

HyVee[®] FOOD | LIFE | HEALTH

seasons[®]



SWEET LOVE

february
Prices good February 1-29, 2020



SCAN TO DOWNLOAD OUR
NEW MOBILE APP. 

Hy-Vee
aisles
online

FEBRUARY 2020

food



10 FROM THE HEART

Cakes, cookies and other servings of love.

20 DATE NIGHT: DINNER FOR TWO

Make a romantic meal with these recipes and a trip to Hy-Vee.

28 FAJITAS YOUR WAY

Sizzling, steamy meals overflowing with flavor.

33 101: CANTAGOLD CANTALOUPE

Learn how to store and serve nutritious and delicious melon.

36 COCKTAILS FOR TWO: CHAMPAGNE

Craft a sparkling mixed drink for your special someone.

42 CHOCOLATE CRUSH

Make luscious desserts with premier chocolate from Hy-Vee.

50 14 WAYS TO USE RANCH POWDER

Go beyond salad and put ranch powder to creative use.

58 ROTISSERIE CHICKEN GOES GLOBAL

International fare made with Hy-Vee rotisserie chicken.

64 FULL-STEAM-AHEAD COMFORT FOOD

Pressure-cook pork and beef roasts or stews fast.

life



74 50 WAYS TO SAY "I LOVE YOU"

There's more than one method to say those three little words. Show how much you care with flowers and gifts from Hy-Vee.

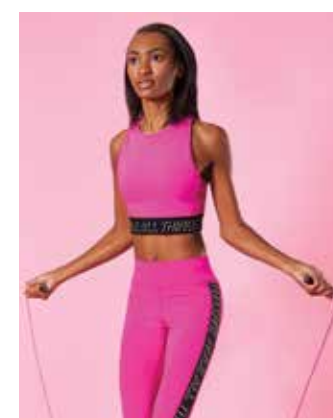
84 NEW-BABY STEPS

Oh, baby! Hy-Vee has all the amenities and products that new parents need to care for newborns.

90 LAUNDRY FIX-UPS

Boost the longevity of clothes by keeping them clean and stain-free.

health



96 3 EXERCISES TO IMPROVE HEART HEALTH

Kick off American Heart Month with physical activity.

102 FOOD ALLERGIES

Read up on food allergy causes, symptoms and prevention.

108 10 TIPS FOR A HEALTHIER HEART

Make your heart happy with these steps.

110 DIETITIAN Q&A: EAT HEALTHY AS A FAMILY

Turn healthful eating into a good habit for the whole family.

114 FOODS THAT MAKE YOUR GUT HAPPY

Good bacteria in your gut play a big role in health.

118 HY-VEE HEALTHY YOU

Hy-Vee's mobile clinics offer heart health screenings.



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

Love and the month of February are a timeless duo that carry us through the coldest days of winter. This issue of *Hy-Vee Seasons* offers plenty of ways to show some love on Valentine's Day and beyond.

Cook a romantic dinner for two with our delicious surf & turf recipes, *page 20*. Don't forget the chocolate! All the rich, chocolaty desserts starting on *page 42* start with store-bought goodies from Hy-Vee. Looking for ways to warm someone's heart? See "50 Ways to Say I Love You," *page 74*.

While you're at it, show your own heart some love—literally—by exercising to boost heart health, *page 96*, and by maintaining health-conscious habits, *page 108*.

Wishing you a warm and loving month!

FOLLOW US...



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

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



Zöet Premium Belgian Chocolate

Nothing says love like award-winning Zöet premium Belgian chocolate. Let your sweetheart indulge in delicious decadence.

Available exclusively at **HyVee**



EXCLUSIVELY
AT HY-VEE

ZÖET CHOCOLATE

Zöet is the Dutch word for “sweet,” and when it comes to Zöet Premium Belgian Chocolate, the name definitely fits. Whether it’s milk chocolate or dark chocolate, Zöet chocolate is sweetly satisfying. Both types

of chocolate pair well with other foods—especially fruits such as strawberries and dried apricots, cheeses such as Havarti and Parmigiano-Reggiano, and drinks like coffee and Merlot wine.



now trending

PREMIUM CHOCOLATE

Enticing ingredients and a variety of sweet and savory flavors await.



GHIRARDELLI

Experience the unexpected with the signature intense yet smooth taste of Ghirardelli chocolates.



GODIVA

Discover a mix of iconic Godiva chocolates, ranging from pralines to truffles to ganache.



LINDT

Enjoy Lindt’s trademark silky smooth chocolate, made from premium ingredients.



brand highlight

OVERJOY PREMIUM ICE CREAM

You'll be overjoyed to learn this ice cream is low in calories, high in protein. Available only at Hy-Vee, Overjoy premium ice cream flavors include birthday cake, cinnamon bun, chocolate cookie, s'mores, sea salt caramel, mint chip and chocolate peanut butter. Lotsa yummy for the tummy!

Experience all the highs (in protein) and lows (in calories) that seven flavors can offer.



4 ON THE FLOOR

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

FLORAL

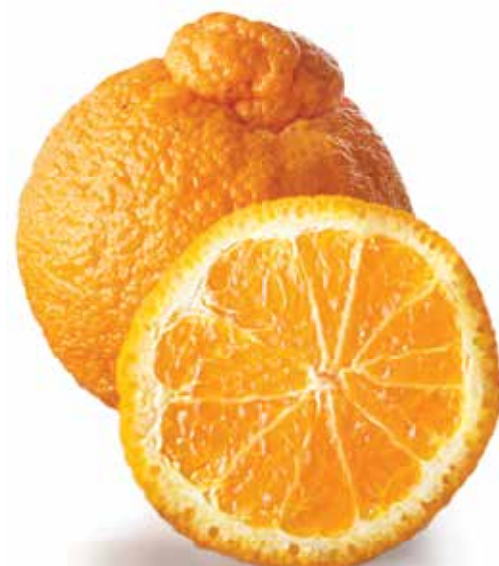
24 Reasons I Love You



Hy-Vee Floral can make this charming arrangement for your valentine with two dozen long-stem roses, Baby's Breath and leatherleaf fern.

PRODUCE

Sumo Mandarin



Hand-picked and packed for peak flavor, these large seedless mandarins have distinctive shape and easy-to-peel rind. In season now!

BAKERY

Chocolate Chip Brownies



This month's featured item, exclusive to Hy-Vee, is crafted with Ghirardelli chocolate for a moist, ultra-rich flavor worth savoring.

WINE & SPIRITS

Samuel Adams Seasonals



Toast the ever-lengthening days of the calendar with an ever-changing roster of Samuel Adams seasonal suds. This month: Mountain Berry and Cold Snap.

february finds

VALENTINE GIFTS

BROWSE THE AISLES OF YOUR LOCAL HY-VEE AND PICK UP SOMETHING SPECIAL FOR THAT REMARKABLE SOMEONE.

WILTON VALENTINE SPATULA

Spread the love (and cake batter) with a spatula of sweet sentiments.

TUSCANY CANDLES

Kindle the heart with romantic candles that offer essential oils and lasting fragrance.



VALENTINE ICE CUBE TRAY

Symbolic ice cubes do double duty: warm the heart while chilling drinks!



VALENTINE SOCKS

They're so cute, it would be hard not to fall for these socks heart and sole.



CANDY BRACELET

A candy bracelet kit takes the phrase "sweetly sentimental" to a whole new level.



MINI HEART DISH

Pretty enough to display and so useful to fill with treats for your sweets.



KANE HOME VALENTINE CHIP 'N' DIP

Fill with snacks and dip, then have fun getting to the bottom of this.



KANE HOME VALENTINE MUGS

With these mugs, tender, warm feelings will brew right alongside piping hot beverages.



ZAK! KIONA HYDRATION BOTTLES

Keep loved ones hydrated and happy with insulated water bottles.



takes
the
cake

LOVE IS
SERVED

Serve a portion of pure delight—along with a side of astonishment—with a custom cake from Hy-Vee Bakery. Talented cake designers work with you to bring your vision to life. Just walk in or schedule a time to discuss what you'd like. This Valentine's cake, created by Hy-Vee cake designer Sara Vanderheyden, carries heartfelt messages that last long after the cake is gone.



Cakes are baked in 6-in. heart-shape pans, then sliced in two and frosted before reassembling.



A base of cakes is topped with an upright heart secured with a wooden skewer.




Pastel-color fondant covers each cake. Words are embossed with gel food coloring.



Fashioned from red fondant, the ribbon is perforated along the edges, then draped in place.

Cake Construction
Take a closer look at how this magnificent display comes together. Watch our video at hstv.com.

CAKE this! 

Watch and learn at HSTV.com today!



CRAZY FOR
CupCakes



LIMITED EDITION

ENJOY THESE SNACKS WHILE YOU CAN



pure, crisp taste,
now infused with
natural fruit flavors.



Smartwater
select varieties
700 ml.
5/5.00

GLACÉAU
smartwater[®]
that's pretty smart

food

Warm your heart
and your belly
with meals meant
to share. Pop the
bubbly and get
cooking.

- 10 FROM THE HEART
- 20 DATE NIGHT: DINNER FOR TWO
- 28 FAJITAS YOUR WAY
- 33 101: CANTAGOLD CANTALOUPE
- 36 COCKTAILS FOR TWO: CHAMPAGNE
- 42 CHOCOLATE CRUSH
- 50 14 WAYS TO USE RANCH POWDER (NOT IN A SALAD)
- 58 ROTISSERIE CHICKEN GOES GLOBAL
- 64 FULL-STEAM-AHEAD COMFORT FOOD



Love is sweet

The way to your valentine's heart may be through the stomach, but play to their eyes with beautiful, heartfelt Valentine's Day treats. Start with the help of Hy-Vee Bakery, where you'll find freshly baked cookies, cakes and desserts. Then, decorate to your heart's content with a range of store-bought embellishments.



Heart's Desire Cookies

Stock up on Hy-Vee Bakery cutout sugar cookies to decorate sweet works of art. For royal icing, combine 3 cups Hy-Vee powdered sugar, 2 Tbsp. meringue powder and ¼ tsp. cream of tartar. Add ½ cup warm water and ½ tsp. Hy-Vee vanilla extract; beat with electric mixer on low until combined. Beat on high 7 to 10 minutes or until stiff. Tint portions with red food coloring; ice or pipe cookies as desired.



Sugar Cookie Flooding

Watch our video on how to decorate sugar cookies, like those above, using a simple technique and royal icing.



Watch and learn at [HSTV.com](https://www.hstv.com) today!

DRESSED-UP CHEESECAKE



Luscious Pairings

Toss sweetened fresh fruit with a small amount of liqueur; let stand for 2 hours. Spoon fruit on slices of The Cheesecake Factory Bakery original cheesecake. **Pairing suggestions:** Raspberries with Chambord black raspberry liqueur, navel orange slices with Grand Marnier liqueur, strawberries with St. Germain liqueur and blueberries with Pama pomegranate liqueur. Add desired garnishes.

Buttercream-Rose Cake

Hands On 1 hour 15 minutes
Total Time 1 hour 30 minutes plus cooling time
Serves 25

Hy-Vee nonstick cooking spray
2 (16.5-oz.) pkg. Hy-Vee extra-moist devil's food deluxe cake mix
2 (3.9-oz.) pkg. Hy-Vee instant chocolate pudding & pie filling
2 cups strong brewed coffee, cooled, or water
8 Hy-Vee large eggs, lightly beaten
 $\frac{3}{4}$ cup Hy-Vee vegetable oil
1 recipe Vanilla Buttercream, below

1. PREHEAT oven to 350°F. Line two 8-in. round baking pans with parchment paper. Spray parchment with nonstick spray; set aside. Whisk together cake mixes, pudding & pie fillings, coffee, eggs and oil in a large bowl. Divide batter in half; cover one portion and set aside. Divide remaining batter between prepared pans. Bake 25 to 27 minutes or until a wooden toothpick inserted near centers comes out clean. Cool cakes in pans on wire rack for 10 minutes. Remove cakes from pans; discard parchment. Clean pans; repeat with remaining batter.

2. PREPARE Vanilla Buttercream as directed. To assemble, place a cake layer on a cake stand. Spread top with $\frac{1}{2}$ cup buttercream. Repeat with two more cake layers, spreading top of each with $\frac{1}{2}$ cup buttercream. Add remaining cake layer. Spread thin layer of buttercream on top and sides of cake. Fill a pastry bag fitted with a medium star tip with remaining buttercream. Starting at the bottom, pipe roses on cake.

VANILLA BUTTERCREAM: Place $3\frac{3}{4}$ cups softened Hy-Vee unsalted butter in mixing bowl. Beat with electric mixer on high 30 seconds. Gradually add 18 cups Hy-Vee powdered sugar, beating on low until combined. Slowly add $\frac{1}{2}$ cup Hy-Vee skim milk, 3 Tbsp. Hy-Vee vanilla extract and $\frac{3}{4}$ tsp. Hy-Vee salt. Beat on medium until smooth and creamy. Tint pink with Hy-Vee red food coloring. Makes 9 cups.

Per serving: 790 calories, 33 g fat, 19 g saturated fat, 1 g trans fat, 135 mg cholesterol, 530 mg sodium, 124 g carbohydrates, 1 g fiber, 107 g sugar (100 g added sugar), 4 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 4%

TO PIPE ROSES, USE A DECORATING BAG AND MEDIUM STAR TIP. STARTING AT BOTTOM OF CAKE, PIPE A STAR CENTER. THEN, USING A CIRCULAR MOTION, PIPE AROUND THE STAR AND PULL AWAY.



try this

Make it fancy with half the effort! Use 5 (16-oz.) containers Hy-Vee creamy buttercream frosting. Tint the frosting pink and it's ready to use.

EASY DESSERTS



Cherry-Raspberry Sundaes

Combine 2 cups Hy-Vee frozen unsweetened tart red cherries, 1 cup Hy-Vee granulated sugar, $\frac{1}{2}$ cup Chambord black raspberry liqueur and 2 Tbsp. fresh lime juice in a medium saucepan. Bring to boiling; reduce heat. Simmer 10 minutes or until mixture thickens. Cool. Serve over Hy-Vee We All Scream! vanilla ice cream. Sprinkle granola on top, if desired. Serves 4.



Berry Phyllo Cups

Thaw 12 frozen fully baked phyllo shells. Spoon 1 tsp. Hy-Vee hazelnut creamy spread into each shell. Top each with fresh raspberries and a drizzle of melted dark chocolate. Garnish with fresh mint, if desired. Makes 12.



Simple Napoleons

Bake 1 puff pastry sheet according to package directions; cool. Cut pastry in half lengthwise; cut each half into 3 sections. Combine $\frac{1}{2}$ cup thawed Hy-Vee whipped topping and 1 (3.25-oz.) cup Hy-Vee vanilla pudding. Layer pastry sections with pudding mixture and 2 cups sliced fresh strawberries. Sprinkle top layer with Hy-Vee powdered sugar and drizzle with melted dark chocolate. Garnish with sliced fresh strawberries, if desired. Serves 2.



try
this

Substitute fresh raspberries and raspberry Greek yogurt for a different taste.

Strawberry Shooters

For each shooter, alternately layer 1 Tbsp. strawberry Greek yogurt, 1 Tbsp. chopped fresh strawberries and 1 Tbsp. Hy-Vee frozen whipped topping, thawed in a 4-oz. shot glass. Repeat layers. For garnish, pipe melted dark chocolate in a heart shape on parchment paper and let stand until firm. Serves 2.

Champagne Heart Cupcakes

Hands On 25 minutes

Total Time 1 hour 15 minutes plus cooling time

Serves 12

Hy-Vee nonstick cooking spray
1 (16.5-oz.) box Hy-Vee extra-moist classic white cake mix
1 cup sweet champagne
 $\frac{1}{4}$ cup Hy-Vee vegetable oil
3 large egg whites
Hy-Vee red food coloring
1 recipe Champagne Buttercream, below
Nonpareils, for garnish

1. PREHEAT oven to 350°F. Line an 8-in. square baking pan with parchment paper. Spray parchment with nonstick spray; set aside.

2. PLACE cake mix, champagne, oil and egg whites in a mixing bowl. Beat with electric mixer on low until combined. Beat on medium for 2 minutes. Divide batter in half; set one portion aside. Tint remaining batter pink with food coloring; pour into prepared pan. Bake 12 to 15 minutes or until a wooden toothpick inserted in center comes out clean. Cool. Using a $1\frac{1}{4}$ -in. heart-shape cookie cutter, cut out hearts from cake.

3. LINE 12 standard muffin cups with paper liners; fill each halfway with reserved batter. Stand a pink heart in center of each; cover with remaining batter. Bake 14 to 16 minutes or until a toothpick inserted near centers comes out clean. Cool on a wire rack.

4. MAKE Champagne Buttercream; tint half pink. Add buttercreams to separate pastry bags. Snip a corner of each bag. Add bags to a larger bag fitted with a star tip. Pipe buttercream on cupcakes. Garnish with nonpareils, if desired.

CHAMPAGNE BUTTERCREAM: Beat $1\frac{1}{4}$ cups softened Hy-Vee unsalted butter 30 seconds. Gradually add 6 cups Hy-Vee powdered sugar, beating on low until combined. Add 3 Tbsp. sweet champagne, 1 Tbsp. Hy-Vee vanilla extract and $\frac{1}{4}$ tsp. Hy-Vee salt. Beat on medium until smooth and creamy. Makes 3 cups.

Per serving: 410 calories, 27 g fat, 14 g saturated fat, 1 g trans fat, 50 mg cholesterol, 300 mg sodium, 35 g carbohydrates, 0 g fiber, 21 g sugar (21 g added sugar), 2 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 0%

Champagne Cake Pops

Prepare 1 (16.5-oz.) box Hy-Vee extra-moist classic white cake mix according to package directions for a 13×9×2-in. baking pan, except substitute sweet champagne for the water. Cool and crumble cake. Stir in $\frac{1}{2}$ cup Champagne Buttercream, below left. Shape mixture into tablespoon-size balls. Melt 1 (10-oz.) pkg. white chocolate melting wafers according to package directions; tint with pink gel food coloring, if desired. Dip lollipop sticks into melted chocolate and insert into cake balls. Place on a parchment-lined baking sheet and refrigerate 2 hours. Reheat white chocolate, then dip pops into chocolate to coat. Decorate with nonpareil sprinkles, then place upright on baking sheet until set. Refrigerate up to 1 week. Makes 36.

Cupcake Decor

Find cupcake wrappers, nonpareil sprinkles and pink heart-shape candies in the baking aisle at Hy-Vee.



SHARE-THE-LOVE MESSAGES

Valentine Fortunes

Hands On 55 minutes
Total Time 1 hour
Serves 24

¾ cup Hy-Vee granulated sugar
½ cup Hy-Vee unsalted butter, melted
3 large egg whites
1 tsp. Hy-Vee vanilla extract
1 cup Hy-Vee all-purpose flour
1 Tbsp. Hy-Vee skim milk
Hy-Vee red food coloring
White chocolate melting wafers, melted, if desired
Nonpareils, if desired

1. PREHEAT oven to 350°F. Cut 24 (3½×¼-in.) strips of paper. Write fortunes on papers; set aside. Line a baking sheet with parchment paper; set aside.

2. COMBINE sugar, butter, egg whites and vanilla in mixing bowl. Beat on medium until light and fluffy. Beat in flour until combined. Beat in milk until smooth. Divide batter in half; use food coloring to tint one portion pink and one red. Drop 3 Tbsp. batter in mounds 4 in. apart onto prepared baking sheet; spread each into a 3-in.-diameter circle. Using opposite color batter, pipe a small heart at top of each circle. Bake 5 to 7 minutes or until set.

3. WORKING QUICKLY, slide an offset spatula under a cookie. Place a fortune across center of cookie, then fold cookie in half. Gently bend folded edge of cookie over the rim of a measuring cup or glass. Place on wire rack to cool. Repeat with remaining cookies. (Return cookies to oven 1 minute if folding becomes difficult.) Repeat with remaining batter, alternating colors. If desired, dip half of each cookie into melted white chocolate and sprinkle with nonpareils; let dry.

Per serving: 80 calories, 4 g fat, 2.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 10 mg sodium, 10 g carbohydrates, 0 g fiber, 6 g sugar (6 g added sugar), 1 g protein. Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 0%



MAKE IT FUN AND FESTIVE

Sprinkle lots of heart into your Valentine's Day treats, using specialty bakeware, sprinkles and more—all at Hy-Vee.



Wilton Comfort-Grip Cutter



Wilton Valentine Sprinkles



Wilton Red Sparkle Gel



Wilton Baking Cups



Wilton Cupcake Toppers



Wilton Icing Decorations



Wilton Cookie Cutters



Wilton Valentine Mix Sprinkles



Wilton Heart-Shape Baking Pan

m&m's Messages

LET **m** SAY IT FOR YOU



30+
WAYS TO
MAKE THEIR DAY

Fustara
— VITA™ —
PRODUCT OF ITALY



BRING THE FLAVORS OF ITALY HOME.

When you can't make it to Italy for dinner, we bring Italy to you. We've curated foods and flavors made fresh by Italian families who truly enjoy life and love what they do. You'll be able to taste their passion for food in every bite.



EXCLUSIVELY AT

HyVee

Date Night

DINNER FOR TWO

WINE AND DINE YOUR VALENTINE WITH A DATE NIGHT IN—NO RESERVATIONS REQUIRED! SPEND AN HOUR OR SO IN THE KITCHEN CREATING A FIVE-STAR MEAL—EVEN LESS TIME WHEN IT'S A HY-VEE VALENTINE'S DINNER PACK.

30
minutes
or less

New York Strip Steak with Mushroom Pan Sauce

Hands On 10 minutes
Total Time 30 minutes
Serves 2

2 Tbsp. plus 1½ tsp. Hy-Vee unsalted butter, divided
2 Tbsp. plus ½ tsp. Gustare Vita olive oil, divided
4 oz. assorted mushrooms, such as cremini, oyster or shiitake, sliced
2 (8-oz.) Hy-Vee Choice Reserve beef New York strip steaks, ¾ to 1 in. thick
Hy-Vee salt and black pepper
1 (1-lb.) tray garlic-parsley or savory herb microwave potatoes
1 (0.5-lb.) pkg. Hy-Vee Short Cuts steam-bag green beans
2 Tbsp. plus ¾ cup water, divided
1½ tsp. Hy-Vee cornstarch
½ (1-oz.) envelope Hy-Vee au jus sauce mix (1½ Tbsp.)
Fresh thyme sprigs, for garnish

1. PREHEAT oven to 350°F. Heat 1 Tbsp. butter and 1 Tbsp. oil in a medium cast-iron skillet over medium heat. Add mushrooms and cook for 6 to 8 minutes or until tender. Transfer mushrooms to a bowl; set aside.

2. PAT steaks dry. Rub both sides of steak with ½ tsp. oil. Season steaks with salt and pepper. Heat remaining 1 Tbsp. oil in skillet until shimmering. Sear steaks in hot oil for 1 minute on each side. Remove skillet from heat and add 1 Tbsp. butter. Transfer skillet with steaks to oven and roast, uncovered, for 2 to 4 minutes or until medium-rare (130°F). Transfer steaks to a cutting board; cover loosely with foil and let rest for 5 minutes. Discard fat from skillet and wipe skillet clean.

3. HEAT potatoes and green beans separately in microwave oven according to package directions; cover and keep warm.

4. COMBINE 2 Tbsp. water and cornstarch; add to skillet. Whisk in remaining ¾ cup water and au jus sauce mix. Bring to boiling; cook and whisk 1 minute. Add mushrooms and remaining 1½ tsp. butter. Cook and stir until heated through. Remove from heat.

5. TO SERVE, cut steaks across the grain into ½-in. slices. Arrange beans, steaks and potatoes on serving plates; top with mushroom sauce.

Per serving: 880 calories, 54 g fat, 21 g saturated fat, 0.5 g trans fat, 160 mg cholesterol, 1,530 mg sodium, 56 g carbohydrates, 1 g fiber, 6 g sugar (0 g added sugar), 51 g protein. Daily Values: Vitamin D 0%, Calcium 15%, Iron 45%, Potassium 10%



try
this

Season steak with kosher salt and smoked paprika to taste like it just came off the grill.



30
minutes
or less

Shrimp Scampi for Two

Hands On 10 minutes
Total Time 25 minutes
Serves 2

4 oz. dried angel hair pasta
1 Tbsp. Hy-Vee salted butter
1 Tbsp. Gustare Vita olive oil
4 large cloves garlic, minced
¼ tsp. Hy-Vee crushed red pepper, plus additional for garnish
¾ lb. frozen deveined raw shrimp, thawed and peeled (16 to 20 ct.)
1 small red bell pepper, seeded and cut into strips
¾ cup dry white wine
2 Tbsp. fresh lemon juice
1 cup loosely packed arugula
2 Tbsp. Gustare Vita capers, drained
Hy-Vee Mediterranean sea salt and ground Malabar black pepper, to taste
Lemon wedges, for serving

- 1. COOK** pasta according to package directions. Drain and keep warm.
- 2. MELT** butter in a medium nonstick skillet. Add olive oil, garlic and ¼ tsp. crushed red pepper; cook over medium heat for 30 seconds or until fragrant.
- 3. PAT** shrimp dry. Add shrimp and bell pepper strips to skillet; cook for 2 to 4 minutes or until shrimp are opaque. Transfer to a bowl; keep warm.
- 4. ADD** wine and lemon juice to skillet. Bring to boiling; reduce heat. Simmer 1 to 2 minutes or until reduced by half. Stir in shrimp mixture, arugula and capers. Cook 30 seconds to 1 minute or until arugula is wilted. Serve over pasta. Season to taste with salt and black pepper. Garnish with additional crushed red pepper, if desired. Serve with lemon wedges.

Per serving: 530 calories, 16 g fat, 5 g saturated fat, 0 g trans fat, 230 mg cholesterol, 1,220 mg sodium, 53 g carbohydrates, 3 g fiber, 5 g sugar (0 g added sugar), 32 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 10%

5 TIPS FOR A LOVELY DINNER DATE

1. CHOOSE THE MENU

Start with a Hy-Vee premade meal that you can easily pull off together, accenting with a few personal touches.

2. SET THE TABLE

Use your best dinnerware, a white tablecloth and linen napkins with a flower tucked in the holder.

3. DECORATE SIMPLY

Place a floral arrangement on the center of the table. Dim the lights and light a few candles to let romance naturally shine.

4. PLAY MUSIC

Create a playlist of classical or jazz pieces to waft through dinner. If you and your valentine have a theme song, include it.

5. PROPOSE A TOAST

Fill tall delicate flutes with champagne to toast with your date. For a nonalcoholic option, serve sparkling grape juice.

PRE-MADE DINNERS FOR TWO

LET HY-VEE HELP

Reserve your pre-made Valentine's dinner for two by ordering—in person or by phone—from the Meat & Seafood Department.

PRIME RIB DINNER

Follow instructions with the meal kit to reheat cooked meat, potatoes and mushrooms. Make Red Wine Sauce, *page 24*, to complement the big, beefy cut of prime rib. Add your favorite bottled dressing for the salad and fresh herbs to the plate for garnish.



**MEAL
PACKAGE
FOR 2**

KISS THE COOK

- 2 (12-oz.) fully-cooked prime rib
- 2 (5-oz.) twice-baked potatoes
- 4 gourmet stuffed mushrooms
- 1 (10-oz.) Hy-Vee Bakery Fresh baguette
- 1 Di Lusso® classic chef salad
- 4 mini gourmet cupcakes

\$35

PAN-SEAR THE PERFECT STEAK

Follow these steps for a tender, juicy steak that's caramelized on the outside and nicely pink in the center. Sear the steak first, then pop the skillet into the oven to finish cooking.



1. PAT STEAKS DRY
Use paper towels to pat moisture from both sides of the steaks, to form a beautiful crust when cooked.



2. SEASON
Top steaks with oil and seasonings. Gently and evenly distribute seasonings on all sides.



3. PREHEAT SKILLET & OVEN
Preheat oven to 350°F. Add 1 Tbsp. Gustare Vita olive oil to cast-iron skillet and heat on stove top until shimmering.



4. SEAR, THEN OVEN-ROAST
Add steaks to skillet and sear for 1 minute on each side. Quickly transfer skillet to the oven.



5. TEST FOR DONENESS
Insert an instant-read thermometer into the side of each steak. 130°F for medium-rare or 140°F for medium doneness.



6. REST
Transfer steaks to a cutting board and cover. Let rest for 5 minutes, while internal heat continues to cook the meat.

3 EASY SAUCES TO ELEVATE ANY MEAL

Make steaks applause-worthy with one of these quick and easy flavor enhancers.



Parmesan Gremolata

Peppercorn-Brandy Cream Sauce

Red Wine Sauce

PARMESAN GREMOLATA

Combine 2 Tbsp. finely chopped fresh Italian parsley, 2 Tbsp. finely chopped fresh basil, 2 Tbsp. freshly grated Parmesan cheese, 1 clove minced garlic and ½ tsp. lemon zest in a small bowl. Stir in 2 Tbsp. Gustare Vita extra-virgin olive oil. Makes about ½ cup.

PEPPERCORN-BRANDY CREAM SAUCE

Cook steaks as directed, *left*. Discard fat from skillet; wipe skillet with paper towels. Add ½ cup brandy to skillet. Bring to a simmer, scraping bottom of skillet. Simmer until reduced to about 1 Tbsp. Add ¾ cup Hy-Vee beef broth; simmer for 2 to 3 minutes or until reduced by half. Add ½ cup Hy-Vee heavy whipping cream; simmer for 2 to 3 minutes or until reduced to about ½ cup. Stir in 1½ tsp. coarsely ground black peppercorns. Makes about ½ cup.

RED WINE SAUCE

Whisk together ¼ cup Cabernet Sauvignon wine and ¾ tsp. Hy-Vee corn starch until well combined in a small saucepan. Stir in ½ cup Hy-Vee 50%-less-sodium beef broth, 3 sprigs fresh thyme, 1 (2-in.) sprig fresh rosemary and 1 fresh bay leaf. Bring to boil; reduce heat. Simmer and whisk for 1 minute. Remove from heat. Stir in ½ Tbsp. Hy-Vee salted butter and ¼ tsp. Hy-Vee Dijon mustard. Discard herbs and bay leaf. Makes ½ cup.

SIRLOIN STEAK DINNER

Heat the oven and follow package instructions for the potatoes and asparagus. Follow pan-sear technique, *opposite*, for the steaks. Time the meal so steaks, potatoes and asparagus are ready at the same time. Prepare Peppercorn-Brandy Cream Sauce, *opposite*, to serve on the steaks. Add a favorite salad dressing and fresh herbs for garnish.

MEAL PACKAGE FOR 2

SWEETHEART DINNER

- 2 (8-oz.) Prime Reserve® bacon-wrapped sirloin fillets
- 2 (5-oz.) twice-baked potatoes
- 2 (4-oz.) bacon-wrapped asparagus bundle
- 1 (10-oz.) Hy-Vee Bakery Fresh baguette
- 1 Di Lusso® classic chef salad
- Four mini gourmet cupcakes

\$25

BROIL LOBSTER TAILS

Check that lobster tails are completely thawed to ensure they cook evenly.



CUT THE SHELL

With a pair of sharp kitchen shears, carefully cut along back center of each shell all the way to the fin.



OPEN THE SHELL

Using your thumbs, pry open each shell and carefully pull out the meat, keeping it attached to the tail. Close the shell and rest the meat on top.



BROIL

Preheat broiler. Place lobster tails, meat side up, on the unheated rack of a broiler pan. Broil lobster 10 in. from heat for 10 to 12 minutes or until meat is opaque.



SURF & TURF DINNER

Heat the oven and follow instructions for the potatoes and asparagus. Follow the pan-searing technique, *page 24*, for the steaks. When the steaks, potatoes and asparagus are removed from the oven, cover and keep warm. Broil the lobster tails as shown, *at left*. Make flavor-boosting Parmesan Gremolata, *page 24*, and Citrus-Chive Butter Sauce, *below*, to serve on the steaks and lobster. Add a favorite salad dressing.



CITRUS-CHIVE BUTTER SAUCE

Melt $\frac{1}{2}$ cup Hy-Vee salted butter in a small saucepan. Cook over medium heat 3 minutes. Skim and discard milk solids from surface.

Stir in 1 Tbsp. finely chopped fresh chives, $\frac{3}{4}$ tsp. lemon zest and $\frac{1}{4}$ tsp. lime zest. Let stand 5 minutes before serving. Makes $\frac{1}{2}$ cup.



MEAL PACKAGE FOR 2

COUPLE'S CUISINE

- 2 (5-oz.) Hy-Vee Choice Reserve® tenderloins
- 2 (4-oz.) lobster tails
- 2 (5-oz.) twice-baked potatoes
- 2 (4-oz.) bacon-wrapped asparagus bundles
- 1 (10-oz.) Hy-Vee Bakery Fresh baguette
- 1 Di Lusso® classic chef salad
- Four mini gourmet cupcakes

\$60



▶ **EASY + FAST**

FAJITAS YOUR WAY

Save time and add sizzle to weeknight dinners with this Tex-Mex classic. Deliciously filled tortillas burst with flavor—from marinated or spiced-rubbed meats to colorful fresh veggies and more!



DID YOU KNOW?
▶ True fajitas originated in the late 1930s when Mexican cowboys living in West Texas made good use of a tough cut of beef known as skirt steak. The cowboys grilled the steak over a campfire, cut it into strips and served it in warm flour tortillas.

ASK A HY-VEE MEAT EXPERT TO HELP WITH PRECISION CUTS.



1
marinated steak fajitas
● For marinade, combine 1 (6-oz.) can pineapple juice, ½ cup Hy-Vee canola oil, ¼ cup lime juice, ¼ cup Hy-Vee less-sodium soy sauce, 3 minced garlic cloves, 1 seeded and finely chopped jalapeño pepper and 2 Tbsp. Hy-Vee ground cumin. Reserve ¼ cup marinade; stir in 1 Tbsp. finely chopped fresh cilantro and refrigerate. Add remaining marinade to 1½ lb. skirt or flank steak strips; marinate in refrigerator 2 to 4 hours. Drain beef; discard marinade. Cook in 2 Tbsp. Hy-Vee canola oil 3 to 5 minutes or until desired doneness. Warm reserved cilantro marinade; pour over steak strips. Serve as directed, below. Serves 6.

FAJITA BASICS

SLICING STEAK
Place steak in the freezer for 10 minutes to firm it for easier slicing. To ensure tenderness, slice skirt or flank steak against the grain at a 45-degree angle into thin, wide slices.

MARINATING TIPS
Follow the time recommended in recipes for the best flavor and texture. If marinating longer than 30 minutes, cover and refrigerate meat. Always discard marinade used with meat.

COOKING VEGGIES
Take advantage of Hy-Vee Short Cuts fajita vegetables—bell pepper and onion strips. Cook in hot oil over medium-high heat for 3 to 5 minutes or until slightly softened, stirring frequently. Season with fresh green chiles, garlic and cumin, if desired.

SERVING
Wrap steak, chicken or shrimp in warmed Hy-Vee soft fajita-size flour tortillas with veggies and fixings, such as cabbage, tomatoes, Hy-Vee guacamole, pico de gallo or crumbled queso fresco. Squeeze a lime wedge over top and add fresh cilantro to brighten the flavor.

2

margarita chicken fajitas

● Combine 3 Tbsp. tequila, 3 Tbsp. Hy-Vee canola oil, 2 Tbsp. lime juice, 2 minced garlic cloves, 1 Tbsp. Hy-Vee honey, 2 tsp. Hy-Vee chili powder, 1 tsp. Hy-Vee ground cumin and ½ tsp. Hy-Vee salt. Pour over 1 lb. boneless, skinless chicken breasts; marinate 2 to 4 hours in refrigerator. Remove chicken; discard marinade. Cook chicken in 1 Tbsp. Hy-Vee canola oil in large skillet 7 to 10 minutes or until done (165°F), turning once. Let stand 5 minutes. Cut into bite-size strips. Serve as directed in Fajita Basics, page 29. Serves 4.

try
this

To enhance flavor, reserve a few tablespoons of unused marinade (before it touches the meat) to drizzle over the cooked chicken strips just before serving.

DID YOU KNOW?

▶ A fajita is any grilled or pan-fried meat served on a flour or corn tortilla. Popular **fajita meats** include chicken, shrimp or cuts of beef such as flank or strip steak. **Lime juice** works well in marinades, adds flavor and tenderizes the meat.

WARMING TORTILLAS

▶ When heated, soft, pliable flour tortillas wrap easily around fillings.

MICROWAVE: Stack five or fewer tortillas on a plate. Cover with a damp paper towel. Microwave on HIGH at 30-second increments until warmed through.

OVEN: Preheat oven to 350°F. Stack and wrap tortillas in heavy-duty foil. Heat in oven about 10 minutes or until warmed through.

STOVE TOP: Heat tortillas, one at a time, in a skillet over medium heat for 30 seconds, turning once. If using a gas stove, try charring tortillas directly over a flame a few seconds, using tongs.

try
this

Apply the same chili rub to firm white fish, such as cod or catfish, for tasty fish fajitas.

3

shrimp fajitas with chili rub

● Combine 1 Tbsp. Hy-Vee chili powder, 1½ tsp. That's Smart! onion powder, 1½ tsp. Hy-Vee ground cumin, 1½ tsp. Hy-Vee dried oregano, ½ tsp. smoked paprika and ¼ tsp. Hy-Vee salt. Rub seasoning onto 1 lb. (26- to 30-ct.) peeled and deveined raw shrimp. Cook shrimp in 1 Tbsp. Hy-Vee canola oil in a large skillet over medium-high heat for 3 to 4 minutes or until opaque. Serve as directed in Fajita Basics, page 29. Serves 4.

From our family tree to yours.

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

the
Wonderful
company™

POM 12 oz. Tea



POM 16 oz. Juice



Wonderful Pistachios 16 oz.



Wonderful Pistachios No Shells 5.5 oz.



Wonderful Pistachios No Shells 6 oz.



Wonderful Halos 5 lbs.



Wonderful Halos 3 lbs.



© 2019 The Wonderful Company LLC. All Rights Reserved. WONDERFUL, HALOS, PURE GOODNESS, POM, POM WONDERFUL, ANTIOXIDANT SUPERPOWER, SUPER TEA, the package design and the accompanying logos and all other trademarks are owned by The Wonderful Company or its affiliates. MB191111-05

101

CANTAGOLD CANTALOUPE

An excellent source of beta-carotene, folate, potassium, vitamin C and fiber, CantaGold cantaloupes offer delicious nutrition.

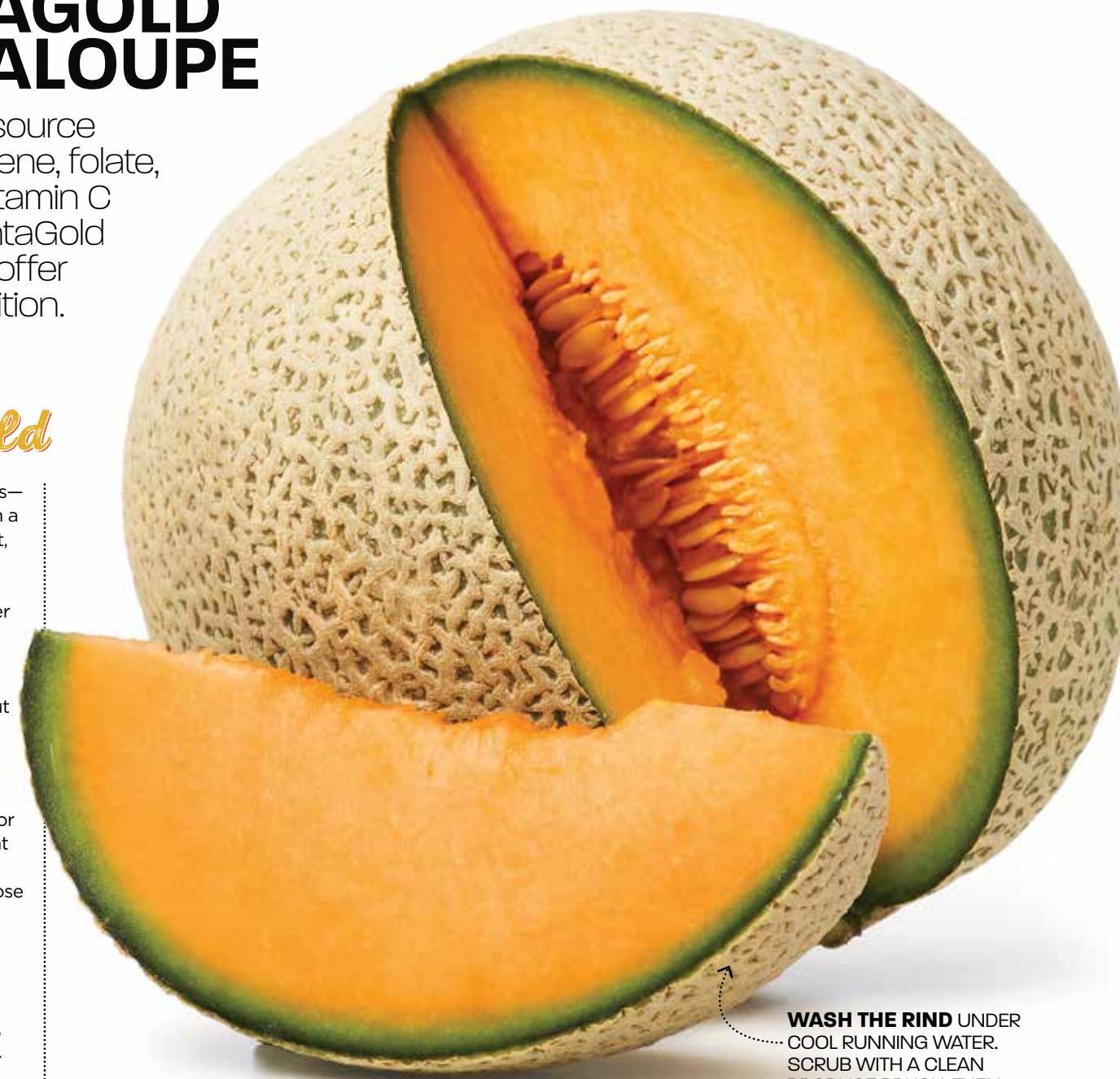
CANTAGold

These cantaloupes—super sweet with a thin rind and soft, juicy flesh—are harvested at a riper on-the-vine stage than other imported cantaloupes. This results in a fresh taste much like that of a summer cantaloupe—but available during winter.

BUY symmetrical CantaGold cantaloupes that feel slightly heavy for their size. Look for a light beige rind with smooth, subtle netting. Avoid those with blemishes, cuts or sunken spots.

STORE unripe cantaloupes at room temperature. When ripe, refrigerate up to a week. Sliced cantaloupe can be refrigerated in a sealed container for 3 days. Or place slices on a sheet pan, freeze, then transfer slices to a freezer-safe bag.

PREP by rinsing rind, then slicing cantaloupe in half. Scoop out seeds and remove rind. Serve immediately or refrigerate.



WASH THE RIND UNDER COOL RUNNING WATER. SCRUB WITH A CLEAN PRODUCE BRUSH, THEN DRY THOROUGHLY BEFORE CUTTING OR REFRIGERATING.

WAYS TO USE

breakfast

CantaGold cantaloupe is so sweet it qualifies as dessert. But why wait? Instead, create a breakfast bowl! Cut the cantaloupe in half and remove seeds, then fill with yogurt, granola, berries and honey.

lunch or dinner

CantaGold chunks pair well with feta cheese, almonds, hazelnuts, mint, citrus and cured pork. Combine to serve on a bed of leafy greens. See another salad idea, [page 34](#).

drinks

For a fruit-infused sip, add thin slices of ripe cantaloupe to a glass of iced water. Or puree chunks with lemon or lime juice, then add chilled gin.

Sources: nutritiondata.self.com/facts/fruits-and-fruit-juices/1954/2

Pickled Cantaloupe Salad

Peel, seed and slice 1 CantaGold cantaloupe. Place in a large resealable plastic bag; add 1 cup sliced seedless cucumber and ½ cup sliced red onion. Combine 1 cup water, ½ cup Gustare Vita white wine vinegar, 4 tsp. kosher salt and 1 Tbsp. Hy-Vee granulated sugar until salt and sugar are dissolved. Pour over cantaloupe mixture. Add 3 mint sprigs. Seal bag and refrigerate 2 hours. Drain off liquid—reserving ¼ cup brine—and discard mint. Transfer cantaloupe mixture to serving plate. Sprinkle with ¾ cup Soirée traditional feta crumbled cheese. Whisk together reserved brine, 2 Tbsp. Gustare Vita olive oil, 2 tsp. finely chopped fresh mint and 1 tsp. Hy-Vee Dijon mustard. Drizzle over salad. Garnish with additional mint leaves, if desired. Serves 8.



pro tip: MAKE A FRUIT POP

Turn overripe cantaloupe into frozen pops. Cut into chunks and add to a blender with sugar and just enough water to make a purée, then freeze in fruit pop molds. You can use agave nectar instead of sugar to make it a little healthier and substitute milk or almond milk for water to make it like a frozen cream pop.”

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



Use a melon baller for bite-size morsels that are a pretty addition to salads.

TRY!

PHILADELPHIA DIPS



Philadelphia Cream Cheese Dip select varieties 10 oz. 2.99

FIND IN THE DAIRY AISLE

©2020 Kraft Foods



COCKTAILS FOR TWO: Champagne

WARM UP WITH A TOAST TO ONE OF THE COLDEST—
YET FORTUNATELY SHORTEST—MONTHS OF THE YEAR.

double-berry bellinis

Blend $\frac{1}{3}$ cup each raspberries and blackberries until smooth; strain and discard seeds. Dip tops of two chilled 6-oz. champagne flutes into water, then dip into coarse sugar. Pour 2 Tbsp. berry puree into each flute. Add Prosecco and gently stir. Garnish with extra berries, if desired. Serves 2.



INTRO TO CHAMPAGNE

Champagne and other sparkling wines vary from dry to sweet. Brut, a popular selection, is among the driest. Better champagnes have smaller bubbles, resulting in smoother consistency. Always serve champagne chilled (47°F to 50°F is optimum). Place the bottle in an ice bucket or remove it from the refrigerator 15 minutes before serving. Unused champagne should last several hours if kept chilled and the stopper is replaced immediately after pouring.

GLASSWARE @ HY-VEE

To keep bubbles fizzing without overflowing, pour champagne slowly, initially adding just 1 in. of champagne into each glass. Wait for bubbles to subside, then continue filling. Find these glasses and more at Hy-Vee.



Libby Champagne Glasses

**pom
royale**

Pour 3 oz. pomegranate liqueur into each of two 6-oz. glasses. Top each with Veuve Clicquot Yellow Label Brut champagne. Garnish with pomegranate seeds, if desired. Serves 2.

**champagne
margarita**

Blend 8 strawberries, hulled and sliced, until pureed. Rub a lime wedge across the rims of two margarita glasses, then dip rims into coarse salt. Add pureed strawberries, 1 oz. tequila, 1 oz. lime juice and 1 oz. triple sec to an ice-filled shaker. Cover and shake well. Strain into glasses. Top with 1½ oz. Chandon Brut or Korbel Sweet Cuvée. Garnish with strawberries and mint. Serves 2.

**cherub's
cup mimosa**

Pour 2½ oz. freshly squeezed navel orange juice into each of two champagne flutes. Top each with 4 oz. Moët & Chandon Impérial Brut and a splash of grenadine. Garnish with rosemary sprigs, if desired. Serves 2.



**MOËT & CHANDON
IMPÉRIAL BRUT**

This iconic champagne, created in 1869, features traditional grape varieties from the hills of Champagne, France, for a unique taste that features bright fruitiness.

LA MARCA PROSECCO

Made with glera grapes in the heart of Italy's lush Prosecco region, this wine has a lively effervescence and delicate flavor with hints of lemon, green apple and grapefruit.

VEUVE CLICQUOT BRUT

A silky, perfectly balanced champagne, made by a French vintner founded in 1772, bears the famous Clicquot Yellow Label, a symbol of excellence recognized throughout the world.

CHANDON BRUT

This California sparkling wine is made primarily with Chardonnay and blended with Pinot Noir and Pinot Meunier. The crisp, fresh and cool wine features fruity notes of apple, pear and citrus and a soft, dry finish.

KORBEL SWEET CUVÉE

Made according to méthode champenoise, a time-honored process in which wine ferments in the bottle, Korbel Sweet Cuvée has a fruity flavor profile with bright citrus and tropical fruit character.

MARTINI & ROSSI ASTI

A sweet sparkling wine made by one of the largest producers of Asti, using handpicked Moscato Bianco grapes from the hills of Italy's Piedmont region.



+++ GET YOUR +++ SNACK BLITZ ON

GET GAME-DAY READY WITH FLAVOR-PACKED
SNACKS FROM YOUR LOCAL HY-VEE



©, TM, © 2019 Kellogg NA Co. ©, TM, © 2019 Pringles LLC



on core pack
items



on mega pack
items



on value pack
items



Buy Any Participating Fruit by the Foot, Fruit Gushers, Fruit Roll-Ups, Mott's and Betty Crocker™ Fruit Snacks, Nature Valley™ and Fiber One™ Products and Save On Fuel With Your Hy-Vee Fuel Saver + PERKS® Card!

Offer valid on select varieties for Fruit by the Foot, Fruit Gushers, Fruit Roll-Ups, Mott's, Betty Crocker™, Nature Valley™ and Fiber One™ items during the month of February 2020. Look for participating items in store.

See store for details. Restrictions apply. No cash back. Fuel savings are limited to 20 gallons of fuel per purchase, per vehicle. Save on Fuel with your Hy-Vee Fuel Saver + PERKS® Card. Earn \$0.04 off per gallon for each Core Size Fruit and Grain item purchased. Earn \$0.08 off per gallon for each Value Size Fruit and Grain item purchased. Earn \$0.12 off per gallon for each Mega/Family size Fruit and Grain item purchased. See full fuel program terms at www.hy-vee.com/perks. ©General Mills.

*For the Betty Crocker brand, the only participating products in the Sip by Swell offer are Betty Crocker character fruit snacks (all sizes and varieties).



Available at
Hy-Vee

PLUS, GET A FREE WATER BOTTLE

1
SPEND \$15
ON PARTICIPATING SNACKS

2
UPLOAD
YOUR RECEIPT AT WWW.SNACKS15.COM

3
RECEIVE A
FREE* Sip
by Swell®



WWW.SNACKS15.COM

*Limit 2 per household. Must purchase products in single transaction. Program ends 4/30/20. Visit www.snacks15.com for more details. ©General Mills.



CHOCOLATE CRUSH

Dessert first, please. Start with store-bought goodies to create rich, decadent treats. Chocolate has never tasted so good!

Chocolate-Flooded Cheesecake

Place 1½ oz. chopped 60% cacao dark chocolate in a medium bowl; set aside. Heat ¼ cup Hy-Vee heavy whipping cream in a small saucepan over medium-low heat until hot. Pour hot cream over chocolate then whisk until smooth and combined. Immediately pour mixture on The Cheesecake Factory Bakery 6-in. original cheesecake. Gently spread over top, allowing excess chocolate to drizzle down the side. Let set until chocolate is firm. Top with fresh berries. Serves 4.

IT'S SO EASY

POUR MELTED CHOCOLATE ONTO THE CENTER OF A CHEESECAKE FACTORY BAKERY ORIGINAL 6-IN. CHEESECAKE FOR A DRIPPING EFFECT.



Chocolate Cupcake Fix-Ups

Decorate Hy-Vee Bakery buttercream-frosted cupcakes with Zöet chocolate embellishments. To make shards or create large curls, melt a 60% cacao dark chocolate bar or white chocolate baking bar and spread on a baking sheet. Let stand until firm. Use a metal spatula to scrape chocolate into shards or curls. For chocolate lace, pipe melted chocolate in a lace pattern onto parchment paper and freeze until firm. Using an icing spatula, gently lift the piped lace from the parchment.



IT'S SO EASY

BUY HY-VEE BAKERY BUTTERCREAM-FROSTED CUPCAKES. THEN PICK UP COOKIES, CANDIES, NUTS AND OTHER YUMMY ADD-ONS.

Delicious Desserts
Watch these luxurious cupcakes, along with the chocolate-covered sugar cookies, *page 47*, and fudgy brownie pops, *page 48*, come together on screen.



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



Chocolate-Dipped Strawberries

Purchase Ghirardelli chocolate-dipped strawberries in the Hy-Vee produce section for an extra-special dessert. Serve them on a platter along with two flutes of champagne. Use them to top a cake or pair with a bouquet of flowers to really wow your date!



HY-VEE KNOWS CHOCOLATE

Try Zöet brand chocolate shipped all the way from Belgium. Flavors include:

- Milk Chocolate Toffee
- Extra Dark 85% Cacao
- Dark Chocolate with Orange & Almonds
- Dark Chocolate with Almonds & Sea Salt
- Extra Dark with Cocoa Nibs



IT'S SO EASY

PICK UP HY-VEE BAKERY FRESH BROWNIE COOKIES THEN STOP IN THE FREEZER AISLE FOR YOUR FAVORITE PINT OF ICE CREAM.



Double-Chocolate Ice Cream Sandwiches

Place 4 Hy-Vee Bakery Fresh brownie cookies with Ghirardelli chocolate chips, bottom sides up, on a work surface. Follow instructions below to cut ice cream slices and place them on cookie centers. Top with cookies, bottom sides down. Serve immediately or wrap tightly in plastic wrap and freeze for up to 1 week. Serves 4.

SIMPLE STEPS



CUT IT

Lay a pint of your favorite ice cream on its side and cut it into $\frac{3}{4}$ -in. slices.



PEEL IT

Working quickly, carefully cut and peel away the pint container from each of the slices.



STACK IT

Place each ice cream slice onto the bottom of a Hy-Vee cookie and top with a second cookie.

IT'S SO EASY

CREATE A SEMI-HOMEMADE DESSERT WITH HY-VEE BAKERY FRESH SUGAR COOKIES—READY IN JUST MINUTES.



Chocolate-Covered Sugar Cookies

Dip Hy-Vee Bakery sugar cookies into melted dark or white chocolate melting wafers; sprinkle with chopped toasted almonds and let set. When firm, drizzle white chocolate cookies with melted dark chocolate and dark chocolate cookies with melted white chocolate. Garnish with sea salt, if desired. Let stand until set.





Fudgy Brownie Pops

Insert wooden crafts sticks into 6 Hy-Vee Bakery Fresh fudge brownies; place on a parchment-lined baking sheet. Drizzle brownies with melted white or dark chocolate, then sprinkle with Hy-Vee mini semisweet chocolate baking chips or nonpareil sprinkles; let dry. Makes 6.

IT'S SO EASY

WITH HY-VEE BAKERY FRESH FUDGE BROWNIES, YOUR DESSERT WILL BE OOEY-GOOEY DELICIOUS EVERY TIME.



IT'S SO EASY

TO MAKE THIS NO-COOK RECIPE, BUY MELISSA'S READY-TO-USE CREPES FROM HY-VEE. PICK YOUR TOPPINGS AND ENJOY!



Chocolate-Berry Crepes

Lay five ready-to-use 9-in. crepes on a flat surface. Spread each crepe with 1 Tbsp. Hy-Vee hazelnut creamy spread with skim milk & cocoa and top with ¼ cup sliced fresh strawberries then 2 Tbsp. fresh raspberries. Roll up crepes and place on serving platter. Drizzle with Hy-Vee chocolate-flavored syrup and top with thawed Hy-Vee frozen whipped topping. Sprinkle with Hy-Vee baking cocoa and top with additional strawberries then raspberries. Garnish with toasted coconut, if desired. Makes 5 crepes.



BEST MELTING CHOCOLATES

Wafer: Small, disc-shape chocolates work for ganache and melted chocolate. Available in dark and white varieties.

Dark, milk or white chocolate bars: Semisweet and bittersweet bars with high cocoa butter content—60% to 70%—melt most smoothly.

14 WAYS TO USE RANCH POWDER (NOT IN A SALAD)

Flavor your next meal with the delicious versatility of ranch dressing and dip mixes from your local Hy-Vee. Sip, dip, sprinkle and discover exciting flavors!



1

Spicy Chicken Fingers

Preheat oven to 425°F. Set a wire rack on a large rimmed baking pan. Spray rack with Hy-Vee nonstick cooking spray; set aside. Combine 1 (1.12-oz.) pkg. Hy-Vee ranch dressing mix and 1 Tbsp. Hy-Vee all-purpose flour in a shallow bowl. Combine ½ cup buttermilk and ½ (1.12-oz.) pkg. Hy-Vee ranch dressing mix in another shallow bowl. Combine 1 cup Hy-Vee panko bread crumbs and ½ cup crushed spicy nacho tortilla chips in a third shallow bowl. Dip 1 lb. chicken breast tenders into ranch-flour mixture, then into buttermilk-ranch mixture, then panko-chip mixture, coating well. Place on prepared rack. Bake for 10 minutes or until golden and chicken is done (165°F). Serve chicken with Ranch Dipping Sauce, *right*. Garnish with fresh parsley, if desired. Serves 4.

2

RANCH DIPPING SAUCE

Combine ½ cup buttermilk + 2 Tbsp. Hy-Vee ranch dressing mix + Hy-Vee black pepper.
Makes ½ cup.



FAST
FIX-UPS

AMP UP FLAVOR

3

CHIMICHURRI- RANCH SPREAD

Puree 1 cup fresh Italian parsley leaves + ½ cup fresh cilantro leaves + 2 Tbsp. Gustare Vita extra-virgin olive oil.
Stir in 1 cup Hy-Vee mayonnaise + 2 Tbsp. Hy-Vee ranch dressing mix.
Makes 1 cup.

4

GARLIC MASHER MIX-UP

Warm 1 (20-oz.) pkg. refrigerated mashed potatoes.
Stir in 1 (1.12-oz.) pkg. Hy-Vee ranch dressing mix + 1 Tbsp. of chopped fresh Italian parsley.
Top with Hy-Vee unsalted butter and fresh parsley.
Serves 4.

5

KICKED-UP FRENCH FRIES

Season 1 (32-oz.) bag Hy-Vee frozen straight cut French fried potatoes with 2 Tbsp. Hy-Vee canola oil + 1 (1.12-oz.) pkg. Hy-Vee ranch dressing mix + 1 Tbsp. Hy-Vee paprika + ½ tsp. Hy-Vee ground cumin + 1 tsp. Hy-Vee chili powder + Hy-Vee salt and pepper before baking.
Serves 11.

6

Five-Minute Avocado Toast

Mash together 2 ripe avocados, peeled and seeded; 1 Tbsp. finely chopped fresh cilantro; 1 tsp. fresh lime juice; 1 Tbsp. Hy-Vee sour cream; and 1 Tbsp. Hy-Vee ranch dressing mix. Spread on 2 slices

Hy-Vee Bakery 10-grain bread, toasted. Top with additional avocado slices and quartered cherry tomatoes, if desired. Season to taste with Hy-Vee salt and black pepper. Makes 1 cup.

7

AT THE BAR

Ranch Bloody Mary

Combine 24 oz. spicy hot vegetable juice, 4 oz. Row vodka, 2 Tbsp. Hy-Vee ranch dressing mix, ½ oz. dill pickle juice and ½ tsp. salt in a pitcher. Chill at least 1 hour before serving. To serve, rub a lime wedge on the rims of three glasses; dip rims into additional Hy-Vee ranch dressing mix. Fill glasses with ice and Bloody Mary mixture. Garnish with dill pickle spears, crisp-cooked Hy-Vee bacon and additional lime wedge, if desired. Serves 3 (10 oz. each).

8

Ranch-Salad Pizza

Whisk together ½ cup Hy-Vee 2% reduced-fat milk, ½ cup Hy-Vee mayonnaise and 2 Tbsp. Hy-Vee ranch dressing mix in a small bowl. Cover and refrigerate for 30 minutes before serving. Bake a Hy-Vee family-size Take & Bake cheese pizza according to

package directions. Just before serving, top with 2½ cups Hy-Vee shredded lettuce; 6 slices chopped, crisp-cooked Hy-Vee bacon; 1 cup halved grape tomatoes; and a drizzle of prepared ranch dressing. Serve with additional ranch dressing. Serves 8.



9

Southwest Chicken Ranch Tortillas

Preheat oven to 350°F. Beat together 1 (8-oz.) pkg. softened Hy-Vee cream cheese and 1 (1.12-oz.) pkg. Hy-Vee ranch dressing mix in a medium mixing bowl with an electric mixer until combined. Gently stir in 1 lb. Hy-Vee shredded rotisserie chicken and ½ (15-oz.) can Hy-Vee diced tomatoes & green chilies; spread in a greased 10-in. cast-iron skillet. Bake, covered, for 20 minutes or until heated through (165°F). Top with

½ cup Hy-Vee shredded sharp Cheddar cheese; ¾ cup Hy-Vee frozen corn, thawed; ½ (15-oz.) can Hy-Vee no-salt-added black beans, drained and rinsed; and 1 jalapeño pepper, seeded and finely chopped. Bake, uncovered, for 5 minutes or until cheese is melted. Top with 8 slices Hy-Vee bacon, crisp-cooked and drained, and 4 cherry tomatoes, quartered. Serve in 8 (8-in.) Hy-Vee fajita-size flour tortillas with lime wedges. Serves 8.



FAST
FIX-UPS

TASTY MIXES

10

CHILI WARM-UP

Warm 1 (32-oz.) container refrigerated Hy-Vee Brickhouse chili. **Stir** in 4 tsp. Hy-Vee ranch dressing mix. **Serve** with desired toppers. **Serves** 4.



11

SAVORY DINNER ROLLS

Combine 2 Tbsp. melted Hy-Vee salted butter + 2 Tbsp. Hy-Vee ranch dressing mix + 1 tsp. chopped fresh thyme + 1 tsp. chopped fresh rosemary. **Brush** mixture on 1 pkg. (12 ct.) Hy-Vee refrigerated dinner rolls; bake as directed. **Serves** 12.



12

CUCUMBER DILL CROSTINI

Combine 1 (8-oz.) pkg. softened Hy-Vee cream cheese + ½ cup Hy-Vee mayonnaise + 1 (1.12-oz.) pkg. Hy-Vee ranch dressing mix. **Spread** on 20 toasted Hy-Vee Bakery French baguette slices. **Top** with slices of cucumber, radish, grape tomatoes and mini bell peppers. **Serves** 20.

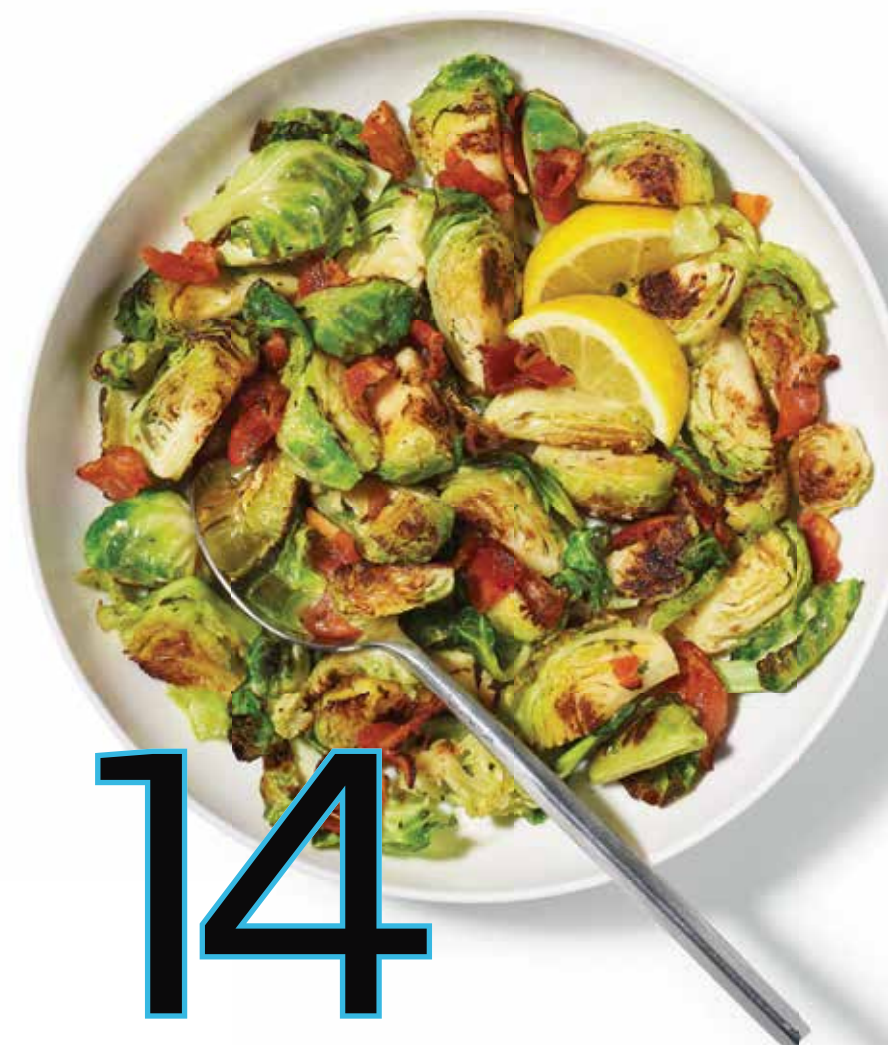


13

AT THE MOVIES

Easy Gourmet Popcorn

Combine 3 Tbsp. Hy-Vee grated Parmesan cheese, 2 Tbsp. Hy-Vee ranch dressing mix and 1 tsp. Hy-Vee dried Italian seasoning. Sprinkle Parmesan mixture on 8 cups popped popcorn and toss to combine. Serves 6.



14

Oven-Roasted Brussels Sprouts

Preheat oven to 425°F. Cook 6 slices Hy-Vee bacon in a skillet until crisp. Drain on paper towels, then crumble. Pour 3 Tbsp. bacon drippings into a bowl. Stir in 1 (1.12oz.) pkg. Hy-Vee ranch dressing mix until dissolved. Cut 1 (1-lb.) container Hy-Vee Short

Cuts Brussels sprouts into halves or quarters; toss with bacon fat-ranch mixture. Spread evenly on a rimmed baking pan. Roast 15 to 20 minutes or until crisp-tender. Transfer to a bowl. Stir in crumbled bacon; serve with lemon wedges, if desired. Serves 5.



NOTHING BEATS A JENNIE-O® TACO



JENNIE-O TURKEY TACOS

INGREDIENTS

- 1 (16-ounce) package JENNIE-O® Lean Taco Seasoned Ground Turkey
- 1 (15-ounce) can no-added-salt petite diced tomatoes, drained
- 1 (15-ounce) can fat-free vegetarian refried beans
- 8 taco shells
- 2 cups shredded lettuce
- 2 medium tomatoes, diced
- ¼ cup minced cilantro
- ½ cup nonfat plain yogurt

DIRECTIONS

Cook turkey as specified on the package. Always cook to well-done, 165°F as measured by a meat thermometer. Add canned tomatoes and beans. Add meat mixture to taco shells. Top with lettuce, tomato, cilantro and yogurt.



VISIT [JENNIEO.COM](https://www.jennieo.com) FOR MORE RECIPE IDEAS!

© 2020 Jennie-O Turkey Store, LLC

Good on the grill...

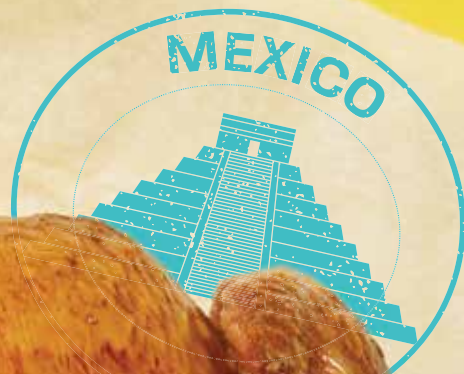


...and in the oven.

Chicken Grillers available exclusively at **HyVee**®

Rotisserie Chicken GOES GLOBAL

EASILY EXPERIENCE
FLAVORS OF THE WORLD
AT HOME WITH A FEW
INGREDIENTS AND
HY-VEE ROTISSERIE
CHICKEN.



Hy-Vee Whole
Rotisserie Chicken

Indian Chicken Curry Naan

20
minutes
or less

Total Time 20 minutes
Serves 4

2 (8.8-oz.) pkg. naan
(4 flatbreads)
Hy-Vee nonstick cooking spray
1 cup thinly sliced mini bell
peppers
4 cups shredded Hy-Vee rotisserie
chicken
1 (13.5-oz.) jar Culinary Tours
butter chicken sauce
Toppers: golden raisins, chopped
Hy-Vee peanuts, chopped
cilantro and/or Hy-Vee plain
Greek yogurt

1. **HEAT** a grill pan over high heat. Spray both sides of naan with cooking spray. One at a time, place in hot pan and grill for 2 to 4 minutes, until slightly toasted with grill marks, turning once. Remove from grill pan; set aside.

2. **SPRAY** a medium nonstick skillet with cooking spray. Add bell peppers and cook for 1 to 3 minutes or until crisp-tender, stirring often. Remove from heat; set aside.

3. **ADD** chicken and butter sauce to skillet. Heat through, stirring often.

4. **SPREAD** chicken mixture on grilled naan. Sprinkle with bell peppers and desired toppers and drizzle with Greek yogurt.

Per serving: 720 calories, 36 g fat, 13 g saturated fat, 0 g trans fat, 120 mg cholesterol, 1,660 mg sodium, 68 g carbohydrates, 1 g fiber, 12 g sugar (5 g added sugar), 36 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 30%, Potassium 2%



INDIA

CURRY IS A GLOBAL FAVORITE

Curry is a versatile flavoring to kick up meat, fish or vegetables. Curry powder is a complex blend of cardamom, cumin, coriander and many other spices. Some curry pastes are made with ghee for a buttery smoothness.

try
this

For spicier sauce with stronger tomato flavor, substitute Culinary Tours tikka masala sauce for the butter chicken sauce.

Pozole Verde De Pollo

Total Time 20 minutes
Serves 4

1 (28-oz.) can Hy-Vee mild green enchilada sauce
2½ cups Hy-Vee 33%-less-sodium chicken broth
3 cups shredded Hy-Vee rotisserie chicken
1 (15.5-oz.) can Hy-Vee golden hominy, drained and rinsed
¾ cup chopped, seeded Roma tomatoes
¾ tsp. Hy-Vee ground cumin
Garnishes: sliced radishes, shredded cabbage, sliced avocado, fresh cilantro and/or Hy-Vee tortilla strips

1. COMBINE enchilada sauce and chicken broth in a large saucepan. Stir in chicken, hominy, tomatoes and cumin. Bring to a gentle simmer. Simmer, covered, for 2 minutes or until heated through. Serve soup topped with desired garnishes.

Per serving: 350 calories, 14 g fat, 3 g saturated fat, 0 g trans fat, 55 mg cholesterol, 2,140 mg sodium, 34 g carbohydrates, 11 g fiber, 2 g sugar (0 g added sugar), 24 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 40%, Potassium 4%

20
minutes
or less

MEXICO

POZOLE IS A GLOBAL FAVORITE

Mexico's traditional soup or stew of hominy, beans, pork and chiles is a popular base for new versions that swap in chicken or pork or include veggies such as cabbage, avocado and radishes.

Greek Chicken-Couscous Salad

Hands On 10 minutes
Total Time 30 minutes
Serves 4

½ (14-oz.) pkg. Hy-Vee Israeli couscous (1½ cups)
1 (12-oz.) bag kale salad greens blend
3 Tbsp. Girard's bottled Greek feta vinaigrette, plus additional for serving

2 small tomatoes, cut into wedges
1 cup thinly sliced seedless cucumber
1 cup Hy-Vee whole Greek Kalamata pitted olives
12 oz. sliced Hy-Vee boneless rotisserie chicken breast
Red onion slivers and/or crumbled feta cheese, for garnish
Coarse-ground Hy-Vee black pepper, for serving

1. BRING 2 cups water to boiling in a saucepan. Add couscous. Cook over medium-low heat for 8 to 10 minutes or until tender. Drain and cool slightly.
2. TOSS kale salad blend with 3 Tbsp. vinaigrette. Divide kale blend, tomatoes, cucumber and olives among four serving plates. Add couscous and chicken. Garnish with red onion and/or feta cheese,

if desired. Sprinkle with pepper and serve with additional vinaigrette. Serve warm or chilled.

Per serving: 480 calories, 20 g fat, 3 g saturated fat, 0 g trans fat, 55 mg cholesterol, 870 mg sodium, 47 g carbohydrates, 4 g fiber, 3 g sugar (0 g added sugar), 28 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 30%, Potassium 6%

GREECE

COUSCOUS IS A GLOBAL FAVORITE

Couscous is an easy side dish and a versatile main-dish ingredient. This North African staple—small balls of semolina flour—is a light, tasty alternative to rice or noodles.



DINNER. SAVED.

For super recipes that'll make you look like a dinner hero,
visit hy-vee.com/roisseriechicken.



Less Prep Time, More Family Time

Discover our full line of frozen and
refrigerated breaded chicken products



Perdue
Chicken Items
15% off

- NO ANTIBIOTICS EVER
- Fully Cooked and Ready in Minutes
- Whole Grain, Gluten Free and Organic Options



Visit Perdue.com® for delicious recipes and time-saving tips



FULL-STEAM-AHEAD COMFORT FOOD

Warm up to soothing soups and hearty roasts that cook quickly in a multicooker or electric pressure cooker.



Sausage, Potato & Kale Soup

Hands On 25 minutes
Total Time 45 minutes
Serves 6

2 slices Hy-Vee center-cut bacon, chopped
1 (1-lb.) pkg. ground Italian sausage
1 (0.5-lb.) container Hy-Vee Short Cuts chopped white onions
½ cup Hy-Vee Short Cuts chopped red bell peppers
3 cloves garlic, minced
1 tsp. Hy-Vee Italian seasoning
4 cups Hy-Vee 33%-less-sodium chicken broth
2 large russet potatoes, cut into ¾-in. cubes
2 cups kale leaves, stems removed
1 cup Hy-Vee heavy whipping cream
Hy-Vee black pepper, to taste

try this

Brown the sausage on sauté setting to enhance flavor. Add cream at the very end to prevent it from curdling.

1. COOK bacon on sauté setting of a 6-qt. electric pressure cooker for 5 minutes or until crisp. Drain on paper towels. Crumble and set aside.

2. ADD sausage to pressure cooker. Cook and stir on sauté setting for 5 minutes or until browned; drain. Add onions, bell peppers, garlic and Italian seasoning; cook and stir 3 minutes or until softened.

3. STIR in chicken broth and potatoes. Cover and cook on high pressure for 5 minutes. Once soup has finished cooking, release the valve and allow steam to escape. Carefully remove lid.

4. SET the pressure cooker on sauté setting. Stir in kale. Cook for 2 minutes. Add cream and heat through. Serve soup topped with bacon. Season to taste with pepper.

Per serving: 460 calories, 31 g fat, 15 g saturated fat, 0 g trans fat, 100 mg cholesterol, 490 mg sodium, 26 g carbohydrates, 1 g fiber, 5 g sugar (0 g added sugar), 18 g protein. Daily Values: Vitamin D 6%, Calcium 6%, Iron 10%, Potassium 20%

Cuban Pork and Rice

Hands On 30 minutes
Total Time 1 hour 53 minutes
Serves 6

- 2 tsp. dried cilantro leaves
- 2 tsp. whole cumin seed
- 2 tsp. dried oregano leaves
- 2 tsp. Hy-Vee ground thyme
- 2 tsp. Hy-Vee garlic powder
- ½ tsp. kosher salt
- ½ tsp. Hy-Vee black pepper
- 1 (4-lb.) boneless pork shoulder roast
- 1 Tbsp. Gustare Vita olive oil
- 2 cups Hy-Vee 33%-less-sodium chicken broth
- 2 cups Hy-Vee long-grain white rice, uncooked
- 1 (15-oz.) can Hy-Vee red kidney beans, rinsed and drained
- 1 cup chopped red and/or green bell pepper
- 1 avocado, peeled, seeded and cut into slices
- Fresh cilantro leaves, for garnish

- 1. COMBINE** dried cilantro, cumin, oregano, thyme, garlic powder, salt and black pepper in a bowl; set aside spice mix.
- 2. PAT** pork dry; cut in half crosswise. Season with spice mix. Heat oil on sauté setting of a 6-qt. pressure cooker. Brown pork in hot oil on all sides.
- 3. ADD** broth to pressure cooker. Cover and cook on high pressure for 55 minutes. Once pork has finished cooking, release the valve and allow steam to escape. Carefully remove lid. Remove pork from pressure cooker and wrap in heavy foil to keep warm.
- 4. SKIM** fat off cooking juices. Drain cooking juices from pressure cooker; return 2 cups to the cooker. Stir in rice. Cover and cook on high pressure for 8 minutes. Once rice has finished cooking, release the valve and allow steam to escape. Carefully remove lid. Stir in beans and bell pepper. Cut pork into chunks; serve over rice mixture. Top with avocado slices. Garnish with cilantro leaves, if desired.

Per serving: 660 calories, 18 g fat, 4.5 g saturated fat, 0 g trans fat, 105 mg cholesterol, 470 mg sodium, 75 g carbohydrates, 4 g fiber, 3 g sugar (0 g added sugar), 45 g protein. Daily Values: Vitamin D 6%, Calcium 6%, Iron 35%, Potassium 20%



Chicken & Dumplings Stew

Hands On 1 hour
Total Time 1 hour 15 minutes
Serves 6

- 1 (1-lb.) pkg. boneless skinless chicken thighs
- ½ tsp. kosher salt
- ¾ tsp. Hy-Vee black pepper, divided
- 4 Tbsp. Hy-Vee salted butter, divided
- 4 medium carrots, peeled and bias-sliced
- 2 stalks celery, bias-sliced

- ½ cup Hy-Vee Short Cuts chopped white onions
- 4 cloves garlic, minced
- 5 cups Hy-Vee 33%-less-sodium chicken broth, divided
- ¼ cup Hy-Vee all-purpose flour
- ½ tsp. poultry seasoning
- ½ cup frozen peas
- 1½ cups Hy-Vee baking mix
- 4 tsp. finely chopped fresh Italian parsley and/or sage, plus additional for garnish
- ½ cup Hy-Vee 2% reduced-fat milk

- 1. PAT** chicken dry; season with salt and ½ tsp. pepper. Heat 2 Tbsp. butter on sauté setting of an 8-qt. pressure cooker. Brown chicken in batches in pressure cooker, about 5 minutes per side, then transfer to a plate.
- 2. HEAT** remaining 2 Tbsp. butter in pressure cooker; stir in carrots, celery, onions and garlic. Cook for 2 minutes or until softened. Add browned chicken and 4 cups broth. Cover and cook on high pressure for 12 minutes. Once chicken has finished cooking,

- release the valve and allow steam to escape. Carefully remove lid. Transfer chicken to a cutting board; cool slightly.
- 3. SHRED** chicken; add to pressure cooker. Turn on sauté setting. Whisk together remaining 1 cup chicken broth, flour and poultry seasoning. Add to pressure cooker. Stir in peas.
- 4. FOR DUMPLINGS**, combine baking mix, parsley and/or sage and remaining ¼ tsp. pepper. Stir in milk just until combined. When

- mixture in pot reaches a simmer, drop 12 small dumplings by spoonfuls into pressure cooker. Cover with a glass lid that has a venting hole and cook on sauté setting 5 to 7 minutes or until dumplings are tender. Garnish each serving with additional parsley, if desired.
- Per serving: 370 calories, 16 g fat, 8 g saturated fat, 0 g trans fat, 85 mg cholesterol, 1,200 mg sodium, 37 g carbohydrates, 3 g fiber, 5 g sugar (0 g added sugar), 21 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 15%, Potassium 6%

Pressure Cooker Pot Roast

Hands On 35 minutes
Total Time 1 hour 43 minutes
Serves 8
1 (2½- to 3-lb.) boneless beef chuck roast, 2½ in. thick
1 tsp. kosher salt

½ tsp. Hy-Vee black pepper
1 Tbsp. Gustare Vita olive oil
1 (0.5-lb.) container Hy-Vee Short Cuts chopped white onions
3 cups Hy-Vee no-salt-added beef broth
1 Tbsp. Hy-Vee tomato paste
1 Tbsp. Hy-Vee Worcestershire sauce
1 tsp. Hy-Vee dried thyme leaves
1 Hy-Vee bay leaf
10 small new potatoes
6 large carrots, peeled and cut into 2-in. pieces
½ cup Hy-Vee all-purpose flour

½ cup cold water
Fresh thyme, for garnish
1. CUT meat into 3 pieces. Season with salt and pepper. Heat oil in an 8-qt. electric pressure cooker on sauté setting. Brown beef on all sides; transfer to a plate.
2. ADD onions to pressure cooker. Cook and stir 2 to 3 minutes or until softened. Stir in broth, tomato paste, Worcestershire sauce and dried thyme; add bay leaf. Return meat to pressure cooker. Cover and cook on high

pressure for 55 minutes. Once roast has finished cooking, release the valve and allow steam to escape. Carefully remove lid.
3. TRANSFER roast to a cutting board; keep warm. Add potatoes and carrots to cooking juices. Cover and cook on high pressure for 5 minutes. Once vegetables have finished cooking, release the valve and allow steam to escape. Carefully remove lid. Remove vegetables from pressure cooker; reserve juices. Discard bay leaf.

4. TURN pressure cooker to sauté setting. Combine flour and water; add to cooking juices. Cook and stir until gravy is thickened and bubbly. Cut roast into slices; serve with vegetables and gravy. Garnish with fresh thyme, if desired.

Per serving: 530 calories, 13 g fat, 4.5 g saturated fat, 0 g trans fat, 145 mg cholesterol, 450 mg sodium, 47 g carbohydrates, 6 g fiber, 7 g sugar (0 g added sugar), 55 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 40%, Potassium 35%



find it at
Hy-Vee



What a Multi-Cooker Can Do

THIS INSTANT POT PRESSURE COOKER FROM HY-VEE IS A GOOD FRIEND TO HAVE IN THE KITCHEN. IT CUTS COOKING TIME, TURNS TOUGH CUTS OF MEAT INTO FORK-TENDER BITES, COOKS BIG BATCHES OF RICE UNATTENDED AND DOUBLES AS A SLOW COOKER!

Pressure Cook

A 3- to 4-lb. roast takes 5 to 7 hours to prepare in a slow cooker—only about an hour in a pressure cooker. It speeds cooking, and the Instant Pot Duo saves up to 70 percent of the energy used in traditional cooking methods.

Sauté

With 11 or more standard one-touch Smart Programs, the Instant Pot Duo easily moves from one function to another. For instance, with the lid removed, it works like a saucepan on a stove top to brown meats, precook veggies or simmer sauces.

Rice Cooking

The Instant Pot Duo cooks rice or whole grains in about half as much time as usual. The Smart Program timed cooking lets you “set it and forget it” while food cooks safely and quickly.

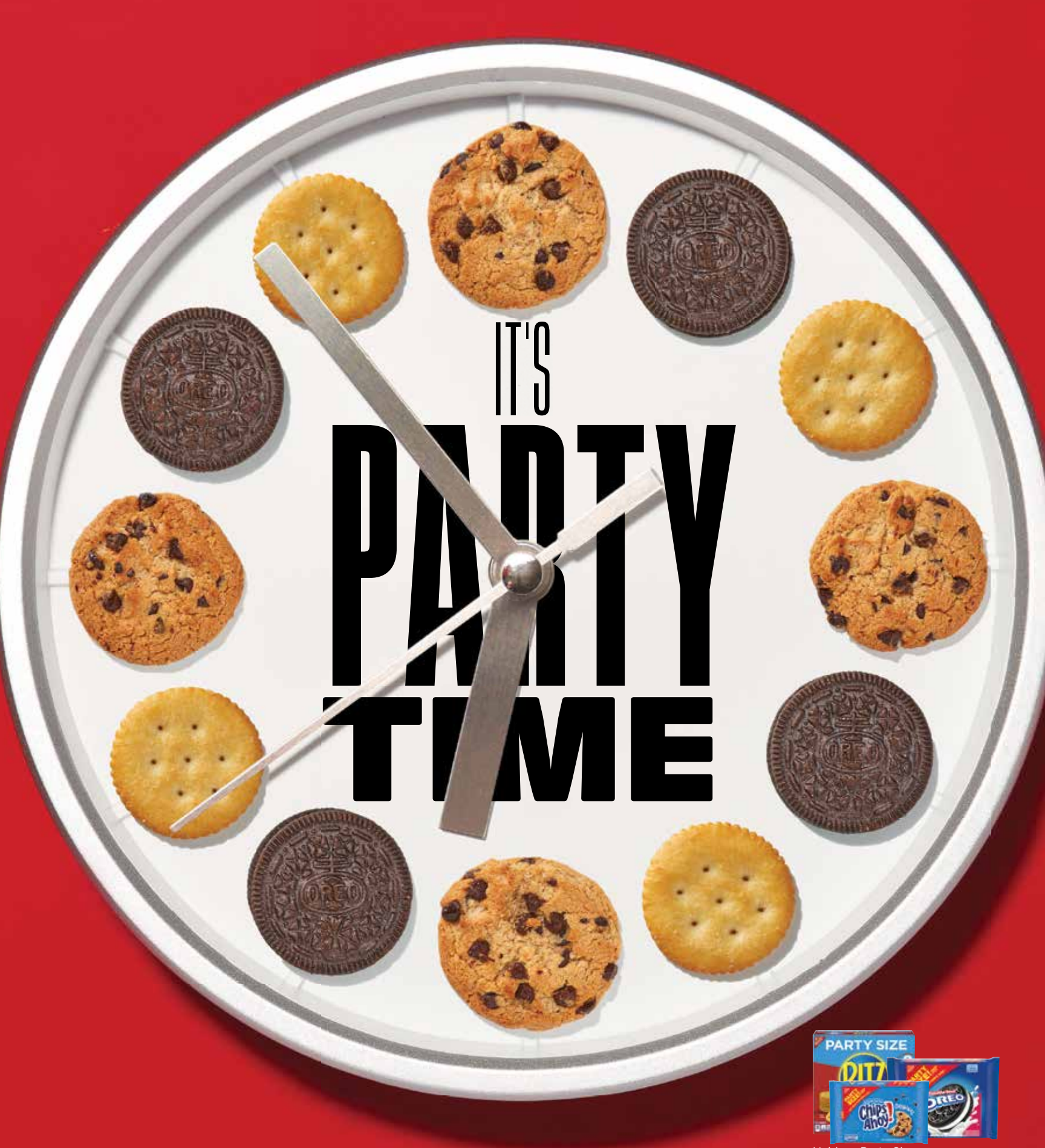
Slow Cook

Some pressure cookers are more adaptable than others. The Instant Pot Duo, models available at Hy-Vee in 6- and 8-qt. sizes, doubles as a slow cooker.

GET THIS TENDER, JUICY ROAST

ON YOUR TABLE IN LESS THAN HALF THE TIME IT WOULD TAKE TO ROAST IN THE OVEN. SEARING THE MEAT BEFORE COOKING GIVES IT COMPLEX FLAVORS AND CREATES BROWN BITS AND PAN JUICES FOR MAKING FLAVORFUL GRAVY.

0 1:43



Nabisco Party Size
Oreo, Chips Ahoy! or Ritz
select varieties
23.7 to 27.4 oz.
4.48



Frito-Lay Ruffles
select varieties
7.75 to 9 oz.
2/6.00



ALL-STAR
CELEBRITY
GAME

Presented by



Now with
**HAPPY
HEART
SHAPES**
for a limited time



* Three grams of soluble fiber daily from whole grain oat foods, like Honey Nut Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Honey Nut Cheerios cereal provides .75 grams per serving.

life

Stay on top of
Valentine's Day
with gifts and
flowers to make
your loved
ones blush.

74 50 WAYS TO SAY
"I LOVE YOU"

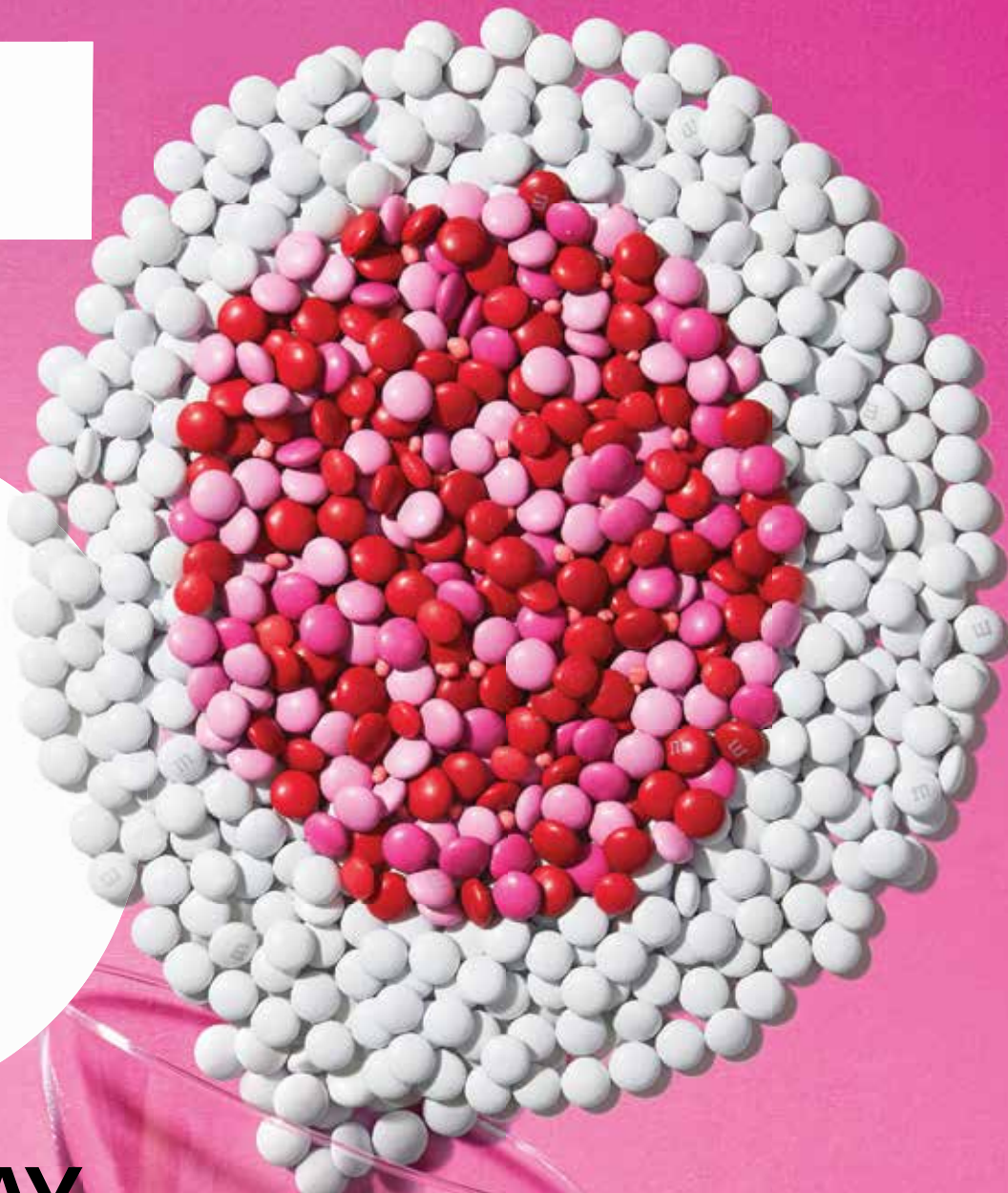
84 NEW-BABY STEPS

90 LAUNDRY FIX-UPS

WAYS TO SAY

“I love you”

YOU CAN ALWAYS COUNT ON FLOWERS AND CHOCOLATE FROM HY-VEE TO DAZZLE YOUR VALENTINE. NOW THERE'S SO MUCH MORE IN STORE TO SHOW YOU CARE.



1 Merci Assorted European Chocolates, named for the French word for “thank you.”



2 Russell Stover Assorted Chocolates & Pecan Delights make it a flavor guessing game!



3 Lindt Lindor Truffles, for the special someone whose sweet tooth is close to their heart.



4 M&M's Milk Chocolate, special candies with three times the chocolate of classic M&M's.



5 Hershey's Kisses. Bake these into a peanut butter cookie for an extra-sweet surprise.



6 Reese's Peanut Butter Hearts. Tell her you pair together like peanut butter and chocolate.



7 Hershey's Lava Cake Kisses. Turn the package over for the Lava Cake Kisses recipe.



8 Russell Stover Assorted Chocolates. Already wrapped and with a bow.



sweets

LIPSTICK IN A RAINBOW OF REDS

This season is all about bold, bright lips. Stila and Revlon have enticing colors in attractive cases that she'll love to tote.

13



9 Stila Stay All Day Foundation & Concealer

This combo gift is a full-size foundation with a bonus concealer hidden in the cap.



10 Smashbox Eye Shadow Palette.

Add lovely shimmer to smoky eyes.



11 Stila Heaven's Hue Highlighter.

Dust on cheekbones for a dewy glow.



12 Finishing Touch Flawless Brows.

Touch up eyebrows at home.



14 Real Techniques Sculpting Set

Makeup artists are only as good as their brushes. Give a brush for every powder, cream or shimmer.



15 Makeup Junkie Bags.

Keep favorite things in one stylish, compact place.



17 Harry's 5-Blade Razor and Shave Gelz.

A clean, close shave is a gift unlike any other.



16 Yes to Grapefruit Unicorn Paper Mask.

This mask will make her glow for days.



18 Olivia Men Skin Care Set.

Bourbon Cedar body wash, shave gel, and moisturizer.



pro tip: KNOW THE TREND

“This year, the runways at New York Fashion Week featured tons of glitter! A glitter eyeliner would be a great gift for someone who loves trying new things.”

—Tyra Kleppen
Beauty Advisor
Hy-Vee, Maple Grove, Minnesota



19 4-Piece Shaving Set

The Van Der Hagen shave set has everything he needs to stay well-groomed. Date night prep will be tidy, thanks to the clever brush stand and apothecary mug.



20 Assorted Basin products, like Strawberry lip balm and Pink Sands body butter will delight.



21 Basin Bath Salts Variety Pack. Give the gift of relaxation this Valentine's Day.



22 Basin Sugar Souffle in Mermaid, Princess, Fruity and Unicorn!



23 Basin Bar Soaps. Designs include Japanese Cherry Blossom, Her Majesty and more.



24 BASIN BATH BOMB

Draw a bath, pour a glass of wine and dissolve a fizzy Basin bath bomb. Choose from a variety of lovely scents and shapes.

fragrance

25 Michael Kors Very Hollywood. The bottle is so pretty; the scent is heavenly.

26 Burberry Touch for Women, packaged in Burberry's iconic plaid.

27 Coach Poppy Wildflower. Bergamot and mandarin combine in this one-of-a-kind aroma.

28 Marc Jacobs Daisy. Enduring, this scent has earned its praise.

29 Ralph Lauren Romance. The name itself lends to Valentine's Day.

30 Viktor&Rolf Flowerbomb. Get her a perfume reminiscent of a bouquet.

31 Versace Bright Crystal. Pomegranate is the front-runner in this fresh fragrance.

32 Juicy Couture Viva La Juicy. Mandarin and wild berries are notable in this classic feminine scent.



pro tip: CHOOSE A SCENT

“When helping a customer pick out a fragrance, I like to talk about their life story—get to know them or who they're shopping for. For Valentine's Day, sample something romantic, something warm smelling. Testing is very important, especially if you're not sure what brand they normally wear.”

—Mirsada Brkic
HMK/BASIN/HBC Manager
Hy-Vee, Waukee, Iowa

33

BLUSHING WINE

Cheers to the season of love with a refreshing pour of rosé. Riedel Overture Wine Glasses are available at Hy-Vee.



34 Yes Way Rosé. Made in the south of France, it's the ultimate girls' night vino. Pair with charcuterie.



35 Fleur De Mar Rosé. This rosé features notes of watermelon and cherry. Sip as they do in Provence.



36 Kim Crawford Rosé. Pair this light New Zealand wine with a simple salad or seafood.



37 Josh Rosé. Enjoy the white peach and strawberry notes in this refreshing rosé blend.



38

DATE NIGHT JAR

It's the gift that keeps on giving! Make date night easy with a handful of planned activities at your fingertips.



39 Mint to Be. Keep it cute this Valentine's Day with a balloon or balloon bouquet.



40 Tuscany Candle Red Hot Cinnamon. Light this cozy candle before they get home.



41 Kane Home Stoneware Mug. Brew some love with a festive mug.



42 Kane Home Valentine 3-Section Melamine Server and Dish Towel, for your hostess.



MAKE IT YOURS
VISIT YOUR LOCAL
HY-VEE FLORIST
TO CHOOSE
YOUR FAVORITE
BLOOMS AND
EMBELLISHMENTS.

43

LOVE GROWS HERE
THIS COLORFUL
BOUQUET IS A
SHOWSTOPPING
CENTERPIECE.



44 Pink Blush



45 Love by the Dozen



46 I Adore You



47 Pretty Special



48 Waterfall Orchid



49 Lilies and Love



50 Roses and
Romance

**FLOWERS AREN'T ALWAYS
FOR A SIGNIFICANT OTHER
ON VALENTINE'S DAY.**

PICK UP A BOUQUET FROM
HY-VEE FOR ANYONE IN
YOUR LIFE. HERE ARE A
FEW IDEAS.

- Mother or Mother-in-law
- Father or Father-in-law
- Teacher
- Professional mentor
- Close friend
- Babysitter or Child-care provider
- Sister or Sister-in-law
- Daughter or Son



LITTLE BUNDLES OF JOY HAVE A WAY OF ADDING

more daily challenges. Adjusting to new needs and schedules can be confusing even for parents who have other children, and it can be especially so for new parents. Hy-Vee understands and offers parent-friendly services, shopping ease and a wide range of baby-care products.

Here's how Hy-Vee helps parents:

- Dedicated parking spaces near the store's front door for new and expecting moms.
- Convenient online shopping, with home delivery or in-store pickup. Hy-Vee staff will shop for your order of at least \$30, bring the groceries to your vehicle

(park in the reserved spot) and help you load.

- Comfy, lockable rooms in many stores to allow mothers to nurse in privacy. Rooms have recliners or chairs and footstool.
- In-store dietitians to help expecting or new moms navigate pregnancy, post-childbirth and infant nutritional needs.
- Samples throughout the store. Introduce your other children to new foods and flavors as you shop.
- A wide range of baby products available in stores (see pages 86-87).

HY-VEE PHARMACISTS CAN HELP.

Hy-Vee pharmacists are one more layer of assistance for new parents, says Carolyn LeWarne, pharmacy manager in West Des Moines, Iowa. "Pharmacists can answer questions about administering medicines to infants and any possible side effects," LeWarne says. "We can also advise how to store and dispose of meds safely. We are always happy to answer questions."



pro tip: BABY LOVE

Hy-Vee helps new parents every step of the way, with baby products for all ages. This includes diapers, formulas and bathing supplies for newborns on up. It also includes products for teething and for starting solid foods, and toys that encourage play and hand-eye coordination."

—Kristin Williams
Hy-Vee Senior Vice President
and Chief Health Officer

ONLINE SHOPPING

Hy-Vee staff round up your groceries and bring them to your vehicle for pickup.

DEDICATED PARKING

Spots near the doors are designated for new or expecting moms.

NURSING ROOMS

Furnished, private rooms make nursing convenient and comfortable.



VIDEOS FOR MOMS

MOMentum, an HSTV video series, guides new and expecting moms through nutrition, workouts, breastfeeding and other topics. Visit MOMentum.com at HSTV.com



Mom Squad is a candid sharing by moms of the ups and downs of motherhood, with episodes on finding time for date nights, creating bedtime routines and more.



Momosites Attract features different approaches to parenting by two moms (and BFFs).



FROM BATH TOYS TO BANANA TREATS, WE HAVE YOUR BABY COVERED

**Bright Starts
Snuggle & Teethe**
Plush toys offer
teether “feet” to
massage aching
gums, soft fabric
to soothe skin and
a smiling face to
comfort.



Serenity Kids
Organic vegetables
and fruits and
ethically sourced
meats nourish. Tasty
purees come in
convenient pouches.



**Huggies
Refreshing
Clean Wipes**
Hypoallergenic
disposable wipes
with cucumber-
green tea scent
in a flip-top pack.



**Baby Mum-Mum
Banana Rice Rusks**
Rice-based banana-
flavor teething biscuits
also introduce infants
to solid foods.



**Dreft Stage 1
Newborn Liquid
Detergent**
Hypoallergenic
pediatrician-
recommended formula
is easy on newborns’
delicate skin.



**Munchkin
Explorer Bath Toy**
Submarine toy makes
bubbles when
submerged, and the
propeller spins to
entertain and help
develop baby’s
motor skills.



Johnson's
Bath soap,
no-tears shampoo
and CottonTouch
newborn face and
body lotion are
hypoallergenic
and free of harsh
fragrances
and dyes.



**Pampers Pure
Protection Diapers**
Premium cotton diapers
are hypoallergenic and
provide up to 12 hours of
leak protection.



**Munchkin
Milk Maker
Lactation
Cookie Bites**
Made with brewer’s
yeast, flaxseeds,
oats and other
ingredients that
promote breast
milk production.

EVERYTHING BABY

Pick up all your baby’s needs at Hy-Vee. Besides formula, diapers and bath products, find:

- ointments for eczema and diaper rash
- electrolyte formulas that replenish nutrients lost during episodes of diarrhea or vomiting
- swim pants and nighttime protective training pants
- breastfeeding accessories
- infant gas-relief formulas
- spillproof drink cups
- teething products
- plush baby toys



Paw-SOME FUN!

Fetch some treats and toys for the one you love!



Paws
Happy Life™

Available at
HuVee®

Henkel © 2020 Henkel Corporation. All Rights Reserved.



SAVE 10¢
OFF PER GALLON

Persil Laundry Detergent select varieties 38 to 40 ct. or 100 fl. oz. 11.97 Save 10¢ per gallon with each item purchased

LAUNDRY

Be laundry savvy. Keep clothes looking like new with quality laundry products and smart practices. Find everything needed at Hy-Vee for delicate-to-heavy cleaning, stain removal, freshening, eliminating wrinkles, preserving fabric and much more.



STEP 1 pretreat

For most stains, soak fabric in cold water as soon as they occur, then move on to pretreating and/or laundering.

Treat stains before washing. Depending on the stain and fabric, soak items in liquid detergent, enzyme solution or dish soap to loosen stains, or use a spray-on solution. In some cases, other household solutions come in handy. (See "Stain-Removal Guide," right.) Make sure stains are gone before an item goes into the dryer, which heat-sets any remaining stains.

you gotta keep 'em separated!

Read fabric labels, then set aside items that require handwashing. Separate dark color clothes and those with colors that might bleed. Separate further according to fabric type and weight (towels in one pile, delicate items in another, etc.).

STAIN-REMOVAL GUIDE

Treat stains immediately. When that's not possible, try these steps and products.



COFFEE Sponge or soak stain in cool water. Treat stain with **enzyme stain remover, a paste of powder detergent and water, or a small amount of liquid detergent** directly on stain. Let stand a few minutes, gently rub fabric together, then launder.



GRASS Pretreat with an **enzyme stain remover or pour enzyme-containing liquid detergent** directly on stain. If using detergent, massage into stain and let stand 10 to 15 minutes. Grass stains are especially tough; you might need to repeat. Then launder.



INK Set white paper towels under stain and dab area with **rubbing alcohol**, then rinse with cold water. Repeat if needed, or treat with stain remover. Launder. **Note:** Stains from permanent markers will not come out.



LIPSTICK Carefully scrape off excess without smearing. Apply **stain remover** or a small amount of **liquid detergent with enzymes** to stain; gently work in with your fingers or a soft-bristle brush. Launder after about 5 minutes.



BLOOD Soak fresh stains in cold water as soon as possible. Treat with a **prewash enzyme stain remover or a small amount of liquid detergent** directly on the stain; soak 15 to 30 minutes. Launder as usual.



PERSPIRATION Pretreat with a **stain remover** or pour **enzyme-containing detergent** directly on stain and gently rub into fabric. Let stand 15 minutes. Rinse; launder in hottest water allowed for fabric. Or make a **paste** of equal parts **vinegar** and **baking soda**; rub into spot, let stand a few minutes, then rinse and launder.



TOMATO SAUCE, KETCHUP, SPAGHETTI SAUCE Run cold water through stain from reverse side. Blot gently. Rub a small amount of **liquid enzyme-containing detergent, stain remover or dish soap** on stain. Let stand a few minutes. Rinse. Launder.



RED WINE Blot up as much as possible. Sprinkle **salt or baking soda** on stain and let stand 3 minutes before rinsing and washing. Or soak stain in **cool water** 30 minutes, then use **prewash stain remover** before laundering.



OIL/GREASE Rub spot with **dish soap**, let stand a few minutes. Rinse and repeat, if needed. Launder in the hottest water safe for the fabric. Or spot treat with **prewash stain remover or liquid laundry detergent** before washing.

STEP 2
wash

Different fabrics have different laundry needs. Read fabric labels to determine water temperature (hot, warm, cold), use of bleach and wash cycle. Generally, use regular for whites, sheets and towels; permanent press for jeans; and delicate for lingerie, wool and silk. Read detergent label and machine instructions for amounts to use.

ABOUT BLEACH
OXYGEN BLEACH WORKS WITH MOST FABRICS TO REMOVE STAINS AND BRIGHTEN CLOTHES. IT WORKS DIFFERENTLY THAN CHLORINE BLEACH, A STRONG WHITENER THAT ALSO MIGHT STRIP FABRIC OF COLOR OR DAMAGE FIBERS.

which detergent?
Whether you use powder, liquid or pods, the more surfactants and enzymes (active ingredients) the detergent contains, the more cleaning power it packs.



Heavily-soiled clothing: Use a detergent with concentrated cleaning ingredients, stain removers and/or odor fighters.

White fabrics can become yellowed or stained. To whiten, use a detergent containing oxygen bleach.

Fabric protection: Add fabric softener to the wash, or use a liquid detergent that includes fabric softener to soften and protect, fight static cling and reduce wrinkles.

Colored clothes often have a range of common stains. Try a detergent with “oxi” on the label, which means the cleaner contains sodium percarbonate, a color-safe bleach.

Fragrance-free and dye-free cleaners are for baby clothing and for those who have allergies or sensitive skin.

STEP 3
dry

Read fabric labels for correct drying technique and temperature to avoid shrinkage and damaging clothes.

Remove clothes from the washer immediately to avoid sour odor. Hang or lay flat items to be air-dried. Then fill the dryer, leaving tumble space for clothes. Toss in a dryer sheet or ball if you don't use fabric softener in the wash, so clothes dry soft and static-free. Also available at Hy-Vee: spray-on wrinkle releasers to spray on dry, hanging garments. No more ironing!

CLOTHING REPAIR

Simple tasks keep clothes looking good and extend wear.



Darn a Sock
Turn sock inside out; pull it over a wooden darning mushroom or a lightbulb. With threaded darning needle and leaving 2-in. tail, begin running stitches at lower right of hole upward, then left and downward and so on. At hole, continue one long stitch to bridge gap (do not close hole). When finished at left side of hole, stitch in perpendicular direction to form a stitched grid, weaving under and over previous stitches. Finish with a couple stitches over tail.



Sew on Buttons
Push needle from inside of garment through one button hole. Draw thread through, then down through second button hole, continuing about four passes. On final pass from back to front, pull thread through fabric next to button hole, then wrap thread around and under button to form a shank that prevents button from lying tight against fabric. Finish with needle through garment; knot inside garment and cut thread.



Remove Pills from Sweater
While pulling fabric taut, use a disposable shaver and short, quick strokes to shave off pills. Pull off resulting fuzz or remove with a lint roller. Avoid shaving on seams.



CLEANING BABY CLOTHES

- 1. Fresh Stains**
To remove spit-up, poo and pee stains, treat with a color-safe oxygen bleach formula, such as OxiClean or Biz, before washing.
- 2. Stored Clothes**
Remove yellowing and other stains on treasured stored items by treating with an oxygen bleach before laundering (check garment label first).
- 3. Bleaching Whites**
Oxygen bleach products also remove yellowing and stains from whites. A bleach pen works on small areas—apply, let set at least 30 minutes, then wash (check garment label first).



SHOE SPIFF-UPS
Hy-Vee carries cleaner, polish, brushes, inserts, laces and other products to keep shoes new-looking. To regularly clean and polish leather shoes, clean with a damp cloth and let dry. Remove laces. Apply polish to shoes in small circular strokes. Let dry. Buff with a cloth or shoe brush.

Chobani®

Two new ways to start your day

New



Chobani Oat Drink
or Creamer
select varieties
24 or 52 fl. oz.
2/6.00

health



Boost heart health and ban allergies. Learn how to stay well with spring just around the corner.

- 96** 3 EXERCISES TO IMPROVE HEART HEALTH
- 102** FOOD ALLERGIES
- 108** 10 WAYS TO A HEALTHIER HEART
- 110** DIETITIAN Q&A: HEALTH-CONSCIOUS EATING AS A FAMILY
- 114** FOODS THAT MAKE YOUR GUT HAPPY
- 118** HY-VEE HEALTHY YOU

EXERCISES TO IMPROVE HEART HEALTH

Get your heart pumping during American Heart Month with exercises that boost heart health. Check out various exercises that benefit your heart and whole body.

Like any muscle, the heart needs to be challenged to become stronger. During exercise, the heart works hard to pump oxygen and nutrient-rich blood to muscles and tissues. Exercise may be uncomfortable at first, but with consistent activity, the heart becomes more efficient and pumps more blood per beat. As other muscles grow and strengthen, they absorb oxygen better from circulating blood. Any type of exercise is good for the heart, including walking, running, weightlifting and stretching.

aerobic exercise

WHAT IT DOES Strengthens the heart and blood vessels and improves oxygen flow throughout the body. Aerobic exercise, or cardiovascular exercise, boosts circulation and can lower cholesterol, blood pressure and risks for diabetes and stroke.

HOW MUCH Adults should strive for at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity physical activity per week.

TIP Spread aerobic exercise throughout the week. Walking for 30 minutes five days a week is a good start.

HIGH BLOOD GLUCOSE FROM DIABETES DAMAGES BLOOD VESSELS AND NERVES. WHEN COMBINED WITH RESISTANCE TRAINING (PAGE 98), AEROBIC EXERCISE MAY REDUCE THE RISK OF DEVELOPING DIABETES BY 50 PERCENT.

Sources: health.harvard.edu/staying-healthy/walking-your-steps-to-health
health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf#page=55
health.clevelandclinic.org/why-making-your-heart-work-harder-lowers-your-blood-pressure/
utswmed.org/medblog/heart-cardio-workouts/
hopkinsmedicine.org/health/wellness-and-prevention/7-heart-benefits-of-exercise
health.harvard.edu/heart-health/pedal-your-way-to-better-heart-health
niddk.nih.gov/health-information/diabetes/overview/preventing-problems/heart-disease-stroke



AEROBIC EXERCISES

Get your heart rate up:



WALKING
Walking regularly may reduce the risk of a cardiovascular event by 31 percent.



CYCLING
Just 30 minutes of cycling per week has been linked to lower rates of heart disease.



JUMPING ROPE
Using a jump rope burns calories and helps reduce overall fat and body weight, which takes strain off the heart.

resistance training

WHAT IT DOES Improves body composition by increasing lean muscle mass and decreasing fat. Muscle density requires a person's metabolism to work harder, which may burn more calories over time. Fat loss is especially beneficial for those who are overweight and at a higher risk of heart disease.

HOW MUCH Perform resistance training for all major muscle groups at least twice a week.

TIP If you are new to weight lifting, stick to a weight you can handle for 12 to 15 reps with proper form.

A SMALL AMOUNT OF LIFTING IS BETTER THAN NONE. IN A RECENT STUDY FROM IOWA STATE UNIVERSITY, RESEARCHERS FOUND THAT THOSE WHO LIFTED WEIGHTS LESS THAN AN HOUR PER WEEK STILL REDUCED THEIR RISK OF HEART ATTACK OR STROKE BY 40 TO 70 PERCENT.

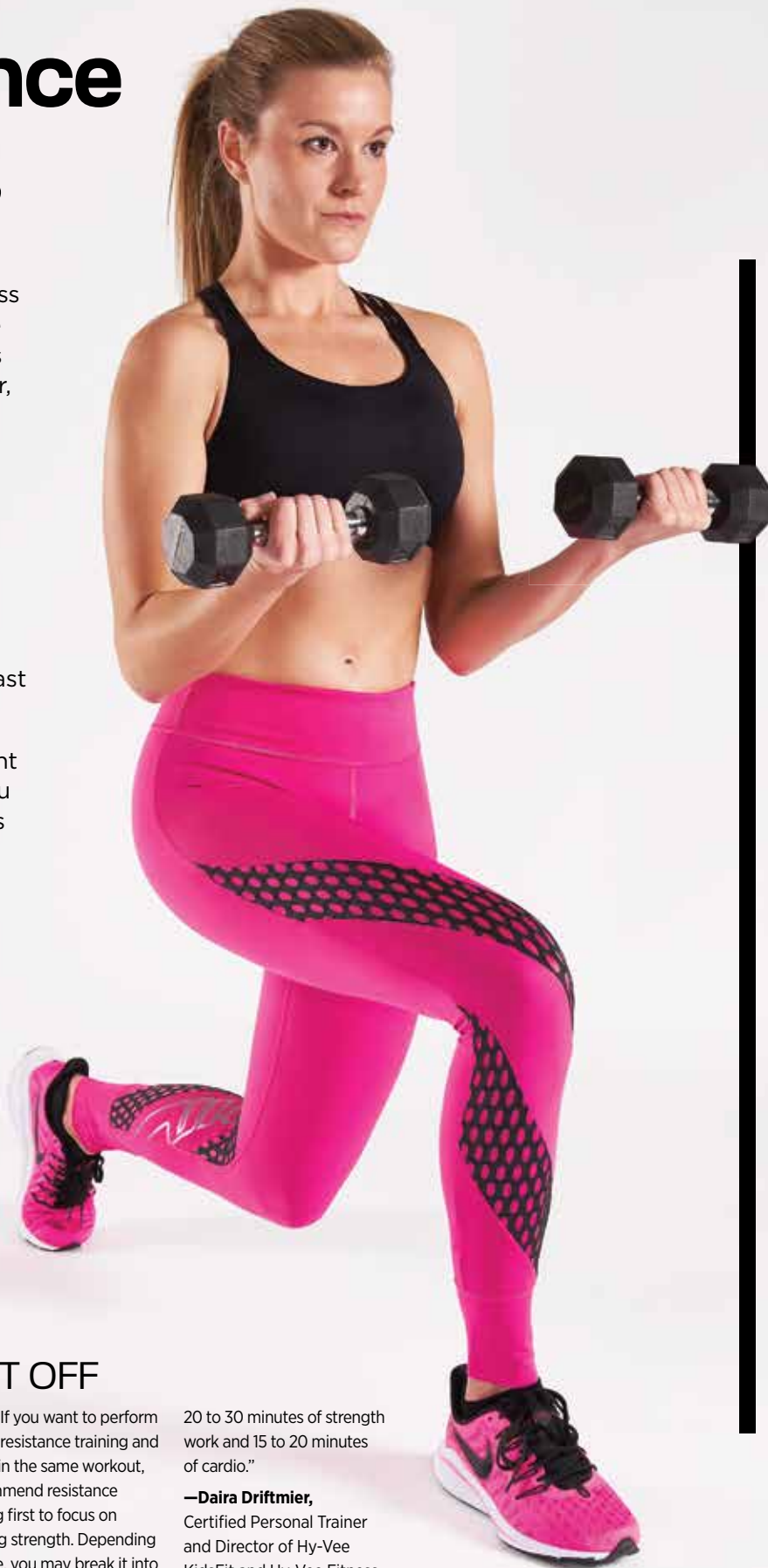
♥ pro tip: LIFT OFF



“If you want to perform resistance training and cardio in the same workout, I recommend resistance training first to focus on building strength. Depending on time, you may break it into

20 to 30 minutes of strength work and 15 to 20 minutes of cardio.”

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



RESISTANCE TRAINING EXAMPLES

Increase muscle size and strength using your body weight and minimal props or equipment.



BODY WEIGHT
All you need is yourself! Try push-ups, dips, pull-ups and body-weight squats.



WEIGHTLIFTING
Work out with weighted objects, like dumbbells, barbells or kettlebells.



RESISTANCE BANDS
Elastic bands provide tension and resistance to work muscle fibers through the entirety of a movement.

Sources: sciencedaily.com/releases/2018/11/181113115430.htm
hopkinsmedicine.org/health/wellness-and-prevention/7-heart-benefits-of-exercise

stretching

WHAT IT DOES Reduces stiffness and muscular tension while improving range of motion and flexibility, which enhances aerobic and resistance training performance. Some forms of stretching, such as yoga, may have a direct effect on heart health. A 2015 review of studies in the *European Journal of Preventive Cardiology* found that practicing yoga improved blood pressure, cholesterol and body weight.

HOW MUCH
Stretch at least once a day and after workouts.

TIP Perform stretches in a slow, controlled manner, especially if muscles feel stiff or tight. Forcing positions or rocking back and forth may result in a strain or pull.



REGULAR STRETCHING CAN HELP REDUCE STRESS, WHICH IS RELATED TO HEART DISEASE.

Sources: acefitness.org/fitness-certifications/ace-answers/exam-preparation-blog/2966/types-of-stretching
health.harvard.edu/blog/more-than-a-stretch-yogas-benefits-may-extend-to-the-heart-201504157868

STRETCHING EXAMPLES

Stretch anywhere, anytime, as a warm-up, cool down or actual workout.



STATIC STRETCHING
A muscle is extended to a certain point and held for a period of time. Ideal for post-exercise cool down.



DYNAMIC STRETCHING
Arm circles and leg swings that involve continuous movement are ideal for pre-exercise warm-up.



YOGA
Poses stretch and strengthen muscles while improving balance.

BUY A BOX, SUPPORT THE MISSION TO HELP SAVE SCHOOL SPORTS

Join Tony's team by stopping into your local Hy-Vee store
and purchasing a box of Kellogg's® Frosted Flakes®.



VISIT MISSIONTIGER.COM TO LEARN MORE

Kellogg is donating \$1 per purchase to DonorsChoose.org with Kellogg's Frosted Flakes receipt upload. Min. Donation \$500,000 - Max. \$1,000,000. Go to missiontiger.com for instructions. Applies to purchases between 8/5/19 and 8/5/20; must upload within 30 days of purchase.
©, TM, © 2020 Kellogg NA Co.

FIND YOUR NATURAL FIT



MADE WITH
cashew milk



MADE WITH
almond milk



MADE WITH
real milk & cream



Coffee-mate Natural Bliss Creamer select varieties 16 fl. oz. 2.79

FOOD ALLERGIES

From mildly bothersome to severely debilitating, food allergies can cause a host of problems. Learn more about this growing problem and how to deal with it.



WHERE THEY COME FROM

Food allergies are nothing to sneeze about. While some bring mild discomfort, others can cause pain, sickness or even death. Symptoms are basically the result of the immune system's overreaction to a normally harmless food component. Several risk factors contribute to food allergies, including age, genetics, a previous food allergy and the presence of some naturally occurring gut bacteria.

OPTIONS

TREATMENT

Mild allergic reactions often disappear without treatment.

- Antihistamines can relieve itching and congestion.
- Corticosteroids may reduce swelling in more serious reactions.
- Epinephrine can quickly reverse symptoms in life-threatening situations. Self-injectors are available by prescription.

TOLERANCE

The National Institute of Allergy and Infectious Diseases (NIAID) reports that immunotherapy—intentional exposure to an allergen at a young age—may be beneficial in preventing the development of food allergies. Two NIAID-funded studies suggest an early exposure to foods containing peanuts prevents the development of a peanut allergy.

THE NUMBER OF DIAGNOSED FOOD ALLERGIES HAS INCREASED STEADILY SINCE THE EARLY 1990S. AN ESTIMATED 5% OF CHILDREN AND 4% OF TEENS AND ADULTS ARE NOW AFFECTED BY FOOD ALLERGIES.

— CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

FOOD INTOLERANCE VS. FOOD ALLERGY

“Food allergy and food intolerance may cause similar symptoms in patients, but physiologically they are quite different. A food allergy occurs when the body's immune system reacts adversely to a food. An intolerance refers to difficulty digesting or metabolizing certain foods but does not involve the immune system. Food allergies can be severe and

even life-threatening. Food intolerances are less severe, but nevertheless a nuisance and difficult to manage. An example is lactase deficiency, also known as lactose intolerance.”

—Holland Taylor, MSPAS, PA-C
Department Chair and Program Director,
Physician Assistant Studies Program,
Des Moines University

Please consult with a medical professional for any questions. This information is not meant to substitute for any medical test or advice.

Sources: mayoclinic.org/diseases-conditions/food-allergy/symptoms-causes/syc-20355095
health.harvard.edu/allergies/food-allergies-and-food-intolerances
acaai.org/allergies/types/food-allergy
niaid.nih.gov/diseases-conditions/food-allergy-causes-prevention
webmd.com/skin-problems-and-treatments/food-allergies

10

FOOD ALLERGY SYMPTOMS

Many food allergy symptoms start within minutes of ingestion of a food, and most occur within 2 hours. Symptoms may include one or more of the following:

1. **DIZZINESS**, fainting or light-headedness.
2. **TINGLING** or itching in the mouth.
3. **HIVES OR RASH**
4. **SWELLING** of lips, face, tongue or throat.
5. **NAUSEA**
6. **VOMITING**
7. **INTESTINAL UPSET**, including cramping and diarrhea.
8. **WHEEZING**, nasal congestion or difficulty breathing.
9. **REPETITIVE COUGH**
10. **ANAPHYLAXIS**, a life-threatening, whole-body reaction in which airways constrict and blood pressure drops dangerously low, causing shock, loss of consciousness and sometimes death.*

***SEEK EMERGENCY MEDICAL HELP** if you develop symptoms of anaphylaxis, such as constriction of airways, severe drop in blood pressure, rapid pulse, dizziness or light-headedness.



8 TOP FOOD ALLERGENS

More than 160 foods have been linked to allergic reactions, but over 90 percent of documented food allergies involve the eight food components below. Federal law requires they appear on the label of any packaged foods containing them.



WHEAT

Biscuits, breads, cakes, cereals, crackers, pancakes, pasta, pastry, pizza crusts and more. Some beer, hot dogs, ice cream, ketchups, soy sauces

ALTERNATIVES

Amaranth, buckwheat, chia seeds, flaxseeds, gluten-free flours and grains, millet, some oats, rice, quinoa



EGGS

Eggs, egg substitutes, eggnog, fat substitutes made with egg, mayonnaise, meringue and more. Plus lecithin, marzipan, marshmallows, nougat, pasta

ALTERNATIVES

Applesauce, buttermilk, mashed banana, ground flaxseeds, ground chia seeds, soy lecithin, yogurt



MILK

Milk, butter, cheese, sour cream, heavy cream, half-and-half, buttermilk

ALTERNATIVES

Almond, coconut, rice, oat or soy milk; margarine; nondairy sour cream; nondairy frozen desserts; vegan alternatives for cheese, yogurt, cream cheese



SOY

Edamame, miso, natto, soybeans, soy sauce, soy margarine, soy oil, tamari, tempeh, teriyaki sauce, tofu

ALTERNATIVES

Balsamic vinegar, beans, butter, canola oil, grains, lentils, olive brine, olive oil, soy-free margarine



PEANUTS

Candy, baked goods, peanuts, peanut flour, peanut oil. Plus foods exposed to peanuts during processing or handling

ALTERNATIVES

Almond butter, sunflower seed butter, toasted oats, raisins or seeds



FISH

Any kind of finned fish, including anchovies and tuna. Plus some meatless hot dogs, barbecue sauce, Worcestershire sauce, some Caesar salad dressings, imitation crab products and certain cuisines, such as Asian

ALTERNATIVES

Chicken, beans, eggs, flaxseed oil



SHELLFISH

Crustaceans, such as crab, lobster and shrimp, sometimes mollusks. Plus some meatless hot dogs, Worcestershire sauce, seasonings, sauces and some Caesar salad dressings

ALTERNATIVES

Imitation crab, mushrooms, shellfish-free surimi, grass-fed meat, vegetarian alternatives



TREE NUTS

Almonds, Brazil nuts, cashews, hazelnuts, pecans, pistachios, walnuts. Plus products made with nuts, such as nut butters, craft beer, specialty coffees

ALTERNATIVES

Roasted soybeans, peas or chickpeas, pretzels, pumpkin seeds, sunflower seeds

Not a complete list. Please consult with a food allergist for more information.

Sources: [mayoclinic.org/diseases-conditions/wheat-allergy/symptoms-causes/syc-20378897](https://www.mayoclinic.org/diseases-conditions/wheat-allergy/symptoms-causes/syc-20378897)
stanfordchildrens.org/en/topic/default?id=egg-allergy-diet-for-children-90-P01684
acaai.org/allergies/types/food-allergies/types-food-allergy
fda.gov/food/food-allergens/gluten-free-guidance-documents-regulatory-information/food-allergen-labeling-and-consumer-protection-act-2004-questions-and-answers
goaskalice.columbia.edu/answered-questions/allergic-seafood-and-shellfish---alternatives-or-remedies

ALLERGY-FRIENDLY BRANDS

HY-VEE MAKES IT EASIER THAN EVER to find allergy-friendly foods, offering a range of packaged, refrigerated and frozen products. Here's a small sampling of what you'll find.

CHOBANI GREEK YOGURT

Greek yogurts feature natural ingredients and come in many flavors, as well as nonfat, reduced-fat and less-sugar versions.



SAFE + FAIR POPCORN QUINOA CHIPS

Non-fried chips made with non-GMO grains and free of nuts, eggs, milk, wheat and soy.



AMY'S RICE MAC & CHEESE

Gluten-free organic rice pasta and creamy sauce are kosher and free of soy and tree nuts.



SO DELICIOUS FROZEN DESSERT

Dairy-free cashew milk frozen desserts highlight flavors such as dark chocolate truffle and salted caramel cluster.



GOODBELLY PROBIOTICS

Organic, vegan-friendly juice drinks free of soy, dairy and GMOs. Some are gluten-free as well.



ENJOY LIFE BROWNIE MIX

Gluten-free brownie mix features all-natural ingredients, including whole-grain teff flour.



KATZ DONUT HOLES

Featuring popular flavors like glazed chocolate, they're free of gluten, dairy, nuts and soy.



SAFE + FAIR GRANOLA

Gluten- and nut-free vegan granola made from ancient grains and offered in many flavors.



ingredients you can
see & pronounce[®]

be kind to yourself™



Kind Protein Bar
select varieties
1.76 oz.
3/5.00

kindsnacks.com | @kindsnacks

From freezer, to pan,
to plate.



Tyson Frozen Boneless
Chicken Breasts
2.5 lbs.
6.49

Now in twenty minutes.



10 WAYS TO A HEALTHIER HEART

Show your heart some love by committing to simple lifestyle changes.



A Good Beat

Heart disease is the leading cause of death for American men and women, yet there are many ways to fight its risk factors. The heart is always working and performing a vital life task: pumping nutrient-rich blood throughout the body so other tissues and organs can do their jobs. What you eat, how much you

exercise and other lifestyle choices play critical roles in the health of your heart. Poor dietary choices, lack of exercise, smoking, excessive alcohol consumption and other factors contribute to heart disease.

Visit your doctor if you're concerned about your heart. Fortunately, you can make changes today so your heart beats happily and healthfully.



Persons regularly exposed to secondhand smoke have a 25 to 30 percent increased chance of coronary heart disease. Think about those you love and ask your local Hy-Vee pharmacist about Hy-Vee's Quit for Good program, a six-session class that helps smokers quit once and for all.



1. EXERCISE

Regular exercise helps maintain healthy body weight, which eases strain on the heart. Physical activity also makes it easier for the heart to shuttle oxygen-rich blood to organs and muscles.



2. EAT HEALTHIER

Stick to fruit, veggies, whole grains, nuts, legumes and meat like skinless poultry or salmon. Stray from foods high in saturated and trans fats, sodium and added sugars.



3. LIMIT ALCOHOL

Heavy drinking may lead to high blood pressure and weight gain; both boost risk of heart disease. Men should have no more than two drinks per day, women no more than one.



4. QUIT SMOKING

Cigarette smoking causes plaque buildup in major blood vessels. Nearly 20 percent of all cardiovascular disease deaths are caused by smoking.



5. MANAGE CONDITIONS

High blood pressure, high cholesterol and diabetes create problems that increase the risk of heart complications. Take proper steps to keep these conditions under control.



6. SLEEP

Slacking on sleep increases the chance for high blood pressure, diabetes, obesity, stroke and heart attack. Aim for 7 to 8 hours and try to go to bed at the same time each night.



7. MOVE MORE

A sedentary lifestyle is a major risk factor for cardiovascular disease. If you work a job that requires long periods of sitting, try walking around the office for 5 minutes every hour.



8. MANAGE STRESS

Lower stress with music, exercise, meditation or fun tasks. Increased stress is linked to heart disease and can raise blood pressure and, in extreme cases, be a trigger for heart attack.



9. BE SOCIAL

Individuals suffering from depression, experiencing social isolation or lacking social support are at higher risk for heart disease. Schedule a regular lunch with a friend or visit with family members.



10. GO TO THE DOCTOR

Some factors for heart disease are uncontrollable. Age, genetics, gender and ethnicity affect heart health. Pay regular visits to your doctor to ensure your heart is in good condition.

Sources: medlineplus.gov/howtopreventheartdisease.html
heartfoundation.org.au/your-heart/keep-your-heart-healthy
acefitness.org/education-and-resources/professional/expert-articles/6261/10-ways-exercise-helps-to-protect-your-heart
mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702
cdc.gov/dhdsdp/data_statistics/fact_sheets/fs_heart_disease.htm
columbiasurgery.org/heart/about-heart

dietitian Q&A

HEALTH-CONSCIOUS EATING AS A FAMILY

A Hy-Vee dietitian shares tips to make good nutrition a habit at the table.



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

Q: How can parents encourage kids to eat healthfully?

A: Lead by example. Eat the same foods you expect your kids to eat: lean protein, whole grains, fruits, vegetables, low- or nonfat dairy and healthy fats. Discuss how certain foods lead to clear skin or extra strength, which encourages kids to appreciate those benefits, too. Let kids choose healthy items while grocery shopping. Keep better-for-you snacks within kids’ reach. And avoid forcing a food on children; give them time to get used to it.

Q: What habits are important to model?

A: Reach for fruit or veggies instead of cake or cookies when snacking. Keep snack times consistent to help regulate kids’ appetites and foster self-control.

Q: What habits should families avoid?

A: Try not to reward kids with sweets for good grades or a job well done. Avoid munching while watching television—distraction encourages continuous eating. And don’t demonize unhealthy foods; kids will seek them out away from home.

Q: Any ideas for nutritious meals the whole family will enjoy?

A: Think balance. Start with lean protein like chicken, fish, beans or eggs. Then add a whole grain such as brown

rice, quinoa or whole wheat pasta. Pick a vegetable to steam—broccoli, asparagus, green beans or carrots—or cut up raw veggies and serve them alongside a yogurt-based dressing. Not every food group needs to be in every meal; three meals plus snacks each day should cover everyone’s needs.

Q: Any other suggestions?

A: Keep in mind that kids are slow to accept new foods and tend to avoid those with certain textures and flavors, such as “slimy” onions, “mushy” mushrooms or bitter Brussels sprouts. Be inventive—sneak protein- and calcium-rich cottage cheese into mac and cheese or dips. Cook shaved fresh Brussels sprouts into a stir-fry. Create silly faces or animals with cut-up fruits and veggies.

kid-trition

Kids need ample calcium for building bones, protein for building cells and fiber to counter the starchy foods (macaroni, French fries) they tend to crave. Teen girls need more iron than teen boys, who require a bit more protein than girls.

5 foods to choose

- BANANAS — fiber, potassium
- BROCCOLI — vitamins A, C & K
- CHICKEN — protein & amino acids
- WHOLE GRAINS — B vitamins, minerals
- YOGURT — calcium, protein



29%

of Americans say they have dinner with all members of their household every day.

—YouGov, international internet-based market research firm

“BE WILLING TO TRY SOMETHING NEW, AND DON'T AVOID GIVING YOUR KIDS A NEW FOOD JUST BECAUSE MOM AND DAD DO NOT LIKE IT.”

—JULIE McMILLIN
HY-VEE ASSISTANT VICE PRESIDENT, RETAIL DIETETICS

Sources: [mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/nutrition-for-kids/art-20049335](https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/nutrition-for-kids/art-20049335)
[healthychildren.org/English/healthy-living/nutrition/Pages/Childhood-Nutrition.aspx](https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Childhood-Nutrition.aspx)
[health.gov/dietaryguidelines/2015/guidelines/](https://www.health.gov/dietaryguidelines/2015/guidelines/)
[ncbi.nlm.nih.gov/pmc/articles/PMC4792511/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4792511/)
[ers.usda.gov/webdocs/publications/90228/eib-196_summary.pdf?v=8116.5](https://www.ers.usda.gov/webdocs/publications/90228/eib-196_summary.pdf?v=8116.5)



When it's
COLD OUTSIDE
stay
WARM INSIDE

Keurig, K-Cup and the K logo are trademarks of Keurig Green Mountain, Inc., used with permission. CF-837225_102420



A MODERN ENERGY DRINK

Adrenaline Shoc,
Vita Coco, Runa,
Evian or Core
select varieties
12 to 16.9 fl. oz.
or 1.3 to 1.5 l.
2/4.00

ASHOC.COM
Copyright 2019. A SHOC Beverage LLC. AS-837245_101820

DESIGNED FOR TODAY'S
ACTIVE GENERATION



NEW!
ZERO SUGAR
ALL DEW®

DEW, MTN DEW AND THE MTN DEW LOGO ARE
REGISTERED TRADEMARKS OF PEPSICO, INC.

FOODS THAT MAKE YOUR

Gut Happy

GOOD BACTERIA IN THE GUT AID THE IMMUNE SYSTEM, HELP THE BODY METABOLIZE NUTRIENTS AND PROMOTE HEALTHY DIGESTION. THE RIGHT DIET GIVES GOOD MICROBES THE EDGE OVER BAD.

Kombucha

This slightly effervescent drink has probiotics to aid digestion. Kombucha is made by fermenting sweetened tea with bacteria and yeast.

Most of the cells in your body are the trillions of bacteria, viruses and fungi you host in your digestive tract. A ratio of good microbes to bad keeps you healthy. Complex carbs, probiotic foods and foods with fiber help maintain that balance to protect you not only from digestive disorders but also heart disease, diabetes, obesity, inflammation and certain cancers.

PROBIOTICS

These fermented foods contribute good living microorganisms to crowd out the bad.

FOODS kefir, kombucha, miso, pickles (that say “fermented” on label), sauerkraut, tempeh, yogurt (dairy)

WHAT YOU NEED

No recommended daily amount established. Health experts generally recommend incorporating probiotic foods into the diet daily.

PREBIOTICS

Foods contain fiber that passes through the GI tract intact until it reaches the colon, where good microbes feed on it.

FOODS asparagus, bananas, chicory, garlic, Jerusalem artichokes, jicama, leeks, onions, soybeans, whole-grain corn, whole-grain wheat

WHAT YOU NEED

No recommended daily amount established for prebiotics only. 25–38 g per day total dietary fiber*

CRUCIFEROUS AND LEAFY GREEN VEGETABLES

Complex carbs and fiber regulate digestion and help good microbes thrive.

FOODS broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale, spinach, Swiss chard, turnip greens

WHAT YOU NEED

Carbs 300 g/day (focus on nutrient-dense carbs), fiber 25–38 g per day*

BEANS (LEGUMES)

These fiber-rich protein sources can replace meat; animal products and fats can disturb digestion.

FOODS black, kidney, lima, navy, pinto and white beans; lentils

WHAT YOU NEED

Protein 46 g/day women, 56 g men; fiber 25–38 g per day*

LOW-FRUCTOSE FRUITS

All fruits have beneficial fiber, but some have lower levels of fructose to stave off gas and bloating.

FOODS blackberries, blueberries, clementines, grapefruit, oranges, raspberries, strawberries

WHAT YOU NEED

1–2 cups fruit per day, 25–38 g fiber per day*

WHOLE GRAINS

Good bacteria like the fiber in these grains.

FOODS brown rice, oatmeal, pearl barley, quinoa, whole grain pasta, whole grain wheat

WHAT YOU NEED

6 servings of grains per day, at least half of them whole grains**

*Based on a diet of 2,000 calories a day. Needs vary according to age, gender and level of physical activity.

** Examples of 1 serving: 1 slice bread; ½ cup cooked rice, cereal or pasta; ½ cup popped popcorn

25–38 GRAMS

THE RECOMMENDED DAILY AMOUNT OF DIETARY FIBER. AMERICANS EAT LESS THAN HALF OF THAT.
—Institute of Medicine



pro tip:
BALANCE
HELPS
MOOD

“Fill half your plate with colorful, antioxidant-rich vegetables, one-fourth with lean protein and one-fourth with fibrous, complex carbs to create potential for a healthier gut. Reducing or eliminating processed foods, refined oils, sugary beverages and alcohol will lessen the burden on your gut.”

—Michelle Arasim-Diekmann
Registered Dietitian
Hy-Vee, Lee’s Summit,
Missouri

Sources (this page and opposite): health.harvard.edu/staying-healthy/how-to-get-more-probiotics
health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf
heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/suggested-servings-from-each-food-group
mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/for-healthy-gut-feed-good-bugs/art-20322495
hopkinsmedicine.org/health/wellness-and-prevention/5-foods-to-improve-your-digestion
ncbi.nlm.nih.gov/pubmed/23609775
mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/kombucha-tea/faq-20058126

5

GUT-FRIENDLY PRODUCTS

Help your digestion with ready-to-eat foods from the Hy-Vee aisles!



1 GT's Kombucha
Handcrafted in small batches, GT's Kombucha is a refreshing dose of probiotics, amino acids and enzymes for gut health.



2 Lifeway Kefir
With a larger number of cultures than yogurt, kefir packs a probiotic punch. Plus, it has less sugar. Perfect for smoothies!



3 Cleveland Kraut Packets
Probiotic sauerkraut comes in convenient pouches, chilled and ready for a salad or sandwich.



4 Nasoya Kimchi
Kimchi is rich in probiotics, vitamins and minerals. Enjoy as a side dish or on burgers, tacos or pizza.

5 Cultured Snacking Co.
Yogurt, almonds and other healthful ingredients flavor these tasty refrigerated bars.



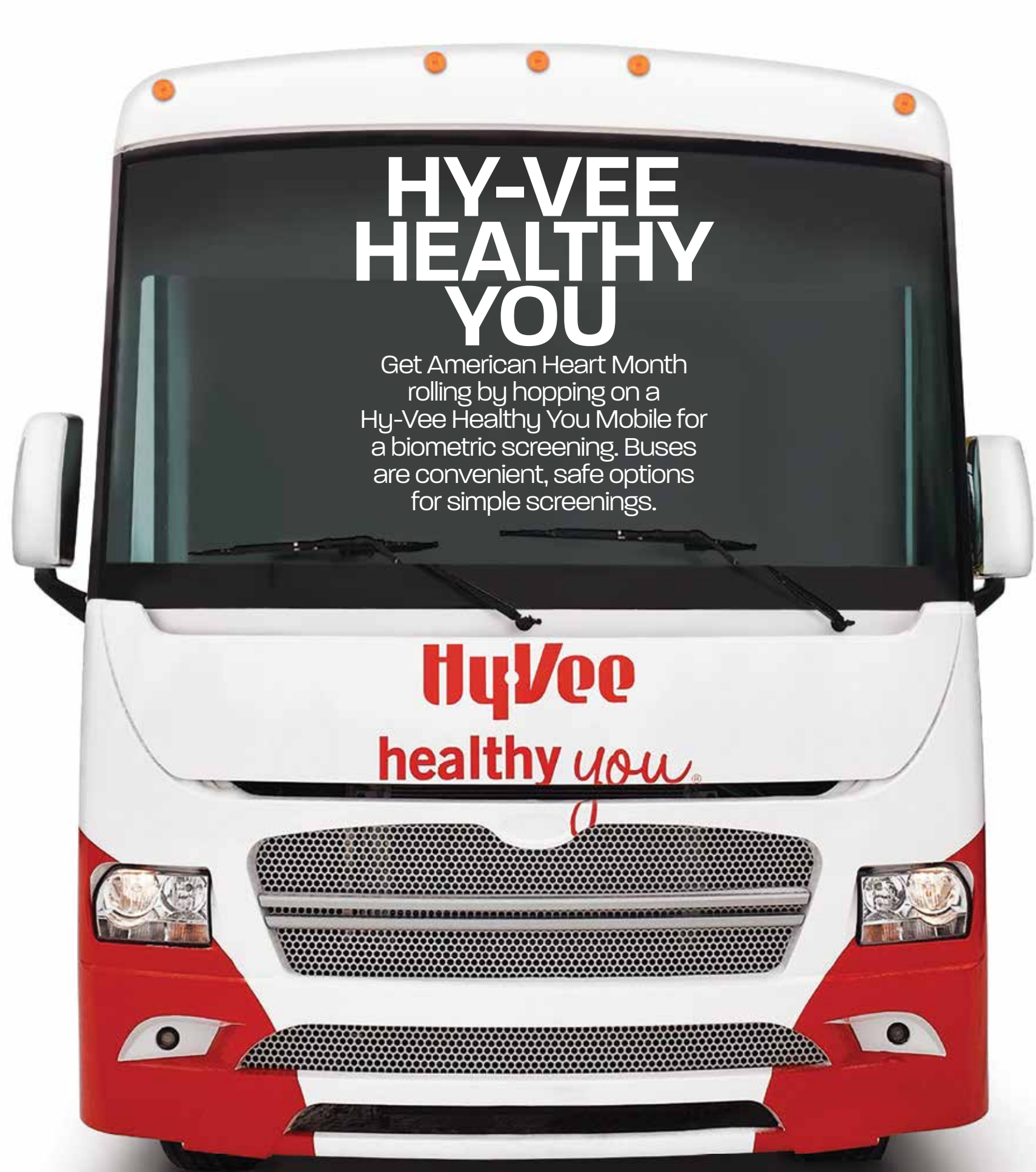
BRAND new

JUST FOR YOU



BRING IT HOME TODAY!

©General Mills



HY-VEE HEALTHY YOU

Get American Heart Month rolling by hopping on a Hy-Vee Healthy You Mobile for a biometric screening. Buses are convenient, safe options for simple screenings.

HyVee
healthy you

All aboard! Receive a biometric screening this month on a Hy-Vee Healthy You Mobile for valuable insight into heart health. Screenings start with a blood pressure measurement and also test for several other key factors for heart disease: cholesterol, glucose and triglyceride levels. Conditions like high blood pressure and high cholesterol usually have no symptoms and screenings are the only way to know whether levels are normal. A Hy-Vee dietitian or pharmacist will also measure height, weight, waist and determine body mass index. Fast for 9 to 12 hours before the screening.

THERE'S MORE

In addition to the biometric screening, the Hy-Vee Healthy You Mobiles can provide A1C screenings. This test gauges average blood sugar level over the previous two to three months to assess how diabetic conditions are being managed. Patients should follow up with physicians for out-of-range results.

Biometric screenings last around 15 minutes. Blood is drawn from a finger prick and samples are processed on the bus. Results are provided immediately and a Hy-Vee professional will go over results with you. Check with your local Hy-Vee for pricing.

11 MILLION

U.S. ADULTS HAVE HIGH BLOOD PRESSURE AND ARE NOT AWARE OF IT. UNCONTROLLED HIGH BLOOD PRESSURE IS A LEADING CAUSE OF HEART DISEASE AND STROKE.

CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

Sources: [cdc.gov/bloodpressure/faqs.htm](https://www.cdc.gov/bloodpressure/faqs.htm)
[cdc.gov/heartdisease/risk_factors.htm](https://www.cdc.gov/heartdisease/risk_factors.htm)
millionhearts.hhs.gov/tools-protocols/hiding-plain-sight/index.html
[heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings](https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings)
[medlineplus.gov/cholesterollevelswhatyouneedtoknow.html](https://www.medlineplus.gov/cholesterollevelswhatyouneedtoknow.html)

Check it Out

ELEVATED LEVELS OF CHOLESTEROL, TRIGLYCERIDES, BLOOD GLUCOSE AND BLOOD PRESSURE ARE SIGNIFICANT FACTORS FOR HEART DISEASE.



TRIGLYCERIDES
A type of fat found in blood. High levels cause arteries and artery walls to harden and thicken. Normal levels are below 150 milligrams per deciliter.



GLUCOSE
The main sugar in blood that supplies the body with energy. Elevated levels can lead to diabetes, which increases risk for heart disease.



CHOLESTEROL
A waxy, fatty substance that clogs arteries at high levels. Total cholesterol should be between 125 to 200 milligrams per deciliter for men and women over 20.



BLOOD PRESSURE
The force of blood against artery walls. High blood pressure may damage arteries and heart without causing symptoms. Normal levels are less than 120/80.

CHECK WITH YOUR LOCAL HY-VEE DIETITIAN OR PHARMACIST TO SEE WHETHER A HY-VEE HEALTHY YOU MOBILE IS COMING TO YOUR AREA!



Generics as low as \$4

See your Hy-Vee pharmacist for details. A complete list is available at Hy-Vee.com.

HyVee pharmacy

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

GET THE GOODS

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

fridge & freezer



Jimmy Dean Rolls or Fully Cooked Sausage select varieties 8 to 16 oz. 2/7.00



Jennie-O Ground Turkey or Chicken select varieties 16 oz. 2/7.77

pantry



State Fair Corn Dogs select varieties 8 to 16 oz. 2.99



Tyson Frozen Tenderloins 2.5 lbs. 7.99



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



Jimmy Dean Natural Links, Patties or Skillet select varieties 7.5 to 20 oz. 3.79



Kind Granola Clusters select varieties 11 oz. 2/8.00



Kind Simple Crunch, Healthy Grains or Breakfast Bars select varieties 4 or 5 ct. 2/6.00



Kind Kids or Nut Butter Filled Bars select varieties 4 or 6 ct. 2/6.00



Kind Minis select varieties 10 ct. 6.49



Better Oats select varieties 3.9 to 15.17 oz. 2.88



Mars M&M's select varieties 7.7 to 10.7 oz. 2/7.00



Heinz Ketchup, Mustard or BBQ Sauce select varieties 19.8 to 20.4 oz. 2/4.00



Jell-O or Tasty No Bakes select varieties 10.76 to 19.6 oz. 2.99



Pioneer Woman Pasta Sauce select varieties 24 oz. 2/6.00



Frito-Lay Smartfood, Simply Snacks or Off the Eaten Path select varieties 4.5 to 10 oz. 3.29



Ethical Bean select varieties 8 or 12 oz. 7.99

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

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

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

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

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

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



Wonderful Pistachios select varieties 5.5 to 16 oz. 8.99



Lay's Stax Chips select varieties 5.5 or 5.75 oz. 4/5.00

beverages



Coca-Cola select varieties 10 pk. cans 7.5 fl. oz. 3.99



Starbucks select varieties 4 pk. 6.5 or 9.5 fl. oz. 2/11.00



Smartwater 6 pk. 1 l. 7.99



Snapple, Yoo-Hoo, Bai Bubbles or Core Water select varieties 11.5 to 23.9 fl. oz. 10/10.00

other



POM Wonderful Juice select varieties 12 or 16 fl. oz. 4.99



Soft Scrub select varieties 24 or 28.6 oz. 2/5.00



All, Snuggle or Purex select varieties 88 to 150 fl. oz. or 39 to 230 ct. 6.99



Renuzit Adjustable Air Fresheners select varieties 7 oz. 3/3.00

recipe index

FROM THE HEART

- 10 Heart's Desire Cookies p. 10
- Buttercream Rose Cake p. 13
- Vanilla Buttercream p. 13
- 20 Cherry-Raspberry Sundaes p. 14
- 30 Simple Napoleons p. 14
- 10 Berry Phyllo Cups p. 14
- 30 Strawberry Shooters p. 14
- Champagne Heart Cupcakes p. 15
- Champagne Cake Pops p. 15
- Champagne Buttercream p. 15
- Valentine Fortunes p. 16

DATE NIGHT DINNER FOR TWO

- 30 New York Strip Steak with Mushroom Pan Sauce p. 21
- 30 Shrimp Scampi for Two p. 22
- 20 Parmesan Gremolata p. 24
- 20 Peppercorn-Brandy Cream Sauce p. 24
- 20 Red Wine Sauce p. 24
- 20 Citrus-Chive Butter Sauce p. 26

FAJITAS YOUR WAY

- Marinated Steak Fajitas p. 29
- Margarita Chicken Fajitas p. 30
- 30 Shrimp Fajitas with Chili Rub p. 31

101: CANTAGOLD CANTALOUPE

- GF V Pickled Cantaloupe Salad p. 34

CHAMPAGNE COCKTAILS FOR TWO

- 20 Double-Berry Bellinis p. 37
- 10 Pom Royale p. 38
- 10 Cherub's Cup Mimosa p. 38
- 20 Champagne Margarita p. 38

CHOCOLATE CRUSH

- Chocolate-Flooded Cheesecake p. 43
- Chocolate Cupcake Fix-Ups p. 44
- 20 Double-Chocolate Ice Cream Sandwiches p. 46
- Chocolate-Covered Sugar Cookies p. 47
- Fudgy Brownie Pops p. 48
- 20 Chocolate-Berry Crepes p. 49

14 WAYS TO USE RANCH POWDER (NOT IN A SALAD)

- 30 Spicy Chicken Fingers p. 51
- 10 Ranch Dipping Sauce p. 51
- 10 Chimichurri-Ranch Spread p. 52
- 20 Garlic Masher Mix-Up p. 52
- 30 Kicked-Up French Fries p. 52
- V 10 Five-Minute Avocado Toast p. 52
- Ranch Bloody Mary p. 52
- 30 Ranch-Salad Pizza p. 53
- Southwest Chicken Ranch Tortillas p. 54
- 10 Chili Warm-Up p. 55
- 30 Savory Dinner Rolls p. 55
- 30 Cucumber Dill Crostini p. 55

- 10 Easy Gourmet Popcorn p. 55
- Oven-Roasted Brussels Sprouts p. 55

ROTISSERIE CHICKEN GOES GLOBAL

- 20 Indian Chicken Curry Naan p. 59
- 20 Pozole Verde De Pollo p. 60
- 30 Greek Chicken-Couscous Salad p. 61

FULL-STEAM-AHEAD COMFORT FOOD

- Sausage, Potato & Kale Soup p. 65
- Cuban Pork and Rice p. 66
- Chicken & Dumplings Stew p. 67
- Pressure Cooker Pot Roast p. 68

30 minutes or less

30 MINUTES OR LESS

20 minutes or less

20 MINUTES OR LESS

10 minutes or less

10 MINUTES OR LESS

GF option

GLUTEN FREE

V option

VEGETARIAN DISH

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

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





TAKE IT. BAKE IT.
MAKE
THEIR NIGHT.

samples

FREE FLAVORS!

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

FRIDAY, JANUARY 31:
4 P.M. TO 7 P.M.
SATURDAY, FEBRUARY 1:
11 A.M. TO 2 P.M.

Produce: CantaGold Cantaloupe
Meat: Hy-Vee Skinless Casing-Free Bratwurst
Seafood: Wild Alaskan Surimi Cocktail Platters
Charcuterie: Brooklyn Cured Smoked Coppa with Tasso Spices
Deli: Kelly's Chocolate Cheese Fudge
Hickory House: Boneless Wings
Italian: Pizza Rings
Chinese: Asian Appetizers – Egg Rolls, Crab Rangoon, Pot Stickers
Bakery: Cherry Cake Donuts
Dairy: Kemps Top the Tator Dips



CantaGold Cantaloupe



Gourmet Cheese Ball Spread

FRIDAY, FEBRUARY 14:
4 P.M. TO 7 P.M.
SATURDAY, FEBRUARY 15:
11 A.M. TO 2 P.M.

Produce: CantaGold Cantaloupe
Grocery: Gustare Vita Refrigerated Pasta
Seafood: Crab Cakes with Rémoûlade Sauce
Charcuterie: Columbus Samplers
Deli: Hostess Brie Tray
Hickory House: Hy-Vee Premium Soups
Italian: Calzones
Chinese: Sesame Chicken & Chicken with Vegetables
Bakery: 5-inch Decorated Cookies
Grocery: Coca-Cola Energy Drinks – New!



Brownies – Fudge, Cream Cheese & German Chocolate

FRIDAY, FEBRUARY 21:
4 P.M. TO 7 P.M.
SATURDAY, FEBRUARY 22:
11 A.M. TO 2 P.M.

Produce: Sumo Mandarins
Meat: Hormel Culinary Pairings Herb Pork Chops & Teriyaki Cuts Pork Loin
Seafood: Shrimp Scampi
Charcuterie: Brooklyn Cured Smoked Coppa with Tasso Spices
Deli: Hormel Di Lusso Roast Beef & Castello Havarti
Hickory House: Napa Valley Cashew Chicken Salad
Italian: Flatbread Pizza
Chinese: Sushi Duo Packs
Bakery: Paçkzi – Assorted Flavors



Boneless Wings

FRIDAY, FEBRUARY 28:
4 P.M. TO 7 P.M.
SATURDAY, FEBRUARY 29:
11 A.M. TO 2 P.M.

Produce: CantaGold Cantaloupe
Meat: Farmland Pure Meatballs (plant-based) & Twice-Baked Potatoes
Seafood: Marinated Salmon Fillets
Charcuterie: Sikorski Artisan Sausages
Deli: Gourmet Cheese Ball Spread
Hickory House: White Cheddar Mac & Cheese
Italian: Medium Tuscano Pizza with Garlic Cheese Bread
Chinese: Walnut Shrimp & Shrimp with Vegetables
Bakery: Take & Bake Dinner Rolls
Grocery: Xyience Healthy Energy Drink
Grocery: Starbucks Fresh Brew Can Coffee



HY-VEE
CLARK K.
15 YEARS OF SERVICE



SAVING YOU TIME.

HyVee
aisles
online