EATING FRESH
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!
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.

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

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

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

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

**PERRIER**
Bringing the refreshing, mineral-rich water to your table.

**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!
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.

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.

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.

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.

GET FIT

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

INSTANT POT: DUO 6-QT. OR 8-QT. PRESSURE COOKER
Quickly cook rice, stew, poultry and more with the touch of a button.

GOODCOOK CITRUS SQUEEZER
Add tangy flavor to nutritious dishes in a cinch.

ZAK! DESIGNS HYDRATRAK STAINLESS-STEEL WATER BOTTLE
Monitor hydration by removing elastic bands after each refill.

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

SOUNDLOGIC XT RECHARGEABLE HARMONIX TRUE WIRELESS EARBUDS
No wires, no problems. Pump up the music for in-workout inspiration.

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.

SKY BY S’WELL WATER BOTTLE
Hydrate while exercising with a double-walled, condensation-free bottle that keeps water cold through an entire workout.

GOODCOOK HYDRATRAK STAINLESS-STEEL WATER BOTTLE
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INSTANT POT: DUO 6-QT. OR 8-QT. PRESSURE COOKER
Quickly cook rice, stew, poultry and more with the touch of a button.
It takes a steady hand to craft realistic designs with piped frosting. The really tricky part? Figuring out how to cut the perfect slice!

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

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!

BUNDLE UP

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 brim.

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

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

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

Watch and learn at HSTV.com today!

BUNDLED 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!

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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
31 101 MUSHROOMS
34 WATCH PARTY EATS
44 MARINATE
54 PRODUCE GUIDE
58 TRULY THE BEST
62 HARD SELTZERS
68 MEALS MADE EASY
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.
Try this 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.

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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 4

2 (1-lb.) bags Hy-Vee Angus Reserve beef flank steak, cut into thin strips
2 (10-oz.) containers Hy-Vee Short Cuts fajita vegetables
1 (15-oz.) jar Hy-Vee mild chunky salsa
½ cup fresh lime juice
1 Tbsp. Hy-Vee all-purpose flour
1 Tbsp. Hy-Vee salted butter
1 (15.5-oz.) jar Hy-Vee mild chopped jalapeños
4 cloves garlic, minced
2 Tbsp. Hy-Vee fajita seasoning mix
1 tsp. Hy-Vee kosher sea salt

For serving:
1. ADD beef 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.
2. WRAP tortillas in damp paper towels. Microwave on HIGH about 1 minute or until warm. Serve meat and vegetable mixture in warmed tortillas. Add desired toppings; squeeze lime over top.

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

For serving: 350 calories, 15 g fat, 6 g saturated fat, 36 g carbohydrates, 12 g dietary fiber, 105 mg cholesterol, 1,680 mg sodium, 0 g added sugar, 28 grams Daily Values: Vitamin D 2%, Calcium 11%, iron 2%, Potassium 10%.

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 convenient—it marinates the pork for even more flavor.”

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

FURTHER THE FLAVOR

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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
1 (20-oz.) pkg. refrigerated homestyle mashed potatoes
1 (16-oz.) pkg. Hy-Vee frozen steam bag green bean and red onion blend
1 tsp. Hy-Vee salted butter
1 Tbsp. Hy-Vee all-purpose flour
4 Tbsp. Hy-Vee chicken condensed soup
1 tsp. Hy-Vee fajita seasoning mix
1 tsp. Hy-Vee kosher sea salt

For serving:
1. PLACE apple wedges and onion in a large resealable plastic bag. Combine condensed soup, onion soup mix, ground sage and pepper; pour over chops. Seal bag. Combine condensed soup, onion soup mix, ground sage and pepper; pour over chops. Seal bag 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. GREASE 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; stir 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.

For serving: 100 calories, 2 g fat, 1 g saturated fat, 1 mg cholesterol, 360 mg sodium, 1 g carbohydrates, 0 g fiber, 15 g sugar (0 g added sugar), 0 g protein. Daily Values: Vitamin D 1%, Calcium 1%, iron 1%, Potassium 2%.
**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 (1⅔ 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 13% 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, 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%

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

**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**  
Cut fresh with Hy-Vee’s made-to-order 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. Sushi, from egg rolls and crab rangoon to a full range of main courses. Mix and match to meet any taste.
16

Chicken and Winter Greens Salad

Microwave


17. Five-Ingredient Chicken Noodle Soup


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 1 cup shredded Hy-Vee rotisserie chicken, ½ 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 ½ cup GoGo squeeZ GoGo pasta sauce on top; sprinkle with ½ cup Hy-Vee shredded mozzarella cheese. Bake for 12 minutes. Top with some traditional/feta cheese and, if desired, garnish with fresh basil. Serves 6.

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DINNER. SAVED.
For super recipes that’ll make you look like a dinner hero, visit hy-vee.com/rotisseriechicken

MAKE YOUR BEST CHILI EVEN BETTER

When every ingredient counts, trust the quality and slow-simmered flavor of BUSH’S® Chili Beans – the beans made for chili.

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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 SALMON

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

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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 10 minutes 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.
Blackened Harissa-Spiced Salmon Wrap

Hands On: 8 minutes
Total Time: 4 minutes
Serves: 4

3 Hy-Vee Short Cuts peeled mandarin oranges, chopped
1 Tbsp. finely chopped seeded jalapeño pepper
2 Tbsp. chopped fresh cilantro
⅓ cup pomegranate seeds

1. PREHEAT oven to 425°F. For salsa, combine jalapeños, 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 better to skillet; transfer skillet to oven. Bake for 5 to 7 minutes or until salmon flakes easily 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 salmon and salsa, wear protective gloves.

*NOTE: Hy-Vee Short Cuts chopped fresh cilantro available Dec. through March. Wrap salmon in foil if using cilantro that cannot be stored up to 2 days.

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 coldest part of the fridge after purchase. Place in the refrigerator as soon as possible. Wrap fresh fish in single layers in plastic wrap or aluminum foil. Wrap fish in greaseproof paper before refrigerating.

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

2. PAT salmon dry. Rub salmon with ¼ tsp. oil. Combine harissa, kosher salt and thyme; rub on both sides of salmon.

3. HEAT remaining 1 tsp. oil in a 10-in cast-iron skillet over medium-high heat. Add salmon; sear salmon 2 to 4 minutes, turning once. Add better to skillet; transfer skillet to oven. Bake for 5 to 7 minutes or until salmon flakes easily with a fork (145°F). Transfer salmon to cutting board; cool slightly. Flake salmon into large pieces.

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Maple-Mustard Salmon

Hands On: 10 minutes
Total Time: 35 minutes
Serves: 4

1 (3½- to 4-lb.) acorn squash, halved, seeded and cut into ¾-in.-thick slices
4 (4- to 6-oz.) Verlasso skinless fresh salmon fillet portions

1 Tbsp. plus 1 Tbsp. Gourmet Via olive oil, divided
Hy-Vee Mediterranean sea salt
½ cup Hy-Vee spicy brown mustard
½ cup Hy-Vee Select 100% pure maple syrup

¼ cup Hy-Vee Select 100% pure maple syrup

1 tsp. Hy-Vee dried thyme leaves
1 tsp. Hy-Vee kosher sea salt
2 Tbsp. harissa spice blend
1 tsp. Gustare Vita olive oil, divided
1 (1½-lb.) acorn squash, halved, seeded and cut into ¾-in.-thick slices

3. MEANWHILE, toss broccoli with remaining 1 Tbsp. oil and 3 Tbsp. oil. Brush salmon with 1 Tbsp. mustard and 1 Tbsp. glaze. Roast for 10 minutes.

4. TURN squash. Arrange salmon in center of pan and broccoli on the opposite end. Brush squash and broccoli with remaining portion of glaze. Roast 8 to 12 minutes or until salmon flakes easily and vegetables are tender.

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

This all-in-one meal idea is extremely versatile. Try other veggies in sheet-pan salmon dishes: asparagus, bell peppers, sugar snap peas, sweet potatoes and other squash varieties.
RICH & CREAMY TASTE
Made with GOOD FATS FROM PLANT-BASED OILS

I Can’t Believe It’s Not Butter, Brummel & Brown, Promise Spread or Country Crock Plant Sticks select varieties 8 to 16 oz. $2.00

HILLSHIRE FARM® TURKEY IS SLOW ROASTED FOR HOURS. AND DEVoured IN SECONDS.

Right after we carve our delicious Hillshire Farm® seasoned turkey, we double seal every slice for freshness. Which leads to the best Turkey, Arugula & Tomato sandwich you’ve ever tasted. Visit http://HillshireFarm.com for more sandwich inspiration.
ENJOY PLANT-BASED MORNINGS

Gardein or Evol
Single Serve
select varieties
7.5 to 19.04 oz.
3.99

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.

Source: https://www.fooding.info/2023/01/20/mushrooms-in-casseroles/

MUSHROOMS

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

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.

Portabella 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)

12 oz. Champ’s sliced baby bella mushrooms  
¾ medium white onion, cut into wedges  
½ 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  
½ cup fresh lemon juice  
1 tsp tahini paste  
Hy-Vee salt and black pepper, to taste  
3 to 4 Tbsp. water

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

SEASONS | January 2020

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 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
- 1 (8-oz.) pkg. Hy-Vee cream cheese, cut into pieces
- 1 cup Hy-Vee 2% reduced-fat milk
- 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.

### 15-Minute Spinach and Artichoke 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 ground cumin
- 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

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 mg cholesterol, 125 mg sodium, 1 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 3 g protein.

### 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
- ½ cup Hy-Vee pizza sauce
- Assorted toppers: Hy-Vee sliced black olives and/or Hy-Vee Short Cuts chopped bell peppers

1. **PREHEAT** oven to 375°F. Blend together cream cheese, ½ cup mozzarella cheese, ½ cup Cheddar cheese, Parmesan cheese, 2 Tbsp. mini pepperonis and Italian seasoning. Spun 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 mg cholesterol, 15 mg sodium, 1 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 3 g protein.

### Cucumber Slices

### Carrot Sticks

### Celery Sticks

### Pepper Slices

**THINK OUTSIDE THE CHIP**

Ditch unnecessary fat and put a healthy twist on an already great game-day staple of watch parties. Still want that ooey-gooey-yumminess? Chip sponges fill the bill perfectly!

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**SEASON 5 | January 2020**

**SEASONS | hy-vee.com**

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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.

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 into finely crumbled blue cheese. Makes 1½ cups.

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.

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 1 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.

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 ¼ cup Hy-Vee heavy whipping cream and 1 jalapeño pepper, seeded and chopped. Heat through. Makes 1¼ cups.

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.

Korean Sauce
Combine 1½ cup Hy-Vee Korean gochujang sauce, ¼ cup packed Hy-Vee brown sugar, 2 Tbsp. Hy-Vee soy sauce and 3 Tbsp. rice wine 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.

MINNESOTA
PB&J Sauce

BUFFALO
Blue Cheese Wing Sauce

KANSAS CITY
Honey BBQ Sauce

NEW ORLEANS
Cajun Beer Sauce
Cook ¼ cup Hy-Vee Fat Fillets boneless chicken wings in 2 Tbsp. Hy-Vee salted butter over medium heat for 2 minutes on each side. Stir in 1 Tbsp. Hy-Vee comeback and ½ cup cold water to create moisture along with ½ tsp. tabasco sauce and 3 Tbsp. Cajun seasoning. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Makes 1½ cups.

SEATTLE
Cherry-Habañero Sauce

SAN FRANCISCO
Korean Sauce

CHICAGO
Parmesan-Garlic Butter Sauce

GREEN BAY
Jalapeño Wing Sauce

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

Jalapeño and Cheddar Brat + grilled onions + shredded Swiss cheese + Thousand Island dressing

Chorizo Brat + guacamole + tortilla strips + chipotle mayo

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

Pineapple Brat + mango salsa + wonton strips + teriyaki sauce

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

Most Valuable Players

Find these brats and tasty toppers at your local Hy-Vee!

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.

AMERICAN MAID FOOTBALL SERVING BOWL

Run a quick chip ‘n’ dip route between drives.

SUPR BOWL LV OVAL PLATTER

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

HAMILTON BEACH 6-QT. SLOW COOKER

Cook up juicy roasts or tender chicken to become the MVP of hosting.

BUDDIEZ PARTY BOWL

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

RITZ FOOTBALL TOWEL

The best defense against spills, splashes and splatters.

SUPER BOWL LIV FOOTBALL TABLE COVER

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

FOOTBALL SERVING BOWL

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

BUDDIEZ PARTY FOOD TRAY

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

HAMLET BEACH 6-QT. SLOW COOKER

Cook up juicy roasts or tender chicken to become the MVP of hosting.

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

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

Find these brats and tasty toppers at your local Hy-Vee!
SAVOR THE Flavors

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

MAKE SUNDAY EVEN SWEETER

© 2020 Mars Inc.
GAME DAY? TACO NIGHT?
WE’VE GOT YOU COVERED.

BUY $10 OLD EL PASO ITEMS AND SAVE $4 ON ANY PRODUCE

Offer valid 1/1/20 – 1/31/20. $10 worth of Old El Paso products and $4 in produce must be purchased in a single transaction. Net purchase determined after all discounts, offers and coupons. No cash back.
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.

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

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, 27 g sugar (10 g added sugar), 27 g protein.

Daily Values: 0% Vitamin D, 6% Calcium, 10% Iron, 15% Potassium

IN THE BAG

Liquid: Hy-Vee less-sodium soy sauce
Fat: Sesame oil
Acid: Rice wine vinegar
Seasonings: Gochujang, pickling, green onions, garlic
Protein: Boneless pork tenderloin pieces
**Lemon Basil Salmon**

Hands On: 25 minutes  
Total Time: 35 minutes plus marinating  
Serves: 4

1. PREHEAT oven to 425°F. Lightly grease a sheet pan. Remove salmon from marinade; discard marinade and jalapeño and lime slices.

2. PLACE marinated salmon fillets, skin side down, on prepared pan. Bake 5 to 10 minutes or until salmon flakes with a fork (145°F). Serve salmon with rice, sopes 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 protein, 0 g saturated fat, 1 g trans fat, 0 g added sugar, 15 g fiber, 85 g carbohydrates, 320 mg sodium, 95 mg cholesterol

**Daily Values:** 6% Vitamin D, 27 g protein, 15% Cholesterol, 0% trans fat, 10% saturated fat, 100% Potassium

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**Marinated Chicken Fajitas**

Hands On: 55 minutes  
Total Time: 55 minutes plus marinating  
Serves: 6 (2 fajitas each)

1. In the bag, combine the seasonings, protein, liquid, and acid. Add the chicken broth to a bag. Place peppers and onion in another bag. Add jalapeño and lime slices to the bag with chicken. Seal bags. Marinate in refrigerator for 2 hours.

2. THINLY SLICE chicken. Bring reserved marinade to a boil; drizzle over chicken and remaining marinade over vegetables. Add jalapeño and lime slices to bag with chicken. Seal bag. Place peppers and onion in another bag. Add jalapeño and lime slices to the bag with chicken. Seal bags. Marinate in refrigerator for 2 hours.

3. PLACE chicken in a large resealable bag. Pour peppers and onion in another resealable bag. Combine broth, vinegar, 1½ cup apple juice, lime juice, garlic, chopped cilantro, chili powder, cumin seeds, salt and oregano. Pour half the marinade over chicken and remaining marinade over vegetables. Add jalapeños and lime slices to bag with chicken. Seal bags. Marinate in refrigerator for 2 hours.

4. REMOVE chicken from marinade; discard marinade, jalapeños 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.

5. THIN SLICE chicken. Bring reserved marinade (for a bain-marie) over chicken and vegetables. Serve in warmed tortillas with desired toppers.

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**Zip It Up**

Follow along at HSTV.com as we show you how to make these flavor-boosting marinades.
Red Wine
Steak
Hands On 20 minutes
Total Time 20 minutes plus marinating
Serves 4
4 (8-oz.) boneless beef New York strip steaks, ¾ in. thick

1 cup dry red wine, such as Zinfandel

Liquid/Acid:
Dry red wine

Seasonings:
Worcestershire sauce, rosemary, kosher salt, garlic

Protein:
New York strip steaks

Marinated Italian Shrimp
Hands On 10 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

Marinating:
Liquid/Plat:
Hy-Vee 33%-less-sodium chicken broth

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

Protein:
Shrimp

SOAK IT IN

CHOOSE THIN CUTS
Chicken breasts, pork, fish filets, shrimp or cut-up meats for kabobs or stir-fries
Work best because marinades flavor and tenderize meat surfaces.

COAT THE FOOD WELL
Squash air out of the bag before sealing, then rotate the bag halfway through marinating for flavor to penetrate.

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

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

CHICKEN BREAST | PORK | FISH FILETS | SHRIMP

IN THE BAG
Liquid/Plat:
Gustare Vita olive oil

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

Protein:
New York strip steaks

COAT THE FOOD WELL
WORK BEST BECAUSE MARINADES FLAVOR AND TENDERIZE MEAT SURFACES.

Wipe steak dry after marinating so it browns when cooking.

1. PLACE steak in a large resealable bag. Whisk together red wine, ½ 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. Pour marinade over steaks in bag once halfway through. Remove steaks from bag and set for 15 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:
8% Daily Values: Vitamin B12, 22% Potassium

Nutrition Facts
Calories 670
Calories from Fat 460
Total Fat 51 g
Saturated Fat 0 g
Trans Fat 0 g
Cholesterol 680 mg
Sodium 3,170 mg
Total Carbohydrate 1 g
Dietary Fiber 2 g
Protein 47 g

Hy-Vee Olive Oil

Marinated Italian Shrimp
Hands On 10 minutes
Total Time 35 minutes plus marinating
Serves 6
2 lb. frozen deveined raw shrimp, thawed

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

Marinating:
Liquid/Plat:
Hy-Vee olive oil

Seasonings:
Garlic, parsley, basil, thyme, salt, black pepper

Protein:
Shrimp

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. 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 ½ cup oil in skillet over medium heat. Cook shrimp 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:
25% Daily Values: Calcium

Nutrition Facts
Calories 430
Calories from Fat 140
Total Fat 15 g
Saturated Fat 2 g
Trans Fat 0 g
Cholesterol 190 mg
Sodium 1,170 mg
Total Carbohydrate 37 g
Dietary Fiber 2 g
Protein 27 g

Substitute ¾ cup olive oil or ¼ cup red wine for olive oil.
WHIP UP QUICK MEALS WITH FULLY COOKED CHICKEN. Find in the refrigerated and freezer aisles.
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.

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

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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 untreated, ripe fruit to eat within a week; yellowish to ripe before eating
- Store unique papaya 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 pear in fridge for 3-5 days; unripe pear at room temperature

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

Blueberries
- Source of vitamin K, necessary for proper blood clotting
- Buy plump, vibrant fruit without bruises or softness
- Store at room temperature, out of direct sunlight

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

Blueberries
- Source of vitamin K, necessary for proper blood clotting
- Buy plump, vibrant fruit without bruises or softness
- Store at room temperature, out of direct sunlight

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 2-5 weeks

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

Orange
- A naval 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 vitamin 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

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

Strawberries
- High in vitamin C, contain manganese for metabolism and bone health
- Buy firm, plump, even-color strawberries with caps attached
- Store unwashed in refrigerated; 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

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

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

Banana
- Good source of potassium for muscle growth and repair
- Buy solid/yellow with brown speckles if cutting score; green 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

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

Sources (this page and opposite): nutrition.fds.od.nih.gov
- nutritionvalue.org
- nutritiondata.self.com
- sources.od.nih.gov/factsheets/MVMS-Consumer/
- mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983

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

source: conseta.com/topics/6105/bananas-in-north-america/

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 untreated, ripe fruit to eat within a week; yellowish to ripe before eating
- Store unique papaya 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 pear in fridge for 3-5 days; unripe pear at room temperature

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

Blueberries
- Source of vitamin K, necessary for proper blood clotting
- Buy plump, vibrant fruit without bruises or softness
- Store at room temperature, out of direct sunlight

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 2-5 weeks

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

Orange
- A naval 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 vitamin 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

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

Strawberries
- High in vitamin C, contain manganese for metabolism and bone health
- Buy firm, plump, even-color strawberries with caps attached
- Store unwashed in refrigerated; 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

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

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

Banana
- Good source of potassium for muscle growth and repair
- Buy solid/yellow with brown speckles if cutting score; green 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

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

Sources (this page and opposite): nutrition.fds.od.nih.gov
- nutritionvalue.org
- nutritiondata.self.com
- sources.od.nih.gov/factsheets/MVMS-Consumer/
- mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983

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

source: conseta.com/topics/6105/bananas-in-north-america/
**Beets**
B增添在小萝卜干中可改善血流，以改善氧气运输到肌肉
**Buy**: firm, uniform-size beets with fresh-looking greens.
**Store**: unwashed, with root ends trimmed; in crisper 3–4 days in refrigerator.

**Carrots**
Busing 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.

**Cauliflower**
High in vitamin C for growth and repair of body tissues, also provides folate needed to make blood cells.
**Buy**: unwashed leaves with tightly packed heads free of brown spots.
**Store**: in a ventilated plastic bag in the refrigerator up to 2 days.

**Celery**
Lean-white source of vitamin K, important to blood clotting.
**Buy**: stiff, crisp bunches minus rib cuts or soft spots.
**Store**: in a plastic bag in crisper for 1 week or more.

**Cherry Tomatoes**
Tomatoes are high in potassium, which is essential for nerve function and brain health.
**Buy**: firm white bulbs with crisp bright stems.
**Store**: in plastic bag in refrigerator crisper up to 1 week.

**Cucumber**
Fiber needs, plus essential minerals of body tissues, also provides folate needed to make blood cells.
**Buy**: firm white bulbs with crisp bright stems.
**Store**: in plastic bag in crisper crisper up to 1 week.

**Eggplant**
Bursting with vitamin A for eye health, and many minerals including potassium for nerve function and brain health.
**Buy**: firm, heavy, thick-walled peppers with crisp bright green fl orets.
**Store**: packed heads in refrigerator up to 5 days.

**Green Beans**
High in fiber, vitamins C and K, and many minerals.
**Buy**: firm, heavy, medium-size pods that are uniform in color.
**Store**: in a plastic bag in crisper crisper up to 3 days.

**Green Onions**
Provide valuable antioxidants.
**Buy**: stiff, crisp bunches minus rib cuts or soft spots.
**Store**: in a plastic bag up to 2 days.

**Kale**
One cup chopped kale provides a whopping 664% of daily vitamin K needs, building bones and aiding blood clotting.
**Buy**: deep-green leaves without blemishes or yellow.
**Store**: in a plastic bag up to 5 days in refrigerator.

**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 leaves.
**Store**: unwashed, with root ends trimmed, in crisper for 1–3 weeks.

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TRULY THE BEST

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

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

new!
Now available: True Meat ground and link pork sausage, plus 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 Tenderloins
• Fresh Whole Chicken Fryer
• Chicken Drumsticks
• Chicken Wingettes

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.
Red Bull select varieties 9.4 fl. oz.
3/3 00 with purchase of 3

Resolutions
Start Here
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: 2g  Gluten free  Flavors: Black Cherry, Ruby Rosé, Grapefruit, Natural Lime, Raspberry or Mango.

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

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

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
SPARKLING ROSÉ LEMONADE
Combine 1 (12-oz.) can Truly Rosé hard seltzer, ¾ cup all-natural lemonade and ¼ cup raspberry vodka in a large measuring cup. Divide mixture between two (16-oz.) cocktail glasses. Garnish each with a strawberry and a lemon slice. Serves 2 (12 oz. each).

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 & Vivi prickly pear spiked seltzer, ¾ cup Hy-Vee ruby red grapefruit juice, ¼ 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).

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 ¼ 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

Halo Top Pops
select varieties
6 pk.
$5.99

HALO TOP

Halo Top Pint
select varieties
1 pt.
$2.80

NEW!

LAUNCH BOX

FILL & FUEL WITH 8G OF PROTEIN

Launch Box Frozen Sandwiches
select varieties
2/8.00

Find in the FROZEN snacks aisle!
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.

**MEALS MADE EASY**

- **TERIYAKI CHICKEN & ZUCCHINI NOODLES**
  Boneless chicken breast in teriyaki sauce with zucchini, red cabbage, carrots and red bell pepper. 15.4 oz.

- **GREEK-STYLE CHICKEN BOWL**
  Chicken breast with fresh cherry tomatoes, cucumber, red onion, brown rice, feta cheese and tzatziki sauce. Serves 2. 14 oz.

- **ITALIAN-STYLE CHICKEN PENNE PASTA**
  Chicken breast, asparagus, green beans, red bell pepper and parmesan cheese. Serves 2. 12 oz.

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

- **MARINATED BEEF STEAK & VEGETABLES**
  Beef, carrots, asparagus, onions, black beans, green beans, red bell pepper and ginger. Serves 2. 16 oz.

- **GREEK-STYLE CHICKEN BOWL**
  Chicken breast with fresh cherry tomatoes, cucumber, red onion, brown rice, feta cheese and tzatziki sauce. Serves 2. 14 oz.

- **CHILI LIME CHICKEN BOWL**
  Chicken breast, black beans, corn, red and green bell pepper, onion and long-grain brown rice. Serves 2. 14 oz.

- **MARINATED BEEF STEAK & VEGETABLES**
  Beef, carrots, asparagus, onions, black beans, green beans, red bell pepper and ginger. Serves 2. 16 oz.

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

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

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!
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

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.

7

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 DARA 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-VEE/KIDSFIT.COM OR DOWNLOAD THE APP TODAY!

8

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.
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.

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.

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.

WHEN DOING ACTS OF KINDNESS, OUR BRAIN RELEASES SEROTONIN, which is a neurotransmitter that helps regulate and improve mood, social behavior, appetite, digestion, sleep, memory and more.

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.

Stop smoking—Hy-Vee’s Quit For Good™ Program can help contact your local Hy-Vee pharmacist or dietitian.

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.

Pamper yourself with Basin products such as body butters and bath bombs.
A little pampering soothes and calms.

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!

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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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.

When doing acts of kindness, our brain releases serotonin, which is a neurotransmitter that helps regulate and improve mood, social behavior, appetite, digestion, sleep, memory and more.

15
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.

16

17

18

19

20

Sources:
dartmouth.edu/wellness/emotional/rakhealthfacts.pdf

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Bring On the New Year
GET THE MOST OUT OF 2020 WITH NEW FAMILY FAVES

TRY ME TODAY!
Visit hy-vee.com for additional digital savings and to learn more.
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NEW odwalla®
Zero Sugar: A New Way to Smoothie.
AVAILABLE IN 3 FLAVORS

MAKE RECOVERY PART OF YOUR RESOLUTION
FUELED BY HIGH QUALITY COMPLETE PROTEIN
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!

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

**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.

**Snake Plant** features a highly distinctive habit with upright, variegated, swordlike leaves. It takes low light but prefers bright, indirect light and evenly moist soil.

**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.

**Cast-Iron Plant** has a fitting name—it takes neglect and actually likes low lighting conditions. Water regularly during growth periods, less in winter.

**English Ivy** is a climbing vine that also looks good trailing down. It likes indirect light and moderate watering.

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

**Chinese Money Plant**, or Pilea, has a unique habit that is hard to ignore. It likes bright, indirect light and regular 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.

**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.

**Aloe Vera** is a succulent that also looks good trailing down. It likes indirect light and moderate watering.

**English Ivy** is a climbing vine that also looks good trailing down. It likes indirect light and moderate watering.

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

**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.

**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.

**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.

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15% off Nature’s Recipe select varieties 2.75 oz. to 24 lb. or 12 ct.

Get 15% off all Nature’s Recipe pet products

Fuel the wag
with Recipes They’ll Love

Feed Healthy. Love Big.

LIVE WELL
IN 2020

Ring in the New Year with Healthy BLUE foods!

Real meat first
Fruits and vegetables
NO poultry by-product meals

Buy $25 in Blue Buffalo products and earn a $5 Digital Reward

Buy $50 in Blue Buffalo products and earn a $15 Digital Reward

TEXT BLUEBUFFALO to 811811

GET A $5 or $15 Digital Reward Via Email
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.

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.

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!)

1. Stash off-season items in Sterilite, Hefty and other covered bins.

FIND IT AT HY-VEE

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

**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.**

**Why Should I Use Canisters?**

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**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.

**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.**
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.**

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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 powdered makeup 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.

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

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96 KETO
102 DIETITIAN Q&A: REMEMBER YOUR VITAMINS
106 FOODS THAT HELP YOU LOSE WEIGHT
113 PRESCRIPTION MANAGEMENT
115 FRESH FACED
You’ll improve body and mind and gain a sense of well-being. Set a marathon, not a sprint! 

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AJP.psychiatryonline.org/doi/10.1176/appi.ajp.2017.16111223
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Circulation and reduce stiffness.

**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!

**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.

**Break It Down**

Split workouts into three phases: warm-up, main routine and cooldown.

**Warm-up**

**Routine**

**Cooldown**

**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.**

**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 Fit. “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 stair-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 strenghten your body is ready for the next session.**

**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.

**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.
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.

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.

4. SHOULDER PRESS
   Feet shoulder-width apart, 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, allow 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 much 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
NEW YEAR SAVINGS

~ STOCK UP TODAY! ~

Offers available 1/1/20-1/31/20.
See store for offer details, including participating varieties of each advertised product. Only at Hy-Vee.

GREEN GIANT® VEGGIE SWAP-INS®

OUR SOLUTIONS FOR ALL YOUR RESOLUTIONS

Earn $.25 per gallon on fuel
with your Hy-Vee Fuel Saver + PERKS® card!

When you buy $15 in participating General Mills items

Green Giant® Veggie Swap-Ins™ are a delicious way to add more veggies to your meal and help you reach your goals for healthy living.
For More Veggie Swap-Ins™ Varieties and Delicious Recipes Visit: GreenGiant.com
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.

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/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

Approximately 65–70% 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.

FOODS TO AVOID

In general, bypass sweets, alcohol, processed meats, starchy vegetables and many fruits, which contain sugar.

KETO-FRIENDLY FOODS

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

FRUIT/VEGETABLES

• avocados
• artichokes
• broccoli
• cauliflower
• cucumbers
• garlic
• celery
• spinach
• nuts
• berries
• beans
• whole-milk dairy
• meats, poultry

MEAT/SEAFOOD

• beef
• lamb
• pork
• salmon

FATS

• butter
• coconut oil
• olive oil
• ghee

DAIRY

• cheese
• cottage cheese

HERBS

• basil

OTHER

• eggs
• walnuts

SEASONS

• summer
• autumn

FOODS TO FRIENDLY KETO

• rice
• sweetened drinks
• rice
• sweetened drinks
• bananas
• beans
• rice
• sweetened drinks
• apple sauce
• avocado
• asparagus

• rice
• sweetened drinks
• apples
• bananas
• beans
• rice
• sweetened drinks

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HY-VEE.COM

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**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 sweet 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 snack, or after a workout.

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### Peanut Butter Keto Fat Bombs

**Hands On 10 minutes**

**Total Time 10 minutes plus chilling time**

**Makes 12 bombs**

- 5 oz. Hy-Vee cream cheese, softened (⅔ cup)
- ¼ cup Hy-Vee salted butter, softened
- ⅛ cup organic creamy peanut butter
- ⅛ tsp. vanilla extract
- ⅛ cup Full Circle almond flour
- ⅛ tsp. Lily’s dark chocolate chips
- ⅛ tsp. Hy-Vee vanilla extract
- ⅛ tsp. Hy-Vee salted butter, softened
- ⅛ tsp. Hy-Ve lean soy sauce
- ⅛ tsp. garlic paste
- ⅛ tsp. keto peanut
- ⅛ tsp. Hy-Ve salt
- ⅛ tsp. water
- 3 Tbsp. Swerve confectioners’ sweetener
- ½ tsp. Hy-Vee baking cocoa
- ⅛ tsp. Hy-Vee heavy whipping cream
- ⅛ tsp. organic creamy peanut butter
- 2 Tbsp. konjac root
- 1 Tbsp. almond flour
- 1 Tbsp. Hy-Vee heavy cream
- 1 Tbsp. peanut butter

**30 MINUTES**

1. BEAT TOGETHER

Beat together cream cheese, peanut butter, coconut oil, sweeteners, 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:**

- Calories: 120
- Total Fat: 12 g
- Saturated Fat: 2 g
- Trans Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 10 mg
- Potassium: 0 mg
- Total Carbohydrates: 0 g
- Dietary Fiber: 0 g
- Sugars: 0 g
- Protein: 2 g

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### Raspberry Truffle Keto Fat Bombs

**Hands On 15 minutes**

**Total Time 32 minutes plus chilling time**

**Makes 12 bombs**

- 5 oz. Hy-Vee cream cheese, softened (⅔ cup)
- ½ cup Hy-Ve salted butter, softened
- ⅛ cup organic creamy peanut butter
- ⅛ tsp. vanilla extract
- ⅛ cup Full Circle almond flour
- ⅛ tsp. 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.

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- Dietary Fiber: 0 g
- Sugars: 0 g
- Protein: 2 g

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### Thai Chicken Wraps

**Total Time 25 minutes**

**Serves 4**

- 1 cup organic low-carb peanut butter
- 2 Tbsp. sesame oil
- 2 Tbsp. unseasoned rice vinegar
- 2 Tbsp. canned coconut cream
- 2 Tbsp. Hy-Ve lean soy sauce
- 1 Tbsp. garlic paste
- 1 Tbsp. ginger paste
- 1 tsp. Hy-Ve salt
- 2 Tbsp. water
- 2 Tbsp. seedless sunflower seeds
- 1 tsp. Hy-Ve crushed red pepper
- ½ 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
- Fajita Chicken Wraps

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:**

- Calories: 330
- Total Fat: 28 g
- Saturated Fat: 11 g
- Trans Fat: 0 g
- Cholesterol: 15 mg
- Sodium: 1170 mg
- Potassium: 250 mg
- Total Carbohydrates: 12 g
- Fiber: 1 g
- Sugar: 0 g
- Protein: 21 g

---

### 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-Ve large egg
- 2 Tbsp. Hy-Ve heavy whipping cream
- 1 tsp. Hy-Ve salt
- 3 Tbsp. seedless and finely chopped red bell pepper
- ½ cup cooked chicken, drained
- ¼ cup Hy-Ve shredded Monterey Jack cheese
- 3 Tbsp. clients, stove removed, finely chopped
- Hy-Ve black pepper, to taste

1. PREHEAT oven to 420°F. Scrape out avocado halves, forming large enough impressions to hold egg mixture from falling out. Brush avocados with 1 tsp. lime juice. Arrange avocados, cut side up, in a baking pan.

2. WHISK together egg, cream and ¼ 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 tsp. lime juice and black pepper. When eggs are set, top each avocado half with chicken 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:**

- Calories: 540
- Total Fat: 47 g
- Saturated Fat: 140 mg
- Cholesterol: 1,170 mg
- Sodium: 75 mg
- Potassium: 37 g
- Total Carbohydrates: 47 g
- Fiber: 5 g
- Sugar: 0 g
- Protein: 19 g
WE’VE whipped UP SOMETHING DELICIOUS!

**New**

**EDWARDS® ORIGINAL WHIPPED CHEESECAKE**

Edwards® Pie select varieties 21.5 to 35 oz. $5.99

**PAGODA**

**BIG CRAVING. BIGGER FLAVOR.**

Pagoda Egg Rolls select varieties 16 oz. $5.99

**New**

**PLANT-BASED PROTEINS**

Pure Farmland’s new plant-based burgers, meatballs, breakfast patties, and protein starters are made with natural flavors. They not only taste great, but they’re also a good source of protein! Find them in the refrigerated case at your neighborhood Hy-Vee.
REMEMBER YOUR VITAMINS

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

LEAFY GREENS

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: 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 are vitamin rich foods?
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, age 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 B12 than those younger than 50. While possible, check product labels for the percentage of certain vitamins per serving. You can also schedule to meet with a 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 all vitamin requirements are met.

• Add healthy fats to your diet. Instead of nutritionally void sources 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.

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 stacking 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 skin, hair, teeth, bones and mucous membranes and skin.

SWEET POTATO
SPINACH
KANTALOUPE
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 (folic acid) and 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
TUNA FISH
FORTIFIED ORANGE JUICE
MILK
FORTIFIED BREAKFAST CEREAL

VITAMIN E

Primary function of vitamin E is elimination of the radicals to reduce oxidative stress to membranes. Also aids in cell 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
CASHWEI
KALE
GRAINS

Sources: https://www.ods.od.nih.gov/factsheets/list-all/
https://ods.od.nih.gov/factsheets/vitamin-W-
https://ods.od.nih.gov/factsheets/vitamin-D-
https://ods.od.nih.gov/factsheets/vitamin-A/
https://ods.od.nih.gov/factsheets/vitamin-E/

health.harvard.edu/staying-healthy/listing_of_vitamins

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.
START THE NEW YEAR IN STYLE

NEW

MADE FOR SENSITIVE SKIN
0% DYES OR FRAGRANCES

seventhgeneration.

USDA Certified Biobased Product 97%, 95%, 91%

DURACELL®
OPTIMUM

EXTRA LIFE* | EXTRA POWER*

*Durations extra life or extra power, vs. Copper top 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 VEGETABLES, 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

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 (tempeh, 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, broccoli, brussels sprouts, carrots, green beans, kale, leeks, lettuce, mushrooms, onions, peas, 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, limes, mangoes, oranges, peaches, pears, plums.

WHAT YOU NEED
300 g total carbs per day.

DAIRY
Contains bone-building calcium, cell-building protein and vitamins A, D and K. 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.

WHOLE GRAINS
Contain the entire kernel—endosperm, bran and germ—and provide more nutrients than refined grains. Good sources of niacin, magnesium, fiber and B vitamins. Whole grains promote healthy Albumin Foods: barley, brown rice, freekeh, oats, quinoa, steel-cut oats, whole wheat 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 fat to less than 10% of daily calories, foods: Avocados, nuts, olive, plant-based oils (canola, olive, grape seed).

WHAT YOU NEED
65 g total fat per day.

Sources: mayoclinic.org/healthy-living/weight-loss/in-depth/calories/art-20048065
health.gov/dietaryguidelines/2015/guidelines/

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.

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.
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 incised peppers, chopped avocados 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.

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. Sprinkle with 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.

4 Mixed Berry-Cottage Cheese Smoothie
Place 1½ cups Hy-Vee frozen berry medley, 1 cup Hy-Vee 2% reduced-fat milk, ½ cup Hy-Vee low-fat cottage cheese, ¼ cup Hy-Vee orange juice and 2 tsp. agave nectar in a blender. Cover and blend until smooth. Serves 2.

5 Winter Greens Slaw
Combine 2 cups Hy-Vee medley mix, ½ cup shredded Brussels sprouts and ½ cup Hy-Vee Short Cuts chopped red onions. Add ½ cup bottled avocado oil–dressing salad dressing, toss to coat. Transfer to a serving bowl. Top with chopped pears. Serves 4.

108 SEASONS | January 2020
PRESCRIPTION MANAGEMENT

Get professional guidance you can trust from Hy-Vee pharmacists. Specialized pharmacy services make high-quality clinical care accessible to you.

MANAGEMENT SERVICES
Hy-Vee pharmacies support and counsel those with the following complex medical conditions:
- Asthma
- Blood disorders
- Crohn’s disease
- Cystic fibrosis
- Fertility
- Growth hormone deficiency
- Hemophilia
- Hepatitis
- HIV/AIDS
- Multiple sclerosis
- Oncology
- Osteoarthritis
- Psoriasis
- Psoriatic arthritis
- Rheumatoid arthritis
- Transplantation
- And more

Visit hy-vee.com/my-pharmacy to manage your prescriptions online or to download the Hy-Vee App for on-the-go service.

WITH MEDICATION THERAPY MANAGEMENT (MTM) SERVICES, HY-VEE’S HIGHLY TRAINED PHARMACISTS CAN EXPLAIN MEDICATIONS, ASSIST IN MANAGING MULTIPLE PRESCRIPTIONS, AND DETECT DRUG OVERUSE. MTM SERVICES MOST BENEFIT INDIVIDUALS USING MORE THAN ONE MEDICATION OR PATIENTS AFFECTED BY A VARIETY OF HEALTH CONDITIONS.

pro tip:
CHECK YOUR STATUS

Hy-Vee makes it easier for customers to verify the status of their prescriptions at hy-vee.com/my-pharmacy. This can be a real timesaver because customers won’t make an unnecessary trip to the store if their prescriptions aren’t ready yet.”

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

Get professional guidance you can trust from Hy-Vee pharmacists. Specialized pharmacy services make high-quality clinical care accessible to you.

THE HY-VEE APP KEEPS YOUR GROCERY LIST AND PHARMACEUTICAL INFO ALL IN ONE PLACE. GET IT NOW TO SET UP AUTO PRESCRIPTION REFILLS.
1. L’Oreal Revitalift Triple Power Eye Treatment
Use daily to smooth, de-puff and brighten your eyes.

2. Biore Witch Hazel Pore Clarifying Cooling Cleanser
Target acne with this gentle face wash.

3. Neutrogena Bright Boost Gel Cream
Awaken your skin in the morning and hydrate at night.

4. Neutrogena Bright Boost Illuminating Serum
Turmeric extract treats dark spots and improves skin tone.

5. L’Oreal Revitalift 1.5% Pure Hyaluronic Acid Serum
Dermatologist-crafted serum visibly plumps skin.

6. Olay Pressed Serum Stick
Apply before makeup for super hydrated skin.

7. Clean & Clear Watermelon Juicy Scrub
Hydrate dry winter skin and invigorate your senses.

8. Garnier Soothing Facial Mist
Rose water instantly refreshes skin throughout the day.

9. Olay Regenerist Retinol 24
Apply at night and wake up to noticeably younger skin.

Check out the latest in Hy-Vee’s beauty and skin care aisle.

Discover what’s good
**Fridge & Freezer**

<table>
<thead>
<tr>
<th>Product Description</th>
<th>Size</th>
<th>Price</th>
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<tbody>
<tr>
<td>Nathan’s Pretzel Dogs</td>
<td>6.25 oz.</td>
<td>$8.49</td>
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<tr>
<td>Armour Pepperoni</td>
<td>4 or 5 oz.</td>
<td>$2.68</td>
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<tr>
<td>Armour Summer Sausage</td>
<td>10 oz.</td>
<td>$3.88</td>
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<tr>
<td>Country Crock Spread or Pure Blends</td>
<td>15 or 45 oz</td>
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<tr>
<td>Tohato’s Premium Vegetables</td>
<td>10 to 12 oz</td>
<td>2/6.00</td>
</tr>
<tr>
<td>Green Giant Riced Vegetables</td>
<td>10 or 12 oz</td>
<td>2/5.00</td>
</tr>
<tr>
<td>Green Giant Veggie Tots, Spirals or Bowls</td>
<td>10 to 16 oz</td>
<td>2/7.00</td>
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<tr>
<td>Tyson Chicken Nuggets, Nature Raised, Raised &amp; Rooted &amp; Stuffeds &amp; Entrée</td>
<td>17 to 27 oz</td>
<td>2.5 lb</td>
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<td>Details of Bryants &amp;Hanes, Nature Raised &amp; Rooted &amp; Stuffeds &amp; Entrée</td>
<td>5 lb.</td>
<td>$2.99</td>
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*Reward must be chosen and activated online by 02/29/2020. Reward choices include a Find-a-Style Promo Code, Find-a-Style Gift Card, and a Visa Rewards Vacations Account. No cash or cash-equivalent will be accepted. One reward per receipt submission. Must be a resident of the U.S. and at least 18 years of age or 16 years of age of disability. Only 1 rewards card or credit card can be used per household. Offer valid only in the U.S. Rewards Card and Visa Rewards Account issued by Metabank® Member FDIC, pursuant to a license from Visa U.S. Inc. This national offer is not a Visa product or service nor does Metabank, nor Visa endorse this offer. EarnEasy Loyalty Solutions, L.C., is not a sponsor or co-sponsor of this program. Limit and restrictions apply. See www.activaterewards.com/starthealthy for full details.*
<table>
<thead>
<tr>
<th>Product</th>
<th>Varieties</th>
<th>Price</th>
<th>Details</th>
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<tr>
<td><strong>Perrier or Cascadian Farm Snacks, Fruit Snacks or Fruit Tapes</strong></td>
<td>select varieties</td>
<td>5.9 to 8.0 oz.</td>
<td>2/5.00</td>
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<tr>
<td><strong>Lundia-MyLifeLock</strong></td>
<td>select varieties</td>
<td>8 or 8.5 oz.</td>
<td>2/6.00</td>
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<td><strong>Edic Performance Bar</strong></td>
<td>select varieties</td>
<td>1 to 15 oz.</td>
<td>3/2.00</td>
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<tr>
<td><strong>McCormick Taco Seasoning</strong></td>
<td>select varieties</td>
<td>1 to 1.5 oz.</td>
<td>3/3.00</td>
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<tr>
<td><strong>Epic Performance Bar</strong></td>
<td>select varieties</td>
<td>1.87 oz.</td>
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<tr>
<td><strong>Larabar Multipack</strong></td>
<td>select varieties</td>
<td>8 or 8.5 oz.</td>
<td>2/9.00</td>
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<tr>
<td><strong>Food Should Taste Good</strong></td>
<td>select varieties</td>
<td>9.2 to 16 oz.</td>
<td>2/6.00</td>
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<tr>
<td><strong>Annie’s or Cascadian Farm Snacks, Fruit Snacks or Fruit Tapes</strong></td>
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<td>9 oz.</td>
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<tr>
<td><strong>Mucinex Premium Caplets, Liquid Gels or Liquids</strong></td>
<td>select varieties</td>
<td>6 fl. oz. or 16 to 20 ct.</td>
<td>11.99</td>
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<tr>
<td><strong>Windex, Shout or Scrubbing Bubbles</strong></td>
<td>select varieties</td>
<td>1.34 to 32 oz. or 3 to 10 ct.</td>
<td>2/6.00</td>
</tr>
<tr>
<td><strong>Children’s Motrin or Tylenol</strong></td>
<td>select varieties</td>
<td>4 fl. oz. or 24 ct.</td>
<td>5.97</td>
</tr>
<tr>
<td><strong>Mucinex Caplets, Liquid Gels or Liquids</strong></td>
<td>select varieties</td>
<td>6 fl. oz. or 16 to 20 ct.</td>
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<tr>
<td><strong>Mountain Dew Kickstart, Lipton, SoBe, Life WTR or Aquafina</strong></td>
<td>select varieties</td>
<td>16 to 20 fl. oz., 700 ml or 11.25 fl. oz.</td>
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<td><strong>Gold Peak or Peace Tea Singles</strong></td>
<td>select varieties</td>
<td>3.52 fl. oz.</td>
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<tr>
<td><strong>Delsym Adult or Kids Cough Syrup</strong></td>
<td>select varieties</td>
<td>3 fl. oz.</td>
<td>9.99</td>
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<td><strong>Perrier</strong></td>
<td>select varieties</td>
<td>4 pk. 8.4 fl. oz.</td>
<td>5.99</td>
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<tr>
<td><strong>Perrier Sparkling Water</strong></td>
<td>select varieties</td>
<td>25 fl. oz. or 1 l.</td>
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</tr>
<tr>
<td><strong>Mountain Dew Kickstart, Lipton, SoBe, Life WTR or Aquafina</strong></td>
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<td>16 to 20 fl. oz., 700 ml or 11.25 fl. oz.</td>
<td>2/5.00</td>
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<tr>
<td><strong>Cépaco Lozenges</strong></td>
<td>select varieties</td>
<td>16 ct.</td>
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<tr>
<td><strong>Canada Dry Sparkling Water</strong></td>
<td>select varieties</td>
<td>8 fl. oz. or 6 to 8.5 fl. oz.</td>
<td>2/5.00</td>
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<tr>
<td><strong>Canada Dry</strong></td>
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<td>17.99</td>
</tr>
<tr>
<td><strong>Powerade</strong></td>
<td>select varieties</td>
<td>8 fl. oz.</td>
<td>3.99</td>
</tr>
<tr>
<td><strong>Red Bull</strong></td>
<td>select varieties</td>
<td>12 pk. 8 fl. oz.</td>
<td>17.99</td>
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<tr>
<td><strong>Almost Everyones</strong></td>
<td>select varieties</td>
<td>10 to 32 oz. or 2 to 30 oz.</td>
<td>2/6.00</td>
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<tr>
<td><strong>Viviscal</strong> or <strong>Hair Care</strong></td>
<td>select varieties</td>
<td>11 to 13 oz.</td>
<td>25 to 50 ct.</td>
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<tr>
<td><strong>Core Power</strong></td>
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<td>14 fl. oz.</td>
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<tr>
<td><strong>Core Power</strong></td>
<td>select varieties</td>
<td>4 pk. 8 fl. oz.</td>
<td>5.99</td>
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<tr>
<td><strong>Bai AOX Water</strong></td>
<td>select varieties</td>
<td>1 l. or 16 to 30.4 fl. oz.</td>
<td>2/3.00</td>
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<tr>
<td><strong>HyDrive</strong></td>
<td>select varieties</td>
<td>5 to 6 fl. oz. or 14 to 20 ct.</td>
<td>12.99</td>
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<tr>
<td><strong>Neutrogena or Clean &amp; Clear</strong></td>
<td>select varieties</td>
<td>1 to 8 oz. or 25 to 50 ct.</td>
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<tr>
<td><strong>Gevalia or McCafé Premium Coffee or Pods</strong></td>
<td>select varieties</td>
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<td>5.99</td>
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<tr>
<td><strong>Mountain Dew Kickstart, Lipton, SoBe, Life WTR or Aquafina</strong></td>
<td>select varieties</td>
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<td><strong>Dunkin’ Donuts Coffee</strong></td>
<td>select varieties</td>
<td>32 ct.</td>
<td>19.99</td>
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<tr>
<td><strong>Old Orchard 100% Apple</strong></td>
<td>select varieties</td>
<td>64 fl. oz.</td>
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<tr>
<td><strong>Old Orchard 100% Apple or Blends</strong></td>
<td>select varieties</td>
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<td>2/4.00</td>
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<tr>
<td><strong>Canada Dry Sparkling Water</strong></td>
<td>select varieties</td>
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<td>select varieties</td>
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<td>5.99</td>
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<tr>
<td><strong>Dunkin’ Donuts K-Cups</strong></td>
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<td><strong>Windex, Shout or Scrubbing Bubbles</strong></td>
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<td><strong>Children’s Motrin or Tylenol</strong></td>
<td>select varieties</td>
<td>10 oz.</td>
<td>4.49</td>
</tr>
<tr>
<td><strong>Neutrogena or Clean &amp; Clear</strong></td>
<td>select varieties</td>
<td>11 to 13 oz.</td>
<td>25 to 50 ct.</td>
</tr>
<tr>
<td><strong>Johnson’s Baby or Aveeno</strong></td>
<td>select varieties</td>
<td>Bath, Shampoo or Lotion select varieties</td>
<td>295 to 600 ml.</td>
</tr>
</tbody>
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30 MINUTES OR LESS
56. 10 MINUTES OR LESS
57. 5 MINUTES OR LESS
58. 3 MINUTES OR LESS
59. VEGETARIAN
60. VEGAN
61. GLUTEN-FREE

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ACTIVIDADES: Suficiento español, tiempo a tiempo servicios productos de vacunación. Fuentas, cáncer de alto riesgo.

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**EXPLORE OUR FLAVORS**

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

**FRIDAY, JANUARY 10: 4 P.M. TO 7 P.M.**
- **Produce:** Halo Mandarins
- **Meat:** Tyson Grilled & Ready Chicken
- **Seafood:** Fresh Fish
- **Charcuterie:** Sikorski Artisan Sausages
- **Deli:** Honeydew Melon Cheese Loops
- **Hickory House:** Hickory Smoked Chicken Breast
- **Italian:** Flatbread Pizza
- **Chinese:** Heat & Eat Asian Entries
- **Bakery:** Chocolate Chip Cookies
- **Grocery:** B&G Foods - Green Giant Grilled and Marinated New Items

**FRIDAY, JANUARY 17: 4 P.M. TO 7 P.M.**
- **Produce:** Halo Mandarins
- **Meat:** Lean Pork Tenderloins; Hormel Happy Little Plants
- **Seafood:** Fresh Fish
- **Charcuterie:** Sikorski Artisan Sausages
- **Deli:** Honeydew Melon Cheese Loops
- **Hickory House:** Hickory Smoked Chicken Breast
- **Italian:** Gluten Free Pizza
- **Chinese:** Heat & Eat Asian Entries
- **Bakery:** Baked Cookies
- **Grocery:** B&G Foods - Green Giant Grilled and Marinated New Items

**FRIDAY, JANUARY 24: 4 P.M. TO 7 P.M.**
- **Produce:** Halo Mandarins
- **Meat:** Honeysuckle White Turkey Meatballs
- **Seafood:** Fresh Fish
- **Charcuterie:** Sikorski Artisan Sausages
- **Deli:** Honeydew Melon Cheese Loops
- **Hickory House:** Hickory Smoked Turkey Breast
- **Italian:** Pepperoni Pinwheels and Sausage Rolls
- **Chinese:** Heat & Eat Asian Entries
- **Bakery:** Chocolate Chip Cookies
- **Grocery:** B&G Foods - Green Giant Grilled and Marinated New Items

**WHATS IN IT FOR YOU.**

Organic & Best of Nature foods & household products at affordable prices. Look for them in our HealthMarket today.

**EXTRA SPECIAL**

**NEW IN STORES:**
- Halo Mandarins
- Sikorski Artisan Sausages
- Dole Blueberries
- Whole Organic Corn
- Organic Blueberry Vanilla Yogurt
- Strawberry Cobbles
- Blue Cheese with Honey

**SPECIAL FEATURES:**
- **Produce:** Halo Mandarins
- **Meat:** Tysons Grilled & Ready Chicken
- **Seafood:** Fresh Fish
- **Charcuterie:** Sikorski Artisan Sausages
- **Deli:** Honeydew Melon Cheese Loops
- **Hickory House:** Hickory Smoked Chicken Breast
- **Italian:** Pepperoni Pinwheels and Sausage Rolls
- **Chinese:** Heat & Eat Asian Entries
- **Bakery:** Chocolate Chip Cookies
- **Grocery:** B&G Foods - Green Giant Grilled and Marinated New Items