

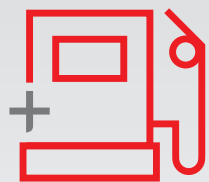
HyVee[®] seasons[®]



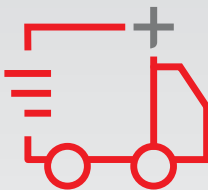
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january/february

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JAN/FEB 2024



3 AISLES

Spotlight on new and noteworthy products at Hy-Vee.

8 101: GRAPES

How to select, store and use these sweet, juicy fruits.

10 BASICS: HOW TO COOK WITH CITRUS

Learn how to incorporate citrus into your meals.

12 QUICK FIXES: MEAL PREP HACKS

Shred chicken, quick-peel potatoes and more.

14 SOLUTIONS: GRAB 'N' GO MEALS

Pick up nutritious meals from Hy-Vee.

17 LEVEL UP: HY-VEE ROTISSERIE CHICKEN

Upgrade shredded chicken to a flavorful potato topper.

20 PREMIUM FUEL

Learn the benefits of a higher protein diet.

28 CAN-UARY: POUR ON THE FLAVOR

Get a head start on dinner with products from Hy-Vee.

34 BLEND IT

Speed up prep with the aid of a personal blender.

38 EAT MORE SEAFOOD

Tips and ideas for adding nutrient-rich fish to your diet.

44 AIR-FRIED HEALTHY BITES

Delicious, nutritious meals made with an air fryer.

50 UNFORGETTABLE: 17 PHOTO-WORTHY VALENTINE'S DAY IDEAS!

Picture-perfect ideas for a memorable Valentine's Day.

62 CAITLIN CLARK: TAKING POINT

Catch up with Iowa's star following 2023's Final Four run.

66 TWO-MINUTE WARNING

Super appetizers and snacks for the big game.

76 SMART SIPS

Enjoy lighter versions of wine, cocktails and beer.

78 THE NEED FOR CHEESE

Learn about Hy-Vee's cheese experts along with gooey, cheesy, lightened-up recipes.

82 MEMORABLE MUFFINS

Delicious muffin recipes and simple ways to dress up store-bought varieties from Hy-Vee.

86 BLOOMS: ROMANTIC ROSES

Share the love with a gorgeous Hy-Vee Floral bouquet.

88 DIETITIAN Q&A: ORGANIC FOOD

A Hy-Vee dietitian discusses organic options at Hy-Vee.

90 FINDS: BLACK-OWNED BRANDS AT HY-VEE

Shop products from Black-owned businesses.

92 FOODS THAT: SUPPORT HEART HEALTH

Lower the risk of heart disease through your diet.

95 MEAL MAKEOVER: LOW FAT BUFFALO CHICKEN DIP

Snack on a lighter version of this fan-favorite appetizer.

96 RECIPE INDEX

A guide to all the recipes in this issue.



DONNA TWEETEN
PRESIDENT, HY-VEE, INC.

The first of the year is a reset from the busy holiday season, and a great time to start fresh with new goals or to recommit to previous resolutions.

If your hope is to improve your health, try adding more seafood to your diet and all of the nutritional benefits that come with it (*page 38*), or up your protein intake to feel more satiated after each meal (*page 20*).

Make it easier to cook nutritious meals at home by investing in an air fryer (*page 44*) or a personal blender (*page 34*). Or, let Hy-Vee do the prep for you with grab-and-go meals from Hy-Vee Fast & Fresh (*page 14*).

And don't forget to take time to indulge—as January turns to February, add game-day snacks to your menu (*page 66*), and prepare for Valentine's Day with elegant recipes, desserts and sweet gifts from Hy-Vee (*page 50*).

Enjoy the start to the new year!

HY-VEE SEASONS IS DIGITAL!

Hy-Vee Seasons magazine content—including previous issues—is available anytime, anywhere. Visit Hy-Vee.com/seasons



Eat seafood twice a week and reel in the benefits



Improved eye development



Reduced risk of heart disease



Improved brain development

Look for these symbols when selecting your seafood:



AISLES

New & Noteworthy at Hy-Vee

Violife Cream Cheese

Enjoy your favorite breakfast spread with all of the flavor and none of the compromise with Violife Just Like Original Cream Cheese. It's 100% dairy free and free from soy, gluten, lactose, GMO, nuts and preservatives, and enriched with vitamin B12. Bring on the bagel!



STOP BY YOUR LOCAL HY-VEE OR VISIT HY-VEE.COM/SHOP TO FIND EXCITING NEW PRODUCTS.



Just a Spritz

SPRITZAL COOKIE COMPANY

This female-owned brand was created by mother-daughter duo Jody and Taylor Walker and offers simple, delicious shortbread cookies adapted from a generations-old family recipe and made with natural ingredients.



Blueberry Pie Shortbread Cookie Bites

Enjoy the flavors of sweet berries and a flaky crust in one bite-size treat.



Birthday Cake Shortbread Cookie Bites

Celebrate with buttery vanilla shortbread mixed with rainbow sprinkles.



Ooh La Lemon Shortbread Cookie Bites

These tart, zesty shortbread cookies practically melt in your mouth with each bite.

Super Sauce

KETCHUP PLEASE

Made with no added sugar and fewer calories, carbs and sodium than many other ketchup brands, this lightened-up condiment still delivers on flavor.



Original

This classic ketchup is made with organic tomato paste and seasonings—great for burgers, fries and barbecues.



Smooth Heat

For ketchup with a kick, try this slightly hotter version with just enough heat to please hot sauce fans.

Go Gluten-Free

GOOD GRACES

Get your snack fix with these affordable gluten-free Hy-Vee private label products, such as veggie straws and seasoned popcorns. Check out these noteworthy varieties available now.

- Veggie Straws
- Ranch Veggie Straws
- White Cheddar Popcorn
- Sea Salt Popcorn



VERY BELLISSIMA COSMETICS

GO FROM DAY TO DATE NIGHT WITH MAKEUP FROM HY-VEE'S EXCLUSIVE BRAND, VERY BELLISSIMA, DESIGNED TO COMPLEMENT A VARIETY OF SKIN TONES.



Eyeshadow Single

Find your shade with Very Bellissima's single eyeshadows, available in a variety of colors and finishes such as matte, shimmer and pearl.



Lip & Blush Velvet Touch and Satin Lipstick

Two-in-one applicators and lipstick with vibrant color to give face and lips a smooth finish.



Powder Blush

Add a pop of color to cheeks and cheekbones with easily blended powder blush.



Wonder Lash Mascara

Lift and volumize lashes with dramatic black mascara from Very Bellissima, the perfect finishing touch for any day or night look.



Eyeshadow Palette Quad

Create the perfect smoky eye with four-color palettes from Very Bellissima, available in varieties to complement your complexion.



Satin Smoothing Liquid Foundation

This creamy foundation helps cover blemishes and even out skin tone; use as a neutral base for subtle or dramatic looks.

Snacks & Spreads

PUNCH UP SNACKS AND MEALS WITH PUFFED CORN BALLS AND SAVORY SAUCES.



LesserEvil

Organic Space Balls from LesserEvil provide an out-of-this-world flavor experience. Try a variety of gluten-free, vegan puffed corn balls in snackable flavors such as Interstellar Cheddar, Outer Planet Pizza and Ranch Rocket Ship.



Barnacle Foods Jellies and Spreads

Made with Alaskan kelp, Barnacle Foods products offer sustainable sauces and spreads like spruce tip jelly and rhubarb jam.



Barnacle Foods Kelp Chili Crisp

Warm, sizzly sauce with a hint of sweetness includes Alaskan kelp and the spicy flavors of chiles de arbol, fried onion and garlic; certified organic.



Barnacle Foods Bullwhip Kelp Hot Sauce

Named after Alaskan bull kelp, this hot sauce balances heat from piri piri peppers with a hint of smoky flavor.

Something Sweet

DARRELL LEA

After nearly 100 years in the confectionary business, Darrell Lea has perfected silky smooth chocolate filled with sweets like caramel and marshmallow. All Darrell Lea candies use sustainably sourced cocoa and are 100% palm oil free.



Darrell Lea Chocolate Bar

True chocolate lovers will appreciate these rich, creamy Australian bars made with 100% sustainably sourced cocoa and no added preservatives. 5.6-6.4 oz.



Beauty of Basin

Luxurious bath and beauty products made with all-natural ingredients. Basin offers a variety of bath bombs, fragrant soaps and soothing moisturizers and scrubs, perfect as a thoughtful gift for your Valentine.



1. Basin Love Bath Bomb

This heart-shape bath bomb dissolves with scents of peach, cherry blossom and white jasmine, and includes soothing bath salts. 8 oz.

2. Basin XOXO Soap

Celebrate the holiday with this hand-sliced glycerin soap decorated with tiny pink hearts and romantic Xs and Os. 3.5 oz.

3. Basin White Trio Box

Give your Valentine this box set with three small, fragrant bath bombs, a container of bath salt and a slice of seasonal soap. 5 pc.

4. Basin Sweetheart Bath Bomb

Red velvet creme, wild strawberries and gold plum combine in this pink-and-white bath bomb for a calming, soothing experience. 8 oz.

5. Basin Muscle Soother Bath Bomb

Ease any aches and pains with muscle- and joint-relaxing mineral salts and a blend of amber and black cardamom scents. 8 oz.

6. Basin XOXO Sugar Soufflé

Exfoliate dry skin with a gentle pink sugar scrub, with a sparkly kiss-shape soap included in the center. 7.4 oz.



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101

Grapes

Sweet and bursting with flavor, these beloved fruits of the vine are widely adaptable in the kitchen or lunch box.



Grapes—sweet, succulent fruits clustered on vines—have been cultivated for thousands of years in the Middle East. Today, most are grown in California, and also in Washington, Oregon and other parts of the United States. One cup of fresh grapes only has about 62 calories, and contains other beneficial vitamins and nutrients such as vitamin C, which boosts the immune system and protects cells, and vitamin K,

needed for blood clotting and bone health. Grapes are also a source of antioxidants that may help fight off free radicals, slow down aging, reduce the risk of developing heart disease and promote overall brain health. The antioxidants in grapes may also protect against some forms of cancer by reducing inflammation and blocking the growth of cancer cells.

BUY Look for firm, plump, unwrinkled grapes attached to stems. Red or purple grapes should have deep coloring and no green.

STORE Keep dry, unwashed grapes in a plastic bag in the refrigerator for up to two weeks.

PREP Rinse grapes just before eating. Place in a colander and thoroughly rinse with cold water, then drain on paper towels. Use a sharp paring knife if slicing.

SEASONAL GRAPES AT HY-VEE

Look for seasonal varieties of fresh grapes at Hy-Vee, including pinkish-red Sweet Celebration and green Cotton Candy grapes.

WAYS TO ENJOY

Fresh

Add chopped grapes to salads, or add sweetness to salsa by mixing grapes with chopped onion, jalapeño, cilantro and lime juice.

Frozen

Place fresh grapes in a single layer on a sheet pan, then freeze until solid. Enjoy straight from the freezer, or blend into fruit smoothies.

Roasted

Lightly coat grapes with olive oil, season with salt and pepper, and roast at 425°F for about 30 minutes. Serve over meat or seafood, top crostini or spoon onto ice cream.

Sweet and Sour Grapes

Hands On 35 minutes
Total Time 47 minutes plus cooling time
Serves 8 (3 each)

12 large green grapes, such as Cotton Candy grapes
12 large red grapes, such as Sweet Celebration grapes
¼ cup Country Time lemonade drink powder mix
1 cup Hy-Vee granulated sugar
¾ cup water
¼ cup Hy-Vee light corn syrup

Over the Top food coloring gels, desired colors

1. LINE a medium rimmed baking pan with parchment paper; set aside. Remove grapes from stems. Rinse and completely dry grapes. Insert a wooden toothpick in the stem end of each grape. Place in prepared baking pan; set aside. Place lemonade powder mix in a small shallow bowl; set aside.

2. STIR together sugar, water and corn syrup in a medium saucepan. Bring to a boil over high heat; continue boiling

for 10 to 12 minutes or until a candy thermometer temperature reaches 300°F, stirring occasionally. Remove from heat; stir in desired food coloring.

3. HOLDING the grape by its toothpick, quickly dip the grape into the hot syrup* to coat. Gently tap the toothpick on the rim of the saucepan to remove excess syrup mixture from the grape. Continue holding the grape by its toothpick and quickly roll the grape in the lemonade powder to coat. Return to parchment paper-lined baking pan. Let coating

completely cool and harden. Carefully remove the toothpick. Repeat for remaining grapes.

***NOTE:** Hot sugar syrup will burn your skin. When dipping grapes in hot syrup, be extremely careful to not let syrup drip down onto the toothpick.

Per serving: 160 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 15 mg sodium, 41 g carbohydrates, 0 g fiber, 36 g sugar (34 g added sugar), 0 g protein. Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 0%

GF GLUTEN-FREE



NATURE'S CANDY

One serving of this sweet snack has just 160 calories, and with grapes used as the base, it offers micronutrients that traditional sweets don't.

BASICS

How to Cook With Citrus

Learn to pack a punch in your cooking with a variety of citrus fruits available at Hy-Vee.

CITRUS AT HY-VEE

The wide selection of seasonal and year-round citrus fruits at Hy-Vee includes the following:



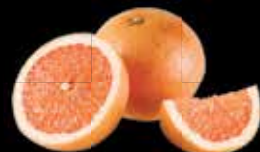
LEMONS/LIMES

Closely related small citrus fruits with sour flavor. Their juice brightens fish or chicken and adds tartness to sweet desserts.



ORANGES/MANDARINS

Navel oranges and smaller Mandarins add sweet spark to stir-fries, dressings and salads. Orange zest brightens cranberry relish and baked goods.



GRAPEFRUIT

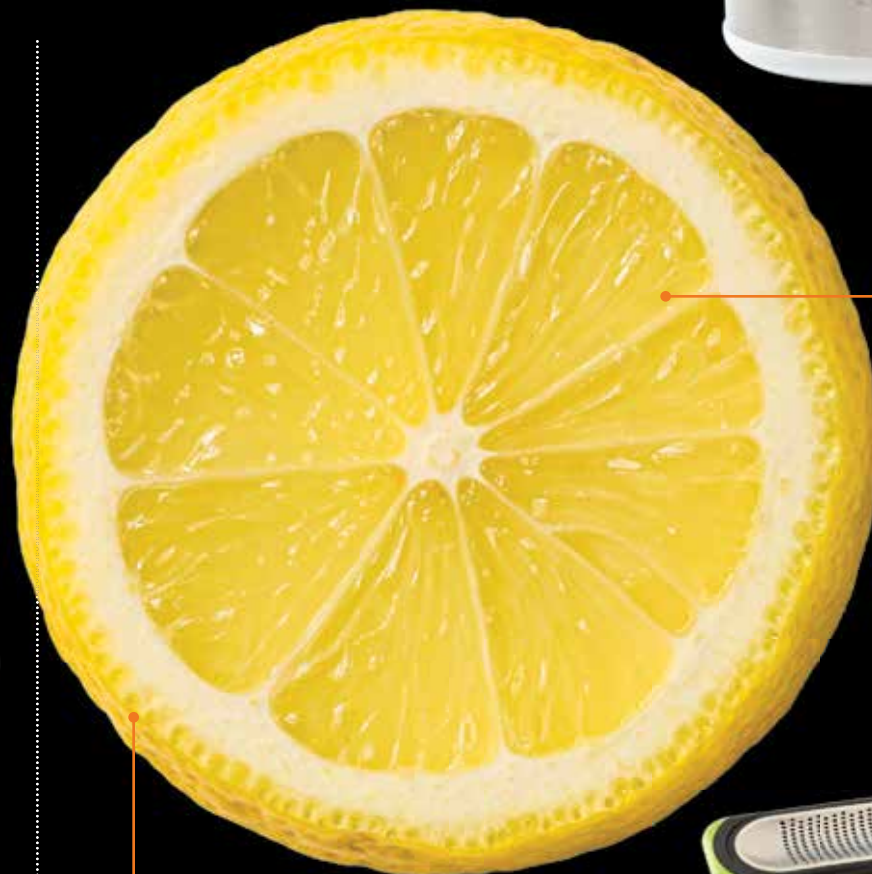
Choose from pink grapefruit and its smaller cousin, ruby red. Their sweet-tart flavor works well in fruit salads and yogurt parfaits.

FIND IT AT HY-VEE

Starfrit Electric Citrus Juicer

Pressure-activated start, removable juice collector and drip-free spout add up to quick, mess-free juicing. 800 ml. capacity

14.99



FLESH

The flesh is where the flavor and juice are found. When squeezed, the flesh should produce a juice which is not only a beverage but also a flavorful addition to dressings, marinades, soups and stews. The flesh can also be separated into segments and eaten fresh or paired with salads or yogurt.

RIND

When scraped or grated, the rind of unwaxed citrus creates a zest. These colorful shavings—excluding the bitter white pith beneath—are used to impart intense flavor to baked goods, sauces, salads, sorbets and even cocktails. The rind can also be used as a garnish: Spirals can accompany a mixed drink or salad while zest might be sprinkled on croissants or cake.

FIND IT AT HY-VEE

Dreamfarm Ozest

This speed zester features 441 super-fine blades angled to create fluffier zest without bitter pith, plus a push-button to release zest. 12.6x2.2 in.

12.99



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See your Hy-Vee pharmacist for details. A complete list is available at [Hy-Vee.com](https://www.hyvee.com).

HyVee pharmacy

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

QUICK FIXES

Meal Prep Hacks

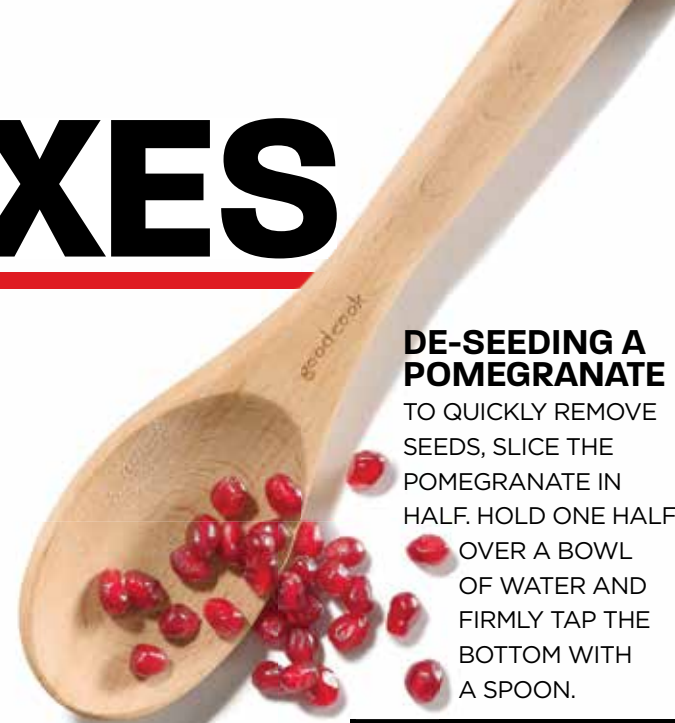
Save time while preparing dinner with four simple shortcuts.



EASY SHRED
The same shredding technique also can be used with an electric hand mixer on low power.

SHRED CHICKEN IN JUST A FEW SECONDS

Rather than using forks to shred cooked chicken, speed up the process with a stand mixer. Place cooked boneless, skinless chicken in the bowl of a mixer fitted with a paddle attachment. Set the mixer to a low power setting; shred for 30 to 60 seconds. Keep an eye on the chicken to prevent overshredding.



DE-SEEDING A POMEGRANATE

TO QUICKLY REMOVE SEEDS, SLICE THE POMEGRANATE IN HALF. HOLD ONE HALF OVER A BOWL OF WATER AND FIRMLY TAP THE BOTTOM WITH A SPOON.

QUICK-PEEL POTATOES

Clean potatoes and use kitchen shears or a knife to score a line through the peel around the center of each potato. Boil until tender, then submerge potatoes in an ice bath. Once cooled, use your hands to easily peel away the skins.



STRIP HERBS

PLACE THE STEM END OF ANY LEAFY HERB, SUCH AS PARSLEY OR CILANTRO, IN ONE HOLE OF A BOX GRATER. PULL THE STEM COMPLETELY THROUGH TO STRIP LEAVES FROM STEM.



HyVee®

true™

IT'S NOT TOO GOOD TO BE TRUE.
IT'S JUST TRUE.

- Raised With No Antibiotics Ever
- Fed All-Vegetable Diet
- Verified Animal Welfare Program
- Cage Free

SOLUTIONS

Grab 'n' Go ('n' Good for You)

Time crunch? Head to Hy-Vee for prepared meals that are fast and filling.

Get a head start on your weekly meal prep with wellness-focused prepared foods from Hy-Vee. Find heat-and-eat meals, quick snacks and ready-made side dishes whenever you need a speedy dinner or fast lunch.

MEALS Heat-and-eat meals include Mia Italian take-and-bake pizzas and entrées for up to four, such as chicken fettuccine Alfredo, beef enchiladas and meatloaf. Or, order prepared food from Mealtime To Go with options for breakfast, lunch and dinner, including omelets, burgers, salads, HyChi, chicken and more.

SNACKS In need of a quick pick-me-up? Look for Hy-Vee Short Cuts in stores. In addition to washed and prepped fruits and veggies, you'll also find snack cups like parfaits and beef and cheese.

SIDES Pair prepared side dishes with a homemade entrée. Order from Mealtime To Go, or find options like pasta salad, potato salad, stuffed mushrooms, coleslaw, broccoli salad and more in-store.

4 TIPS FOR CHOOSING NUTRITIOUS FOODS



1 READ LABELS

When buying packaged foods, always read the nutrition facts label, even for foods you might consider "healthy," like salads. Some prepared foods might have large amounts of sodium, saturated fat and added sugar, all of which can increase risk of chronic illnesses like heart disease and diabetes.



2 CHOOSE BALANCE

Whenever possible, follow the USDA's MyPlate guidelines for building nutritious meals. A helpful rule of thumb is to make half of your meal fruits and veggies, supplemented with whole grains, lean proteins and low-fat dairy. All of these foods provide essential nutrients that may lower your risk for some illnesses.



3 CHECK SERVING SIZE

Prepared foods aren't always packaged individually. Containers of side dishes and salads, as well as hot foods like rotisserie chicken, might contain multiple portions. Check the serving size before eating to add an accurate amount to your plate and help prevent overindulging.



4 KEEP IT SIMPLE

Choose foods with a short list of familiar ingredients as they are less likely to contain preservatives and other additives. Although preservatives may help keep food fresh longer, they also may lead to health complications. So pick simple, whole foods prepared fresh.

EST. 1919
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PREPARED SALADS

Enjoy a quick, satisfying lunch or fast dinner side dish with ready-to-eat individual salads found in-store.



Chef's Salad
Romaine lettuce with ham, turkey and beef.



Chicken Caesar Salad
Classic salad with chicken and croutons.



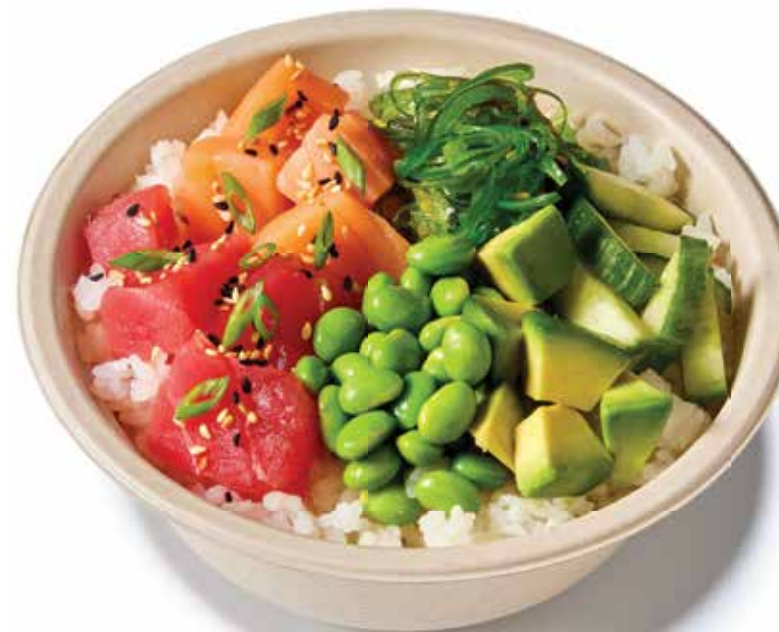
Cobb Salad
Lettuce, egg, turkey, ham, bacon and more.



Chicken Club Salad
Lettuce, egg, cheese, tomatoes and bacon.

NUTRITIOUS MEALS AND SNACKS AT HY-VEE

LOOK FOR THESE READY-MADE OPTIONS AT HY-VEE WHEN YOU'RE IN NEED OF A QUICK SNACK, LUNCH OR DINNER.



Hy-Vee Nori Sushi: Poke Bowl

Visit the Nori Sushi counter at Hy-Vee for a variety of poke bowls. Starting with a bed of sushi rice, fresh ingredients such as tuna, salmon, cucumber, edamame and more are layered on top. Look for prepared bowls, or ask the sushi manager for a customized option.



Hy-Vee Fast & Fresh and Nori Sushi: Sushi Rolls

Fresh ingredients like salmon, tuna, avocado and cucumber are wrapped in sushi rice for a fast, fresh meal.



Hy-Vee Market Grille: Hy-Vee Savory Whole Rotisserie Chicken

Carve a rotisserie chicken for a quick entrée, or shred the meat to add protein to salads, sandwiches and more.



Hy-Vee Short Cuts: Grapes & Cheese

Get a quick boost of energy from washed and stemmed fresh red grapes served alongside cubes of Colby jack cheese.



Hy-Vee Mealtime To Go: Salmon over Rice

This microwavable meal features grilled salmon over seasoned brown rice, served with refreshing lemon slices.



DON'T FORGET A DRINK!

STAY HYDRATED WITH A VARIETY OF DRINKS AVAILABLE AT EVERY HY-VEE. DRINKS WITH ELECTROLYTES CAN HELP THE BODY MAINTAIN FLUID LEVELS AND ASSIST IN CONTROLLING AND ADJUSTING INTERNAL CHEMICAL REACTIONS.

Fresh Foods at Hy-Vee

Look for these prepared options across Hy-Vee.



Order hot meals online for curbside pickup at Hy-Vee grocery stores, or look for refrigerated cases with heat-and-eat dishes.



As speedy as a convenience store but stocked with fresh meals and staple grocery items, visit more than 180 locations throughout the Midwest for a quick meal.



When you're not in the mood to cook, dine in at Hy-Vee Market Grille locations with breakfast, lunch and dinner menus.



Washed and prepped fruits and veggies from Hy-Vee Short Cuts (found in the produce section or at Hy-Vee Fast & Fresh locations) can be a nutritious snack or a starting point for a side.

DINNER, DONE.

Make mealtime easy with fresh rotisserie chicken from Hy-Vee.



LEVEL UP

Hy-Vee Rotisserie Chicken

Create an easy, delicious weeknight dinner starring Hy-Vee rotisserie chicken and a few simple ingredients.



HY-VEE SAVORY WHOLE ROTISSERIE CHICKEN

+



Sweet Potatoes

+



Buffalo Wild Wings Nashville Hot Sauce

+



Grillo's Pickles Fresh Italian Dill Chips

+



Hy-Vee Triple Cheese Blend



EXTRA HOT
Nashville hot sauce adds a major kick to rotisserie chicken, while pickle chips cut through some of the fire with cool, briny flavor.

▶ NASHVILLE-STYLE HOT SWEET POTATO SKINS

Spray a large rimmed baking pan with Hy-Vee vegetable oil cooking spray. Pierce all sides of 4 (5- to 7-oz.) sweet potatoes with a fork. Place in prepared baking pan. Bake at 400°F for 45 to 50 minutes or until fork-tender. Cool slightly. Cut potatoes lengthwise in half. Scoop out centers to make ½-in.-thick shells. Reserve potato pulp for another use. Return potato shells to prepared baking pan. Stir together 1 lb. Hy-Vee Kitchen picked rotisserie chicken, finely shredded, and ¾ cup Buffalo Wild Wings Nashville hot sauce in a large bowl. Fill potato shells with chicken mixture. Top each with ¼ cup Hy-Vee triple Cheddar cheese blend. Broil 6 in. from heat for 3 to 4 minutes or until cheese is melted and begins to brown. Cool slightly. Garnish with chopped dill pickle and fresh dill; drizzle with additional hot sauce, if desired. Serves 4.

FLAVOR MVP

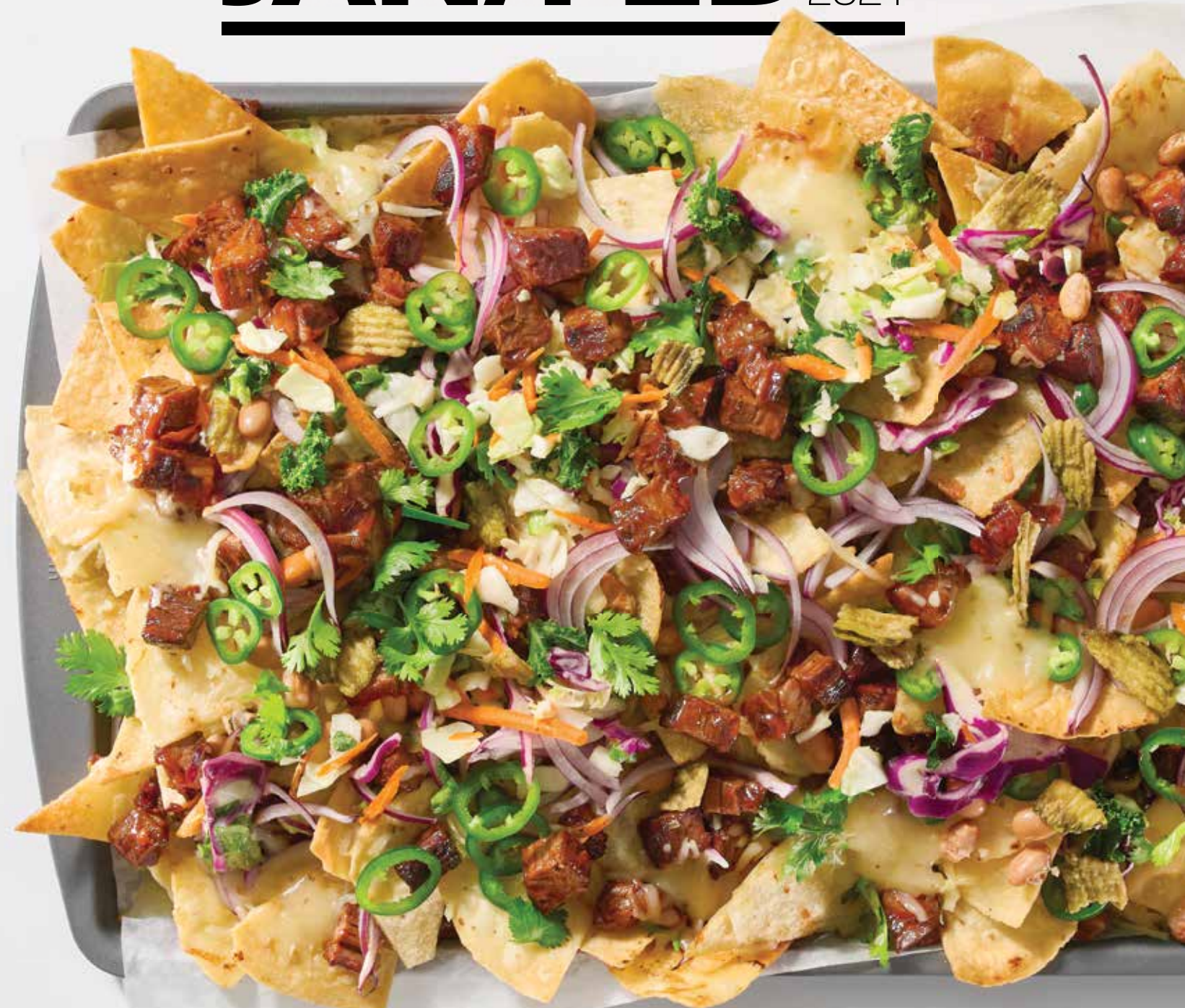


SCAN THE QR CODE FOR GAME-DAY-READY RECIPES INCLUDING THIS LAYERED & LOADED DORITOS® CASSEROLE.



NEW! Doritos® Dinamita Sticks Dip, dunk and crunch on the bold flavor of Doritos® packed into crispy snackable sticks—now available in exciting flavor combinations like hot honey mustard and smoky chile queso.

JAN/FEB 2024



PREMIUM FUEL | CAN-UARY: POUR ON THE FLAVOR | BLEND IT | EAT MORE SEAFOOD | AIR-FRIED HEALTHY BITES | UNFORGETTABLE: 17 PHOTO-WORTHY VALENTINE'S DAY IDEAS! | CAITLIN CLARK: TAKING POINT | TWO-MINUTE WARNING | SMART SIPS | THE NEED FOR CHEESE | MEMORABLE MUFFINS

POWER UP WITH HIGH-PROTEIN RECIPES AND SNACKS FROM HY-VEE—PLUS, LEARN THE BENEFITS OF ADDING EXTRA PROTEIN TO YOUR DIET.

PREMIUM FUEL



Protein can play a key role in weight loss—a common New Year’s goal. Protein is one of three essential macronutrients, and every cell in the body contains proteins. It’s used to repair cells, make new cells and is needed for growth and development.

Your body uses more energy digesting proteins compared to carbohydrates, so you’ll feel more satiated while eating fewer calories on a higher protein diet. According to the *Journal of Food Science*, higher levels of lean protein may also help retain lean body mass during weight loss and manage glucose and calcium levels.

For the most benefits, choose lean meats and seafood—these cuts are high in protein and lower in fat, saturated fat, cholesterol and sodium, all of which may increase your risk of heart disease and stroke. Most fish are lean; some, such as salmon, are higher in omega-3 fatty acids (“good” fats) that help promote heart health.

THE USDA RECOMMENDS ADULTS CONSUME 5 TO 6½ SERVINGS OF PROTEIN EACH DAY, PREFERABLY FROM LEAN SOURCES.

HARVARD HEALTH DEFINES THIS DAILY ALLOWANCE AS 0.36 GRAMS OF PROTEIN PER POUND OF BODY WEIGHT.

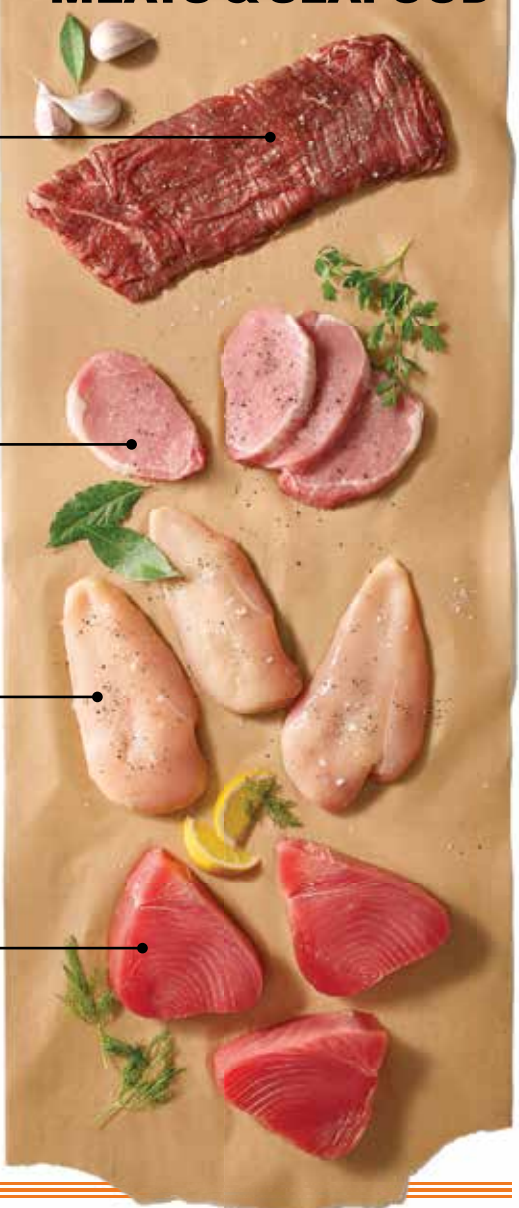
LEAN MEATS & SEAFOOD

BEEF with less than 10 grams of fat, 4.5 grams of saturated fat and 95 milligrams of cholesterol are considered lean; choices include skirt steak, lean ground beef and top sirloin.

PORK cuts such as tenderloin and trimmed boneless chops are the leanest.

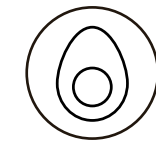
POULTRY such as boneless, skinless chicken and turkey breasts are lean; dark meat often contains more fat than white.

FISH such as salmon contains omega-3 fatty acids; other fish, such as ahi tuna and halibut, are leaner but contain fewer omega-3s.

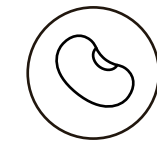


NON-MEAT PROTEINS

Many non-meat sources such as animal-based (eggs, milk and yogurt) and plant-based (nuts, legumes, quinoa and soy) provide protein, but also may include extra nutrients not found in meat. As an extra bonus, many plant-based proteins are naturally low in fat and cholesterol-free (cholesterol is only found in animal products). Consider incorporating the following:



EGGS
A single egg has 6 to 8 grams of protein, and only about 70 calories. Additionally, eggs have omega-3 fatty acids and vitamin D, which helps promote bone health.



LEGUMES
Split peas, lentils and beans are legumes. A half cup of cooked beans has about 7 grams of protein (similar to 1 ounce of meat), and contains fiber and calcium.



TREE NUTS
Almonds, cashews, walnuts and other tree nuts contain 3 to 7 grams of protein per ounce, plus fiber and “good” fats like omega-3 fatty acids.



GREEK YOGURT
Just 6 oz. of Greek yogurt contains about 15 grams of protein, plus probiotics, which support gut health, and vitamin D for bone health.



SOY
Edamame, tofu and tempeh are all soy foods—½ cup of firm tofu has more than 21 grams of protein, and is cholesterol-free and low in saturated fats.

Sources: health.harvard.edu/blog/extra-protein-is-a-decent-dietary-choice-but-dont-overdo-it-201305016145 myplate.gov/eat-healthy/protein-foods hsp.harvard.edu/nutritionsource/what-should-you-eat/protein/ mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/cuts-of-beef/art-20043833 medlineplus.gov/ency/article/002093.htm health.clevelandclinic.org/what-are-the-best-sources-of-protein/ hopkins-medicine.org/health/wellness-and-prevention/5-protein-packed-foods-for-healthy-meatless-meals health.harvard.edu/nutrition/quick-start-guide-to-nuts-and-seeds pubmed.ncbi.nlm.nih.gov/25757894/

Total Time 30 minutes
Serves 4 (1½ cups each)

1 lb. Hy-Vee True boneless, skinless chicken breasts, cut into 1½-in. cubes
1 Tbsp. Gustare Vita olive oil
2 cups halved Basket & Bushel One Sweet cherry tomatoes
1 Tbsp. bottled minced garlic
1 tsp. Hy-Vee Italian seasoning
2¼ cups Hy-Vee 33% less sodium chicken broth

1 (8.8-oz.) pkg. chickpea penne pasta
3 Tbsp. Gustare Vita double-concentrated tomato paste
2 cups lightly packed baby spinach, slightly chopped
½ cup Soirée shredded Parmesan cheese, divided
1 Tbsp. fresh lemon juice
Coarsely ground Hy-Vee sea salt, to taste
Coarsely ground Hy-Vee black pepper, to taste

Fresh basil, for garnish

1. PAT chicken dry with paper towels. Heat oil in a 12-in. nonstick skillet over medium heat. Add chicken; cook for 2 to 3 minutes or until lightly golden, stirring occasionally.

2. ADD tomatoes, garlic and Italian seasoning to skillet; cook for 1 to 2 minutes or until garlic is fragrant, stirring often.

3. STIR in broth, pasta and tomato paste. Bring to a boil; reduce heat to medium. Gently boil, uncovered, for 7 to 9 minutes or until liquid is almost all absorbed and chicken reaches 165°F, stirring frequently.

4. STIR in spinach, ¼ cup cheese and lemon juice. Season to taste with salt and pepper. Top with remaining ¼ cup cheese. Garnish with basil, if desired.

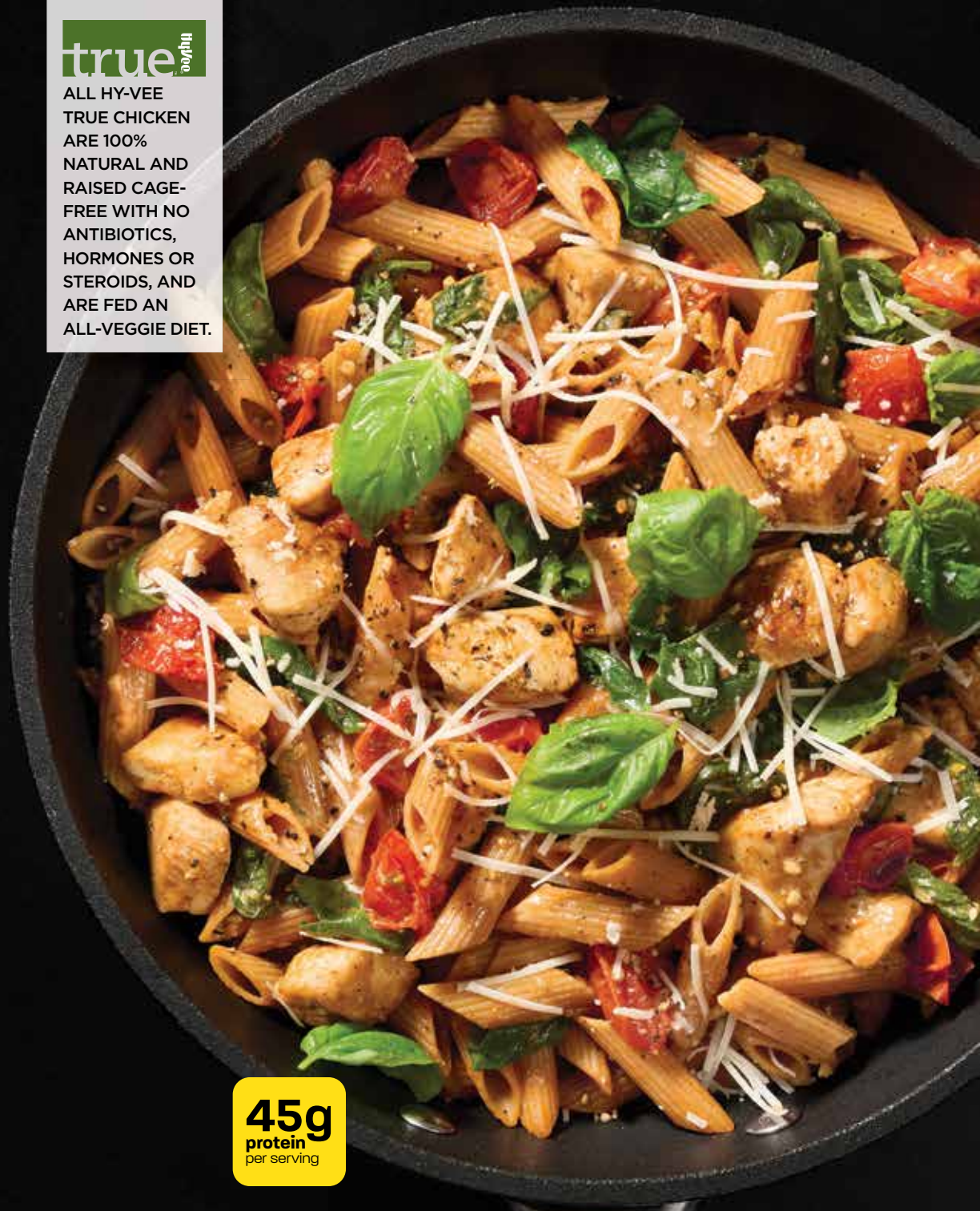
Per serving: 470 calories, 15 g fat, 4.5 g saturated fat, 0 g trans fat, 80 mg cholesterol, 640 mg sodium, 45 g carbohydrates, 10 g fiber, 7 g sugar (1 g added sugar), 45 g protein. Daily Values: Vitamin D 0%, Calcium 15%, Iron 30%, Potassium 25%

30
MINUTES
OR LESS

GF
option
GLUTEN-
FREE

true
by hy-vee

ALL HY-VEE TRUE CHICKEN ARE 100% NATURAL AND RAISED CAGE-FREE WITH NO ANTIBIOTICS, HORMONES OR STEROIDS, AND ARE FED AN ALL-VEGGIE DIET.



45g
protein
per serving

30-MINUTE ITALIAN CHICKEN PASTA

PROTEIN-PACKED PORK STIR-FRY

Hands On 35 minutes
Total Time 35 minutes plus marinating time
Serves 4

1 lb. Hy-Vee Midwest Pork boneless pork loin chops

6 Tbsp. Culinary Tours Szechuan style peanut sauce, divided

2 Tbsp. Hy-Vee canola oil, divided

1 (16-oz.) pkg. Hy-Vee frozen stir fry vegetables

1 cup frozen shelled edamame

½ (14-oz.) pkg. Chinese-style lo mein noodles

½ cup chopped green onions, plus additional for garnish

½ cup chopped cilantro, plus additional for garnish

¼ cup chopped Hy-Vee unsalted dry roasted peanuts, plus additional for garnish
Hy-Vee crushed red pepper, for garnish
Lime wedges, for serving

1. CUT pork chops into ¼-in.-thick bite-size strips; place in a large resealable plastic bag. Add 2 Tbsp. peanut sauce; seal bag. Turn bag to evenly coat pork strips with sauce. Marinate in the refrigerator for 1 to 24 hours.

2. HEAT 1 Tbsp. oil in a large deep skillet or wok. Add the pork strips. Cook and stir over medium-high heat for 2 to 3 minutes until pork reaches 145°F. Transfer to a large bowl; set aside.

3. ADD the remaining 1 Tbsp. oil to skillet. Add frozen vegetables and edamame; cook and stir over medium-high heat for 2 to 4 minutes or until heated through. Transfer to bowl with the pork.

4. COOK lo mein noodles in boiling water according to pkg. directions. Drain; reserve ½ cup pasta water. Add noodles to bowl with pork and vegetables.

5. HEAT remaining 4 Tbsp. peanut sauce in skillet over medium-low heat. Add pork-vegetables-noodle mixture, reserved ½ cup pasta water, ½ cup

green onions, ½ cup cilantro and ¼ cup peanuts; toss to combine and coat. Garnish with additional green onions, cilantro and peanuts, and crushed red pepper; serve with lime wedges, if desired.

Per serving: 660 calories, 32 g fat, 6 g saturated fat, 0 g trans fat, 70 mg cholesterol, 730 mg sodium, 58 g carbohydrates, 6 g fiber, 11 g sugar (4 g added sugar), 39 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 10%, Potassium 20%



SOURCED 100% FROM MIDWESTERN FAMILY FARMS, MIDWEST PORK OFFERS CONSISTENT HIGH-QUALITY FLAVOR AND JUICINESS.



39g
protein
per serving

AHI TUNA BURGER WRAPS



34g
protein
per serving

Hands On 30 minutes
Total Time 45 minutes plus chilling time
Serves 4 (2 each)

- 2 Hy-Vee large eggs, lightly beaten**
- 1 lb. Fish Market skinless yellowfin ahi tuna steaks, finely chopped**
- 1 cup Hy-Vee plain panko bread crumbs**
- ½ cup chopped red bell pepper**
- ¼ cup chopped green onions**
- 3 Tbsp. Hy-Vee Select Sriracha mayo sandwich spread, plus additional for serving**
- 1 Tbsp. refrigerated ginger paste**
- 4 Tbsp. Gustare Vita olive oil, divided**
- 16 butterhead lettuce leaves**

- 8 (¼-in.-thick) slices Hy-Vee Short Cuts cored pineapple**
 - ½ cucumber, thinly sliced**
 - 3 large red radishes, thinly sliced**
 - ¼ small red onion, thinly sliced**
- 1. LINE** a baking sheet with parchment paper. Stir together eggs, tuna, bread crumbs, bell pepper, green onions, 3 Tbsp. Sriracha spread and ginger paste in a medium bowl until well combined. Form mixture into 8 (1-in.-thick) patties, using about ½ cup for each. Place on prepared baking sheet;

cover and refrigerate for 30 minutes.

2. HEAT 2 Tbsp. oil in a large nonstick skillet. Cook 4 patties over medium-high heat for 2 to 4 minutes or until burgers reach 165°F and are lightly browned, turning halfway through. Repeat cooking remaining 4 patties using remaining 2 Tbsp. oil.

3. TO SERVE, layer 2 lettuce leaves together and top with 1 pineapple slice; place a burger on top. Repeat with

remaining lettuce leaves, pineapple slices and burgers. Top burgers with Sriracha spread, cucumber, radishes and red onion. Serve with additional Sriracha spread, if desired.

Per serving: 480 calories, 24 g fat, 3 g saturated fat, 0 g trans fat, 145 mg cholesterol, 220 mg sodium, 31 g carbohydrates, 3 g fiber, 15 g sugar (1 g added sugar), 34 g protein. **Daily Values:** Vitamin D 10%, Calcium 4%, Iron 10%, Potassium 20%



THE FAIR TRADE CERTIFIED LOGO SIGNIFIES THE PRODUCT MEETS SOCIAL, ENVIRONMENTAL AND ECONOMIC STANDARDS.

SHEET PAN BBQ STEAK NACHOS

Hands On 45 minutes
Total Time 55 minutes plus marinating and standing time
Serves 8

- 1 (1½-lb.) Hy-Vee Angus Reserve boneless beef plate skirt steak, trimmed**
- ½ cup plus 2 Tbsp. sweet barbecue sauce, divided**
- 2 (6.5-oz.) pkg. Ava's simply salted grilled flatbread crisps**
- 1½ cups Hy-Vee shredded pepper jack cheese**
- ½ cup Hy-Vee pinto beans, drained and rinsed**
- 1 (12-oz.) pkg. Dole chopped double dill salad kit**
- ¼ cup thinly sliced red onion**
- ¼ cup thinly sliced jalapeño peppers***
- Cilantro, for garnish**

1. PLACE steak in a large resealable plastic bag. Pour ¼ cup barbecue sauce over steak; seal bag. Turn bag to evenly coat steak with sauce. Marinate in refrigerator for 2 to 12 hours, turning bag occasionally.

2. PLACE oven rack 6 in. from heat. Preheat broiler to HIGH. Line a large rimmed baking pan with foil; heat under broiler until hot. Carefully remove pan from oven. Remove steak from marinating barbecue sauce; discard marinade in bag. Place steak in center of the hot baking pan.

3. BROIL steak for 8 to 9 minutes or until steak reaches 130°F for medium-rare doneness or to desired doneness, turning halfway through. Remove from oven; loosely cover with foil and let rest for 10 minutes.

4. CUT steak into ¼-in. pieces; transfer to a medium bowl. Add ¼ cup barbecue sauce; stir until coated and set aside.

5. PLACE oven rack in center of oven. Preheat oven to 350°F. Line another large rimmed baking pan with parchment paper; spread 1 pkg. of flatbread crisps in prepared pan. Layer with ¼ cup cheese, half of the steak and ¼ cup beans. Repeat layers using remaining ingredients in following order: remaining pkg. of crisps, steak, beans and cheese.

6. BAKE for 8 to 10 minutes or until the cheese is melted. Meanwhile, prepare salad kit according to pkg. directions.

7. TO SERVE, top nachos with prepared salad, red onion, jalapeño peppers and remaining 2 Tbsp. barbecue sauce. Garnish with cilantro, if desired.

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

Per serving: 540 calories, 28 g fat, 7 g saturated fat, 0 g trans fat, 80 mg cholesterol, 730 mg sodium, 47 g carbohydrates, 3 g fiber, 11 g sugar (9 g added sugar), 28 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 15%, Potassium 8%



28g
protein
per serving

Hands On 21 minutes
Total Time 30 minutes
Serves 6

2 Tbsp. plus 6 tsp. Gustare Vita olive oil, divided
 1 lb. ground turkey sausage
 1 (18-oz.) pkg. frozen sweet potatoes for roasting
 1 cup Hy-Vee Short Cuts chopped white onions
 1 cup Hy-Vee Short Cuts chopped green bell peppers
 6 Hy-Vee medium eggs
 ¾ cup Hy-Vee shredded mozzarella cheese

Fresh chives, for garnish
 Coarsely ground Hy-Vee garlic pepper, for garnish

1. **PREHEAT** oven to 375°F.

2. **HEAT** 2 Tbsp. oil in a 12-in. cast iron skillet. Add turkey sausage; cook over medium heat for 3 to 5 minutes, stirring occasionally to break into crumbles. Add frozen sweet potatoes, onions and bell peppers. Cook for 10 to 12 minutes or until both sweet potatoes and turkey sausage reach 165°F, stirring occasionally.

3. **MAKE** 6 (2-in.-round) indentations in turkey mixture using the back of a spoon. Drizzle 1 tsp. remaining olive oil in each indentation. Carefully crack an egg into the center of each indentation. Sprinkle cheese over turkey mixture, not eggs.

4. **BAKE** for 6 to 9 minutes or until egg whites are firm and yolks are slightly thickened*, and cheese is melted. Garnish with chives and garlic pepper, if desired.

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

Per serving: 410 calories, 24 g fat, 7 g saturated fat, 0 g trans fat, 255 mg cholesterol, 590 mg sodium, 22 g carbohydrates, 4 g fiber, 5 g sugar (0 g added sugar), 27 g protein. Daily Values: Vitamin D 6%, Calcium 20%, Iron 15%, Potassium 15%

30
MINUTES
OR LESS

GF
option
GLUTEN-FREE

GLUTEN-FREE TURKEY SAUSAGE SKILLET

27g
protein
per serving



Hy-Vee **ONE** STEP
 ALL ONE STEP EGGS ARE PRODUCED ON MIDWESTERN FAMILY FARMS. WITH EACH PURCHASE, HY-VEE MAKES A DONATION TO HELP FIGHT FOOD INSECURITY.



PROTEIN PACKED ON THE GO!

Boost your protein intake throughout the day with high-protein snacks, desserts, drinks and powders, all available at the Hy-Vee HealthMarket.

FIND IT AT HY-VEE

- 1. CHIKE High Protein Iced Coffee**
Wake up with an iced latte packing 20 grams of whey protein, two espresso shots and just 1 gram of sugar. 14.8 to 18 oz. **25.99**
- 2. Good Graces High Protein Cheese Crisps**
One serving of crisps packs 10 grams of protein with flavors like Cheddar, Parmesan, ranch and more. 2 oz. **3.49**
- 3. Quest Frosted Cookies**
These keto-friendly cookies contain 5 grams of protein, 1 gram of net carbs and less than 1 gram of sugar. 7.05 oz.; 8 ct. **8.88**
- 4. Protein2o Protein Water**
15 grams of whey protein in delicious flavored water, some with caffeine for extra energy. 16.9 fl. oz. **2/4.00**
- 5. Built Puff**
Try variations such as brownie batter and coconut marshmallow, ranging from 15 to 17 grams of protein. 1.41 or 1.72 oz. **2/5.00**
- 6. Legendary Foods Protein Pastry**
This grab-and-go breakfast has 20 grams of protein, and can be eaten out of the package or microwaved. 2.2 or 2.4 oz. **2/6.00**



POUR ON THE FLAVOR!

QUICKLY DRUM UP SATISFYING, APPETITE-TAMING WEEKNIGHT MEALS STARTING WITH SIMPLE CANNED GOODS. LIMITED PREP, UNLIMITED POTENTIAL!



CHEESY CROSTINI PROVIDES A CRUNCH AND COMPLEMENTS THE TENDER ONIONS AND GARLIC MASHED POTATOES.

French Onion Beef Casserole

Hands On 1 hour

Total Time 1 hour 20 minutes plus cooling time

Serves 10 (1 cup each)

- 6 Tbsp.** Hy-Vee unsalted butter, softened and divided
- 1 (24-oz.) pkg.** refrigerated garlic mashed potatoes
- 10 (½-in.) slices** Hy-Vee Bakery baguette
- 1½ cups** shredded Culinary Tours Gruyère cheese chunk, divided
- 6 medium** yellow onions, thinly sliced
- 2 Tbsp.** chopped fresh thyme, plus additional for garnish
- ¼ tsp.** coarsely ground Hy-Vee black pepper, plus additional for garnish
- ½ cup** Hy-Vee all-purpose flour
- 1 (1¼-lb.) pkg.** Hy-Vee Angus Reserve beef for stew, cut into ½-in. pieces
- 1 (14.5-oz.) can** Hy-Vee beef broth
- 1 (6.5-oz.) can** Hy-Vee stems & pieces mushrooms, drained
- 3 Tbsp.** sherry vinegar

1. PREHEAT oven to 375°F. Butter a 13×9-in. baking dish with 1 Tbsp. butter; set aside. Microwave mashed potatoes according to pkg. directions. Spread potatoes in bottom of prepared baking dish; set aside.

2. BUTTER both sides of baguette slices using 2 Tbsp. butter. Place in a large rimmed nonstick baking pan. Bake for 10 to 12 minutes or until lightly golden, turning bread slices halfway through; set aside.

3. PLACE oven rack 6 in. from heat. Preheat broiler to HIGH. Top toasted slices with 1 cup cheese. Broil for 2 to 3 minutes or until cheese is bubbly and begins to brown; set aside.

4. MEANWHILE, melt remaining 3 Tbsp. butter in a 6-qt. Dutch oven. Add onions; cook over medium to medium-low heat for 20 to 30 minutes or until onions begin to soften, stirring often. Add 2 Tbsp. thyme and pepper; cook for 20 to 30 minutes more or until onions are caramelized and golden brown, stirring often. Stir in flour. Cook and stir for 3 minutes. Transfer onions to a bowl; set aside.

5. PAT beef dry with paper towels. Cook beef in Dutch oven over high heat, stirring occasionally, for 4 to 6 minutes or until beef begins to brown. Add broth, mushrooms, sherry vinegar and caramelized onions; cook for 3 minutes, scraping bits from bottom of Dutch oven. Slightly cool mixture.

6. SPREAD onion-beef mixture evenly on top of potatoes in baking dish; sprinkle with remaining ½ cup cheese. Place cheese toasts on top. Cover with foil.

7. BAKE for 15 to 20 minutes or until heated through. Cool slightly before serving. Garnish with additional thyme and pepper, if desired.

Per serving: 420 calories, 16 g fat, 9 g saturated fat, 0 g trans fat, 75 mg cholesterol, 800 mg sodium, 44 g carbohydrates, 5 g fiber, 8 g sugar (0 g added sugar), 24 g protein. Daily Values: Vitamin D 0%, Calcium 15%, Iron 15%, Potassium 15%

YES, YOU CAN!

WITH HELP FROM CANNED SOUPS, VEGGIES AND BROTHS FROM HY-VEE, THESE MEALS ARE READY IN 30 MINUTES OR LESS.

TOMATO-RED PEPPER VEGETABLE SOUP

Combine 2 (15-oz.) cans Good Graces gluten-free tomato red pepper soup, 1 (15.5-oz.) can drained and rinsed Hy-Vee great northern beans, 1 (15-oz.) can drained Hy-Vee mixed vegetables, 1 (14.5-oz.) can undrained Hy-Vee fire roasted with garlic diced tomatoes, 1 Tbsp. fresh lemon juice, 1 Tbsp. chopped fresh oregano and 2 tsp. coarsely ground Hy-Vee garlic pepper in a saucepan. Bring to a boil; reduce heat. Simmer, covered, 5 to 10 minutes or until heated through. Garnish with additional oregano and garlic pepper, and lemon slices, if desired. Serves 5 (1½ cups each).

20
MINUTES
OR LESS

GF
option
GLUTEN-
FREE

V
option
VEGETARIAN
DISH



CREAMY BEEF TACO SOUP

Combine 1 (10.5-oz.) can condensed Cheddar cheese soup, 1¼ cups water, 1 cup crema Mexicana (table cream style) and 1½ Tbsp. fresh lime juice in a saucepan. Cook 2 to 3 minutes or until bubbly. Add 1 lb. cooked and drained Hy-Vee 80% lean ground beef, 1 (15.5-oz.) can drained and rinsed Hy-Vee white hominy, 1 (14.5-oz.) can undrained Hy-Vee fire roasted salsa style diced tomatoes and 2 Tbsp. Hy-Vee 25% less sodium taco seasoning mix. Bring to a boil; reduce heat. Simmer, covered, 5 to 10 minutes or until heated through. Garnish with additional crema, lime wedges, microgreens and Hy-Vee Santa Fe style tortilla strips, if desired. Serves 6 (1½ cups each).

20
MINUTES
OR LESS



SAUSAGE-AND-POTATO TUSCAN SOUP

Combine 2 (18.8-oz.) cans Hy-Vee hearty baked potato with Cheddar and bacon bits soup, 1 (8-oz.) pkg. Graziano Bros. precooked Italian sausage, ¼ cup drained and cut up Gustare Vita marinated sundried tomatoes, 2 Tbsp. Gustare Vita red wine vinegar and ¼ tsp. coarsely ground Hy-Vee garlic pepper in a saucepan. Bring to a boil; reduce heat. Simmer, uncovered, 5 minutes. Add 2 cups coarsely chopped curly kale leaves; simmer 8 to 10 minutes more or until heated through. Serves 5 (1 cup each).

30
MINUTES
OR LESS



SOUP-ER SUPPER

DINNER PREP CAN BE MUCH EASIER WITH QUALITY COOKING AND SERVING VESSELS FROM HY-VEE—LOOK FOR CASSEROLE DISHES, DUTCH OVENS AND MUGS TO KEEP SOUP NIGHT SIMPLE.

EACH OF THESE COOKING AND SERVING TOOLS IS DISHWASHER-SAFE, SO THERE'S ALMOST NO AFTER-DINNER CLEANUP.



1

2

3

FIND IT AT HY-VEE

1. Anchor Hocking TrueFit Glass Bakeware

This fridge- and freezer-safe dish includes a flexible sealing lid, making it handy for prepping meals or storing leftover casseroles.

2. Lodge Red Enamel Dutch Oven

Enameled cast iron can go from the stovetop to the oven, and includes a tight-fitting lid for locking in moisture and juiciness.

3. Boston Warehouse Souper Mug

Freezer-, oven- and microwave-safe, each ceramic mug includes a vented lid for easily storing leftovers and heating again.

6-qt. capacity
79.99

20-oz. capacity
7.99

Mini Chicken Pot Pies

Hands On 25 minutes
Total Time 1 hour plus cooling time
Serves 6 (2 each)

- Hy-Vee vegetable cooking spray
- 2 (15-oz.) pkg. Hy-Vee ready-to-bake 9-in. pie crusts (2 ct. each)
- ½ (0.8-oz.) pkg. fresh poultry herb blend (rosemary, sage and thyme), finely chopped
- 2 Tbsp. Hy-Vee unsalted butter
- 1 (15-oz.) can Hy-Vee mixed vegetables, drained
- 1 (8-oz.) container Hy-Vee Short Cuts onion, celery and carrot blend
- 1 (10.5-oz.) can Hy-Vee condensed cream of chicken soup
- 8 oz. Hy-Vee Kitchen picked rotisserie chicken, finely shredded
- ¼ tsp. Hy-Vee salt
- ⅛ tsp. coarsely ground Hy-Vee black pepper, plus additional for garnish
- 1 Hy-Vee large egg, lightly beaten

1. PREHEAT oven to 375°F. Spray a 12 (2½-in.) muffin-cup pan with cooking spray.

2. UNROLL pie crusts on a flat surface. Cut 12 (3-in.) rounds and 12 (4-in.) rounds using cookie cutters, alternating large and small rounds on each dough to maximize dough use. Press 1 (4-in.) dough round in the bottom and up the side of each muffin cup. Set aside.

3. SET aside 2 tsp. finely chopped herb blend for garnish. Melt butter in a large nonstick skillet. Add canned vegetables and onion, celery and carrot blend. Cook for 3 to 4 minutes or until vegetables are warmed through. Add soup, chicken, salt, ⅛ tsp. pepper and remaining pkg. of chopped herb blend. Cook for 1 to 2 minutes or until chicken is warm.

4. SPOON ½ cup mixture into each pie dough-lined muffin cup. Top each with a 3-in. pie dough round. Press edges toward the insides of muffin cups with fork tines to seal dough together. Lightly brush tops with egg.

5. BAKE pot pies for 30 to 35 minutes or until golden. Cool for 3 to 5 minutes before serving. Garnish with reserved 2 tsp. chopped herb blend and/or additional pepper, if desired.

Per serving: 760 calories, 48 g fat, 17 g saturated fat, 0 g trans fat, 95 mg cholesterol, 1,500 mg sodium, 80 g carbohydrates, 2 g fiber, 6 g sugar (0 g added sugar), 12 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 6%

READY-MADE PIE CRUSTS, ROTISSERIE CHICKEN, CANNED VEGGIES AND CHOPPED HY-VEE SHORT CUTS ALL SPEED UP THE PREP TIME FOR THESE SIMPLE, HEARTY SOUP POT PIES.



“I need to cut sugar out of my diet.”

“What are some healthier snack options?”

“How do I follow a low-carb diet?”

“I’ve just been diagnosed with celiac disease, now what?”

“I want to lose 20 pounds.”

“How do I manage diabetes with my diet?”

“I don’t even know where to start.”

Your path to a healthier you starts at Hy-Vee. Our team of registered dietitians can help provide nutritional guidance and support through **individualized nutritional counseling** tailored to your lifestyle.



Scan here or visit hy-vee.com/healthnew/dietitians to schedule your free discovery session today



BLEND IT

SPEED UP THE PREP PROCESS FOR SMOOTHIES, DIPS, DRESSINGS AND MORE WITH A PERSONAL BLENDER FROM HY-VEE PLUS A VARIETY OF SPEEDY WAYS TO USE ONE.



FIND IT AT HY-VEE

Magic Bullet Blender

Blend, chop and mix foods just by pressing down on the blending cup to activate the blades.

4.01 in x 4.48 in x 11.61 in

49.99

Smooth Sips

Take hydration on the go with colorful glass tumblers insulated with stainless steel. Featuring extra-wide straws to accommodate smoothies, Reduce's tumblers can help you stay on track with resolutions to drink more water or add more fruits and veggies to your diet.

CARIBBEAN CITRUS COLADA SMOOTHIES

Place 2 Cara Cara or blood oranges, cut into wedges and peeled; ½ cup Hy-Vee frozen unsweetened tropical blend; 4 oz. Hy-Vee no sugar added white grape 100% juice and 3 Tbsp. cream of coconut in a single-serve blender. Cover and blend for 1 to 2 minutes on high or until smooth. Pour into 1 (20-oz.) tumbler or glass; top with 2 oz. Gustare Vita blood orange Italian soda. Garnish with toasted coconut chips, if desired. Repeat to make an additional smoothie. Serves 2 (20 oz.) each.

20
MINUTES
OR LESS

GF
option
GLUTEN-FREE



FIND IT AT HY-VEE

Reduce Aspen Tumbler

Sip through the extra-wide straw; double-wall insulation keeps drinks cold up to 12 hours.

20 oz. capacity

19.99



MAGIC BULLET

10 seconds (or even less) is all the Magic Bullet needs to turn chopped fruits or veggies into smoothies, sauces, dips,

soups and more. This kitchen appliance also can chop, mix, whip and blend ingredients for many dishes including omelets, guacamole and sorbet. Thanks to its small, one-serving size, it takes up

minimal counter space, and it has an easy, press-to-blend design. The set includes a tall blending cup with a sealable lid for keeping foods fresh after blending; both attachments are dishwasher-safe.



ALL-PURPOSE DRESSING
Use this smoky, creamy dressing as a topper for salads, or serve in a bowl as a dipper for veggies.

TIPS FOR BLENDING WITH A MAGIC BULLET

The Magic Bullet works thanks to its tall, oblong shape, which continually forces food down towards the blades, creating a smooth blend or even chop.

To blend recipes like smoothies or a creamy dressing, press down continuously on the cup until the mixture is smooth.

To chop foods for more textured recipes like guacamole or salsa, press down and release the cup in short, quick bursts. This will mimic the “pulse” setting found on other blenders, and will chop foods into chunkier pieces instead of blending smoothly.



SMOKY AVOCADO CREMA

Place 2 small ripe avocados, seeded, peeled and cut up; ½ cup drained jarred pickled red onions; 2 small garlic cloves and ½ tsp. smoked paprika in a single-serve blender. Add 3 Tbsp. cilantro, ½ cup crema Mexicana (table cream style), 2 Tbsp. Hy-Vee half & half, 2 Tbsp. fresh lime juice and 1½ Tbsp. Full Circle Market organic light-colored agave nectar. Cover and blend for 1 to 2 minutes on high or until desired consistency is reached. Transfer blended mixture to a small serving bowl. Garnish with chili pepper crunch and additional cilantro, if desired. Serves 12 (2 Tbsp. each).

20
MINUTES
OR LESS

V
option
VEGETARIAN
DISH

Whipped Feta With Roasted Tomatoes

Total Time 45 minutes
Serves 12 (2 Tbsp. each)

- ¼ (12-oz.) container cherry tomatoes on the vine
- 1 medium shallot, sliced ¼ in. thick
- 2 large cloves garlic, peeled
- 6 Tbsp. Gustare Vita olive oil, divided
- ¼ tsp. coarsely ground Hy-Vee black pepper, plus additional for garnish
- 2 (4-oz.) containers Soirée traditional feta crumbled cheese
- ½ cup Hy-Vee half & half
- 1½ tsp. chopped fresh chives, plus additional for garnish
- Hy-Vee honey, for garnish
- Chopped roasted and salted shelled pistachios, for garnish
- Lemon zest, for garnish
- Grilled pita bread and fresh vegetables, for serving

1. PREHEAT oven to 400°F. Line a medium rimmed baking pan with foil.

2. PLACE tomatoes, shallot and garlic in a single layer in prepared baking pan. Drizzle with 1 Tbsp. oil; sprinkle with ¼ tsp. pepper. Toss to coat. Roast for 15 to 20 minutes or until tomatoes, shallot and garlic are fork-tender.

3. REMOVE tomatoes; set aside. Place roasted shallot, garlic, remaining 5 Tbsp. oil, feta cheese, half & half and 1½ tsp. chives in a single-serve blender. Cover and blend for 1 to 2 minutes on high or until nearly smooth.

4. TO SERVE, transfer whipped feta to a serving bowl. Top with roasted cherry tomatoes. Garnish with honey, pistachios, lemon zest and additional chives, if desired. Serve with pita bread and fresh vegetables for dipping.

Per serving: 120 calories, 10 g fat, 3.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 230 mg sodium, 3 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 5 g protein.
Daily Values: Vitamin D 0%, Calcium 8%, Iron 0%, Potassium 0%

GF
option
GLUTEN-
FREE

V
option
VEGETARIAN
DISH

CREAMY, DREAMY
Blending gives the roasted feta a light, airy texture, great for dipping with pita and veggies.





EAT
MORE

SEAFOOD



RESOLVE TO ADD MORE SEAFOOD TO YOUR DIET AND ENJOY THE HEALTH BENEFITS THAT COME WITH IT. THANKS TO HY-VEE'S WIDE VARIETY OF FRESH, FLAVORFUL FISH AND SHELLFISH, IT'S AN EASY RESOLUTION TO KEEP!

A

CCORDING TO THE U.S. DEPARTMENT OF AGRICULTURE'S DIETARY GUIDELINES FOR AMERICANS, A HEALTHY DIET SHOULD INCLUDE 8 TO 10 OZ. (OR ABOUT TWO SERVINGS) OF SEAFOOD PER WEEK. HOWEVER, MOST AMERICANS EAT FAR LESS. ANYWHERE FROM 80% TO 90% DON'T MEET THE RECOMMENDED INTAKE FOR SEAFOOD AND MISS OUT ON ITS BENEFITS: PROTECTION OF THE HEART AND BLOOD VESSELS, MAINTENANCE OF HEALTHY BLOOD PRESSURE AND POSSIBLE LOWERED RISKS FOR STROKE AND ALZHEIMER'S DISEASE.

HY-VEE CARRIES A WIDE SELECTION OF FISH AND SHELLFISH (BOTH FRESH AND FROZEN), AS WELL AS READY-TO-COOK FILLETS, AT AFFORDABLE PRICES TO MAKE SEAFOOD MORE ACCESSIBLE THROUGHOUT THE MIDWEST. SPEAK WITH ONE OF HY-VEE'S MANY SEAFOOD EXPERTS TO HELP MAKE YOUR NEXT MEAL A SPLASH.

NUTRITION:

In addition to protein, seafood has nutrients that may be tricky to get from other foods, such as omega-3 fatty acids and vitamin D. These nutrients help reduce your risk of chronic illnesses such as Alzheimer's disease, depression and stroke, according to Harvard's School of Public Health.

OMEGA-3S

Seafood is a major source of omega-3 fatty acids. These are "healthy" fats that support overall heart health by lowering levels of triglycerides (fats from some foods that can lead to plaque buildup in arteries). Omega-3s might also help lower blood pressure and boost HDL ("good")

cholesterol. Including omega-3 fatty acids in your diet may also lower your risk of cardiovascular disease and blood clots. Though omega-3s are found in some plant-based foods, such as flaxseed, walnuts and edamame, fatty fish such as salmon, mackerel and herring are the best source.

VITAMIN D

Fish such as salmon, tuna and sardines are also a top source of vitamin D, though foods such as egg yolks and cheese also contain smaller amounts. Vitamin D helps the body absorb and use minerals like calcium and phosphorus, which are crucial for bone health. Including vitamin D in your diet may help increase muscle and bone strength.

"MANY FISH CONTAIN AN ESSENTIAL FAT, OMEGA-3 FATTY ACIDS. THE HUMAN BODY ISN'T ABLE TO MAKE THESE FATTY ACIDS, SO OMEGA-3 FATS HAVE TO COME FROM OUR DIET OR SUPPLEMENTS. DARK RED-COLOR FISH ARE RICH SOURCES OF OMEGA-3 FATS, INCLUDING SALMON, TUNA, SARDINES, HERRING AND LAKE TROUT."

—Amanda Jochum, RD, LMNT, Hy-Vee Dietitian

FEWER THAN

1 in 5

Americans eats two or more servings of fish or shellfish per week.

RECOMMENDED FISH AT HY-VEE

TO GAIN THE MOST HEALTH BENEFITS FROM SEAFOOD, THE FDA RECOMMENDS EATING 2 OR 3 SERVINGS PER WEEK OF FISH WITH LOW LEVELS OF MERCURY. FIND THESE NUTRITIOUS CHOICES ENDORSED BY THE FDA IN THE SEAFOOD DEPARTMENT AT HY-VEE.



CATFISH

Mildly sweet, firm white fish—find farmed fillets, nuggets and whole fish at Hy-Vee.



COD

Flaky, sweet and mild with no "fishy" flavor, look for Alaskan cod fillets at Hy-Vee.



CRAB

Delicate with hints of briny, salty flavor, Hy-Vee has snow crab and Dungeness clusters.



FLOUNDER

A slightly fattier fish with sweet undertones to its mild flavor—find fillets at Hy-Vee.



LOBSTER

Rich, meaty and sweeter than crab, Hy-Vee has live lobster and tails available.



SALMON

Known for orange flesh and rich, faintly oily flavor—look for fresh and seasoned fillets.



SCALLOP

This shellfish has a buttery, lightly briny flavor and is available fresh at Hy-Vee.



SHRIMP

Mild, slightly salty flavor; Hy-Vee offers a variety of sizes fresh, frozen and cooked.



TILAPIA

A white fish with a neutral, sweet flavor; look for fresh, frozen and seasoned fillets.



TROUT

Hy-Vee offers fresh rainbow trout, which has a nutty, mild flavor and firm texture.

Sources: [fda.gov/media/102331/download?attachment](https://www.fda.gov/media/102331/download?attachment), [who.int/news-room/fact-sheets/detail/mercury-and-health](https://www.who.int/news-room/fact-sheets/detail/mercury-and-health), [hsph.harvard.edu/nutrition-source/fish/](https://www.hsph.harvard.edu/nutrition-source/fish/), myclevelandclinic.org/health/articles/17290-omega-3-fatty-acids, [hsph.harvard.edu/nutritionsource/vitamin-d/](https://www.hsph.harvard.edu/nutritionsource/vitamin-d/), U.S. Department of Agriculture and U.S. Department of Health and Human Services, Dietary Guidelines for Americans, 2020-2025, 9th Edition, December.

Roasted Pomegranate-Chipotle Salmon

Hands On 30 minutes

Total Time 1 hour 21 minutes plus marinating time

Serves 4

Hy-Vee canola oil cooking spray

½ cup Fischer & Wieser the original roasted raspberry chipotle sauce

2 Tbsp. 100% pomegranate juice

1 Tbsp. Gustare Vita white wine vinegar

4 Tbsp. Gustare Vita olive oil, divided

4 tsp. coarsely ground Hy-Vee fish and seafood seasoning, divided

4 (4- to 6-oz.) portions Verlasso salmon, 1½ to 1¾ in. thick

1 (24-oz.) pkg. Basket & Bushel petite medley potatoes, halved

1 (12-oz.) pkg. Basket & Bushel Brussels sprouts, halved

4 carrots, peeled, halved lengthwise and cut into 3-in. pieces

1 medium red onion, halved and cut into wedges

Pomegranate arils, for garnish

Fresh dill, for garnish

Hy-Vee salt, to taste

1. PREHEAT oven to 450°F. Spray a 15×11-in. rimmed baking pan with cooking spray; set aside.

2. WHISK together raspberry chipotle sauce, pomegranate juice, vinegar, 1 Tbsp. oil and 2 tsp. seafood seasoning in a small bowl; set aside.

3. PAT salmon dry with paper towels. Place salmon in a large resealable plastic bag. Pour ½ cup sauce mixture over salmon; seal bag. Set aside remaining sauce mixture for serving. Turn bag to evenly coat salmon with sauce mixture. Marinate salmon in refrigerator for 20 to 30 minutes, turning bag halfway through.

4. TOSS potatoes, Brussels sprouts, carrots and onion with remaining 3 Tbsp. oil and remaining 2 tsp. seafood seasoning on prepared baking pan until coated. Spread vegetables in a single layer.

5. ROAST vegetables for 30 to 35 minutes or until carrots are fork-tender. Remove salmon from marinade; discard marinade in bag. Nestle salmon on the pan between vegetables. Roast for 14 to 16 minutes or until salmon reaches 145°F.

6. TO SERVE, brush salmon with remaining sauce mixture. Garnish with pomegranate arils and dill, if desired. Season to taste with salt.

Per serving: 640 calories, 28 g fat, 4.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 1,020 mg sodium, 66 g carbohydrates, 11 g fiber, 25 g sugar (17 g added sugar), 32 g protein. Daily Values: Vitamin D 80%, Calcium 8%, Iron 15%, Potassium 40%



GLUTEN-FREE



All Verlasso salmon are raised sustainably in clean waters in Chilean Patagonia. The fish are known for a firm, flaky texture and mild, light flavors.



READY-TO-GO SEAFOOD

HAND PREP WORK OVER TO HY-VEE WITH COOK-AND-EAT FISH OPTIONS.



Tortilla Encrusted Tilapia Fillets



Maryland Style Imitation Crab Cakes



Cajun Atlantic Salmon Fillets



Hot Honey Cod With 7-Grain Salad

Hands On 25 minutes

Total Time 36 minutes

Serves 4

1 lb. Fish Market previously frozen Alaskan cod fillets, 1 to 1½ in. thick; cut into 4 portions

1 tsp. Hy-Vee salt, divided

3 Tbsp. Hy-Vee hot honey

2 Tbsp. Culinary Tours coarse ground smoked porter mustard

1 Tbsp. lemon zest
3 Tbsp. fresh lemon juice, divided

3 Tbsp. Gustare Vita olive oil, divided

2 tsp. Lawry's seasoned pepper

2 garlic cloves, minced

2 Tbsp. Hy-Vee unsalted butter

1 (8.8-oz.) pkg. Full Circle Market 90-second microwave 7 grains

4 cups lightly packed baby spinach and arugula blend
Lemon wedges, for serving

1. PAT fish fillets dry with paper towels. Sprinkle both sides with ¾ tsp. salt; set aside.

2. WHISK together honey, mustard, 2 Tbsp. lemon juice, 1 Tbsp. oil, seasoned pepper and garlic in a small bowl. Set honey sauce aside.

3. HEAT butter and 1 Tbsp. oil in a large skillet until butter melts. Add fish fillets in a single layer.

Cook over medium heat for 6 to 7 minutes or until fish reaches 145°F, turning halfway through.

4. REDUCE heat to low; pour honey sauce over fish. Cook for 1 to 2 minutes more or until sauce is bubbly, spooning over fish occasionally. Remove skillet from heat; loosely cover with foil.

5. COOK 7 grains in microwave according to pkg. directions. Transfer grains to a medium bowl; fluff with fork. Add spinach and arugula blend, lemon zest and

remaining 1 Tbsp. lemon juice, 1 Tbsp. oil and ¼ tsp. salt; toss to well coat.

6. TO SERVE, divide grain mixture among 4 serving plates. Top with fish. Drizzle with sauce from skillet. Serve with lemon wedges, if desired.

Per serving: 400 calories, 20 g fat, 5 g saturated fat, 0 g trans fat, 65 mg cholesterol, 900 mg sodium, 35 g carbohydrates, 4 g fiber, 14 g sugar (13 g added sugar), 21 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 35%, Potassium 4%

Cedar Plank Chili-Lime Shrimp Bowls

Hands On 30 minutes

Total Time 38 minutes plus cedar plank soaking time

Serves 2



FIND IT AT HY-VEE

Wildwood Cedar Grilling Planks

These planks infuse food with savory, smoky flavor. Cedar pairs especially well with seafood such as shrimp.

11x5 in.; 2 pc.

10.99

2 (11x5-in.) Wildwood red cedar grilling planks

1 (12-oz.) pkg. Fish Market frozen shell-on, EZ peel & deveined raw shrimp (41 to 50 ct.), thawed

4 Tbsp. Lawry's 30-minute Hawaiian marinade with tropical juices, divided
½ tsp. chili-lime rub
½ cup finely shredded red cabbage

3 tsp. fresh lime juice, divided
2 tsp. Gustare Vita olive oil
1 (8.5-oz.) pkg. fully cooked 90-second microwaveable coconut jasmine rice

2 tsp. finely chopped cilantro, plus additional for garnish

1 avocado, seeded, peeled and diced

8 thin slices Hy-Vee Short Cuts mango

Hy-Vee chili-lime peanuts, for garnish

Lime wedges, for serving

1. **COVER** cedar planks with water; soak for 1 to 2 hours. Peel shrimp, leaving tails attached.

2. **PAT** shrimp dry with a paper towel. Place in a large resealable plastic bag. Add 2 Tbsp. marinade and chili-lime rub. Seal bag. Turn bag to evenly coat shrimp with marinade and rub. Marinate in refrigerator for 15 to 20 minutes, turning bag halfway through.

3. **MEANWHILE**, preheat oven to 425°F. Line a large rimmed baking pan with foil. Place soaked cedar planks in prepared baking pan; set aside. Toss together red cabbage, 2 tsp. lime juice and oil in a medium bowl. Set cabbage aside until serving, stirring occasionally.

4. **PLACE** baking pan with cedar planks in oven for 8 to 9 minutes or until wood is fragrant.

5. **REMOVE** shrimp from marinade; discard marinade in bag. Lightly pat shrimp with

paper towels to remove excess marinade. Place shrimp in a single layer on hot cedar planks. Bake shrimp for 5 minutes. Remove pan with shrimp from oven; brush shrimp with remaining 2 Tbsp. marinade.

6. **PLACE** oven rack 6 in. from heat. Preheat broiler to HIGH. Broil shrimp for 2 to 3 minutes or until shrimp reaches 145°F. Meanwhile, heat rice in microwave according to pkg. directions.

7. **TO SERVE**, toss together rice, 2 tsp. cilantro and remaining 1 tsp. lime juice in another medium bowl. Divide rice mixture among 2 serving bowls. Top with shrimp, avocado and additional cilantro; serve with lime wedges, if desired.

Per serving: 510 calories, 23 g fat, 5 g saturated fat, 0 g trans fat, 190 mg cholesterol, 1,220 mg sodium, 50 g carbohydrates, 8 g fiber, 14 g sugar (8 g added sugar), 28 g protein. Daily Values: Vitamin D 0%, Calcium 15%, Iron 10%, Potassium 15%



When you see the "Responsible Choice" logo on seafood at Hy-Vee, that means your fish or shellfish was caught in a sustainable way that helps preserve fish populations and habitats. 100% of Hy-Vee's fresh and frozen seafood meets the standards to be a Responsible Choice.

Boiled Snow Crab Legs

Hands On 10 minutes

Total Time 14 minutes plus cooling time

Serves 4



FIND IT AT HY-VEE

1. Norpro Ceramic Butter Warmers

Ceramic dishes maintain heat, keeping butter melted and warm for dipping seafood.

2 pc.

14.99

2. Norpro Shanghai Crab or Lobster Scissors

A serrated blade easily cuts through shells, and soft handles offer a comfy grip.

6x3.25x0.25 in.

6.99

3. Old Bay Platter

Carbon steel is coated in porcelain enamel for a durable platter that's oven-, stove- and dishwasher-safe.

16x12 in.

39.99

4. Culinary Tours Irish Butter

This creamy spread is made from grass-fed and pasture-raised cows from Ireland.

8 oz.

5.99

5. Norpro Seafood Forks

Stainless steel forks are shaped to help easily scoop and pluck seafood from shells.

4 ct.

3.99

2 lb. Fish Market frozen or thawed Alaska snow crab clusters

Italian parsley, for garnish

Lemon wedges, for serving

Culinary Tours Irish Butter, melted and for serving

1. **FILL** a 16- to 20-qt. stockpot with water; bring to a boil. Add crab legs; reduce heat. Cover and simmer for 3 to 4 minutes for thawed crab clusters or 8 to 10 minutes for frozen crab clusters, or until heated through (145°F). Remove and cool slightly.

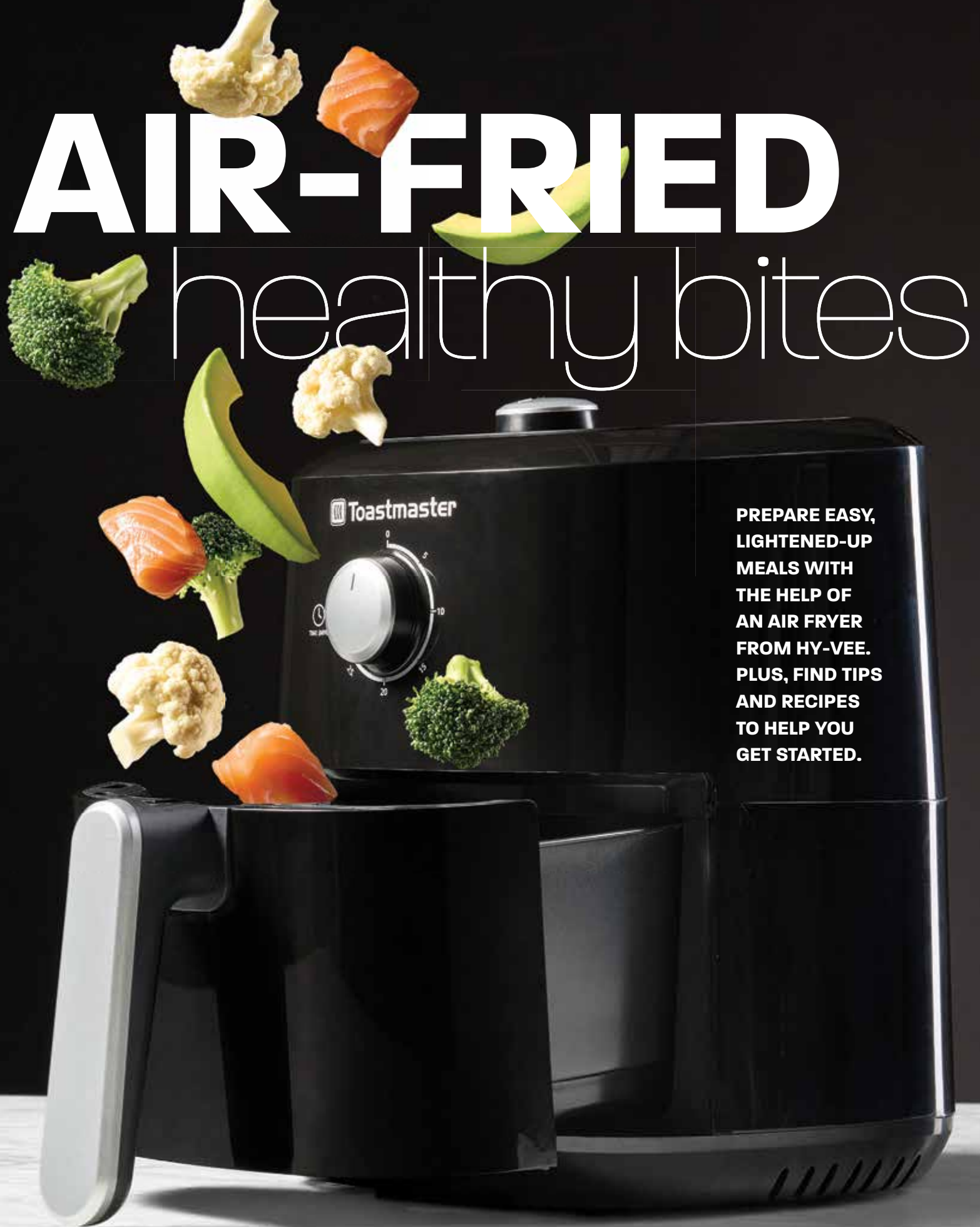
2. **TRANSFER** crab clusters to a platter. Garnish with parsley; serve with lemon wedges and melted butter, if desired.

Per serving: 60 calories, 0.5 g fat, 0 g saturated fat, 0 g trans fat, 45 mg cholesterol, 220 mg sodium, 1 g carbohydrates, 0 g fiber, 0 g sugar (0 g added sugar), 13 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 4%

20
MINUTES
OR LESS

AIR-FRIED

healthy bites



PREPARE EASY, LIGHTENED-UP MEALS WITH THE HELP OF AN AIR FRYER FROM HY-VEE. PLUS, FIND TIPS AND RECIPES TO HELP YOU GET STARTED.

3 REASONS YOU NEED AN AIR FRYER AND WHERE TO START

1 AIR FRYERS GET FOODS CRISPY WITHOUT DEEP FRYING

An air fryer cooks food by quickly circulating hot air around it. The force of the air helps brown and crisp the food, unlike deep frying, where food is submerged in hot oil to form a crunchy outer crust. An air fryer will crisp breaded foods, like chicken nuggets, and starchy foods, like french fries, without using much or any oil. According to Cleveland Clinic, calorie intake may be reduced by as much as 80% when using an air fryer instead of deep frying.

2 AN AIR FRYER MAY DECREASE COOKING TIME

It's recommended to preheat some air fryer models before cooking—however, the preheating time is usually only two to three minutes, much faster than preheating a regular oven. Additionally, because air fryers cook by quickly circulating hot air, the cook time for some recipes might be reduced. For example, a 3-pound chicken might need an hour or more to bake in an oven, but just 45 to 50 minutes in an air fryer.

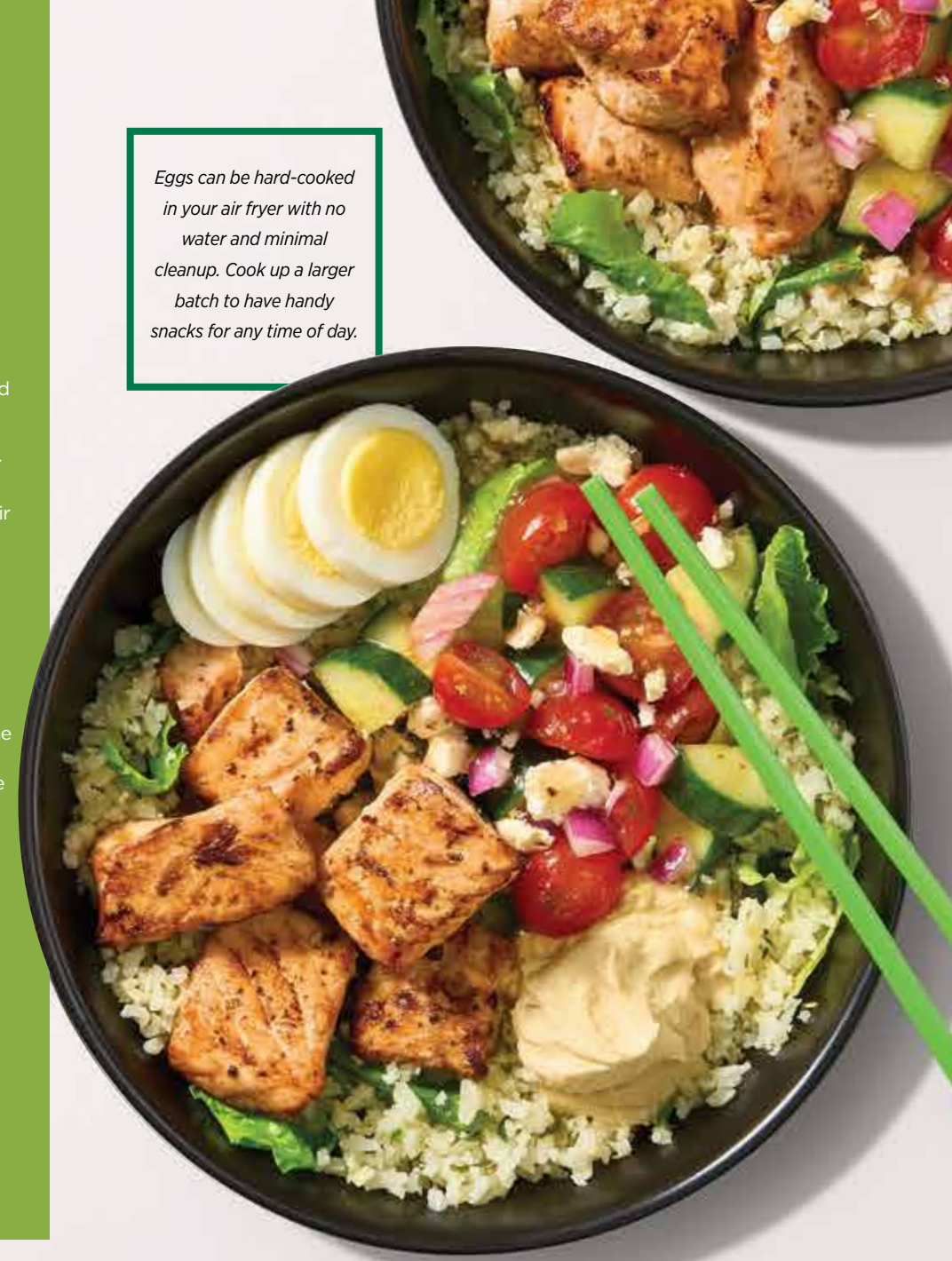
3 IT'S EASY TO USE FOR A VARIETY OF FOODS

Crunchy breaded foods and crisp fries are just the start of what an air fryer can do. Air fryers are also great for preparing roasted vegetables, cooking fish, crisping tofu, searing steak and even baking desserts like cookies and donuts. It also can heat leftovers and frozen foods. Most air fryers are also easy to use, with just a few buttons for adjusting temperature and cook time.



SCAN TO FIND delicious recipes to make in your air fryer at [Hy-Vee.com/recipes](https://www.hy-vee.com/recipes)

Eggs can be hard-cooked in your air fryer with no water and minimal cleanup. Cook up a larger batch to have handy snacks for any time of day.



Air-Fried Mediterranean Salmon Bowls

Hands On 25 minutes

Total Time 36 minutes plus marinating time

Serves 4

1 (1-lb.) Fish Market farm raised Atlantic salmon fillet, skin removed

6 Tbsp. Greek vinaigrette, divided; plus additional for serving

1 cup chopped cucumber

1 cup halved Basket & Bushel One Sweet cherry tomatoes

½ cup Hy-Vee Short Cuts diced red onion

Hy-Vee vegetable oil cooking spray

4 Hy-Vee large eggs

2 (10-oz.) pkg. Green Giant frozen riced veggies cauliflower with lemon & garlic

3 cups chopped romaine lettuce

½ cup Hy-Vee original hummus

¼ cup Soirée Mediterranean herb feta crumbled cheese

1. CUT salmon into 1½-in. cubes. Place salmon in a large resealable

plastic bag. Drizzle 4 Tbsp. vinaigrette over salmon; seal bag. Turn bag to evenly coat salmon with vinaigrette. Marinate in refrigerator for 10 minutes. Meanwhile, stir together cucumber, tomatoes, red onion and remaining 2 Tbsp. vinaigrette in a medium bowl until coated; set aside.

2. USING an air fryer with a 2-basket feature, spray both air fryer baskets with cooking spray. Preheat one zone to 300°F and the other zone to 400°F, according to manufacturer's directions.

3. REMOVE salmon from marinade; discard marinade in bag. Place salmon in one of the baskets; spray with cooking spray and air-fry at 400°F for 9 to 11 minutes or until salmon reaches 145°F, gently shaking basket halfway through. Place eggs in the other basket and air-fry at 300°F for 11 minutes.

4. MEANWHILE, cook cauliflower rice in a microwave according to pkg. directions.

5. TO SERVE, peel and slice hard-cooked eggs. Divide lettuce

among 4 serving bowls. Top with cauliflower rice. Arrange salmon, egg slices, cucumber mixture and hummus on top. Sprinkle with feta cheese. Serve with additional Greek vinaigrette, if desired.

NOTE: Cooking times, temperatures and quantities may vary depending on style of air fryer.

Per serving: 480 calories, 27 g fat, 6 g saturated fat, 0 g trans fat, 260 mg cholesterol, 530 mg sodium, 20 g carbohydrates, 6 g fiber, 8 g sugar (1 g added sugar), 39 g protein. **Daily Values:** Vitamin D 80%, Calcium 10%, Iron 20%, Potassium 20%

8 THINGS TO TRY IN YOUR AIR FRYER

FROZEN FOODS, VEGGIES AND MORE ALL BECOME CRISPY AND DELICIOUS IN THE AIR FRYER. LOOK FOR THESE BETTER-FOR-YOU OPTIONS AT HY-VEE FEATURING NUTRITIOUS INGREDIENTS.



Cauliflower-crust Pizza
Air frying pizza can create a crisp, golden brown cauliflower crust and gooey, lightly browned cheese.



Asparagus
A quick shortcut for cooking asparagus, the air fryer cooks this veggie in minutes, leaving it golden brown and tasty.



Shrimp
With or without breading, air-fried shrimp are plump and juicy, with just a hint of browning.



Broccoli
Cooking fresh broccoli in the air fryer perfectly crisps the heads, while leaving the stems tender and caramelized.



Nuggets
Frozen foods like chicken nuggets crisp quickly in the air fryer—this version uses a more nutritious cauliflower breading.



Sweet Potato Fries
Using an air fryer for these favorite fries leads to a crispier, more golden crust for ultimate snacking and side dishes.



Turkey Burgers
Outside grilling season, quickly cook burgers in the air fryer instead. Unlike pan frying, no oil is needed.



Eggs
Soft- or hard-cook eggs in your air fryer—adjust the cooking time to your desired level of doneness as needed.

HOW TO CLEAN YOUR AIR FRYER

1 Wipe Out Excess Oil

When your air fryer is completely cool, remove the basket and use a paper towel to wipe out any extra oil or leftover pieces of food.

2 Wash the Basket

Using hot water, dish soap and a nonabrasive sponge or cloth, wash the air fryer basket (and removable tray, if your fryer has one), then rinse with cool water.

3 Wipe Down the Inside

Wet a cloth with warm water (don't use soap), and wipe down the inner heating chamber to remove any food residue. Be sure not to submerge the heating element in water.

PRO TIP: Avoid using abrasive sponges or sharp utensils like scrub brushes—these may damage the fryer's nonstick coating.

THE DOS AND THE DON'TS AIR FRYER 101

* Do remember to shake or flip

Though air will circulate around your food as it cooks, the heat source is often located above the food. For even cooking, shake the basket or turn foods halfway through the cook time.

*** Do use an instant-read meat thermometer** An air fryer may cook faster than other methods; use a thermometer to ensure your food is cooked through without overcooking or slicing too early and losing juice.

*** Do use a small amount of oil** Most recipes will only need a teaspoon or two of oil to fry. Too much and your food might end up soggy, but too little may not create any browning.

*** Do read your air fryer's manual** It'll have helpful information for operating your fryer, such as how to use it and cook time advice.

* Don't overuse nonstick spray

Many air fryer baskets have a nonstick coating, which can be damaged by nonstick cooking spray over time if sprayed directly into the basket. Spray directly on food for best results.

*** Don't overload the basket** Air fryers rely on circulating air to cook food, so stacked foods may not cook evenly or get crispy. Keep food in a single layer, and cook in several batches if needed.

*** Don't use a wet batter** Though an air fryer can get foods crispy, it can't set a wet batter like deep frying will—instead, the batter will drip off as the food cooks.

*** Don't cook foods with lots of liquid** Anything that needs to absorb water, like pasta or rice, isn't suited for the air fryer, and sauces and soups may seep in and create a mess.

FIND IT AT HY-VEE

Toastmaster Compact Air Fryer

The compact design saves counter space, and includes slide-out cooking basket for easy cleaning. 2-qt. capacity
49.99

Air fryers can crisp food directly out of the freezer with no need to defrost and can reheat leftovers that might become soggy in the microwave, like French fries.



FIND IT AT HY-VEE

Ninja Foodi 2-Basket Air Fryer

Cook multiple foods at once with a double-basket air fryer with two separate time and temperature controls.

8-qt. capacity

199.99

Each basket has its own heater and circulating fan, which allows you to cook two different foods at once. Also included are six cooking functions, such as roast and dehydrate.



AIR-FRIED AVOCADO FRIES

Place ½ cup Hy-Vee all-purpose flour in a small shallow bowl; place ½ cup Hy-Vee 2% reduced-fat milk in another small shallow bowl. Stir together 1 cup Hy-Vee plain panko bread crumbs and 2 Tbsp. Hy-Vee everything bagel seasoning in a third bowl. Cut 2 slightly firm avocados, seeded and peeled, into ½-in. slices. Dust slices, one at a time, in flour; dip in milk. Repeat dipping in flour and milk, then coat with bread crumb mixture. Working in batches, place coated avocado slices in a single layer in air fryer basket sprayed with Hy-Vee olive oil cooking spray. Air-fry at 375°F for 4 to 5 minutes or until lightly golden. Turn slices over and spray with cooking spray. Air-fry for 3 to 5 minutes more or until crisp and golden. Garnish with Italian parsley, if desired. Serve with tzatziki Greek yogurt dip. Serves 6.

AIR-FRIED BANG BANG CAULIFLOWER WINGS

Stir together 3 Tbsp. Culinary Tours bang bang sauce and 3 Tbsp. sweet barbecue sauce in a large bowl; set aside. Place 1 (12-oz.) container Hy-Vee Short Cuts cauliflower florets, cut into 1- to 2-in. florets, in a large resealable plastic bag. Whisk together ½ cup McCormick Golden Dipt fish 'n chips seafood batter mix and ½ cup water in a bowl until smooth. Pour batter over cauliflower; seal bag. Turn bag to coat. Add ½ cup air fryer seasoned coating mix for chicken; seal bag. Turn bag to coat. Working in batches, place coated cauliflower in a single layer in air fryer basket. Air-fry at 400°F for 10 to 12 minutes or until crisp, gently shaking air fryer basket and spraying with cooking spray halfway through. Transfer cauliflower to sauce mixture in bowl; stir to coat. Return to air fryer basket; air-fry 4 to 5 minutes more or until crisp and golden. Garnish with green onions, if desired. Serve with Hy-Vee Short Cuts celery sticks and additional bang bang sauce and barbecue sauce. Serves 4.



NOTE: Cooking times, temperatures and quantities may vary depending on style of air fryer.



Make It a Meal with Hy-Vee Short Cuts Veggies

Prepare an easy, nutritious side dish alongside your main with help from Hy-Vee Short Cuts. These washed fruits and veggies are already sliced or chopped, and are ready to cook straight out of the package. Look for several varieties of Short Cuts veggies at Hy-Vee, add your favorite seasoning and air-fry for a speedy side dish.



STIR-FRY VEGGIES

Asparagus, snow peas, white onions and red and yellow bell peppers are ready to air-fry; serve with rice and a protein.



GRILL PAN-READY VEGGIE MIX

Air-fry potatoes, red onions, bell peppers and more with a small amount of oil.

Spicy Glazed Chicken Thighs

Hands On 10 minutes
Total Time 28 minutes
Serves 6 (1 each)

- 5 Tbsp. spicy ketchup
- 5 Tbsp. Hy-Vee hot honey
- 2 Tbsp. Hy-Vee reduced-sodium soy sauce
- 6 (4- to 6-oz.) Hy-Vee True boneless, skinless chicken thighs, trimmed
- Hy-Vee olive oil cooking spray
- Fresh chives, for garnish
- Coarsely ground Hy-Vee sea salt, to taste

1. PREHEAT air fryer to 375°F according to manufacturer's

directions. Stir together ketchup, honey and soy sauce in a small bowl; set aside. Pat chicken thighs dry with paper towels.

2. SPRAY air fryer basket with cooking spray. Working in batches, place chicken, boned side up, in air fryer basket. Brush each thigh with 1½ tsp. sauce mixture; spray with cooking spray. Air-fry for 5 minutes; brush each thigh again with 1½ tsp. sauce; air fry for 5 minutes more.

3. TURN chicken over. Brush each thigh with 1½ tsp. sauce and spray with cooking spray; air-fry for 5 minutes. Brush with remaining sauce and air-fry for 2 to 3 minutes or

until chicken reaches 165°F. (If necessary, place cooked chicken on a wire rack in a rimmed baking pan and keep warm in a 200°F oven while air frying remaining chicken.)

4. TO SERVE, garnish with chives. Season to taste with salt.

NOTE: Cooking times, temperatures and quantities may vary depending on style of air fryer.

Per serving: 210 calories, 6 g fat, 2 g saturated fat, 0 g trans fat, 105 mg cholesterol, 400 mg sodium, 19 g carbohydrates, 0 g fiber, 18 g sugar (17 g added sugar), 19 g protein. **Daily Values:** Vitamin D 0%, Calcium 0%, Iron 6%, Potassium 4%

UNFORGETTABLE

17 PHOTO-WORTHY VALENTINE'S DAY IDEAS!



MAKE IT A VALENTINE'S DAY TO REMEMBER WITH TASTY TREATS AND ADORABLE GIFTS FROM HY-VEE. PLUS, SERVE A MEMORABLE DINNER FOR TWO WITH A HY-VEE MEAL PACK.

1 SWEETHEART CENTERPIECE

Arrange a special bouquet using roses and multiple vases. To form a heart shape, place three vases in a triangle pattern. Fill each vase with roses, trimming and adjusting as needed to fill the space between vases and create a heart-shape pattern.

EAT BREAKFAST TOGETHER



2 LATTE LOVE

SURPRISE YOUR VALENTINE WITH A HOMEMADE COFFEE WITH A MESSAGE USING SYRUP OVER STEAMED MILK.

FIND IT AT HY-VEE
Ninja DualBrew Pro Specialty Coffee System
Brew a single cup or full pot of hot or iced coffee, and upgrade drinks with a built-in milk frother.
12-cup capacity
229.99

3 BERRY SPECIAL

SWEETHEART OVERNIGHT CHIA OATS

Trim and halve 9 Basket & Bushel strawberries; set aside. Combine 1/2 cup Hy-Vee plain nonfat Greek yogurt, 2 Tbsp. water, 2 Tbsp. Full Circle Market chia seeds and 1 Tbsp. Hy-Vee honey in a small bowl; pour into 2 (10-oz.) jars. Using 12 strawberry halves, slide 6 strawberry halves into the yogurt mixture against the inside wall of each jar with cut sides of strawberries against the glass; set aside. Place an additional 3/4 cup yogurt, remaining 6 strawberry halves, 1/4 cup Basket & Bushel raspberries, 1/4 cup Hy-Vee old fashioned oats, 2 Tbsp. strawberry-champagne jam and 1 Tbsp. honey in a blender. Cover and blend on high until oats are finely ground. Pour oat mixture on top of yogurt mixture in jars; cover with jar lids. Refrigerate for 4 hours or overnight. To serve, garnish with chopped Zöet 57% cacao dark chocolate bar and additional strawberries, raspberries and warmed jam, if desired. Serves 2 (1 cup each).

GF
option
GLUTEN-FREE

SO SWEET!



ROOM FOR ROMANCE

4 SWEETHEART SPREAD

SURPRISE YOUR SPECIAL SOMEONE WITH SWEET TREATS FROM HY-VEE BAKERY SERVED ON ELEGANT MUD PIE DISHES. SET A SMALL DESSERT TABLE JUST FOR TWO, OR PREPARE A LARGER SPREAD FOR A VALENTINE'S DAY CELEBRATION.



FIND IT AT HY-VEE

Mud Pie Black Tiered Server

This elegant hand-painted, two-tier metal serving stand can be disassembled for easier storage.

23x13 in.

59.99

FIND IT AT HY-VEE

Mud Pie Black and White Platter Set

Serve dinner or dessert in style with nested glazed stoneware platters.

small 12 in.; large 14 in.

59.99



5

BAKERY BOUQUET

Make a fun edible bouquet using the delicious treats from Hy-Vee Bakery. Drizzle donut holes with pink chocolate, frost cookies with a flower petal tip and cut cookies and scotcheroos into hearts with cookie cutters.

SO SWEET!

6 DESSERTS AT HY-VEE

Pick up prepared desserts from the Hy-Vee Bakery to complete a dinner for two.



GOURMET CUPCAKES
Decadent cupcakes in flavors such as red velvet and confetti.



CANNOLIS
Crisp outer shell filled with fluffy cream and dotted with mini chips.



LAVA CAKES
Rich, moist chocolate cakes filled with gooey ganache.



7 CHOCOLATE-COVERED FRUIT BOX

Place white vanilla-flavor, dark chocolate-flavor and/or milk chocolate-flavor melting wafers each in a separate microwave-safe bowl. Microwave each bowl on HIGH at 15-second intervals or until wafers are melted, stirring each time. Pat dry desired fruits (Hy-Vee Short Cuts triple berry blend berries, Hy-Vee Short Cuts pineapple half-slices, Basket & Bushel strawberries, Hy-Vee maraschino cherries with stems, peeled orange segments, peeled kiwi slices and/or apple wedges). Dip fruits in desired coating and place on a waxed paper-lined baking sheet. To garnish, tint some of the remaining melted vanilla-flavor coating with Over the Top pretty pastels pink food coloring gel. Spoon each remaining vanilla- or chocolate-flavor coating into a separate resealable sandwich-size plastic bag. Close each bag and snip off one corner; pipe onto coated fruits. Sprinkle coated fruits with Over the Top sanding sugars or toasted Hy-Vee unsweetened coconut flakes. Let fruits stand at room temperature until coating is set. Place fruits in paper baking cups; arrange in 9½×7¼-in. gift boxes or on a serving tray.

GF
option
GLUTEN-FREE

SWEET-ON-YOU SNACK MIX

Place 3 cups Hy-Vee lightly salted popcorn in a large rimmed pan lined with foil and sprayed with Hy-Vee cooking spray. Set pan on a trivet. Whisk together 4 Tbsp. Hy-Vee light corn syrup, 3 Tbsp. Hy-Vee granulated sugar and 1 Tbsp. water in a small saucepan. Cook and whisk over medium heat until sugar is melted. Stir in ½ cup Hot Tamales; cook and whisk over medium heat for 3 to 4 minutes or until melted. Whisk in ½ tsp. Hy-Vee salt. Pour syrup mixture over popcorn in pan; fold together using a silicone spatula. Spread popcorn mixture evenly in pan; cool completely. Break coated popcorn into chunks; place in a large bowl. Add an additional 3 cups popcorn, 1 (1-oz.) pkg. Good Graces freeze-dried strawberry slices, 1 cup Very Berry Cheerios, 1 cup Hy-Vee strawberry mini pretzels, 1 cup blueberry-flavor almonds, ½ cup M&M's Valentine's Day candy and ½ cup Hot Tamales; toss. Store up to 1 day. Serves 14 (¾ cup each).



8 SUGAR & SPICE

9 SHARE A TOAST



SO SWEET!

CUPID'S COCKTAIL

Microwave ¼ cup dark chocolate-flavor melting wafers in a small microwave-safe bowl on HIGH at 15-second intervals or until wafers are melted, stirring each time. Drizzle inside 2 (8-oz.) martini glasses; freeze for 5 to 6 minutes or until firm. Add 4 oz. Tippy Cow chocolate shake rum cream liqueur, 2 oz. white chocolate-flavor syrup, 2 oz. Hy-Vee lowfat buttermilk, 2 oz. Cupcake Vineyards red velvet wine and 2 oz. no-sugar-added tart cherry juice to a large cocktail shaker; add ice. Cover and shake well until chilled. Strain into prepared glasses. Top with Hy-Vee whipped topping. Garnish with Over the Top rosy red sanding sugar, if desired. Serves 2 (6 oz. each).

20
MINUTES
OR LESS

10 BUBBLES

Pop open a bottle of champagne or sparkling wine with dinner and toast to your Valentine. Experts in Hy-Vee's Wine & Spirits Department can offer suggestions and pairing ideas to help you select the best bottle.



Chandon Brut J Cuvée 20

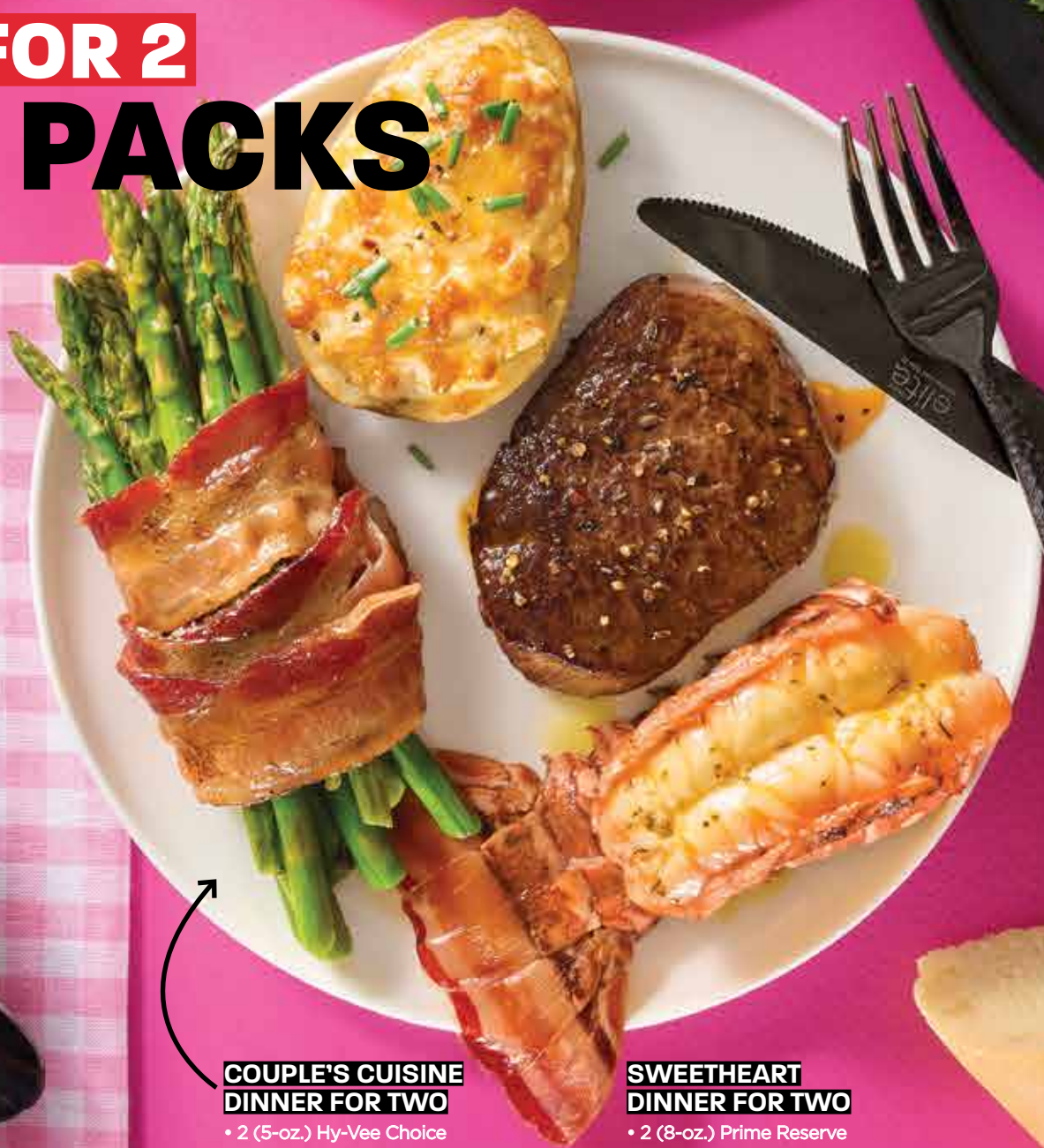


LaMarca Prosecco Veuve Clicquot Brut

11



DINNER FOR 2 MEAL PACKS



COUPLE'S CUISINE DINNER FOR TWO

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

\$75

SWEETHEART DINNER FOR TWO

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

\$35

FIND IT AT HY-VEE

Gibson Elite Stonehenge Flatware Set

Set the table for four with black stainless steel dinner knives, forks, salad forks and table- and teaspoons. 20 pc.

\$38.99

HOW TO ORDER

At least 24 hours in advance, contact your local store or go to Hy-Vee.com/catering to place your Hy-Vee Meal Pack order.



SCAN TO SHOP Meal Pack varieties at Hy-Vee.



KISS THE COOK

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

\$50

12

QUICK FIX-UP



CHERRY PORT WINE SAUCE

Stir together ½ cup ruby port; ½ cup Hy-Vee frozen unsweetened red tart cherries, thawed; and 2 Tbsp. roasted garlic onion jam in a small saucepan. Cook over medium-high heat for 6 to 8 minutes or until reduced by half, stirring occasionally. Remove saucepan from heat and stir in 1 Tbsp. Hy-Vee unsalted butter. Serves 2 (¼ cup each).

10
MINUTES
OR LESS

13 PIZZA MY HEART



Be Mine Pizza

Hands On 30 minutes
Total Time 46 minutes
Serves 8

- Hy-Vee canola oil cooking spray
- 1 (8-oz.) pkg. sliced fresh mozzarella
- 16 slices Di Lusso pepperoni
- 1 (13.8-oz.) can Hy-Vee refrigerated pizza crust
- Hy-Vee all-purpose flour, for dusting
- ¼ cup Gustare Vita pizza sauce
- ¼ tsp. Hy-Vee Italian seasoning
- ½ cup Hy-Vee shredded pizza cheese
- ¼ cup thinly sliced red onion

- 3 Basket & Bushel mini sweet peppers, thinly sliced and seeded
- Fresh basil, cut into ribbons; for garnish
- Hy-Vee grated Parmesan cheese with red pepper, for serving

1. **PREHEAT** oven to 425°F. Lightly spray a pizza stone with cooking spray.
2. **CUT** mozzarella and pepperoni slices into hearts using a 1¼-in.-wide heart-shape cookie cutter; set aside.
3. **TO CUT** pizza crust dough into a heart shape, unroll dough onto a lightly floured sheet of parchment paper. Roll dough into a 12-in. square. Rotate parchment

so bottom-corner point of dough is facing you. For the left-rounded top of the heart shape, start at the left corner and cut an arch, stopping in the center of the dough below the top corner. For right-rounded top of the heart shape, start at the right corner and cut an arch, stopping in center. Remove and discard top piece of dough.

4. **ROLL** parchment paper and dough around a rolling pin. Turn rolling pin so dough is facing pizza stone. Gently unroll dough onto pizza stone. Gently remove parchment paper.

5. **SPREAD** pizza sauce to within ¼ in. of dough edge. Sprinkle with Italian seasoning. Top with pizza cheese. Then top with mozzarella hearts, pepperoni hearts, onion and sweet pepper slices.

6. **BAKE** for 15 to 16 minutes or until crust is golden brown. If desired, use a butter knife to reshape mozzarella hearts. Garnish with fresh basil. Serve with Parmesan, if desired.

Per serving: 170 calories, 7 g fat, 3.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 360 mg sodium, 19 g carbohydrates, 0 g fiber, 3 g sugar (2 g added sugar), 7 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 2%

14 GIVE A SWEET GIFT

Before date night, visit Hy-Vee and pick out a present your Valentine is sure to love. Choose their favorite candy, or surprise them with something new with sweets that go beyond a traditional box of chocolates.



FIND IT AT HY-VEE

1. Frankford Gummy Lunchables

These heart-shape boxes put a nostalgic twist on Valentine's Day candy with fruit-flavor gummies designed to look like Lunchables pizza kits and cracker stackers. 4.4 oz. or 4.66 oz.

6.99

2. Maud Borup Falling Fore You White Chocolate Golf Balls

Tee up a happy Valentine's Day for the golf fan with three hollow treats crafted to look just like they're ready for the driving range. 2.1 oz.

3.99

3. Maud Borup Hooked on You Candy Filled Tackle Box

A great catch deserves this tackle box filled with fat-free and gluten-free chewy fish, worms and other fruity, gummy and hard candies. 13 oz.

10.99

4. Lindt Valentine's Mug Set

A microwave- and dishwasher-safe ceramic mug holds treats like chocolate cocoa mix and strawberries and cream-flavor white chocolate truffles. 3 pc.

9.99

5. Hershey's Candy with Plush

Celebrate puppy love with an adorable 6.5-in. tall plush dog holding mini peanut butter cups. 0.9 oz. (chocolate)

7.98

6. Maud Borup Valentine's I Dig You Candy Cup

A fluffy and sweet twisted cotton candy cup topped with sour gummy worms for the person you dig most in your life. 3 oz.

4.99

Cookie-Brownie Rosebud Desserts

Hands On 25 minutes
Total Time 1 hour and 29 minutes plus cooling time
Serves 12 (1 each)

Hy-Vee vegetable oil cooking spray
Hy-Vee all-purpose flour, for dusting
1 (17.4-oz.) pkg. cookie-brownie bars mix
3 Tbsp. Hy-Vee unsalted butter, softened
4 Tbsp. water, divided
½ cup Hy-Vee vegetable oil
1 Hy-Vee large egg
Strawberry dessert topping, for serving
Hy-Vee frozen original whipped topping, thawed; for garnish
Fresh mint, for garnish

1. PREHEAT oven 325°F. Generously spray a Nordic Ware rosebud cake pan with cooking spray; dust with flour. Set pan aside.

2. PREPARE cookie dough according to pkg. directions using cookie pouch from bar mix, butter and 2 Tbsp. water. Set aside half of the cookie dough.

3. BREAK remaining cookie dough into chunks. Press dough chunks randomly in bottom and two-thirds up the side of each rosebud mold.

4. PREPARE brownie batter according to pkg. directions using brownie pouch from bar mix, oil, egg and remaining 2 Tbsp. water.

5. SET aside half of the brownie batter. Spoon remaining brownie batter into rosebud molds with cookie dough, filling each two-thirds full.

6. BAKE for 30 to 32 minutes or until a toothpick inserted near centers comes out slightly clean (do not overbake). Cool in cake pan for 10 minutes. Remove and cool completely on a wire rack.

7. WASH and dry cake pan. Spray with cooking spray and dust with flour. Repeat making 6 more cookie-brownies with remaining cookie dough and brownie batter. Store in an airtight container at room temperature up to 2 days.

8. TO SERVE, spoon a small amount of strawberry topping on each dessert plate. Place cookie-brownies on top. Garnish with whipped topping and mint, if desired.

Per serving: 260 calories, 12 g fat, 4 g saturated fat, 0 g trans fat, 25 mg cholesterol, 150 mg sodium, 35 g carbohydrates, 1 g fiber, 21 g sugar (21 g added sugar), 2 g protein.
Daily Values: Vitamin D 0%, Calcium 0%, Iron 10%, Potassium 0%

15 SHARE YOUR LOVE



FIND IT AT HY-VEE

Nordic Ware Rosebud Cake Pan

Bake up a bouquet with this nonstick cast aluminum pan with six flower-shape cups. 9.3×10.1×1.8 in.

24.99



HEART HOW-TO

Turn prepared sugar cookie dough into cute sweethearts in three steps.



1. CUT OUT COOKIES

Roll dough to ¼ in. thick. Firmly press down on cookie cutter to cut into hearts. Bake and cool.



2. FLOOD WITH ICING

Pipe outlines around the edge of each cookie with Royal Icing, then flood the centers with icing until coated.



3. DECORATE

Add desired phrases to cookies by piping on additional Royal Icing.



16

LOVE NOTES

SWEET TALK SUGAR COOKIES

Roll 1 (16.5-oz.) tube refrigerated Crav'n Flavor sugar cookie dough on a lightly floured surface to ¼-in. thickness. Cut heart shapes using a 2½- to 3-in.-wide heart-shape cookie cutter. Place cutouts 2 in. apart on parchment-lined cookie sheets. Bake in 350°F oven for 8 to 10 minutes or until edges are golden brown, rotating cookie sheet halfway through. Cool on cookie sheet for 5 minutes. Transfer cookies to a wire rack and cool completely. Prepare 1 recipe Royal Icing (see QR code, left, for online recipe). Tint as desired with Over the Top pretty pastels food coloring gels. Immediately spoon different colored icings into pastry bags fitted with a small round-shape piping tip. Flood center of cookies with flood-consistency icing; let stand until completely set. Pipe messages on cookies using stiff-consistency icing; let stand until set. Serves 13 (1 each).



SCAN FOR
Royal Icing
recipe at
Hy-Vee.com

17

GLUTEN-FREE
BERRY HEARTS
HELP YOU SHARE
THE LOVE.

30
MINUTES
OR LESS

GF
option
GLUTEN-
FREE

CHOCOLATE-DIPPED STRAWBERRY HEARTS

Hull 12 strawberries using a paring knife; cut a V-shape into the top of each to create a heart shape. Pat dry; set aside. Melt ¾ cup dark chocolate-flavor melting wafers in a microwave according to pkg. directions. Place strawberries, one at a time, into melted chocolate coating; spoon coating over strawberries to cover. Lift strawberry out of chocolate-flavor coating with a fork. Lightly tap fork on rim of bowl to remove excess coating from strawberry. Place on a waxed paper-lined baking sheet. Let stand until coating is slightly set. Melt ¼ cup white vanilla-flavor melting wafers in microwave according to pkg. directions; drizzle over coated strawberries. Let stand until set. Serves 4 (3 each).



CAITLIN CLARK



BACK FOR HER FOURTH YEAR LEADING IOWA'S WOMEN'S BASKETBALL TEAM, STAR POINT GUARD CAITLIN CLARK SHARES MEMORABLE MOMENTS FROM LAST YEAR'S FINAL FOUR RUN AND DETAILS OF HER LATEST HY-VEE PROJECT.

For Caitlin Clark and the Iowa squad, reaching the Final Four of the NCAA tournament was 30 years in the making. Iowa last reached the Final Four in 1993, and it has been Clark's goal since her freshman year to lead the team to their second semifinal. After a surprise exit in the second round in 2022, the Hawkeyes came back hungry for success. "I've always said so many things have to fall in place to make the tournament, and for our team that really is what happened,"

Clark says, describing the team's 2022-2023 season. The Hawkeyes played the first two rounds of the tournament at home in Iowa City, advancing to the Sweet 16 in front of a sold-out crowd. "Along the way, there were so many special moments—traveling with the team, seeing the thousands of Hawkeye fans, and having my family there," Clark says. "So much was exactly how I dreamed it would be." In the Hawkeyes' Elite Eight match against Louisville, Clark scored a massive 41 points to help push the team to victory. "The win against

TAKING POINT

“WE HAVE A TEAM CULTURE—EVERYONE MATTERS. EVERYONE IS WORKING REALLY HARD, AND TOGETHER WE CAN HAVE AN AMAZING SEASON FILLED WITH MORE SPECIAL MOMENTS.”

Louisville was monumental," she says, and the following Final Four game against South Carolina was "just pure joy" as Iowa reached the championship game. Though the Hawkeyes ultimately fell to Louisiana State University, Clark takes pride in their success. "Having another Final Four banner for women's basketball hanging in Carver Hawkeye arena means the most to me," she says. "It's for every player who came before and made it possible, every fan who cheered along the way, and for my teammates who believed it was possible."

HY-VEE FORTUNE FRENZY

In partnership with Caitlin Clark, Hy-Vee HyChi is hosting a fortune frenzy during the month of January. Customers will have a chance to win prizes from the fortune cookies included with each HyChi meal purchase.



SCAN TO LEARN more details about the Hy-Vee Fortune Frenzy promotion.



ALL EYES ON IOWA

During the 2023 tournament, Clark averaged nearly 32 points per game, and set a record for the most points scored in a single NCAA tournament with 191. She was also named Naismith Player of the Year for the 2023 season, recognizing her as the most outstanding women's college basketball player. "The individual awards, honestly, I'm very thankful and humbled by the honor each time, but I know the greatest award is the moments with my team along the way," Clark says. The team's success is clear—for the current season, the Hawkeyes are playing every home game to a sold-out crowd. "It's just great to have all the Hawkeye fans supporting women's basketball and all women's sports," Clark says. "I think more people have been drawn into the women's game as visibility and skill have increased."

TEAMING UP WITH HY-VEE

In 2021, the NCAA approved a new name, image and likeness policy (NIL) allowing student athletes to accept brand sponsorships, endorsement opportunities and other commercial partnerships. After advocating for the NIL change, Clark announced her first major brand partnership in 2021 with Hy-Vee. "When NIL was becoming a reality, I told my business team that I love Hy-Vee," Clark says. "We have really similar values in being our best, taking care of others and engaging in the community. It just felt like a perfect partnership and I'm incredibly grateful."

As part of her partnership with Hy-Vee, Clark has appeared in commercials, acted as one of the Grand Marshals for 2023's Hy-Vee Indycar Race Weekend and is an ambassador for Hy-Vee HyChi. As Clark sees it, balancing basketball, school and responsibilities for brand partners is all part of the job. "It's really the same for any student who's working and involved on campus," Clark says. "Organization and communication are key, and just being in the moment with whatever I'm doing—on the court, in the classroom or working with a brand partner."



Q&A

Q. What was the most important lesson you took away from your tournament run last year?

A. Anything is possible when you work together and believe in each other.

Q. What are you focusing on to prepare for another championship?

A. Be ourselves. We have a team culture—everyone matters. Everyone is working really hard, and together we can have an amazing season filled with more special moments.

Q. How has your training changed throughout your basketball career?

A. For one, strength training has become more and more important. Rest has become more important so my body can recover. But what hasn't changed is how much I love being in the gym.

Q. How have you adjusted to living in the public spotlight?

A. It's an adjustment for sure. I surround myself with people who understand and respect the situation. I'm a homebody, so that helps, too.

Q. If you could give any advice to your past self, what would you say to an incoming freshman Caitlin Clark?

A. Embrace every minute because it all goes by so fast. And keep believing in yourself, because the sacrifices you make now will reap rewards in the future.

Q. We've heard you're an ambassador for HyChi—what does it mean to you to hold that title?

A. It's true, I am a huge fan of HyChi—and my brothers are, too. But it still shocks me to walk into a store and see my cardboard standup there by the HyChi counter.

Q. What's your go-to HyChi order?

A. Asian Beef with Broccoli or Chicken Fried Rice.

CAITLIN CLARK BY THE NUMBERS

STATS CARD
Height: 6'0"
Age: 21
Position: Point Guard
Team: Iowa Hawkeyes

POINTS PER GAME
27.2
ASSISTS PER GAME
8.0

REBOUNDS PER GAME
7.0
STEALS PER GAME
1.4

AWARDS
• Naismith Women's College Player of the Year (2023)
• Best Female College Athlete ESPY Award (2023)
• Associated Press Women's College Basketball Player of the Year (2023)
• Academic All-American (2022-23)



PHOTO: Arika Jenner/Getty Images

TWO-MINUTE



In a *rush* to set out a super buffet for the Big Game? These tasty recipes go together in a *snap*. And you won't want to *pass* up the winning roster of meal, snack and beverage options at Hy-Vee, including specialty party trays that are perfect for rounding out the menu!

WARNING

DOUBLE THREAT

YOU WON'T GET CALLED FOR PILING ON WHEN YOU PAIR UP FRIES WITH THESE AWESOME TOPPERS.

SAVE TIME ON GAME DAY WITH HY-VEE GOURMET STEAKHOUSE BURGERS.

PRE-FORMED AND READY-TO-GRILL PATTIES COME IN THESE FLAVORS:

- BACON CHEDDAR
- JALAPEÑO PEPPER JACK
- STEAKHOUSE MIGNON

BUFFALO CHICKEN POUTINE

Spread 2 (24-oz.) pkg. Hy-Vee Extra Crispy Waffle Cut French Fried Potatoes in 2 rimmed baking pans lined with parchment paper. Bake at 425°F for 50 minutes or until golden and crisp, turning potato fries over halfway through. Combine fries in one baking pan. Heat 1 Tbsp. Gustare Vita olive oil in a large nonstick skillet. Cook 3 (5- to 7-oz.) Hy-Vee Buffalo-style marinated chicken breasts over medium-high heat for 15 to 20 minutes or until chicken reaches 165°F, turning halfway through. Cool slightly; cut into bite-size pieces; set aside. Place 1 (0.87-oz.) pkg. 30% less sodium chicken gravy mix in a small saucepan. Slowly whisk in ½ cup water, ¼ cup light lager beer and ¼ cup Frank's RedHot original sauce. Bring to a boil over medium heat; reduce heat. Simmer, uncovered, for 1 minute. Top fries in baking pan with 4 oz. ranch-flavor Cheddar cheese curds; top with chicken. Drizzle with gravy. Then drizzle with additional hot sauce and Hy-Vee ranch salad dressing, if desired. Garnish with additional cheese curds, Gorgonzola cheese crumbles and green onions; serve with celery sticks, if desired. Serves 12.





WING WITH A CRUNCH

ADD BOLD FLAVOR TO BONE-IN WINGS WITH THESE TRIED-AND-TRUE COMBINATIONS OF CHIPS AND DIP.

AIR-FRIED LEMON-PEPPER WINGS

Marinate 1 (1½-lb.) pkg. Hy-Vee True wingettes in ½ cup bottled 30-minute lemon-pepper marinade with lemon juice for 30 minutes or up to 12 hours. Place ½ cup Hy-Vee all-purpose flour in a bowl. Stir together an additional ½ cup flour and 1 cup crushed kettle-cooked sea salt and black pepper potato chips in another bowl. Whisk together 2 Hy-Vee large eggs in a third bowl. Drain chicken. Dip, one at a time, into flour, then into eggs. Coat with chip mixture. Place on a parchment paper-lined baking sheet; refrigerate 30 minutes to 2 hours. Spray an air fryer basket with Hy-Vee cooking spray. Working in batches, spray coated wing pieces with cooking spray; place in a single layer in basket. Air-fry at 400°F for 10 to 12 minutes or until chicken reaches 165°F, turning and spraying with additional cooking spray halfway through. Serve with Hy-Vee ranch & dill sour cream dip, stirring in enough Hy-Vee 2% reduced-fat milk for desired consistency. Serves 6 (2 each).

AIR-FRIED FLAMING HOT BUFFALO WINGS

Marinate 1 (1½-lb.) pkg. Hy-Vee True wingettes in ½ cup Hy-Vee Hickory House Big Bad Buffalo tangy Buffalo wing sauce for 30 minutes or up to 12 hours. Place ½ cup Hy-Vee all-purpose flour in a bowl. Stir together an additional ½ cup flour and 1 cup crushed Cheetos Flamin' Hot flavored cheese snacks in another bowl. Whisk together 2 Hy-Vee large eggs in a third bowl. Drain chicken. Dip, one at a time, into flour, then into eggs. Coat with snack mixture. Place on a parchment paper-lined baking sheet; refrigerate 30 minutes to 2 hours. Spray an air fryer basket with Hy-Vee cooking spray. Working in batches, spray coated wing pieces with cooking spray; place in a single layer in basket. Air-fry at 400°F for 10 to 12 minutes or until chicken reaches 165°F, turning and spraying with additional cooking spray halfway through. Serve with Hy-Vee vegetable party sour cream dip, stirring in enough Hy-Vee 2% reduced-fat milk for desired consistency. Serves 6 (2 each).

AIR-FRIED JAPANESE BARBECUE WINGS

Marinate 1 (1½-lb.) pkg. Hy-Vee True wingettes in ½ cup hot-and-spicy Japanese barbecue sauce for 30 minutes or up to 12 hours. Place ½ cup Hy-Vee all-purpose flour in a bowl. Stir together an additional ½ cup flour and 1 cup crushed Fritos Flavor Twists honey barbecue flavored corn snacks in another bowl. Whisk together 2 Hy-Vee large eggs in a third bowl. Drain chicken. Dip, one at a time, into flour, then into eggs. Coat with snack mixture. Place on a parchment paper-lined baking sheet; refrigerate 30 minutes to 2 hours. Spray an air fryer basket with Hy-Vee cooking spray. Working in batches, spray coated wing pieces with cooking spray; place in a single layer in basket. Air-fry at 400°F for 10 to 12 minutes or until chicken reaches 165°F, turning and spraying with additional cooking spray halfway through. Serve with Hy-Vee bacon & Cheddar sour cream dip, stirring in enough Hy-Vee 2% reduced-fat milk for desired consistency. Serves 6 (2 each).

JUST DIP IT!
WITH A SMALL AMOUNT OF MILK, YOU CAN TURN ANY HY-VEE SOUR CREAM DIP INTO A DELICIOUS WING DIPPER. OTHER VARIETIES INCLUDE:

- FRENCH ONION
- TOASTED ONION

HY-VEE FAJITA MIX

Heat a large nonstick skillet over high heat. Add Hy-Vee fajita mix and cook for 5 to 7 minutes or until vegetables are crisp-tender and mixture reaches 165°F, stirring occasionally. Serves 4 (2 each).

30
MINUTES
OR LESS



SHORTCUT STEAK FAJITAS

Hy-Vee Choice Reserve beef fajita mix + Hy-Vee 6-in. street taco flour tortillas + Full Circle Market organic pineapple salsa + shredded red cabbage + avocado slices + crumbled Cojita cheese + cilantro + lime wedges



FIRECRACKER CHICKEN FAJITAS

Hy-Vee chicken fajita mix + Mission 6-in. white corn tortillas + cooked Hy-Vee frozen fresh steam firecracker corn + avocado salsa + Hy-Vee sour cream + Hy-Vee finely shredded Cheddar cheese + cilantro + lime wedges



VEGGIE FAJITAS WITH BLACK BEANS

Hy-Vee Short Cuts fajita vegetables + fajita skillet sauce + Hy-Vee black beans + Mission Carb Balance 6-in. whole wheat flour tortillas + fresh pico de gallo + shaved Hy-Vee Monterey Jack cheese + jalapeño pepper slices + cilantro + lime wedges

CUSTOM TACOS MADE EASY WITH HY-VEE FAJITA MIX

GRAB YOUR FAVORITE TOPPERS AND A SKILLET-READY FAJITA MIX TO MAKE TACOS WORTH CHEERING FOR.



SERVEWARE THAT SCORES

EARN POINTS WITH THIS SPREAD, FEATURING CLASSY (AND CONVENIENT!) MUD PIE SERVEWARE FOR CHIPS, DIPS AND SNACKS FROM HY-VEE.



SIMPLE SERVING
EACH OF THESE MUD PIE DISHES INCLUDES A MATCHING SPOON OR SCOOP SO WATCH-PARTY GUESTS CAN EASILY HELP THEMSELVES.

FIND IT AT HY-VEE

1. Hy-Vee Select Dips

Pair chips with prepared dips from Hy-Vee in party-worthy flavors such as street corn, French onion, spinach artichoke and bacon and Cheddar.
10 oz.
3.99

2. Mud Pie Medium Storebought Container Set

Perfectly sized to hold purchased dips and side dishes, this dolomite bowl includes a wooden spoon.
16 oz. bowl; 5 in. spoon
24.99

3. Mud Pie Candy and Popcorn Bowl Set

Separate sweet snacks from salty with a small ceramic bowl that detaches from the larger tub.
7.75x5.75 bowl; 5 in. scoop
59.99

4. Mud Pie Farmstead Salsa Dip Set

A footed stoneware salsa bowl and curved spoon make it easy to dip and serve pico de gallo and fresh salsa.
3.5x6 in. bowl; 6 in. spoon
29.99



Late July Party Size Tortilla Chips

Organic whole ground corn rolled thin, cooked crisp and finished with a sprinkle of sea salt.
10.1 oz.
4.99



Boulder Canyon Chips

Varieties are cooked in avocado or olive oil for buttery flavor and signature crispy crunch.
5.25 to 6.5 oz.
3.88



Jackson's Sweet Potato Chips

Made with just three ingredients, these crisp chips are vegan and gluten-free.
5 oz.
3.79



FIND IT AT HY-VEE

Libbey Impressions 16-piece Tumbler and Rocks Glassware Set

Slight dimples on each tumbler and rocks glass create an easy, comfy grip. 16 pc. **39.99**

SPICY TOUCHDOWN MOJITO PUNCH

Combine ¾ cup fresh lemon juice, ¾ cup fresh lime juice and ½ cup fresh orange juice in a medium bowl; set aside. Cut 1 lemon, lime and orange into wedges. Muddle citrus wedges, 1 sliced medium jalapeño pepper*, 1 (0.8-oz.) pkg. fresh mint leaves and 1 cup simple syrup in an 8-cup glass measuring cup. Strain muddled mixture through a fine-mesh sieve into a 12-cup pitcher; discard mixture in sieve. Stir in 16 oz. Limón rum. Cover and chill up to 12 hours. Just before serving, add 1 (1-l) bottle Hy-Vee club soda and ice. Garnish with additional lemon, lime, orange and jalapeño slices, and additional mint, if desired. Serve in ice-filled glasses. Serves 8 (8 oz. each).

20
MINUTES
OR LESS

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

FIND IT AT HY-VEE

Libbey Cantina Glass Pitcher

Serve cold drinks in style from this hand-blown glass pitcher featuring an easy-pour spout.

90-oz. capacity
14.99

LIBBEY GLASSWARE

For over 200 years, Libbey has been an industry leader and innovator in creating beautiful, functional glassware. Find a variety of their everyday glassware at Hy-Vee, including wine, beer and cocktail glasses.

TEAMING UP FOR THE WIN

SOME THINGS JUST WORK BETTER TOGETHER, LIKE PEANUT BUTTER AND JELLY, COOKIES AND CREAM—OR THESE CRAV'N FLAVOR SNACKS AND FROSTY ADULT DRINKS.



CRAV'N FLAVOR COMBINATION MINI PIZZA BAGELS + HIGH NOON VODKA & SODA BLACK CHERRY Fizzy soda with hints of cherry balance savory, cheesy, meaty pizzas.



CRAV'N FLAVOR MINI BEEF EMPANADAS + MICHELOB ULTRA The crisp flavor of Michelob Ultra has a hint of refreshing citrus to play off slightly spicy beef and bean turnovers.



CRAV'N FLAVOR EVERYTHING SEASONING MINI UNCURED BEEF FRANKS IN PUFF PASTRY + HEINEKEN 0.0 This alcohol-free beer's fruity notes are a good match with savory franks.



CRAV'N FLAVOR MOZZARELLA STICKS + SIMPLY SPIKED SIGNATURE LEMONADE Tangy, citrusy spiked lemonade cuts through the gooeyness of fried mozzarella cheese sticks.



SCAN THE QR CODE TO SHOP MORE VARIETIES OF CRAV'N FLAVOR APPETIZERS AT HY-VEE FOR YOUR GAME-DAY GET-TOGETHER.

FIND IT AT HY-VEE

1. Party Pleasing Snacking Tray

Cubed Di Lusso hard and Genoa salami, Colby jack, Swiss and Cheddar cheeses, beef snack sticks and red and green seedless grapes.

2. Pretzel Bites with Cheese Dip Tray

Soft pretzel bites served on a party-size platter with dipping cheese.

3. Di Lusso Rotella Tray

Assortment of wraps sized just right for appetizers and filled with cream cheese, shredded lettuce, sliced tomato and red onion. Your choice of the following meats and cheeses: Di Lusso smoked ham and Swiss, smoked turkey breast and Cheddar or top round roast beef and Colby jack cheese.

4. Ham & Pickle Pinwheels Tray

Flavorful treats feature dill pickles spread with soft cream cheese and ham then rolled and sliced into bite-size pinwheels.

5. Di Lusso Entertainment Tray

A deluxe offering, featuring your choice of three premium Di Lusso meats and cheeses, including smoked ham, smoked turkey breast, top round roast beef, Cheddar, Colby jack, pepper jack, Provolone, sharp Cheddar and Swiss cheese.

6. Fiesta Party Tray

Southwest-inspired tray features layers of refried beans, sour cream, salsa, ripe olives, tomatoes, green onions and grated cheese.

BUFFET BLITZ!

SET IN MOTION A SUCCESSFUL WATCH PARTY WITH PLATTERS THAT STAR AT THE BUFFET TABLE! TALK TO A CATERING MANAGER OR GO ONLINE TO HY-VEE.COM/SHOP AND CLICK "CATERING" TO PLACE YOUR ORDER.



BUILD THIS BOARD
CREATE YOUR OWN CHARCUTERIE SPREAD USING MEATS AND CHEESES AVAILABLE AT HY-VEE.



FIND IT AT HY-VEE



Formaggio Artisan Wraps

Handmade with fresh mozzarella, these wraps feature three kinds of charcuterie: pepperoni, prosciutto and hard salami. 18 oz.

21.99



Columbus Charcuterie Snack Tray

The Italian style snack pack includes Genoa salami, fontina cheese and crispy rosemary crackers.

3 or 3.2 oz.

5.99



Culinary Tours Charcuterie Sampler

Serve up a taste experience with a sampler that includes three charcuterie meats from Culinary Tours: Italian dry, coppa and prosciutto.

6 oz.

7.99



SCAN TO SHOP more party and snack trays from Hy-Vee.

SMART SOCS



IF YOU'RE PARTICIPATING IN DRY JANUARY OR LOOKING TO CUT BACK ON CALORIES OR SUGAR IN YOUR FAVORITE BEVERAGES, STOCK UP WITH THESE LIGHTENED-UP WINES, COCKTAILS AND BEERS FROM HY-VEE.



LIGHTER WINES

An average glass of wine contains about 12% alcohol and 130 calories, according to Harvard Health. Hy-Vee has many wines with reduced calories, sugar and alcohol (including nonalcoholic options), such as FitVine, Kim Crawford Illuminate, Sutter Home Fre and Stella Rosa Non-Alcoholic.



LOW SUGAR

According to the USDA, a serving of a dessert wine, like Moscato, can have 9 grams of sugar, while 4 oz. of soda can have 12 grams. Added sugars not only increase calories, but also can increase the risk of health conditions such as heart disease and diabetes. Look for low sugar or sugar-free options when buying flavored seltzers, wines and canned cocktails.



LOW CALORIE

Alcoholic drinks can quickly stack up extra calories: A regular 12-oz. beer can have 153 calories (and as many as 350 in some craft beers), and mixed drinks can range from 75 to more than 560 calories. Consuming more calories than your body needs for energy can lead to weight gain. If you're looking to cut back, try light beers or hard seltzers.



LOW CARB

The carbohydrates in wine, beer and other alcoholic drinks come from the sugars left at the end of the fermentation process. One can of beer can have about 13 grams of carbs. According to Mayo Clinic, a low carb diet may help weight loss and reduce the risk of type 2 diabetes. Low-carb drink options include some hard seltzers and light beers.



DRY JANUARY started in 2012 in the U.K. as a health initiative to moderate drinking. Dry January participants pledge to cut out alcohol for the entire month.



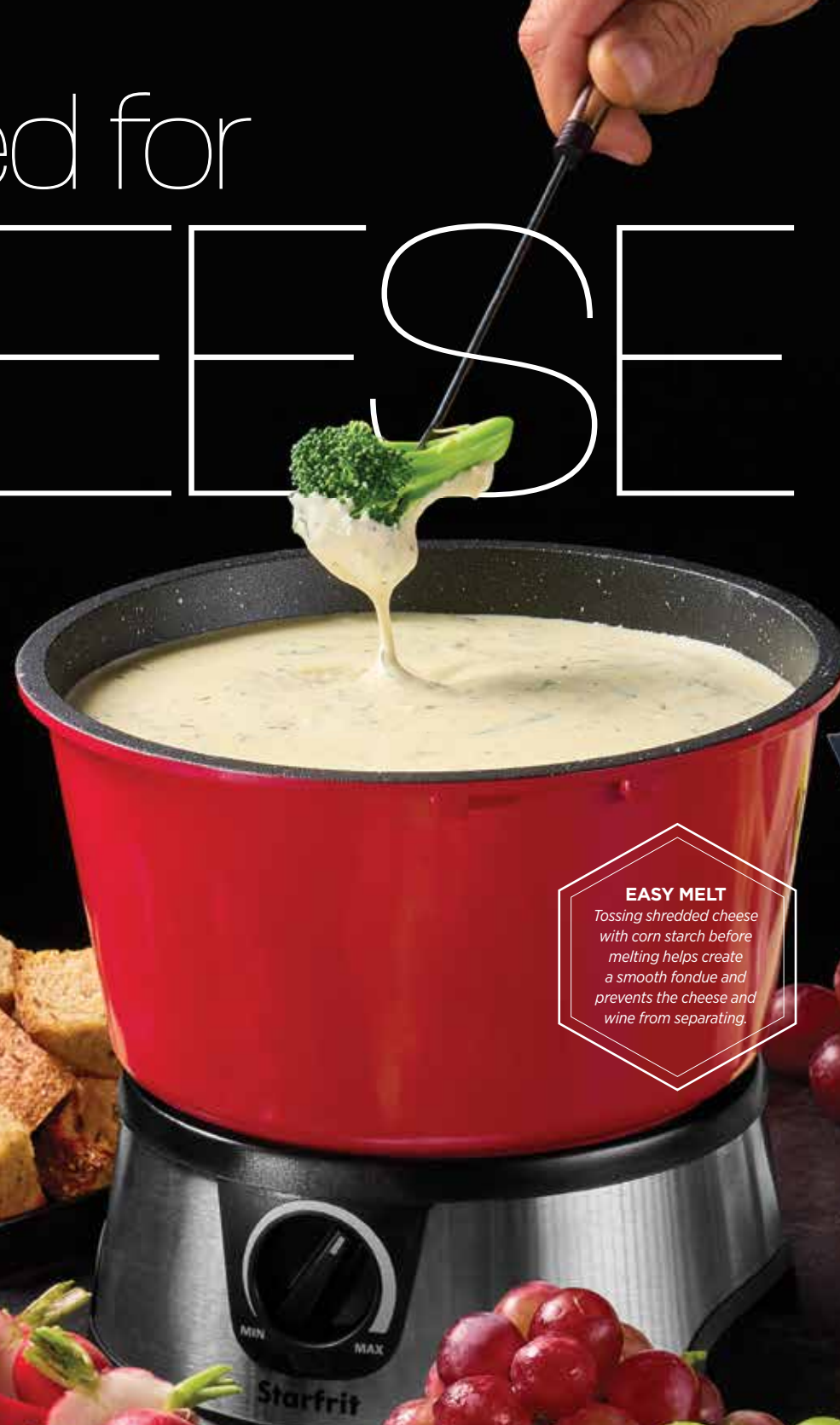
NON-ALCOHOLIC

Drinks may be labeled non-alcoholic if they have an ABV of 0.5% or less according to the FDA. Hy-Vee has many non-alcoholic options that offer a similar taste with low or no alcohol.

Sources: myplate.gov/eat-healthy/more-key-topics fdc.nal.usda.gov/fdc-app.html#/food-details/2118150/nutrients fdc.nal.usda.gov/fdc-app.html#/food-details/174852/nutrients medlineplus.gov/ency/patientinstructions/000886.htm hsph.harvard.edu/news/hsph-in-the-news/reducing-sugar-consumption/ fda.gov/regulatory-information/search-fda-guidance-documents/cpg-sec-510400-dealcoholized-wine-and-malt-beverages-labeling hsph.harvard.edu/nutritionsource/healthy-drinks/drinks-to-consume-in-moderation/alcohol-full-story/ mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/low-carb-diet/art-20045831

the need for CHEESE

Hy-Vee offers hundreds of imported and domestic cheeses, and employs experts that can help any cheese-lover find the best Brie or the greatest Gouda. Learn more about Hy-Vee's cheeses and how to use them to create light, cheesy recipes.



EASY MELT
Tossing shredded cheese with corn starch before melting helps create a smooth fondue and prevents the cheese and wine from separating.

Dill and Triple-Cheese Fondue

Hands On 25 minutes
Total Time 30 minutes plus cooling time
Serves 20 (2 Tbsp. each)

- 1 cup pinot grigio wine, plus additional as needed
- ½ (8-oz.) pkg. Culinary Tours dill Havarti cheese chunk, shredded
- ½ (8-oz.) pkg. Henning's onion & chive white Cheddar cheese chunk, shredded
- 1 Tbsp. Hy-Vee corn starch
- 1 Tbsp. finely chopped fresh dill
- 3 Tbsp. Hy-Vee unsalted butter

- 1 (8-oz.) pkg. Hy-Vee cream cheese, cubed and softened
 - 1 Tbsp. Culinary Tours Dijon mustard
 - ½ tsp. Hy-Vee salt
- Suggested dippers:** multicolor carrots, radicchio, watermelon radishes, red radishes, apples, broccoli, grapes, thin cracker wafers and/or toasted Hy-Vee Bakery grains of the earth bread cubes, for serving

- 1. BRING** 1 cup wine to a boil in a small saucepan over medium heat. Reduce heat. Simmer, uncovered, for 3 minutes. Remove from heat; cool for 10 minutes.
- 2. TOSS** together dill Havarti and onion & chive white Cheddar cheeses, corn starch and dill in a medium bowl until cheeses are well coated with corn starch. Set aside.
- 3. MELT** butter in a medium saucepan over medium-low heat. Remove saucepan from heat; add wine and cream cheese. Return

to heat and cook for 5 to 6 minutes or until melted, whisking occasionally.

- 4. REDUCE** heat to low. Gradually whisk in one-third of the shredded cheese mixture, whisking until melted. Continue whisking in remaining cheese mixture, one-third at a time, until cheeses are melted. Whisk in mustard and salt. Gently simmer, uncovered, for 4 to 5 minutes or until thickened, whisking frequently. Do not let cheese mixture reach over 150°F.

- 5. TO SERVE**, pour cheese into a fondue pot. Keep warm on the warming setting (below 150°F). If cheese sauce becomes too thick, stir in a small amount of additional wine. Serve with desired fresh vegetables and fruit, crackers and/or toasted bread cubes, if desired.

Per serving: 110 calories, 9 g fat, 6 g saturated fat, 0 g trans fat, 30 mg cholesterol, 170 mg sodium, 2 g carbohydrates, 0 g fiber, 0 g sugar (0 g added sugar), 3 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 0%, Potassium 0%



FIND IT AT HY-VEE				
1. Culinary Tours Havarti Cheeses	2. Soirée Cheese Wedges	3. Henning's Cheeses	4. Soirée Feta Cheeses	5. Roth Gouda Cheeses
Try Danish-style buttery Havarti, or more savory dill. select varieties 8 oz.	Parmesan, Asiago and Romano are aged for increased flavor. select varieties 8 oz.	Made with fresh Wisconsin milk; find flavors such as onion & chive Cheddar. select varieties	Available in traditional feta and flavorful tomato basil. select varieties 8 oz.	Wisconsin cheese varieties include hot honey and smoked. select varieties 5 or 6 oz.
4.98	4.99	9.99 lb.	4.99	4.99

HY-VEE'S CHEESE EXPERTS

IN SELECT STORES, HY-VEE EMPLOYS CERTIFIED CHEESE PROFESSIONALS (CCP), A CERTIFICATION EARNED THROUGH YEARS OF EDUCATION AND TRAINING. Only about 1,000 people worldwide have the distinction, including several Hy-Vee employees. CCP specialists complete at least 4,000 hours of experience working with cheese before taking the certification exam from the American Cheese Society.

EXPERT ADVICE
“We don't just stock the cheese case; we truly know our field of study and are experts in the world of cheese,” says CCP Meredith Davis. “Your CCP or even cheese specialist-in-training loves to chat about cheese, pairings and what's new with anyone who wants to listen.”

TASTING TIPS
“All of our customers are told when tasting a cheese sample to chew and chew, and when you think you're going to swallow, chew some more,” says CCP Chris Luken. “Combine the taste with the aroma after you swallow, and you'll get the full flavor experience.”

SOMETHING NEW
“One of the most common misconceptions I come across is that all Cheddars, or any other like styles, all taste the same,” says CCP Tina Knutson. “I would recommend trying a cheese from a different creamery, or even a different age to see if you can taste the difference.”

LOWER CARB
Meatballs and mini pepperoni provide a double dose of protein, while replacing noodles with cauliflower keeps the carb count lower.



High-Protein Cheesy Frittata

Hands On 20 minutes
Total Time 45 minutes plus cooling and standing time
Serves 6

12 Hy-Vee large eggs
½ cup Hy-Vee whole milk
1 tsp. refrigerated roasted garlic paste
½ tsp. Hy-Vee salt, divided

1 (6-oz.) pkg. Roth hot honey Gouda cheese chunk, shredded
¼ cup shredded Sartori Asiago cheese chunk, plus additional shaved for garnish
5 Tbsp. Gustare Vita olive oil, divided
½ (10-oz.) pkg. Basket & Bushel shaved Brussels sprouts
½ cup sliced green onions
2 tsp. white balsamic reduction
2 tsp. Hy-Vee hot honey
½ tsp. coarsely ground Hy-Vee black pepper
4 cups lightly packed baby arugula and spinach blend
3 to 4 whole red radishes, thinly sliced

1. PREHEAT oven to 375°F. Whisk together eggs, milk, garlic paste and ¼ tsp. salt in a large bowl. Stir in Gouda and ¼ cup shredded Asiago cheeses; set aside.
2. HEAT 2 Tbsp. oil in a shallow Dutch oven or a 12-in. oven-safe sauté pan. Add Brussels sprouts and green onions; cook over medium-high heat for 5 to 6 minutes or until Brussels sprouts are crisp-tender. Remove Dutch oven from heat; cool for 5 minutes.
3. POUR egg mixture into Dutch oven. Bake for 20 to 25 minutes or until center is set. Let stand for 10 minutes.

4. MEANWHILE, whisk together remaining 3 Tbsp. oil, white balsamic reduction, hot honey, pepper and remaining ¼ tsp. salt in a medium bowl. Add arugula and spinach blend and radishes; toss to coat.
5. TO SERVE, cut frittata into slices and transfer to serving plates. Top with salad mixture. Garnish with additional shaved Asiago cheese, if desired.

Per serving: 400 calories, 31 g fat, 10 g saturated fat, 0 g trans fat, 400 mg cholesterol, 590 mg sodium, 12 g carbohydrates, 2 g fiber, 8 g sugar (3 g added sugar), 22 g protein. **Daily Values:** Vitamin D 10%, Calcium 25%, Iron 15%, Potassium 6%



VERY VEGGIE
Mix in Brussels sprouts and garnish with salad mix and radishes to add a boost of nutrition to this double-cheese dish.



FIND IT AT HY-VEE
Soirée Goat Cheese Crumbles
An excellent way to top or stir bold flavor into a variety of dishes.
4 oz.
4.49



High-Protein Pizza Cauliflower Casserole

Hands On 20 minutes
Total Time 1 hour 7 minutes plus standing time
Serves 6 (1½ cups each)

Hy-Vee olive oil cooking spray
1 (32-oz.) pkg. Basket & Bushel cauliflower florets
2 cups sliced baby bella mushrooms
1 cup Hy-Vee Short Cuts chopped tricolor bell peppers
½ cup Hy-Vee Short Cuts chopped red onions
1 (9.8-oz.) jar Gustare Vita cacio e pepe pasta sauce
4 oz. Hy-Vee cream cheese, softened

1 Tbsp. salt-free tomato, basil and garlic seasoning
1 (14-oz.) pkg. frozen Hy-Vee fully cooked Italian-style meatballs, thawed
½ cup Hy-Vee finely shredded pizza cheese
Gustare Vita pizza sauce, for garnish
Mini pepperoni, for garnish
Fresh basil, for garnish

1. PREHEAT oven to 450°F. Spray a 4-qt. baking dish with cooking spray; set aside.

2. PLACE cauliflower, mushrooms, peppers and onions in prepared baking dish. Generously spray vegetables with cooking spray. Roast for 30 to 35 minutes or until cauliflower is fork-tender.

3. MEANWHILE, place pasta sauce, cream cheese and salt-free seasoning in a food processor. Cover and process on high for 1 minute or until smooth.

4. REMOVE vegetables from oven. Add in meatballs. Fold in cream cheese mixture using a silicone

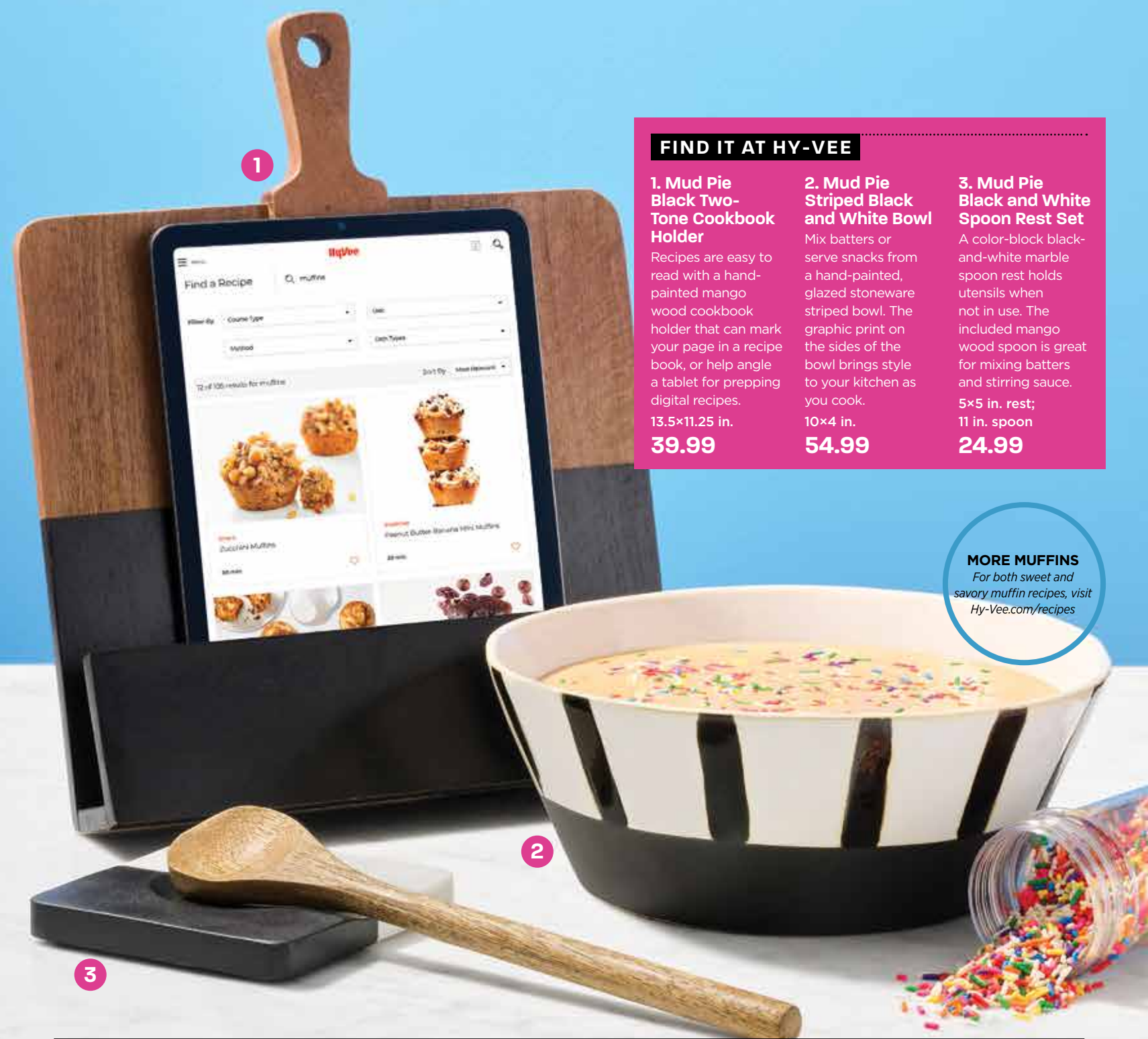
spatula until well coated. Sprinkle with pizza cheese.

5. BAKE for 10 to 12 minutes or until meatballs reach 165°F and edges are bubbly. Let stand for 5 to 10 minutes before serving. Garnish with pizza sauce, pepperoni and basil, if desired.

Per serving: 400 calories, 28 g fat, 15 g saturated fat, 0 g trans fat, 90 mg cholesterol, 1,050 mg sodium, 20 g carbohydrates, 5 g fiber, 6 g sugar (1 g added sugar), 23 g protein. **Daily Values:** Vitamin D 0%, Calcium 30%, Iron 10%, Potassium 15%

MEMORABLE MUFFINS

INDULGE IN SWEET, SOFT MUFFINS AND TREATS MADE EASIER WITH BAKING TOOLS AND STORE-BOUGHT MUFFINS FROM HY-VEE.



FIND IT AT HY-VEE

1. Mud Pie Black Two-Tone Cookbook Holder

Recipes are easy to read with a hand-painted mango wood cookbook holder that can mark your page in a recipe book, or help angle a tablet for prepping digital recipes. 13.5x11.25 in. **39.99**

2. Mud Pie Striped Black and White Bowl

Mix batters or serve snacks from a hand-painted, glazed stoneware striped bowl. The graphic print on the sides of the bowl brings style to your kitchen as you cook. 10x4 in. **54.99**

3. Mud Pie Black and White Spoon Rest Set

A color-block black-and-white marble spoon rest holds utensils when not in use. The included mango wood spoon is great for mixing batters and stirring sauce. 5x5 in. rest; 11 in. spoon **24.99**

MORE MUFFINS
For both sweet and savory muffin recipes, visit [Hy-Vee.com/recipes](https://www.hy-vee.com/recipes)

Birthday Cake Protein Muffins

Hands On 15 minutes
Total Time 41 minutes plus cooling time
Serves 8 (2 each)
Hy-Vee vegetable cooking spray
1½ cups Kodiak birthday cake Power Cakes flapjack & waffle mix

½ cup Performance Inspired gourmet vanilla bean isolate whey protein powder
2 Hy-Vee large eggs
½ cup Hy-Vee vanilla almondmilk
½ cup Hy-Vee vegetable oil
½ cup Hy-Vee unsweetened applesauce
¼ cup Hy-Vee honey
¾ cup Over the Top rainbow sprinkles, plus additional for serving
Birthday cake granola, for garnish

1. PREHEAT oven to 350°F. Line 16 (2½-in.) muffin cups with paper baking cups. Spray paper cups with cooking spray; set aside.

2. WHISK together flapjack & waffle mix and protein powder in a medium bowl; set aside.

3. WHISK together eggs, almondmilk, oil, applesauce and honey in a large bowl. Slowly whisk in flapjack & waffle mixture until well combined. Gently fold in ¾ cup sprinkles. Fill prepared muffin cups three-fourths full with batter.

4. BAKE for 22 to 26 minutes or until toothpick inserted near centers comes out clean. While still warm, top with

birthday cake granola and additional sprinkles, if desired.

5. COOL in pan for 5 minutes. Remove muffins from pan and cool completely on a wire rack. Store in an airtight container at room temperature up to 3 days or in the freezer up to 1 month.

Per serving: 410 calories, 19 g fat, 5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 260 mg sodium, 42 g carbohydrates, 4 g fiber, 29 g sugar (27 g added sugar), 18 g protein. **Daily Values:** Vitamin D 6%, Calcium 15%, Iron 6%, Potassium 4%

STORAGE TIPS & TRICKS

Room Temp

Line an airtight container or plastic bag with a paper towel. Place cooled muffins in container and top with a paper towel; seal container.

Refrigerate

For muffins with refrigerated ingredients such as meat or cheese, place in an airtight container and keep in the refrigerator. Reheat in the microwave as needed.

Freeze

Place cooled muffins in a single layer in a freezer-safe bag. Seal the bag, and store muffins in the freezer for up to three months.

Thaw

To serve frozen muffins, thaw at room temperature until soft, or reheat using the "thaw" setting on your microwave.



COCOA CRAZE

Cacao nibs are pieces of cacao beans, which chocolate is made from, and have a nuttier, richer flavor than chocolate.

Gluten-Free Double-Chocolate Espresso Muffins

Hands On 10 minutes

Total Time 34 minutes plus cooling time

Serves 14 (1 each)

Hy-Vee vegetable cooking spray

1 (9.4-oz.) pkg. Simply Mills almond flour chocolate muffin & cake baking mix

1 Tbsp. instant espresso powder, plus additional for garnish

¾ cup cold water

½ cup Hy-Vee vegetable oil

3 Hy-Vee large eggs

1 Tbsp. Hy-Vee vanilla extract

1 (3-oz.) pkg. Lily's 55% cocoa original dark chocolate bar

Organic sweet cacao nibs, for garnish

1. PREHEAT oven to 350°F. Line 14 (2½-in.) muffin cups with paper baking cups. Spray paper cups with cooking spray; set aside.

2. WHISK together baking mix and 1 Tbsp. espresso powder in a medium bowl. Whisk in cold water, oil, eggs and vanilla just until combined; set aside.

3. CHOP chocolate bar into small pieces. Set aside ¼ cup chopped chocolate for garnish. Fold remaining chopped chocolate into muffin batter. Fill prepared muffin cups three-fourths full with batter.

4. BAKE for 18 to 24 minutes or until toothpick inserted near centers comes out clean. While still warm, top with reserved ¼ cup chopped chocolate, cacao nibs and a dusting of additional espresso powder, if desired. Cool muffins in pan for

5 minutes. Remove muffins from pan and cool completely on a wire rack. Store in an airtight container at room temperature up to 3 days or in the freezer up to 1 month.

Per serving: 170 calories, 12 g fat, 3 g saturated fat, 0 g trans fat, 40 mg cholesterol, 160 mg sodium, 14 g carbohydrates, 4 g fiber, 7 g sugar (6 g added sugar), 4 g protein.
Daily Values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 4%



3 STORE-BOUGHT MUFFIN HACKS

TRANSFORM HY-VEE BAKERY JUMBO MUFFINS INTO DECADENT DESSERTS WITH JUST A FEW EXTRA INGREDIENTS AND STEPS.



TRIPLE-BERRY MUFFIN FRENCH TOASTS

Cut 2 Hy-Vee Bakery jumbo blueberry muffins crosswise in half. Whisk together 1 Hy-Vee large egg, 2 Tbsp. cinnamon-sugar blend and 1 Tbsp. water; brush on all sides of muffin halves. Bake at 375°F for 10 minutes in a rimmed baking pan sprayed with Hy-Vee vegetable oil cooking spray. Turn muffin pieces over; bake for 10 to 13 minutes more or until golden brown and crisp. Top with ½ (8-oz.) container softened mascarpone cheese and ½ cup Basket & Bushel blueberries. Garnish with lemon zest, if desired. Serve with Kodiak mountain berry Super Fruit Syrup. Serves 4.

30
MINUTES
OR LESS



APPLE CINNAMON MUFFIN PARFAITS

Crumble 1 Hy-Vee Bakery jumbo apple cinnamon muffin into a medium bowl; set aside 2 Tbsp. for garnish. Add ½ cup Good Graces gluten-free oats & honey protein granola and ¼ cup coarsely chopped Hy-Vee praline pecans; gently stir to combine. Place one-fourth of muffin mixture in

bottom of each of 2 (12-oz.) glasses. Top each with one-half of 1 (5.3-oz.) container cold brew coffee & cream whole milk yogurt. Repeat layers with remaining muffin mixture and an additional container of yogurt. Garnish with 2 Tbsp. reserved muffin mixture. Drizzle with Hy-Vee honey and Hy-Vee caramel-flavor sauce, if desired. Serves 2.

10
MINUTES
OR LESS

CHOCOLATE MUFFIN BLACK-CHERRY SUNDAES

Remove stems from 12 Hy-Vee maraschino cherries; set aside. Remove 1 scoop from the top center of each of 4 Hy-Vee Bakery jumbo double chocolate chip muffins using a 1-in. cookie scoop. Place 3 stemless cherries in each hole. Top each muffin with 1 (2¾-in.) scoop of It's Your Churn black Jack cherry premium ice cream. Drizzle with ¼ cup Hy-Vee chocolate flavored syrup. Garnish with additional maraschino cherries, if desired. Serves 4 (1 each).

10
MINUTES
OR LESS



I SCREAM

Experiment with your favorite ice cream flavor to make your own creation, such as mint chocolate chip topped with candies.

TRY ALL THE FLAVORS

Visit the Hy-Vee Bakery for a selection of huge, soft, gourmet muffins in sweet and fruity flavors.



Apple Cinnamon



Blueberry



Double
Chocolate Chip



Cherry
Almond



Chocolate Chip



Lemon
Poppy Seed

BLOOMS

Romantic Roses

Show your love for others this Valentine's Day with gorgeous arrangements and floral ideas featuring fresh roses from Hy-Vee.



SHADES OF LOVE

Complement pink and red roses with lush blossoms in similar hues. This bouquet includes light pink ranunculus, hot pink carnations and anemones to provide contrast.

GRADIENT BOUQUET

Select a variety of roses in light and dark colors, such as white, pink and red. Place the lightest roses in a row on one side of a square glass vase (approximately 4x4x4-in.), using floral foam to help hold the flowers in place. Continue arranging each color in a loose line, in order of increasing darkness of color. Place the glass vase in a glossy white box for display.



GRAB-N-GO FLORAL AT HY-VEE



ALL MY LOVE
Impressive arrangement of hydrangeas, mums, lilies, roses and more.



PURE LOVE
Deep red roses paired with purple carnations, foliage and red berries in a textured vase.



ROSES & ROMANCE
Classic red roses and dramatic pink Asiatic lilies in a timeless glass vase.



MELT YOUR HEART
Compact arrangement of light purple mums and pink roses offset by bright red berries.

FLORAL ICE CUBES

Place individual miniature roses inside each compartment of an ice cube tray. Completely cover roses with distilled water, then freeze overnight or until ice cubes are solid. Remove from tray, and use ice cubes to fill a chilling bucket, then add a bottle of sparkling wine or champagne.



SCAN TO SHOP arrangements at Hy-Vee.

DIETITIAN Q&A

Organic Food

Elisa Sloss, registered and licensed dietitian and senior vice president, HealthMarkets, describes what it means to go organic.



Elisa Sloss, RD, LD
Senior Vice President,
HealthMarkets

Q: What does organic mean?

A: Organic is a labeling standard that indicates certain crop, livestock and handling requirements have been met. For produce, the USDA will add a "100% Organic" seal on items grown without the use of pesticides or fertilizers made with synthetic ingredients. For meat, poultry, eggs and dairy to earn the USDA seal, they must come from animals raised without antibiotics or growth hormones. There are other requirements as well (see USDA Organic Certification, *right*).

Q: What is the difference between some organic labels on foods?

A: The USDA separates organic foods into categories. You may see a variety of organic labels on food products, including "100% Organic," "Organic" and "Made with organic ingredients." The term 100% Organic is used on single-ingredient items like

fruit, vegetables, eggs and meats, as well as packaged items where all ingredients are certified organic. Other multi-ingredient packaged items are considered organic if at least 95% of the ingredients are certified organic. Any lower than that, and the product cannot bear the USDA organic seal.

Q: Is "natural" the same as "organic"?

A: Unlike "organic," "natural" is not a certified regulated term by the USDA. However, the U.S. Food and Drug Administration applies the term "natural" to foods without any artificial or synthetic ingredients, including all color additives.

Q: Is organic food healthier or more nutritious?

A: According to the USDA, studies suggest health benefits of organic vs. conventional, including small to moderate increases in some nutrients. Organic meat, for example, tends to have higher levels of healthy omega-3 fatty acids than conventionally raised meat due to what the livestock are being fed. Also, organic produce has less pesticide residue (e.g., airborne from nearby conventional farms) than nonorganic crops, which, according to Mayo Clinic, may explain data showing organic grains have lower levels of cadmium, a toxic chemical naturally found in soils and absorbed by plants. As a registered dietitian, I encourage my clients to eat more fruits, vegetables, whole grains and sources of omega-3 fatty acids as part of a balanced diet, whether

they were produced organically or conventionally.

Q: Does organic food contain GMOs?

A: No. The USDA prohibits the use of GMOs in organic products. The ban goes beyond avoiding GMO seeds or keeping livestock from grazing on GMO alfalfa. Farmers and producers are required to protect their products from contact with GMOs and other prohibited substances such as pesticides.

Q: Why does organic food cost more?

A: Natural fertilizers are more expensive than the synthetic chemicals used in conventional farming. Organic animal feed is also more expensive than nonorganic feed. In addition, labor tends to be more intensive. Higher prices help producers recoup those costs.

Q: Do I need to rinse organic food?

A: It's a good idea to rinse all produce to remove dirt, debris and contaminants. Use a vegetable brush to clean firm produce like cucumbers and melons. For everything else, cold running water and a pair of clean hands is all that's needed.

Q: What organic foods does Hy-Vee offer?

A: The range of organic products in Hy-Vee HealthMarkets is quite impressive—and continues to grow. The selection includes vegetables, fruits, meats, dairy, boxed cereals and snack items. Hy-Vee even has organic coffee, kombucha and beer.



The U.S. Department of Agriculture standards include the following requirements to bear the USDA Organic seal:

CROPS must be grown on land where no prohibited substances have been applied for at least 3 consecutive years.

LIVESTOCK AND POULTRY must not be given growth hormones. In addition, farmers must follow outdoor access guidelines for livestock. For example, beef must have access to a pasture at least 120 days of their grazing season.

MULTI-INGREDIENT PRODUCTS must have at least 95% certified organic content.

Hy-Vee HealthMarket

Find nearly 800 organic products at the Hy-Vee HealthMarket, including:

- Fresh Fruit, Vegetables, Eggs, Meat and Dairy Products
- Frozen Fruits and Vegetables
- Frozen Packaged Foods
- Canned and Boxed Items
- Snacks, Sauces and Spreads
- Beverages



FIND IT AT HY-VEE



Full Circle Market Organic Whole Kernel Sweet Corn
Organic super sweet corn; microwaves in minutes.



Good Graces Organic Taco Seasoning
Easy, organic seasoning offered in regular, fish and al pastor flavors.



Hy-Vee True Grass Fed 85% Lean Organic Ground Beef
100% grass fed and organic Angus beef.



Gustare Vita Organic Rigatoni
Artisan pasta in several shapes; sold only at Hy-Vee.



Tippy Toes Organic Baby Food
BPA-free packaged baby food in various fruit and veggie combinations

Sources: fyi.extension.wisc.edu/safe-food/2017/11/02/safe-healthy-what-does-organic-really-mean/
mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/organic-food/art-20043880/
ams.usda.gov/services/organic-certification/organic-basics
fda.gov/food/food-labeling-nutrition/use-term-natural-food-labeling

FINDS

Black-Owned Brands at Hy-Vee

Hy-Vee is a proud supporter of Black-owned businesses year-round. Look for these products from Black entrepreneurs on your next grocery trip.

BLACK HISTORY MONTH

Observed in February, Black History Month is a national observance recognizing the contributions of Black Americans. It began in 1926 as Negro History Week, observed during the second week of February, to teach school-age children about Black American heritage. In the 1960s, it evolved into a monthlong celebration of Black history and culture and was officially recognized in 1976 as a national month of observance by President Gerald Ford.

BLK & BOLD

Founded in 2018 by childhood friends Pernel Cezar Jr. and Rod Johnson, BLK & Bold provides specialty coffee and tea while making major investments in communities and youth programs.

After starting out with a small roaster in Cezar's garage, BLK & Bold has expanded to thousands of retail stores, including Hy-Vee, and is the fastest-growing private business in Iowa, according to Inc. 5000. With every purchase, BLK & Bold donates 5% of revenue to nonprofit organizations across the U.S. dedicated to helping at-risk youth.



Pearlie's Pickles

Nicole Bailey started Pearlie's Pickles in 2015 by selling five flavors of pickles at farmers' markets in the St. Louis area.

Available at Hy-Vee stores throughout the Midwest, Pearlie's now has more than 50 flavors of their signature pickles, including sweet garlic and sweet hot. Named after her grandmother, Pearlie May Tunstall, Bailey is sharing her family's recipes with thousands. The growth of her business exemplifies the determination, consistency and hard work she learned from her grandmother.



AYO Foods

Ayo means "joy" in West Africa, and that's what founders Perteet and Fred Spencer hope to bring to your table with flavorful frozen meals.

Using family recipes from West African countries, AYO Foods includes a selection of microwavable meals such as lemony chicken yassa and jollof rice with chicken stewed with a spiced tomato sauce.



A Dozen Cousins

Founder Ibraheem Basir created A Dozen Cousins to provide convenient foods fusing Creole, Caribbean and Latin American recipes.

A Dozen Cousins' products include microwavable red, pinto and black beans, and seasoning sauces for rice. Each one is made with familiar ingredients with no GMOs or artificial flavors. Part of A Dozen Cousins' mission includes working with nonprofits to expand access to healthy foods in underserved communities.

SECRET SAUCE

THESE ENTREPRENEURS WILL HELP ADD BOLD FLAVORS TO YOUR COOKING.

Big Daddy's

After watching his parents run a top barbecue restaurant in Des Moines, Ike Seymour brought their famous sauce to shelves.

Now sold at Hy-Vee, look for items like Big Daddy's Applelicious Bar-B-Q sauce.

Chef Blackanese

Founded by Michial Foy, Chef Blackanese offers healthy and delicious fusion sauces.

Find it at Hy-Vee, including their original barbecue sauce, garlic sesame, spicy orange and sweet and sour sauces.

Freddie Lee's

Deborah and Freddie L. James Jr. have created several multipurpose sauces with gluten-free, vegan ingredients.

Find Freddie Lee's Ghetto Sauce at Hy-Vee, and try pairing with meat, veggies and more.

Jones Bar-B-Q

Sisters Mary and Deborah Jones have operated a barbecue staple in Kansas City for 40 years.

Find their sweet & tangy sauce at Hy-Vee and use for dipping, marinades, ribs and more.

Argia B's Mumbo Sauce

A Chicago favorite since 1950 from pitmaster and former restaurant owner Argia B. Collins.

Sweet, tangy and spicy with an aromatic blend of seasonings. Pick up a bottle at Hy-Vee.

Sienna Sauce

Tyla-Simone Crayton launched her "everything" sauce while still in high school.

Available in flavors like lemon pepper and sweet & tangy, Sienna Sauce can be used as a dip, glaze, marinade and more.

MAJOR FLAVOR

Kick up your next cookout with flavor-packed sauces and rubs from these Black-owned companies, available at Hy-Vee.



Lillie's of Charleston

Co-founder and CEO Tracey Richardson's sauces and rubs are inspired by family recipes.

Lillie's of Charleston was born from a love for barbecue, and its sauces and rubs are an ode to the Gullah culture of South Carolina, Georgia and nearby Sea Islands.



T&T Barbecue

Bring a taste of the South to your kitchen with sauces and rubs from T&T Barbecue.

Founders Thyron Mathews and his Uncle Ced are sharing family barbecue recipes, including their best-selling mop sauce.



Moe Cason BBQ

After serving in the U.S. Navy, "Big" Moe Cason turned his barbecue hobby into an award-winning career.

A self-taught pitmaster, Cason has competed in more than 250 barbecue competitions across 35 states since 2006. Look for this barbecue expert's sauces and rubs at Hy-Vee, including his Kansas City barbecue-style I-80 sauce.

FOODS THAT

Support Heart Health

Reduce your risk of heart ailments with foods that help lower blood pressure, cholesterol and more.

Certain lifestyle choices, including diet, can affect heart health. According to the CDC, a diet high in saturated fats, trans fat and cholesterol may increase your risk of heart disease.

Filling your diet with fruits, vegetables,

whole grains, nuts and lean meats such as fish and poultry can help reduce your risk of developing heart disease. Foods such as processed meat, red meat, refined carbs, alcohol and foods with added sugar, sodium and trans fats may heighten several risk factors for heart disease, such as blood pressure and cholesterol levels. In particular, add potassium-rich foods such as leafy greens, avocados, beans and low-fat dairy to your diet. Potassium helps regulate blood pressure, and high blood pressure (a reading of 130/80 millimeters of mercury or higher) increases the risk of heart disease and heart attack.



BEETS

BENEFITS: A source of betalains, an antioxidant and anti-inflammatory compound, beets help improve both blood flow and the health of arteries.



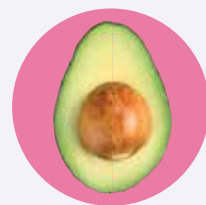
LEAFY GREENS

BENEFITS: The potassium in kale and other greens helps create more flexible blood vessels to lower blood pressure.



WHOLE GRAINS

BENEFITS: Brown rice, whole grain bread, barley and other whole grains contain fiber, which also helps regulate blood pressure.



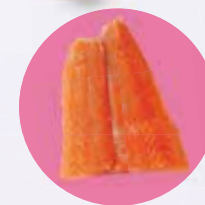
AVOCADOS

BENEFITS: A source of both potassium and polyunsaturated fats, avocados may help lower total blood cholesterol, especially in place of saturated fats.



NUTS

BENEFITS: The unsaturated fats in almonds, walnuts and more may lower cholesterol, and the nutrient L-arginine in nuts may lower blood pressure.



SALMON

BENEFITS: The omega-3 fatty acids found in salmon and other fish like albacore tuna slow the buildup of plaque, which can block arteries.



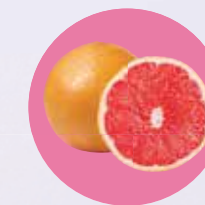
BERRIES

BENEFITS: Blueberries and blackberries contain antioxidants called anthocyanins, which may help the heart by preventing blood clots from forming.



SEEDS

BENEFITS: Chia and flaxseeds are another source of omega-3 fatty acids, as well as fiber, which may help lower blood cholesterol levels.



CITRUS FRUITS

BENEFITS: Oranges, lemons, grapefruits and other citrus fruits have soluble fiber, which can help reduce LDL (or "bad") cholesterol.

MORE THAN
2/3

OF DEATHS FROM HEART DISEASE WORLDWIDE COULD BE PREVENTED WITH HEALTHIER DIETS.

—EUROPEAN SOCIETY OF CARDIOLOGY

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Sources: cdc.gov/heartdisease/risk_factors.htm, hsph.harvard.edu/nutritionsource/disease-prevention/cardiovascular-disease/preventing-cvd/, mayoclinic.org/diseases-conditions/high-blood-pressure/symptoms-causes/syc-20373410, health.clevelandclinic.org/the-health-benefits-of-beets/, [escaecardio.org/The-ESC/Press-Office/Press-releases/poor-diet-is-top-contributor-to-heart-disease-deaths-globally#:~:text=Sophia%20Antipolis%2C%2016%20Oct%202020,Society%20of%20Cardiology%20\(ESC\)](https://escaecardio.org/The-ESC/Press-Office/Press-releases/poor-diet-is-top-contributor-to-heart-disease-deaths-globally#:~:text=Sophia%20Antipolis%2C%2016%20Oct%202020,Society%20of%20Cardiology%20(ESC))

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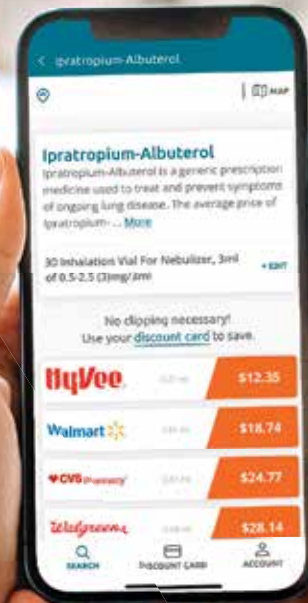
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MEAL MAKEOVER

Low Fat Buffalo Chicken Dip

A few simple swaps create a spicy dip low in fat and calories.

Cottage Cheese Buffalo Chicken Dip

Hands On 10 minutes
Total Time 20 minutes plus standing time
Serves 24 (2 Tbsp. each)

- 1 cup Frank's RedHot original sauce, plus additional for garnish
- 1½ cups That's Smart! 1% milkfat low fat cottage cheese
- ¼ cup Hy-Vee plain nonfat Greek yogurt
- 6 oz. Hy-Vee Kitchen picked rotisserie chicken, finely shredded
- ½ cup Hy-Vee shredded sharp Cheddar cheese
- Soirée blue cheese crumbles, for garnish
- Green onions, for garnish
- Fresh vegetables, for serving
- Tortilla-style protein chips, for serving

- PLACE** oven rack 6 in. from heat. Preheat broiler to HIGH.
- PLACE** 1 cup hot sauce, cottage cheese and yogurt in a blender. Cover and blend on high for 30 to 60 seconds or until smooth.
- TRANSFER** cottage cheese mixture to a 1½-qt. broiler-safe baking dish. Stir in chicken. Top with Cheddar cheese.
- BROIL** for 5 to 7 minutes or until heated through and Cheddar cheese is bubbly and begins to brown. Let stand 5 to 10 minutes or until dip begins to slightly thicken. Garnish with additional hot sauce, blue cheese crumbles and green onions, if desired. Serve with fresh vegetables and tortilla-style protein chips.

Per serving: 30 calories, 1.5 g fat, 0.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 470 mg sodium, 1 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 3 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 2%



FIND IT AT HY-VEE

Artisan Soirée Blue Cheese Crumbles

Aged over 60 days, this specialty crumble cheese has a distinct sharp taste.

5 oz.
\$5.29



Learn how to make this Chocolate-Covered Fruit Box recipe, p. 54.

recipe index

101: GRAPES

Sweet and Sour Grapes p. 9

LEVEL UP: HY-VEE ROTISSERIE CHICKEN

Nashville-Style Hot Sweet Potato Skins p. 17

PREMIUM FUEL

- 30 30-Minute Italian Chicken Pasta p. 22
- Protein-Packed Pork Stir-Fry p. 23
- Ahi Tuna Burger Wraps p. 24
- Sheet Pan BBQ Steak Nachos p. 25
- 30 Gluten-Free Turkey Sausage Skillet p. 26

CAN-UARY: POP AND POUR MEALS

- French Onion Beef Casserole p. 29
- 20 Tomato-Red Pepper Vegetable Soup p. 30
- 20 Creamy Beef Taco Soup p. 30
- 30 Sausage-and-Potato Tuscan Soup p. 30
- Mini Chicken Pot Pies p. 32

BLEND IT

- 20 Caribbean Citrus Colada Smoothies p. 35
- 20 Smoky Avocado Crema p. 36
- Whipped Feta with Roasted Tomatoes p. 37

EAT MORE SEAFOOD

- Roasted Pomegranate-Chipotle Salmon p. 40
- Hot Honey Cod with 7-Grain Salad p. 41
- Cedar Plank Chili-Lime Shrimp Bowls p. 42
- 20 Boiled Snow Crab Legs p. 43

AIR-FRIED HEALTHY BITES

- Air-Fried Mediterranean Salmon Bowls p. 45
- Air-Fried Avocado Fries p. 48
- Air-Fried Bang Bang Cauliflower Wings p. 48
- 30 Spicy Glazed Chicken Thighs p. 49

UNFORGETTABLE: 17 PHOTO-WORTHY VALENTINE'S DAY IDEAS

- Sweetheart Overnight Chia Oats p. 51
- Chocolate-Covered Fruit Box p. 54

- Sweet-on-You Snack Mix p. 54
- 20 Cupid's Cocktail p. 55
- 10 Cherry Port Wine Sauce p. 57
- Be Mine Pizza p. 58
- Cookie-Brownie Rosebud Desserts p. 60
- Sweet Talk Sugar Cookies p. 61
- 30 Chocolate-Dipped Strawberry Hearts p. 61

TWO-MINUTE WARNING

- Buffalo Chicken Poutine p. 67
- Air-Fried Lemon-Pepper Wings p. 68
- Air-Fried Flaming Hot Buffalo Wings p. 68
- Air-Fried Japanese Barbecue Wings p. 68
- 30 Shortcut Steak Fajitas p. 69
- 30 Firecracker Chicken Fajitas p. 69
- 30 Veggie Fajitas with Black Beans p. 69
- 20 Spicy Touchdown Mojito Punch p. 72

THE NEED FOR CHEESE

- Dill and Triple-Cheese Fondue p. 79
- High-Protein Pizza Cauliflower Casserole p. 80
- High-Protein Cheesy Frittata p. 81

MEMORABLE MUFFINS

- Birthday Cake Protein Muffins p. 83
- Gluten-Free Double-Chocolate Espresso Muffins p. 84
- 30 Triple-Berry Muffin French Toasts p. 85
- 10 Apple Cinnamon Muffin Parfaits p. 85
- 10 Chocolate Muffin Black-Cherry Sundaes p. 85

MEAL MAKEOVER: LOW FAT BUFFALO CHICKEN DIP

Cottage Cheese Buffalo Chicken Dip p. 95

30 MINUTES OR LESS	20 MINUTES OR LESS	10 MINUTES OR LESS	GLUTEN FREE	VEGETARIAN DISH

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