prepared and cooled Hy-Vee old-fashioned oatmeal, 1 cup Hy-Vee plain Greek yogurt, ½ cup Hy-Vee honey and ½ tsp. Hy-Vee ground cinnamon in a food processor. Cover and process for 1 to 2 minutes or until smooth. Transfer to a 1-qt. freezer-safe storage container. Cover and freeze until firm. Let stand at room temperature for 30 minutes before serving. Scoop mixture into serving dishes. Garnish with Hy-Vee One Step granola and additional honey, if desired. Serves 4 (¾ cup each).

3 Pineapple Sauce with Ginger

Combine 3 lb. cored, peeled and sliced cooking apples (such as Braeburn, Empire, Gala, Granny Smith and/or Golden Delicious), 1 (20-oz.) can undrained Hy-Vee crushed pineapple in pineapple juice and ¼ cup water in a large saucepan. Cover and cook over medium heat for 20 to 25 minutes or until apples are tender. Stir in 3 Tbsp. Hy-Vee honey and 1 tsp. grated gingerroot. Process with immersion blender or in food processor to desired consistency; cool. Store in a covered container in refrigerator up to 1 week. Serve, garnished with fresh mint, if desired. Makes 5 cups.

**PEPPERMINT
CALMS NAUSEA
WHILE COOL AND
REFRESHING
CUCUMBER
REPLENISHES
BODILY FLUIDS.**



dietitian Q&A

HOW TO AVOID HOLIDAY WEIGHT GAIN

Eat, drink and ditch weight gain worries with healthy holiday eating tips and smart mealtime swaps.



Elisa Sloss, RD, LD
Vice President,
HealthMarket

Q: Can I “save up” calories by skipping breakfast the day of a big meal?

A: It may seem like a logical plan to save up calories, but it’s likely to backfire and cause increased hunger and overeating later in the day. Instead, opt for a nutritious breakfast, such as oatmeal topped with blueberries. It will provide a healthy dose of vitamin C from the fruit and filling fiber from the oats to kick-start your metabolism.

Q: How can I prevent myself from overeating?

A: It can take roughly 20 minutes for digestive hormones to let the brain know that the stomach is full and the body is nourished. Prevent eating too much by slowing down and eating mindfully so the body has time to register how much you’ve eaten.

Q: What role does alcohol play?

A: Alcohol stimulates the part of the brain that regulates hunger, which can cause people to feel hungry when they normally wouldn’t. It can also decrease blood sugar levels temporarily; after a night of drinking, the body tries to compensate and readjust those levels. As a result, you feel hungry. Many alcoholic drinks are higher in calories with little nutritional value, so sip in moderation.

Q: How do typical holiday foods affect my body?

A: When the meal includes starchy dishes, like those in a typical Christmas spread, the body may experience a sudden spike in blood sugar as carbohydrates are converted into glucose. Swap in more non-starchy dishes at the holiday table like sautéed green beans, roasted cauliflower and salads that also add fiber for energy and digestion.



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

FOR ADVICE ON MEAL PLANNING AND MINDFUL EATING HABITS, SCHEDULE A CONSULTATION WITH A HY-VEE DIETITIAN TODAY TO BE PREPARED FOR THE HOLIDAYS.

SMART SWAPS

CUT CALORIES, FAT AND SUGAR FROM HOLIDAY MEALS WITH THESE TASTY ALTERNATIVES.



VS



2 Tbsp. of regular sour cream has around 60 calories.

2 Tbsp. of plain Greek yogurt has 20 calories.



VS



1 cup of mashed potatoes can be over 220 calories.

1 cup of mashed cauliflower has 120 calories.



VS



A white cocktail bun or dinner roll has 0 grams of fiber.

Whole wheat rolls have 5 grams of fiber.



VS



A slice of pecan pie can have 26 grams of sugar.

Pumpkin pie has about 19 grams of sugar.



VS



4 oz. of dark meat turkey with skin is around 250 calories.

4 oz. of turkey breast with skin has 210 calories.



VS



An 8-oz. glass of eggnog can have up to 500 calories.

The same amount of apple cider has about 110 calories.

Calorie and nutrition amounts are approximate.

Sources: sites.psu.edu/siowfa12/2012/10/01/why-does-alcohol-make-us-hungry/, hsph.harvard.edu/nutritionsource/carbohydrates/carbohydrates-and-blood-sugar/, health.harvard.edu/blog/why-eating-slowly-may-help-you-feel-full-faster-20101019605, health.clevelandclinic.org/dont-eat-until-youre-full-instead-mind-your-hara-hachi-bu-point/, health.harvard.edu/blog/yes-you-can-avoid-weight-gain-over-the-holidays-2019112518309

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Before Medicare Part D open enrollment ends on Dec. 7, talk to your Hy-Vee Pharmacy to take advantage of the cost savings and other benefits preferred plans can offer. Pharmacists can walk you through every step to help you make your decision.

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- ▶ Can delay or prevent you from entering into a coverage gap when filling prescriptions.
- ▶ Allows many prescriptions to be filled at 90-day intervals for added convenience.



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STEP 2.

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To get started, call your local Hy-Vee Pharmacy or visit hy-vee.com/my-pharmacy



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recipe index

HOLIDAY SPECIAL

Broccoli-and-Pistachio Pesto Stuffed Pork Loin **p. 19**
Beef Wellington **p. 20**
Braised Apricot-Orange Cornish Game Hens **p. 22**
Roasted Leg of Lamb with Rosemary-Garlic Potatoes **p. 23**

SENSATIONAL SEAFOOD

Shrimp-and-Lobster Stuffed Tails with Limoncello Cream Sauce **p. 28**
GF Mushroom Risotto with Truffled Sea Scallops and Filet of Beef **p. 29**

LEVEL UP DESSERTS

Winter Wonderland Donut Cake **p. 31**
Dark Chocolate Cage Cake **p. 32**
Orange-Cream Cake **p. 32**
Chocolate-Caramel Pudding with Irish Cream Sauce **p. 33**
20 Christmas Tree Cakes **p. 33**

101: PEARS

Pear and Pistachio Upside-Down Cake **p. 36**

BEST COOKIES ADVENT CALENDAR

Peanut Butter Star Cookies **p. 40**
Peppermint Bars **p. 40**
Glazed Spritz Cookies **p. 40**
Spice Cookies **p. 40**
Macaron Snowmen **p. 40**
Double-Chocolate Espresso Crinkles **p. 41**
Classic Cutouts **p. 41**
Strawberry Cream Cheese Cookie Bars **p. 42**
Brownie Sandwich Cookies with Sprinkles **p. 42**
Raspberry-Almond Thumbprints **p. 42**
Candy Stripe Meringue Cookies **p. 42**
Macadamia Island Drops **p. 43**
Melting Snowmen **p. 43**
Holiday Wreaths **p. 43**
Polar Bears **p. 43**
Red Velvet Cake Cookies **p. 43**
Candy Cane Cookies **p. 44**
Lemon Thumbprints **p. 44**
Jam Sandwich **p. 44**
Ombre Sugar Cookies **p. 44**
Yeti Chow Cookies **p. 45**
Frosted Eggnog Cookies **p. 45**
Peppermint Bark Cookies **p. 45**
Gingerbread Cutouts **p. 45**

CHEERS TO US!

10 Strawberry-White Chocolate Cocktail **p. 48**
10 Cranberry-Rosé Spritzer **p. 48**
10 Pear Ginger Fizz **p. 49**

SIMPLY WINE

10 Pomegranate & Cardamom Spritz with Avaline Rosé **p. 54**
10 Plum & Sage Spritz with Avaline White **p. 55**
10 Pear & Cinnamon Spritz with Avaline Red **p. 55**



Try this Dark Chocolate Cage Cake, **pg. 32**

MAKE IT MINI

GF Gluten-Free Mini Cherry Cheesecakes **p. 67**
GF Mini Caramel Apples **p. 67**
Raspberry-Lemon Hand Pie
Ice Cream Sandwiches **p. 68**
V Chocolate-Dipped Apricot Cheese **p. 68**
30 Mini Shrimp Tacos **p. 69**
Mini Cheeseburgers **p. 70**
Prosciutto Pastry Twists **p. 71**
V Sweet & Spicy Mini Poppers **p. 71**
GF Mini Pizza Potato Skins **p. 71**
20 Mini BLT Bites **p. 71**

BEST OF HY-VEE SEASONS

Orange-Glazed Cranberry Streusel Bread **p. 75**
Apricot-Brie Pull-Apart Bread **p. 75**
Caramel-Pecan Rolls **p. 76**
Buffalo Chicken Mac & Cheese **p. 77**
30 Sweet & Spicy Nut Medley **p. 77**
Stuffed Meatloaf **p. 78**
10 Blackberry Grilled Cheese **p. 79**
Classic Lasagna **p. 79**
20 Chef Kim's Eggnog **p. 80**
Grasshopper Ice Cream Tart **p. 81**

FOODS THAT SOOTHE STOMACH ACHES

GF Lemon-Chicken Vegetable Soup **p. 116**
10 Cucumber-Mint Cooler **p. 117**
Frozen Oatmeal Yogurt **p. 117**
GF **V** Pineapple Sauce with Ginger **p. 117**

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

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