



HuVee® **seasons**

FOOD | LIFE | HEALTH

EATING
FRESH

january
Prices good January 1-31, 2020

There are



days this year.
Don't waste any
of them.

With an extra day in 2020, let's resolve to make the most of every day. Save time to spend on the things you really want to do. Just use Hy-Vee Aisles Online to place your grocery order online and schedule a time for pick-up.



SCAN TO DOWNLOAD OUR NEW MOBILE APP.



JANUARY 2020

food



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health



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

It's a new year, which means resolutions. If yours include living a healthier and more rewarding life, you're in good company.

Eating healthier and losing weight are usually top of the list of New Year's resolutions—especially after holiday indulging. Do you know some foods actually promote weight loss? We'll introduce you to them on *page 106*.

Living a more rewarding life is another goal that many of us share. You can make life peaceful simply by bringing the soothing influence of nature indoors, *page 78*. Or make it festive by hosting a watch party with minimal work, *page 34*.

Have a wonderful New Year!

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BRING HOME THE
EXTRAORDINAIRE

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aisles

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

PANTRY

Healthier Choices

Watch party season is upon us! Grab these healthful alternatives to usual watch party fare to limit calories during the big games or award shows.



BOOM CHICKA POP
Made with only popcorn, sunflower oil and sea salt. Just 35 calories per cup.



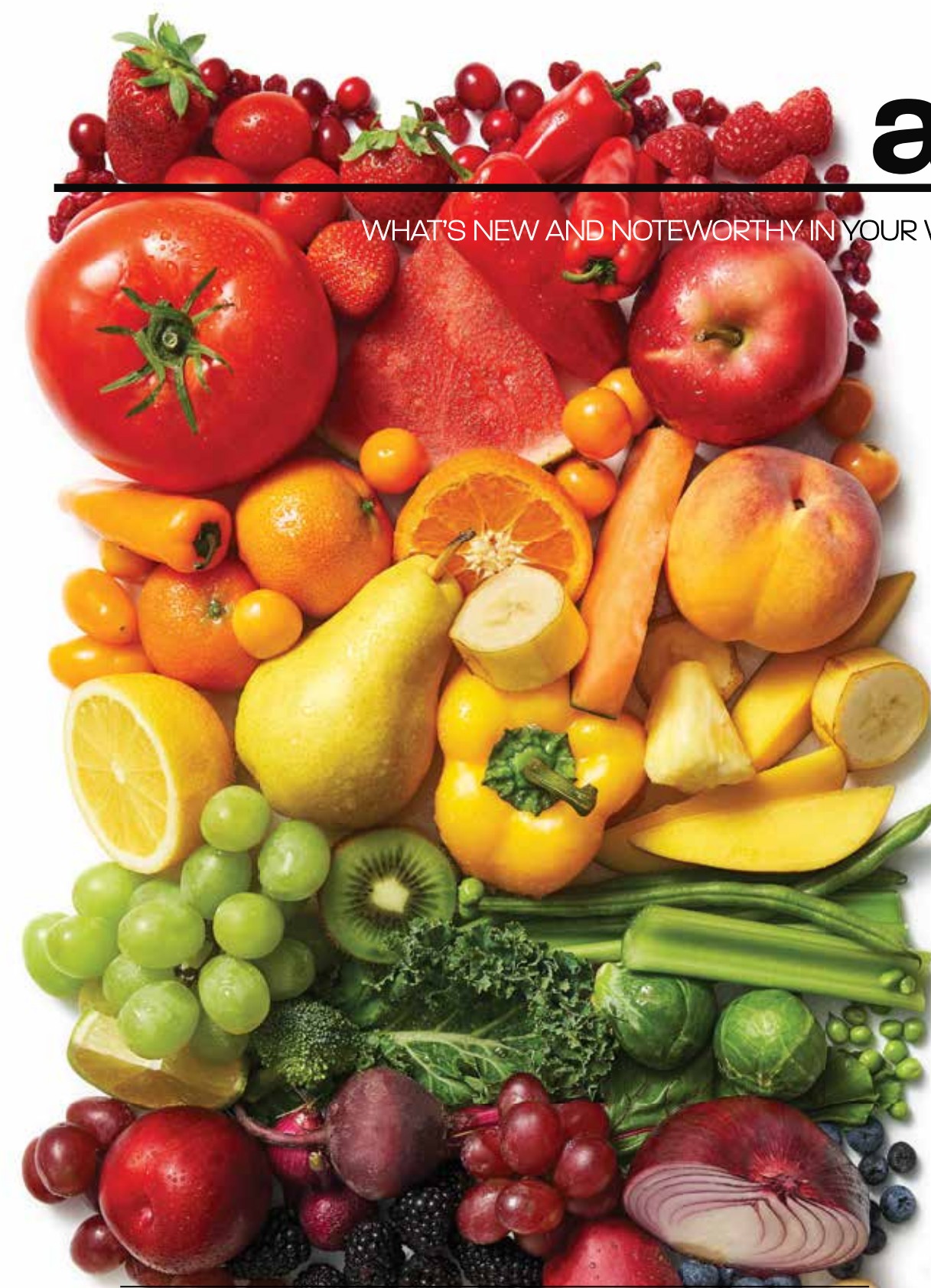
POPCHIPS
A healthier alternative to fried potato chips, Popchips are cooked in a pressurized chamber to reduce fat and grease.



CRUNCHMASTER MULTI-SEED CRACKERS
Baked with sesame, quinoa, flax and amaranth seeds. Includes 19 grams of whole grains and 280 mg of omega-3s.



HY-VEE NATURAL ALMONDS
Rich source of vitamin E, healthy fats, fiber and magnesium.



EAT THE RAINBOW

Pick a color, any color! The produce section at Hy-Vee is the freshest spot to kick-start health-related New Year's resolutions! Pick from a bounty of colorful,

nutritious fruits and veggies loaded with fiber, vitamins and minerals. In season this month: kale, oranges, Brussels sprouts, winter squash, grapefruit and more!



brand highlight

DI LUSSO® SALADS

Avoid the pitfalls of the fast food drive-thru by opting for convenient and nutritious Di Lusso Salads at Hy-Vee. Each salad is readymade for easy eating and loaded with fresh veggies and tasty add-ons that pack a serious nutritional punch.



Pick from a variety of delicious salads like chicken club or cobb salad with turkey, ham and bacon.

DiLusso
DELI COMPANY

4 ON THE FLOOR

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

BAKERY

Angel Food Cake



Stick to your resolution this month and still satisfy your sweet tooth. Angel food cake from Hy-Vee Bakery is light, tasty and is low-fat and low-cal.

PRODUCE

Cara Cara Oranges



Enjoy the sweet taste of Cara Cara oranges in peak season this month. Naturally seedless, they're refreshing on their own or as a salad topper.

WINE & SPIRITS

Truly Lemonade Hard Seltzer



New this month: Truly Lemonade Hard Seltzer. Try flavors like black cherry lemonade, original lemonade, mango lemonade and strawberry lemonade.

MEAT

Hy-Vee True Sausage



Bring Hy-Vee True Meat to the breakfast table this month. All natural and raised with no added hormones or antibiotics.



now trending

GET FIT

LOOK FOR THESE HELPFUL PRODUCTS AT YOUR LOCAL HY-VEE SO YOU CAN HIT YOUR HEALTH GOALS IN 2020.

OSTER BLEND-N-GO BLENDER

The name says it all! Blend up fruit and veggies and switch out the blender blades for the travel lid before heading out the door.

SOUNDLOGIC XT RECHARGEABLE HARMONIX TRUE WIRELESS EARPODS

No wires, no problems. Pump up the music for in-workout inspiration.



ZAK! DESIGNS HYDRATRAK STAINLESS-STEEL WATER BOTTLE

Monitor hydration by removing elastic bands after each refill.



S'IP BY S'WELL WATER BOTTLE

Hydrate while exercising with a double-walled, condensation-free bottle that keeps water cold through an entire workout.

GOODCOOK CITRUS SQUEEZER

Add tangy flavor to nutritious dishes in a cinch.



GOODCOOK APPLE SLICER

Simply slice an apple in seconds for an easy and nutritious snack.




INSTANT POT: DUO 6-QT. OR 8-QT. PRESSURE COOKER

Quickly cook rice, stew, poultry and more with the touch of a button.

takes
the
cake



Cozy Cake
Check out how
cake designer Sara
Vanderheyden made this
masterpiece at HSTV.com



Watch and learn
at HSTV.com today!

BUNDLE UP

Highlight special occasions with jaw-dropping custom cakes from Hy-Vee. Have a crazy idea? Hy-Vee's talented cake designers make bringing your vision to

life, well, a piece of cake! Just walk in or schedule a time to discuss what you'd like. Whether you want a cake to capture someone's interest or the spirit of the

season, like the Hat and Mittens Cake (*pictured*) from Hy-Vee cake designer Sara Vanderheyden, Hy-Vee has you covered!



Colorful cakes are stacked and rounded for shape and provide a vibrant surprise when cut.



The hat may look hand-woven, but the design was made with a carefully placed plastic mold.



Hy-Vee cake designers use plenty of tools to get creative with their creations, like a handheld pasta extruder for the hat's ball.



It takes a steady hand to craft realistic designs with piped frosting.



The really tricky part? Figuring out how to cut the perfect slice!

Reddi Wip
BARISTA SERIES

YOUR CAFÉ FAVORITES
MADE EASY



GO TO WWW.REDDIWIP.COM/BARISTA
TO LEARN MORE ABOUT OUR BARISTA SERIES



Generics as low as \$4

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

HyVee pharmacy

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

food



Pick up new kitchen tips with 20-minute dinners, crowd-pleasing wings and bubbly drink concoctions.

10 20/20: 20 WAYS TO GET DINNER PREPPED IN 20 MINUTES

24 VERLASSO SALMON

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34 WATCH PARTY EATS

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62 HARD SELTZERS

68 MEALS MADE EASY

20 WAYS TO GET DINNER

PREPPED IN 20 MINUTES



1. BBQ Sloppy Joe

Preheat broiler. Brown 1 (1-lb.) pkg. 85% lean ground beef in a skillet; drain. Stir in 1 (24-oz.) can Hy-Vee sloppy joe sauce. Broil 4 split Hy-Vee Bakery sesame seed buns, cut sides up, until toasted. Place a 1-oz. slice Hy-Vee mild

Cheddar cheese on each bun bottom; broil just until melted. Top with Bibb lettuce leaves; meat mixture; red onion, tomato and dill pickle slices; and Hy-Vee corn chips. Add bun tops. Serves 4.



2. Egg, Chicken and Waffle Sandwich

Preheat broiler. Toast 3 Hy-Vee frozen homestyle waffles; thaw 3 oz. Hy-Vee frozen fully cooked chicken strips. Combine ¼ cup Hy-Vee Select 100% pure maple syrup and 1½ tsp. Sriracha; warm in microwave. Combine 2 Hy-Vee large eggs and 2 Tbsp. water. Melt 1 Tbsp. Hy-Vee salted butter in skillet. Add 2 Tbsp. Hy-Vee Short Cuts chopped red bell peppers; cook until softened. Add egg mixture; cook until set. Sprinkle with

Hy-Vee black pepper. Fold omelet in half. Place 2 waffles and chicken strips on a baking pan. Top each of both waffles with 1 (1-oz.) bacon & jalapeño aged Cheddar cheese slice. Broil until cheese is melted. Place chicken on a cheese-topped waffle; brush with half of syrup mixture. Layer with remaining cheese-topped waffle, omelet, avocado slices and remaining waffle. Drizzle with remaining syrup mixture. Serves 1.

POP & POUR DINNERS

POP OPEN THAT CONTAINER.
DINNER DONE IN A SNAP!

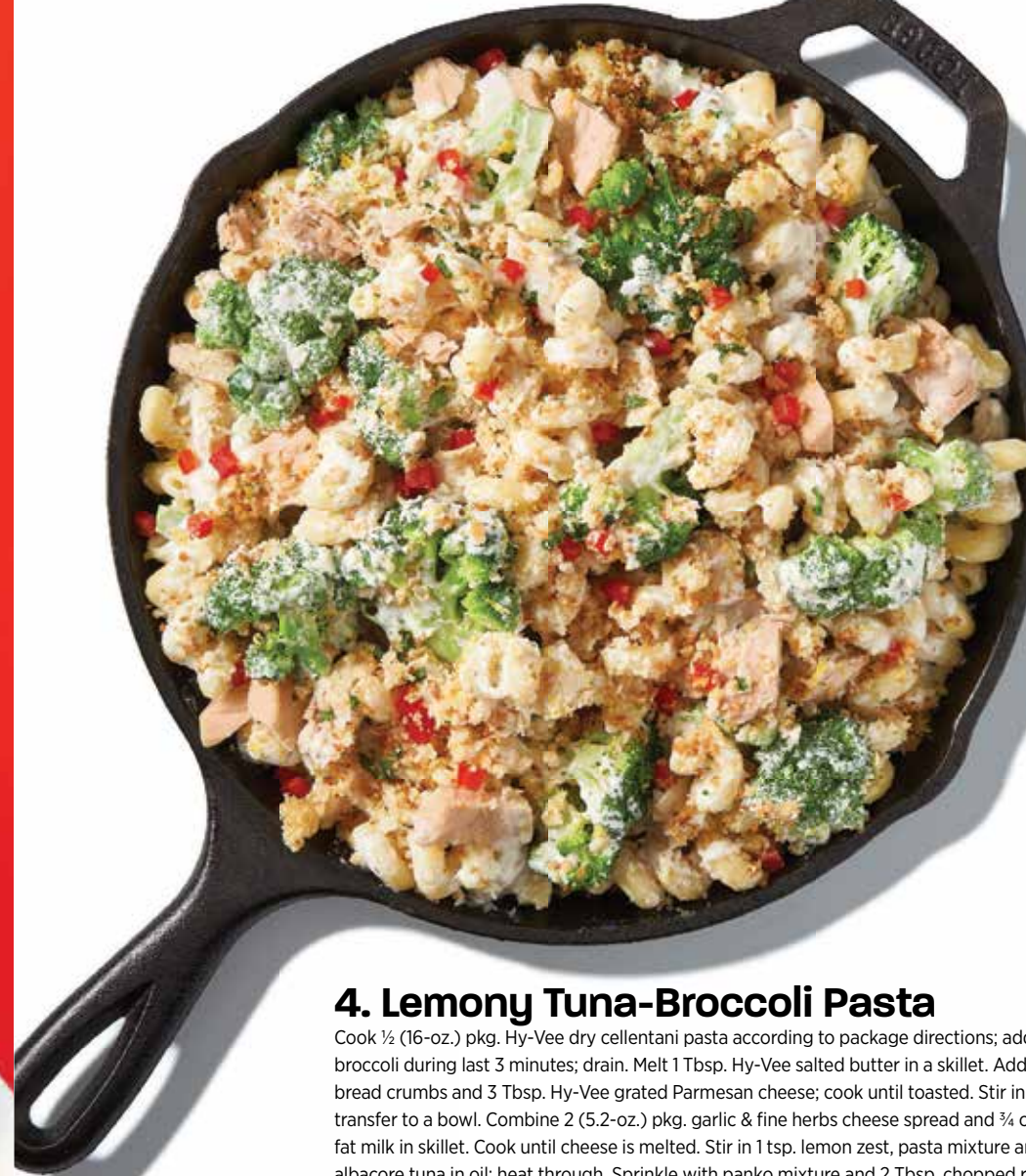
**try
this**

Easily customize
this dish by
swapping rigatoni
for spaghetti, turkey
meatballs for Italian
and Romano for
Parmesan.

3

Easy Pasta Meatball Bake

Preheat oven to 350°F. Cook 1 (16-oz.) pkg. Gustare Vita organic spaghetti according to package directions; drain. Add 2 (17.6-oz.) jars Gustare Vita Mediterranean pasta sauce, 1 (1-lb.) pkg. thawed Hy-Vee frozen Italian meatballs and 1 tsp. Hy-Vee crushed red pepper. Transfer to a 3-qt. baking dish. Bake, covered, 30 minutes or until heated through. Serve topped with shredded Parmesan cheese. Garnish with fresh basil leaves. Serves 8.



*Preheat the
cast-iron pan,
starting at low
and gradually
raising the heat.
Adding food to
a cold cast-iron
skillet, then
heating, results
in sticking.*

4. Lemony Tuna-Broccoli Pasta

Cook ½ (16-oz.) pkg. Hy-Vee dry cellentani pasta according to package directions; add 1 lb. Hy-Vee Short Cuts broccoli during last 3 minutes; drain. Melt 1 Tbsp. Hy-Vee salted butter in a skillet. Add ½ cup Hy-Vee panko bread crumbs and 3 Tbsp. Hy-Vee grated Parmesan cheese; cook until toasted. Stir in ½ tsp. lemon zest; transfer to a bowl. Combine 2 (5.2-oz.) pkg. garlic & fine herbs cheese spread and ¾ cup Hy-Vee 2% reduced-fat milk in skillet. Cook until cheese is melted. Stir in 1 tsp. lemon zest, pasta mixture and 2 (5-oz.) cans drained albacore tuna in oil; heat through. Sprinkle with panko mixture and 2 Tbsp. chopped red bell pepper. Serves 6.



5. Beef Enchiladas

Preheat oven to 350°F. Lightly grease two 1½-qt. baking dishes. Combine 1 (12-oz.) pkg. fully cooked taco-flavored beef crumbles, ½ of a (10-oz.) can mild green chile enchilada sauce, 1 (15-oz.) can rinsed and drained Hy-Vee no-salt-added black beans, 1 (11-oz.) can rinsed and drained Hy-Vee jalapeño corn and ½ (8-oz.) pkg. Hy-Vee shredded sharp Cheddar cheese. Warm 16 (5-in.) corn tortillas. Spoon ¼ cup filling on each tortilla; roll up. Place rolls in prepared dishes. Spoon remaining filling along sides of rolls. Sprinkle with remaining cheese. Bake, covered, 30 minutes. Top with chopped tomato, avocado and/or cilantro. Serves 8.



6. Clam Chowder Fix-Up

Combine 2 pints Hy-Vee Kitchen homestyle clam chowder and 1½ tsp. Old Bay seasoning in a large saucepan. Cook over medium heat until heated through. Meanwhile, melt 2 Tbsp. Hy-Vee salted butter in a large skillet. Add 2 oz. Hy-Vee Bakery San Francisco sourdough bread, cut into ½-in. cubes. Cook and stir about 5 minutes or until golden. Serve bowls of chowder topped with croutons, 1 slice crisp-cooked and crumbled Hy-Vee bacon, 1 Tbsp. finely chopped parsley and several dashes Hy-Vee cayenne pepper. Serves 4.



7

Teriyaki Veggie Stir-Fry

Heat 1 Tbsp. Gustare Vita olive oil in a large skillet. Stir-fry 1 cup Hy-Vee Short Cuts broccoli florets and ½ cup sliced carrots for 2 minutes. Add 1 (1-lb.) container Hy-Vee Short Cuts fajita vegetables, 1 (6-oz.) pkg. fresh snow peas and ¼ cup canned Hy-Vee sliced water chestnuts, drained. Stir-fry for 5 minutes more or until veggies are crisp-tender. Add ½ cup bottled Korean teriyaki stir-fry sauce and heat through. Heat 1 (10-oz.) pkg. frozen riced cauliflower in the microwave according to package directions. Serve cauliflower rice topped with vegetables. Sprinkle with cashews, if desired. Serves 4.

Hy-Vee
**Short
CUTS**

SLOW-COOKER DINNERS

PREP THE NIGHT BEFORE. ASSEMBLE A FEW HOURS PRIOR TO DINNER. THEN ENJOY!



pro tip: FURTHER THE FLAVOR

“Lean loin chops have mild flavor that pairs well with apples, sage and onions. Refrigerating the pork chops in a bag with the other ingredients overnight is more than convenient—it marinates the pork for even more flavor.”

—Ed Frommelt
Meat Market Manager
Hy-Vee, Ankeny, Iowa

Delicious and nutritious, this well-balanced meal includes protein, vegetables and fruit.

8. Apple Sage Pork Chop Dinner

Hands On 20 minutes
Total Time 20 minutes plus marinating time plus 4½ to 5 hours on LOW or 2½ to 3 hours on HIGH
Serves 4

2 medium apples, cored and cut into wedges
1 medium onion, thinly sliced
4 (8-oz.) Midwest Pork bone-in top loin pork chops, 1-in. thick
1 (10-oz.) can Hy-Vee cream of chicken condensed soup
1 (1-oz.) envelope Hy-Vee onion soup & dip mix
1 tsp. Hy-Vee dried ground sage
½ tsp. Hy-Vee black pepper
1 (20-oz.) pkg. refrigerated homestyle mashed potatoes

1 (1-lb.) bag Hy-Vee Short Cuts steam bag green bean and red onion blend
1 Tbsp. Hy-Vee salted butter
1 Tbsp. Hy-Vee all-purpose flour
Apple slices and fresh sage leaves, for garnish

1. PLACE apple wedges and onion in a large resealable plastic bag. Place pork chops in another large resealable plastic bag. Combine condensed soup, onion soup mix, ground sage and pepper; pour over chops. Seal bags and refrigerate overnight.

2. ADD apple and onion mixture to a 5-qt. slow cooker. Top with pork chop mixture. Cover and cook on LOW for 4½ to 5 hours or on HIGH for 2½ to 3 hours.

3. HEAT mashed potatoes and green bean blend in the microwave oven according to package directions just before pork chops are done. Remove and discard apples from slow cooker. Transfer pork chops and onions to a serving dish; cover and keep warm. Strain juices; discard solids.

4. MELT butter in a skillet; whisk in flour until well combined. Slowly add juices. Cook and stir until thickened and bubbly. Cook for 1 minute more. Serve pork chops and onions with mashed potatoes and green bean blend. Spoon sauce over pork and potatoes. Garnish with apple slices and sage leaves, if desired.

Per serving: 630 calories, 27 g fat, 11 g saturated fat, 0 g trans fat, 140 mg cholesterol, 1,790 mg sodium, 51 g carbohydrates, 3 g fiber, 15 g sugar (0 g added sugar), 43 g protein. **Daily Values:** Vitamin D 6%, Calcium 15%, Iron 20%, Potassium 30%

9 Flank Steak Fajitas

Hands On 20 minutes
Total Time 20 minutes plus marinating time plus 4½ to 5 hours on LOW or 2½ to 3 hours on HIGH
Serves 8

2 lb. Hy-Vee Angus Reserve beef flank steak, cut into thin strips
2 (1-lb.) containers Hy-Vee Short Cuts fajita vegetables
1 (15.5-oz.) jar Hy-Vee mild chunky salsa
¼ cup fresh lime juice

¼ cup seeded and finely chopped jalapeño peppers*
4 cloves garlic, minced
2½ Tbsp. Hy-Vee fajita seasoning mix
1 tsp. Hy-Vee kosher sea salt
2 (16-oz.) pkg. Hy-Vee fajita-size flour tortillas (8 ct. each)
Desired toppers: Chopped fresh cilantro, crumbled Cotija cheese and lime wedges, for serving

1. DIVIDE beef between two large resealable plastic bags. To each bag add 1 container fajita vegetables, ¾ cup salsa, 2 Tbsp. lime juice, 2 Tbsp. jalapeño peppers, 2 cloves garlic, 4 tsp. fajita seasoning mix and ½ tsp. kosher salt. Seal bags and refrigerate overnight.

2. ADD both bags of beef mixture to a 5- to 6-qt. slow cooker. Cover and cook on LOW for 4½ to 5 hours or on HIGH for 2½ to 3 hours.

3. WRAP tortillas in damp paper towels. Microwave on HIGH about 1 minute or until warmed. Serve meat and vegetable mixture in warmed tortillas. Add desired toppers; squeeze lime over top.

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

Per serving: 560 calories, 13 g fat, 6 g saturated fat, 0 g trans fat, 70 mg cholesterol, 1,680 mg sodium, 71 g carbohydrates, 2 g fiber, 6 g sugar (0 g added sugar), 36 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 35%, Potassium 10%



For easier slicing, freeze the beef for 10 minutes before cutting into strips.



SLOW-COOKER DINNERS

PREP AND REFRIGERATE THE NIGHT BEFORE; SLOW-COOK THE NEXT DAY.



HAMILTON BEACH 6-QT SLOW COOKER

- Perfect for family meals
- Easy programmable cooking
- Dishwasher-safe stoneware insert and lid

10

Mediterranean Turkey, Farro and Kale Soup

Hands On 20 minutes
Total Time 20 minutes plus marinating time plus 8 hours on LOW or 4 hours on HIGH plus standing time
Serves 6 (1½ cups each)

1½ lb. turkey breast tenderloins, cut into bite-size pieces
1 (14.5-oz.) can Hy-Vee fire-roasted diced tomatoes with seasonings
1 cup pearled farro, rinsed
1 cup Hy-Vee Short Cuts chopped white onions
1 cup sliced carrots
1 cup sliced Hy-Vee Short Cuts celery
4 cloves garlic, minced
1 tsp. Hy-Vee Italian seasoning
½ tsp. Hy-Vee crushed red pepper

5 cups Hy-Vee 33%-less-sodium chicken broth
5 cups fresh kale leaves, stemmed and cut into bite-size pieces
1 tsp. lemon zest
Fresh oregano, for garnish

1. DIVIDE turkey between two large resealable plastic bags. To each bag add half the tomatoes, ½ cup farro, ½ cup onion, ½ cup carrots, ½ cup celery, 2 cloves garlic, ½ tsp. Italian seasoning and ¼ tsp. crushed red pepper. Add 2½ cups chicken broth to each bag. Seal bags and refrigerate overnight.

2. ADD both bags of turkey mixture to a 5- to 6-qt. slow cooker. Cover and cook on LOW for 8 hours or on HIGH for 4 hours. Turn cooker off and stir in kale leaves and lemon zest. Let stand for 10 minutes. Garnish each serving with oregano, if desired.

Per serving: 280 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 70 mg cholesterol, 760 mg sodium, 33 g carbohydrates, 5 g fiber, 5 g sugar (0 g added sugar), 35 g protein.
 Daily Values: Vitamin D 0%, Calcium 6%, Iron 15%, Potassium 10%

Plan for leftovers! Soups taste even better the next day or two as flavors continue to develop.

ON-THE-GO DINNERS

THIS IS EASY! HY-VEE TAKES CARE OF THE PREP.



11. Hickory House Meals

Traditional favorites like fried chicken, ribs, meatloaf, mashed potatoes, mac & cheese, vegetables and other hot sides.

12. Di Lusso® Salads

Get fresh with Hy-Vee's readymade salads. Try classic chef, garden, cobb, Caesar, chicken salad, berry chicken salad and chicken club.



13. Hy-Vee Italian Pizza

Whether it's take-and-bake from the refrigerator case or hot and delicious pizza straight out of the oven, Hy-Vee can satisfy your passion for pizza.

14. Hy-Vee Heat & Eat Meals

Fill in your weekday menu with an impressive selection of heat-and-serve meals, available in individual and family-size portions.



15. Hy-Vee Chinese

Open a fortune cookie and see whether Hy-Vee's Chinese food is in your future. Select from egg rolls and crab rangoon to a full range of main courses. Mix and match to meet any taste.



Cut kale leaves into bite-size pieces before washing to open leaf surface and make removing grit easy.

CHICKEN DINNERS

SAVE TIME. BUILD DISHES FROM FULLY COOKED HY-VEE ROTISSERIE CHICKEN.



16

Chicken and Winter Greens Salad

Microwave 1 (1-lb.) pkg. Hy-Vee Short Cuts steam bag garlic potatoes according to package directions. Toss together 1 (5-oz.) container organic power greens, 1 cup halved cherry tomatoes and ¼ cup thinly sliced fennel; arrange on dinner plates. Top with 12 oz. sliced Hy-Vee rotisserie chicken breast. Heat ½ cup Hy-Vee Select white balsamic honey vinaigrette until warm. Serve on salads. Garnish with chopped fennel fronds; sprinkle with Hy-Vee black pepper, if desired. Serves 4.



Crank up crunch with carrots. Or replace fennel with shredded cabbage for subtle crunch.



17. Five-Ingredient Chicken Noodle Soup

Add 1 (12-oz.) pkg. frozen precooked egg noodles to 2 qt. unsalted boiling water in a soup pot; reduce heat. Simmer for 3 minutes. Drain noodles, reserving pasta water. Add 3 cups pasta water to pot. Stir in 2 (10-oz.) cans Hy-Vee condensed cream of chicken soup, 2 cups chopped Hy-Vee rotisserie chicken (10 oz.), 1 (12-oz.) pkg. frozen mixed vegetables and 1 tsp. Hy-Vee dried thyme. Heat through. Garnish with fresh thyme, if desired. Serves 6.

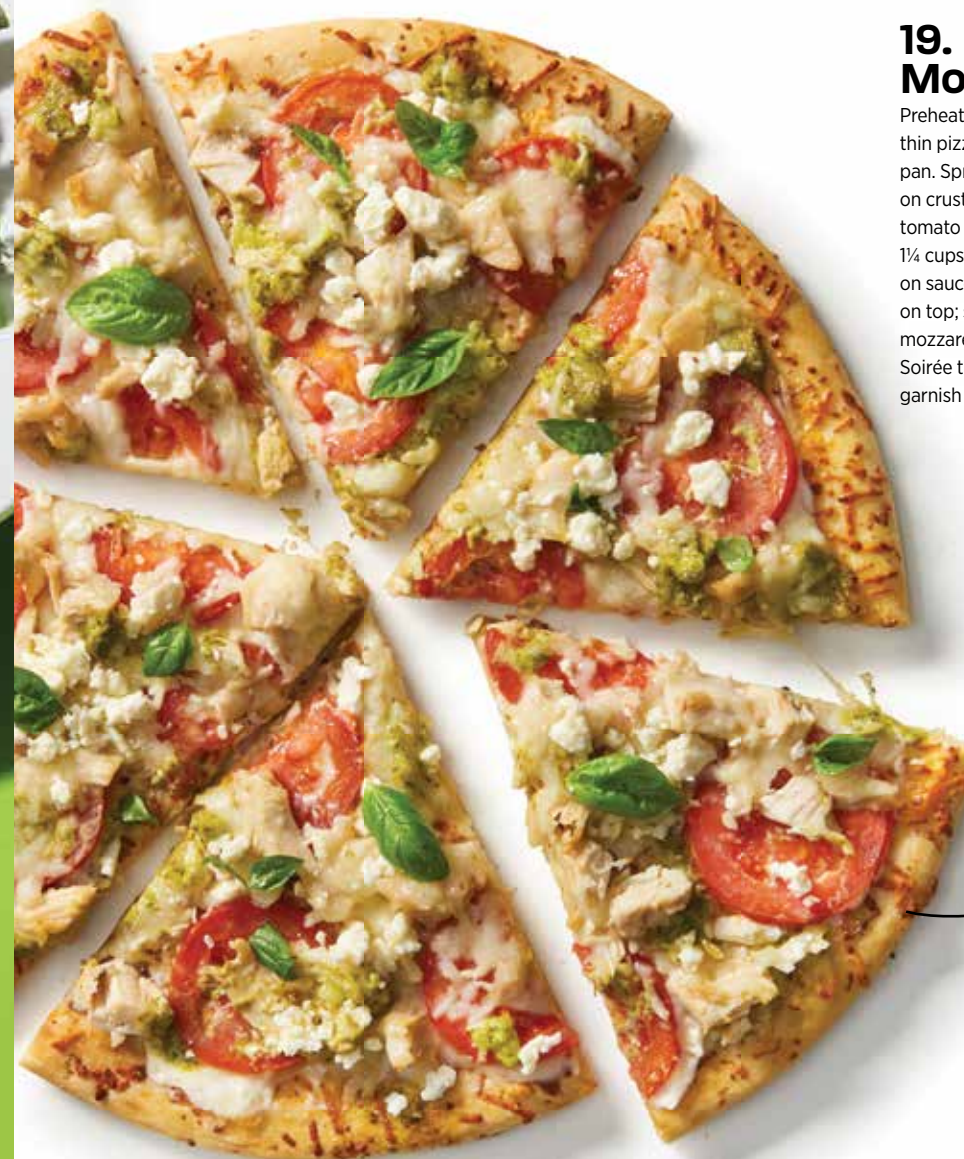


18. Chicken Bagel Melts

Preheat broiler. Place 2 (4½-in.) Hy-Vee Bakery plain bagels, split, cut sides up on a baking sheet. Broil 4 in. from heat for 1 to 2 minutes or until lightly toasted. Spread 2 Tbsp. Hy-Vee pizza sauce on cut side of each bagel half; sprinkle with crushed red pepper. Top each half with ¼ cup shredded Hy-Vee rotisserie chicken, ¼ cup Hy-Vee shredded mozzarella cheese and 2 Tbsp. Hy-Vee Short Cuts tricolor bell peppers. Broil 1 to 2 minutes more or until cheese melts. Sprinkle with additional crushed red pepper, if desired. Serves 4.

19. Pesto Chicken Mozzarella Pizza

Preheat oven to 425°F. Place 1 (14-oz.) Boboli thin pizza crust on a 10-in. round pizza pan. Spread ½ cup Hy-Vee Alfredo sauce on crust to within 1 in. of crust edge. Layer tomato slices from 2 Roma tomatoes and 1¼ cups chopped Hy-Vee rotisserie chicken on sauce. Drizzle ¼ cup Gustare Vita pesto on top; sprinkle with 1 cup Hy-Vee shredded mozzarella. Bake for 10 minutes. Top with Soirée traditional feta cheese and, if desired, garnish with fresh basil leaves. Serves 6.



Ready-to-top pizza crusts save time. Try a variety of crusts, then top as you please.



20

Chicken Mac 'n' Cheese

Place 1 (2-lb.) container Hy-Vee Kitchen white Cheddar macaroni & cheese dinner in a microwave-safe bowl. Stir in 2 cups chopped Hy-Vee rotisserie chicken (10 oz.), 2 Tbsp. chopped Culinary Tours sun-dried tomatoes and 2 Tbsp. chopped fresh basil. Heat mixture through in the microwave. Sprinkle with Hy-Vee black pepper and, if desired, garnish with fresh basil. Serves 6.



DINNER. SAVED.

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



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VERLASSO SALMON

Cold Chilean waters ensure these omega-3-rich fish have clean, delicate flavor and buttery texture perfect for these baking and air-frying recipes.

PREMIUM SALMON

Verlasso salmon are raised in pristine waters off Patagonia using environmentally friendly methods—without hormones or preventive antibiotics. The fish have mild, fresh flavor and firm, silky texture, with less fat than other farmed salmon and just a bit more fat than wild. A diet that includes natural algae ensures fish have the same level of omega-3s as wild-caught, making them especially heart-healthy.



VERLASSO
HARMONIOUSLY RAISED FISH

Verlasso.com

Source: heart.org/en/healthy-living/healthy-eating/eat-smart/fats/fish-and-omega-3-fatty-acids



20
minutes
or less

Asian Salmon Salad Bowl

Total Time 20 minutes
Serves 2

4 Tbsp. seasoned rice wine vinegar, divided
1 Tbsp. Hy-Vee granulated sugar
1 tsp. wasabi paste, optional
1 tsp. Hy-Vee less-sodium soy sauce
¼ tsp. sesame oil
Hy-Vee canola oil nonstick cooking spray
2 (4- to 6-oz.) Verlasso skinless fresh salmon fillets, **¾ to 1 in.** thick
1 (7.4-oz.) bowl Full Circle Market organic white rice
4 cups baby spinach
1 Persian cucumber, sliced

1 small avocado, seeded, peeled and sliced
½ medium mango, pitted, peeled and sliced
¼ cup cooked shelled edamame
Garnishes: pickled ginger, red bell pepper strips, sesame seeds, lime slices, green onion slices

1. PREHEAT air fryer to 325°F according to manufacturer's directions. Meanwhile, for dressing, combine 3 Tbsp. rice wine vinegar, 1 Tbsp. sugar, wasabi paste (if desired), soy sauce and sesame oil.

2. LIGHTLY SPRAY air-fryer basket with nonstick spray. Pat salmon dry with paper towels. Lightly spray both sides of salmon with

nonstick spray. Place salmon, in a single layer, in basket. Cook for 7 to 10 minutes or until salmon flakes easily with a fork (145°F).

3. MEANWHILE, heat rice bowl in microwave according to package directions. Stir in remaining 1 Tbsp. rice wine vinegar. Set aside.

4. TO SERVE, divide spinach between salad bowls. Top with salmon, rice, cucumber, avocado, mango and edamame. Garnish as desired. Serve with dressing.

Per serving: 700 calories, 34 g fat, 6 g saturated fat, 0 g trans fat, 60 mg cholesterol, 260 mg sodium, 67 g carbohydrates, 12 g fiber, 20 g sugar (6 g added sugar), 35 g protein. Daily Values: Vitamin D 60%, Calcium 15%, Iron 40%, Potassium 30%

AIR-FRY PERFECTION

An air fryer works like a convection oven, with a fan that circulates heat around the salmon, so there's no need to turn the fish halfway through cooking. Steady high heat results in a crispy exterior and flaky, juicy flesh with little or no fat in the cooking process. Don't crowd the basket; air should flow freely.

SALMON 101

Tips for buying the best salmon, keeping it fresh and cooking it to perfection.



DETERMINE FRESHNESS
Fresh salmon has a slight ocean smell or no smell; an ammonia odor indicates spoilage. Fresh fillets should be moist and glistening, with firm texture—it should spring back when pressed.



PROPERLY STORE
Store fresh fish in the refrigerator as soon as possible after purchase. Place in the coldest part of the fridge up to 2 days.



DETERMINE DONENESS
Check flesh at thickest part with a fork. Fish should flake easily, be opaque and remain moist. Cook to internal temperature of 145°F. In general, salmon is done in 8 minutes per inch of thickness.

Blackened
Harissa-Spiced
Salmon
Wrap

Hands On 30 minutes
Total Time 41 minutes
Serves 4

- 3 Hy-Vee Short Cuts peeled mandarin oranges, chopped
- ½ cup pomegranate seeds
- ¼ cup Hy-Vee Short Cuts chopped white onions
- 2 Tbsp. chopped fresh cilantro
- 1 Tbsp. finely chopped seeded jalapeño pepper*

- 1 Tbsp. fresh lime juice
- 1 (1- to 1¼-lb.) Verlasso center-cut skinless fresh salmon fillet, about 1 in. thick
- 1 tsp. Gustare Vita olive oil, divided
- 2 Tbsp. harissa spice blend
- 1 tsp. Hy-Vee kosher sea salt
- ½ tsp. Hy-Vee dried thyme leaves
- 1 Tbsp. Hy-Vee unsalted butter
- 12 Hy-Vee romaine lettuce leaves, center ribs removed
- 4 Hy-Vee burrito-size flour tortillas
- ½ cup Mexican crema or Hy-Vee sour cream

1. PREHEAT oven to 425°F. For salsa, combine oranges, pomegranate seeds, onions, cilantro, jalapeño pepper and lime juice; set aside.

2. PAT salmon dry. Rub salmon with ½ tsp. oil. Combine harissa, kosher salt and thyme; rub on both sides of salmon.

3. HEAT remaining ½ tsp. oil in a 10-in cast-iron skillet over medium-high heat. Add salmon; sear salmon 2 to 4 minutes, turning once. Add butter to skillet; transfer skillet to oven. Bake 5 to 7 minutes or until salmon flakes with a fork (145°F). Transfer salmon to cutting board; cool slightly. Flake salmon into large pieces.

4. LAYER lettuce leaves on each tortilla. Top with salmon and salsa; drizzle with Mexican crema. Fold in sides; roll up.

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

Per serving: 590 calories, 30 g fat, 11 g saturated fat, 0 g trans fat, 85 mg cholesterol, 1,100 mg sodium, 51 g carbohydrates, 3 g fiber, 14 g sugar (1 g added sugar), 31 g protein
Daily Values: Vitamin D 60%, Calcium 15%, Iron 15%, Potassium 15%



Maple-Mustard
Salmon

Hands On 10 minutes
Total Time 35 minutes
Serves 4

- 1 (1½-lb.) acorn squash, halved, seeded and cut into ¾-in.-thick slices
- 1 tsp. plus 1 Tbsp. Gustare Vita olive oil, divided
- Hy-Vee Mediterranean sea salt
- 8 oz. broccolini spears, trimmed
- ¼ cup Hy-Vee Select 100% pure maple syrup
- ¼ cup Hy-Vee spicy brown mustard
- 2 tsp. Hy-Vee apple cider vinegar
- 4 (4- to 6-oz.) Verlasso skinless fresh salmon fillet portions
- Chopped Italian parsley, for garnish

1. PREHEAT oven to 425°F.

2. TOSS squash with 1 tsp. oil; arrange on one end of large rimmed baking pan. Lightly sprinkle with salt. Roast for 15 minutes.

3. MEANWHILE, toss broccolini with remaining 1 Tbsp. oil; set aside. For glaze, whisk together maple syrup, mustard and vinegar in a small bowl. Divide glaze into two portions.

4. TURN squash. Arrange salmon in center of pan and broccolini on the opposite end. Brush salmon and squash with one portion of glaze. Roast 8 to 12 minutes or until salmon flakes easily with a fork (145°F) and vegetables are tender.

5. TO SERVE, brush salmon and squash with remaining portion of glaze. Garnish with Italian parsley, if desired.

Per serving: 480 calories, 30 g fat, 5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 270 mg sodium, 27 g carbohydrates, 3 g fiber, 13 g sugar (0 g added sugar), 26 g protein
Daily Values: Vitamin D 60%, Calcium 8%, Iron 10%, Potassium 20%

SHEET-PAN
SALMON

This all-in-one meal idea is extremely versatile. Try other veggies in sheet-pan salmon dishes: asparagus, bell pepper, sugar snap peas, sweet potatoes and other squash varieties.



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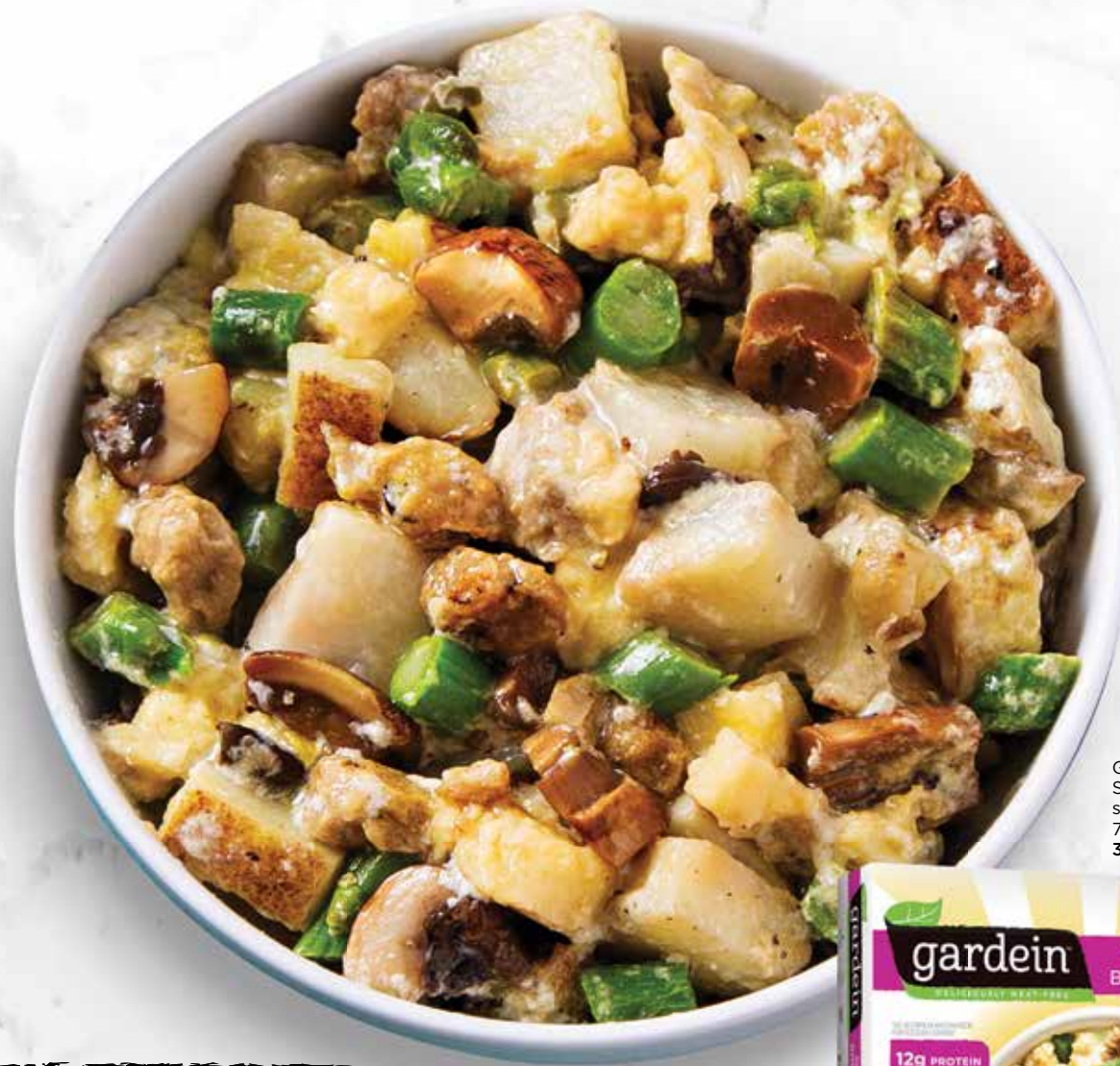
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101 MUSHROOMS

Versatile, low in calories, rich in nutrients and available year-round. What's not to love?

Nutrient-dense mushrooms, in a variety of shapes, sizes and types, are packed with vitamins and minerals—vitamins B and D, copper and selenium. From raw to sliced to sautéed, mushrooms boost nutrients in salads, make tasty appetizers, stand in for meats and add earthy flavor to casseroles.

BUY Look for young mushrooms that are dry and firm, small to medium in size and have caps that are tight to the stem. They should have an earthy, not musty, smell. Avoid mushrooms with wide-open or discolored caps.

STORE Refrigerate boxed mushrooms in their container or store loose mushrooms in a paper bag. Use fresh refrigerated mushrooms within two to five days.

PREP Mushrooms are highly absorbent, and soaking up water can alter their flavor. To clean them, simply wipe with a damp or dry paper towel or trim off soiled portions.

Sources: <https://snaped.fns.usda.gov/seasonal-produce-guide/mushrooms>
http://www.panen.org/sites/default/files/SNAC/snac_english_newsletter/mushroom_newsletter2.pdf

KNOW YOUR MUSHROOMS



Shiitake mushrooms, with tan caps and light gills, are shaped like umbrellas. Caps are tasty fresh or dried; stems are not edible.

Button

mushrooms are tan, 1 to 2 in. wide and have mild flavor. Popular in salads, soups and entrées.



Portobella mushrooms have thick, flat caps with dark gills and are available year-round. Grill, sauté or stuff the cap.

Cremini

mushrooms have light brown caps and light gills, and are similar to button mushrooms in size with stronger flavor.



Roasted Mushroom Hummus

Hands on 15 minutes
Total Time 25 minutes
Serves 24 (2 Tbsp. each)

30
minutes
or less

12 oz. Champ's sliced baby bella mushrooms
½ medium white onion, cut into wedges
¼ cup Gustare Vita olive oil, plus additional for drizzling
1 (15-oz.) can Hy-Vee no-salt-added garbanzo beans, drained and rinsed
2 cloves garlic, halved
¼ cup fresh lemon juice
¼ cup tahini paste
Hy-Vee salt and black pepper, to taste
3 to 4 Tbsp. water
Fresh Italian parsley, for garnish

1. PREHEAT oven to 425°F. Line a rimmed baking pan with foil. Spread mushrooms and onion on prepared pan; drizzle with ¼ cup olive oil. Roast 20 minutes, stirring halfway through. Cool.

2. ADD beans, garlic, lemon juice, tahini paste, salt and pepper to a food processor. Reserve ½ cup mushrooms. Add remaining mushrooms and onion to processor; process until smooth, adding water for desired consistency.

3. TRANSFER to a serving bowl. Drizzle with additional olive oil, top with reserved mushrooms and, if desired, garnish with parsley.

Per serving: 60 calories, 4 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 85 mg sodium, 4 g carbohydrates, 1 g fiber, 1 g sugar (0 g added sugar), 2 g protein.
Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 2%



pro tip: FRESH KEEPING

“Mushrooms should be able to breathe a bit, which is why you should not put them in a plastic bag or a container that does not allow them some air. Moisture can get trapped and spoil mushrooms at a faster rate (a lot like delicate lettuces or berries).”

—Dillon Maple
Produce Manager
Hy-Vee, West Des Moines, Iowa



Use a blend of shiitake, cremini and bella mushrooms to give this garlicky, earthy dip a fresh, new flavor spin.



EXTRA KICK FOR KICK OFF

FRANK'S REDHOT CHILI



INGREDIENTS:

2 lbs. ground beef
1 large onion, chopped
1 (28 ounce) can crushed tomatoes
1 (15 to 19 oz.) can red kidney beans, undrained
1/4 cup FRANK'S RedHot® Original Cayenne Pepper Sauce or FRANK'S RedHot® Kickin' BBQ® Sauce
2 (1 1/4 ounce) packages McCormick® Chili Seasoning Mix

MAKES: 6 SERVINGS | PREP TIME: 5 MIN | COOK TIME: 20 MIN

One-pot chili is not only simple to clean up, but now it has all the great Frank's RedHot taste you love. Plus this easy chili recipe takes less than half an hour to make. Set out your favorite toppings with the chili and enjoy the game!

DIRECTIONS:

COOK beef in large nonstick pot until browned. Add onion; cook 3 minutes. Drain.
STIR in remaining ingredients. Heat to boiling. Stir often.
SIMMER, partially covered, 15 min. until flavors are blended; stirring often. Garnish as desired with shredded cheddar cheese, scallions and sour cream.

Visit [FranksRedHot.com](https://frankshoth.com) for more recipes

WATCH PARTY EATS

Grab the remote and hit “party!” Between jaw-dropping plays on the field, give guests another reason to say “wow” with incredible food. Melty queso, sensational wing sauce, the best brats and more!

Hatch Pepper Queso

Hands On 10 minutes
Total Time 1 hour 45 minutes
Serves 24 (2 Tbsp. each)

- 2½ cups **grated Hatch pepper white Cheddar cheese** (about 7 oz.)
- 1 (8-oz.) pkg. **Hy-Vee cream cheese**, cut into pieces
- 1 cup **Hy-Vee 2% reduced-fat milk**
- 1 (4-oz.) can **Hy-Vee diced hot jalapeño peppers**, drained
- 1 Tbsp. **Hy-Vee unsalted butter**
- ¼ tsp. **ground white pepper**
- ¼ tsp. **Hy-Vee ground cumin**

1. COMBINE Hatch pepper white Cheddar cheese, cream cheese, milk, jalapeño peppers, butter, white pepper and cumin in a 1½-qt. slow cooker. Cover and cook on LOW heat for 1½ hours or until heated through. Serve over walking tacos, if desired.

Per serving: 70 calories, 6 g fat, 3.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 190 mg sodium, 2 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 3 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 0%, Potassium 0%

THINK OUTSIDE THE CHIP

Ditch unnecessary fat and put a healthful twist on a tried-and-true staple of watch parties. Still want that oh-so-satisfying crunch? Crisp veggies fill the bill perfectly!



CUCUMBER SLICES



CARROT STICKS



CELERY STICKS



PEPPER SLICES

15-Minute Spinach and Artichoke Dip

Total Time 15 minutes
Serves 24 (2 Tbsp. each)

- 1 (8-oz.) pkg. **Hy-Vee cream cheese**, softened
- ½ cup **Hy-Vee plain Greek yogurt**
- 1 cup **Hy-Vee shredded mozzarella cheese**
- ½ cup **Hy-Vee finely shredded Parmesan cheese**
- 1 (14-oz.) can **Hy-Vee quartered artichoke hearts**, drained and chopped
- 1 (10-oz.) pkg. **Hy-Vee frozen chopped spinach**, thawed and pressed dry
- 4 **Hy-Vee Short Cuts** cloves garlic, minced

20 minutes or less

¼ tsp. **Hy-Vee salt**
Hy-Vee original snack crackers, for serving

1. HEAT cream cheese and yogurt in a medium saucepan over low heat until cream cheese is melted. Whisk in cheeses until melted. Whisk in chopped artichokes, spinach, garlic and salt until combined. Remove from heat and spoon into serving bowl. Serve with crackers, if desired.

Per serving: 70 calories, 4.5 g fat, 3 g saturated fat, 0 g trans fat, 15 mg cholesterol, 180 mg sodium, 3 g carbohydrates, 1 g fiber, 1 g sugar (1 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 0%, Potassium 2%

30 minutes or less

Pizza Dip

Hands On 10 minutes
Total Time 30 minutes
Serves 32 (2 Tbsp. each)

- 1 (8-oz.) pkg. **Hy-Vee cream cheese**, softened
- 1 cup **Hy-Vee shredded mozzarella cheese**, divided
- 1 cup **Hy-Vee shredded sharp Cheddar cheese**, divided
- ¼ cup **Hy-Vee finely shredded Parmesan cheese**
- ¼ cup **mini pepperonis**, divided
- ½ tsp. **Hy-Vee Italian seasoning**
- 1 cup **Hy-Vee pizza sauce**
- Assorted toppers:** **Hy-Vee sliced black olives and/or Hy-Vee Short Cuts chopped bell peppers**
- Toasted baguette**, for serving

1. PREHEAT oven to 375°F. Beat together cream cheese, ½ cup mozzarella cheese, ½ cup Cheddar cheese, Parmesan cheese, 2 Tbsp. mini pepperonis and Italian seasoning. Spread into a 1-qt. baking dish. Top with pizza sauce, remaining cheeses, remaining 2 Tbsp. pepperonis and toppers. Bake 20 minutes or until cheese is melted.

Per serving: 60 calories, 5 g fat, 2.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 125 mg sodium, 1 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 3 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 0%, Potassium 0%



MINNESOTA
PB&J Sauce

Combine ¼ cup Hy-Vee light coconut milk and ¼ cup Hy-Vee creamy peanut butter. Add Hy-Vee honey and salt to taste; set aside. Melt 1 Tbsp. Hy-Vee salted butter in a microwave-safe glass measuring cup in the microwave for 20 seconds. Stir in ½ cup Hy-Vee grape jelly and 1 Tbsp. canned chipotle pepper puree. Dip wings into peanut butter sauce; drizzle with grape jelly sauce. Sprinkle with chopped peanuts, if desired. Makes ½ cup each sauce.



BUFFALO
Blue Cheese Wing Sauce

Combine 1 cup Hy-Vee Hickory House Big Bad Buffalo wing sauce, ¼ cup Hy-Vee salted butter and ½ tsp. Hy-Vee garlic powder in a small saucepan. Cook over medium heat until butter is melted; cool. Stir in ¼ cup finely crumbled blue cheese. Makes 1½ cups.



KANSAS CITY
Honey BBQ Sauce

Combine ½ cup hickory-smoked barbecue sauce, ¼ cup Hy-Vee honey, 1 Tbsp. Hy-Vee ketchup, 1 Tbsp. hot sauce, 2 Tbsp. Hy-Vee salted butter and ¼ tsp. Hy-Vee garlic powder in a small saucepan. Simmer for 5 minutes. Stir in liquid smoke to taste, if desired. Makes about 1 cup.

GREEN BAY
Jalapeño Wing Sauce

Melt ¼ cup Hy-Vee salted butter in a small saucepan. Stir in ¼ cup Frank's RedHot sauce and ¾ cup Hy-Vee finely shredded sharp Cheddar cheese. Cook over medium heat until cheese is melted. Gradually add ½ cup Hy-Vee heavy whipping cream and 1 jalapeño pepper, seeded and chopped. Heat through. Makes 1¼ cups.



Expecting a crowd?
Call your local Hy-Vee to order plain wings from the kitchen. When you get home, cover the wings in any of these flavorful sauces!

The Saucy Playbook

Take your party to new heights with easy

grab 'n' go boneless wings from Hy-Vee!



NEW ORLEANS
Cajun Beer Sauce

Cook ¼ cup Hy-Vee Short Cuts chopped onions and ¼ cup Hy-Vee Short Cuts chopped red bell peppers in 2 Tbsp. Hy-Vee salted butter over medium heat for 5 minutes or until tender. Combine 1 Tbsp. Hy-Vee cornstarch and ½ cup cold water; add to onion mixture along with ½ cup amber ale beer and 1 Tbsp. Cajun seasoning. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Makes 1¼ cups.



SEATTLE
Cherry-Habañero Sauce

Stir together ¾ cup Hy-Vee cherry preserves with 2 Tbsp. fresh lime juice and desired amount of habañero hot pepper sauce. Makes about 1 cup.



CHICAGO
Parmesan-Garlic Butter Sauce

Melt ½ cup Hy-Vee salted butter in a small saucepan over medium heat. Stir in ½ cup Hy-Vee grated Parmesan cheese, 1 Tbsp. finely chopped fresh oregano, 1 tsp. finely chopped fresh basil, 1 tsp. Hy-Vee garlic powder and ¼ tsp. Hy-Vee black pepper. Makes 1 cup.

try this

To use sauce on traditional wings, bake wings at 425°F for 35 to 45 minutes or until done (165°F), turning and brushing with sauce halfway through.



SAN FRANCISCO
Korean Sauce

Combine ⅓ cup Hy-Vee Korean gochujang sauce, ⅓ cup packed Hy-Vee brown sugar, 2 Tbsp. Hy-Vee soy sauce and 3 Tbsp. rice wine vinegar in a small saucepan. Cook and stir over medium heat for 5 minutes. Remove from heat. Sprinkle wings with sesame seeds. Makes about 1 cup.

Fresh Pork Brat
+ onion rings
+ crumbled blue cheese
+ buffalo sauce



Jalapeño and Cheddar Brat
+ grilled onions
+ chopped bacon
+ rémoulade



Chorizo Brat
+ guacamole
+ tortilla strips
+ chipotle mayo



pro tip: BEER BATH

“Keep brats warm and delicious by placing a foil pan on the grill and pouring in two cans of a lager-style beer with a sliced white or yellow onion. Place brats in the pan when beer starts to steam.”

—Alex Strauss
Chef
Hy-Vee, West Des Moines, Iowa

Most Valuable Players

Find these brats and tasty toppers at your

local Hy-Vee!

Pineapple Brat
+ mango salsa
+ wonton strips
+ teriyaki sauce



Beer Brat
+ sauerkraut
+ sliced Swiss cheese
+ Thousand Island dressing

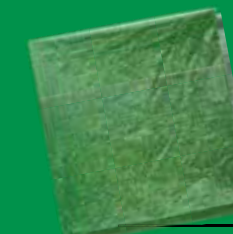


Green Onion Brat
+ shredded red cabbage
+ shredded smoked Gouda cheese
+ whole-grain mustard



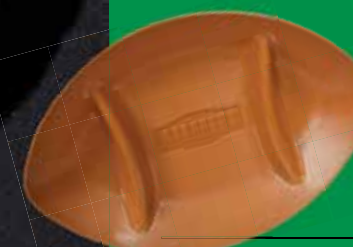
GAME-DAY READY

ADD FLAIR TO THE PARTY WITH FOOTBALL-THEME ITEMS FROM HY-VEE.



FOOTBALL TABLE COVER
Like the quarterback, your table needs solid protection. Eliminate extra cleanup with a table cover.

RITZ FOOTBALL TOWEL
The best defense against spills, splashes and splatters.



AMERICAN MAID FOOTBALL SERVING BOWL
Run a quick chip 'n' dip route between drives.

SUPER BOWL LIV OVAL PLATTER

For holding food while your team holds on to a fourth quarter lead.



BUDDEEZ PARTY FOOD TRAY
Make it easy for guests to pick the right play by filling all five compartments with fresh veggies.

FOOTBALL SERVING BOWL

Fumbling this football results in a 10-minute party foul. Fill it with chips, popcorn or pretzels.



HAMILTON BEACH 6-QT. SLOW COOKER
Cook up juicy roasts or tender chicken to become the MVP of hosting.

SAVOR

THE

Flavors



WILD RICE



CHEDDAR



CHIPOTLE
PEPPER JACK



ORIGINAL



APPLE, MAPLE &
BROWN SUGAR



JALAPEÑO CHEDDAR



BACON CHEDDAR



HOT ITALIAN



BEER



PIZZA



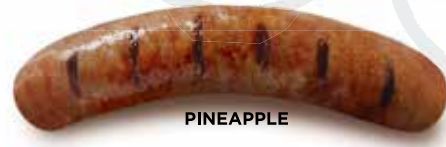
CHORIZO



SRIRACHA BBQ



GREEN ONION



PINEAPPLE



MILD ITALIAN

Try our large selection of skinless brats and brat patties, too!

HyVee

MAKE SUNDAY EVEN SWEETER



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GAME DAY? TACO NIGHT?



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THINK IT UP.
MAKE IT UP.™

PEP
IT UP!



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MARINATE

A GOOD SOAK IN A WELL-SEASONED MARINADE BUILDS BRIGHT, BOLD FLAVORS AND JUICY, TENDER MEAT AND SEAFOOD. IT WORKS LIKE MAGIC!

MASTER THE MIX

Hard-working marinades include:

- Liquid—water, juice, broth or other liquid distributes flavorings and adds moisture.
- Fat—keeps meat moist and aids in browning during cooking.
- Acid—citrus juice, wine and vinegar tenderize meat and brighten flavors.
- Seasoning—herbs, spices and aromatics enhance flavor.

Korean Pork Kabobs

Hands On 55 minutes

Total Time 1 hour 5 minutes

plus marinating

Serves 8 (2 kabobs each)

1 (2-lb.) boneless pork tenderloin, trimmed and cut into 1½-in. pieces

6 Tbsp. unseasoned rice wine vinegar

6 Tbsp. packed Hy-Vee brown sugar

3 Tbsp. sesame oil

1 Tbsp. grated fresh ginger, plus 4 (¼-in.-thick) slices fresh ginger

½ cup gochujang

½ cup Hy-Vee less-sodium soy sauce

1 bunch green onions, cut into 1-in. lengths

6 cloves garlic, crushed

4 bell peppers, seeded and cut into chunks

1 (1-lb.) container Hy-Vee Short Cuts pineapple chunks

1 Tbsp. toasted white sesame seeds

1. PLACE pork in a large resealable plastic bag. Combine vinegar, brown sugar, sesame oil and 1 Tbsp. ginger; set aside ¼ cup for

slaw. Add gochujang and soy sauce to marinade; reserve 2 Tbsp. for brush-on sauce. Add green onions, garlic and ginger slices to marinade; pour over pork. Seal bag; marinate in refrigerator 4 to 8 hours.

2. PREHEAT broiler. Drain pork; discard marinade and solids. Thread pork, peppers and pineapple onto 16 metal skewers. Broil 4 in. from heat 7 to 10 minutes or until pork is done (145°F), turning once halfway through and brushing with 2 Tbsp. reserved

sauce. Sprinkle sesame seeds on kabobs. Serve kabobs with Napa Slaw tossed with ¼ cup reserved vinaigrette.

NAPA SLAW: Combine 4 cups shredded Napa cabbage; 1 cup shredded purple cabbage; ½ cup shredded carrots; 2 small seedless cucumbers, cut into matchsticks; and 2 Tbsp. fresh cilantro leaves.

Per serving: 300 calories, 8 g fat, 1.5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 640 mg sodium, 29 g carbohydrates, 3 g fiber, 19 g sugar (10 g added sugar), 27 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 15%

BEFORE SOAKING THE PORK, SET ASIDE SOME MARINADE TO BRUSH ON KABOBS.

IN THE BAG

Liquid:

Less-sodium soy sauce

Fat:

Sesame oil

Acid:

Rice wine vinegar

Seasonings:

Ginger, gochujang, green onions, garlic

Protein:

Boneless pork tenderloin pieces





IN THE BAG

Liquid:

Chicken broth

Fat:

Gustare Vita olive oil

Acid:

Apple cider vinegar,
lime juice

Seasonings:

Garlic, cilantro, chili
powder, cumin, kosher
salt, oregano

Protein:

Chicken breasts



Marinated Chicken Fajitas

Hands On 55 minutes

Total Time 55 minutes plus marinating

Serves 6 (2 fajitas each)

1½ lb. boneless skinless chicken breasts

3 red, yellow or orange bell peppers, seeded and cut into strips

1 yellow onion, thinly sliced

1½ cups Hy-Vee 33%-less-sodium chicken broth

½ cup Hy-Vee apple cider vinegar

½ cup plus 2 Tbsp. Gustare Vita olive oil, divided

½ cup fresh lime juice

4 cloves garlic, chopped

¼ cup chopped fresh cilantro

2 Tbsp. Hy-Vee chili powder

4 tsp. whole cumin seeds

1 tsp. kosher salt

1 tsp. Hy-Vee dried oregano leaves

2 fresh jalapeño peppers, thinly sliced*

1 lime, halved and thinly sliced

12 (6-in.) Hy-Vee fajita-size flour tortillas, warmed

Desired toppers: Hy-Vee Pico de Gallo, avocado slices, fresh cilantro and/or Hy-Vee sour cream

1. PLACE chicken in a large resealable bag. Place peppers and onion in another resealable bag. Combine broth, vinegar, ½ cup olive oil, lime juice, garlic, chopped cilantro, chili powder, cumin seeds, salt and oregano. Pour half the marinade over chicken and remaining marinade over vegetables. Add jalapeño and lime slices to bag with chicken. Seal bags. Marinate in refrigerator for 2 hours.

2. REMOVE chicken from marinade; discard marinade, jalapeño and lime slices. Remove vegetables from bag; reserve marinade. Place reserved marinade in a saucepan; set aside. Cook chicken in 1 Tbsp. hot oil in skillet over medium-high heat for

10 to 15 minutes or until done (165°F). Let stand 5 minutes. Add remaining 1 Tbsp. oil to skillet. Stir-fry peppers and onion in hot oil for 3 to 5 minutes or until crisp-tender.

3. THINLY SLICE chicken. Bring reserved marinade to a boil; drizzle over chicken and vegetables. Serve in warmed tortillas with desired toppers.

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

Per serving: 570 calories, 30 g fat, 6 g saturated fat, 0 g trans fat, 85 mg cholesterol, 750 mg sodium, 41 g carbohydrates, 7 g fiber, 3 g sugar (0 g added sugar), 33 g protein.
Daily Values: Vitamin D 0%, Calcium 8%, Iron 15%, Potassium 10%

Lemon Basil Salmon

Hands On 25 minutes

Total Time 35 minutes plus marinating

Serves 4

2 (12-oz.) pkg. frozen skinless sockeye salmon fillets, thawed

½ cup Hy-Vee apple juice

¼ cup Gustare Vita olive oil

1½ Tbsp. Hy-Vee soy sauce

1½ Tbsp. Hy-Vee honey

2 tsp. lemon zest, divided

1 clove garlic, finely chopped

1 small red onion, sliced

¼ cup fresh basil leaves plus 1 tsp. chopped plus additional for garnish

1 lemon, cut into thin slices, plus additional for garnish

¼ cup Hy-Vee salted butter, melted

1 (12-oz.) container Hy-Vee Short Cuts Brussels sprouts

1 cup grape tomatoes

2 cups cooked wild rice, for serving

1. PLACE salmon in a large resealable plastic bag. Combine apple juice, oil, soy sauce, honey, 1 tsp. lemon zest and garlic. Stir in red onion and ¼ cup basil leaves. Pour marinade over salmon in bag. Add lemon slices. Seal bag. Marinate in refrigerator 30 minutes.

2. PREHEAT oven to 425°F. Lightly grease a sheet pan. Remove salmon from marinade; discard marinade and solids. Combine butter, remaining 1 tsp. lemon zest and chopped basil. Microwave Brussels sprouts in 2 Tbsp.

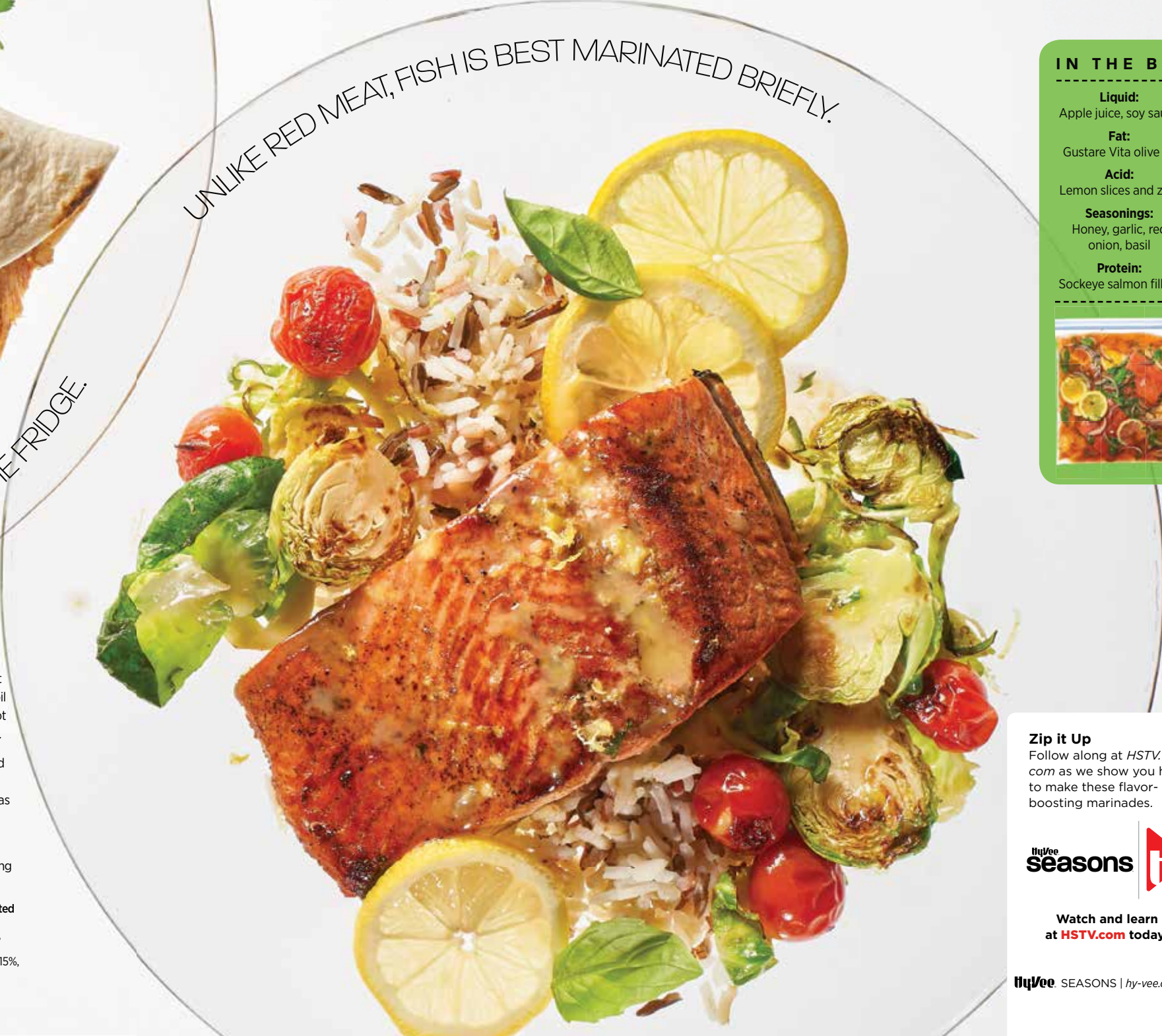
water, covered, on HIGH 3 minutes.

Add salmon, sprouts and tomatoes to prepared pan; brush with half of butter mixture. Bake 5 to 10 minutes or until salmon flakes with a fork (145°F). Serve salmon with rice, sprouts and tomatoes. Drizzle with remaining butter mixture and, if desired, garnish with additional lemon slices and basil leaves.

Per serving (without rice): 460 calories, 27 g fat, 6 g saturated fat, 0 g trans fat, 95 mg cholesterol, 320 mg sodium, 16 g carbohydrates, 1 g fiber, 8 g sugar (3 g added sugar), 38 g protein.
Daily Values: Vitamin D 100%, Calcium 6%, Iron 10%, Potassium 25%

UNLIKE RED MEAT, FISH IS BEST MARINATED BRIEFLY.

FOR SAFETY, MARINATE MEAT AND VEGGIES SEPARATELY IN THE FRIDGE.



IN THE BAG

Liquid:

Apple juice, soy sauce

Fat:

Gustare Vita olive oil

Acid:

Lemon slices and zest

Seasonings:

Honey, garlic, red
onion, basil

Protein:

Sockeye salmon fillets



Zip it Up

Follow along at HSTV.com as we show you how to make these flavor-boosting marinades.

Hy-Vee seasons



Watch and learn at HSTV.com today!

IN THE BAG

Liquid/Acid:
Dry red wine

Fat:
Gustare Vita olive oil

Seasonings:
Dijon mustard,
Worcestershire sauce,
rosemary, kosher salt,
black pepper,
shallot, garlic

Protein:
New York strip steaks



WIPE STEAK DRY AFTER MARINATING SO IT BROWNS WHEN COOKING.

Red Wine Steak

Hands On 20 minutes

Total Time 20 minutes plus
marinating time

Serves 4

**4 (8-oz.) boneless beef New York strip
steaks, ¾ in. thick**
1 cup dry red wine, such as Zinfandel

**¼ cup plus 1 Tbsp. Gustare Vita
olive oil, divided**
1 Tbsp. Hy-Vee Dijon mustard
1 Tbsp. Hy-Vee Worcestershire sauce
1 tsp. kosher salt
1 tsp. coarse ground black pepper
4 fresh rosemary sprigs
1 shallot, thinly sliced
5 cloves garlic, peeled
1 (10-oz.) bag spring mixed greens
½ cup Hy-Vee creamy Caesar dressing
½ cup crumbled blue cheese
¼ cup thinly sliced red onion

1. PLACE steak in a large resealable bag. Whisk together red wine, ¼ cup olive oil, Dijon mustard, Worcestershire sauce, salt and pepper. Pour marinade over steaks in bag. Add rosemary, shallot and garlic. Seal bag. Marinate 2 hours or overnight in the refrigerator.

2. REMOVE steak from marinade; discard marinade, rosemary, shallot and garlic. Heat remaining 1 Tbsp. oil in a grill pan. Cook steaks in hot oil for 6 to 8 minutes or until 135°F for medium-rare, turning

once halfway through. Remove steaks from skillet and let rest for 10 minutes.

3. CUT steak diagonally across the grain into thin slices. Toss greens with dressing. Serve steak over dressed greens topped with blue cheese and sliced red onions.

Per serving: 720 calories, 51 g fat, 16 g saturated fat, 0 g trans fat, 135 mg cholesterol, 1,580 mg sodium, 10 g carbohydrates, 1 g fiber, 2 g sugar (0 g added sugar), 47 g protein.
Daily Values: Vitamin D 0%, Calcium 10%, Iron 30%, Potassium 6%



LIMIT TIME TO 30 MINUTES. THE ACID IN WINE JUMP-STARTS THE COOKING.

Marinated Italian Shrimp

Hands On 25 minutes

Total Time 35 minutes plus
marinating

Serves 6

**2 lb. frozen deveined raw shrimp, thawed,
peeled and tails removed (16 to 20 ct.)**
1¾ cups Sauvignon Blanc wine, divided
**½ cup Hy-Vee 33%-less-sodium
chicken broth**

¼ cup plus 1 Tbsp. Gustare Vita olive oil
4 large cloves, peeled and sliced
3 Tbsp. chopped fresh Italian parsley
2 Tbsp. chopped fresh basil
½ tsp. Hy-Vee kosher sea salt
½ tsp. coarse-ground black pepper
½ tsp. Hy-Vee crushed red pepper
4 sprigs fresh thyme
2 sprigs fresh oregano
½ (16-oz.) pkg. Hy-Vee dry thin spaghetti
¼ cup finely chopped shallots
**1 (12-oz.) bundle fresh asparagus,
trimmed and cut into 2-in. pieces**

**½ cup drained and chopped roasted
red peppers**
Lemon wedges, for garnish

1. PLACE shrimp in a large resealable bag. Combine ¾ cup wine, broth, ¼ cup oil, garlic, parsley, basil, salt, black pepper and crushed red pepper. Pour marinade over shrimp in bag. Add thyme and oregano sprigs. Seal bag. Marinate 15 to 30 minutes at room temperature. Cook pasta according to package directions. Drain and keep warm.

2. DRAIN shrimp; discard marinade and herb sprigs. Heat remaining 1 Tbsp. oil in

SOAK IT IN

CHOOSE THIN CUTS

Chicken breasts, steaks, fish fillets, shrimp or cut-up meats for kabobs or stir-fries work best because marinades flavor and tenderize meat surfaces.

COAT THE FOOD WELL

Squeeze air out of the bag before sealing, then rotate the bag halfway through marinating for flavors to penetrate.

SAUCE IT RIGHT

Make extra marinade and set it aside to use as a brush-on or serve-along sauce. For safety, never use marinade that has had contact with raw meat.

IN THE BAG

Liquid:
Chicken broth

Fat:
Gustare Vita olive oil

Acid:
Sauvignon Blanc wine

Seasonings:
Garlic, parsley,
oregano, basil, thyme,
salt, black pepper,
crushed red pepper

Protein:
Shrimp



skillet over medium heat. Cook shallots 1 minute. Add shrimp; cook 1 minute. Remove skillet from heat; add remaining 1 cup wine. Return skillet to heat. Simmer, uncovered, 3 to 5 minutes or until shrimp is opaque (145°F); add asparagus during last 2 minutes of cooking. Toss shrimp mixture with pasta and roasted peppers. Garnish with lemon wedges, if desired.

Per serving: 430 calories, 14 g fat, 2 g saturated fat, 0 g trans fat, 190 mg cholesterol, 1,170 mg sodium, 37 g carbohydrates, 3 g fiber, 5 g sugar (0 g added sugar), 27 g protein.
Daily Values: Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 10%



**WHIP UP
QUICK MEALS
WITH FULLY
COOKED
CHICKEN.**

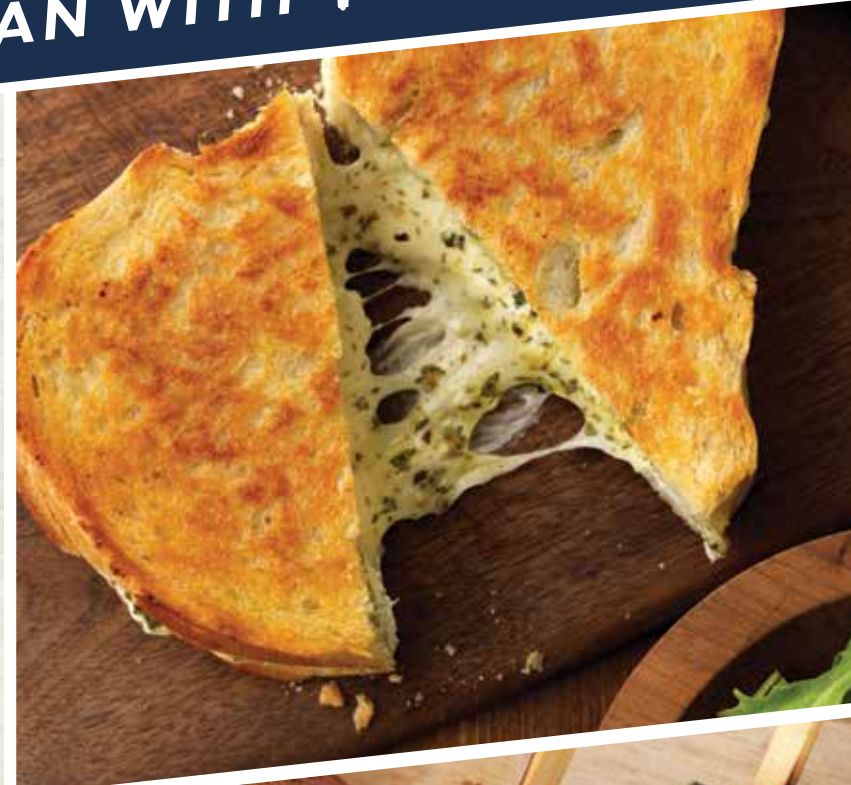


Tyson Grilled & Ready, Naturals, Air Fried or Premium Selects select varieties 16 to 22 oz. 6.99

Find in the refrigerated and freezer aisles.



FLAVOR IT ITALIAN WITH *Pesto*



MASTERS OF PASTA

©2019 Barilla America, Inc.

NEW

SAVOR THEIR Sweet Salty FLAVOR

Now Pop-Tarts® have a unique flavor combo perfect for afternoon snacking.
Pick up today at your local Hy-Vee.



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Did you *Know*?



Kellogg's®

has

11g OF PROTEIN

6g from milk
5g from cereal



Stop by Hy-Vee and get in the know about all the goodness inside
your favorite Kellogg's® cereals

©, TM, © 2020 Kellogg NA Co.

PRODUCE GUIDE

Learn how to choose and store some popular fruits and vegetables offered at Hy-Vee.

Papaya
Good source of vitamin C for cell growth and repair
Buy reddish-orange fruit to eat within a week; yellowish to ripen before eating
Store unripe papayas at room temperature in a paper bag with a banana; ripe fruit in fridge

Lemon
Another source of vitamin C, which also helps heal wounds
Buy heavy lemons with thin, firm skin; avoid spongy and wrinkled fruit
Store at room temperature for 1 week, in fridge 2-3 weeks

Pear
Contains fiber for digestive health
Buy firm and unblemished fruit
Store ripe pears in fridge for 3-5 days; unripe pears ripen at room temperature

Avocado
B vitamins help regulate metabolism
Buy Firm fruit without blemishes
Store unripe avocados in a paper bag on countertop 2-5 days; ripe fruit in the refrigerator up to 3 days



Banana
Good source of potassium for muscle growth and repair
Buy solid yellow with brown speckles if eating soon; greenish bananas will ripen in a few days, depending on temperature
Store at room temperature; do not refrigerate

Grapefruit
Half a grapefruit has more than 40% daily recommended vitamin C
Buy firm, slightly oval-shaped fruit with flattened top and bottom
Store 1 week at room temperature, 2-3 weeks in refrigerator crisper

Peach
Contains vitamin C, plus vitamin A for eye health
Buy plump, vibrant fruit without bruises or wrinkles
Store at room temperature, out of direct sunlight

Cantaloupe
One wedge has 70% of daily vitamin A needs
Buy firm, heavy fruit without dents
Store unwashed whole ripe cantaloupe in fridge up to 5 days

Pineapple
One thick slice has 88% of daily vitamin C requirements
Buy fruit with firm shell, green leaves and pineapple scent near bottom
Store cut pieces in fridge in sealed container 5-7 days

Apple
Fiber, especially in the peel, prevents constipation and helps you feel full
Buy firm fruit without dents, cuts or bruises
Store only with other apples, in a ventilated plastic bag in a crisper drawer

Fruits



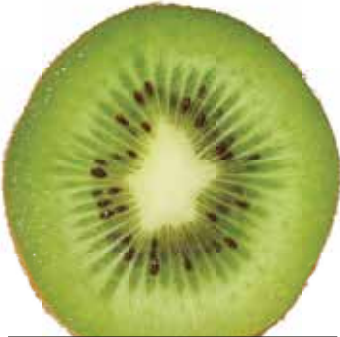
Blueberries
Source of vitamin K, necessary for proper blood clotting
Buy plump, well-rounded blueberries without shriveling or mold.
Store in refrigerator in container, lined with paper towel, up to 1 week



Coconut
Contains significant levels of manganese for metabolism, plus fiber
Buy whole coconut that feels heavy and free of cracks
Store at room temperature 1 week, in the refrigerator 2-3 weeks



Grapes
A source of vitamin K, which promotes healthy tissue and blood clotting
Buy plump, firm grapes with good coloring and green, flexible stems
Store unwashed, in a perforated plastic bag in fridge up to 2 weeks



Kiwi
One small fruit offers 70% of daily vitamin C needs
Buy firm fruit that gives slightly; avoid soft or wrinkled kiwi
Store ripe fruit in refrigerator crisper 4-5 weeks



Mango
Excellent source of vitamins A and C, both antioxidants that protect against cell damage
Buy unripe hard; ripe is firm with slight give and sweet aroma
Store unripe mangoes in a paper bag at room temperature 2 days; ripe mangoes up to 5 days in fridge



Orange
A navel orange has nearly 100% of daily vitamin C requirement, 11% of fiber
Buy firm, unblemished oranges that feel heavy for their size
Store in the refrigerator for several weeks



Plum
A source of vitamins A and C, which protect cells against free radicals
Buy smooth-skinned plums without blemishes, discoloration or soft spots
Store unwashed ripe plums in a plastic bag up to 5 days in crisper of fridge



Pomegranate
The trace element copper helps blood transport oxygen
Buy large, heavy fruits with shiny skin and without bruises or wounds
Store whole fruit on the counter 1 week, in the fridge up to 2 weeks



Raspberries
Vitamin C helps the body absorb iron; fiber promotes steady glucose levels
Buy plump, whole, red berries; avoid mushy or moldy berries
Store unwashed in a dry container in fridge; rinse just before eating



Strawberries
High in vitamin C; contain manganese for metabolism and bone health
Buy firm, plump, even-color strawberries with caps attached
Store unwashed in refrigerator; best eaten within a few days



Tangerine
Good source of vitamins A and C plus fiber
Buy firm fruit with deep orange color; avoid discolored fruit
Store at room temperature for 5 days, in fridge up to 2 weeks



Watermelon
Besides A and C, contains vitamin B5 to metabolize macronutrients
Buy melons that are symmetrical and smooth, with well-rounded ends
Store whole melons in a refrigerator up to 2 weeks

Americans eat more than
27 pounds
of bananas per person
each year, on average.

Source: [statista.com/topics/4110/bananas-in-north-america/](https://www.statista.com/topics/4110/bananas-in-north-america/)

Sources (this page and opposite): [nutritiondata.self.com](https://nutritiondata.self.com/nutritionvalue.org)
berryhealth.fst.oregonstate.edu/health_healing/fact_sheets/strawberries_facts.htm
berryhealth.fst.oregonstate.edu/health_healing/fact_sheets/red_raspberry_facts.htm
mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983
ods.od.nih.gov/factsheets/MVMS-Consumer/

Veggies



Beet

Nitrates in beets dilate blood vessels to improve oxygen transport to muscles

Buy firm, uniform-size beets with fresh-looking greens

Store leafy tops briefly; eat within a few days. Refrigerate roots in plastic bags for 1 month or more



Eggplant

Contains anthocyanins thought to protect against inflammation

Buy firm but not hard with smooth skin free of soft or brown spots

Store in a cool spot other than refrigerator 1–2 days



Sweet Corn

One cup provides 17% of daily dietary fiber needs, plus essential minerals

Buy tightly closed husks with moist, green stems and fat kernels that exude milky fluid when pierced

Store unhusked in a cool, dark spot 1–2 days; best when eaten immediately



Carrot

Bursting with vitamin A for eye health, also offers potassium to reduce risk of cardiovascular disease

Buy firm, crisp, bright roots free of cracks

Store in a plastic bag in the fridge 3–4 weeks

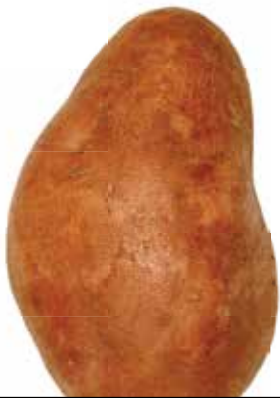


Onion

Good source of fiber for digestive health, vitamin B6 supporting immune function and brain health

Buy firm, unblemished skins with tight necks; avoid those with soft spots

Store in cool, dark and dry location 3–4 weeks.



Sweet Potato

One medium sweet potato holds 438% of daily recommended vitamin A, promoting eye health

Buy firm, heavy, smooth and unblemished tubers without sprouts

Store in a dark, dry area up to 4 weeks; do not refrigerate



Cauliflower

High in vitamin C for growth and repair of body tissues, also provides folate needed to make blood cells

Buy unwilted leaves with tightly packed heads free of brown spots

Store in a ventilated plastic bag in the refrigerator up to 2 days



Romaine Lettuce

Contributes fiber for digestion and the antioxidant lutein for eye health

Buy bunches with crisp, dark green leaves; avoid overly large or wilted

Store unwashed, with root ends trimmed, in crisper for 1–3 weeks



Tomato

Provides vitamins A, C and K, fiber and lycopene, linked to lower stroke risk

Buy plump tomatoes with taut skin without cracks or bruises

Store fresh tomatoes at room temperature for a day or two



Celery

Low-calorie source of vitamin K, important to blood clotting

Buy stiff, crisp bunches minus rib cracks; avoid wilted leaves

Store in a plastic bag in crisper for 1 week or more



Sugar Snap Peas

Provides vitamin C for the immune system, manganese for wound healing

Buy firm, medium-size pods that are uniform in color

Store refrigerated peas in pods in plastic bags up to 3 days



Winter Squash

Offers key vitamins and minerals, including potassium for nerve function

Buy firm, heavy squash without cracks, soft spots or mold

Store in a cool, dry, dark area for several months

Spinach

Cooked spinach is high in magnesium, key to the health of heart, bones, muscles and nerves

Buy unwilted, bright green leaves free of slime or black spots

Store wrapped in paper towels in a plastic bag in crisper 3–4 days; rinse well before using

Bell Pepper

One cup chopped green bells provides 200% of daily vitamin C requirements, red bells 317% of the antioxidant

Buy heavy, thick-walled peppers with no wrinkles or cracks

Store in a paper bag in a refrigerator vegetable drawer up to 5 days

Green Beans

One cup provides 15% of daily fiber needs, reducing risk of heart disease and diabetes

Buy crisp beans free of brown spots and with healthy tips

Store in a ventilated plastic bag up to 2 days in refrigerator

Green Onions

Both white and green parts are edible and provide valuable vitamin K.

Buy firm white bulbs with crisp bright stems

Store in plastic bag in refrigerator crisper up to 1 week

Cucumber

Offers vitamins C and K and many minerals such as copper, manganese and potassium

Buy firm, dark green skin free of cuts or soft spots

Store in ventilated plastic bag in refrigerator up to 1 week



Kale

One cup chopped kale provides a whopping 684% of daily vitamin K needs, building bones and aiding blood clotting

Buy deep-color crisp leaves without blemishes or tatters

Store in a plastic bag up to 3 days in refrigerator

Artichoke

Good source of complex carbs to fuel the body, fiber to make you feel full

Buy firm, heavy, medium-size heads that squeak when squeezed

Store in plastic bag in refrigerator up to 5 days

Asparagus

High-fiber vegetable supplying many vitamins and minerals, including iron for healthy blood

Buy firm, even-size stalks with dense tips

Store in fridge, tip side up, in a small amount of water and cover with plastic bag

Broccoli

Good source of vitamins C and K, as well as fiber to regulate blood sugar

Buy tightly packed, uniform, green florets

Store in perforated plastic bag in refrigerator crisper up to 5 days

Brussels Sprouts

High in fiber, vitamins C and K, and many minerals needed for health

Buy firm, bright green, tightly packed heads

Store in sealed plastic bag up to 3 days in refrigerator

Survey respondents in
39 states
chose broccoli as their favorite vegetable in 2018 and again in 2019.

Source: vegetablegrowersnews.com/news/broccoli-stays-americas-favorite-vegetable-in-2019/

Sources (this page and opposite): nutritiondata.self.com hsph.harvard.edu/nutritionsource/fsi.colostate.edu/romaine-lettuce-2/ msn.com/en-us/health/nutrition/the-health-benefits-of-eggplants/ar-AAFWMOx canr.msu.edu/news/tomatoes_provide_many_health_benefits lpi.oregonstate.edu/mic/minerals/manganese nutritionstudies.org/nitric-oxide-dietary-nitrate-another-reason-eat-vegetables/

TRULY THE BEST

Hy-Vee True Meat contains no added hormones or antibiotics—just all-natural protein and back-to-basics flavor.

Hy-Vee True meats deliver quality protein with exceptional flavor and tenderness. Chicken, beef and pork come from Midwest family farms that use precise production methods and controlled feeding, which allow True meats to add the

USDA “all natural” label on packaging. True pork and beef livestock are fed a vegetarian diet, with no meat or poultry byproducts. Chickens are raised cage-free, and True heirloom pork is raised in special housing rather than

in gestation crates. Hy-Vee True meats have no artificial ingredients, preservatives nor antibiotics, and they’re minimally processed. The result is tender, juicy and delicious chicken, beef and pork. Customers can select from a

variety of chops, roasts, ribs and other cuts, as well as 85% lean ground beef and grass-fed ground beef, ground and link pork sausage, and applewood slab bacon. Let Hy-Vee True meats star in your favorite recipes.



new!

Now available:
True Meat ground
and link pork
sausage, plus
applewood
slab bacon!

pasture-raised TRUE BEEF

Angus beef with superior marbling. Vegetarian-fed and raised with no antibiotics ever and no added hormones.

- Sirloin Steak
- Boneless New York Strip Steak
- Boneless Ribeye Steak
- 85% Lean Ground Beef
- Grass Fed 85% Lean Organic Ground Beef

farm-raised TRUE PORK

Duroc pork, raised on family farms, yields juicy cuts and superior flavor.

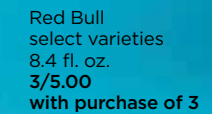
- Boneless Pork Tenderloin
- Boneless Pork Loin Chops

- Boneless Thick Cut Center Chops
- Pork Shoulder Roast
- Boneless Country Style Ribs
- Back Ribs
- Pork Sausage Links
- Ground Pork Sausage
- Applewood Slab Bacon

cage-free TRUE CHICKEN

Moist, delicious all-natural chicken with less than 6% retained water.

- Boneless, Skinless Breasts
- Boneless, Skinless Thigh Meat
- Chicken Breast Tenders
- Fresh Whole Chicken Fryer
- Chicken Drumsticks
- Chicken Wingettes

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RED BULL SUGARFREE.

HARD SELTZERS

Find a wide selection of these mega-popular drinks at Hy-Vee. They're light, flavorful and naturally low in calories.

WHITE CLAW

A blend of seltzer water, gluten-free alcohol and a hint of fruit in five flavors.
Calories: 100
ABV: 5%
Carbs: 2 g
Gluten free
Flavors: Black Cherry, Ruby Grapefruit, Natural Lime, Raspberry or Mango.

BON & VIV

Seven sugar-free, natural fruit and herbal flavors.
Calories: 90
ABV: 4.5%
Carbs: 1-2 g
Gluten free
Flavors: Black Cherry, Rosemary, Grapefruit, Pear, Elderflower, Cranberry, Clementine Hibiscus, Lemon Lime or Prickly Pear.

TRULY

Thirteen refreshing flavors—all free of artificial sweeteners and flavors.
Calories: 100
ABV: 5%
Carbs: 2 g
Gluten free
Flavors: Four fruit, four citrus and five tropical.



pro tip: SERVE IT YOUR WAY

“Hard seltzers are great on their own, or used as a mixer in a cocktail, much like club soda. Hard seltzers are canned to be convenient with whatever you're doing, but you can also enjoy them out of a glass. Serve well chilled in a tall cocktail glass or

a champagne flute, add some ice, and garnish with fresh berries, citrus wheel or sprig of mint, depending on the flavor you're enjoying.”

—Eric Dodge
Wine & Spirits Manager
Hy-Vee
Waterloo, Iowa



PRICKLY PEAR PALOMA

Rub a lime wedge along the edge of two (16-oz.) cocktail glasses; dip each in kosher salt. Combine 1 (12-oz.) can Bon & Viv prickly pear spiked seltzer, $\frac{3}{4}$ cup Hy-Vee ruby red grapefruit juice, $\frac{1}{4}$ cup silver tequila and 1 Tbsp. agave nectar in a large measuring cup. Pour mixture into prepared glasses and garnish with grapefruit slices. Serves 2 (12 oz. each).



SPARKLING ROSÉ LEMONADE

Combine 1 (12-oz.) can Truly Rosé hard seltzer, $\frac{3}{4}$ cup all-natural lemonade and $\frac{1}{4}$ cup raspberry vodka in a large measuring cup. Divide mixture between two (16-oz.) cocktail glasses. Garnish each with a kabob of fresh raspberries and a lemon slice. Serves 2 (12 oz. each).



CUCUMBER-MINT VODKA COCKTAIL

Place a cucumber ribbon in each of two (10-oz.) cocktail glasses. Combine 1 (12-oz.) can White Claw lime hard seltzer and $\frac{1}{4}$ cup cucumber mint vodka. Pour mixture into prepared glasses. Garnish each glass with a fresh mint sprig and a lime wedge, if desired. Serves 2 (8 oz. each).

ICE CREAM FOR ADULTS™



Halo Top Pops
select varieties
6 pk.
5.99



Halo Top Pint
select varieties
16 oz.
3.88

NEW!



Launch Box Frozen
Sandwiches
select varieties
6.5 oz.
2/8.00

LAUNCH BOX

FILL & FUEL WITH 8G OF PROTEIN

Find in the FROZEN
snacks aisle!

MEALS MADE EASY

Bypass fast food tonight. Pick up a better-for-you dinner ready at Hy-Vee. Heat-and-eat meals let you enjoy home cooking without the cooking. Convenient meals available at Hy-Vee feature fresh, wholesome ingredients, including plenty of veggies and whole grains in colorful, tasty combos that the whole family will enjoy.



GREEK-STYLE CHICKEN BOWL

Chicken breast with fresh cherry tomatoes, cucumber, red onion, brown rice, feta cheese and tzatziki sauce. Serves 2. 14 oz.



MARINATED BEEF STEAK & VEGETABLES

Beef, carrots, asparagus, green beans, red bell pepper and ginger. Serves 2. 16 oz.



CHIPOTLE PORK BOWL

Chipotle-rubbed pork sirloin with black beans, red cabbage, onions and a chili-lime dressing. Serves 2. 12.8 oz.



TERIYAKI CHICKEN & ZUCCHINI NOODLES

Boneless chicken breast in teriyaki sauce with zucchini, red cabbage, carrots and red bell pepper. 15.4 oz.



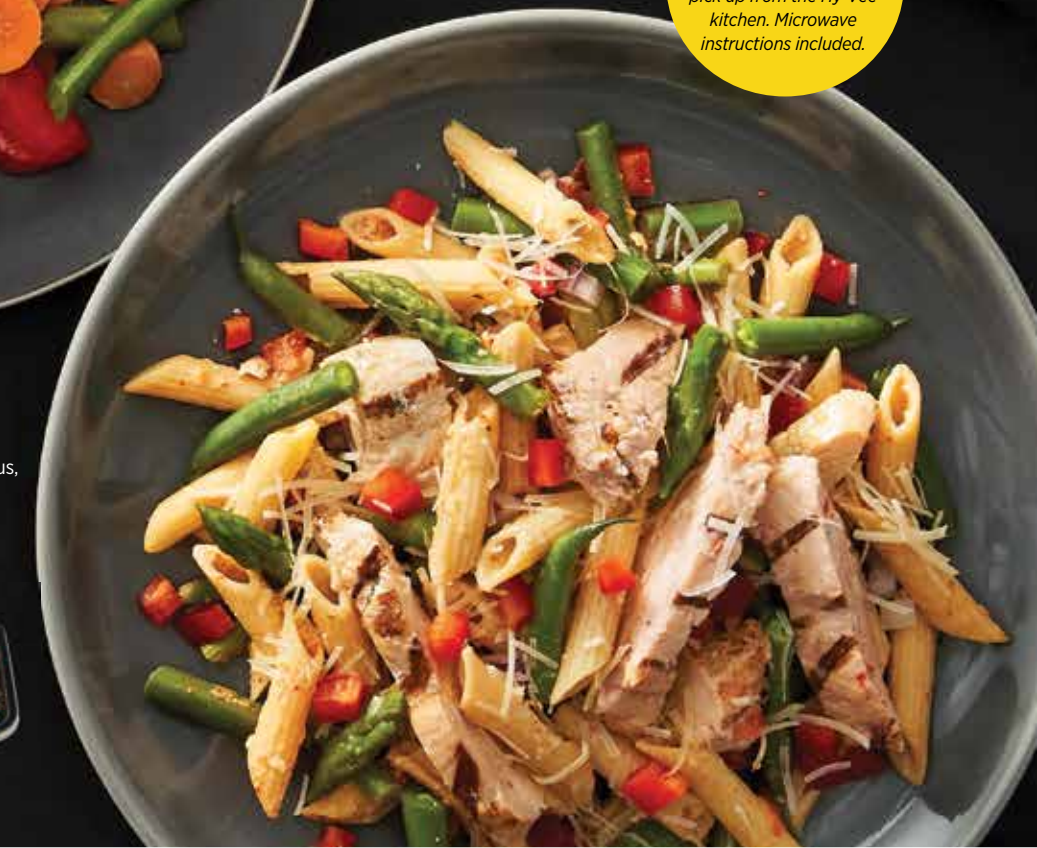
CHILI LIME CHICKEN BOWL

Chicken breast, black beans, corn, red and green bell pepper, onion and long-grain brown rice. Serves 2. 14.1 oz.



ITALIAN-STYLE CHICKEN PENNE PASTA

Chicken breast, asparagus, green beans, red bell pepper, multigrain pasta and Parmesan cheese. Serves 2. 12.7 oz.



ENJOY TONIGHT!

These meals plus more options are ready to pick up from the Hy-Vee kitchen. Microwave instructions included.



STACK UP THE SAVINGS



Nabisco Family Size
Chips Ahoy!, Ritz or Oreo
select varieties
12 to 20.5 oz.
2/7.00



Nabisco Family Size
Snack Crackers
select varieties
11.5 to 16 oz.
2/7.00

life

**Make
resolutions
you'll actually
stick to and give
your home a
refresh with tips
from Hy-Vee.**

72 STUCK ON A
BETTER 2020

78 GROWING GREEN

82 GET ORGANIZED!



STUCK
ON A
BETTER
→

2020
=

Be the best version of yourself this year—healthy, energized, hopeful, happy. Give any of these 20 ideas a try. You'll find even small tweaks, such as drinking more water, lead to big results.

1
SPEND MORE TIME WITH FAMILY AND FRIENDS. SIT DOWN FOR A BOARD GAME OR GET TOGETHER FOR DINNER.

2
READ MORE

More reading means improved vocabulary, less screen time and lots of relaxation.

3

GET MOVING AT HOME

Start an at-home workout routine to get or stay in shape. This approach is easy, convenient and less expensive than a gym membership. Watch videos of workouts that call for body-weight exercises.



4

PICK UP A NEW HOBBY, SUCH AS GARDENING, BAKING OR CRAFTING. FOCUS ON A PLEASURABLE ACTIVITY IS GOOD FOR THE SOUL. HY-VEE HAS PRODUCTS TO HELP.

5

TAKE YOUR VITAMINS

Monitor what you eat and determine which vitamins are lacking. Talk to a store dietitian about what vitamin supplements to take. Hy-Vee carries a wide variety of vitamin and other nutrient supplements.



6

Hy-Vee KIDSFIT.CLUB

Make moving fun for the whole family! Join the Hy-Vee KidsFit Club. Complete monthly challenges to support the way you move and fuel your body; return your challenges to your local Hy-Vee for a prize. Follow along with Daira Driftmier, certified personal trainer and director of Hy-Vee KidsFit and Hy-Vee Fitness; Hy-Vee dietitians; and other experts to make healthy choices. Visit www.hy-veekidsfit.com or download the app today!

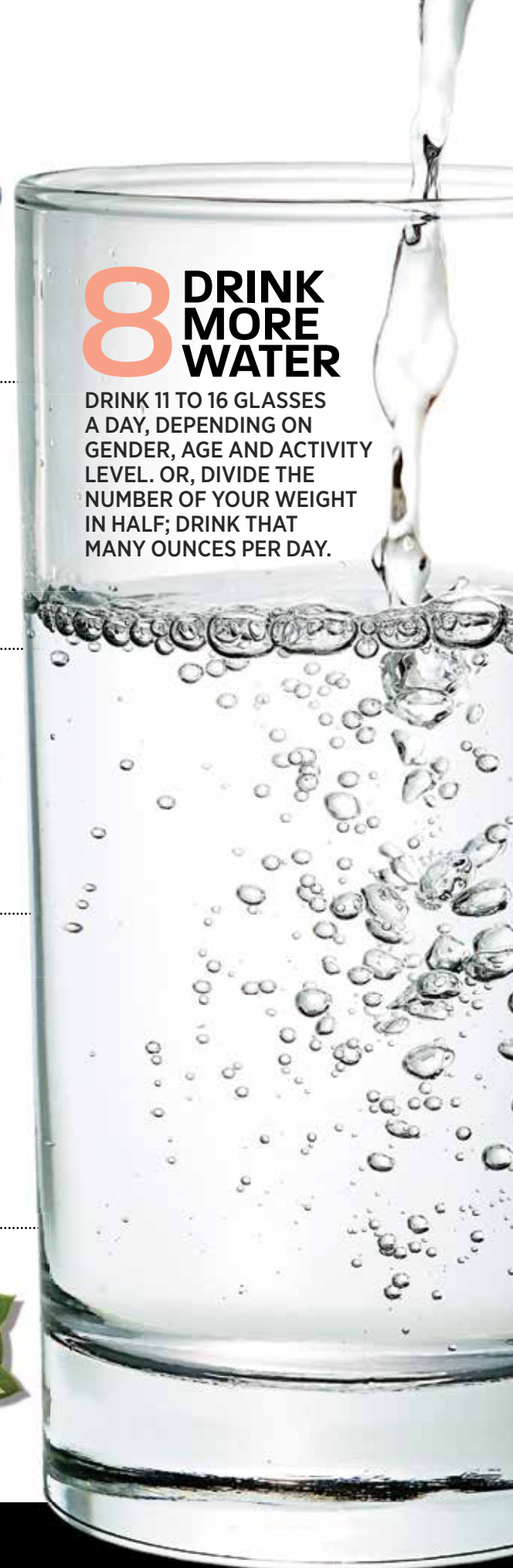
7

EARN A GREEN THUMB! GROW EASY INDOOR PLANTS LIKE SUCCULENTS FROM THE HY-VEE FLORAL DEPARTMENT. PLANTS HELP CLEAN INDOOR AIR, PLUS TENDING TO THEM ENCOURAGES A SENSE OF NURTURING.



8
DRINK MORE WATER

DRINK 11 TO 16 GLASSES A DAY, DEPENDING ON GENDER, AGE AND ACTIVITY LEVEL. OR, DIVIDE THE NUMBER OF YOUR WEIGHT IN HALF; DRINK THAT MANY OUNCES PER DAY.





10

9

Limit calories and save money by packing lunch. Hy-Vee has an awesome selection of lunch boxes, containers and water bottles. Pick up a bento box and fill the compartments with fresh cut-up fruits and veggies.

GET BETTER SLEEP

Designate a time to get off screens and turn down lights for a good night's sleep. Consistent bedtime is important toward 8 hours of shut-eye. If more help is needed, try sleep supplements like sleepy-time teas before bed. Proper rest at night yields improved focus and energy during the day.

STEP OUT OF YOUR COMFORT ZONE AND TRY A NEW RECIPE. USE INGREDIENTS WITH NUTRIENTS YOU MAY LACK IN YOUR DIET.



12

COMMIT TO RANDOM ACTS OF KINDNESS. BUY A "JUST BECAUSE" BOUQUET FOR SOMEONE YOU LOVE OR GROCERIES FOR A FOOD PANTRY. HELP SOMEONE PUT GROCERIES IN THEIR CAR, OR RUN AN ERRAND FOR A SICK FRIEND. HELPING OTHERS DOES WONDERS TOWARD A POSITIVE OUTLOOK.



16

PAMPER YOURSELF WITH BASIN PRODUCTS SUCH AS BODY BUTTERS AND BATH BOMBS. A LITTLE PAMPERING SOOTHES AND CALMS.

Sources: dartmouth.edu/wellness/emotional/rakhealthfacts.pdf
www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/factsheets/Protein.pdf

13 14 15

STOP SMOKING—HY-VEE'S QUIT FOR GOOD™ PROGRAM CAN HELP. CONTACT YOUR LOCAL HY-VEE PHARMACIST OR DIETITIAN.

Step up your style with apparel from fashion retailer Joe Fresh. Affordable, on-trend essentials go from work week to weekend and are available at Hy-Vee.



STEP UP YOUR WORKOUT with protein. Depending on your protein intake, consider supplements, available in the HealthMarket, to fuel exercise and help build muscle. Health experts recommend roughly 50 grams of protein per day.

17

EXPAND HORIZONS & EXPLORE MORE

TRAVEL. WHETHER A SHORT CAR TRIP TO A POINT OF INTEREST OR A VENTURE OVERSEAS, TRAVEL OPENS THE MIND AND FOSTERS SELF-CONFIDENCE.

18

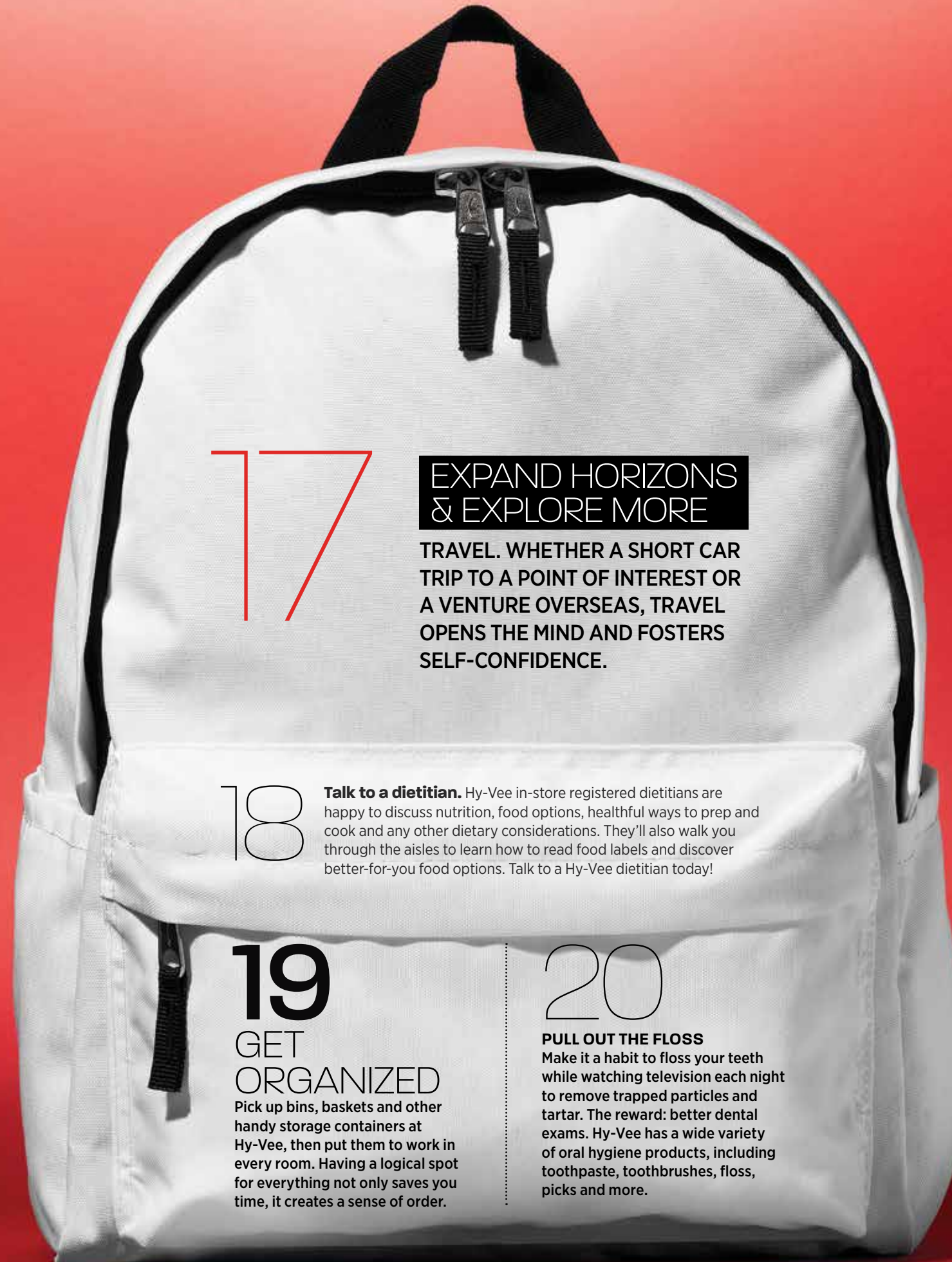
Talk to a dietitian. Hy-Vee in-store registered dietitians are happy to discuss nutrition, food options, healthful ways to prep and cook and any other dietary considerations. They'll also walk you through the aisles to learn how to read food labels and discover better-for-you food options. Talk to a Hy-Vee dietitian today!

19
GET ORGANIZED

Pick up bins, baskets and other handy storage containers at Hy-Vee, then put them to work in every room. Having a logical spot for everything not only saves you time, it creates a sense of order.

20

PULL OUT THE FLOSS
Make it a habit to floss your teeth while watching television each night to remove trapped particles and tartar. The reward: better dental exams. Hy-Vee has a wide variety of oral hygiene products, including toothpaste, toothbrushes, floss, picks and more.





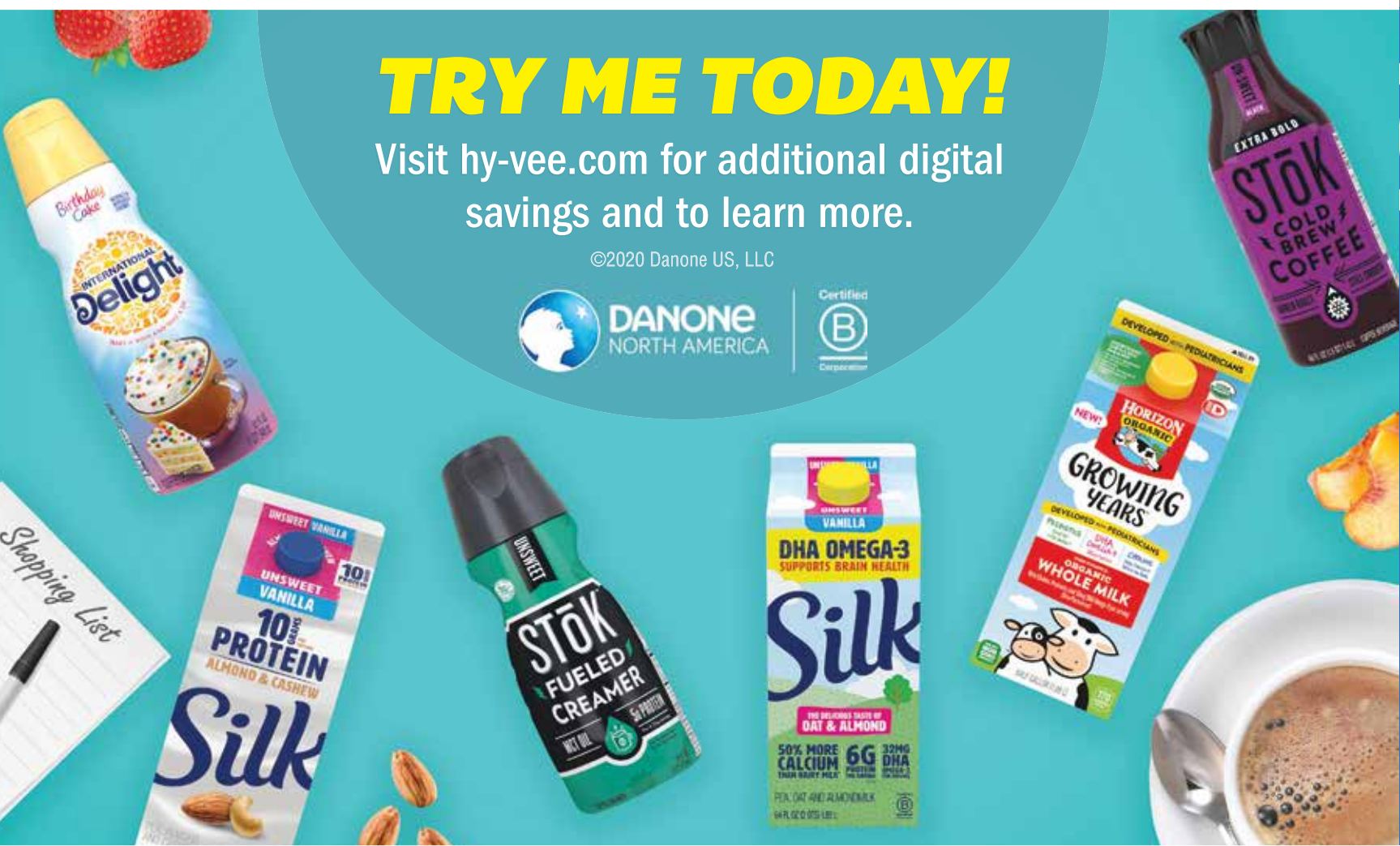
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Growing Green

ENLIVEN YOUR HOME WITH INDOOR PLANTS FROM HY-VEE. THESE MERRY MULTITASKERS MAKE A DECORATING STATEMENT, PURIFY THE AIR AND LIFT YOUR SPIRITS!



FIDDLE LEAF FIG is a stately indoor tree with lush foliage. It likes bright, filtered light and plenty of moisture when actively growing but less in winter.

SNAKE PLANT features a highly distinctive habit with upright, variegated, swordlike leaves. It takes low light but prefers bright, indirect light.

STYLISH POTS FROM HY-VEE OFFER THE APPEAL OF MODERN DESIGN



POTHOS has a trailing growth habit that looks great spilling down the sides of a container. Prefers medium to bright light but adapts to dim conditions and sporadic watering.

SPLIT-LEAF PHILODENDRON is also called monstera or Swiss cheese plant. It features large, waxy leaves with a distinctly tropical look. It does best with bright, indirect light and evenly moist soil.

Plants can improve mood, reduce stress, lower blood pressure, boost productivity and help maintain focus.

CAST-IRON PLANT has a fitting name—it takes neglect and actually likes low lighting conditions. Water regularly during growth periods, less in winter.

Sources: rns.org.uk/advice/profile?pid=949
extension.sdstate.edu/four-benefits-houseplants

Pretty Plant Palette

These undemanding indoor plants from Hy-Vee have stood the test of time. From upright and dramatic to softly flowing, they add ambience to rooms.



DRAGON TREE adds spiky architecture and bold texture. It's also easy to grow, accepting low, medium or bright light.



JADE PLANT has glossy, succulent foliage that conserves moisture so it needs less watering. Give jade plant plenty of light.



SONG OF INDIA is valued for its glossy, arching variegated leaves. It likes bright, indirect light and even soil moisture.



ENGLISH IVY is a climbing vine that also looks good trailing down. It likes indirect light and moderate watering.



AGLAONEMA, or Chinese evergreen, has large leaves with pretty patterns. It adapts to various lighting and moisture conditions.



PACHIRA, or money tree, makes a fine bonsai with braided trunk and glossy leaves. Give it bright light and regular watering.



CHINESE MONEY PLANT, or Pilea, has a unique habit that is hard to ignore. It likes bright, indirect light and regular watering.



SPIDER PLANT has a lush look with its graceful arching leaves. It prefers bright light and regular watering but is adaptable.



Fuel^{the} wag

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GET ORGANIZED!

An orderly home exudes calm. These room-by-room tips, plus products from Hy-Vee, find a place for everything.



Organized, efficient rooms deliver physical and psychological benefits. Studies show that decluttering improves sleep, reduces stress and increases energy and motivation. Women who described their homes as cluttered had higher levels of the stress hormone cortisol than women who said their homes were restful, according to a study in *Personality and Social Psychology Bulletin*. A Princeton University study describes how visual clutter curtails the ability to focus on a project. Simple solutions yield benefits: Orderly food storage encourages healthy prepping, snacking and lunch-packing. Organized clothes, toiletries and jewelry have you dressed and ready for the day quickly. Creating order at home can be as easy as putting baskets, bins and drawer organizers to work. Hy-Vee can help you find what you need to declutter and stay organized.



Papers in Order

LIGHTWEIGHT STERLITE PLASTIC BINS WITH DRAWERS SEPARATE PAPERS BY CATEGORY: BILLS, RECEIPTS, SCHOOL FORMS, MEAL PLANS OR GREETING CARDS (ALSO AVAILABLE AT HY-VEE!)

FIND IT AT HY-VEE

Jute-look Simplify bins have a clean look in any room.



1



2



3



4

1 BASKET, 4 WAYS

Fabric-covered bins have a little “give” that accommodates plenty of room-specific essentials, plus handles for easy transport or replenishing.

1 Stash extra towels, washcloths, bath sponges, soap, toilet paper and related items in a bathroom or linen closet.

2 Stow cleaning supplies—gloves, cleaners, wipes, spray bottles and brushes—in an under-sink cabinet in the kitchen.

3 Tuck magazines, books, remotes and a comfy throw (available at Hy-Vee) in a TV-room bin designated for all things media.

4 Hold laundry items, such as detergent, bleach, and dryer sheets and balls, in a bin. Keep powdered soap for delicates in a glass container.

KITCHEN ORGANIZATION

Store staples in clear canisters with lids that snap on tightly, like these from OXO. They're available at Hy-Vee in a variety of shapes and sizes for space-savvy stacking.



FIND IT AT HY-VEE

OXO Good Grip canisters are airtight to keep food fresh.

Why Should I Use Canisters?

THEY KEEP FOODS FRESHER THAN THE PARTIALLY OPENED BAGS AND BOXES. CANISTERS PROTECT AGAINST SPILLS AND EXPOSURE TO AIR AND INSECTS. CLEAR CANISTERS ARE ESPECIALLY SMART STORAGE FOR CEREAL, PASTA, FLOUR, SUGAR, RICE AND COFFEE.

5 Uses for 3M Command Hooks:



- 1 Attach to inside of cabinet doors to hang brushes, cloths and other cleaning supplies.
- 2 Affix to shower wall to hold squeegee, scrubber or razor. For items without a hole, attach a binder clip to hang on the hook.
- 3 Hang in closet for belts, necklaces or scarves.
- 4 Attach heavy-duty hooks to cabinet interior to hold lightweight wire baskets. Stash lightweight items in the baskets, such as kitchen sponges or toilet paper.
- 5 Fasten to a food canister; hang a scoop.

Tame the Food-Storage Drawer

Clear out the drawer and clean it. Then stack like sizes, and use the lids as dividers—never again fish around for the right-size lid. Snap lids on the smallest containers. Find a wide range of sizes and shapes from Ziploc, Glad, Simply Done and more.



FIND IT AT HY-VEE

Use Anchor Hocking glass bowls with snap-on lids for leftovers.

Hy-Vee Home Organization

See our video for advice on how to better use space with products available at Hy-Vee.

Hy-Vee seasons



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

Organize Your Fridge, Top to Bottom

1 The top two shelves maintain consistent temperature. Store ready-to-eat foods, such as leftovers, yogurt, hummus and drinks, plus fresh eggs (in their original carton) and snacks such as cut-up fruits and veggies. Tip: Also store Hy-Vee Short Cuts fresh produce in original covered containers in this area.

2 Middle and lower shelves tend to be colder, especially toward the back. Keep perishables like milk, cheese and other dairy products in this area. Store raw meats, fish and poultry in covered containers or sealed plastic bags to avoid drips. Also store prepped lunches (covered).

3 Door compartments are subject to temperature fluctuations due to opening and closing the door. Hold condiments here—ketchup, mustard, vinaigrettes, soy sauce, jams and jellies—which typically have longer shelf lives than other perishables. Also store butter and pasteurized orange juice.

4 Crisper drawers have humidity controls for fresh produce. Adjust to high humidity for wilting veggies (lettuce, broccoli, celery and carrots) and low for fruits and thin-skinned vegetables like bell peppers, cucumbers and zucchini.

DRAWER ORGANIZATION, 4 WAYS

An array of Sterilite plastic bins, available at Hy-Vee, divide items into logical segments. These setups use only three sizes: approximately 4×6, 9×6 and 12×4 in.

BATHROOM COSMETICS DRAWER

Fit according to your products. Put combs, brushes and hair bands in one basket and use separate bins for makeup according to type: foundation, concealer and facial sponges in one, brushes and powdered makeup in another, nail polishes and lipsticks in yet another.



JUNK DRAWER

Unjumble a junk drawer of household hardware and utility items. In designated bins, electric cords or chargers, scissors, batteries, often-used tools, picture-hanging supplies, tapes and glue are ready the moment they're needed. Tuck odd-shape sizes into open nooks.



KIDS' DESK DRAWER

Separate schoolwork and art supplies according to size and shape in bins for crayons, markers, paint boxes, brushes, glue and glue sticks, paper and kid-safe scissors.



KITCHEN UTENSIL DRAWER

Divvy up cooking tools. Store oblong spatulas, tongs, skewers and whisks in long bins, stubby items in square ones. Use tiny bins for tea balls, corn cob holders or bag clips.



FIND IT AT HY-VEE

Small Sterilite rectangular storage bins divvy up drawer space.

FIND IT AT HY-VEE

Anchor Hocking jars with lids provide attractive storage.

STORE COTTON BALLS, SWABS AND SIMILAR ITEMS IN CLOSED GLASS CONTAINERS FOR VISUAL APPEAL AND CLEANLINESS.



PUT OINTMENTS, A THERMOMETER AND BANDAGES IN A COVERED STERLITE BIN—INSTANT FIRST AID KIT!



BATHROOM ORGANIZATION

Whether they're on wall or cabinet shelves or in a medicine cabinet, put the most frequently used items at eye level and within easy reach. More tips:

- 1 Put other frequently used items—hairstyling tools, lotions, makeup—in upper vanity or cabinet drawers, within easy reach when hands and face may be wet.
- 2 Pour shampoo, conditioner and liquid soap in dispenser bottles, which look cleaner and more attractive than the bulky containers products come in.
- 3 Transfer facial cleansing wipes from original package to a covered container to keep towelettes moist.
- 4 Store a squeegee, shower spray, disinfectant wipes and other bathroom cleaning supplies in a bin in an under-sink cabinet.
- 5 Hang an over-the-door hook to hold a robe, an extra towel or a garment bag for towels and washcloths ready to be laundered.

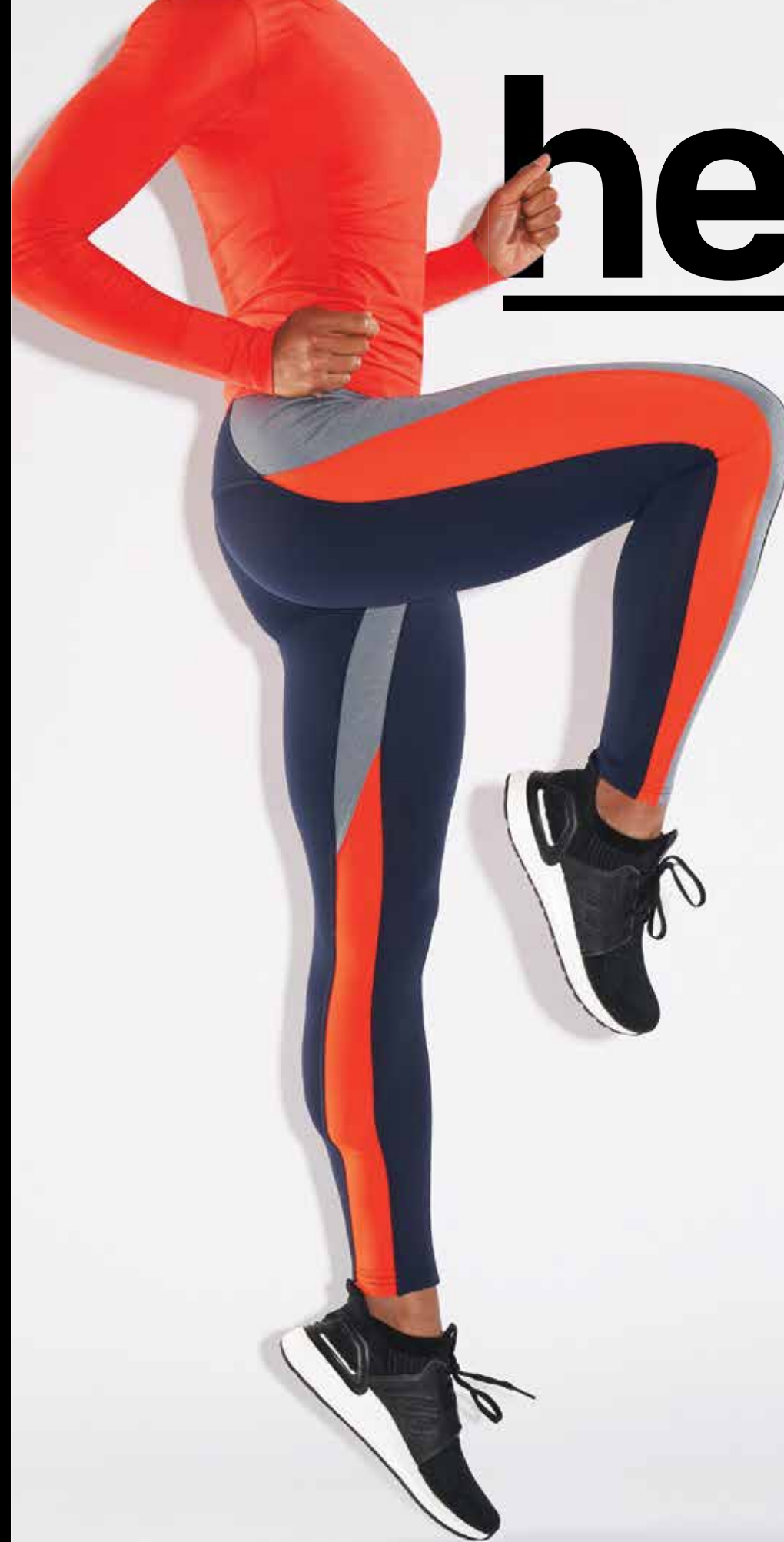
ALL THE FLAVOR.
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SUGAR.**



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health



The Keto diet explained. Plus, vitamins, foods and exercises to keep you healthy this winter.

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REMEMBER YOUR
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BACK AT IT

Make 2020 the “Year of the Gym” and reap benefits beyond shrinking numbers on the scale. You’ll improve body and mind and gain a sense of well-being. Set incremental goals—healthy living is a marathon, not a sprint!



big-picture benefits

Find and stick with a workout routine this year to lead to an improved you. Reduce risks of obesity, heart disease, diabetes and stroke, and help prevent depression and some cancers (including cervix and breast cancer) through exercise and a healthy diet.

Exercise reduces fatigue, increases energy, improves mood and, according to a study from the University of British Columbia, increases the size of the hippocampus, the part of the brain responsible for learning and memory.

Find a gym that’s a good fit, then make a workout plan that will keep you dialed in during workouts and focused on the big picture. Not sure where to start? Take a look at the Full-Body Workout (page 92) and write it out in a notebook to take to the gym and track your progress.

BREAK IT DOWN

SPLIT WORKOUTS INTO THREE PHASES: WARM-UP, MAIN ROUTINE AND COOLDOWN.

WARM-UP

Take 5–10 minutes to warm up with active moves, such as high knees, to prepare muscles for intense movement. In addition to injury prevention, active warm-ups have been shown to improve workout performance.

ROUTINE

Focus on compound movements that use multiple joints and muscle groups. Exercises like deadlifts or squats work a number of muscles at the same time to improve overall muscle growth and strength while burning more calories than isolation exercises, like bicep curls.

COOLDOWN

Finish workouts with static stretches to reduce soreness and improve flexibility while decreasing risk of injury. Exercise may result in muscle soreness, which may be prolonged depending on current fitness and activity level.

recovery rebound

DURING EXERCISE, MICRO TEARS DEVELOP

ACROSS MUSCLE FIBERS, WHICH CAN LEAVE YOU

FEELING SORE DURING A REST DAY. INSTEAD OF

RELAXING, KEEP YOUR BODY MOVING AND GO FOR

A WALK OR SHORT JOG. LOW-IMPACT MOVEMENT

WILL INDUCE CIRCULATION AND SEND NUTRIENTS

TO REPAIR AND REGENERATE STRESSED

TISSUE. WHEN YOU’RE DONE, STRETCH FOR

5 TO 10 MINUTES TO HELP BLOOD FLOW AND

CIRCULATION AND REDUCE STIFFNESS.

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TIPS TO STAY INSPIRED

- 1** To reach your main goal, set small goals along the way, says Daira Driftmier, certified personal trainer and director of Hy-Vee KidsFit and Hy-Vee Fitness. “People often set a big goal, like running a marathon, for example. That’s a great goal, but they may forget about setting small weekly or monthly goals to support the ultimate goal.”
- 2** Keep exercise fresh. Change up your routine by mixing in new exercises or classes. If you usually run on a treadmill for cardio, try a rowing machine or step-climber. Group classes provide energetic environments with routines that often include strength training and cardio.
- 3** Take rest days. Muscles need a chance to recuperate between workouts to improve muscle growth and ensure your body is ready for the next session.

FULL-BODY WORKOUT

Follow this full-body routine to work and build major muscle groups and improve strength, cardio and flexibility. Perform each exercise for 3 sets of 30 seconds, with 30 seconds rest between sets and 1 minute between exercises.

1

JUMP ROPE

Feet hip-width apart, hold a jump rope with both hands and swing the rope overhead from the backside, jumping to clear the rope.

WARM-UP



2. HIGH KNEES

Feet hip-width apart, raise right knee about waist height to nearly meet left elbow. Quickly alternate so left knee nearly meets right elbow. Continue alternating legs and arms in exaggerated running motion.



3. INCH WORM

From a standing position, bend at the hip, place fingertips on floor and slowly walk hands forward until body reaches high plank. Reverse-crawl to starting position.



ROUTINE

4. SHOULDER PRESS

Feet shoulder-width apart and a dumbbell in each hand, raise weights to shoulder height, palms forward. Raise weights upward to fully extend. Return to shoulder height.



5. STEP UPS

Stand in front of an elevated surface, such as a plyo box or bench. Step onto box with one foot, pushing upward from foot to bring up opposite foot. Return to floor. Alternate legs.



6. DUMBBELL LUNGE

Feet hip-width apart, a dumbbell in each hand, step right foot forward and bend at both knees until right thigh is parallel to floor. Push off from right foot to bring left foot forward, returning to start position. Alternate.



7. KETTLEBELL DEADLIFT

Feet shoulder-width apart, a kettlebell between feet, bend slightly at knees and hinge at hips, keeping spine upright. Grip the kettlebell with both hands. Press feet into the floor and bring hips forward until upright. Lower kettlebell.



8. GOBLET SQUAT

With an underhand grip, hold one weighted end of a dumbbell close to chest. Feet shoulder-width apart, squat until thighs are parallel to the floor. Push off heels and glutes to return to starting position.



9. KNEE PUSH-UPS

In high plank with knees on floor, hands shoulder-width apart and directly beneath shoulders, lower chest toward floor. Push back to starting position.



10. DUMBBELL ROW

Feet hip-width apart, a dumbbell in each hand, palms facing body, bend slightly at knees, chest forward and hips back. Pull both dumbbells toward midsection, keeping elbows close to body. Slowly lower dumbbells.



11. PLANK

Lie face down on mat, elbows close to sides and palms down. Engage core and lift torso off floor. Do not allow hips to dip or back to arch.



12. HURDLER STRETCH

From seated position, extend one leg and bring the sole of opposite foot to inner thigh. Maintain a flat back and reach toward extended foot. Alternate legs.



13. STANDING QUAD STRETCH

From standing, lift one heel toward buttocks, using a stable surface, if needed, to maintain balance. Grab ankle with same-side hand and gently pull toward buttocks. Alternate legs.



pro tip: SORE SPOT

Soreness can be reduced by staying hydrated, continuing movement throughout your day or adding in dynamic and static stretching into your workout routines."

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

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KETO

Research shows that the ketogenic diet initially results in faster weight loss than traditional low-fat or Mediterranean diets. It may also benefit those who have certain health issues and neurological disorders.

The keto diet's high-fat, moderate-protein, low-carb menu includes meats, cheeses, eggs, nuts and low-carb vegetables.

<<<<

what is KETOSIS?

THE GOAL OF THE KETO DIET IS TO BURN MORE FAT BY CAUSING THE BODY TO ENTER KETOSIS. TO REACH THIS METABOLIC STATE, CARBOHYDRATES ARE SEVERELY RESTRICTED AND PROTEINS MODERATED.

It may seem counterintuitive, but the high-fat keto diet turns out to be quite the fat burner. The logic? A shortage of carbs, the body's primary source of energy. Without them, the body must turn to its store of fat for energy. Protein is also restricted, because an excess can prevent the body from entering the fat-burning state of ketosis. A typical keto diet consists of 5-10 percent carbohydrates and 15-20 percent protein—the rest is fat. In a 2,000-calorie-per-day diet, that means 40 grams of carbs, 75 grams of protein and 165 grams of fat daily.

HEALTH BENEFITS

The keto diet originated about a hundred years ago as a treatment for epilepsy. Indeed, studies have shown promising results with a variety of other neurological disorders, including dementia, traumatic brain injury and Amyotrophic Lateral Sclerosis (ALS). The keto diet may also improve blood sugar levels and reduce inflammation. There are potential risks, ranging from nutrient deficiency to constipation to kidney and liver problems, so anyone considering a keto diet should consult with their doctor beforehand. It is also advised to have cholesterol levels checked before starting the diet, then again in 6 to 9 months.



keto VARIATIONS The diet has four popular approaches:

STANDARD

Roughly 80% fat, 15% protein, 5% carbs; emphasizes a very high percentage of fats and very low level of carbs. This is the most researched and most recommended keto variation for weight loss.

TARGETED

About 65-70% fat, 20% protein, 10-15% carbs; allows extra carbs before and after high-intensity workouts, when they are readily burned off rather than turned into fat. Popular with athletes and people who are active.

CYCLICAL

Approximately 75% fat and 15-20% protein—plus 5-10% carbs, but only on "carb loading" days. One approach offers five days of standard keto and two days of non-keto diet. Popular with body builders and athletes.

HIGH PROTEIN

Consists of 60-65% fat, 30% protein, 5-10% carbs; includes more protein and less fat than the standard keto diet. Many people find it easier to follow. Generally good for weight loss but might not result in ketosis.

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KETO-FRIENDLY FOODS

The lineup includes whole-milk dairy, meats, and certain fruits and veggies in small amounts.

FRUIT/VEGETABLES

- artichokes
- asparagus
- avocados
- bell peppers
- berries
- broccoli
- cauliflower
- celery
- cucumbers
- garlic
- leafy greens
- mushrooms
- onions
- summer squash
- zucchini

- salmon, fatty fish
- pork

FATS

- butter, almond butter
- coconut oil
- flaxseed oil
- ghee
- mayonnaise
- olive oil

DAIRY

- cheese
- cottage cheese
- heavy cream
- yogurt (plain Greek)

MEAT/SEAFOOD

- bacon
- beef (grass-fed)
- lamb
- poultry

OTHER

- eggs
- Brazil nuts, walnuts
- olives

FOODS TO AVOID

In general, bypass sweets, alcohol, packaged snacks, starchy vegetables and many fruits, which contain sugar.

- apples • bananas • beans (legumes) • beer • beets
- bread • carrots • cereal
- chickpeas • corn • desserts
- fruit juices • grapes
- honey • lentils • mangoes
- maple syrup • nonfat dairy
- oats • pasta • potatoes
- rice • sweetened drinks
- wheat • wine • yams & sweet potatoes

Explosive Flavor
Learn how to load up on healthy fats by watching the keto fat bomb tutorial at *HSTV.com*.



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

keto fat BOMBS

WHAT THEY ARE

These low-carb, high-fat, no-bake treats have a decadent, satisfying taste. Although low in sugar, they help keto dieters curb cravings for sweets and carb-heavy snacks.

HOW THEY WORK

Because they are at least 85 percent fat, keto fat bombs help keto dieters meet their fat intake goals and therefore stay in the fat-burning state of ketosis.

WHEN TO EAT THEM

Eat them with a meal, as an on-the-go breakfast, as a mid-afternoon snack or after-dinner dessert. Some keto dieters eat them before or after a workout.

Peanut Butter Keto Fat Bombs

Hands On 10 minutes
Total Time 10 minutes plus chilling time
Makes 16 bombs

- 5 oz. Hy-Vee cream cheese, softened (¾ cup)
- ¼ cup Hy-Vee salted butter, softened
- ¼ cup organic creamy peanut butter
- 2 Tbsp. Hy-Vee unrefined coconut oil
- 1 Tbsp. Swerve confectioners' sweetener
- 1 tsp. Hy-Vee vanilla extract
- ¼ cup Full Circle almond flour
- ¼ cup Lily's dark chocolate chips

1. BEAT TOGETHER cream cheese, butter, peanut butter, coconut oil, sweetener, vanilla extract and almond flour in mixing bowl until smooth. Stir in chocolate chips. Cover and refrigerate

for 15 minutes. Form mixture in 16 balls. Place on a parchment-lined baking sheet.

2. COVER and refrigerate for 3 to 4 hours or until balls are firm. Store fat bombs in an airtight container in the refrigerator for up to one week.

Per bomb: 120 calories, 12 g fat, 6 g saturated fat, 0 g trans fat, 15 mg cholesterol, 60 mg sodium, 5 g carbohydrates, 0 g fiber, 1 g sugar (1 g added sugar), 2 g protein.
Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 0%

Raspberry Truffle Keto Fat Bombs

Hands On 32 minutes
Total Time 32 minutes plus chilling time
Makes 12 bombs

- ½ cup Hy-Vee heavy whipping cream
- ¼ cup Hy-Vee baking cocoa
- 3 Tbsp. Sola alternative granulated sweetener

- 5 oz. Hy-Vee cream cheese, softened (¾ cup)
- ¼ cup Hy-Vee salted butter, softened
- ¼ cup coconut oil
- 1 Tbsp. Swerve confectioners' sweetener
- 1 tsp. Hy-Vee vanilla extract
- 12 fresh raspberries, washed and dried

1. LINE a mini muffin pan with 12 paper liners. Set aside.

2. COMBINE cream, cocoa and alternative sweetener in a small saucepan. Cook over

medium-low heat, whisking constantly for 10 minutes or until smooth and thickened. Set aside to cool.

3. BEAT together cream cheese, butter, coconut oil, confectioners' sweetener and vanilla in a mixing bowl until smooth. Drop spoonfuls of dough into lined cups, filling each half full. Press a raspberry into center of each.

4. PLACE cooled cocoa mixture in a piping bag with a star tip. Pipe cocoa mixture on each fat bomb. Refrigerate for 3 to 4 hours until set. Store fat bombs in an airtight container in the refrigerator for up to one week.

Per bomb: 160 calories, 16 g fat, 11 g saturated fat, 0 g trans fat, 35 mg cholesterol, 70 mg sodium, 6 g carbohydrates, 1 g fiber, 1 g sugar (0 g added sugar), 1 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 2%

Keto fat bombs offer on-the-go convenience, rich, sustaining flavor and an abundance of healthy fats.

<<<

30 minutes or less

Thai Chicken Wraps

Total Time 25 minutes
Serves 4

- ¼ cup organic low-carb peanut butter
- 3 Tbsp. sesame oil
- 2 Tbsp. unseasoned rice wine vinegar
- 2 Tbsp. canned coconut cream
- 2 Tbsp. Hy-Vee less-sodium soy sauce
- 1 Tbsp. garlic paste
- 1 Tbsp. ginger paste
- ½ tsp. Hy-Vee salt
- 3-4 Tbsp. water
- 2 Tbsp. toasted sesame seeds
- ½ tsp. Hy-Vee crushed red pepper
- 1 lb. shredded Hy-Vee rotisserie chicken
- 1 head Bibb lettuce, washed
- 1 seedless cucumber, peeled and cut into strips
- 3 cups shredded carrots
- Fresh cilantro leaves, for garnish

1. COMBINE peanut butter, sesame oil, rice vinegar, coconut cream, soy sauce, garlic paste, ginger paste and salt in a food processor or blender. Cover and process until combined. Add enough water to reach desired consistency. Stir in sesame seeds and crushed red pepper.

2. TOSS chicken with peanut sauce. Divide among lettuce leaves; top with cucumber, carrots and, if desired, cilantro leaves.

Per serving: 510 calories, 37 g fat, 9 g saturated fat, 0 g trans fat, 75 mg cholesterol, 1,170 mg sodium, 19 g carbohydrates, 4 g fiber, 12 g sugar (1 g added sugar), 30 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 15%, Potassium 8%

30 minutes or less

Avocado Egg Bake

Hands On 10 minutes
Total Time 30 minutes
Serves 2

- 2 ripe large avocados, halved and seeded
- 2 Tbsp. fresh lime juice, divided
- 1 Hy-Vee large egg
- 2 Tbsp. Hy-Vee heavy whipping cream
- ½ tsp. Hy-Vee salt
- 3 Tbsp. seeded and finely chopped red bell pepper
- ¼ cup cooked chorizo, drained
- ¼ cup Hy-Vee shredded Monterey Jack cheese
- 3 Tbsp. cilantro, stems removed, finely chopped
- Hy-Vee black pepper, to taste

1. PREHEAT oven to 425°F. Scoop out avocado halves, forming large enough impression to hold egg mixture; reserve pulp. Brush avocados with 1 Tbsp. lime juice. Arrange avocados, cut side up, in a baking pan.

2. WHISK together egg, cream and ½ tsp. salt. Carefully pour egg mixture into avocado wells without overfilling. Bake 15 minutes or until egg is set.

3. MASH avocado pulp; combine with remaining 1 Tbsp. lime juice and bell pepper. When eggs are set, top each avocado half with chorizo and cheese. Bake 5 minutes more or until cheese is melted. Top each with mashed avocado mixture, cilantro and black pepper before serving.

Per serving: 540 calories, 47 g fat, 13 g saturated fat, 0 g trans fat, 140 mg cholesterol, 900 mg sodium, 24 g carbohydrates, 14 g fiber, 3 g sugar (0 g added sugar), 15 g protein. Daily Values: Vitamin D 6%, Calcium 10%, Iron 10%, Potassium 25%



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dietitian Q&A

REMEMBER YOUR VITAMINS

As usual, Mom was right: You need your daily dose of vitamins. Here's what you need to know.



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

Q: Why do we need vitamins?

A: Vitamins are essential nutrients that our bodies need in order to develop and function properly. Without them, our bodies would struggle to perform necessary functions like fighting off illness, maintaining energy and keeping our brain and other vital organs healthy.

Q: What's the best way to meet daily vitamin recommendations?

A: It's best to meet your daily vitamin requirements by eating whole foods. There are

13 known vitamins in varying amounts in different foods, so it's important to eat a variety of fruits, vegetables, proteins and grains. By doing so, you'll also consume other beneficial nutrients: minerals, fiber, protein, carbs and healthy fats.

Q: What foods are vitamin rich?

A: In general, fruits and vegetables are very nutrient dense and provide high levels of almost every vitamin. Leafy greens and cruciferous vegetables are especially rich in vitamins. However, some vitamins are more abundant in nuts, meat or dairy. For example, vitamin B12 is found naturally only in animal products.

Q: What is the role of vitamin supplements?

A: Supplements can help if you struggle to consume and absorb enough of a

particular nutrient. Factors like individual dietary preferences, medication, allergies and health history may affect how much of a nutrient that person consumes. In which case, supplementation may be appropriate.

Q: How do I know the recommended amount of a certain vitamin?

A: Recommendations vary by age, gender and lifestyle. Men and women need different amounts of vitamin A, while those over 50 need more vitamin B6 than those younger than 50. When possible, check product labels for the percentage of certain vitamins per serving. You can also schedule to meet with a Hy-Vee dietitian, who can help answer questions about vitamins in foods.

TIPS FOR MEETING VITAMIN RECOMMENDATIONS:

- A diet that consists of vegetables, fruit, grains, protein, nuts and legumes ensures most or all vitamin requirements are met.
- Add healthful snacks to your diet. Instead of nutritionally void snacks like candy or chips, opt for a cup of blueberries, an orange, or sliced bell peppers to boost vitamin intake.
- According to the Mayo Clinic, taking a multivitamin may be beneficial for those who have dietary preferences, allergies or intolerances and may not meet nutritional requirements through food alone.

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



vitamin guide

YOUR BODY NEEDS A HEALTHY DOSE OF VITAMINS IN ORDER TO FUNCTION WELL. CHECK OUT THE BENEFITS OF EACH VITAMIN, THEN FILL UP ON ALL THIRTEEN BY STOCKING YOUR CART WITH THESE FOODS FROM HY-VEE.

VITAMIN

A

Supports the immune system, vision and cell growth and is a key nutrient for the healthy formation of heart, lungs and kidneys. Also helps maintain healthy teeth, skeletal and soft tissue, mucus membranes and skin.



SWEET POTATO



SPINACH



CANTALOUPE



RED PEPPER



SUMMER SQUASH

VITAMIN

B

There are 8 B vitamins: B1 (thiamin), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate), B12 (cobalamin). B vitamins help metabolize food, keep skin, eyes and nervous system healthy, make red blood cells and help prevent birth defects.



POULTRY



FISH



EGGS



LEAFY GREENS



MILK

VITAMIN

C

Reduces oxidative stress to cells by eliminating harmful free radicals. Also aids the body in managing infections, healing wounds and producing collagen, which supports muscle tissue, strong bones, and healthy immune and nervous system.



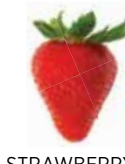
RED PEPPER



ORANGE



KIWI



STRAWBERRY



BROCCOLI

VITAMIN

D

The body produces vitamin D when skin comes in contact with sunlight. Select foods are rich in vitamin D, and some foods (orange juice and breakfast cereals) are fortified with vitamin D. The nutrient aids in bone and muscle health, and helps with immune function.



SOCKEYE SALMON



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FORTIFIED ORANGE JUICE



MILK



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VITAMIN

E

Primary function of vitamin E is elimination of free radicals to reduce oxidative stress to red blood cells. Also aids in immune function, DNA repair and multiple metabolic functions. A diet high in vitamin E may help prevent Alzheimer's.



AVOCADO



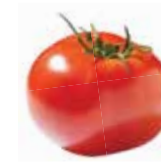
ASPARAGUS



PEANUTS



BROCCOLI



TOMATO

VITAMIN

K

Found throughout the body, including liver, brain, heart, pancreas and bones, vitamin K helps create proteins necessary for blood clotting and bone growth. The vitamin is also available in green vegetables and berries, and is produced in small amounts by bacteria in the intestine.



SPINACH



BLUEBERRIES



CASHEWS



KALE



GRAPES

Sources: [mayoclinic.org/documents/mc5129-0709-sp-rpt-pdf/doc-20079085](https://www.mayoclinic.org/documents/mc5129-0709-sp-rpt-pdf/doc-20079085)
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health.harvard.edu/staying-healthy/listing_of_vitamins

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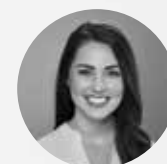


*Delivers extra life or extra power, vs. Coppertop AA/AAA in a wide range of devices. © 2019 Duracell

FOODS THAT HELP YOU Lose Weight

TO CUT CALORIES AND SHED POUNDS, CHOOSE THE BEST FROM EACH FOOD GROUP—LEAN PROTEIN, FIBROUS FRUITS AND VEGGIES, WHOLE GRAINS, LOW-FAT DAIRY AND HEALTHY FATS.

3,500 CALORIES = 1 LB. TO LOSE 1 LB. A WEEK, CUT (OR BURN) 500 CALORIES EACH DAY.

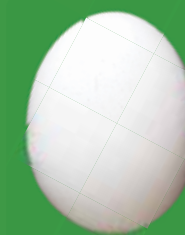


pro tip: DON'T GO HUNGRY

“Often, people associate weight loss with eating less food or feeling hungry. But by choosing the right foods, this does not need to be the case. By working with a dietitian, you can learn to navigate which foods to eat and how much, so you don't feel hungry.”

—Jena DeMoss
Registered Dietitian,
Hy-Vee, Oakdale, Minnesota

Weight-loss diets abound, yet basics still hold: To lose weight, take in fewer calories than you burn. On average, women need 2,000 calories a day to maintain weight, men 2,500 calories, says *USDA Dietary Guidelines for Americans 2015-2020*. Factors beyond gender come into play: age, height, activity level and metabolism. Wise calorie-cutting is key—make every calorie count, and feed your body the nutrients it needs.



PROTEIN

Macronutrient (4 calories/gram) that feeds every cell of the body. Source of B vitamins and many minerals. Available in both plants and animals. Foods: Beans (legumes), dairy (milk, cheese, yogurt) eggs, lean meats and poultry, seafood, soy foods (edamame, miso, tofu). Whole grains provide small amounts of protein.

WHAT YOU NEED
50 g total protein per day*



VEGETABLES

Fiber aids digestion and regulates blood sugar. Natural sugars and starches break down to glucose, the body's main energy source. Vegetables are carbohydrates (a macronutrient with 4 calories/gram), with antioxidants and phytochemicals that protect cells. Foods: Artichokes, asparagus, beets, bell peppers, bok choy, broccoli, carrots, green beans, kale, legumes, lettuce, potatoes, squash, spinach, sweet potatoes, tomatoes.

WHAT YOU NEED
300 g total carbs per day*



FRUITS

Whole fruits, especially, provide many of the same nutrients as vegetables. Fruit juices in this group should be 100% fruit juice with no added sugar, which contributes nutritionally empty calories. Foods: Apples, bananas, berries, cantaloupe, cherries, grapes, grapefruit, lemons, limes, mangoes, oranges, peaches, pears, pineapple.

WHAT YOU NEED
300 g total carbs per day*



WHOLE GRAINS

Contain the entire kernel—endosperm, bran and germ—and provide more nutrition than refined grains. Good sources of iron, magnesium, fiber and B vitamins. Whole grains promote healthy digestion. Foods: barley, brown rice, freekeh, quinoa, oats, and 100% whole wheat cereals, breads and pastas.

WHAT YOU NEED
At least half the grains consumed per day should be whole.



HEALTHY FATS

Macronutrients (9 calories/gram) that aid vitamin absorption, serve as an energy source and help the nervous and immune systems function. Focus on unsaturated fats and limit saturated fat to less than 10% of daily calories. Foods: Avocados, nuts, olives, plant-based oils (canola, olive, peanut, safflower).

WHAT YOU NEED
65 g total fat per day*



DAIRY

Contains bone-building calcium, cell-building protein and vitamins A, B and D plus minerals for a healthy immune system. Foods: Low-fat and skim milk, low-fat and nonfat cheese, cottage cheese and yogurt.

WHAT YOU NEED
3 cups per day (*USDA Dietary Guidelines*). Those unable to consume dairy should substitute other foods toward daily needs of protein, calcium, potassium, magnesium and vitamins A and D.

*Based on a 2,000-calorie-a-day diet. May be higher or lower based on calorie needs.

Sources: mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calories/art-20048065
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www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/factsheets/Total_Fat.pdf

5 LOW-CAL FIX-UPS

Nutritious and easy, these combos fit right into a weight-loss eating plan

1 Tropical Tuna Salad

Combine Hy-Vee Select solid white albacore tuna, chopped pineapple, Hy-Vee Short Cuts chopped tricolored peppers, chopped avocado and sliced green onions. Toss with a mixture of equal parts Hy-Vee light mayonnaise and Hy-Vee plain Greek yogurt. Serve on fresh pineapple slices; top with toasted Hy-Vee sliced almonds and sprinkle with Hy-Vee cayenne pepper.

2 Black Bean-Stuffed Sweet Potato

Pierce a medium sweet potato all over with fork and microwave on HIGH about 10 minutes or until soft and fork-tender. Cool. Cut potato lengthwise; pinch sides together to squeeze and open center. Fluff flesh with a fork. Spoon desired amount of roasted red peppers and warmed Hy-Vee no-salt-added black beans into potato. Top with Hy-Vee light sour cream; sprinkle with toasted pumpkin seeds and chili powder. Serves 1.

4 Mixed Berry-Cottage Cheese Smoothie

Place ½ cups Hy-Vee frozen berry medley, 1 cup Hy-Vee 2% reduced-fat milk, ½ cup Hy-Vee low-fat cottage cheese, ½ cup Hy-Vee orange juice and 2 tsp. agave nectar in a blender. Cover and blend until smooth. Serves 2.

3 Chicken & Broccoli Sheet-Pan Dinner

Preheat oven to 400°F. Spray a rimmed baking pan with Hy-Vee nonstick cooking spray. Place 2 (8-oz.) boneless skinless chicken breasts and desired amounts of Hy-Vee Short Cuts broccoli florets, red bell pepper strips and red onion wedges on pan. Spray with nonstick spray. Sprinkle with Hy-Vee lemon pepper seasoning, drizzle with lemon juice and add rosemary sprigs. Roast 15 to 20 minutes or until chicken is done (165°F). Serves 4.

5 Winter Greens Slaw

Combine 2 cups Hy-Vee coleslaw mix, 2 cups shredded Brussels sprouts and ½ cup Hy-Vee Short Cuts chopped red onions. Add ¼ cup bottled avocado-cilantro salad dressing; toss to coat. Transfer to a serving bowl. Top with chopped pistachios. Serves 4.

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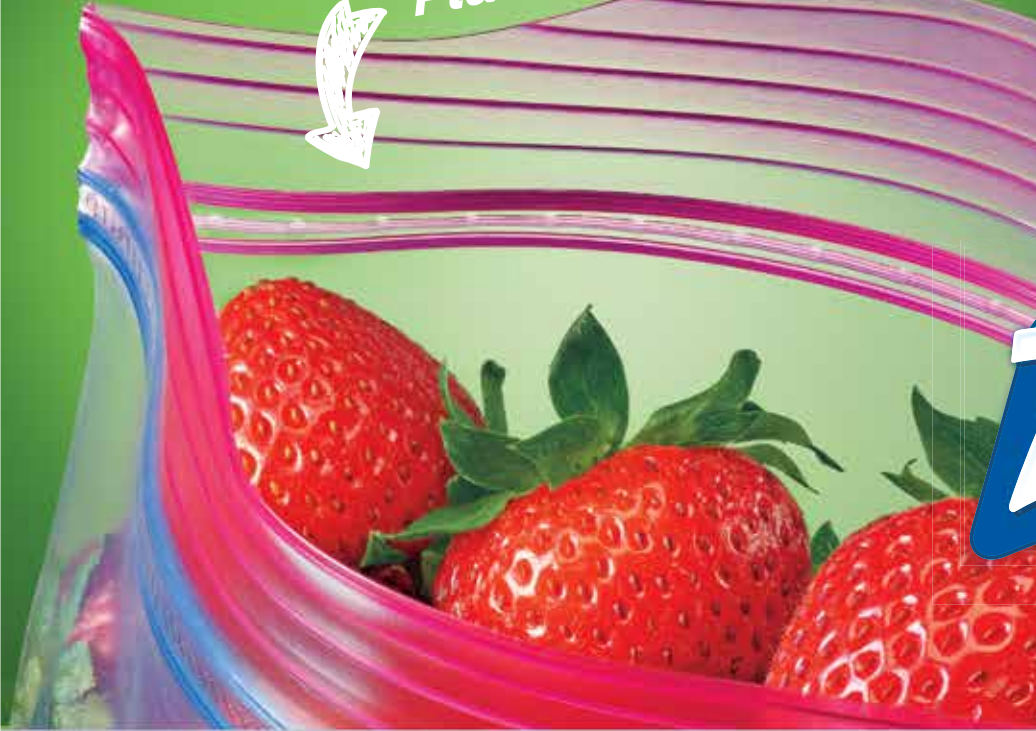
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[‡]comparing number of sheets to the leading Ultra Regular Roll

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—Carolyn Lewarne
Hy-Vee Pharmacy Manager,
West Des Moines, Iowa



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Dunkin' Donuts K-Cups select varieties 32 ct. 19.99



Gevalia or McCafé Premium Coffee or Pods select varieties 7.33 to 12 oz. or 6 to 12 ct. 5.99



Perrier Sparkling Water select varieties 25.3 fl. oz. 1 l. 4/5.00



Perrier or Perrier Juice select varieties 4 pk. 8.45 fl. oz. 2/5.00



Perrier select varieties 6 pk. 16.9 fl. oz. 5.49



Perrier Slim Can select varieties 10 pk. 8.45 fl. oz. 4.49



Mountain Dew Kickstart, Lipton, SoBe, Life WTR or Aquafina select varieties 16 to 20 fl. oz., 700 ml. or 1 l. 4/5.00



Cēpacol Lozenges select varieties 16 ct. 2.99



Delsym Adult or Kids Cough Syrup select varieties 3 fl. oz. 9.99



Mucinex Caplets, Liquid Gels or Liquids select varieties 6 fl. oz. or 16 to 20 ct. 11.99



Mucinex Premium Caplets, Liquid Gels or Liquids select varieties 5 to 6 fl. oz. or 14 to 20 ct. 12.99

other



Children's Motrin or Tylenol select varieties 4 fl. oz. or 24 ct. 5.97



Airborne Effervescent, Chews or Gummies select varieties 10 to 32 ct. 5.99



Windex, Shout or Scrubbing Bubbles select varieties 1.34 to 32 oz. or 3 to 10 ct. 2/6.00



Neutrogena or Clean & Clear select varieties 1 to 8 oz. or 25 to 50 ct. 4.97



Johnson's Baby or Kids' Bath, Shampoo or Lotion select varieties 295 to 600 ml. 4.99

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

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

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Always Discreet Liners select varieties 30 to 52 ct. **4.84**



Head & Shoulders, Herbal Essences Bio:Renew select varieties 4.9 to 13.5 fl. oz. **5.99**



Secret Clinical, Oils or Gillette Clinical select varieties 1.6 or 1.7 oz. **7.99**



Listerine select varieties 1 or 1.5 l. **6.48**



Suave Shampoo, Conditioner, Body Wash, Deodorant or Antiperspirant select varieties 2.6 to 30 fl. oz. **1.99**



Tresemmé Premium or Dove Haircare or Styling select varieties 4.3 to 22 oz. **4.99**



Lubriderm select varieties 16 fl. oz. **5.49**



Halls Kids Pops select varieties 10 ct. **3.99**



Dove Men+Care, Dove Advance Care, Degree, Axe or Suave Deodorant select varieties 2.6 to 12 oz. or 25 ct. **4.97**



Love Beauty and Planet Hair, Body Wash or Deodorant select varieties 2.95 to 16 oz. or 2 ct. **6.99**



Pantene Premium, Waterless or Pump select varieties 28.9 or 30.4 fl. oz. **6.97**



Crest or Oral B select varieties 5.7 to 6.4 oz. or 2 ct. **1.99**



Dove Body Wash, Body Polish, Deodorant, Mousse or Bath Bombs select varieties 2.6 to 12 oz. or 25 ct. **5.99**



Ziploc Containers, Freezer or Storage Bags select varieties 2 to 24 ct. **2/6.00**



Ziploc Sliders, Sandwich or Saran Wrap select varieties 10 to 40 ct. or 100 ft. **2/4.00** with purchase of 2, save 4¢ per gallon with each item purchased



Ziploc Sandwich or Snack Bags 90 ct. **2/7.00**

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30 minutes or less

30 MINUTES OR LESS

20 minutes or less

20 MINUTES OR LESS

10 minutes or less

10 MINUTES OR LESS

GF option

GLUTEN FREE

V option

VEGETARIAN DISH

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LOVE

WHAT'S IN IT
FOR YOU.

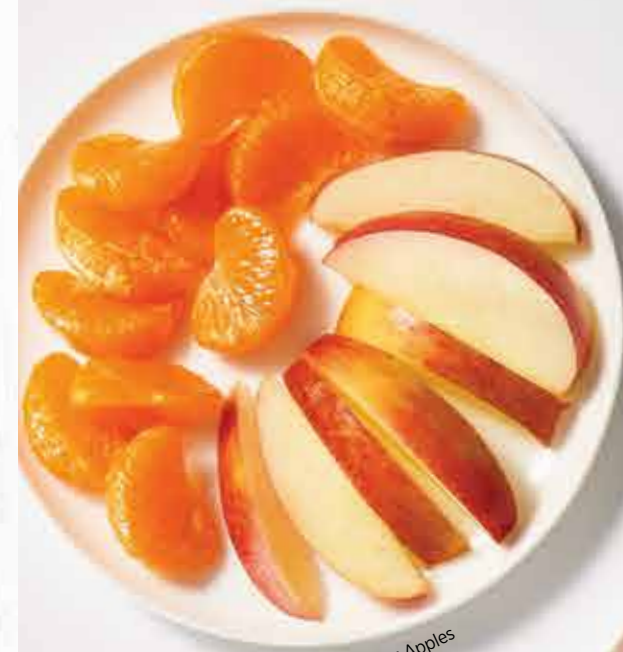


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samples EXPLORE OUR FLAVORS

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



Halo Mandarins; Pazazz Apples



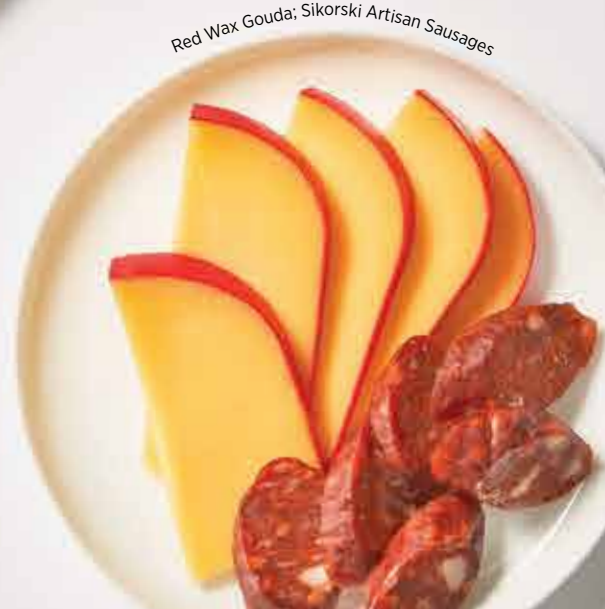
True Chicken Boneless Breasts



Crème Cake



pepperoni Pinwheels



Red Wax Gouda; Sikorski Artisan Sausages

FRIDAY, JANUARY 10: 4 P.M. TO 7 P.M.
SATURDAY, JANUARY 11: 11 A.M. TO 2 P.M.
Produce: Pazazz Apples
Dairy: Danone New Innovation - Oikos Nut Butter
Meat: Tyson Grilled & Ready Chicken
Seafood: Fresh Cod
Charcuterie: Sikorski Artisan Sausages
Deli: Red Wax Gouda
Hickory House: Heat & Eat Dietitian Approved Entries
Italian: Gluten Free Pizza
Chinese: NORI Sushi Duo Packs
Bakery: Ubake Cinnamon Rolls
Deli: Di Lusso Roast Beef

FRIDAY, JANUARY 3: 4 P.M. TO 7 P.M.
SATURDAY, JANUARY 4: 11 A.M. TO 2 P.M.
Produce: Halo Mandarins
Meat: True Chicken Boneless Breasts
Seafood: Fresh Salmon
Charcuterie: Sikorski Artisan Sausages
Deli: Montchevré Goat Cheese Logs
Hickory House: Rotisserie Chicken Breast
Italian: Flatbread Pizza
Chinese: Chinese Rice Bowl
Bakery: Angel Food Cake
Grocery: Post Cereal - Oreos & S'mores

FRIDAY, JANUARY 24: 4 P.M. TO 7 P.M.
SATURDAY, JANUARY 25: 11 A.M. TO 2 P.M.
Produce: Pazazz Apples
Meat: Honeysuckle White Turkey Meatballs
Seafood: Fresh Catfish Fillets
Charcuterie: Sikorski Artisan Sausages
Deli: Amablu or Amagorg Blue Cheese with Honey
Hickory House: Whole Rotisserie Chicken
Italian: Pepperoni Pinwheels and Sausage Rolls
Chinese: Asian Dips & Wonton Chips
Bakery: Crème Cake
Grocery: B&G Foods - Green Giant Grilled and Marinated New Items

FRIDAY, JANUARY 17: 4 P.M. TO 7 P.M.
SATURDAY, JANUARY 18: 11 A.M. TO 2 P.M.
Produce: Halo Mandarins
Meat: Lean Pork Tenderloins;
Hormel Happy Little Plants
Seafood: Fresh Tilapia
Charcuterie: Sikorski Artisan Sausages
Deli: Jarlsberg
Hickory House: Chicken & Beef Pot Pie
Italian: Family Size Breakfast Pizza
Chinese: Heat & Eat Asian Entries
Bakery: Soup Bowls
Grocery: Kellogg's Pop-Tart Pretzel Flavor;
Campbell's Slow Kettle Soup - Tomato & Sweet Basil

