SWEET LOVE
FEBRUARY 2020

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Wishing you a warm and loving month!

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!
Zöet Premium Belgian Chocolate

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

Available exclusively at Hy-Vee

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

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.

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

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.

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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!

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.

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.

VALENTINE GIFTS

VALENTINE ICE CUBE TRAY

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

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.

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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.

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Cake Construction

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

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.

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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.

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The cake is made from red fondant, the ribbon is perforated along the edges, then draped in place.

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Watch and learn at HSTV.com today!
pure, crisp taste, now infused with natural fruit flavors.

Smartwater select varieties 700 ml $5.00

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

- FROM THE HEART
- DATE NIGHT: DINNER FOR TWO
- FAJITAS YOUR WAY
- 101: CANTAGOLD CANTALOupe
- COCKTAILS FOR TWO: CHAMPAGNE
- CHOCOLATE CRUSH
- 14 WAYS TO USE RANCH POWDER (NOT IN A SALAD)
- ROTISSERIE CHICKEN GOES GLOBAL
- 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 ½ tsp. cream of tartar. Add ½ cup warm water and 1 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 shown, using a simple technique and royal icing. Watch and learn at HSTV.com today!
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
⅓ 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.

2. PREPARE Vanilla Buttercream as directed. To assemble, place a cake layer on a cake stand. Spread top with ½ cup buttercream. Repeat with two more cake layers, spreading top of each with ½ 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.


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, 4 g sugar, 10 g added sugar, 4 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 4%.

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.

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.

DRESSED-UP CHEESECAKE

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, naval orange slices with Grand Marnier liqueur, strawberries with St. Germain elderberry liqueur and blueberries with Pama pomegranate liqueur. Add desired garnishes.

Luscious Pairings

TO TRY

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Cherry-Raspberry Sundaes
Combine 2 cups Hy-Vee frozen unsweetened tart red cherries, 1 cup Hy-Vee granulated sugar, 1½ cups 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 Weetnoodles All Screen vanilla ice cream. Sprinkle granola on top, if desired. Serves 4.

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Berry Phyllo Cups
Thaw 12 frozen fully baked phyllo shells. Spoon 1 Tbsp. Hy-Vee whipped cream over each shell. Top each with fresh raspberries and a sprinkle of melted dark chocolate. Garnish with fresh mint, if desired. Makes 12.

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Simple Napoleons
Beat 1 cup Hy-Vee whipped cream until stiff; set aside. Combine 1 cup Hy-Vee nonfat dry milk and 1 cup milk in a heavy saucepan. Bring to boiling; reduce heat. Simmer 10 minutes or until mixture thickens. Cool. Beat on medium for 2 minutes. Add 1 cup Hy-Vee vanilla extract and ¼ tsp. vanilla pudding mix. Stir until smooth and creamy. Makes 3 cups.

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Strawberry Shooters
For each shooter, alternately layer 1 Tbsp. strawberry Greek yogurt, 1 Tbsp. whipped cream and 1 Tbsp. strawberry syrup in a shot glass. For garnish, pipe melted dark chocolate in a heart shape on parchment paper and let stand until firm. Serves 4.

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Champagne Heart Cupcakes
Hands On: 25 minutes
Total Time: 1 hour 15 minutes plus cooling time
Serves 12
Hy-Vee nonfat cooking spray
1 (16.5-oz.) box Hy-Vee extra-moist classic white cake mix
1 cup sweet champagne
1 cup Hy-Vee vegetable oil
2 Tbsp. fresh lime juice
Hy-Vee red food coloring
1 recipe Champagne Buttercream, below
Nonpareils, for garnish
1. PREHEAT oven to 350°F. Line all 12 in. square baking pans with parchment paper. Spray parchment with nonstick spray; set aside.
2. PLACE cake mix, champagne, oil, and eggs 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 your intended color. Bake 12 to 15 minutes or until a wooden toothpick inserted in center comes out clean. Cool. Using a 1¼-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 wooden toothpick inserted near centers comes out clean. Cool on a wire rack.
4. MAKE Champagne Buttercream; tint half pink. Add buttercream 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.

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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 ½ cup Champagne Buttercream, below. Mix 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.
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 cup Hy-Vee red food coloring  

While chocolate melting wafers, melted, if desired  
Nonpareils, if desired  

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%.

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 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 cookies; 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.
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.
**New York Strip Steak with Mushroom Pan Sauce**

**Hands On** 10 minutes  
**Total Time** 30 minutes  
**Serves** 2

- 2 Tbsp. plus ½ 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.) pkg. garlic-parsley or savory herb microwave potatoes
- 1 (0.5-lb.) pkg. Hy-Vee Short Cuts steam-bag green beans
- 2 Tbsp. plus ⅔ cup water, divided
- 1½ tsp. Hy-Vee cornstarch
- ½ (1-oz.) envelope Hy-Vee au jus sauce mix
- 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 ⅔ cup water and au jus sauce. Bring to boiling; cook and whisk 1 minute. Add mushrooms and remaining ½ 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%.
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.

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.

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 Vite olive oil  
- 4 large cloves garlic, minced  
- ¼ tsp. Hy-Vee crushed red pepper, plus additional for garnish  
- ½ lb. frozen deveined raw shrimp, thawed and peeled (16 to 20 ct.)  
- 1 small red bell pepper, seeded and cut into strips  
- ¼ cup dry white wine  
- 2 tbsp. fresh lemon juice  
- 1 cup lightly packed arugula  
- 2 tbsp. Gustare Vite 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 20 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.

Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 10%
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.

---

**HOW TO PAN-SEAR THE PERFECT STEAK**

**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 ⅛ 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 ⅓ cup Hy-Vee beef broth; simmer for 2 to 3 minutes or until reduced by half. Add ⅔ cup Hy-Vee heavy whipping cream; simmer for 2 to 3 minutes or until reduced to about ⅓ cup. Stir in ½ tsp. coarsely ground black peppercorns. Makes about ½ cup.

**RED WINE SAUCE**

MEAL PACKAGE FOR 2

- 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

HOW TO

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.

BROIL LOBSTER TAILS

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

1. CUT THE SHELL

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

2. 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.

3. BROIL

Preheat broiler. Place lobster tails, meat side up, on the unheated rack of a broiler pan. Broil lobster 9 in. from heat for 10 to 12 minutes or until meat is opaque.

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 9 in. from heat for 10 to 12 minutes or until meat is opaque.

CITRUS-CHIVE BUTTER SAUCE

Melt ½ 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, ¾ tsp. lemon zest and ¼ tsp. lime zest. Let stand 5 minutes before serving. Makes ½ cup.

BROIL

Preheat broiler. Place lobster tails, meat side up, on the unheated rack of a broiler pan. Broil lobster 9 in. from heat for 10 to 12 minutes or until meat is opaque.

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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 6 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 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.

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.

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.

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FAJITA STEAK FAJITAS

1. Served with marinated skirt steak strips, fajitas are a fast and easy meal that is sure to please.

2. For marinade, combine 1 (6-oz.) can pineapple juice, ½ cup Hy-Vee canola oil, ½ 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. Serves 6.
Combine 3 Tbsp. tequila, 2 Tbsp. Hy-Vee canola oil, 2 Tbsp. lime juice, 2 minced garlic cloves, 1 Tbsp. Hy-Vee honey, 2 Tbsp. 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.

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.

margarita chicken fajitas

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

To warm tortillas:

- 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.

**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.

**WARMING TORTILLAS**

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

**SHRIMP FAJITAS WITH CHILI RUB**


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From our family tree to yours.

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

101	

CANTAGOLD CANTALOUPE

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

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.

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

CantaGold cantaloupe is sweet, thin rind and soft, juicy flesh—harvested at a ripe 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.

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

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POM 16 oz. Juice

POM 12 oz. Tea

Wonderful Pistachios 16 oz.

Wonderful Pistachios No Shells 5.5 oz.

Wonderful Halos 5 lbs.

Wonderful Halos 3 lbs.

Wonderful Pistachios No Shells 6 oz.

Seasongs33.jpg
Pickled Cantaloupe Salad

Peel, seed and dice 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 5 mint sprigs. Seal bag and refrigerate 2 hours. Drain off liquid—reserving ⅓ cup brine—and discard. Toss cantaloupe mixture to serving plate. Sprinkle with ⅓ cup crumbled feta; 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 a blender with sugar and just enough water to make a puree, 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

Philadelphia
Cream Cheese Dip
select varieties
10 oz.
2.99

TRY!

FIND IN THE DAIRY AISLE

©2020 Kraft Foods
double-berry bellinis

Blend 1½ 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.
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.

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 ½ oz. Chandon Brut or Korbel Sweet Cuvée. Garnish with strawberries and mint. Serves 2.
GET YOUR SNACK BLITZ ON

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EARN FUEL WITH YOUR PURCHASE!

Buy Any Participating Fruit by the Foot, Fruit Gushers, Fruit Roll-Ups, Motts 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, Motts, 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 on each Core Pack Fruit Snack item purchased. Earn $0.12 off per gallon on each Mega/Family Size Fruit Snack item purchased. See full fuel program terms at www.hyvee.com/perks. ©General Mills.

PLUS, GET A FREE WATER BOTTLE

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3. RECEIVE A FREE* Sip Swell®

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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.
Try Zot 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

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!

Chocolate-Cupcake Fix-Ups

Decorate Hy-Vee Bakery buttercream-frosted cupcakes with Zot chocolate embellishments. To make shards or create large curls, melt a 60% cocoa 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.

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!
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.

**Simple Steps**

1. **Cut It**
   Lay a pint of your favorite ice cream on its side and cut it into ½-in. slices.

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

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

**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.
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 1 Tbsp. 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.

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.

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 1 Tbsp. 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.

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**BEST MELTING CHOCOLATES**
To make this no-cook recipe, buy Melissa’s ready-to-use crepes from Hy-Vee. Pick your toppings and enjoy!

It’s so easy

With Hy-Vee bakery fresh fudge brownies, your dessert will be ooey-gooey delicious every time.

49 SEASONS February 2020

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49 SEASONS February 2020
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.

Ranch Dipping Sauce

Combine ½ cup buttermilk + 2 Tbsp. Hy-Vee ranch dressing mix + Hy-Vee black pepper. Makes ½ cup.
Whisk together ⅓ 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.

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.

Ranch Bloody Mary

Combine 24 oz. spicy hot vegetable juice, 4 oz. Row vodka, 2 Tbsp. Hy-Vee ranch dressing mix, ⅛ tsp. dill pickle juice and ⅛ 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).
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 ¼ cup Hy-Vee shredded sharp Cheddar cheese; ½ cup Hy-Vee frozen corn, thawed; ¼ (25-oz.) can Hy-Vee no-salt-added black beans, drained and rinsed; and 1 jalapeño pepper, seeded and finely chopped. Bake, uncovered, for 20 minutes or until heated through (165°F). Top with 8 slices Hy-Vee bacon, crisp-cooked and drained, and 1 (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). Serve 8.

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 (1.12-oz.) pkg. Hy-Vee ranch dressing mix until dissolved. Top with 8 slices Hy-Vee bacon, crisp-cooked and drained, and 4 cherry tomatoes, quartered. Serve in 8 (8-in.) Hy-Vee tortilla-size flour tortillas with lime wedges. Serves 8.

Chili Warm-Up


Combines 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.
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
½ 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.

Good on the grill...

...and in the oven.

Visit Jennieo.com for more recipe ideas!
Rotisserie Chicken Goes Global

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

Indian Chicken Curry Naan

Total Time 20 minutes
Serves 4
2 (8.8-oz.) pkg. naan (4 flatbreads)
1 cup thinly sliced mini bell peppers
1 (15.5-oz.) jar Culinary Tours butter chicken sauce
Topper: 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 loaded with grill marks, browning on one side. Remove from grill pan; set aside.

2. SPRAY a medium nonstick skillet with cooking spray. Add bell peppers and cook for 1 to 2 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, 35 g fat, 3 g saturated fat, 100 mg cholesterol, 1,080 mg sodium, 70 g carbohydrates, 50 g sugar, 8 g protein, 0 g added sugar
Flavor: 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.

GRECCE
Greek Chicken-Couscous Salad

Hands On 10 minutes  
Total Time 30 minutes

Serves 4  

½ (14-oz.) pkg. Hy-Vee Israeli couscous (1⅓ cups)  
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 thinly sliced Hy-Vee whole Greek Kalamata pitted olives  
12 oz. sliced Hy-Vee boneless nitrate-free 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%

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Pozole Verde De Pollo

Total Time 20 minutes

Serves 4  

1 (28-oz.) can Hy-Vee mild green enchilada sauce  
2⅓ cups Hy-Vee 33%-less-sodium chicken broth  
2 cups shredded Hy-Vee rotisserie chicken  
¾ cup chopped, seeded Roma tomatoes  
½ tsp. Hy-Vee ground cumin  
Garnishes: sliced radishes, shredded cabbage, fresh cilantro and Hy-Vee tortilla strips

1. **COMBINE** enchilada sauce and chicken broth in a large saucepan. Stir in chicken, 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%

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GREECE 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/rotisseriechicken.

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• NO ANTIBIOTICS EVER
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*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*

- 2 slices Hy-Vee center-cut bacon, cooked
- 1 lb. drip, ground Italian sausage
- 1 lb. 5-in. container Hy-Vee Short Cut Cuts chopped with onion
- 1 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 cups rinsed potatoes, cut into ¾-in. cubes
- 2 cups bacon grease, skin removed
- 1 cup Hy-Vee heavy whipping cream
- Hy-Vee black pepper, to taste
- 1 cup Hy-Vee 33%-less-sodium chicken broth
- 1 (0.5-lb.) container Hy-Vee Short Cuts chopped white onions
- 1 (1-lb.) pkg. ground Italian sausage
- 2 slices Hy-Vee center-cut bacon, cooked
- 6 cloves garlic, minced
- 1 tsp. Hy-Vee Italian seasoning
- 3 cups Hy-Vee 33%-less-sodium chicken broth
- 2 cups 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 in 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 browned; drain. Add ground Italian sausage.
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 bacon, cooked for 2 minutes. Add cream and heat through. Serve soup heated with bacon. Season to taste with pepper.
Cuban Pork and Rice

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

2 tsp. dried cilantro leaves
2 tsp. whole coriander seed
2 tsp. dried onion leaves
2 tsp. Hy-Vee ground thyme
2 tsp. Hy-Vee garlic powder
1 tsp. kosher salt
1 tsp. Hy-Vee black pepper
1 (6-oz.) boneless pork shoulder roast
1 Tbsp. Gustare Vita olive oil
cups Hy-Vee 33%-less-sodium chicken broth
2 cups Hy-Vee long-grain white rice, uncooked
1 1/2 cups Hy-Vee red kidney beans, rinsed and drained
1 cup chopped red and/or green bell pepper
Avocados, peeled, seeded and cut into slices
Fresh cilantro leaves

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. Brow sugar in hot oil on all sides.

3. 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; set aside. Pour 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.

5. Carefully remove lid. Remove pork from pressure cooker and wrap in heavy foil to keep warm. Carefully remove lid. Remove pork from pressure cooker and wrap in heavy foil to keep warm.

6. Once rice has finished cooking, release the valve and allow steam to escape. Carefully remove lid. Stir in beans and bell pepper.


Chicken & Dumplings Stew

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

3 lb.2 oz. pork boneless skinless chicken thighs
3 cups butter salt
3 cups Hy-Vee black pepper, divided
4 Tbsp. Hy-Vee salted butter, divided
2 medium carrots, peeled and bias-sliced
2 stalks celery, bias-sliced
2 cloves garlic, minced
1 (1-lb.) pkg. boneless skinless chicken thighs
2 Tbsp. Hy-Vee salted butter, divided
4 cups Hy-Vee all-purpose flour
2 tsp. poultry seasoning
1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. dried garlic, minced
1 cup Hy-Vee chicken broth
2 cups Hy-Vee 2% reduced-fat milk
1 1/2 cups Hy-Vee Short Cuts chopped white onions
1 cup Hy-Vee short-cut celery
1 cup Hy-Vee short-cut carrots
1 cup Hy-Vee short-cut peas
1 cup Hy-Vee short-cut chicken broth
1 cup Hy-Vee short-cut chicken broth

1. PAT chicken dry; season with salt and 1 tsp. pepper. Heat 2 Tbsp. butter on sauté setting of an 8-qt. pressure cooker; stir in carrots, celery, onions and garlic. Cook for 2 minutes or until softened.

2. SHRED chicken; add to pressure cooker. Turn on sauté setting. After 5 to 7 minutes or until dumplings are tender, Garnish each serving with additional parsley, if desired.

3. FOR DUMPLINGS, combine flour, baking powder and flour in pot reaches a simmer, stirring occasionally. Add 1/4 cup chicken broth; stir in carrots, celery, onions and garlic. Cook for 2 minutes or until softened. Stir in peas.

4. FOR DUMPLINGS, combine flour, butter and flour in pot reaches a simmer, stirring occasionally. Add 1/4 cup chicken broth; stir in carrots, celery, onions and garlic. Cook for 2 minutes or until softened. Stir in peas.

5. FOR DUMPLINGS, combine flour, butter and flour in pot reaches a simmer, stirring occasionally. Add 1/4 cup chicken broth; stir in carrots, celery, onions and garlic. Cook for 2 minutes or until softened. Stir in peas.
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 tsp. Hy-Vee tomato paste
1 tsp. 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 all-purpose flour
¾ 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 meat 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 meat 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, 45 g carbohydrates, 6 g fiber, 55 g protein. Daily Values: 0% Vitamin D, 6% Calcium, 40% Iron, 35% Potassium.

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

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 pressure 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.

find it at Hy-Vee
IT'S PARTY TIME

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

Nabisco Party Size Oreo, Oreo Chocolate or Ritz select varieties
23.7 to 27.4 oz.
4.48

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NEW

RUFFLES

NBA

ALL-STAR CELEBRITY GAME

Presented by

RUFFLES

NBA
Now with
HAPPY HEART
SHAPES
for a limited time

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.
11 Stila Heaven’s Hue Highlighter. Dust on cheekbones for a dewy glow.

12 Finishing Touch Flawless Brows. Touch-up eyebrows at home.

13 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

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.

16 Yes to Grapefruit Unicorn Paper Mask. This mask will make her glow for days.

17 Harry’s 5-Blade Razor and Shave Gel. A clean, close shave is a gift unlike any other.

18 Olivina Men Skin Care Set. Bourbon Cedar body wash, shave gel, and moisturizer.

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.
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.


The bottle is so pretty; the scent is heavenly.

26 Burberry Touch for Woman, 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 classics, 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 Ouverture 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.**

**wine & spirits**

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**wine & spirits**
Flores 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

Visit your local Hy-Vee florist to choose your favorite blooms and embellishments.
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.

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

VIDEOS FOR MOMS

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

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

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

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 protection training pants • breastfeeding accessories • infant gas-relief formulas • spillproof drink cups • teething products • plush baby toys

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

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

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

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

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

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• 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!

Available at HyVee.

Persil Laundry Detergent select varieties 38 to 40 ct. or 100 fl. oz. 11.97

Save 10¢ per gallon with each item purchased.

**LAUNDRY**

**STEP 1**

**pretreat**

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

**COFFEE**

Sponge or soak stain in cool water. Treat stain with an 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.

**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.

**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.

**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.

**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.

**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. **Note:** Stains from permanent markers will not come out.

**OIL/GREASE**

Rub spot with dish soap, let stand a few minutes. Rinse and repeat, if needed. Launder in hottest water safe 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.

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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.

**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.

**PERSPIRATION**

Pretreat with a stain remover or pour enzyme-containing liquid detergent directly on stain and gently rub into fabric. Let stand 10 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.

**LAUNDERING**


**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 an 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.

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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.

**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.

**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. **Note:** Stains from permanent markers will not come out.

**OIL/GREASE**

Rub spot with dish soap, let stand a few minutes. Rinse and repeat, if needed. Launder in hottest water safe 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.

**PERSPIRATION**

Pretreat with a stain remover or pour enzyme-containing liquid detergent directly on stain and gently rub into fabric. Let stand 10 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.
Heavily-soiled clothing: Use detergent with disinfectant/bleach cleaning ingredients, stain removers, and/or odor fighters.

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

About bleach

Oxygen bleach works with most fabrics to remove stains and brighten clothes. It works differently than color-safe 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.

CLOTHING REPAIR

Simple tasks keep clothes looking good and extend wear.

STEP 2 Wash

Different fabrics have different laundry needs. Read fabric labels to determine water temperature (hot, warm, cold), size 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.

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.

Dryer 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.

Fabric protectors:

Add fabric protectors to the wash, or use a liquid detergent that includes fabric protector to protect, fight static cling and reduce wrinkles.

Read fabric labels and instructions for amounts to use.

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. 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).

Sew on Buttons

Pull 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 falling tight against fabric. Finish with needle through garment; knot inside garment and cut thread.

Darn a Sock

Turn sock inside out; pull it over a wooden darning mushroom or a light bulb. 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, change 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.

Remove Pills From Sweaters

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.

Shoe Spiff-Ups

Hy-Vee carries cleaners, 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.

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

Simple tasks keep clothes looking good and extend wear.

Fabric softeners:

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.

Read fabric labels and instructions for amounts to use.

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Two new ways to start your day

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

96 3 EXERCISES TO IMPROVE HEART HEALTH
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114 FOODS THAT MAKE YOUR GUT HAPPY
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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 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.

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.

Sources:
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- health.clevelandclinic.org/why-making-your-heart-work-harder-lowers-your-blood-pressure/
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AEROBIC EXERCISES

Get your heart rate up:

WALKING

CYCLING

JUMPING ROPE
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.

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

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.

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

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 Fit and Hy-Vee Fitness

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

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.

WEIGHTLIFTING

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

WEIGHTLIFTING

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

RESISTANCE BANDS

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

REGULAR STRETCHING CAN HELP REDUCE STRESS, WHICH IS RELATED TO HEART DISEASE.
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 & Donating $1 per purchase to AmericanCares.org with Kellogg’s Frosted Flakes cereal, per Kellogg’s donation policy. Donation to AmericanCares.org meets equal or greater value. Expires 12/31/20. © Kellogg Co. 2019.
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 49% 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 cause discomfort. An example is lactase deficiency, also known as lactose intolerance.

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

SOURCES:

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webmd.com/skin-problems-and-treatments/food-allergies

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. TWITCHING 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, blood pressure drops dangerously low, causing shock, loss of consciousness and even death.

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

SEASONS I by e5e5e

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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, rolls, corns, crackers, pancakes, pasta, pastry, pizza crusts and more.
- Some beer, hot dogs, ice cream, hamburger, milk, noodles, pretzels and more.

**EGGS**
- Eggs, egg substitutes, seasonings, fat substitutes made with eggs, mayonnaise, margarine and more.
- Plus wheat, citrus, yeast, mustard, soy sauce and more.

**MILK**
- Milk, butter, cheese, lion’s mane, heavy cream, half-and-half, sour cream.
- Plus whey, whey protein concentrate, milk protein concentrate, milk solids and more.

**PEANUTS**
- Peanuts, peanut butter, peanut oil, sunflower seeds, pistachios, hazelnuts, pecans, pistachios.
- Plus almond butter, toasted oats, raisins or seeds, flaxseeds, gluten-free flours and grains, millet, some oats, rice, quinoa.

**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 food.

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

**TREE NUTS**
- Almonds, Brazil nuts, cashews, hazelnuts, pecans, pine nuts, peanuts, walnuts.
- Plus products made with nuts, such as nut butters, craft beer, specialty coffees.

**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 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 based frozen desserts highlight flavors such as dark chocolate truffle and salted caramel cluster.

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

**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.

**SEASONS**
- 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.

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**SEASONS**
- 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.
From freezer, to pan, to plate.

Now in twenty minutes.

Tyson Frozen Boneless Chicken Breasts
2.5 lbs. $6.49

Tyson Frozen Boneless
Chicken Breasts

KIND
ingredients you can see & pronounce
be kind to yourself™

kindsnacks.com | @kindsnacks
WAYS TO A HEALTHIER HEART

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

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

3. LIMIT ALCOHOL
Heavy drinking may lead to high blood pressure and weight gain, both major risk factors 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, diabetes and obesity, stroke and heart attack. Aim for healthy body weight, physical activity also makes it easier for the heart to shuttle oxygen-rich blood to organs and muscles.

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 attack. 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.

9. BE SOCIAL
Certain factors for heart disease are uncontrollable. Age, genetics, gender and ethnicity affect heart disease. Schedule a regular lunch with a friend or visit with family members.

10. GO TO THE DOCTOR
Regular visits to your doctor to ensure your heart is in good condition.

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- hy-vee.com/health-center/quit-smoking/quit-for-good

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.
5 foods to choose

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

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

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 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—snack 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.
A MODERN ENERGY DRINK

DESIGNED FOR TODAY’S ACTIVE GENERATION

NEW!
ZERO SUGAR
ALL DEW

When it’s COLD OUTSIDE stay WARM INSIDE

Adrenaline Shoc, Sota Choc, Dark, Ocean of Cool, Red X, 12 to 16.9 fl oz. or 12 to 15 fl oz. 24/12 ct.

ASHOC.COM
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: No recommended daily amount established. Health experts generally recommend incorporating cruciferous vegetables into the diet daily.

PROBIOTICS
These fermented foods contribute good living microorganisms to crowd out the bad.
FOODS: kefir, kombucha, miso, pickles (that say “fermented” on label), sauerkraut, tempah, yogurt (lactic)
WHAT YOU NEED: No recommended daily amount established. Health experts generally recommend incorporating probiotic foods into the diet daily.

PREBIOTS
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 cereals, whole-grain wheat
WHAT YOU NEED: No recommended daily amount established for prebiotics only. 25–38 g per day total dietary fiber

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

M ost of the cells in your body are the trillions of bacteria, viruses and fungi that 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.

*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


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

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CRUCIFEROUS AND LEAFY GREEN VEGETABLES
Complex carbs and fiber regulate digestion and help good microbes thrive.
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WHAT YOU NEED: No recommended daily amount established. Health experts generally recommend incorporating cruciferous vegetables into the diet daily.

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: 56 g men, fiber 25–38 g per day

WHOLE GRAINS
Good bacteria like the fiber in these grains.
FOODS: brown rice, millet, rice barley, quinoa, whole-grain pasta, whole-grain wheat
WHAT YOU NEED: 6 servings of grains per day, at least half of them whole grains**

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FOODS: blackberries, blueberries, clementines, grapefruit, oranges, raspberries, strawberries
WHAT YOU NEED: 1–2 cups fruit per day, 25–38 g fiber per day


Kombucha
This slightly effervescent drink has probiotics to aid digestion. Kombucha is made by fermenting sweetened tea with bacteria and yeast.
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. Nasoja 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 nutritious ingredients flavor these tasty refrigerated bars.

BRING IT HOME TODAY!

BRAND new
JUST FOR YOU

SEASONS | February 2020
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)

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.

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.

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.

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.

Check it out
Elevated levels of cholesterol, triglycerides, blood glucose and blood pressure are significant factors for heart disease.

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!

Hy-Vee Healthy You Mobile

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.

Hy-Vee Dietitian or Pharmacist
Check with your local Hy-Vee Dietitian or Pharmacist to see whether a Hy-Vee Healthy You Mobile is coming to your area!
Spend More with $4

Generics as low as $4
See your Hy-Vee pharmacist for details. A complete list is available at Hy-Vee.com.

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 1 lb. 2.77

Pantry

- State Fair Corn Dogs select varieties 8 to 16 oz. 2.99
- Tyson Frozen Tenders select varieties 7 to 8 oz. 5.99
- Jimmy Dean Breakfast Bowl select varieties 7 to 20 oz. 3.79
- Jimmy Dean Natural Links, Patties or Skillets select varieties 7.5 to 20 oz. 3.79
- Kind Granola Clusters select varieties 11 oz. 2/6.00
- Jimmy Dean Natural Links, Patties or Skillets select varieties 7.5 to 20 oz. 3.79
- Kind Simple Crunch, Healthy Grains or Breakfast Bars select varieties 4 or 5 ct. 2/6.00
- Kind Snack Bars 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
- Pioneer Woman Pasta Sauce select varieties 24 oz. 2/6.00
- Heinz Ketchup, Mustard or BBQ Sauce select varieties 19.8 to 20.4 oz. 2/4.00
- Jell-O or Tasty Nut Bakes select varieties 19.8 to 20.4 oz. 2.99
- Pioneer Woman Pasta Sauce select varieties 4.5 to 10 oz. 3.29
- Frito-Lay Smartfood, Simply Snacks or Off the Eaten Path select varieties 4.5 to 10 oz. 3.29
- Ethical Bean select varieties 7.7 to 10.7 oz. 2.77

Pantry

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### Beverages

- Coca-Cola
  - Select varieties
  - 12 oz. cans, 7.5 fl. oz.
  - 3.99
- Starburst
  - Select varieties
  - 4pk, 0.25 or 0.5 fl. oz.
  - 2/7.00
- Smartwater
  - 6 fl. oz.
  - 7.99
- Snapple, Yo-Ho, Bic Bubbles or Gina Water
  - Select varieties
  - 11.5 oz. or 23.9 fl. oz.
  - 10/10.00

### Other

- POM Wonderful Juice
  - Select varieties
  - 12 oz.
  - 4.99
- Soft Scrub
  - Select varieties
  - 24 oz. or 22.5 fl. oz.
  - 2/5.00
- All, Snuggle or Purex
  - Select varieties
  - 39 or 23 oz.
  - 6.99
- Renuzit Adjustable Air Fresheners
  - Select varieties
  - 7 for $5.00

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Department of Health and Human Services, 200 Independence Ave 2nd Floor, Health Resources Building, Washington DC 20201, 800-338-4545 (TDD) 800-535-7669 (TDD)

Complaint forms are available at https://www.hhs.gov/ochr/
Take 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

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 Rémoulade 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!

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

FRIDAY, FEBRUARY 7:
4 P.M. TO 7 P.M.
SATURDAY, FEBRUARY 8:
11 A.M. TO 2 P.M.

Produce:
- CantaGold Cantaloupe

Meat:
- Smithfield Carando Meatballs, Links & Ground Pork

Seafood:
- Shrimp Fajitas

Charcuterie:
- Columbus Samplers

Deli:
- Kelly’s Chocolate Cheese Fudge

Hickory House:
- Pulled Pork

Italian:
- Garlic Breadsticks and Pretzel Sticks

Chinese:
- Rice Bowls

Bakery:
- Brownies – Fudge, Cream Cheese & German Chocolate

Grocery:
- Frito-Lay Cheetos Flamin’ Hot Limón

FRIDAY, FEBRUARY 21:
4 P.M. TO 7 P.M.
SATURDAY, FEBRUARY 22:
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:
- Starbucks Fresh Brew Can Coffee

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

Produce:
- CantaGold Cantaloupe

Meat:
- Beyond Meat Wholesome (plant-based) & Turkey Beef Patties

Seafood:
- Marinated Salmon Fillets

Charcuterie:
- Smoked Artisan Sausages

Deli:
- Gourmet Cheese Ball Spread

Hickory House:
- White Cheddar Mac & Cheese

Italian:
- Medium Tuscano Pizza with Garlic Cheese Bread

Chinese:
- Black Shrimp & Shrimp with Vegetables

Bakery:
- Skin & Bake Chicken Rolls

Grocery:
- Zynics Healthy Energy Drink

Grocery:
- Starbucks Fresh Brew Can Coffee