

HyVee[®] FOOD | LIFE | HEALTH

Seasons[®]

SENSATIONAL
CITRUS



january



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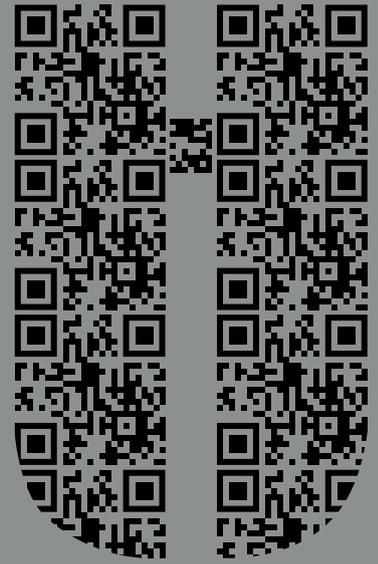


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JANUARY OFFERS**

for **Hy-Vee[®] Plus[™]**
Premium Members

**ENJOY BIG
WINTER SAVINGS
WITH THESE OFFERS!**



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THE WEEKLY AD AND
OUR HOTTEST DEALS



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Pineapple***
each



2 FREE
**Encrusted Chicken
Breasts***
6 oz.



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JANUARY 2022

food



10 UNPEELING THE BENEFITS OF CITRUS

Discover the nutritional power of these winter fruits.

19 BASICS: HOW TO SAUTÉ

Easy steps to master a versatile cooking technique.

20 WATCH-PARTY WINS

Make any sports gathering fun, simple and delicious with Hy-Vee food and hosting tips.

30 DINNER + LUNCH WEEKLY PLANNER

Dinners become lunch—give leftovers a new life.

39 101: POMEGRANATES

How to buy, prep and store this ruby red winter favorite.

42 SUGAR-SMASHING COCKTAILS

Refresh your drink selection with less-sweet alcohol and mixers.

46 SIMPLE & TASTY MEALS FOR TWO

Recipes and products to make cooking small meals easy.

52 COOKING CRAZE

The latest food trends and why they're so well-loved.

58 COOL BEANS

Discover the wonders of these protein-packed legumes.

62 COZY SEASONAL SOUP & DROP BISCUITS

Hearty soups and flavorful biscuits to keep winter cold at bay.

life



70 PROTECT YOUR WINTER SKIN

Prevent dryness with products from Hy-Vee.

74 HY-VEE WORKS FOR YOU

The reasons Hy-Vee employees are proud to be the helpful smile in every aisle.

78 20 WAYS TO KEEP FIDO FIT THIS WINTER

How to keep your pup mentally and physically active.

82 ROOM TO GROW

Learn to design a room with plants and florals in mind.

86 WINTER SAFETY

Pointers and products to stay safe at home and on the road.

health



90 NEW YEAR, NEW MOVES

Get your body moving with a new barre routine.

94 HY-VEE HEALTHMARKET FOR YOU

The foods and supplements you need for any meal plan.

100 FOODS THAT FIGHT S.A.D.

Recognize, prevent and treat seasonal affective disorder.

104 SUPPLEMENTS FOR PREVENTION

Explore how to avoid and fix winter ailments.

108 HOME ALONE

Prepare yourself and your home for a quarantine.

112 EAT TO BREATHE

How diet can help your respiratory system.

116 DIETITIAN Q&A: FOOD CHOICES FOR CHANGE

Nutritional choices and food substitutions for a healthier lifestyle.

118 WELL-STOCKED MEDICINE CABINET

Start the year by updating your medications and supplements.

121 PHARMACY: QUIT FOR GOOD

Stop smoking with the Hy-Vee Quit for Good™ program.



DONNA TWEETEN

EXECUTIVE VICE PRESIDENT,
CHIEF OF STAFF,
PRESIDENT HY-VEE
MARKETING AND MEDIA

A new year can inspire a new energy. This issue of *Seasons* captures that excitement with fresh ideas to try.

During short, dark winter days, sharing amazing food with family and friends can be a bright spot. It may be time to host a sports-watching party, *page 20*, learn to make intimate dinners for two, *page 46*, or prep and share the trendiest recipes, *page 52*.

Making time for self-care during the cold season is often a priority. We offer preventive measures against illness, *page 104*, ways to stay safe at home and outdoors, *page 86*, and even tips to get your pup some exercise, *page 78*.

Whether indoors or out, you can spend every minute loving the crisp start to the New Year. Enjoy!

HY-VEE SEASONS GOES **DIGITAL!**

Look for *Hy-Vee Seasons Digital Edition*, an enhanced, interactive, online version of *Hy-Vee Seasons* magazine. Shop right from the articles for ingredients, decor and more. See it for yourself at Seasons.Hy-Vee.com—we look forward to connecting with you!

Dessert that doesn't hurt your resolutions.



overjoy™
light ice cream

Even if you resolved to cut calories, you can still resolve to eat dessert. Overjoy™ light ice cream combines delicious flavors with lower calories and higher protein. So feel free to enjoy it any time without guilt.

Exclusively at **HyVee**.

aisles

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

now trending

NUTRITIOUS NIBBLES

Grab a snack from Hy-Vee to tide you over between meals.



OFF THE EATEN PATH VEGGIE CRISPS

Light, airy gluten-free crackers made with rice, peas and beans.



HARVEST SNAPS GREEN PEA SNACK CRISPS

Plant-based baked veggie crisps.



FOOD SHOULD TASTE GOOD MULTIGRAIN TORTILLA CHIPS

Gluten-free and baked with flax and sesame and sunflower seeds.



CASCADIAN FARM ORGANIC CHEWY BARS

Whole grain fruit-infused granola bars.

FRESH-SQUEEZED CITRUS

Start your day off right and celebrate National Citrus Month with tangy citrus juices from Hy-Vee. Oranges, grapefruits and lemons are all at their peak in January, so it's a wonderful time to sip a glass of

freshly squeezed juice. Find ripe in-season fruits for homemade juice or pick up a bottle of fresh-squeezed orange juice at Hy-Vee. Either way you get the fresh taste and good-for-you nutrients of citrus!





brand highlight

WIDE AWAKE CREAMERS

Wake up your cup with new naturally flavored dairy creamers from Wide Awake Coffee Co.



donut of the month

OLD-FASHIONED DONUT

Pillowy and cakey inside with a slightly crunchy outside from the sweet glaze. This classic remains a current favorite.

NEW AT HY-VEE!

CHECK OUT THESE NEW, NOTEWORTHY OR SEASONAL PRODUCTS AT HY-VEE.

KITCHEN Soups



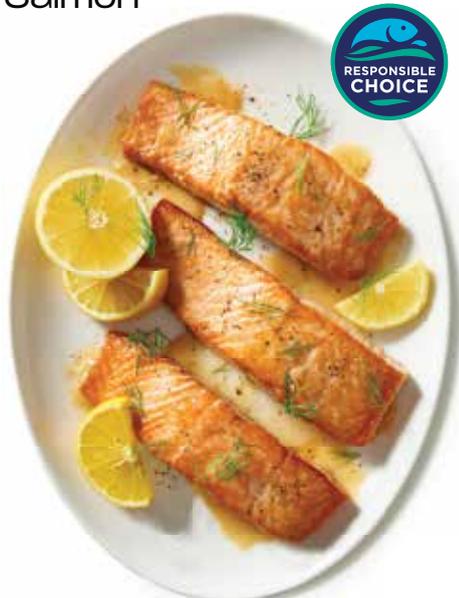
Prepared soups are quick and easy on a cold night. Find delicious flavors such as tomato basil with Parmesan, homestyle chicken noodle and more.

BAKERY Angel Food Cake



Fresh from the Hy-Vee Bakery, this light-as-air cake can be dressed up with fresh fruit such as strawberries and blueberries.

FISH MARKET DEPARTMENT Salmon



All of Hy-Vee's fresh and frozen Responsible Choice-labeled Fish Market seafood is caught or farmed sustainably to help ensure supply for years to come.

HEALTHMARKET Performance Inspired

Mark Wahlberg, co-founder, Performance Inspired



Add protein to your diet and make every minute of your workout count with help from Performance Inspired exercise drinks, powders, snacks and supplements.

now
trending

HEALTHY NEW YEAR

MEET YOUR GOALS THIS YEAR WITH WELLNESS PRODUCTS
AND FITNESS EQUIPMENT FROM HY-VEE.



TONE IT UP SLIDE 'N SCULPT DISCS
Low-impact glider discs help build balance and stability.



QUEST PROTEIN SHAKES
Help improve workout performance and recovery with low-sugar shakes with 30 grams of protein per serving.



RUBBERMAID LEAK-PROOF WATER BOTTLE
A durable bottle and straw with a convenient spout cover makes hydrating easy.



TONE IT UP JUMP ROPE
Quickly work up a sweat and improve your cardiovascular health.



TONE IT UP FLEX BAND
The 48-in. band provides resistance to build muscle without free weights.



TONE IT UP BOOTY BANDS
Set of low, medium and high resistance bands help tone muscle and increase flexibility.



LIQUID I.V. HYDRATION MULTIPLIER
To hydrate more efficiently, add electrolytes and vitamins to water.



VEGA PROTEIN & GREENS DRINK MIX
Help meet your nutrition goals with probiotics, vitamins, minerals, fiber and more in each scoop.



Kick off 2022 the healthy way at these stores. Learn about healthy products, enjoy samples, receive coupons and more!

cake
this!

'80s VINTAGE WEDDING CAKE

Cake Designer:
Stephanie D.
Olathe, KS

Celebrate a milestone anniversary or an '80s-inspired wedding with a towering tiered cake. The cake designers at your local Hy-Vee Bakery can help you plan a cake that fits with any theme.



Scan the
QR Code
to see more
cake ideas.



Seven 6-in. round cakes are frosted with delicate lace details and white and pink ruffles.



Each tier is decorated with layers of ruffles and finished with rosettes and a shell border.



Plastic columns are filled with frosting and placed between each tier for support.



A traditional bride and groom cake topper with a heart-shaped arch is placed on the top tier.

CAKE
this!

See how this cake
comes to life!

And SHOP the
decorating tools used
in this episode as you
watch Cake This!

HSTV.com
STREAM. SHOP. SMILE.



**AWFUL COOKING.
AWFULLY
ENTERTAINING.**

Failure often leads to success. Especially when James Beard Award-winning chef Mike Brown is there to help. Watch the fails and the triumphs of a hot mess as he helps rookie cooks conquer the kitchen. **Season 2 dropping this January.**



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STREAM. SHOP. SMILE.

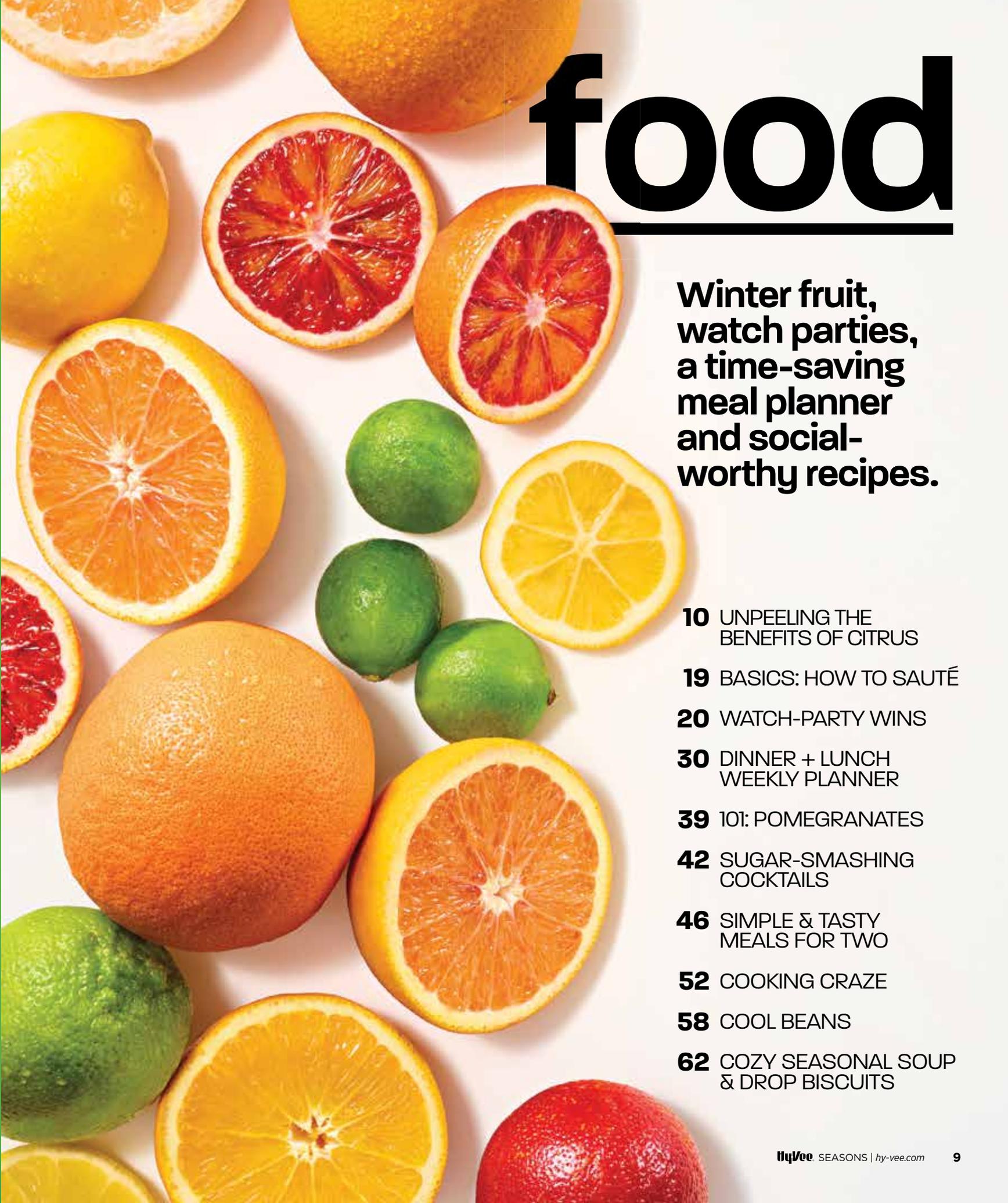


Rethink fast food.

Busy days require the fuel to get you through. For healthy and satisfying to-go options, reach for Fast & Fresh meals from Hy-Vee.

HyVee
Fast & Fresh™





food

**Winter fruit,
watch parties,
a time-saving
meal planner
and social-
worthy recipes.**

- 10** UNPEELING THE BENEFITS OF CITRUS
- 19** BASICS: HOW TO SAUTÉ
- 20** WATCH-PARTY WINS
- 30** DINNER + LUNCH WEEKLY PLANNER
- 39** 101: POMEGRANATES
- 42** SUGAR-SMASHING COCKTAILS
- 46** SIMPLE & TASTY MEALS FOR TWO
- 52** COOKING CRAZE
- 58** COOL BEANS
- 62** COZY SEASONAL SOUP & DROP BISCUITS



UNPEELING

THE BENEFITS OF

CITRUS

ENJOY THE NUTRITIONAL ADVANTAGES OF ORANGES, LEMONS, GRAPEFRUITS AND MORE IN DELICIOUS, CITRUS-FILLED RECIPES.

Citrus fruits—which include lemons, limes, oranges, grapefruits and more—contain nutrients such as vitamin C, potassium and calcium. These nutrients can help reduce the risk of chronic conditions, including cardiovascular disease, strokes, some cancers and osteoporosis. Use citrus fruits, in flavor profiles from sweet to mouth-puckeringly sour, to boost the health benefits of your meals.

Health Benefits of Citrus

FIGHT INFLAMMATION

Citrus fruits contain antioxidants such as flavonoids and carotenoids. Antioxidants neutralize chemicals known as free radicals, which can damage cells and DNA, causing inflammation.

SUPPORT IMMUNE SYSTEM

Citrus fruits are high in vitamin C, which can help boost your immune system. Vitamin C stimulates the formation of antibodies and white blood cells, which help your body fight off infections.

LOWER CHOLESTEROL

Unlike other produce, citrus fruits contain more soluble than insoluble fiber. Soluble fiber promotes digestive health and helps reduce constipation. Foods with soluble fiber can help lower LDL (or “bad”) cholesterol and blood glucose levels, reducing the risk of cardiovascular disease.

PROTECT AGAINST CHRONIC ILLNESSES

Eating citrus fruits, which contain essential nutrients such as vitamins, minerals, fiber and micronutrients, may help prevent some chronic diseases such as osteoporosis, cancer and age-related macular degeneration (blurring or loss of vision).

“Citrus fruits are especially high in vitamin C, but that’s not all! Citrus fruits contribute significant amounts of potassium, folic acid and fiber to our diets. They’re also wonderful sources of a variety of nutrient-boosting antioxidants.”

—AMANDA JOCHUM
RD, LMNT
HY-VEE DIETITIAN

Healthy Peels

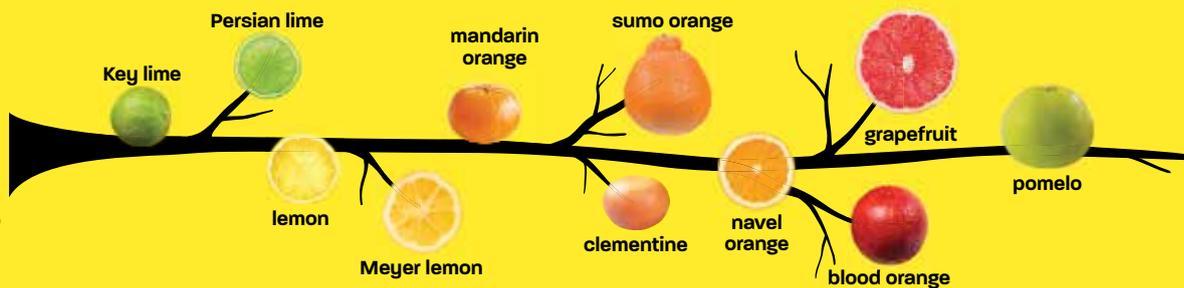
Although eating fresh citrus fruits is a great way to enjoy some of their nutritional benefits, the peels (used for zest or garnishes) also have valuable nutrients, such as vitamin C, fiber, potassium, vitamin A and more.

super source of vitamin C

One large orange can have nearly 98 mg of vitamin C. The National Institutes of Health recommends that most adults eat between 75 and 90 mg of vitamin C every day.

CITRUS FAMILY TREE: IT'S ALL RELATIVE!

TODAY'S CITRUS FRUITS SPRING FROM A FEW COMMON ANCESTORS BUT HAVE SINCE INTERMINGLED TO CREATE THE VARIETIES COMMON TODAY.



Sources: mayoclinichealthsystem.org/hometown-health/speaking-of-health/support-your-immune-function-with-good-nutrition thewholeu.uw.edu/2020/08/31/citrus/ hsph.harvard.edu/nutritionsource/antioxidants/ mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983 ncbi.nlm.nih.gov/pmc/articles/PMC3649719/ online.library.wiley.com/doi/full/10.1111/11541-4337.2012.00201.x ods.od.nih.gov/factsheets/VitaminC-Consumer/ fdc.nal.usda.gov/fdc-app.html#/food-details/167749/nutrients cancer.gov/publications/dictionaries/cancer-terms/def/white-blood-cell hopkinsmedicine.org/health/conditions-and-diseases/the-immune-system

Grapefruit-Orange Crostatata

Hands On 45 minutes

Total Time 1 hour plus cooling time

Serves 12

2 Cara Cara oranges, divided

1 blood orange

1 pink grapefruit

1 Meyer lemon

½ cup plus 2 Tbsp. Hy-Vee granulated sugar, divided

½ (17.3-oz.) pkg. frozen puff pastry (1 sheet), thawed

1 (8-oz.) container mascarpone cheese, softened

½ (8-oz.) pkg. Hy-Vee cream cheese, softened

Chopped fresh thyme, for garnish

1. PREHEAT oven to 400°F. Line a large baking sheet with parchment paper; set aside.

2. ZEST peel from 1 Cara Cara orange, blood orange, grapefruit and lemon; set each separately aside. Cut to remove remaining peel and pith from each citrus. Thinly slice the fruit; remove seeds and set fruit aside.

3. FOR SYRUP, juice remaining Cara Cara orange. Combine juice and ½ cup sugar in small saucepan. Cook over medium heat for 11 to 15 minutes or until reduced by half. Remove from heat and stir in 1 tsp. each reserved Cara Cara orange, blood orange, grapefruit and lemon zests.

4. ROLL out puff pastry on a lightly floured surface to a 13×9-in. rectangle. Transfer to prepared baking sheet. Lightly brush top of puff pastry with one-third of Cara Cara syrup.

5. BAKE puff pastry for 12 to 15 minutes or until the edges are golden brown. Remove from oven and lightly brush with one-third Cara Cara syrup. Cool on baking sheet for 10 minutes. Transfer pastry to serving tray.

6. STIR together mascarpone and cream cheese, remaining 2 Tbsp. sugar and 1 tsp. each reserved Cara Cara orange, blood orange, grapefruit and lemon zests. Carefully spread the mascarpone mixture evenly on the pastry. Arrange reserved citrus slices on top. Drizzle with remaining syrup. Garnish with fresh thyme, if desired.

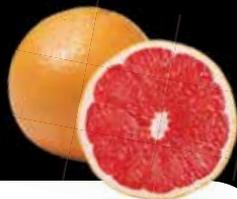
Per serving: 260 calories, 16 g fat, 9 g saturated fat, 0 g trans fat, 35 mg cholesterol, 105 mg sodium, 28 g carbohydrates, 2 g fiber, 16 g sugar (10 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 2%



Grapefruit and Medication

Eating a grapefruit or drinking its juice can cause an interaction with some medications used to treat high blood pressure, cholesterol, allergies and other conditions. Talk to your doctor if you use any medications that may be affected by grapefruit for recommended safe serving sizes.

GRAPEFRUITS



varieties | Grapefruits are available in red, pink and white varieties. White grapefruits are usually the most bitter, red is the sweetest, and pink falls in between, with a tangy-sweet flavor.

USE | You can peel and eat grapefruit slices fresh (sprinkle with sugar or salt if desired to cut any bitterness) or use the juice or zest to flavor baked goods. Citrus slices also add freshness to savory meat and seafood recipes.

POTASSIUM One cup of grapefruit has about 320 mg of potassium, which can help maintain healthy blood pressure. The recommended daily allowance of potassium is 2,600 to 3,400 mg for adults.

LYCOPENE Pink and red grapefruits have beta carotene (a source of vitamin A) and lycopene, which has been linked to lower stroke risk.

PECTIN Grapefruit membranes have pectin, a type of fiber that can help lower LDL cholesterol and act as a prebiotic, nurturing good gut bacteria. Peel and eat grapefruit in sections for the most benefits.

storing grapefruits

Fresh grapefruits can last for up to a week at room temperature, and several weeks in the fridge. For best results, let grapefruits come to room temperature before eating.

Dark Chocolate and Blood Orange Chia Pudding

Total Time 20 minutes plus chilling time

Serves 2

2 blood oranges

1 cup Hy-Vee plain Greek yogurt

½ cup unsweetened original oat milk

½ cup fresh blood orange juice

¼ cup Full Circle Market organic chia seeds

2 Tbsp. Hy-Vee honey, divided

1 tsp. Hy-Vee vanilla extract

Zöet 57% cacao dark chocolate, shaved, for serving

1. CUT and discard peel from oranges. Cut segments from oranges into a small bowl. Cover and refrigerate.

2. COMBINE yogurt, oat milk, blood orange juice, chia seeds, 1 Tbsp. honey and vanilla. Cover and refrigerate chia mixture for 6 hours or overnight, stirring after 3 hours.

3. TO SERVE, toss remaining 1 Tbsp. honey with orange segments. Spoon 1½ cups chia mixture into 2 (10-oz.) glasses. Add orange segment mixture; top with remaining chia mixture. Serve topped with shaved chocolate, if desired.

Per serving: 360 calories, 8 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 65 mg sodium, 57 g carbohydrates, 11 g fiber, 39 g sugar (19 g added sugar), 17 g protein. **Daily Values:** Vitamin D 6%, Calcium 35%, Iron 10%, Potassium 15%



To segment blood oranges, carefully cut between a section of the fruit and the membrane on both sides. Cut just to the center to remove the fruit.



JUICING CITRUS

WHY JUICE? Drink fresh citrus juice on its own, or use it as a mixer for other drinks. It also can flavor baked goods and sauces. Using a juicer removes the most juice from the fruit and catches any seeds.

WHY IS IT HEALTHY? 100% citrus juices contain nutrients such as calcium, vitamin C and folate, although juices have less fiber than the whole fruit.

ZESTING CITRUS

WHY ZEST? Zesting, or shredding a small amount of the citrus peel, adds concentrated flavor to recipes without watering them down or adding bulk.

WHY IS IT HEALTHY? Citrus peels contain many nutrients, such as fiber. A lemon peel can have more than three times the amount of fiber as the fruit's flesh.

Spicy Citrus Refresher

Total Time 15 minutes
Serves 1 (13 oz.)

- 1 Tbsp. Tajín clásico seasoning**
- 1 Key lime wedge**
- ¼ small jalapeño pepper, thinly sliced**
- 1 (½-in.) piece gingerroot, thinly sliced**
- ½ oz. fresh Key lime juice**
- 4 oz. fresh pink grapefruit juice**
- 4 oz. fresh orange juice**
- ½ oz. Full Circle Market organic light-colored agave nectar**
- Thin Key lime slices, for garnish**
- 4 oz. Hy-Vee grapefruit sparkling water beverage**
- Thin orange slices, for garnish**

1. PLACE Tajín seasoning in a shallow dish. Rub rim of a 14-oz. glass with lime wedge. Dip rim in seasoning.

2. MUDDLE jalapeño slices, gingerroot slices and Key lime juice in a 1-cup glass measuring cup. Transfer to prepared glass. Add grapefruit juice, orange juice and agave. If desired, add Key lime slices; stir to combine.

3. ADD ice to glass and top with grapefruit sparkling water; stir to combine. Thread orange slices on cocktail pick for garnish, if desired.

NOTE: For a delicious adult cocktail, add tequila reposado.

Per serving: 150 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 1,110 mg sodium, 35 g carbohydrates, 0 g fiber, 21 g sugar (10 g added sugar), 1 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 10%



What are Key limes?

Similar to regular limes, Key limes are a hybrid fruit. They're smaller than other limes and have less juice but a tarter, stronger citrus flavor. Their bitterness helps balance sweeteners, making them a natural go-to for dessert.

ORANGES

USE | Oranges can be eaten fresh or cut into slices or sections and cooked or baked. Drink the juice fresh or use it to flavor other dishes. Orange zest also can add strong orange flavor to recipes.

varieties | There are hundreds of types of oranges, but these are some of the most common.



- navel**
Low in acid and aromatic with a tangy-sweet flavor. It is named for the "navel" or hole on the blossom stem end.
- Cara Cara**
A type of navel orange, Cara Caras are seedless with pinkish-orange flesh. They taste sweet with a hint of cranberry or blackberry.
- blood**
With distinctive deep red fruit and juice, blood oranges are less tangy than other varieties and more floral or tart in flavor.
- clementine**
A type of mandarin orange, clementines are smaller and sweeter than most oranges, with almost no bitter or sour flavor.

FLAVONOIDS

Regularly drinking orange juice may help lower blood pressure due to antioxidants known as flavonoids that help protect against toxins.

CAROTENOIDS

Oranges are one of the best sources of the carotenoid beta-cryptoxanthin, which may reduce the risk of some cancers and help protect against osteoporosis.

VITAMIN C

One cup of orange slices has about 97 mg of vitamin C, which improves iron absorption from fruits and vegetables, and may help prevent iron deficiency.

Winter Citrus, Fennel and Beet Salad

Total Time 1 hour 20 minutes

Serves 4

3 large red beets

2 Tbsp. Gustare Vita extra virgin olive oil, divided

½ tsp. kosher salt, divided

½ tsp. coarse-ground black pepper, divided, plus additional for garnish

2 Cara Cara oranges

2 mandarin oranges

1 lime

½ cup fresh Cara Cara orange juice

1 Tbsp. fresh lime juice

2 Tbsp. Gustare Vita red wine vinegar

1 cup Hy-Vee plain Greek yogurt

2 Tbsp. fermented honey sauce with organic garlic*

1 small head fennel, trimmed and thinly sliced, fronds reserved for garnish

1 cup red pearl onions, peeled and halved

2 cups lightly packed baby kale

1. PREHEAT oven to 425°F. Leave

1 in. of roots and stems on beets. Scrub well. Place beets on a large piece of heavy foil. Drizzle with 1 Tbsp.

olive oil; sprinkle with ¼ tsp. salt and ¼ tsp. pepper. Wrap tightly; place in a large rimmed baking pan.

2. ROAST beets for 45 to 60 minutes or until tender. Cool slightly; rub off skins with paper towels. Remove and discard roots and stems. Cut beets into thin slices, then cut slices in half; set aside.

3. PEEL Cara Cara and mandarin oranges and lime. Slice oranges; cut segments from lime. Cover and refrigerate citrus fruit. For dressing, combine Cara Cara orange juice and lime juice. Whisk in remaining 1 Tbsp. olive oil, vinegar, remaining ¼ tsp. salt and remaining ¼ tsp. pepper.

4. TO SERVE, combine yogurt and fermented honey in a small bowl. Spread mixture onto 4 serving plates. Top with beets, orange slices, lime segments, fennel, pearl onions and kale. Spoon dressing over each salad. Garnish with fennel fronds and additional coarse-ground pepper, if desired.

**Hy-Vee honey can be used as a substitute for fermented honey sauce.*

Per serving: 280 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 340 mg sodium, 47 g carbohydrates, 8 g fiber, 32 g sugar (0 g added sugar), 10 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 6%, Potassium 20%



Most regular limes at the store are Persian limes. They're tangy and acidic and can be substituted for Key limes and lemons.

Lemon Cacio e Pepe with Blackened Chicken

Total Time 40 minutes

Serves 4

- 1 (16-oz.) pkg. Gustare Vita spaghetti
- 2 (6- to 8-oz.) Hy-Vee True boneless, skinless chicken breasts, halved lengthwise
- 8 Tbsp. Hy-Vee unsalted butter, divided
- 2 Tbsp. salt-free blackened seasoning
- 1 tsp. kosher salt
- 1 tsp. lemon zest, plus additional for garnish
- 3 Tbsp. fresh lemon juice
- 2 tsp. Hy-Vee lemon-pepper seasoning, plus additional for garnish

- ½ cup Soirée grated Parmesan cheese, plus additional for garnish
- ½ cup freshly grated Asiago cheese
- 2 cups baby arugula

1. ADD pasta to a large pot of boiling salted water; return to boil. Cook for 10 to 12 minutes or until al dente. Drain; reserve 1 cup pasta water.

2. PAT chicken dry with paper towels. Melt 2 Tbsp. butter in a small microwave-safe bowl. Stir in blackened seasoning and salt. Coat chicken pieces with butter mixture.

3. MELT 2 Tbsp. butter in a large nonstick skillet over medium heat. Cook chicken for 15 to 18 minutes or until chicken reaches 165°F, turning halfway

through. Transfer to a cutting board. Loosely cover and let stand for 5 minutes. Wipe skillet clean.

4. MELT 2 Tbsp. butter in same skillet over medium heat. Add 1 tsp. lemon zest and juice and 2 tsp. lemon-pepper seasoning. Cook and stir for 1 minute. Add reserved pasta water; bring to a simmer over medium heat. Add pasta and remaining 2 Tbsp. butter. Remove from heat. Add ½ cup Parmesan and Asiago cheeses; toss to combine.

5. CUT chicken pieces crosswise on an angle into ¼-in.-thick slices; add chicken and arugula to pasta mixture. Toss to combine. Divide among 4 serving plates. Garnish with additional lemon zest, lemon-pepper seasoning and grated Parmesan cheese, if desired.

Per serving: 610 calories, 12 g fat, 5 g saturated fat, 0 g trans fat, 85 mg cholesterol, 1,280 mg sodium, 82 g carbohydrates, 4 g fiber, 5 g sugar (0 g added sugar), 42 g protein. Daily Values: Vitamin D 0%, Calcium 25%, Iron 10%, Potassium 8%



LEMONS



varieties | Most grocery store lemons are Lisbon lemons, but you might also find Eureka lemons, which have a thicker skin that's good for zesting. Meyer lemons are a hybrid of lemons and mandarin oranges.

USE | Lemon juice, zest and peel add flavor to savory and sweet recipes. While most lemons are very acidic, Meyer lemons are the exception—the fruit is sweet enough to peel and enjoy raw.

CALCIUM According to the University of Pittsburgh Medical Center, the calcium in lemons enhances bone strength, muscle function, hormone secretion and more.

FOLATE Lemons and oranges have folate (also known as vitamin B9), which helps red blood cell formation. Red blood cells carry oxygen from the lungs to the rest of the body.

CITRIC ACID The acid in lemons may aid digestion by supplementing stomach acid levels, which can decrease with age. Citric acid also may help prevent the formation of kidney stones.

Sticky Citrus Salmon with Lemon Salsa

Hands On 25 minutes

Total Time 33 minutes

Serves 4

Hy-Vee nonstick cooking spray

4 Meyer lemons, divided

2 Tbsp. fresh Meyer lemon juice

½ shallot, thinly sliced

½ cup Gustare Vita olive oil

2 Tbsp. finely chopped fresh parsley

1 Tbsp. finely chopped fresh mint,

plus additional for garnish

1 Tbsp. finely chopped fresh rosemary

¼ tsp. Hy-Vee black pepper

¼ tsp. kosher salt

½ cup Culinary Tours lemongrass

tamarind sauce

¼ cup packed Hy-Vee dark brown sugar

6 cloves garlic, minced

4 (4- to 6-oz.) Hy-Vee Fish Market skinless

Atlantic salmon fillets, about ¾ in. thick

1. PLACE oven rack 6 in. from heat. Preheat broiler to HIGH. Line a large rimmed baking pan with foil. Lightly spray foil with nonstick spray; set aside.

2. FOR SALSA, peel 2 lemons. Cut peel from 1 lemon into thin strips for garnish; set aside. Finely chop remaining lemon peel. Cut segments from both peeled lemons into a medium bowl. Stir in chopped lemon peel, lemon juice, shallot, olive oil, parsley, 1 Tbsp. mint, rosemary, pepper and salt; set aside.

3. FOR GLAZE, combine tamarind sauce, brown sugar and garlic in a small saucepan. Cook over medium heat just until mixture begins to boil; remove from heat.

4. PAT salmon dry with paper towels. Place in prepared baking pan, tucking under thin edges of salmon, if necessary. Brush with glaze.

5. BROIL salmon for 7 to 8 minutes or until salmon flakes easily with a fork (145°F) and sauce on salmon begins to caramelize.

6. TO SERVE, slice remaining 2 lemons and arrange on serving platter. Place salmon on lemon slices and top with lemon salsa. Garnish with reserved lemon peel strips and additional fresh mint, if desired.

Per serving: 520 calories, 35 g fat, 6 g saturated fat, 0 g trans fat, 60 mg cholesterol, 770 mg sodium, 29 g carbohydrates, 2 g fiber, 19 g sugar (16 g added sugar), 24 g protein. **Daily Values:** Vitamin D 60%, Calcium 4%, Iron 6%, Potassium 10%

Meyer lemons are much sweeter and less acidic than other lemon varieties. Avoid substituting one for the other—it could completely change the flavor of the dish.

FLAVORFUL EATS

THAT WORK WITH YOUR *Resolutions*

Packed with protein



Low carb lifestyle

Always vegan

START OFF THE YEAR WITH *New* HEALTHY CHOICE® & GARDEIN®

Fresh Flavors FOR A **FRESH** YEAR

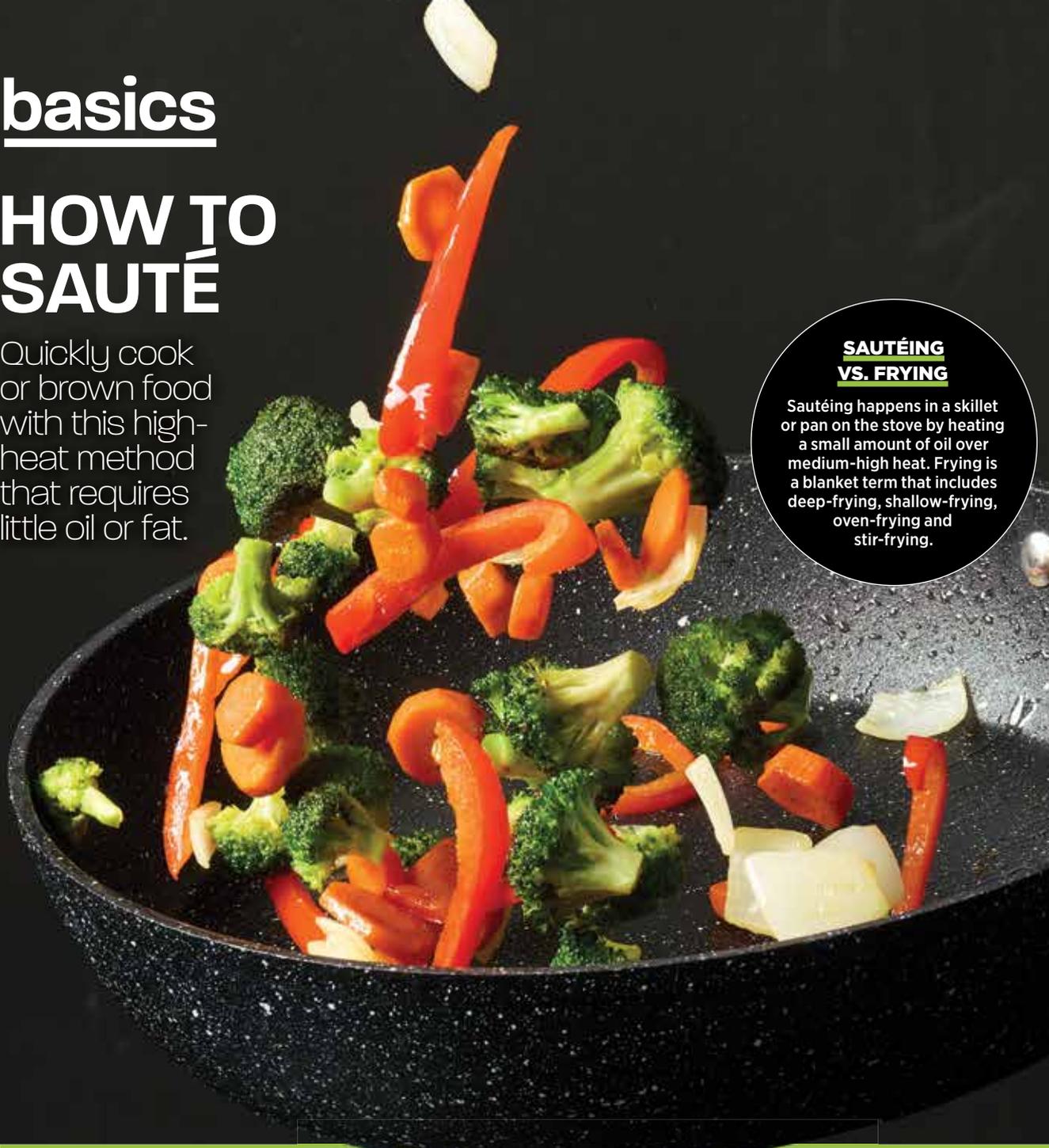
Add the goodness of veggies to any meal.



basics

HOW TO SAUTÉ

Quickly cook or brown food with this high-heat method that requires little oil or fat.



SAUTÉING VS. FRYING

Sautéing happens in a skillet or pan on the stove by heating a small amount of oil over medium-high heat. Frying is a blanket term that includes deep-frying, shallow-frying, oven-frying and stir-frying.

4 TIPS FOR SAUTÉING

CHOOSE THE RIGHT PAN

Stainless steel sauté pans, aluminum frying pans and cast-iron skillets all distribute heat evenly.

CHECK THE TEMP

The pan is hot enough for cooking when a few drops of water sizzle and steam.

USE LESS OIL

Lightly coat the pan with oil. If food begins to stick to the pan, add more oil.

GIVE FOOD ROOM TO COOK

To brown food evenly, cook it in a single layer.


Short CUTS

Skip the slicing step of sautéing with a convenient package of Short Cuts veggies.



3

EASY STEPS



STEP 1: SLICE FOOD

Sautéing relies on very quick cooking. To ensure even cooking, cut food into small, thin, uniform pieces and bring food to room temperature.



STEP 2: ADD FAT

Heat the pan on the stove over medium-high heat. Lightly coat the sauté pan with 2 to 3 tsp. of oil like canola oil; heat until oil shimmers.



STEP 3: COOK

Add ingredients and stir or toss to coat with oil. Reduce heat to medium and cook until veggies are crisp-tender, and chicken and beef reach 165°F.



February is a great time to hold a watch party, whether it's for the winter games or The Big Game. Whatever the outcome, these recipes and treats from Hy-Vee will be the real winner.

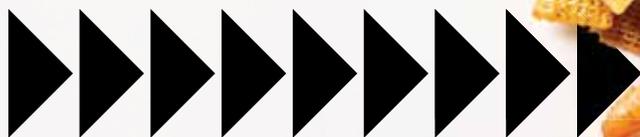
WATCH - PARTY WINS

SUPER SUNDAY IS COMING UP...AND THESE "TV TAILGATE" SUPERSTARS ARE READY FOR SOME FOOTBALL!

AMERICAN CLASSICS

SLOW COOKER SNACK MIX

Combine 3 cups Hy-Vee One Step toasted rice cereal, 3 cups Hy-Vee One Step toasted corn cereal, 3 cups Hy-Vee One Step toasted wheat cereal, 1½ cups Hy-Vee Southwestern trail mix, 1 cup Culinary Tours dry roasted edamame and 1 cup Hy-Vee tiny twists pretzels in a 6-qt. slow cooker. Whisk together ½ cup Hy-Vee unsalted butter, melted; ½ cup Hy-Vee Worcestershire sauce; 2 tsp. Hy-Vee salt; 1 tsp. Hy-Vee garlic powder and ½ tsp. Hy-Vee onion powder in a small bowl. Pour over cereal mixture and stir until evenly coated. Cover and cook on LOW for 2½ to 3 hours or until snack mix is dry, stirring every hour. Transfer to 2 large rimmed baking pans to cool. Transfer to a large bowl; stir in 1 cup Crav'n white Cheddar cheese crackers and 1 cup Hy-Vee dried cranberries. Serves 24 (½ cup each).



Pickleback Chicken Wings

Hands On 20 minutes

Total Time 1 hour, plus brining time

Serves 5 (2 wings each)

1 (3-lb.) pkg. Hy-Vee family pack fresh chicken wings, about 10 wings

1 cup pickle brine from Hy-Vee kosher dill pickles

¼ cup packed Hy-Vee brown sugar

¼ cup Kentucky bourbon whiskey

¼ cup Hy-Vee honey

1 tsp. smoked paprika

½ tsp. That's Smart! onion powder

½ tsp. Hy-Vee salt

½ tsp. Hy-Vee black pepper

Hy-Vee nonstick cooking spray

Fresh dill sprigs, for garnish

Hy-Vee kosher dill pickles, sliced, for serving

1. PAT chicken wings dry with paper towels; place in a large resealable plastic bag. Pour pickle brine over chicken; close bag. Turn bag to evenly coat chicken with brine. Refrigerate for 2 to 4 hours, turning bag every 30 minutes.

2. COMBINE brown sugar, bourbon, honey, paprika, onion powder,

salt and pepper in a small bowl. Set aside ¼ cup for dipping sauce; use remaining sauce for brushing.

3. PREHEAT oven to 425°F. Line a large rimmed baking pan with foil. Spray a wire rack with nonstick spray; place in prepared pan. Remove chicken from brine; discard brine in bag. Pat chicken dry with paper towels. Arrange chicken on wire rack in prepared pan.

4. BRUSH chicken wings with ¼ cup bourbon mixture. Bake for 25 minutes. Remove chicken from oven. Brush with remaining bourbon mixture.

5. PLACE oven rack 6 in. from heat. Preheat broiler to HIGH. Broil chicken wings for 10 minutes or until chicken reaches 165°F, turning halfway through. Serve chicken with reserved bourbon mixture for dipping. Garnish with dill sprigs, if desired. Serve with pickle slices.

Per serving: 300 calories, 6 g fat, 1.5 g saturated fat, 0 g trans fat, 140 mg cholesterol, 590 mg sodium, 25 g carbohydrates, 0 g fiber, 25 g sugar (25 g added sugar), 31 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 8%



MAKE IT SIMPLE.
ORDER CHICKEN WINGS OR BONELESS CHICKEN WINGS FROM HY-VEE CATERING IN BBQ OR BUFFALO FLAVORS WITH BLUE CHEESE OR RANCH DIPPING SAUCE.



SIERRA NEVADA PALE ALE

A HOP-FORWARD BREW WITH PINE AND CITRUS NOTES THAT STAND UP TO HEARTY APPETIZERS.

MAC-AND-CHEESE PEPPERONI BITES

Place 1 Hy-Vee original pepperoni slice in each of the bottoms of 12 (2½-in.) muffin cups; set aside. Combine 1 beaten Hy-Vee large egg, 1 (16-oz.) container Hy-Vee Kitchen white Cheddar macaroni and cheese and ½ cup Hy-Vee shredded sharp Cheddar cheese in a medium bowl. Divide mixture among muffin cups. Sprinkle each with 1 Tbsp. additional shredded sharp Cheddar cheese and 1 Tbsp. chopped pepperoni. Bake at 375°F for 10 minutes. Remove from oven and sprinkle with ¼ cup crushed Hy-Vee ranch flavored tortilla chips. Bake 10 minutes. Cool 10 minutes before removing from muffin cups. Serves 12 (1 each).



BOULEVARD WHEAT
THIS EASY-DRINKING UNFILTERED BEER OFFERS A NATURAL CITRUSY COUNTERPOINT TO THE FLAVOR OF THE MAC-AND-CHEESE BITES.

BBQ PULLED PORK IN A BLANKET

Preheat oven to 375°F. Line a baking sheet with parchment paper. Finely shred ¾ cup Hy-Vee Market Grille dry pulled pork; combine with ½ cup Rufus Teague Blazin' Hot BBQ sauce in a small bowl; set aside. Unroll 1 (8-oz.) can Hy-Vee refrigerated original crescent rolls (8 ct.) and separate into triangles. Place pork filling in mounds just above the wide end of each triangle. Roll wide end up and over filling; press slightly to seal. Place on prepared baking sheet. Bake 12 to 15 minutes or until lightly browned. Microwave 2 Tbsp. Hy-Vee apricot preserves in a microwave-safe bowl on HIGH for 30 seconds or until melted. Brush mixture over hot filled rolls. Garnish with chopped fresh chives, if desired. Serves 8 (1 each).

SALAMI CHIPS WITH MUFFULETTA DIP

Preheat oven to 350°F. Arrange 1 (3-oz.) pkg. Culinary Tours Milano salami slices in a single layer in a rimmed baking pan. Bake for 12 minutes or until edges are lightly browned. Remove from oven and press slices between layers of paper towels to remove excess oil; cool. Stir together 1 (7-oz.) container refrigerated muffuletta bruschetta, drained; ½ cup Hy-Vee mayonnaise and ½ cup Hy-Vee sour cream. Transfer mixture to a 1-qt. baking dish. Bake for 30 minutes or until hot and bubbly; cool slightly before serving. Garnish with Italian parsley, if desired. Serves 16 (2 Tbsp. each).



HOSTING HITS

SCORE POINTS BY DRAWING UP A BUFFET "GAME PLAN" USING A CHALKBOARD AND REFEREE-INSPIRED DECOR.

GAME DAY EATS



BUFFET GOALS

Aside from the action on TV, the food is the star of the party, so give it the playoff treatment. Set trays at different levels for a more lively arrangement, and include football-theme decorations.

SMALL SERVINGS

Wings, sliders and bite-size fruit offer grazing guests convenient options at the buffet.

Let Evette Rios inspire your own *super spread* on

HOLIDAY
HOW-TO'S

And SHOP the items used in this episode as you watch.

HSTV.com
STREAM. SHOP. SMILE.

SCORE BIG!

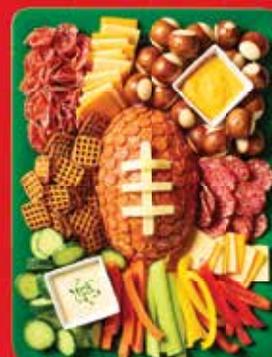
PUT THE FINISHING TOUCHES ON YOUR WATCH PARTY WITH THESE GRIDIRON GOODIES.



HAVE A FIELD DAY with a sheet cake decorated with green-tinted frosting and white stripes for the field, sprinkles for the spectators, gummy bears for the players and biscuit sticks connected with melted chocolate for the goal posts.



A CUPCAKE GAME couldn't get any easier! Simply top chocolate cupcakes with chocolate frosting, then pipe white icing for the football laces.



MAKE AN END RUN around the buffet with this football board. Press 3 Kaukauna sharp Cheddar spreadable cheese balls into a football shape and cover with Hormel mini pepperoni and string cheese slices.

WINTER GAMES PRIMER

DON'T BE LEFT OUT IN THE COLD WHEN IT'S TIME TO DISCUSS THE COMPETITIONS.



BIATHLON
Skiing and shooting rooted in Scandinavian survival skills.



BOBSLEIGH
Teams make timed runs down a twisting, banked track of ice using gravity for speed.



CURLING
Team sport played on "pebbled ice" with brushes/brooms and 44-pound granite stones.



ICE HOCKEY
Fast-moving team sport; originated in Canada in the 19th century with inspiration from European sports.



LUGE
Luge riders speed down an ice track, using their reflexes to steer; dates to 16th century Switzerland.



SKATING
• Figure (graceful mix of art & sport)
• Short track speed (racing against others)
• Speed (racing against the clock)



SKELETON
Speed racing head first down a steep, icy track on a tiny sled.



SKIING
• Alpine (11 events including downhill and slalom)
• Cross-country (12 events including 5 km relay and 30 km and 50 km endurance)
• Freestyle (aerial maneuvers)
• Nordic combined (includes both ski jumping and cross-country skiing)



SNOWBOARD
Developed in the U.S. in the 1960s, the sport combines aspects of surfing, skateboarding and skiing.

GLOBAL FAVORITES

WELCOME GUESTS TO THE WINTER GAMES! SPREAD SOME JOY—AND SOME DIP—WITH CROWD-PLEASING FLAVORS TO “RING” IN THIS VENERABLE INTERNATIONAL SPORTS COMPETITION.



HY-VEE FRUIT DIP

Dippers: blackberries, blueberries

Garnish: blueberries

HY-VEE STREET CORN DIP

Dippers: Hy-Vee stone ground tortilla chips

Garnish: roasted corn kernels + Hy-Vee chili powder

**HY-VEE DARK CHOCOLATE
HUMMUS DIP**

Dippers: Crav'n chocolate graham crackers
Garnish: pomegranate arils



**GUINNESS
EXTRA STOUT**

ITS ROASTED MALT FLAVORS
AND HINTS OF COFFEE ARE
THE PERFECT MATCH FOR A
CHOCOLATE DIP.



**HY-VEE
CARAMELIZED
ONION DIP**

Dippers: sweet mini
red bell pepper halves,
cherry tomatoes
Garnish: chopped red onion



**HY-VEE SPINACH
ARTICHOKE DIP**

Dippers: English cucumber
slices, celery sticks,
Hy-Vee sugar snap peas
Garnish: fresh dill,
chopped chives



LEFFE BLONDE ALE

THE BALANCED BLEND OF YEAST
AND MALT WITH A HINT OF HOPS
IS WELL-SUITED TO A CLASSIC
SPINACH ARTICHOKE DIP.



PABST HARD COFFEE

THIS RICH, CREAMY MILK-AND-VANILLA-FLAVORED JAVA BREW IS A FINE TREAT BEFORE OR AFTER DESSERT.



TORCH SHERBET CUPCAKE CONES

Spray 8 classic waffle cones with gold mist food color spray; let dry. Place in tall glasses to stand upright. Remove paper cups from 8 Hy-Vee Bakery white cupcakes with white icing. Place cupcakes, icing sides down, in waffle cones; press down gently. Place 2 cups softened lemon sherbet in a small piping or resealable plastic bag. Place 2 cups softened Hy-Vee We All Scream! orange sherbet in another small piping or resealable plastic bag. Fit a large piping bag with a large star tip. If using plastic bags, cut $\frac{3}{4}$ in. off corners from both sherbet-filled bags; place side-by-side inside the large piping bag. Pipe sherbets in a swirl pattern onto cupcakes, applying even pressure. Garnish with Over the Top rosy red jimmies and Palmer gold foil-covered milk chocolate coins. Serve immediately or store in freezer. Serves 8 (1 each).

GOLD MEDAL APPS

GIVE A NOD TO THE HOST COUNTRY OF THIS YEAR'S WINTER GAMES WITH DELICIOUS CHINESE FOOD FROM HY-VEE.

CRAB RANGOONS
Crab meat and real cream cheese folded in crispy fried dough.

EGG ROLLS
Shredded vegetables and chicken wrapped in a golden brown wonton skin.

ORDER FROM HY-VEE

Running short on time? Let Hy-Vee help with party trays to fit any taste, appetite or wallet. Choose from platters with fruits, vegetables, deli, hot appetizers and baked goods. Order from the Catering Department at your local Hy-Vee or order online at Hy-Vee.com/catering



Italian Party Tray



Loaded Jumbo Variety Pack Muffin Tray



12" Gourmet Decorated Chocolate Chip Cookie



Rotella Wrap Tray



Fiesta Tray



Pretzel Bites with Cheese Dip Tray



Di Lusso Entertainment Tray



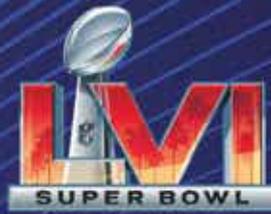
Fruit Tray with Dip



Veggie Tray with Dip



Buffalo Wing Platter



IT'S CRUNCHTIME

**DON'T FORGET THE
CHIPS AND SIPS**

OFFICIAL SPONSORS OF SUPER BOWL LVI





new year's
resolution:
**EAT MORE
HYCHI**

Easy dinners for any occasion.
All year long.





DINNER + LUNCH
**WEEKLY
PLANNER**

**Use 20 ingredients to make
dinners that turn into lunch.**



A FUN WAY TO LEFTOVER

PREPARE SOME EXTRA WHEN YOU'RE MAKING DINNER AND USE THAT AS AN INGREDIENT IN A DELICIOUS LUNCH.

The best part of this weekly menu planner is that the recipes only call for 20 ingredients—along with some items you likely already have in your pantry. With a little organization, leftovers become something to look forward to!

the game plan

Use the meal plan below to see if you need to add to the shopping list to stock your pantry.

DINNER

PESTO CHICKEN AND SWEET POTATOES WITH WHIPPED FETA →

FETA, BLACK BEAN AND CORN BURGERS →

BUFFALO CHICKEN STUFFED SHELLS →

GARLIC STEAK-AND-POTATO FOIL PACKS →

BLT EGG CASSEROLE →

LUNCH

BASIL PESTO CHICKEN SANDWICH

THAI BASIL BLACK BEAN BOWLS

SWEET POTATO-BUFFALO CHICKEN WONTONS

GARLIC STEAK-AND-POTATO HASH

BLT AVOCADO BOATS

20-INGREDIENT SHOPPING LIST

- Avocados (9)
- Baby arugula (two 5-oz. containers)
- Cherry tomatoes (3 pints)
- Shredded mozzarella cheese with cream cheese (two 8-oz. pkg.)
- Frank's Original RedHot pepper sauce (two 12-oz. bottles)
- Fresh basil (three 0.8-oz. pkg.)
- Fresno peppers (3)
- Full Circle Market organic baby kale (two 5-oz. containers)
- Full Circle Market ready-to-eat 7 grains blend (one 8.8-oz. pkg.)
- Gustare Vita basil pesto (two 6.7-oz. jars)
- Hy-Vee Choice Reserve beef New York strip steaks (four 12-oz. steaks)
- Hy-Vee cream cheese (three 8-oz. pkg.)
- Hy-Vee double smoked thick-cut bacon (three 16-oz. pkg.)
- Hy-Vee hamburger buns (one 12-oz. pkg., 8-ct.)
- Hy-Vee jumbo pasta shells (one 12-oz. pkg.)
- Hy-Vee True boneless, skinless chicken thighs (16 thighs, about 5 lb.)
- Soirée traditional feta cheese (three 8-oz. pkg.)
- Southwest chipotle sweet corn blend (three 9.5-oz. pkg.)
- Sweet potatoes (6 medium)
- Wonton wrappers (one 16-oz. pkg., 4×4-in.)

PANTRY STAPLES

Use these items you may have on hand.

- Culinary Tours Dijon mustard
- Garlic, fresh or jarred
- Green onions
- Gustare Vita classic olive oil
- Hy-Vee 100% multigrain bread
- Hy-Vee black pepper
- Hy-Vee cayenne pepper
- Hy-Vee ground cumin
- Hy-Vee honey
- Hy-Vee large eggs
- Hy-Vee long-grain white rice
- Hy-Vee mayonnaise
- Hy-Vee nonstick cooking spray
- Hy-Vee plain panko bread crumbs
- Hy-Vee Select pure maple syrup
- Hy-Vee pure vegetable oil
- Hy-Vee salted butter
- Hy-Vee whole milk
- Hy-Vee Worcestershire sauce
- Kosher salt
- Red onions
- Yukon potatoes



For 5 freezer meal ideas in under an hour, join a virtual meal prep workshop led by a Hy-Vee dietitian!



Use remaining thighs and onion for chicken sandwich and store remaining potatoes for Buffalo chicken and wonton cups.



Pesto Chicken and Sweet Potatoes with Whipped Feta

Hands On 20 minutes
Total Time 50 minutes
Serves 4

Hy-Vee nonstick cooking spray
1 (6.7-oz.) jar **Gustare Vita**
basil pesto
2 Tbsp. **Hy-Vee mayonnaise**
8 **Hy-Vee True boneless, skinless**
chicken thighs (about 2½ lb.)
2 medium sweet potatoes, peeled and
cut into 1-in. cubes
1 large red onion, quartered
1 (8-oz.) pkg. **Soirée traditional feta**
chunk cheese, crumbled
½ (8-oz.) pkg. **Hy-Vee cream cheese**
¼ cup **Gustare Vita** olive oil

Fresh basil, for garnish
Hy-Vee black pepper, to taste

- 1. LINE** a large rimmed baking pan with foil. Lightly spray foil with nonstick spray; set aside.
- 2. STIR** together basil pesto and mayonnaise in a small bowl. Pat chicken dry with paper towels. Brush chicken thighs, sweet potatoes and onion wedges with pesto mixture to coat; place in prepared baking pan.
- 3. ROAST** for 20 to 25 minutes or until sweet potatoes are tender and chicken reaches 165°F.
- 4. PLACE** feta and cream cheese in a food processor. Cover and pulse until

smooth. With processor running, slowly pour in olive oil; process for 1 to 2 more minutes or until light and creamy.

5. TO SERVE, divide whipped feta among 4 serving plates. Top with 4 roasted chicken thighs, half of the sweet potatoes and half of the red onion. Set aside the remaining chicken, onions and potatoes for another use. Garnish with fresh basil, if desired. Season to taste with pepper.

Per serving: 670 calories, 51 g fat, 19 g saturated fat, 0 g trans fat, 215 mg cholesterol, 1,050 mg sodium, 14 g carbohydrates, 2 g fiber, 8 g sugar (0 g added sugar), 39 g protein.
Daily Values: Vitamin D 0%, Calcium 30%, Iron 15%, Potassium 15%

BASIL PESTO CHICKEN SANDWICH

Stir together ½ cup Hy-Vee mayonnaise and 2 Tbsp. **Gustare Vita** basil pesto. Spread on one side of 8 slices Hy-Vee 100% multi-grain bread, toasted. Top 4 toast slices with 4 sliced roasted pesto chicken thighs and ½ roasted pesto red onion from Pesto Chicken and Sweet Potatoes with Whipped Feta; 1 cup cherry tomatoes, sliced, and 2 cups baby arugula. Top with remaining bread slices, pesto sides down. Serves 4.

Feta, Black Bean and Corn Burgers

Total Time 45 minutes

Serves 4

- 3 (9.5-oz.) pkg. frozen Southwest chipotle sweet corn blend, thawed
- 1 medium red onion, divided
- Hy-Vee nonstick cooking spray
- 6 cloves garlic, minced
- 1 (8-oz.) pkg. Soirée traditional feta chunk cheese, divided
- ½ cup Hy-Vee plain panko bread crumbs
- 1 Tbsp. plus 1 tsp. Hy-Vee ground cumin, divided
- 1 Tbsp. Culinary Tours Dijon mustard
- 1 Tbsp. Hy-Vee Worcestershire sauce

- ¼ tsp. Hy-Vee black pepper
- 1 dash Hy-Vee cayenne pepper
- 1 Hy-Vee large egg
- 1 (8.8-oz.) pkg. Full Circle Market ready-to-eat 7 grains blend
- 1 Tbsp. Hy-Vee vegetable oil
- ¼ cup Hy-Vee mayonnaise
- 4 Hy-Vee Bakery hamburger buns, split and toasted
- 1 cup baby arugula
- 2 avocados, seeded, peeled and sliced

1. **LINE** a large rimmed baking pan with paper towels; spread thawed

sweet corn blend in prepared baking pan. Pat dry with additional paper towels. Finely chop ½ red onion; slice remaining half and set aside.

2. **SPRAY** a large nonstick skillet with nonstick spray. Add chopped onion and cook over medium heat for 2 to 3 minutes. Add garlic and cook for 1 to 2 minutes or until fragrant. Stir in sweet corn blend and cook for 2 to 3 minutes or until softened.

3. **TRANSFER** half of the sweet corn mixture to a food processor. Add ½ pkg. feta cheese, bread crumbs, 1 Tbsp.

cumin, mustard, Worcestershire, black and cayenne peppers and egg. Cover and pulse until combined. Stir in remaining sweet corn mixture and 7 grains blend.

4. **PRESS** mixture into 8 (¾-in.-thick) patties, using about ½ cup for each. Wipe skillet clean with paper towels. Heat vegetable oil in skillet over medium-high heat. Cook burgers in 2 batches for 8 to 10 minutes each or until browned (160°F), turning halfway through.

5. **STIR** together mayonnaise and remaining 1 tsp. cumin; spread on bun tops. Slice remaining ½ pkg. feta. Top bun bottoms with arugula, 4 of the burgers, sliced feta, sliced red onion and avocados. Set aside remaining 4 burgers for another use. Add bun tops.

Per serving: 640 calories, 44 g fat, 11 g saturated fat, 0 g trans fat, 65 mg cholesterol, 850 mg sodium, 71 g carbohydrates, 3 g fiber, 11 g sugar (4 g added sugar), 20 g protein. Daily Values: Vitamin D 0%, Calcium 20%, Iron 35%, Potassium 20%



Use remaining burgers for black bean bowl.



THAI BASIL BLACK BEAN BOWLS

Cook 1 cup Hy-Vee long grain white rice according to pkg. directions. Fluff with fork and set aside. Stir together ¼ cup Hy-Vee honey and 2 Tbsp. Hy-Vee Worcestershire sauce; set aside. Cook and stir 2 seeded and sliced Fresno chile peppers in 3 Tbsp. Gustare olive oil 1 to 2 minutes or until softened. Add 2 cloves minced garlic; cook for 1 minute. Break 4 Feta, Black Bean and Corn Burgers into bite-size pieces. Add to skillet and cook for 2 to 3 minutes or until heated through. Add half of honey-Worcestershire mixture; cook 1 minute. Add ½ cup water and 1 cup packed fresh basil leaves; cook and stir until basil is wilted and water has evaporated. Divide rice among 4 serving bowls. Top with burger mixture and 1 avocado, seeded, peeled and sliced. Drizzle with remaining honey-Worcestershire mixture. Garnish with additional fresh basil, if desired. Serves 4.

Meat-Free Burger

Find out how corn, beans and cheese come together for this yummy plant-based burger.

Hy-Vee
seasons

Watch and learn at
Seasons.Hy-Vee.com

Buffalo Chicken Stuffed Shells

Hands On 25 minutes

Total Time 1 hour

Serves 4

Hy-Vee nonstick cooking spray

8 Hy-Vee True boneless, skinless chicken thighs (about 2½ lb.)

½ tsp. kosher salt

½ tsp. Hy-Vee black pepper

½ (12-oz.) pkg. Hy-Vee jumbo pasta shells

½ cup Hy-Vee salted butter

2½ cups Frank's Original RedHot sauce

3 cups shredded mozzarella cheese with cream cheese, divided

2 (8-oz.) pkg. Hy-Vee cream cheese, softened and chopped

12 cloves garlic, minced

Sliced green onions, for garnish

1. PREHEAT oven to 425°F. Line a large rimmed baking pan with foil. Lightly spray foil with nonstick spray; set aside. Lightly spray a 13×9-in. baking dish with nonstick spray; set aside.

2. PAT chicken dry with paper towels. Season chicken thighs with salt and pepper. Place chicken, in a single layer, in prepared baking pan. Bake for

15 to 20 minutes or until chicken reaches 165°F. Transfer chicken to a cutting board. Shred chicken using 2 forks; set aside.

3. COOK pasta shells according to pkg. directions; drain.

4. MELT butter in a large saucepan. Stir in hot sauce. Add 2 cups mozzarella cheese blend, cream cheese and garlic. Cook over medium heat for 5 to 7 minutes or until cheeses are melted, stirring often. Remove from heat. Stir in shredded chicken until well combined.

5. SPOON half of the chicken mixture into the cooked pasta shells. Set aside the remaining half of chicken mixture for another use. Place stuffed shells in prepared baking dish. Sprinkle with remaining 1 cup mozzarella cheese blend. Bake, uncovered, for 15 to 20 minutes or until heated through and bubbly. Garnish with green onions, if desired.

Per serving: 770 calories, 47 g fat, 26 g saturated fat, 1 g trans fat, 240 mg cholesterol, 2,970 mg sodium, 38 g carbohydrates, 0 g fiber, 4 g sugar (0 g added sugar), 52 g protein. Daily Values: Vitamin D 0%, Calcium 50%, Iron 15%, Potassium 2%

COOK THE PASTA AL DENTE. ONCE STUFFED, THE SHELLS WILL SOFTEN WHEN BAKED.

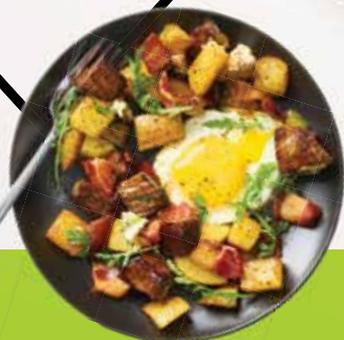
Use remaining chicken mixture for wonton cups.

SWEET POTATO-BUFFALO CHICKEN WONTONS

Lightly spray 24 (1¼-in.) mini muffin cups with Hy-Vee nonstick cooking spray; set aside. Mash 1 roasted, cubed pesto sweet potato from Pesto Chicken and Sweet Potatoes with Whipped Feta in a medium bowl; stir in 2 cups Buffalo chicken mixture from Buffalo Chicken Stuffed Shells. Press 1 (4×4-in.) wonton wrapper into each prepared muffin cup; lightly spray with nonstick spray. Spoon about 1 Tbsp. chicken mixture into each wonton-lined cup. Bake 15 minutes or until heated through (165°F). Cool for 3 minutes in muffin cups on a wire rack. Stir together ¼ cup Hy-Vee Select 100% pure maple syrup and ½ tsp. Hy-Vee cayenne pepper. Remove filled wonton cups from muffin cups; drizzle with maple syrup mixture. Garnish with seeded and finely chopped Fresno pepper and sliced green onions, if desired. Serves 6 (4 each).



Use remaining potatoes and cream cheese-butter mixture for hash.



GARLIC STEAK-AND-POTATO HASH

Coarsely chop and crisp-cook $\frac{1}{2}$ (16-oz.) pkg. Hy-Vee double smoked thick-sliced bacon; set aside. Pat 2 (12-oz.) Hy-Vee Choice Reserve beef New York strip steaks dry with paper towels; cut steak into 1-in. pieces. Cook and stir steak pieces in 1 Tbsp. Gustare Vita olive oil in a large cast-iron skillet over medium-high heat 4 minutes. Transfer steak to a bowl; set aside. Wipe skillet clean. Heat additional 1 Tbsp. olive oil in same skillet over medium heat. Add 4 cups cooked, chopped Hy-Vee Yukon gold potatoes from Garlic Steak-and-Potato Foil Packs; sprinkle with $\frac{1}{4}$ tsp. kosher salt and $\frac{1}{4}$ tsp. Hy-Vee black pepper. Cook for 8 to 10 minutes or until slightly golden. Add $\frac{1}{2}$ cups lightly packed baby arugula. Continue cooking 5 to 7 minutes or until potatoes are golden brown and crispy. Add steak, half of the bacon and 2 Tbsp. cream cheese-butter from Garlic Steak-and-Potato Foil Packs. Toss to combine; remove from heat. Make 4 (2-in.-round) indentations in the potato mixture. Crack 1 Hy-Vee large egg into a custard cup, pour egg into the center of the indentation. Repeat with an additional 3 eggs. Sprinkle eggs with $\frac{1}{4}$ tsp. black pepper. Transfer skillet to a 400°F oven; bake for 4 to 5 minutes or until whites are firm and yolks are slightly thickened. Remove skillet from oven; top with remaining bacon and an additional $\frac{1}{2}$ cup arugula. Serves 4.

Garlic Steak-and-Potato Foil Packs

Hands On 30 minutes
Total Time 50 minutes
 plus freezing time
Serves 4

5 Tbsp. Hy-Vee salted butter, softened
5 Tbsp. Hy-Vee cream cheese, softened
2 Tbsp. finely chopped green onions
2 cloves garlic, minced
1 tsp. kosher salt
1 tsp. Hy-Vee black pepper
8 cups chopped Yukon gold potatoes
2 (12-oz.) Hy-Vee Choice Reserve beef New York strip steaks, $\frac{1}{4}$ -in. strips
 $\frac{1}{2}$ (16-oz.) pkg. Hy-Vee double smoked thick-sliced bacon, coarsely chopped and crisp-cooked
Chopped fresh green onions, for garnish

1. STIR together butter, cream cheese, green onions, garlic, salt and pepper in a small bowl until combined. Shape cheese-butter mixture into log using plastic wrap or parchment paper. Wrap tightly and freeze for 30 minutes or until firm.

2. PREHEAT oven to 425°F. Cook potatoes in lightly salted water in a large saucepan for 5 minutes or until crisp-tender. Drain; set aside.

3. CUT four 12×12-in. sheets of heavy foil. Divide and place 4 cups potatoes and steak on center of each sheet of foil; set aside remaining potatoes for another use. Top each with 1 Tbsp. cream-cheese-butter mixture; set remaining mixture aside for another use. Bring up 2 opposite sides of foil. Double-fold top, then double-fold ends to seal packets.

4. PLACE packets on a large baking sheet. Bake for 8 to 10 minutes or until potatoes are tender. Remove from oven.

5. PLACE oven rack 6 in. from heat. Preheat the broiler to HIGH. Carefully open foil packets and slightly pull back edges. Broil for 4 to 5 more minutes or until potatoes are slightly browned and beef reaches 130°F for medium-rare doneness. Top each with an additional 1 Tbsp. cheese-butter mixture and bacon. Garnish with green onions, if desired.

Per serving: 820 calories, 55 g fat, 23 g saturated fat, 0 g trans fat, 190 mg cholesterol, 1,870 mg sodium, 26 g carbohydrates, 4 g fiber, 3 g sugar (0 g added sugar), 56 g protein. **Daily Values:** Vitamin D 6%, Calcium 2%, Iron 20%, Potassium 20%

BLT Egg Casserole

Hands On 25 minutes

Total Time 1 hour

Serves 8

1½ (16-oz.) pkg. Hy-Vee double smoked thick-sliced bacon, divided
Hy-Vee nonstick cooking spray
10 (4×4-in.) wonton wrappers
½ tsp. kosher salt
½ tsp. Hy-Vee black pepper
8 Hy-Vee large eggs
¾ cup Hy-Vee whole milk
4 cups baby kale
1 pint cherry tomatoes, halved, plus additional for garnish
¼ cup Gustare Vita basil pesto
1 cup shredded mozzarella cheese with cream cheese
2 avocados, seeded, peeled and sliced
Italian parsley, for garnish, if desired

1. ARRANGE oven racks in the top and bottom thirds of the oven. Preheat oven to 375°F. Line 2 large rimmed baking pans with foil. Place bacon in a single layer in each pan. Bake on 2 oven racks for 23 to 25 minutes or until crisp, rotating baking pans halfway through. Transfer cooked bacon to paper towels to drain. Coarsely chop bacon. Divide cooked bacon into 3 portions; set aside. Reduce oven temperature to 350°F.

2. LIGHTLY SPRAY a large baking sheet with nonstick spray. Lightly spray both sides of wonton wrappers with nonstick spray. Place in a single layer on prepared baking sheet. Sprinkle with salt and pepper. Slightly fan wontons, if desired. Bake for 10 to 12 minutes or until golden brown. Transfer baked wontons to a wire rack to cool.

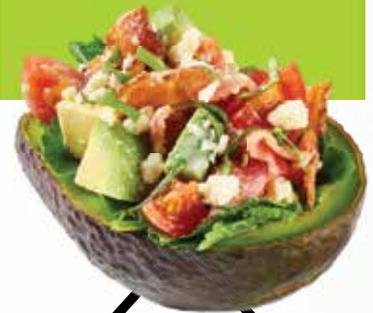
3. LIGHTLY SPRAY a 2-qt. baking dish with nonstick spray; set aside. Whisk together eggs and milk in a medium bowl. Stir in baby kale, 1 pint cherry tomatoes and one portion of the cooked bacon. Transfer egg mixture to prepared baking dish. Add pesto in small spoonfuls to egg mixture; sprinkle with mozzarella cheese blend.

4. BAKE for 40 to 50 minutes or until mixture is set and a knife inserted near the center comes out clean (165°F). Let stand for 10 minutes. Top with sliced avocados, baked wontons and one portion of cooked bacon; set aside remaining portion of bacon for another use. Garnish with additional cherry tomatoes and parsley, if desired.

Per serving: 600 calories, 42 g fat, 13 g saturated fat, 0 g trans fat, 265 mg cholesterol, 1,460 mg sodium, 22 g carbohydrates, 5 g fiber, 3 g sugar (0 g added sugar), 35 g protein.
Daily Values: Vitamin D 10%, Calcium 15%, Iron 15%, Potassium 20%

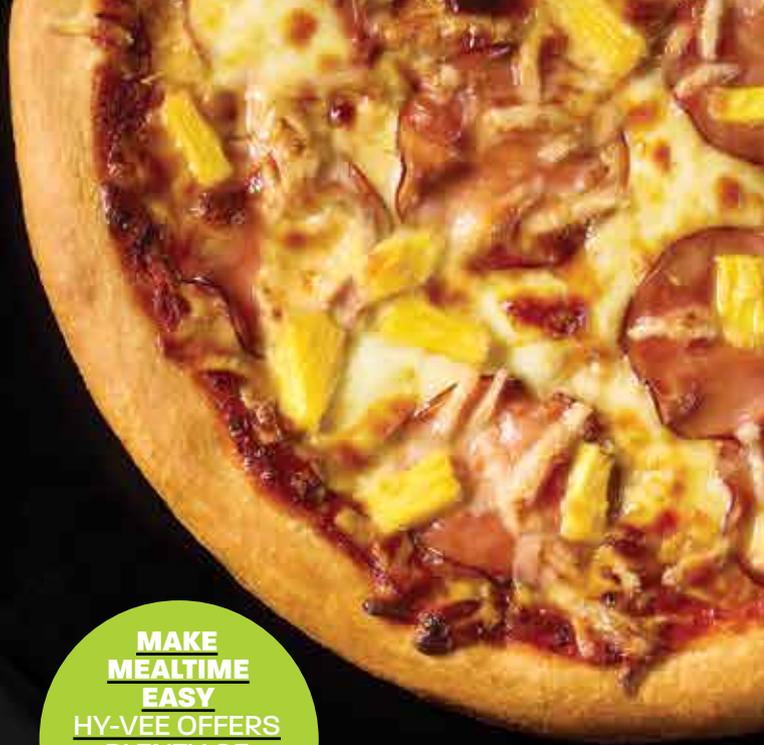
BLT AVOCADO BOATS

Cut 4 medium avocados in half lengthwise. Remove seeds. Using a spoon, scoop out avocado from each half. Cut avocado into ½-in. pieces. Reserve shells for serving. In a medium bowl, place cut avocado; 1 portion chopped, crisp-cooked bacon from BLT Egg Casserole; ½ cup cherry tomatoes, halved and quartered; and ¼ cup crumbled Soirée traditional feta chunk cheese. Add ¼ cup Hy-Vee mayonnaise; gently toss to coat. Line avocado shells with baby kale. Spoon in tomato mixture. Garnish with thinly sliced fresh basil leaves and additional crumbled feta cheese, if desired. Serves 4.



Cook the bacon and chop additional tomatoes for lunch when you cook dinner.





MAKE MEALTIME EASY
 HY-VEE OFFERS PLENTY OF OPTIONS FOR NO-COOK DAYS.

EVERYONE NEEDS A BREAK

SOME NIGHTS YOU JUST DON'T FEEL LIKE COOKING.

Or you don't have the time. Hy-Vee has you covered. Stop by your store or order at [Hy-Vee.com/mealtime](https://www.hy-vee.com/mealtime)

MEALTIME TO GO

Find a range of meals from Hy-Vee Market Grille, Wahlburgers, Hibachi (select locations) #HyChi, Nori Sushi and MIA Italian Pizza (select locations) ready to order online and available for easy curbside pickup.

AISLES ONLINE

Select from a variety of Heat & Eat or grab-and-go meals to have on hand when you need good food fast. Simply add the meals to your grocery order and they're ready for pickup or delivery whenever you are.

FAST & FRESH

Grab food on the go at Hy-Vee Fast & Fresh, which offers take-and-heat meals, sandwiches, salads, soups and more. A full menu of made-to-order meals are available in the in-store cafe.





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POMEGRANATES

Tiny pomegranate arils provide big flavor—tart with notes of sweetness—in a bite-size crunch.

Pomegranates belong to the berry family and the name means “apple with many seeds.” The ruby red skin on the outside is thick and inedible, while the inside has a spongy white tissue with hundreds of edible sweet seed pods known as arils. Pomegranates have been used for their health benefits for thousands of years. They are an excellent source of vitamin K, which promotes faster wound healing, vitamin C to strengthen the immune system and fiber to regulate the digestive tract.

BUY Look for heavy and firm pomegranates, available fresh from October to January.

STORE Whole pomegranates can be kept out on the counter for several days; the arils can be frozen in an airtight container for up to 6 months.

PREP Open pomegranates to remove arils by cutting the top off about ½ in. from the crown to reveal four to six sections of the fruit divided by white membrane. Score the skin along each section and place in a bowl of water. Pull the pomegranate apart to separate and pry the seeds from the pith. The arils will sink; discard the pith that floats to the top.



WAYS TO ENJOY

Juiced

Add pomegranate juice to a fizzy gin cocktail, blend into breakfast smoothies, make tangy salad dressings and so much more.

Raw

Sprinkle arils over salads, roasted veggies, desserts and dips like guacamole, or eat them on their own as a snack.

Baked

Add to savory dishes like stuffing and succotash, and sweet goods like chocolate chip cookies and scones.

No-Bake Dark Chocolate Pomegranate Tart

Total Time 20 minutes
plus chilling

Serves 10

6 Tbsp. Hy-Vee refined coconut oil
1 cup Hy-Vee graham cracker crumbs
7 Tbsp. Hy-Vee granulated sugar, divided
2 (3.5-oz.) bars Zöet 70% cacao dark chocolate, broken into pieces
 $\frac{3}{4}$ cup Hy-Vee heavy whipping cream
2 Tbsp. 100% pomegranate juice
1 cup pomegranate arils, divided
Sea salt flakes, for garnish

1. MICROWAVE coconut oil in a medium microwave-safe bowl on HIGH for 30 to 60 seconds or until melted. Stir in graham cracker crumbs and 3 Tbsp. sugar with fork until combined. Press mixture firmly onto bottom and sides of a 14×4½-in. rectangular tart pan with a removable bottom; set aside. Wipe bowl clean with paper towels.

2. COMBINE chocolate and cream in the same bowl. Microwave on HIGH at 30-second intervals until melted, stirring each time. Whisk in remaining 4 Tbsp. sugar and pomegranate juice. Fold in $\frac{3}{4}$ cup pomegranate arils. Spread chocolate mixture in prepared crust.

3. PAT remaining $\frac{1}{4}$ cup pomegranate arils dry with paper towels; sprinkle on top of chocolate. Refrigerate for 2 hours or until firm.

4. TO SERVE, remove from refrigerator 30 minutes before serving. Remove sides from tart pan. Garnish with sea salt flakes, if desired.

Per serving: 320 calories, 24 g fat, 16 g saturated fat, 0 g trans fat, 20 mg cholesterol, 60 mg sodium, 29 g carbohydrates, 3 g fiber, 20 g sugar (11 g added sugar), 3 g protein.
Daily Values: Vitamin D 0%, Calcium 0%, Iron 6%, Potassium 2%





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FOR YOU



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Up to \$10, coupon by mail*

CAFÉ GRATIS, COMPRA cualquiera de los 3 cereales o barras de *Kellogg's® Special K®* participantes y **OBTÉN** un (1) cupón válido para una caja de 12 unidades gratis de Cápsulas K-Cup® de Green Mountain Coffee Roasters®. Hasta \$10, cupón enviado por correo**



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SUGAR-SMASHING COCKTAILS

BEVERAGES ARE OFTEN AN OVERLOOKED SOURCE OF SUGAR, BUT WITH SWAPS FROM HY-VEE, YOU CAN SIP SMARTER. CHEERS TO THAT!



CRANBERRY MAPLE BOURBON SMASH

Combine ½ (16-oz.) pkg. frozen cranberries, ½ cup Swerve granular sugar replacement, ½ cup water, 1 lemon wedge and 5 fresh mint leaves in a small saucepan. Bring to a boil; reduce heat. Simmer for 5 minutes or until cranberries burst, stirring frequently. Strain mixture through a fine-mesh sieve set over a bowl; press with back of spoon to release juices. Discard cranberry skins and lemon wedge. Scrape pulp from outside of sieve; transfer to bowl with juices. For cocktails, muddle 4 lemon wedges in a 2-cup glass measuring cup. Stir in 8 oz. bourbon and 4 tsp. clear maple extract. Place 1 large ice cube in each of 4 (6-oz.) coupe glasses. Divide bourbon mixture between glasses. Top each drink with 1 oz. cranberry mixture. Garnish with lemon peel skewered on cocktail pick and sprig of mint, if desired. Serves 4 (3 oz. each).



SO LONG, SYRUP
Use maple extract instead of maple syrup to avoid potential added sugars or corn syrup.



Cut Down on Sugar

Choose drinks that include seltzers, soda waters, limes and lemons. Cut back on sugary syrups and juice. Look for mixers that are sugar-free or use sugar substitutes.

THE AMERICAN HEART ASSOCIATION RECOMMENDS NO MORE THAN 25 GRAMS OF ADDED SUGAR PER DAY FOR WOMEN AND 36 GRAMS FOR MEN. A WHISKEY SOUR HAS ABOUT 29 GRAMS OF SUGAR, FOR EXAMPLE.



pro tip: SIP ON SELTZER

“Help cut down on added sugars and calories with High Noon Vodka Seltzer. With only 2.6 grams of sugar per can and 100 calories, you won’t feel guilty about adding this easy drinking seltzer to your weekly routine.”

—Jon Evans
Hy-Vee Wine & Spirits Manager
Maple Grove, MN



LOW-SUGAR & LOW-CAL SPIRITS at Hy-Vee

Cut sugar and calories from drinks with these liquor, wine and beer options found in the Wine & Spirits section at your local Hy-Vee.

LIQUOR



Smirnoff Zero Sugar Infusions

Featuring flavors like watermelon, elderflower, strawberry and lime; cut sugar without sacrificing sweetness.



Skinny Girl Margarita

Made with premium Blue Agave Silver Tequila, lightly sweetened with agave nectar and 100 calories per serving for guilt-free sips.

WINE



Simply 35 Wine

Find sweet and fruity wine flavors, including blueberry, peach and watermelon moscato—all for 35 calories a glass.



FitVine Pinot Grigio

With less than 1 gram of sugar and 110 calories a serving, this slightly dry wine has notes of floral and citrus.

BEER



Michelob Ultra Light Beer

A classic light beer with citrus aromas and a crisp, refreshing finish for only 95 calories a serving.



Miller 64 Extra Light Beer

Enjoy a fresh, crisp flavor with 64 calories, 2.4 grams of carbs and a mere 2.8% ABV per can.

DRINKS TO ORDER

Make smart drink choices when you're out on the town. Here are some low-sugar and low-calorie go-to's:

- Gimlet
- Gin and soda
- Old-fashioned
- Ranch water
- Skinny mojito
- Tequila soda
- Vodka soda
- Whiskey ginger
- Wine spritzers





STRAWBERRY CITRUS VODKA SODA

Cut ½ small grapefruit into 4 wedges and 1 Cara Cara orange and 1 lemon each into 8 wedges. Muddle grapefruit wedges, 4 orange wedges, 4 lemon wedges and 4 strawberry halves in a cocktail shaker. Add 2 oz. Row vodka, 1 oz. sugar-free vanilla simple syrup and 8 dashes orange bitters and ice. Cover and shake well until chilled; set aside. Divide and arrange an additional 4 strawberry halves and remaining 4 orange wedges and 4 lemon wedges in 2 (8-oz.) martini glasses. Strain vodka mixture over fruit. Add 3 oz. Hy-Vee club soda to each glass. Serves 2 (6 oz. each).

MATCHA AND ALMOND GIN FIZZ

Place 1 Tbsp. sugar-free vanilla simple syrup and 1 Tbsp. finely chopped Hy-Vee natural whole almonds each in separate shallow dishes. Dip rim of an 8-oz. cocktail glass in vanilla syrup, then into almonds, turning glass to coat evenly. Fill glass with ice; set aside. Add 1 oz. fresh lime juice, 1 tsp. Hy-Vee almond extract and ½ tsp. organic matcha powder to an ice-filled cocktail shaker. Cover and shake well until chilled. Strain mixture into prepared glass. Top with 3 oz. zero-sugar ginger ale. Garnish with basil, if desired. Serves 1 (5 oz.).



GOING GREEN
Matcha brings bold flavor to drinks without adding sugar or a lot of calories.



MIX MASTER
Swap zero-calorie and sugar-free club soda for tonic water in mixed drinks.



Stock your bar with Beard-approved glasses and barware!



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SIMPLE & TASTY

MEALS

Gochujang Steak Lettuce Wraps

Hands On 25 minutes
Total Time 33 minutes
plus standing time
Serves 2 (3 wraps each)

1 (10- to 12-oz.)

Hy-Vee Choice Reserve boneless beef ribeye steak, about 1 in. thick
Kosher salt, to taste
Hy-Vee black pepper, to taste
3 Tbsp. Hy-Vee Korean gochujang sauce
1 Tbsp. Hy-Vee vegetable oil
1 Tbsp. seasoned rice vinegar
1 Tbsp. fresh lime juice
1 tsp. bottled minced garlic
¼ cup Hy-Vee mayonnaise
12 large butterhead lettuce leaves
½ cup shredded green and/or red cabbage
3 radishes, thinly sliced
2 green onions, bias-cut
Toasted sesame seeds, for garnish
Lime wedges, for serving

1 Pat steak dry with paper towels. Generously season both sides with salt and pepper. Let stand at room temperature for 15 to 30 minutes.

The bold flavor of cabbage finds a counterpart in tart citrus such as lime juice, and spicy heat and crunch from radishes.



2 Preheat charcoal or gas grill with a greased grill rack for direct cooking over medium-high heat (375°F). Whisk together gochujang sauce, oil, rice vinegar, lime juice and garlic in a small bowl. Transfer 3 Tbsp. sauce mixture to another small bowl to use for basting. Stir mayonnaise into remaining sauce mixture; cover and chill until ready to serve.

3 Grill steak for 6 to 8 minutes or until steak reaches 130°F for medium-rare doneness, turning halfway through and brushing often with gochujang basting sauce mixture. Transfer steak to a clean cutting board. Loosely cover with foil; let rest for 5 minutes. Thinly slice steak across the grain, then into bite-size pieces.

4 To serve, arrange 6 stacks, 2 lettuce leaves each, on a serving platter. Top with cabbage, steak, radishes and green onions. Drizzle with the mayonnaise-gochujang sauce. Sprinkle with sesame seeds and serve with lime wedges, if desired.

Per serving: 690 calories, 53 g fat, 14 g saturated fat, 0 g trans fat, 105 mg cholesterol, 620 mg sodium, 21 g carbohydrates, 2 g fiber, 16 g sugar (0 g added sugar), 30 g protein. Daily Values: Vitamin D 0%, Calcium 6% Iron 20%, Potassium 8%



FOR TWO

Date night not required for these perfectly portioned dinners! Hy-Vee helps make it easier than ever to get nutritious, innovative meals for two on the table.

Roasted Onion and Arugula Salad with **Chipotle Salmon**



Pick up pre-portioned fresh Atlantic salmon from the Hy-Vee Fish Market Department. It takes just a few minutes to roast to perfection.

Total Time 1 hour
Serves 2

- 2 large red onions**
- 2 Tbsp. Gustare Vita extra virgin olive oil, divided**
- 1 tsp. kosher salt, divided**
- ¼ tsp. Hy-Vee freshly ground black pepper**
- 2 (4- to 6-oz.) Hy-Vee Fish Market skinless Atlantic salmon fillets, about ¾ in. thick**
- 1 Tbsp. fresh lime juice**
- ¼ tsp. ground chipotle chile powder**
- ½ cup Hy-Vee chopped walnuts**
- 3 Tbsp. Gustare Vita red wine vinegar**
- 1 red Fresno chile pepper, seeded and finely chopped**
- 1 clove garlic, minced**
- 1½ cups loosely packed arugula**
- ½ cup thinly sliced English cucumber**



1

Preheat oven to 425°F. Cut each onion into 3 (¾-in.-thick) slices. Line a 15×10-in. rimmed baking pan with foil. Arrange onion slices in prepared pan. Brush tops of onion slices with 1 Tbsp. olive oil. Sprinkle with ½ tsp. salt and pepper. Roast for 30 minutes.

2

Pat salmon dry with paper towels. Place in baking pan with onions, tucking under thin edges of salmon if necessary. Brush salmon with lime juice; sprinkle with chipotle powder and ¼ tsp. salt. Roast for 6 to 9 minutes or until salmon flakes easily with a fork (145°F) and onions begin to brown.

3

Combine walnuts, vinegar, Fresno pepper, remaining 1 Tbsp. olive oil, garlic and remaining ¼ tsp. salt in a small bowl; set aside.

4

Combine arugula and cucumber in a large bowl. Add about half the walnut mixture and all of its liquid; toss until combined.

5

To serve, arrange arugula mixture and onion slices on a large serving platter. Flake salmon into large pieces; arrange on salad. Spoon remaining walnut mixture on top.

Per serving: 570 calories, 42 g fat, 7 g saturated fat, 0 g trans fat, 60 mg cholesterol, 1,050 mg sodium, 21 g carbohydrates, 22 g fiber, 9 g sugar (0 g added sugar), 29 g protein. **Daily Values:** Vitamin D 60%, Calcium 8%, Iron 10%, Potassium 20%

SWEET CARAMELIZED ONIONS ADD RICHNESS TO LIGHT, NUTRITIOUS GREENS.

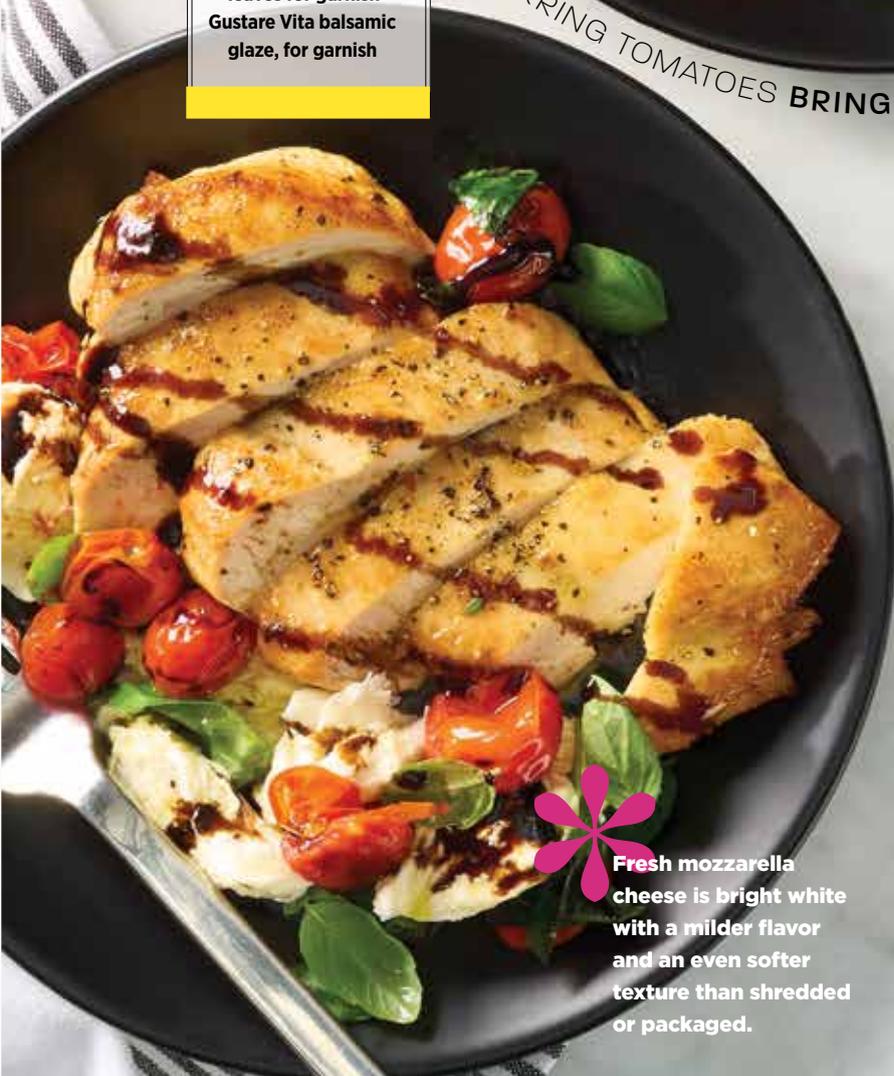
Charred Chicken Caprese

Total Time 30 minutes
Serves 2

1 pint Hy-Vee sweet grape tomatoes
4 Tbsp. Gustare Vita basil flavored olive oil, divided
1 tsp. kosher salt, divided
2 (6- to 8-oz.) Hy-Vee True boneless, skinless chicken breasts
 $\frac{3}{4}$ tsp. Hy-Vee freshly ground black pepper, divided
2 Tbsp. Hy-Vee vegetable oil
 $\frac{1}{2}$ (8-oz.) pkg. Soirée fresh mozzarella cheese, torn into pieces
 $\frac{1}{4}$ cup coarsely chopped fresh basil, plus additional basil leaves for garnish
Gustare Vita balsamic glaze, for garnish



CHARRING TOMATOES BRINGS OUT THEIR NATURAL SWEETNESS.



Fresh mozzarella cheese is bright white with a milder flavor and an even softer texture than shredded or packaged.

1

Place oven rack 4 in. from heat. Preheat broiler to HIGH. Line a rimmed baking pan with foil. Toss tomatoes with 1 Tbsp. olive oil and $\frac{1}{2}$ tsp. salt in medium bowl until coated. Spread tomatoes in prepared baking pan. Broil for 12 to 15 minutes or until lightly charred. Return tomatoes to medium bowl.

2

Place chicken on a cutting board; pat chicken dry with paper towels. Cover with plastic wrap. Lightly pound to $\frac{1}{2}$ -in. thickness using the flat side of a meat mallet. Remove plastic wrap; sprinkle both sides of chicken with remaining $\frac{1}{2}$ tsp. salt and $\frac{1}{2}$ tsp. pepper.

3

Heat vegetable oil in a large skillet over medium-high heat. Add chicken. Cook for 6 to 8 minutes until lightly browned and chicken reaches 165°F, turning halfway through.

4

Add mozzarella, $\frac{1}{4}$ cup chopped basil, remaining 3 Tbsp. olive oil and remaining $\frac{1}{4}$ tsp. pepper with tomatoes in bowl; toss to combine.

5

Serve tomato mixture alongside chicken on serving plates. Drizzle chicken with balsamic glaze and garnish with additional basil leaves, if desired.

Per serving: 740 calories, 58 g fat, 14 g saturated fat, 0 g trans fat, 160 mg cholesterol, 1,220 mg sodium, 8 g carbohydrates, 2 g fiber, 4 g sugar (0 g added sugar), 49 g protein. Daily Values: Vitamin D 0%, Calcium 20%, Iron 6%, Potassium 20%

PERFECT PORTIONS

Choose from drinks, sides and desserts sized exactly right for an intimate duo or small crowd.



WINES

Select multipacks or single-serve 375 mL bottles of whites, reds, rosés and sparkling wines to pair with any meal.



HALF LOAVES

Delicious Hy-Vee artisan breads are available in half loaves. Try San Francisco sourdough, Asiago cheese, French boule, roasted garlic sourdough and more.



HALF PIES AND CAKES

Delectable 40-oz. gourmet pies (such as apple, peach, blueberry and cherry), assorted 20-oz. creme cakes and more are all available in halves.

Dutch Baby with Leeks, Prosciutto & Cheddar

Hands On 25 minutes
Total Time 33 minutes
Serves 2

¼ cup Hy-Vee all-purpose flour
1 tsp. Hy-Vee granulated sugar
½ tsp. chopped fresh thyme
½ tsp. Hy-Vee black pepper
¼ tsp. kosher salt
2 Hy-Vee large eggs
½ cup Hy-Vee whole milk
1 Tbsp. Gustare Vita olive oil
½ cup sliced leek
2 Tbsp. Hy-Vee unsalted butter
½ cup Hy-Vee finely shredded sharp Cheddar cheese
1 (2-oz.) pkg. thinly sliced prosciutto, torn into pieces
Fresh chives, for garnish

1

Preheat oven to 425°F. Whisk together flour, sugar, thyme, pepper and salt in a small bowl. Place eggs and milk in a blender. Cover and blend for 2 minutes. Add flour mixture. Cover and pulse until combined. Set aside.

2

Heat oil in a 10-in. cast-iron skillet over medium heat. Add leek; cook for 3 to 5 minutes or until tender, stirring frequently. Remove from skillet; set aside. Melt butter in same skillet over medium-high heat. Tilt skillet to coat bottom with melted butter. Pulse batter in blender; pour into skillet.

3

Bake for 13 to 16 minutes or until puffed and golden brown. Quickly top with Cheddar cheese, prosciutto and leek. Bake for 1 to 2 minutes or until cheese is melted. Remove from oven and garnish with chives, if desired. Serve immediately.

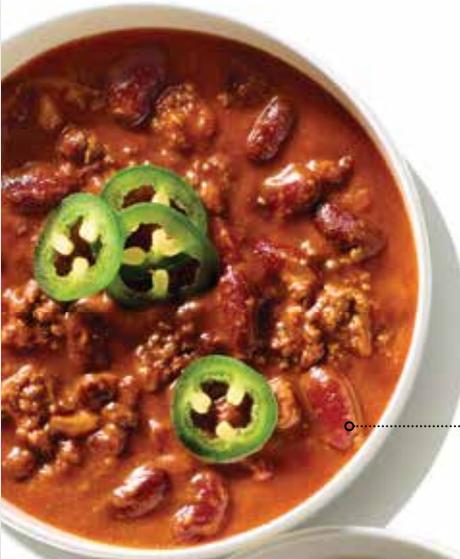
Per serving: 530 calories, 37 g fat, 17 g saturated fat, 0 g trans fat, 275 mg cholesterol, 990 mg sodium, 26 g carbohydrates, 1 g fiber, 7 g sugar (2 g added sugar), 25 g protein. Daily Values: Vitamin D 10%, Calcium 25%, Iron 15%, Potassium 6%



SAUTÉED LEEKS BRING BRIGHTNESS AND AN ONIONY TANG THAT PERK UP WINTER DISHES.



Rinse leeks under water to remove visible dirt. Trim off the roots. Slice the white and light green portions. Stop at the dark green portion. Rinse again before using.

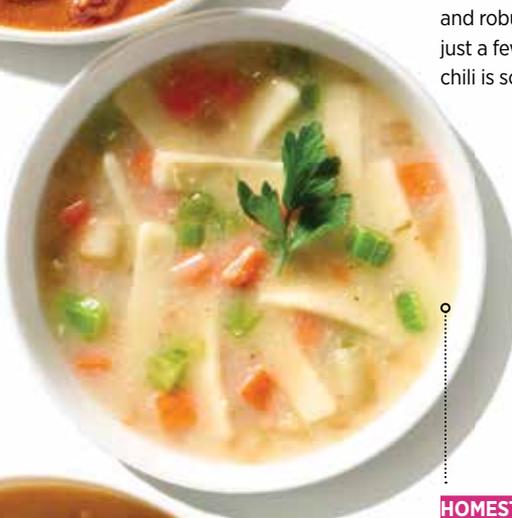


Heat-and-Serve Soups for Two

Crafted with quality ingredients, Hy-Vee soups are worth savoring. Check out these chef-inspired flavor combinations and find more at Hy-Vee to take the chill out of any evening.

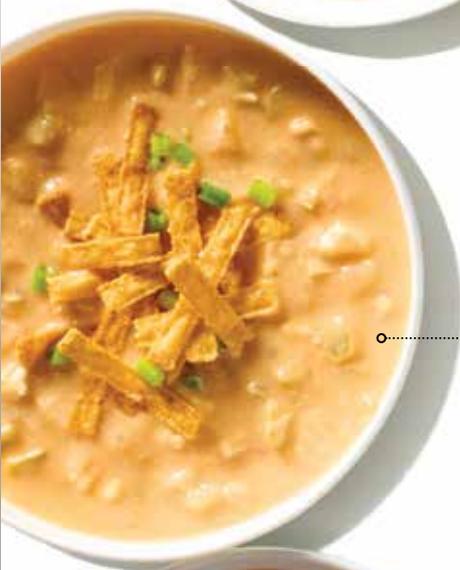
BRICKHOUSE CHILI WITH BEANS

Dark red kidney beans, crumbled ground beef and robust spices are just a few reasons this chili is so hearty.



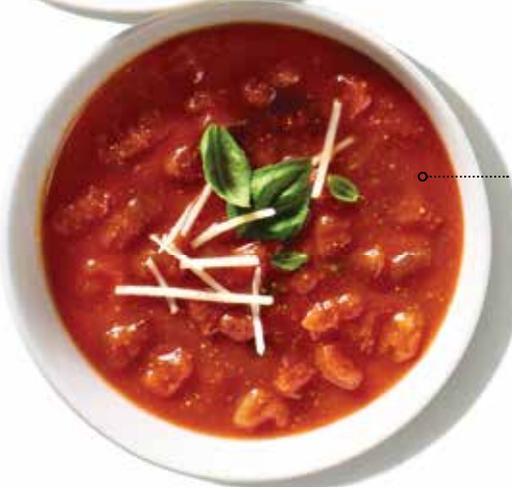
HOMESTYLE CHICKEN NOODLE SOUP

A winter classic. Tender chicken with delicious chunks of celery, carrots, onions and always-popular egg noodles.



CHICKEN TORTILLA SOUP

Cheesy and creamy tomato-base soup with cayenne sauce, jalapeño peppers and chili powder to spice up dinner.



TOMATO BASIL SOUP WITH PARMESAN

This flavorful winter soup includes a generous amount of tomatoes, real milk and aromatic basil.

SOUPER TOPPERS

Dress up winter soups with a variety of extras.

CREAMY TOPPERS

A velvety addition adds a touch of richness.



- shredded cheese
- sour cream
- a swirl of plain Greek yogurt
- crème fraîche
- crumbled cheese like Gruyère or feta
- cream
- coconut milk

CRISPY ADD-ONS

Texture and crunch are a soup's best friend.



- tortilla strips, chips
- croutons
- pepitas
- corn chips
- bagel chips
- pita chips
- oven-roasted chickpeas
- chopped nuts
- toast triangles

EXTRA VEGGIES

Add a burst of color and nutrition.



- chopped avocado
- chopped fresh tomatoes
- sun-dried tomatoes
- green onions
- sliced radishes
- sliced shallots

FRESH HERBS

Colorful herbs are an elegant topping.



- parsley
- basil
- chives
- tarragon
- winter savory
- thyme
- rosemary
- sage

BONUS

Homemade soups can often benefit from a quick flavor boost:

- chopped bacon, pepperoni or pancetta
- mustard
- hot sauce
- vinegar or red wine
- lemon or lime juice
- dusting of spice, cracked black pepper
- pico de gallo
- pesto

TO-GO OPTIONS AT HY-VEE

Get heat-and-serve or ready-to-eat meals in just minutes for breakfast, lunch and dinner.



Conveniently packaged food for a quick eating experience.

- Breakfasts
- Flatbread pizzas
- Burgers
- Sandwiches
- Chicken quesadillas
- Pork tenderloins



Stop, shop and roll. On-the-go meals and grocery and pantry staples:

- Di Lusso salads and sandwiches
- Hy-Vee Short Cuts fruits & vegetables
- Fresh produce
- Beer, Wine & Spirits



Order online and get curbside pickup for ready-to-eat meals:

- Hibachi (select locations)
- MIA Italian Pizza (select locations)
- Wahlburgers
- #HyChi
- Nori Sushi



COOKING

craze

**FOOD TRENDS AND HACKS HAVE TAKEN
OVER SOCIAL MEDIA FEEDS. BUT WHAT
EXACTLY MAKES A RECIPE STAND OUT?
LET'S DIG IN.**

**FOLLOW
HY-VEE ON
INSTAGRAM FOR
MORE TRENDING
RECIPES TO
RECREATE AND
POST ON YOUR
OWN PAGE!**



Cloud bread. Feta pasta. How-to food videos are heating up social media. Learn some of the key components that make food hacks and fusions a hit. Try four new recipes to become the next influencer racking up the likes.



WHY IT WORKS

BAKED PASTA IS A RECIPE FOR SOCIAL MEDIA SUCCESS, AND SPINACH-AND-ARTICHOKE DIP IS AN EASY-TO-MAKE CROWD-PLEASER. TOGETHER: A DISH MADE FOR LIKES.

One-Dish Spinach-and-Artichoke Pasta Bake

Hands On 10 minutes

Total Time 1 hour 10 minutes

Serves 8 (1½ cups each)

Hy-Vee nonstick cooking spray

1 (11.64-oz.) jar Gustare Vita grilled artichokes

1 (8-oz.) container burrata fresh mozzarella cheese, undrained

4 large cloves garlic, minced

1 (16-oz.) pkg. Gustare Vita organic cavatelli pasta

2 (12-oz.) containers multi-colored grape tomatoes

1 (16-oz.) container Hy-Vee Kitchen spinach artichoke dip

1 cup Hy-Vee heavy whipping cream

⅓ tsp. coarse-ground black pepper

1 cup lightly packed baby spinach

2 Tbsp. fresh lemon juice

1 tsp. fine sea salt

¼ tsp. Hy-Vee crushed red pepper

1. PREHEAT oven to 400°F. Lightly spray a 13×9-in. baking dish with nonstick spray; set aside. Drain artichokes, reserving liquid. Coarsely chop artichokes; set aside.

2. PLACE burrata cheese with its liquid in center of prepared baking dish. Sprinkle garlic evenly in dish. Around the burrata, layer uncooked pasta, tomatoes, chopped artichokes and its reserved liquid and spoonfuls of spinach artichoke dip. Pour whipping cream evenly over mixture and sprinkle with black pepper.

3. BAKE, uncovered, for 55 to 60 minutes or until pasta is tender. Remove from oven and gently stir until combined. Stir in spinach, lemon juice, salt and crushed red pepper.

Per serving: 560 calories, 32 g fat, 16 g saturated fat, 0 g trans fat, 80 mg cholesterol, 820 mg sodium, 51 g carbohydrates, 5 g fiber, 7 g sugar (0 g added sugar), 18 g protein. **Daily Values:** Vitamin D 0%, Calcium 35%, Iron 10%, Potassium 6%

what makes a dish trend?

1. EASY RECIPES

Keep everything simple. Limit the number of ingredients, measurements and steps of preparation to interest more people.

2. INEXPENSIVE INGREDIENTS

Keeping the cost of the dish low makes it accessible for more people to recreate.

3. SURPRISE SOLUTIONS

Who doesn't want to make their life easier? People love when a recipe is a life hack.

4. COMFORT FOODS

People gravitate toward recipes that are indulgent, satisfying or nostalgic—foods that are flavorful and make us feel good.

4-Ingredient Peanut Butter Bread

Hands On 8 minutes
Total Time 11 minutes plus
cooling time
Serves 12

Hy-Vee nonstick cooking spray
3 Hy-Vee large eggs, beaten
½ cup Hy-Vee crunchy
peanut butter
1 tsp. Gustare Vita white
wine vinegar
½ tsp. Hy-Vee baking soda
Fresh raspberries, for serving
Fresh blackberries, for serving
Chopped Hy-Vee salted blanched
peanuts, for garnish

1. SPRAY a 9×5-in. glass microwave-safe baking dish with nonstick spray; set aside.

2. WHISK together eggs, peanut butter, vinegar and baking soda in a medium bowl. Pour into prepared baking dish.

3. MICROWAVE on HIGH for 2½ to 3 minutes or until set in center. Cool in baking dish for 5 minutes on a wire rack. Remove from baking dish.

4. TO SERVE, mash raspberries and blackberries in a small bowl using a fork. Slice bread; spread with mashed berries. Garnish with chopped peanuts, if desired.

Per serving: 80 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 45 mg cholesterol, 105 mg sodium, 3 g carbohydrates, 1 g fiber, 1 g sugar (1 g added sugar), 4 g protein.
Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 2%



WHY IT WORKS

THIS KETO-FRIENDLY RECIPE PAIRS FAMILIAR INGREDIENTS WITH A SIMPLE COOKING METHOD. FOR SINGLE SERVINGS, DIVIDE INTO COFFEE MUGS AND MICROWAVE EACH ON HIGH FOR UP TO 1½ MINUTES.



Posting Food on Social Media

WATCH THE VIEWS, LIKES AND COMMENTS ROLL IN WHEN YOU FOLLOW THESE VIDEO TIPS.

KICK IT OFF WITH A BANG

Open with a shot of the finished recipe to entice people to look at your post.

STEP-BY-STEP VIDEOS

Separate each step into its own shot for easy-to-follow directions.

USE AN UPBEAT TONE

Talk in an inviting way. When you're excited about the recipe, other people will be, too!

MAKE IT SHORT AND SWEET

Encourage people to watch the whole video by keeping it under 2 minutes.

HAVE FUN WITH IT!

Enjoy what you're cooking, baking and creating and people will respond.



Scan the QR Code to follow and tag Hy-Vee on Instagram when you make these recipes.

WHY IT WORKS

ELEVATE TOAST BY USING INGREDIENTS IN AN UNCONVENTIONAL WAY IN AN OPEN-FACE PRESENTATION.



Wild Mushroom and Ricotta Toast

Total Time 20 minutes

Serves 4

- 1 cup Hy-Vee whole milk ricotta cheese
- 1 tsp. lemon zest
- ½ cup Gustare Vita white wine vinegar
- 1 small shallot, sliced
- 2 Hy-Vee large eggs
- 6 Tbsp. Hy-Vee unsalted butter, divided
- 4 slices Hy-Vee Bakery sourdough bread
- 3 cups sliced fresh Hy-Vee portabella mushroom caps, oyster and/or shiitake mushrooms

- 2 cloves garlic, peeled
- ¼ cup microgreens
- Fine sea salt, to taste
- Coarse-ground black pepper, to taste
- Asian chili oil, for serving

1. **STIR** together ricotta cheese and lemon zest in a small bowl; set aside.
2. **COMBINE** vinegar and shallot in a small saucepan; bring to a boil. Remove from heat; let stand for 3 minutes. Drain and set aside.
3. **FILL** same saucepan half-full with water. Bring to a boil; reduce heat to a simmer. Add eggs to water and simmer for 8 minutes; drain. Run eggs under cold water to cool slightly. Peel eggs and cut lengthwise in half; set aside.

4. **MELT** 3 Tbsp. butter in a large skillet over medium heat. Add bread slices. Cook 2 to 3 minutes or until golden brown, turning frequently. Set aside. Melt remaining 3 Tbsp. butter in same skillet over medium-high heat. Add mushrooms and garlic. Cook for 5 to 6 minutes or until mushrooms are tender, stirring occasionally. Remove and discard garlic.

5. **TO SERVE**, spread ricotta mixture on one side of toast. Top with mushrooms, shallot, microgreens and egg halves. Season with salt and pepper. Drizzle with chili oil, if desired.

Per serving: 470 calories, 29 g fat, 17 g saturated fat, 0.5 g trans fat, 170 mg cholesterol, 400 mg sodium, 36 g carbohydrates, 2 g fiber, 2 g sugar (0 g added sugar), 17 g protein. Daily Values: Vitamin D 6%, Calcium 20%, Iron 15%, Potassium 8%

French Toast Cereal

Hands On 25 minutes
Total Time 30 minutes
Serves 4

1 (8-oz.) container Soirée mascarpone cheese, softened
1¼ cups Hy-Vee heavy whipping cream, divided
2 Hy-Vee large eggs
½ cup Hy-Vee whole milk
2 Tbsp. packed Hy-Vee light brown sugar
2 tsp. Hy-Vee vanilla extract
1 tsp. Hy-Vee ground cinnamon, plus additional for serving
¼ tsp. Hy-Vee ground nutmeg
Hy-Vee nonstick cooking spray
8 slices Hy-Vee Bakery brioche bread

2 Tbsp. Hy-Vee honey, divided
Bananas, sliced, for serving
Hy-Vee chopped pecans, for serving
Hy-Vee 100% pure maple syrup, for serving
Whipped cream, for garnish

1. STIR together mascarpone cheese and ½ cup whipping cream in a medium bowl; set aside.

2. WHISK eggs in a shallow medium bowl. Whisk in remaining ¾ cup cream, milk, brown sugar, vanilla, 1 tsp. cinnamon and nutmeg; set aside.

3. SPRAY a griddle or large nonstick skillet with nonstick spray. Heat griddle or skillet over medium heat.

4. DIP bread slices, one at a time, into egg mixture. Place on hot griddle; cook for 2 to 4 minutes or until golden brown, turning halfway through. Transfer to a cutting board.

5. TO SERVE, cut each slice of French toast into 16 squares. Spread ¼ cup mascarpone mixture in the bottom of each of 4 serving bowls. Drizzle each with 1½ tsp. honey; lightly sprinkle with additional cinnamon. Top with French toast, banana slices and pecans. Drizzle with remaining mascarpone mixture and maple syrup. Garnish with whipped cream, if desired.

Per serving: 750 calories, 48 g fat, 29 g saturated fat, 0.5 g trans fat, 210 mg cholesterol, 520 mg sodium, 63 g carbohydrates, 0 g fiber, 20 g sugar (12 g added sugar), 18 g protein.
Daily Values: Vitamin D 6%, Calcium 15%, Iron 15%, Potassium 2%

WHY IT WORKS

SHRINK FRENCH TOAST INTO BITE-SIZE PIECES TO ENJOY BY THE SPOONFUL, INSTEAD OF NEEDING A KNIFE AND FORK.

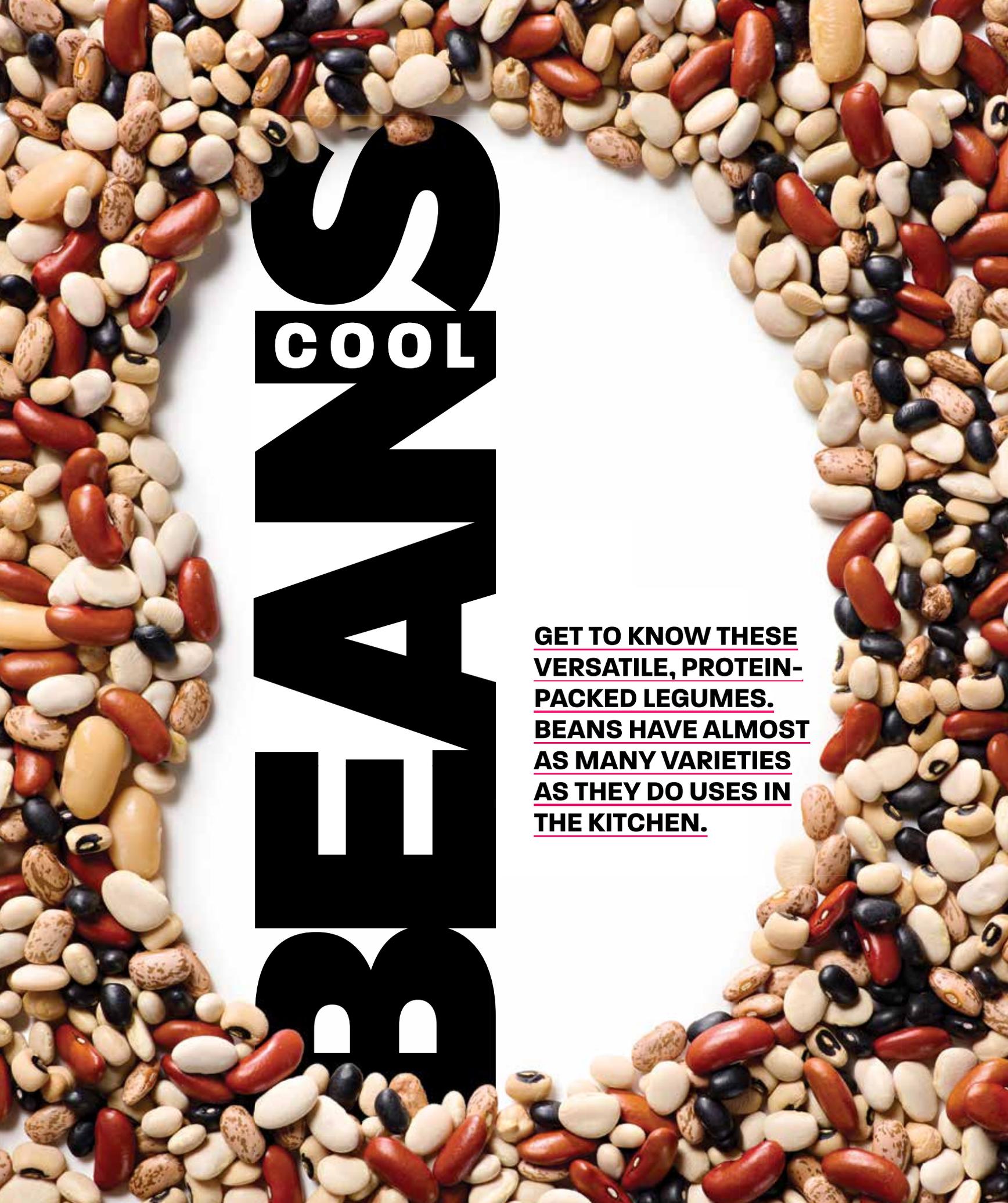
Bon Appétit

See how to combine two breakfast staples into one dish that will become a new favorite.

HyVee
seasons

Watch and learn at
Seasons.Hy-Vee.com





SO COOL AND WE BE

GET TO KNOW THESE
VERSATILE, PROTEIN-
PACKED LEGUMES.
BEANS HAVE ALMOST
AS MANY VARIETIES
AS THEY DO USES IN
THE KITCHEN.

Why beans?

EASY ON THE WALLET AND EASY ON THE WAISTLINE. BEANS ARE BRIMMING WITH CULINARY POTENTIAL. HERE ARE A FEW REASONS TO CONSIDER BEANS.

Economical

Beans are a low-cost alternative to animal protein sources such as beef, chicken and pork.

Nutritious

Beans are an excellent source of plant protein and provide nutrients such as iron and zinc. They're naturally free of fat and cholesterol; dry beans are sodium-free as well.

Filling

Fiber-rich beans fill you up, not out. A ½-cup serving is less than 130 calories. Also, beans provide the body with energy slowly, so blood sugar levels don't spike and drop sharply, causing lethargy and hunger.

Versatile

Versatility is a hallmark of beans. Use them to make hummus or vegetarian burgers, to "beef up" a salad or as the star in your next pot of soup or chili!



Pressure Cooker Smoky 3-Bean Soup

Total Time 1 hour 45 minutes
Serves 6 (1½ cups each)

- 1 (15-oz.) pkg. fully cooked smoked bone-in pork chops
- 1 cup chopped yellow onion
- 5½ cups water
- 1 (14.5-oz.) can Hy-Vee petite diced tomatoes with garlic & olive oil, undrained
- ¾ cup Hy-Vee dried great Northern beans, rinsed

- ¾ cup Hy-Vee dried red kidney beans, rinsed
- ¾ cup Hy-Vee dried black beans, rinsed
- 2 carrots, peeled, halved lengthwise and sliced
- Hy-Vee salt, to taste
- Hy-Vee black pepper, to taste
- Fresh thyme, for garnish

1. **CUT** meat from pork chops; reserve bones. Chop pork into bite-size pieces.
2. **COOK** pork, uncovered, on SAUTÉ setting for 3 minutes in a 6-qt. pressure cooker, stirring occasionally. Add onion; cook and stir for 3 minutes or until lightly browned.

3. **STIR** in water; undrained tomatoes; dried great Northern, kidney and black beans; carrots and reserved pork chop bones. Lock lid in place and set valve to SEALING position. Cook on HIGH PRESSURE for 30 minutes. Turn off pressure cooker. Allow pressure to release naturally for 30 minutes. Remove and discard bones. Season to taste with salt and pepper. Garnish with thyme, if desired.

Per serving: 290 calories, 9 g fat, 3 g saturated fat, 0 g trans fat, 40 mg cholesterol, 960 mg sodium, 44 g carbohydrates, 22 g fiber, 5 g sugar (0 g added sugar), 26 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 20%, Potassium 15%

BEANS MADE SIMPLE



- **DRIED**
- The economical way to cook a big batch of beans; requires pre-soaking.



- **CANNED**
- No soaking needed—just open the lid, drain and rinse. Beans are ready!



- **PREPARED**
- Enjoy beans already prepared in sauce, such as chili-style or baked beans.



BLACK BEANS

With smooth texture and mild flavor, black beans are easy to incorporate into a variety of dishes. **BENEFITS** Black beans are high in potassium, which may aid blood pressure. **BEST USES** Mexican, Caribbean and South American recipes including quesadillas and tacos; also vegetarian burgers, salsa and wraps.



PINTO BEANS

Pinto means “painted” in Spanish, owing to the rust-color specks on the skin. They have an earthy flavor. **BENEFITS** Pinto beans have a lot of fiber and protein. **BEST USES** Their tenderness is well-suited to Tex-Mex dishes such as refried beans, dips, nachos and frijoles charros (cowboy beans).



CANNELLINI BEANS

Also called white kidney beans, they have slightly thicker skins and hold their shape well. **BENEFITS** A ¼-cup serving supplies 43 percent of daily fiber and 20 percent of daily potassium needs. **BEST USES** Minestrone or kale soup, pasta fazool, tuna salad, bean salads and brownies.



NAVY BEANS

A staple of U.S. Navy diets in the late 19th century; they have a mild flavor and creamy texture. Also called Boston beans and haricot beans. **BENEFITS** At 9.6 g fiber in a ½-cup serving, they are among the highest-fiber beans. **BEST USES** Key ingredient in the famous Boston Baked Beans.



LIMA BEANS

Also called butter beans, they are available in two sizes: larger Fordhook beans and smaller baby lima beans. **BENEFITS** Lima beans are an especially good source of iron, which can help prevent anemia. **BEST USES** Curries, Brunswick stew, vegetable beef soup.

by any **beans**
necessary

**BEANS CAN BE
YOUR BEST FRIEND
WHEN IT COMES TO
PREPARING TASTY,
NUTRITIOUS DISHES
ON A SHOESTRING.**



▲
BLACKEYE PEAS

Despite the name, these are technically beans—with spots resembling a black eye and a slightly bitter flavor. **BENEFITS** Blackeye peas provide folate, a B-vitamin needed for cell growth and function. **BEST USES** Works well in salsas, soups and curries.

▲
RED KIDNEY BEANS

Large kidney-shape beans with mild flavor and firm texture; light and dark varieties. **BENEFITS** They are a good source of magnesium to support muscle and nerve function. **BEST USES** Chili, barbecue beans, red beans and rice, or mashed into a dip.

▲
GARBANZO BEANS

Also called chickpeas, they have a slightly nutty flavor. **BENEFITS** Garbanzo beans contain a plant sterol that helps prevent the absorption of cholesterol. **BEST USES** Mashed into hummus; also great for salads, roasted snacks, casseroles and soups.

▲
GREAT NORTHERN BEANS

Similar to cannellini beans but less dense and with a nuttier flavor. **BENEFITS** At 104 calories per ½ cup, they are the lowest-calorie beans. **BEST USES** Ham and bean soup, three-bean salad, white bean casserole, white chili.



AMERICANS DON'T KNOW BEANS AS WELL AS THEY SHOULD. MORE THAN 80% OF AMERICANS FALL SHORT OF THE WEEKLY GOAL, ACCORDING TO THE LATEST U.S. DIETARY GUIDELINES, WHICH RECOMMEND EATING 1½ CUPS PER WEEK OF LEGUMES SUCH AS BEANS, LENTILS AND PEAS.

A GOOD SOAK

HOW TO PREPARE DRIED BEANS IN A PRESSURE COOKER



prepping

Rinse dried beans in a colander or strainer; remove any bits or bean fragments.



cooking

Cover beans with cool water; close and lock lid. Set at HIGH PRESSURE for 30 minutes, allowing extra time for pressure to build up.



draining

Release pressure according to manufacturer's directions, then unlock and remove the lid. Drain the beans and let them cool before using.



COZY SEASONAL

SOUP



DROP BISCUITS

MAKE WINTER
WEEKNIGHT COOKING
EASY WITH HEARTY
HOMEMADE SOUP
AND BISCUIT RECIPES.

**SAVE ON PREP TIME
BY ASKING YOUR
HY-VEE MEAT
DEPARTMENT
TO CUT THE BEEF
INTO 1-IN. CUBES
FOR YOU.**

Irish Stout Beef Stew

Hands On 35 minutes

Total Time 2 hours 35 minutes

Serves 6 (1½ cups each)

1 (2-lb.) Hy-Vee Choice Reserve beef chuck pot roast, cut into 1-in. pieces

1½ tsp. Hy-Vee garlic salt

¾ tsp. coarse-ground black pepper

1 Tbsp. Hy-Vee all-purpose flour

3 Tbsp. Hy-Vee vegetable oil, divided

1 (8-oz.) pkg. sliced baby bella mushrooms

1 cup Hy-Vee Short Cuts chopped white onions

3 cups Full Circle Market organic beef bone broth, divided

1 (12-oz.) bottle Guinness draught beer

1 Tbsp. Hy-Vee tomato paste

½ (1.5-lb.) pkg. Hy-Vee Smart Bites baby blonde potatoes, quartered

½ (16-oz.) pkg. baby-cut carrots, halved lengthwise

2 Tbsp. finely chopped fresh thyme, plus additional chopped for garnish

4 Hy-Vee bay leaves

4 tsp. Hy-Vee corn starch

1 Tbsp. Gustare Vita red wine vinegar

6 Easy Blue Cheese 'n' Chive Drop Biscuits, for serving

1. PREHEAT oven to 300°F. Pat beef dry with paper towels. Sprinkle beef with garlic salt and pepper; toss with flour and set aside.

2. HEAT 1 Tbsp. oil in a 5-qt. Dutch oven over medium heat. Add mushrooms and onions; cook for 4 to 5 minutes or until softened, stirring often. Transfer to a large bowl.

3. HEAT 1 Tbsp. oil in Dutch oven over medium-high heat. Add half of beef and cook for 3 to 4 minutes or until browned, stirring occasionally. Transfer to a bowl with mushroom mixture. Add remaining 1 Tbsp. oil and brown remaining beef; transfer to bowl.

4. ADD 1 cup beef broth to Dutch oven. Cook over medium heat for 1 to 2 minutes, scraping and stirring brown bits from

bottom of Dutch oven. Stir in remaining 2 cups beef broth, beer and tomato paste.

5. ADD beef, mushroom-onion mixture, potatoes, carrots, 2 Tbsp. thyme and bay leaves to broth mixture. Bring to a gentle simmer. Cover and transfer to oven. Bake for 1½ to 2 hours or until beef and vegetables are tender. Remove from oven.

6. WHISK together corn starch and vinegar; stir into stew. Simmer on stovetop for 1 to 2 minutes or until slightly thickened. Remove and discard bay leaves. Garnish with additional chopped thyme, if desired. Serve with biscuits, if desired.

Per serving: 520 calories, 18 g fat, 5 g saturated fat, 0 g trans fat, 155 mg cholesterol, 830 mg sodium, 23 g carbohydrates, 4 g fiber, 4 g sugar (1 g added sugar), 60 g protein.
Daily Values: Vitamin D 0%, Calcium 4%, Iron 35%, Potassium 25%

**SALMON FROM
HY-VEE'S FISH
MARKET DEPARTMENT
IS RESPONSIBLE
CHOICE, AND IS
FISHED OR FARMED
SUSTAINABLY.**



Salmon- Corn Chowder

Total Time 45 minutes
Serves 4 (1½ cups each)

4 slices Hy-Vee sweet smoked bacon, chopped
1 Tbsp. Hy-Vee unsalted butter
¾ cup thinly sliced small leek, white and light green parts only
½ cup thinly sliced celery
2 cloves garlic, minced
3 cups Hy-Vee 33%-less-sodium chicken broth
1½ lb. Hy-Vee Fish Market farm-raised Atlantic skinless salmon fillet, ¾ to 1 in. thick, cut into 3 pieces

1 lb. red new potatoes, chopped into ½-in. pieces
¼ tsp. fine sea salt
¼ tsp. coarse-ground black pepper, plus additional for garnish
2½ cups Hy-Vee Select frozen super sweet cut corn, thawed, divided
1½ cups Hy-Vee half-and-half, divided
1 Tbsp. Hy-Vee corn starch
1 tsp. smoked paprika
Sliced green onions, for garnish
4 Easy Cheddar-Bacon Drop Biscuits, for serving

1. COOK bacon over medium heat in a 4-qt. heavy saucepan for 5 to 6 minutes until crisp. Use a slotted spoon to transfer bacon to

paper towels to drain; reserve drippings in saucepan.

2. MELT butter in saucepan. Add leek, celery and garlic. Cook over medium heat for 3 to 4 minutes or until softened, stirring occasionally. Transfer to a bowl.

3. ADD broth to same saucepan; bring to simmer. Add salmon; cover and simmer for 6 to 8 minutes or until salmon flakes easily with a fork (145°F). Transfer salmon to a cutting board; reserve broth in saucepan.

4. ADD potatoes, salt and ¼ tsp. pepper to broth. Simmer, covered, for 6 to 8 minutes or just until potatoes are tender.

5. PLACE 1 cup corn, ½ cup half-and-half, corn starch and smoked paprika in a blender. Cover and blend until smooth.

6. STIR corn mixture into soup. Stir in remaining 1½ cups corn, remaining 1 cup half-and-half and leek mixture. Cook for 2 minutes or until slightly thickened. Flake salmon; add to soup; heat just until warm.

7. LADLE chowder into bowls. Garnish with bacon, green onions and additional pepper, if desired. Serve with biscuits.

Per serving: 650 calories, 39 g fat, 15 g saturated fat, 0 g trans fat, 155 mg cholesterol, 900 mg sodium, 28 g carbohydrates, 3 g fiber, 6 g sugar (0 g added sugar), 44 g protein. **Daily Values:** Vitamin D 100%, Calcium 10%, Iron 10%, Potassium 30%

Slow-Cooked Lasagna Soup

Hands On 15 minutes

Total Time 3 hours 15 minutes

Serves 8 (1½ cups each)

- 1¼ lb. fresh Graziano Bros. Italian sausage
- ¾ cup chopped yellow onion
- 4 cloves garlic, minced
- 5 cups Hy-Vee 33%-less-sodium chicken broth
- 1 (28-oz.) can Full Circle Market organic crushed tomatoes with basil, undrained
- 1 (14.5-oz.) can Full Circle Market organic fire roasted diced tomatoes, undrained
- 1 Tbsp. Hy-Vee tomato paste
- 1 tsp. Hy-Vee Italian seasoning
- ¼ tsp. coarse-ground black pepper
- ½ (12-oz.) pkg. Hy-Vee mini lasagna pasta
- ¾ cup Hy-Vee whole milk ricotta cheese
- ¾ cup Hy-Vee finely shredded mozzarella cheese
- ¼ cup Soirée grated Parmesan cheese, plus additional for serving
- 3 Tbsp. Hy-Vee milk
- 1½ Tbsp. finely chopped fresh basil, plus additional basil for garnish
- Hy-Vee crushed red pepper, for garnish
- 8 Easy Drop Biscuits (plain), for serving

**MAKE IT A
VEGETARIAN SOUP
WITH VEGETABLE
BROTH AND A
PLANT-BASED
SAUSAGE.**

1. COOK sausage, onion and garlic in a large nonstick skillet over medium-high heat for 5 to 8 minutes or until sausage is cooked through (165°F) and onion is softened, stirring occasionally to break it into large crumbles.

2. TRANSFER sausage mixture to a 6-qt. slow cooker. Stir in broth, undrained crushed tomatoes, undrained fire roasted diced tomatoes, tomato paste, Italian seasoning and black pepper.

3. COVER and cook on HIGH for 2½ hours or LOW for 5 hours. Uncover and stir in uncooked pasta. Cover and cook on HIGH for 25 to 30 minutes or just until pasta is tender.

4. STIR together ricotta, mozzarella and ¼ cup Parmesan cheese, milk and 1½ Tbsp. basil.

5. TO SERVE, ladle soup into serving bowls; top with ricotta mixture. Garnish with additional basil and crushed red pepper, if desired. Serve with additional Parmesan and biscuits, if desired.

Per serving: 300 calories, 13 g fat, 6 g saturated fat, 0 g trans fat, 75 mg cholesterol, 1,260 mg sodium, 22 g carbohydrates, 1 g fiber, 7 g sugar (0 g added sugar), 22 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 2%

3 DROP BISCUITS

Whip up these versatile 3-step biscuits in 30 minutes or less. Then choose flavorful mix-ins to make them perfect for pairing with soup or other dinner ideas.



**DROP BISCUIT
DOUGH IS MORE
MOIST THAN ROLLED
DOUGH, SO JUST “DROP”
IT ONTO A BAKING
SHEET WITHOUT ANY
KNEADING OR
ROLLING.**

EASY CRANBERRY-ORANGE DROP BISCUITS



½ cup chopped Hy-Vee dried cranberries



¼ cup orange zest

PAIR WITH

A custom charcuterie board from Hy-Vee Catering



EASY BLUE CHEESE 'N' CHIVE DROP BISCUITS



½ cup Hy-Vee blue cheese crumbles



¼ cup finely chopped fresh chives

PAIR WITH

A platter of spicy bone-in or boneless Hy-Vee Buffalo wings



EASY CHEDDAR-BACON DROP BISCUITS



½ cup Hy-Vee shredded Cheddar cheese



½ cup chopped crisp-cooked Hy-Vee bacon

PAIR WITH

A warm bowl of Hy-Vee Brickhouse chili with beans



HY-VEE HAS YOUR BISCUIT-BAKING ESSENTIALS TO GET STARTED.

Baking Sheet

For simple release and cleaning, choose nonstick sheets.

Try: Nordic Ware Nonstick Baker's Half Sheet

Baking Mix

For classic flavor and texture, use a tried-and-true mix.

Try: Hy-Vee All-Purpose Original Baking Mix

Mixing Bowl

Make pouring easy with a medium bowl with a spout.

Try: Good Cook Touch 5-qt. Bowl

Whisk

Incorporate ingredients quickly and easily with a quality whisk.

Try: Simply Done Whisk



Scan the QR Code to shop for biscuit staples.

EASY DROP BISCUITS

3 EASY STEPS

Preheat oven to 425°F. Line a large baking sheet with parchment paper; set aside.



MIX 2 cups Hy-Vee all-purpose flour, 1 Tbsp. baking powder and 1 tsp. Hy-Vee salt in a medium bowl. Stir in ½ cup cold, grated Hy-Vee unsalted butter and 1½ cups buttermilk. Add desired mix-ins until combined.



DROP ¼-cup-size spoonfuls of mixture onto prepared baking sheet about 2 in. apart.



BAKE for 14 to 16 minutes or until bottoms of biscuits are golden brown.

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for the whole family!



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life

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74 HY-VEE WORKS FOR YOU

78 20 WAYS TO KEEP FIDO FIT THIS WINTER

82 ROOM TO GROW

86 WINTER SAFETY





PROTECT

**YOUR
WINTER
SKIN**

**FOR GLOWING, HYDRATED SKIN,
FOLLOW THESE WINTER SKIN CARE TIPS
AND STOCK UP ON HYDRATING AND
RESTORATIVE PRODUCTS AT HY-VEE.**

Winter skin care is all about moisture. Cold weather, indoor heating and lower humidity all contribute to dry, itchy skin. To protect skin and help it retain moisture, use rich, cream-base products with hydrating ingredients plus a routine that includes using gentle exfoliators and applying sunscreen before going outside, even in winter.

safeguarding your skin

Practice these winter habits to help prevent dry, irritated skin.

1 MINIMIZE TIME IN HOT WATER

Use warm water and try to keep showers and baths short. Hot water can remove natural oils from skin, contributing to dryness.

2 MOISTURIZE MORE FREQUENTLY

Apply lotion after showering while skin is still slightly wet to help lock in moisture. Reapply as needed throughout the day.

3 USE A HUMIDIFIER

Running a humidifier adds moisture to the air, which can help prevent dry skin.

4 APPLY SUNSCREEN

Sunburns can occur in winter, too, leading to dryness and wrinkles. Avoid sun damage by applying sunscreen daily.

5 EXFOLIATE GENTLY

Once or twice per week, use a gentle product to exfoliate. This helps remove dry, dead skin cells that might block moisturizers from absorbing into skin.

6 COVER UP OUTDOORS

Bundle up to protect skin from exposure to cold temperatures and winter winds that draw moisture out. Use soft materials—scratchy fabrics like wool can irritate skin.

BODY

Protect your entire body from dryness with these hydrating products.



1. OLAY NOURISHING & HYDRATING LOTION

Penetrates up to 10 layers of skin to hydrate, while vitamin B3 helps skin retain moisture.

2. DOVE DEEP MOISTURE BODY WASH

Rich, creamy body wash with glycerin moisturizes while cleaning skin.

3. GOLD BOND PURE MOISTURE LOTION

Lightweight body and face lotion with hyaluronic acid soothes and hydrates skin for up to 24 hours.

SCALP

For a healthy, flake-free scalp, try these hair products.



1. HEAD & SHOULDERS CLINICAL STRENGTH SHAMPOO

Deep cleans scalp to protect against dandruff, dryness, itchiness and excess oil.

2. BATISTE LEAVE-IN HAIR MASK

Creamy, moisturizing mask for damp or dry hair.

3. DOVE DERMACARE SCALP DRYNESS RELIEF CONDITIONER

Nourishes hair and scalp to relieve itch and prevent dandruff.

PROTECTIVE INGREDIENTS

For the most effective winter skin care routine, look for these ingredients on labels to help strengthen skin's moisture barrier and prevent water loss.

Humectants

Humectants draw in and retain moisture by creating a barrier to protect skin. Hyaluronic acid is one of the best known, but others include glycerin, urea, sorbitol and propylene glycol.

Hyaluronic Acid

Products with hyaluronic acid moisturize by attracting and binding water. Hyaluronic acid can bind over 1,000 times its weight in water to hydrate skin.

Ceramides

Found in the outer layer of skin, ceramides help bind skin cells tightly together to retain moisture. They can help heal severe dryness related to eczema and other conditions.

Collagen

A type of protein, collagen is a building block for skin. Topical collagen products may increase the effectiveness of the skin's natural barrier, reducing water loss.

Probiotics

Some studies have shown moisturizers with probiotics can help dryness, reduce acne, strengthen the skin barrier and protect against inflammation.



NEUTROGENA HYDRO BOOST EXFOLIATING CLEANSER

Hyaluronic acid—naturally produced by the human body—exfoliates and hydrates skin.

NEUTROGENA HYDRO BOOST HYALURONIC ACID SERUM

Glycerin and hyaluronic acid penetrate nine layers to absorb and hold water in the skin.

PACIFICA CREAM TO FOAM FACE WASH

Cleanse face without drying skin using vegan cream cleanser with coconut and glycerin.

CETAPHIL RICH HYDRATING FACE CREAM

Lightweight cream with hyaluronic acid quickly absorbs into skin to moisturize without blocking pores.

MAYBELLINE DREAM RADIANT HYDRATING FOUNDATION

Available in 20 shades, collagen and hyaluronic acid moisturize while providing full, lightweight coverage.

E.L.F. HYDRATING FACE PRIMER

Vitamins A, C and E help hydrate and brighten skin before applying makeup.



YOUR FACE IS CONSTANTLY EXPOSED TO DRY AIR IN WINTER. HELP SKIN RETAIN MOISTURE WITH HYDRATING FACE WASHES, CREAMS AND MAKEUP FROM HY-VEE.

**URBAN
HYDRATION
MICELLAR WATER**

A blend of fruit extract and vitamins A and E remove impurities and hydrate skin.

**DERMA E
HYDRATING
EYE CREAM**

Soothe and moisturize delicate under-eye skin with hyaluronic acid.

**YES TO AVOCADO
NOURISHING
LIP BALM**

Avocado oil and hyaluronic acid hydrate and help prevent dry, cracked lips.

**L'OREAL PARIS
COLLAGEN
MOISTURE
FILLER**

Day and night intense hydration with collagen.

**OLAY VITAMIN
C + PEPTIDE 24
BRIGHTENING
SERUM**

Glycerin and vitamin B3 help retain hydration while vitamin C brightens and strengthens the skin's moisture barrier.

**SKIN CARE
EXTRAS**

These products and tools can help keep skin protected.



**NEUTROGENA
HYDRO BOOST
GEL MASK**

Hyaluronic acid helps hydrate and moisturize dry skin.



**AVEENO
REPAIRING CICA
HAND MASK**

Shea butter and prebiotic oat moisturize dry hands.



**ECOTOOLS
DELICATE POUF**

Cleanse and wash skin without irritation.



**GARNIER
MICELLAR
CLEANSING PADS**

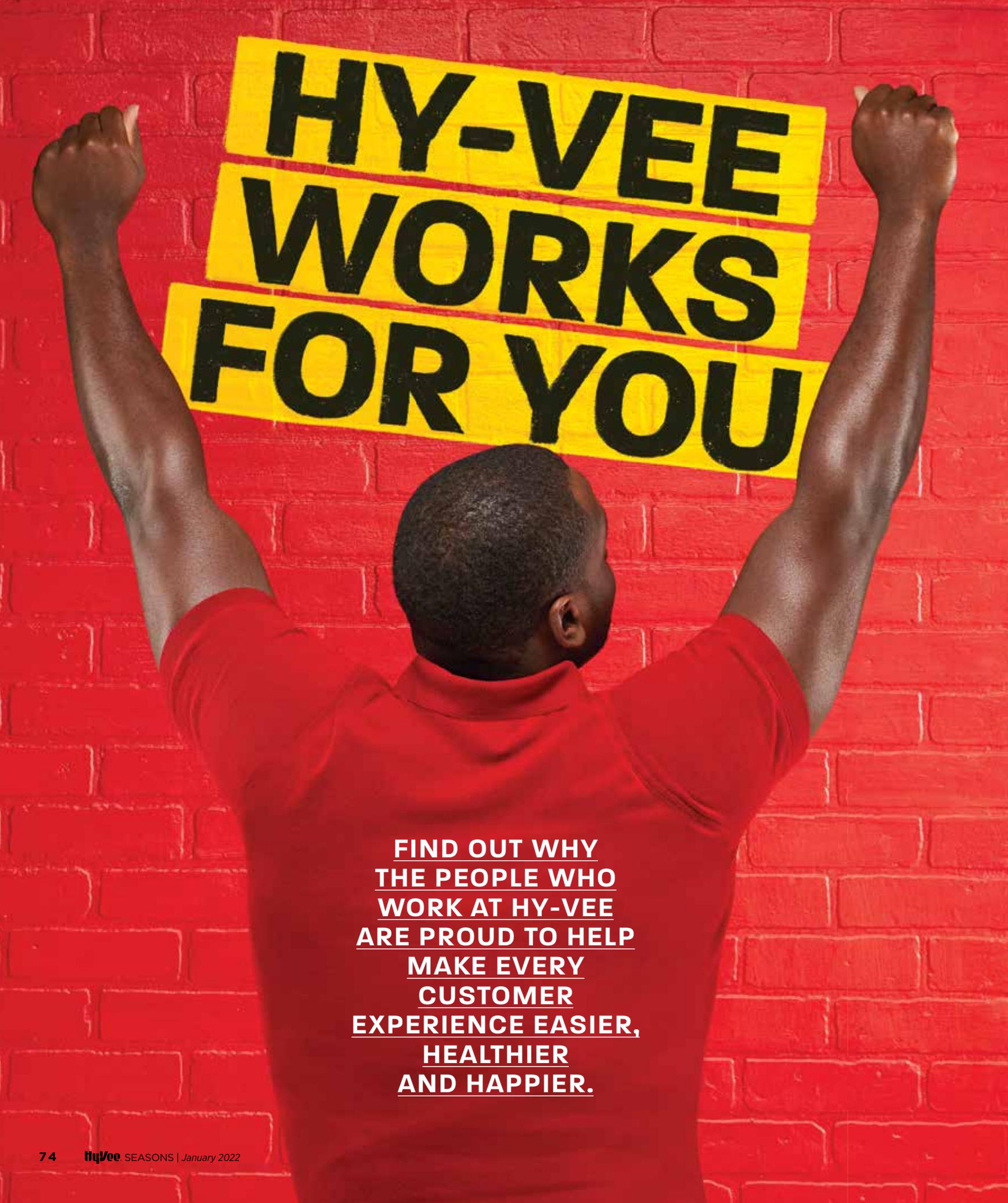
Eco-friendly pads can be washed and reused up to 1,000 times.



**TOPCARE
EXFOLIATING
SHOWER GLOVES**

Gently wash and exfoliate to remove dead skin cells.



A man in a red t-shirt is seen from behind, holding a large yellow sign with both arms raised. The sign is divided into three horizontal sections, each containing a line of text. The background is a red brick wall.

**HY-VEE
WORKS
FOR YOU**

**FIND OUT WHY
THE PEOPLE WHO
WORK AT HY-VEE
ARE PROUD TO HELP
MAKE EVERY
CUSTOMER
EXPERIENCE EASIER,
HEALTHIER
AND HAPPIER.**



“A positive of working at Hy-Vee are the endless opportunities the company offers to help employees grow personally and professionally.”

BOBBY ENGLE

HY-VEE FOOD SERVICE MANAGER
CORALVILLE, IA

ANNUAL SERVICE AWARDS
Hy-Vee's service award programs honor those employees who have shown exemplary customer service and reached milestones in their careers.

A HOMETOWN HISTORY

THE FOUNDERS OF HY-VEE HAD A VISION TO INNOVATE STORES AND ENHANCE COMMUNITIES.

The Beginning

Entrepreneurs Charles Hyde and David Vredenburg were store owners with a goal to provide good merchandise, appreciative service and low prices. They teamed up, and in 1930, Beaconsfield, Iowa, became the site of their first store—the beginning of a chain that eventually became Hy-Vee, Inc.

Local Relationships

By 1933, the founders had begun offering profit-sharing to not only promote a secure retirement, but also to increase employee engagement and commitment to the community. Local farmers' produce filled shelves, keeping communities connected with the stores.

Employee Ownership

Soon, the store became employee-owned. Owning company shares provided a level of control, as well as the ability to save even more for retirement. By the end of 1979, there were 124 stores and 10,000 employees.

Constant Evolution

The '80s and '90s brought a 401(k) plan for employees, and for communities, increased technology and added specialized departments such as floral, banking and bakeries.

Modern Technology

Since the 2000s, Hy-Vee has had a social media presence, and regularly introduces innovative initiatives and original technology such as the FuelSaver program, Hy-Vee Aisles Online and the Helpful Smiles Technology Center (HST).

Groundbreaking Future

HST was established to invent the future of retail, solve challenges with digital code and improve shopping experience. Top talent in the digital development, brand marketing and information technology space partner to make lives easier, healthier and happier.

EMPLOYEE GROWTH

Every employee is a Hy-Vee stakeholder, creating not only wealth, but pride in the company's culture and shared vision of the future.

In 1960, the establishment of the Employees' Trust Fund made Hy-Vee an employee-owned organization. The fund is meant to help employees save money for retirement while enjoying a long career with the company. Hy-Vee's long history of hiring part-time employees means they also can be stakeholders, and are eligible for benefits and bonuses.



SHARED GIVING

HY-VEE'S COMMITMENT TO GIVING BACK BENEFITS COMMUNITIES AND EMPLOYEES. CHECK OUT JUST A FEW OF THE WAYS HY-VEE OFFERS SUPPORT.



“ Growing up in small town Iowa, I was taught the value of teamwork, honesty, and dedication each day on our family farm. Working for Hy-Vee keeps those values, and more, alive within me every day. Hy-Vee and its employees show up, always, when needed. Whether it is a flood, tornado or derecho, Hy-Vee and its people show up for the community. I am proud to work for an organization that not only takes care of their employees but also their communities.”

KAY KRESS

HY-VEE DISTRICT STORE DIRECTOR
CEDAR RAPIDS, IA

HY-VEE'S BROAD HISTORY OF SERVICE

Local stores tailor their gifts to meet the needs of their own communities.

Support for local business owners, and corporate-wide environmental sustainability measures are just a few ways Hy-Vee brings customers, employees and communities together so all can profit.

Hy-Vee's first corporate donation was in 1941, and the practice of giving back has only expanded since then.

Some of the national and local organizations who benefit from Hy-Vee's support include:

Home Base Iowa

Hy-Vee is proud to be an employer member of this website source for job services available to veterans. Hy-Vee has over 2,000 active military and veteran

employee-owners who are eligible for a comprehensive benefit program.

Variety - the Children's Charity

Hy-Vee's participation in the international youth-based organization has raised over \$14 million since 1983.

The American Red Cross

Employee and corporate funds and volunteer time have been donated to help local communities recover from disasters.

Hy-Vee Homefront

Hy-Vee is proud to be part of this ongoing initiative to increase support for military members, veterans and families.

future-focused

HY-VEE SUPPORTS DEVELOPMENT.

Hy-Vee's educational and training programs provide autonomy and opportunities to employees. They also lift up communities by offering local families incentives and possibilities to secure their advancement. Examples include:

Hy-Vee University

A training center that offers certifications, apprenticeships and mentorships with hands-on experience, the Career Exploration Program and a Leadership Training Program.

Tuition Assistance Program

The program awards up to \$10,500 in annual tuition assistance for employees and immediate family.

Hy-Vee Foundation

Employees and their children are eligible for grants and scholarships through the Foundation. In 2020 alone, \$90,000 in scholarships were awarded.

\$54,692,823 TOTAL DONATIONS
MADE IN 2021

THE HY-VEE/ JDRF CONNECTION

For two decades Hy-Vee has worked with JDRF, supporting their research efforts to find a cure for Type 1 juvenile diabetes. Hy-Vee sponsors auctions and donates items to raise money, and many Hy-Vee store directors serve on JDRF chapter boards. Store employees volunteer on fund-raising events, and Hy-Vee has raised \$18.8 million over the past 20 years.



“Our best innovations come directly from our employees. One of the exciting things about working for Hy-Vee is what you do matters. It has significant, lasting impact, and can touch the lives of thousands of employees and millions of customers. Technology is infused in nearly every aspect of our business. Careers are a sky-is-the-limit, choose-your-own-adventure with the opportunity to make a difference. We provide technology for supply chain, restaurants, gas stations, pharmacies, a bank, ecommerce mobile, web business, food manufacturing and more. A seemingly simple change can benefit millions of customers.”

LUKE TINGLEY

HY-VEE SENIOR VICE PRESIDENT, CHIEF INFORMATION OFFICER WEST DES MOINES, IA

HY-VEE'S HISTORY OF TECH
 The department that is now the I.T. department was established in 1954, well before computers were mainstream.

HY-VEE EXPANDS INTO THE DIGITAL REALM

HY-VEE HELPFUL SMILES TECHNOLOGY CENTER

“Employees solve diverse and significant challenges and see those solutions touch our customers’ and employees’ lives every day.”
 —Luke Tingley, Senior Vice President, Chief Information Officer

HST ORIGINS

In 2017, the Helpful Smiles Technology Center (HST) was established to bring marketing, technology and creativity together. The mission: Bring innovation to the (dinner) table. Here is a list of some of the ways Hy-Vee is benefiting customers.

INNOVATIONS AND ROLLOUTS

- *Hy-VeeDeals.com* rebuild
- New Health Team and Vaccination Scheduler
- Shop *HSTV.com* launch
- Scan & Go rollout

- Ship to Home websites (deals, health, pet) launch
- Grimes kiosks established: product details, cake building and ordering, interactive *Seasons* magazine, interactive vitamin & supplement info
- Digital shelf labels added
- New distribution centers open
- *HSTV.com* rebuild
- New Point of Sale software rollout

AWARDS

HST has been the recipient of numerous distinctions,

including Workiva Large Technology Company of the Year. And, in 2020, Technology Association of Iowa awarded Hy-Vee the prestigious title, “Top Technology and Software Development Company of the Year.” The award recognized innovations to Hy-Vee’s mobile app, Aisles Online, and its on-demand entertainment network, Helpful Smiles TV (HSTV).

270+

I.T. SPECIALISTS, MARKETING ASSOCIATES AND DIGITAL DEVELOPMENT STAFF MEMBERS JOIN FORCES AT HST TO ENSURE CUSTOMERS AND COMMUNITIES BENEFIT FROM INNOVATIONS.

“OUR GOAL IS TO BE MORE THAN A GROCERY STORE FOR CUSTOMERS. THEY TRUST US TO BE A PART OF THEIR SPECIAL OCCASIONS AND FAMILY MEMORIES, AS WELL AS EVERYDAY LIVES—AND THAT’S WHY WE, AT HY-VEE, TAKE GREAT PRIDE IN WORKING TO MAKE THEIR LIVES EASIER, HEALTHIER AND HAPPIER.”

—DONNA TWEETEN
 EXECUTIVE VICE PRESIDENT, CHIEF OF STAFF, PRESIDENT HY-VEE MARKETING AND MEDIA

20 ways to **KEEP FIDO FIT** this winter

The amount of physical and mental activity a dog needs varies widely depending on breed, age, health and more, according to the American Kennel Club. During winter, when there's less time spent outdoors, you can still keep your dog physically and mentally fit with these activities.



1

TAKE A WALK

Make your dog's day with a wintertime stroll. Be sure to allow time for sniffing (it's the best part of a walk, in a dog's mind). One daily walk might be enough for small breeds, but larger, high-energy dogs often need two walks a day.

2

HAVE A BALL

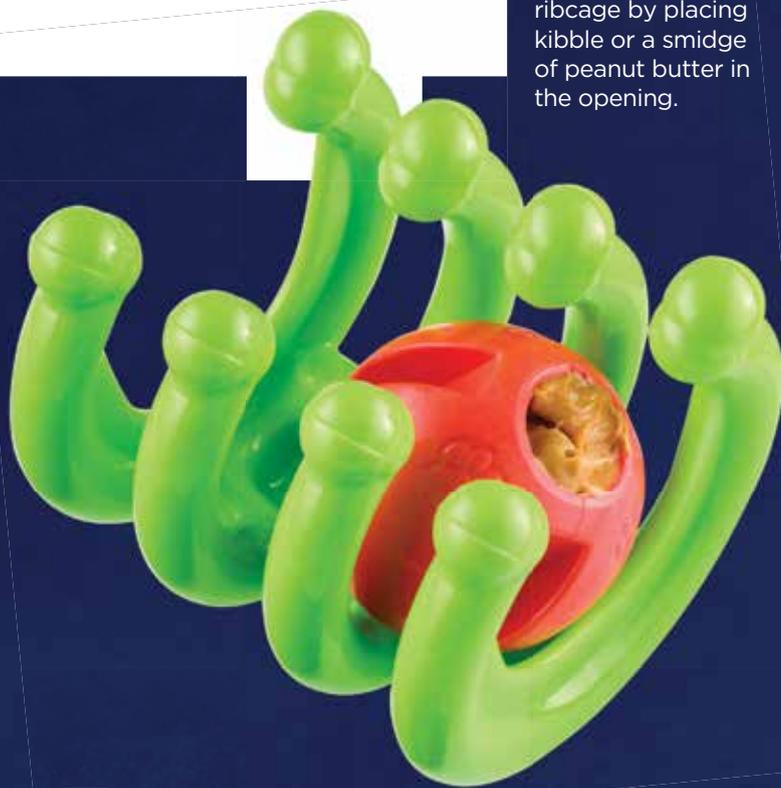
Play fetch. A tennis ball works fine for small and medium-size dogs (they like to chomp down on it), but use a softball-size ball with large dogs to avoid a possible choking hazard.

3

Play a game of hide-and-seek

You can play this indoors (hiding behind furniture) or outdoors (hiding behind a tree). Dogs have to use their sniffer to find you, then receive praise and affection when they do.

4



WHAT A TREAT!

Use a treat-dispensing toy like this Chase 'n Chomp Ribcage with Ball at Hy-Vee. Entice your dog to extract the ball from the ribcage by placing kibble or a smidge of peanut butter in the opening.

5

Step up your game

Stair-stepping can be good exercise for your pooch. Hold your dog by her collar while tossing her favorite toy to the top of the stairs, then release. Encourage her to bring the toy back to you by rewarding with affection or a quick bout of tug-of-war.

A-MAZE YOUR DOG

Got a nice blanket of snow on the ground? Create a snow maze!

Shovel out a winding or stop-and-start-over-again path your dog can use to explore the backyard. This works especially well with smaller dogs that won't try to "cheat" by plowing through the walls.



winter safety tips

Tailor the amount of time spent outdoors to your pet. Dogs that are small, short-haired, very young or very old may have less tolerance to cold weather.

- Cover small and short-haired dogs with a fitted coat or sweater.

- After walks, check paws for salt or ice—which can irritate footpads—and remove any accumulations with warm water.

- Never leave a pet in an unattended vehicle. Dogs can develop hypothermia or even freeze to death.

- Shorter walks and less time outdoors can add up to weight gain. Keep an eye on your dog's weight and adjust his diet if necessary.

Food, fun and games

Hy-Vee has the food and toys your dog needs to keep fit and trim this winter.



- Paws Happy Life 3 Tennis Toys for Dogs
- Multipet Cross-Ropes Duck Tough Dog Toy



- Blue Buffalo dog foods: Wilderness Adult Healthy Weight or Life Protection Formula Healthy Weight for Small Breeds



- Milk-Bone Good Morning Daily Vitamin Dog Treats
- Nylabone Edibles Nubz Bison Extra Large Dog Chew



- Paws Happy Life Retractable Leash for large and small dogs.

7

BREAKFAST OF CHOMPIANS

Add a few treats to a smaller box placed inside a larger box. (Cereal boxes work great for this activity.) Let your dog tear apart the boxes (while supervised) to get to a chomp-worthy reward.



8

IT'S REALLY SNOW FUN

The nice thing about snow is you've got plenty of material for making snowballs. Throw snowballs across the yard so Rover runs and hunts for the remnants in the snow. Or toss loosely packed snowballs in the air and give him a chance to play centerfielder.

CALORIE CARES

Keep the calories under control with these tips:

- Substitute praise, affection or a quick doggie massage for treats.
- Feed with a healthy weight formula dog food.
- Use kibble-size morsels for training.
- Adjust the amount of dog food at mealtime to compensate for treats when necessary.
- Keep a dog occupied with toys and chew bones.

THREE'S A CHARM

Set three treats in three spots, then call your dog into the room and say "Treat!" so she looks for the rewards. Switch up the locations each time to make her search more difficult. The mental stimulation will help keep boredom at bay.

10

JUST TUGGING ALONG

Many dogs enjoy a game of tug-of-war, but be sure to keep it safe.

Avoid the

activity if your dog has bad teeth. And let them do all the tugging.

Also, no fair using two hands. Remember,

they're pulling with their teeth and you're not (at least we hope not!). Keep sessions

short to avoid injury.



11

GET TRICKY

Teach him a new trick or two, using low-cal treats for incentive. Mental stimulation can be especially helpful in winter, when dogs easily become bored from being indoors.

12

PLAY PAL

The easiest way to keep a dog active? Invite another dog over so the two can scamper, wrestle and play together. A fenced yard is imperative, as is supervision to make sure everyone gets along (dogs can become territorial in their own yards).

13

A SHELL OF A GAME

This shell game always has a winner! Place a treat under one of three identical opaque cups and let your dog sniff out the reward. Or, put the treat underneath a cup that is different from the other two so she learns to use her eyes instead of her nose to find the prize.

14

ALL TOY, NO TOIL

If your dog has a favorite toy, toss it across the room a few times, each time saying “Get the toy!” so he retrieves it. After he is fully engaged, put him in the other room while you hide the toy, then use the command so he hunts for it.

VISIT THE PARK ON A LARK

A dog park might not be as busy in winter, but that just means more space for Sparky. Bring some water for your dog, as well as a ball or flying disc in case canine friends are missing and you become the entertainment committee.



CREATE AN INDOOR AGILITY COURSE

These activities will help limber up your pet—physically and mentally.



16 TUNNEL VISION

Cut openings into a large cardboard box and coax your dog to walk through. As he gets more comfortable with the activity, connect additional boxes with openings to the original box to create a longer tunnel.



17 JUMP FOR JOY

Prop a pole or broomstick on books to create a hurdle for your dog to scale to reach a reward. Start low and move it up gradually. To avoid injury, make sure the pole harmlessly drops to the ground if your pet hits it.



18 TEETER-TOTTER

Make a teeter-totter by placing a tennis ball in a sock stapled to the center of a wooden disk and gluing carpet to the opposite side for traction. Hold a treat overhead so your dog has to work on his balance skills.



19 ALL THE HOOPLA

Hold a hoop at ground level and coax your pet to walk through it. As she becomes more comfortable, raise up the hoop a little at a time so she has to jump higher to get through it.



20 TOTALLY FLOORED

Use a carpet or exercise mat for less stress on dog joints and to keep them from slipping. If you hide a treat inside the roll, they can “nose” the carpet or mat open for added mental stimulation.

ROOM **TO** GROW

See how indoor plants from Hy-Vee can add beauty and charm to a variety of spaces around your home.



KITCHEN

BRIGHT IDEA

With contrasting shapes and textures, jade and zebra cactus make an artistic grouping. They're low-maintenance, non-shedding plants just right for a bright kitchen window.



ENTRY

FRIENDLY GREETING

Snake plant and peace lily offer a warm welcome to visitors and family members alike, creating a smooth transition between the outdoors and indoors. Place large, lush plants like these on the floor where they can be enjoyed from a higher angle. Closer to eye level, on a table or ledge, add seasonal color with cut flowers from Hy-Vee Floral.

ON DISPLAY

A fireplace mantel is a striking focal point ripe for plant compositions. A snake plant is dramatically highlighted against the wall, while a trailing String of Fishhooks (*Senecio*) softens the mantel. Both help take the focus off the TV.

FIREPLACE MANTEL



WHY PLANTSCAPE YOUR HOUSE?

A new year deserves a fresh, new look. It's as easy as adding indoor plants. Consider a few of the benefits of plants.

PHYSICAL: improve the air quality inside your house, according to NASA.

PSYCHOLOGICAL: reduce feelings of anxiety and depression, according to studies.

DECORATIVE: soften the hard, geometric shapes of furnishings, windows, doorways and walls.

NATURAL: provide life to your indoor spaces during the cold of winter.

PERSONAL: allow you to express your individuality by tailoring plants and pots to your personality.

PLANTS

Hy-Vee Floral has all your favorite indoor plants—stunning tropicals as well as unique succulents and cacti. Ask a floral expert to help you select the right plant for your space.



SHELF LIFE

NATURAL TOUCH

Balance the artificial with the natural. Plants offer a pleasing contrast to household items—and their larger size gives them presence. Use a variety of shapes and textures for interest, such as the String of Pearls, spider plant, ivy and golden pothos here. Keep the color palette simple so plants feel more like a grouping rather than scattered collection.

POTS

Augment a room's decor with attractive containers from Hy-Vee Floral. Mix or match styles, choose neutral or vibrant colors—the choice is up to you!

Green is Good
Discover ways to bring some natural beauty into every room of your home.

Hy-Vee
seasons

Watch and learn at
Seasons.Hy-Vee.com

PEACE AND QUIET

Create a comfy corner for rest and relaxation. Surround your favorite chair with a charming vignette of plants such as yucca, monstera and spider plant. They add not only ambience but oxygen to your cozy little hideaway. Station larger plants in back, medium-size plants to the side and small plants on a nearby table.

CORNER RETREAT



LIVING ROOM

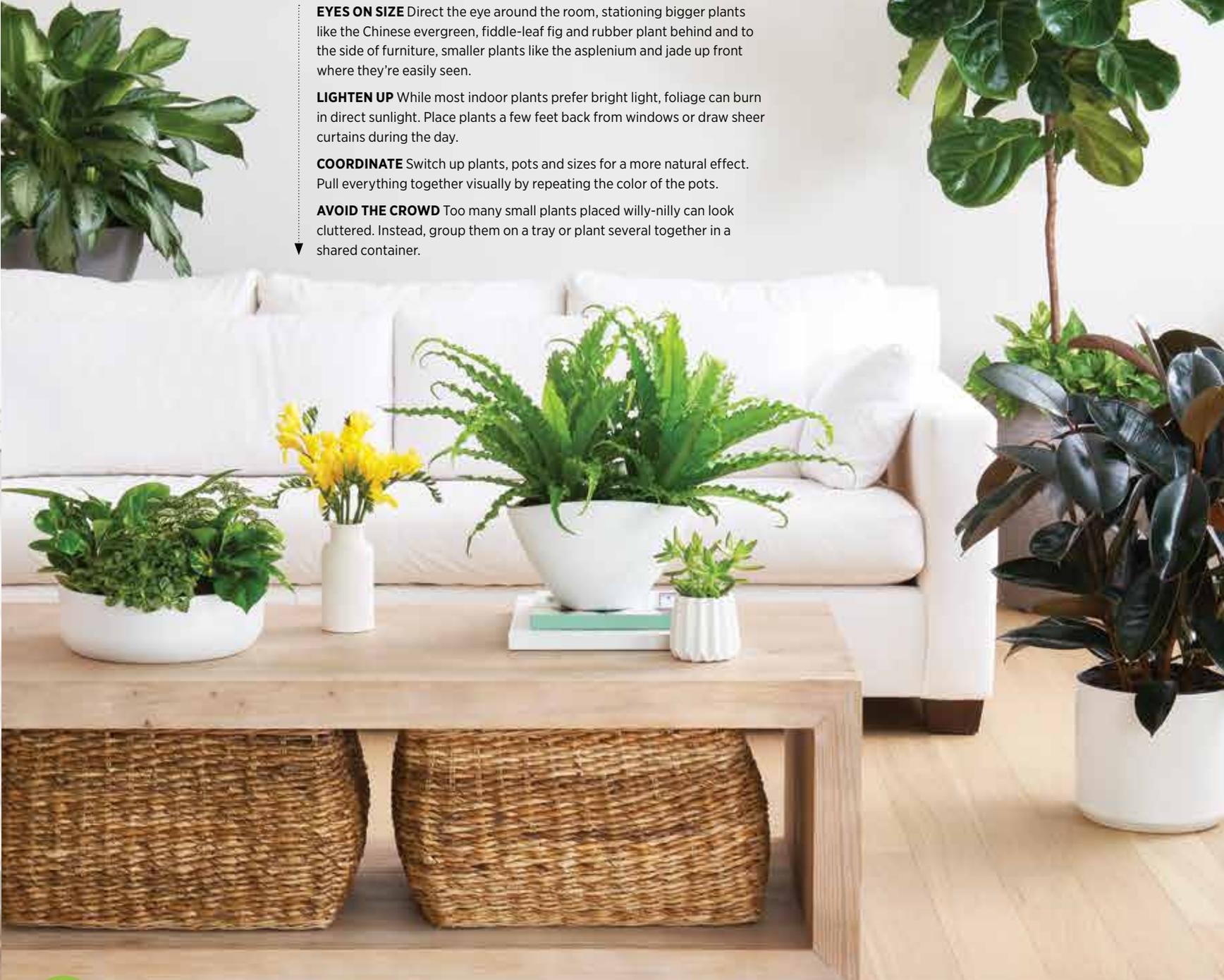
TIPS FOR DECORATING THE MOST PUBLIC AREA OF YOUR HOME.

EYES ON SIZE Direct the eye around the room, stationing bigger plants like the Chinese evergreen, fiddle-leaf fig and rubber plant behind and to the side of furniture, smaller plants like the asplenium and jade up front where they're easily seen.

LIGHTEN UP While most indoor plants prefer bright light, foliage can burn in direct sunlight. Place plants a few feet back from windows or draw sheer curtains during the day.

COORDINATE Switch up plants, pots and sizes for a more natural effect. Pull everything together visually by repeating the color of the pots.

AVOID THE CROWD Too many small plants placed willy-nilly can look cluttered. Instead, group them on a tray or plant several together in a shared container.



WINTER PLANT CARE MAINTENANCE MANUAL FOR YOUR HOUSEPLANTS.

WATERING Use a moisture meter, or water only when the top inch of soil is dry to the touch. Cacti and succulents need less-frequent watering.

LIGHTING Place plants in appropriate lighting. South-facing windows are brightest, north-facing windows dimmest, with east and west in between.

HUMIDITY Many indoor plants are tropical, so they prefer humidity. You can help by adding a humidifier and misting plants in between waterings.

LOCATION Avoid placing plants where they might suffer, such as near a frosty window or drafty door, or by a hot fireplace or vent.

HOUSEKEEPING Plants look better and have an easier time photosynthesizing if leaves are dusted. You can even give them a shower from time to time.

WINTER

Hy-Vee can help you prepare for winter weather.

AT HOME

Prepare your home for winter with an emergency kit, safe heat sources and tools for removing outdoor snow and ice.



1 wear layers

when you go out to stay warm and prevent hypothermia and frostbite.

2 Replace batteries and make sure carbon monoxide detectors are working to prevent poisoning.

3 Have your furnace inspected or cleaned to help maintain good air quality.



4 Use an ergonomic shovel to reduce strain on your back and to prevent stress-related injuries.

5 Stock a kit for emergencies and power outages with spare blankets, food, water, candles, flashlights and extra batteries.

6 Use safe heat sources such as a furnace, space heater or fireplace. To prevent accidental carbon monoxide poisoning, never use your oven as a heat source.

7 Only use a space heater that has an automatic shut-off switch; keep it away from flammable objects.

8 Prevent frozen pipes in extreme cold by letting water drip from faucets and opening cabinets to help heated air reach plumbing.

9 Check outdoor exhaust vents for appliances, such as water heaters, furnaces and fireplaces, to ensure the openings are clear of snow.

10 SALT

driveways and walkways before snow falls or after shoveling to prevent ice buildup.



Frostbite can occur in 10 minutes when skin is exposed to temperatures -10°F or lower.

SAFETY

Use these tips to stay safe at home and during travel.

IN THE CAR

Keep up with regular maintenance and carry emergency supplies when traveling during winter.

11 Keep a small or collapsible shovel in your car for digging out tires.

12 Use a digital tire gauge

to check tire pressure levels to ensure better traction.

14 Keep a car tire inflator

to add air to tires. Tire pressure often decreases with cold weather.

13 Pack food and water

for longer winter trips in case poor weather leaves you briefly stranded.

15 Hand warmers

and spare clothes will help you stay warm if your car gets stuck in snow.

16 Inspect your car at the beginning of winter. Check wipers, tire treads and fluid levels to ensure everything is working properly.

17 Keep a bag of sand or cat litter in your trunk. When spread under tires, it can give emergency traction over snow and ice.

18 Always warm up your car outside, never in a garage where harmful carbon monoxide fumes can get trapped.

19 REMOVE SNOW

and ice completely from your car before driving to increase visibility and prevent accidents. Always keep an ice scraper and brush in your trunk.

Keep a flashlight and jumper cables or a portable jump starter in your car in case you have trouble starting it at night.



ONE OF THE MOST IMPORTANT THINGS YOU'LL LIFT.



Get results when you pick up Performance Inspired all-natural, high performance sports nutrition products from Mark Wahlberg. You can make your workout more effective by burning fat, building muscle and recovering faster — no matter what your athletic level.

Honest, Natural & Better Sports Nutrition.

**PI PERFORMANCE
INSPIRED™**

EXCLUSIVELY AT **HyVee**.





health

Be healthy at home with Hy-Vee HealthMarket options, learn how to stock your medicine cabinet and more.

90 NEW YEAR, NEW MOVES

94 HY-VEE HEALTHMARKET FOR YOU

100 FOODS THAT FIGHT S.A.D.

104 SUPPLEMENTS FOR PREVENTION

108 HOME ALONE

112 EAT TO BREATHE

116 DIETITIAN Q&A: FOOD CHOICES FOR CHANGE

118 WELL-STOCKED MEDICINE CABINET

121 PHARMACY: QUIT FOR GOOD



NEW YEAR, NEW MOV

START WITH YOUR WHY

Establish the reason behind the resolution to be more active. It could be to manage weight, relieve stress, find a new hobby or just become healthier. Whatever the reason (or reasons), find a deep personal connection to the motivation so you have a purpose for following through.

SET BIG AND SMALL GOALS

Fitness goals are an essential part of any wellness journey because they are something to work toward. To stay motivated, and keep progressing at a steady rate, set small goals on the way to bigger ones. Small steps can make exercising feel more manageable.

It's time to take on new challenges and make the resolution to better the body and mind. Follow a few steps to commit to an exercise routine, and then try a trending workout to keep things fun and stay motivated.

YES

MAINTAIN BALANCE

Fitting a new fitness routine into a schedule can be challenging. Remove nonessential tasks from schedules until the new fitness routine is a habit, then slowly work them in again. And spend time with people who are supportive of your goals and help celebrate your achievements.

FOCUS ON WHAT IS FUN

To keep motivated, incorporate current interests into the new routine. This could include exercising outside for nature buffs, working out with others for social types or choosing the kind of music that keeps you energized and matches the length of time you want to exercise.

WHAT'S TRENDING

JOIN IN AND TRY A POPULAR WAY TO GET ACTIVE: BARRE.

BARRE is a workout technique inspired by elements of ballet, yoga and Pilates. Barre focuses on low-impact, high-intensity movements designed to strengthen the entire body. In addition to building strength, it also develops agility and flexibility. Many barre classes keep movements slow and steady, but some combine traditional moves with interval training for cardio.

GET THE GEAR

Set the tone for your workout with Joe Fresh clothing and DSW shoes available at Hy-Vee.



LONGLINE ACTIVE TANK

Built-in sports bra with removable cups and light support.



ACTIVE LEGGINGS

High-rise leggings with elastic waistbands and four-way stretch.



ACTIVE TEES AND TANKS

Moisture-wicking and relaxed fit t-shirts and tank tops.



NEW BALANCE TENNIS SHOES

Ultra-comfy women's sneaker with Fresh Foam technology.



SCAN THE QR CODE to shop DSW footwear.

RAISE THE BARRE

THIS BEGINNER-FRIENDLY AND ADAPTABLE STYLE OF TRAINING IS A GREAT WAY TO MOVE YOUR BODY AND HAVE FUN.

WHY IT WORKS

BARRE WORKOUTS ARE FULL OF ISOMETRIC EXERCISES, WHICH ARE CONTRACTIONS OF A PARTICULAR MUSCLE OR GROUP OF MUSCLES. THESE SMALL MOVEMENTS WORK MUSCLES AT A SPECIFIC JOINT ANGLE WITHIN A GIVEN RANGE OF MOTION TO IMPROVE CORE STRENGTH, DEVELOP BALANCE AND ENHANCE FLEXIBILITY.

BARRE IS A HOT TREND RIGHT NOW, BUT IT'S ACTUALLY BEEN AROUND SINCE 1959, WHEN THE FIRST STUDIO WAS OPENED IN LONDON BY BALLET DANCER LOTTE BERK.



SCAN THE QR CODE TO SHOP COMFORTABLE AND STYLISH JOE FRESH WORKOUT CLOTHING OPTIONS AT HY-VEE!

BARRE BREAKDOWN

EACH CIRCUIT BELOW INCLUDES A BARRE EXERCISE PAIRED WITH A HIIT (HIGH INTENSITY INTERVAL TRAINING) EXERCISE FOR A WORKOUT THAT INCORPORATES STRENGTH AND CARDIO. COMPLETE ALL THREE CIRCUITS AND TAKE A 1-MINUTE BREAK. REPEAT AS MANY ROUNDS AS POSSIBLE IN 30 MINUTES.

CIRCUIT 1



1. PLIÉ SQUAT WITH HEEL LIFT

TARGETS: inner thighs and calves

Step into a wide-legged squat, or plié squat, with heels turned in and toes out. Arms can rest gently in front of you. Lift onto the balls of your feet and raise arms overhead. Lower arms and legs and repeat for 20 reps.

CIRCUIT 2

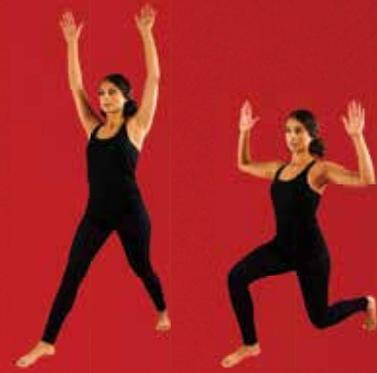


3. ARABESQUE OBLIQUE CRUNCH

TARGETS: obliques and glutes

Stand on your right leg with left arm stretched overhead; lift left knee toward left elbow, crunching together. Return to starting position. Perform 20 reps on each side.

CIRCUIT 3



5. REVERSE LUNGE WITH LAT PULL

TARGETS: quads, glutes, hamstrings and back

Raise arms, step one leg back and lower into a reverse lunge. Goalpost arms and squeeze shoulder blades together. Push up from low lunge to standing, lifting arms overhead. Perform 20 reps on each side.



2. CRISSCROSS SQUAT JACKS

TARGETS: inner thighs and glutes

Start from a wide plié squat. Leap off the ground, reach arms high to use for momentum, squeezing the glutes and hamstrings while drawing the inner thighs together. Land at the top of the jack with legs crossed. Alternate left and right foot in front for 20 reps.



4. TWISTING KNEE DRIVE

TARGETS: core

Plant right leg firmly and reach both arms overhead. Lift left knee toward chest, and pull arms toward knee. Twist torso toward the left leg to engage core. Quickly return to starting position. Perform 20 reps on each side.



6. LUNGE HOPS

TARGETS: quads, glutes and hamstrings

Step one leg back and lower into a reverse lunge with arms at sides. Use legs to push up from the lunge and jump off the ground. Land lightly back at starting position. Complete 20 reps on each side.



pro tip: NEW WAY TO MOVE

“Barre is a great introduction to fitness that builds a solid foundation of balance, strength and flexibility through a mixture of Pilates and yoga. Barre can also improve posture and create more body awareness, which translates so well to improving the aging process by connecting the mind and body. I recommend trying barre to explore a new way to move your body.”

—Daira Driftmier

Certified Personal Trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitness



HyVee

HealthMarket®

**FOR
YOU**

Shop the Hy-Vee HealthMarket to help you meet almost any dietary requirement or address health-related food preferences, including natural and organic, gluten-free and many more.

Shop the designated aisles with ease—products are grouped by category and labeled by diet.



PALEO

What it is: With a focus on what humans may have eaten during the Paleolithic era, the diet is based on foods that can be hunted or gathered, not genetically modified. The idea behind it is that the human body is not equipped for modern foods.

WHAT TO EAT

Enjoy foods like fruits, vegetables, nuts and seeds, lean meats, fish and oils.

Avoid foods that are harvested, like grains, or cared for, like dairy; refined sugar also is a no-no.

PRIMAL KITCHEN DRESSING & SAUCES are certified paleo, keto, organic and gluten-free. Flavors include steak sauce and green goddess.

DIABETES

What it is: Monitoring when, what and how much you eat is key to maintaining blood sugar. The diet is a balance of non-starchy vegetables and lean protein with limited amounts of added sugar and high carbohydrates.

WHAT TO EAT

Non-starchy vegetables include broccoli, cabbage, carrots, cauliflower,

green beans and leafy greens. Lean protein includes beans, chicken, eggs, tofu and turkey.

LILY'S SEMI-SWEET STYLE BAKING CHIPS add all the sweetness of chocolate to baked goods with none of the added sugar.



GOOD GRACES PASTA, made from a corn and rice blend, includes gluten-free options such as spaghetti, elbow macaroni and more.

FOR SUPPORT AND EDUCATION, SIGN UP FOR A STORE TOUR WITH YOUR HY-VEE DIETITIAN TO FIND PRODUCTS THAT FIT WITH ANY FOOD OR LIFESTYLE.

Gluten-free

What it is: Gluten is a protein found in wheat, rye, barley, triticale (a hybrid of wheat and rye) and oats (in some cases). People with celiac disease or gluten sensitivity need to watch for ingredients like durum, kamut, spelt, emmer and einkorn, which are all varieties of wheat.

WHAT TO EAT

Foods without gluten include amaranth, arrowroot, buckwheat, corn, hominy, millet, quinoa, rice, sorghum,

soy, tapioca and teff, as well as gluten-free flours made from beans, corn, potatoes and rice.

Sources: mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/paleo-diet/art-2011182
cdc.gov/diabetes/managing/eat-well/meal-plan-method.html mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/gluten-free-diet/art-20048530

Keto

What it is: Instead of carbohydrates, a ketogenic diet uses ketone bodies the liver produces from stored fat for energy. The diet has a high fat requirement and limits carbohydrate consumption to 20 to 50 grams per day. South Beach, Atkins and paleo are modified keto diets.

WHAT TO EAT

The diet requires fat at every meal. Some unsaturated fat sources include nuts, seeds,

avocado, tofu and olive oil. The diet also relies heavily on saturated fat from oils (palm), lard and butter.

REBEL ICE CREAM is keto-friendly, lactose- and gluten-free and has no sugar added. Find flavors like orange cream, cookie dough, vanilla and more.

IT CAN TAKE SEVERAL DAYS FOR YOUR BODY TO REACH A STATE OF KETOSIS, WHERE IT BURNS FAT FOR ENERGY INSTEAD OF CARBS.



HEALTHY HABITS PROGRAM

LEARN HOW TO MAKE AN EATING PLAN TO SUPPORT A BALANCED LIFESTYLE.

Healthy Habits is a 4-week menu program that includes simple dietitian-inspired recipes, convenient grocery lists, balanced meal plans and snack ideas along with weekly one-on-ones with a Hy-Vee dietitian to track progress, ask questions and stay motivated. Visit Hy-Vee.com/health/hy-vee-dietitians to find a dietitian and sign up.



HY-VEE'S HEALTHY LIFESTYLE AND WEIGHT MANAGEMENT PROGRAM HELPS YOU ON YOUR PATH TO LIFELONG WELLNESS. THE 10-WEEK VIRTUAL GROUP NUTRITION PROGRAM INCLUDES INDIVIDUAL AND GROUP SESSIONS.

ALLERGEN-FREE

What it is: More than 170 foods can cause an allergic reaction, but 90 percent are caused by the top nine: eggs, fish, milk, peanuts, shellfish, soy, tree nuts, sesame and wheat. The Food and Drug Administration requires product labels to list them.

WHAT TO EAT

It depends on what food you're allergic to, but some common allergen-free foods to try

include coconut milk, kosher foods, vegan egg substitutes, silken or soft tofu and quinoa.

ENJOY LIFE CHOCOLATE PROTEIN BITES are free of 14 of the major food allergens.



VEGAN

What it is: This plant-based diet abstains from all animal products including meat, eggs, dairy and meat-based broths and gravies. It may help prevent certain ailments, such as heart disease and Type 2 diabetes, and lower cancer risk.

WHAT TO EAT

Look for nutrient-rich foods: beans, coconut milk, dark leafy greens like kale and spinach,

lentils, nut milks, nutritional yeast, peas, raisins, soybeans, soy milk, tempeh and tofu.



VEGAN PRODUCTS AT HY-VEE include Cheddar-style shreds, cream cheese, mayonnaise, queso, plant-based scramble (vegan eggs) and more.



ZEVIA CREAMY ROOT BEER is a naturally flavored, caffeine-free, zero-sugar and zero-calorie soda.

DISCUSS DIET CHANGES WITH YOUR HY-VEE DIETITIAN TO MAKE SURE YOU ARE CONSUMING THE CORRECT AMOUNT OF IRON, CALCIUM, FIBER AND OTHER NUTRIENTS.



The Hy-Vee HealthMarket carries a range of supplements to help fill in the nutritional gaps of any diet. HealthMarket also carries Performance Inspired products such as collagen peptides and plant-based and whey protein powders.

LOW CHOLESTEROL

What it is: To lower cholesterol, look for foods with soluble fiber that binds to cholesterol and carries it out of the body, polyunsaturated fats that directly lower LDL (bad) cholesterol and plant sterols and stanols that block absorption completely.

WHAT TO EAT

Foods that lower LDL include oats, whole grains like barley, beans, eggplant and okra,

nuts, vegetable oils, apples, grapes, strawberries, citrus fruits, soy and fatty fish like tuna and salmon.



FULL CIRCLE ORGANIC QUICK OATS are certified organic and a source of heart-healthy fiber.

MEDITERRANEAN

What it is: The Mediterranean diet is not a single diet plan but rather a lifestyle. It includes eating a lot of fruits and vegetables, whole grains, olive oil and fish. Red meat is not included, and sweets are limited. Wine is allowed once a day. This style of eating has been shown to be heart-healthy.

WHAT TO EAT

The diet is focused on three servings a day of fruit and vegetables along with three servings

a week of beans and legumes, fish and nuts. Try for three to six servings a day of whole grains.



SHOP HY-VEE HEALTHMARKET for heart-healthy garbanzo beans, crushed tomatoes, extra virgin olive oil, almond flour tortillas, chia seeds and more.

NEW YEAR. NEW YOU.



Everything you need for a healthful start this year.



every reset starts with a sip

added electrolytes
for a crisp, clean taste



keep living **smart**



FOODS THAT

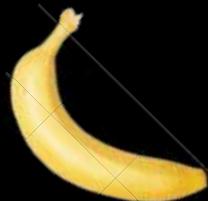
A hand with pink nail polish holds a banana horizontally. The words "FIGHT SAD" are carved into the banana's skin in a bold, sans-serif font. The background is a solid, bright yellow.

FIGHT SAD

Sources (next page): medlineplus.gov/seasonalaffectivedisorder.html
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mhanational.org/folate

SEASONAL AFFECTIVE DISORDER (S.A.D.) IS A TYPE OF DEPRESSION LINKED TO THE CHANGING SEASONS. Most people experience S.A.D. in late fall and winter, although it may begin in spring for some. Researchers believe S.A.D. may be caused by a biological clock shift due to less exposure to sunlight, or an imbalance of the mood-regulating brain chemical serotonin. Some foods can affect neurotransmitters, brain chemicals that modify mood, and may help ease symptoms of S.A.D. and depression.

FOODS THAT MAY HELP FIGHT SEASONAL AFFECTIVE DISORDER



BANANAS

This fruit has potassium. A high-potassium diet has been shown to help increase positive thoughts and mood, while depleted levels of potassium (hypokalemia) can lead to muscle cramps, fatigue and abnormal heart rhythms, causing anxiety.



GREEN LEAFY VEGETABLES

Folate, or folic acid, deficiency may be linked to depression and decreased levels of serotonin. Folate may help treat depression, especially when used in conjunction with antidepressant medication. Dark greens, such as spinach, kale and Swiss chard, contain folate.



OILY FISH

Omega-3 fatty acids are found in oily fish such as salmon, swordfish and tuna. Scientists have found depression is less common in countries where people eat a diet high in fish, and believe omega-3 fatty acids have the most potential benefits for people with mood disorders.



YOGURT

The neurotransmitter serotonin in yogurt can regulate stress and emotions and reduce symptoms of depression. Higher serotonin levels can also promote healthy sleeping, improve bone density and support blood clotting.



NUTS

Many nuts, especially almonds, cashews and peanuts, are rich sources of magnesium. Low levels of magnesium have been linked to increased risk of depression, and eating magnesium-rich foods may help reduce symptoms such as sadness and low energy.



WHOLE GRAINS

S.A.D. can increase cravings for simple carbs and high-sugar foods. Instead, fill your diet with whole grains, which digest more slowly and provide lasting energy, preventing a "crash" later that can negatively impact your mood.

symptoms of S.A.D.

Most symptoms are similar to signs of depression. While some foods may help alleviate symptoms, they can't completely cure or prevent S.A.D. Your health care provider can help diagnose S.A.D. and may recommend light therapy, medication or psychotherapy for treatment if you have any of the symptoms below.

SADNESS

Feeling gloomy, hopeless or worthless, especially during specific seasons each year.

LOW ENERGY

Feeling fatigued or more tired than usual, or having difficulty sleeping or regularly oversleeping.

IRRITABILITY

Increased irritability is often linked to S.A.D. in winter, while agitation and restlessness can be a symptom of S.A.D. in summer.

TROUBLE CONCENTRATING

Having difficulty focusing, especially at work or school, or losing interest in activities you usually enjoy.

WEIGHT GAIN

Cravings for sugar and simple carbohydrates like pasta can increase with S.A.D., which may lead to atypical weight gain.

SUICIDAL THOUGHTS

S.A.D. also may cause thoughts of death or suicide. If you have suicidal thoughts, call your health care provider or the National Suicide Prevention Lifeline at 800-273-8255.

MILLION, OR 5% OF U.S. ADULTS, MAY EXPERIENCE S.A.D. EACH YEAR, ACCORDING TO CLEVELAND CLINIC.

12%

Flavor Booster

Bring some brightness to winter meals by learning how to prepare this tasty fish.

HyVee
seasons

Watch and learn at
Seasons.Hy-Vee.com



UP TO
20%
OF AMERICANS MAY
EXPERIENCE A Milder
FORM OF S.A.D. CALLED
THE WINTER BLUES.

Kombucha Marinated Salmon with Coconut Quinoa

Total Time 40 minutes plus marinating time

Serves 4

4 (4-oz.) portions Hy-Vee Fish Market skinless Alaskan sockeye salmon
1 cup Hy-Vee ginger kombucha
1 tsp. Full Circle Market organic virgin coconut oil
1½ cups Full Circle Market organic white quinoa, rinsed
1 (13.5-oz.) can Full Circle Market organic unsweetened coconut milk

¼ cups water
¾ tsp. Hy-Vee salt, divided
½ tsp. lime zest
3 cups lightly packed baby kale
2 Tbsp. fresh lime juice
2 Tbsp. Gustare Vita olive oil, divided
¼ tsp. Hy-Vee black pepper
¼ cup roasted and salted shelled pistachios
Lime wedges, for serving

1. PAT salmon dry with paper towels. Place in a large resealable plastic bag. Pour kombucha over

salmon; close bag and place in a rimmed baking pan. Marinate for 1 to 2 hours in refrigerator, turning occasionally.

2. HEAT coconut oil in a medium saucepan over medium heat. Add quinoa; cook and stir for 4 minutes or until golden. Add coconut milk, water and ½ tsp. salt. Bring to a boil; reduce heat to low. Cover and gently simmer for 15 to 20 minutes or until liquid is absorbed and quinoa is tender. Remove from heat; let

stand for 5 to 10 minutes. Fluff with a fork. Stir in lime zest.

3. COMBINE kale, lime juice, 1 Tbsp. olive oil, remaining ¼ tsp. salt and pepper in a medium bowl. Massage kale using fingers for 1 to 2 minutes or until softened; set aside.

4. HEAT remaining 1 Tbsp. olive oil in a large skillet over medium heat. Remove salmon from marinade; discard marinade. Cook salmon for 4 to 6 minutes

or until salmon flakes easily with a fork (145°F).

5. TO SERVE, divide quinoa mixture among 4 serving plates. Top with kale mixture, then salmon. Sprinkle with pistachios. Serve with lime wedges, if desired.

Per serving: 770 calories, 43 g fat, 19 g saturated fat, 0 g trans fat, 60 mg cholesterol, 580 mg sodium, 57 g carbohydrates, 6 g fiber, 8 g sugar (0 g added sugar), 36 g protein. **Daily Values:** Vitamin D 60%, Calcium 6%, Iron 30%, Potassium 10%

3 MOOD-BOOSTING RECIPES

1 Peppermint-Chocolate Yogurt Mousse

Combine 1 (3.5-oz.) pkg. Zöet 57% cacao dark chocolate bar, coarsely chopped, and ¼ cup Hy-Vee 2% reduced-fat milk in a small microwave-safe bowl. Microwave on HIGH for 30 to 45 seconds or until chocolate is melted. Stir until combined; cool. Stir in ½ cup Hy-Vee vanilla Greek yogurt and ½ tsp. peppermint extract. Divide among 4 serving bowls. Serves 4 (¼ cup each).

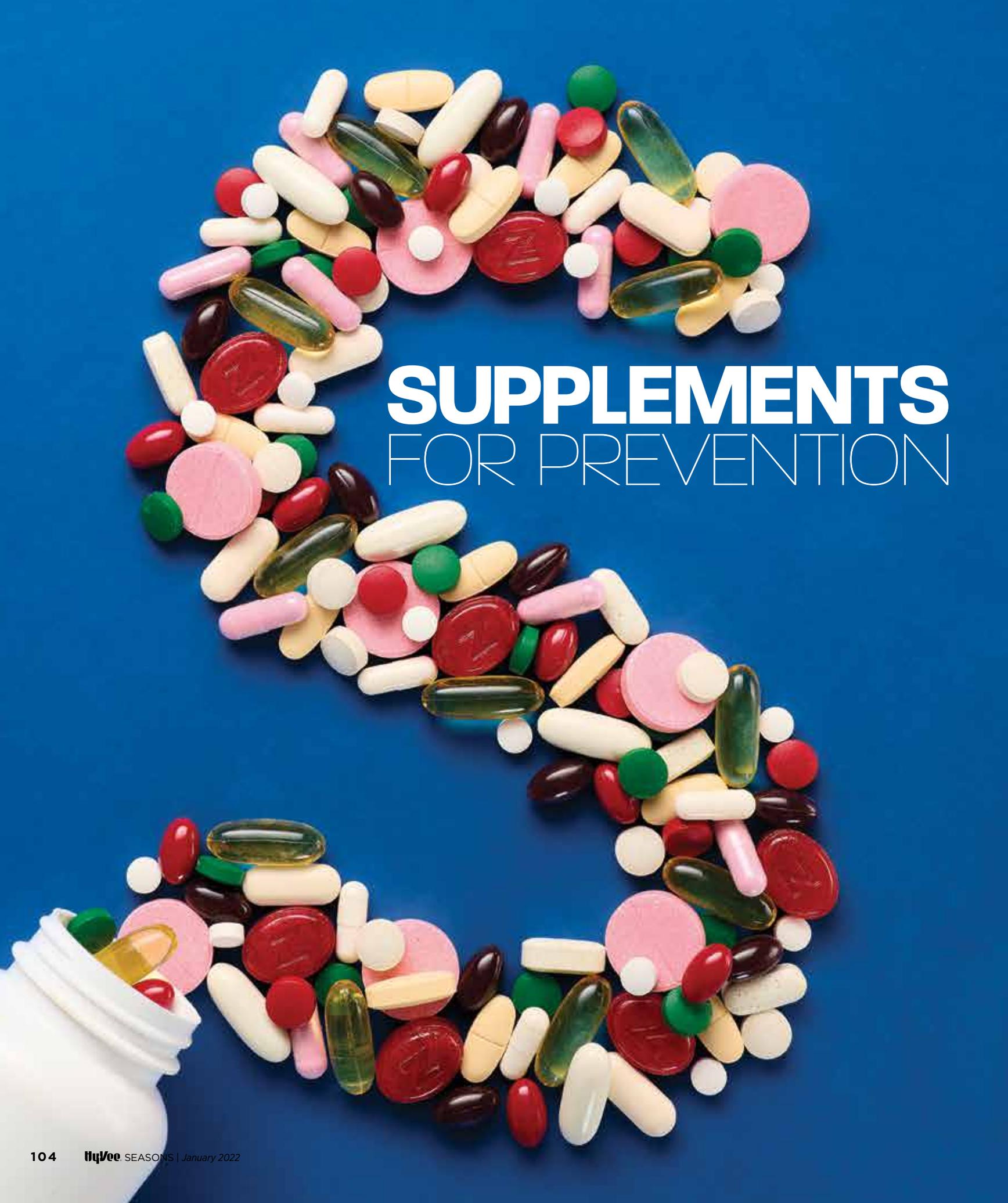
2 Banana-Kale Smoothies

Combine 2 cups crushed ice, 1 sliced banana, 1 cup firmly packed baby kale, 1 cup Hy-Vee 2% reduced-fat milk and 2 Tbsp. Hy-Vee honey in a blender. Cover and blend until smooth. Transfer to serving glasses. Serves 2 (16 oz. each).

3 Kale-and-Tomato Egg Scramble

Whisk together 3 Hy-Vee large eggs and 2 Tbsp. Hy-Vee 2% reduced-fat milk in a small bowl; set aside. Heat 1 tsp. Gustare Vita olive oil in a medium nonstick skillet over medium heat. Add 1 cup tightly packed baby kale and ¾ cup halved cherry tomatoes. Cook and stir for 3 to 4 minutes or until kale is wilted. Pour in egg mixture. Cook, stirring occasionally, to scramble. Continue cooking until eggs are set. Transfer to serving plates. Garnish with shaved Parmesan cheese. Season to taste with Hy-Vee salt and pepper. Serves 2.





SUPPLEMENTS FOR PREVENTION

DIETARY ADDITIVES FROM THE HY-VEE HEALTHMARKET CAN HELP YOU MEET NUTRITIONAL AND FITNESS GOALS, PLUS REDUCE RISK FOR CHRONIC AND SEASONAL ILLNESSES.

KNOW THE BASICS

MOST OF YOUR ESSENTIAL NUTRIENTS SHOULD COME FROM THE FOODS YOU EAT, BUT SUPPLEMENTS CAN HELP FILL IN SOME GAPS. IF YOU HAVE CONCERNS ABOUT YOUR DIET, TALK TO YOUR HEALTH CARE PROVIDER OR A HY-VEE DIETITIAN. THEY CAN HELP YOU DETERMINE IF YOUR DIET IS MISSING NUTRIENTS AND IF SUPPLEMENTS MAY HELP.

WHAT

Dietary supplements contain nutrients your body needs to function. They're meant to help complete the nutrition you might have missed from your diet, not replace it. Vitamins and minerals are some of the most common, but you also can find supplements with other ingredients such as herbs, protein, amino acids, enzymes and more that may help build muscle, aid digestion and relieve symptoms of illnesses such as the flu. Most supplements are available as tablets, capsules, powders, gummies or drinks.

WHY

Supplements can help make up the deficit if your diet is missing nutrients, potentially preventing diseases and chronic illnesses linked to insufficient nutrition. Multivitamins, for example, contain a combination of essential nutrients that some people might miss, such as vitamin D and magnesium. But supplements are not a substitute for eating nutrient-filled foods like fruits and vegetables. They also cannot completely cure, treat or prevent illnesses on their own.

WHO

Anyone who lacks an essential nutrient due to environmental or genetic factors. While many people can usually gain essential nutrients from food and environment, supplements can be helpful for specific nutrients. For example, vitamin B12 mostly comes from meat, fish and dairy, so vegans might consider taking a supplement—or those who don't spend much time outdoors might lack vitamin D.

ADDITIONAL SUPPLEMENTS

Ingredients such as herbs, enzymes and amino acids may also have some benefits as supplements.

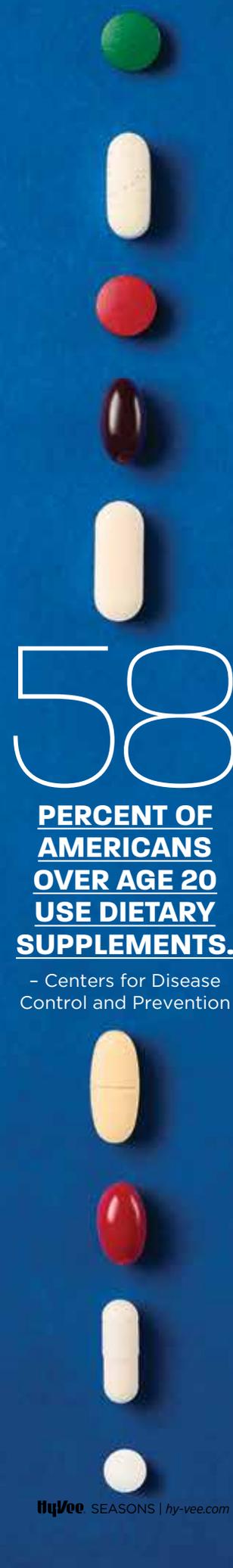
Herbs Any product derived from plants or their oils, seeds, roots, berries or flowers is considered an herbal supplement. Common varieties include echinacea, often used to fight cold and flu symptoms, and flaxseed, used to lower cholesterol.

Enzymes Used to aid digestion, some of the most effective over-the-counter enzyme supplements can help relieve digestive symptoms for people with intolerances to lactose and galactose (found in beans and cruciferous vegetables).

Amino Acids Usually taken by athletes, amino acids combine to form proteins. Supplements may help increase muscle mass.

The statements in this article have not been evaluated or approved by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Always consult a doctor before using any supplements.

Sources: newsinhealth.nih.gov/2013/08/should-you-take-dietary-supplements, ods.od.nih.gov/factsheets/WYNTK-Consumer/, cdc.gov/nchs/products/databriefs/db399.htm, my.clevelandclinic.org/health/drugs/15829-herbal-supplements, health.clevelandclinic.org/digestive-enzymes-101-why-theyre-important/, medlineplus.gov/ency/article/002222.htm, health.harvard.edu/staying-healthy/micronutrients-have-major-impact-on-health, ncbi.nlm.nih.gov/pmc/articles/PMC5691664/



58

PERCENT OF AMERICANS OVER AGE 20 USE DIETARY SUPPLEMENTS.

– Centers for Disease Control and Prevention

10 POPULAR SUPPLEMENTS

LEARN HOW COMMON SUPPLEMENTS MAY HELP PREVENT ILLNESSES AND RELIEVE SYMPTOMS.



HEALTHMARKET SUPPLEMENTS ARE AVAILABLE IN A VARIETY OF FORMS AND DOSAGES.



VITAMIN D

Though vitamin D is crucial for muscle and bone health, a 2017 study published in the British Medical Journal found that vitamin D supplements may help prevent acute respiratory infections such as the common cold.

CALCIUM

Older adults may benefit from extra calcium, which could help prevent osteoporosis, or weakened bones. Strengthening bones may help prevent breaks and fractures if you fall or slip on ice during winter.

VITAMIN C

Taking large quantities of vitamin C may help reduce the duration of a cold if you've already caught one. However, taking vitamin C supplements throughout winter won't prevent you from getting a cold.



ZINC LOZENGES

According to Mayo Clinic, zinc lozenges or syrup may reduce the duration of a cold by about one day, especially if you begin using the supplements within 24 hours of your first symptoms.



CRANBERRY

Taking cranberry supplements may reduce the risk of urinary tract infections by about one-third for people at a higher risk by preventing bacteria from attaching to the urinary tract. Additionally, cranberry may reduce some cold and flu symptoms.



IRON

Women, people over age 65 and people taking blood thinners are at a higher risk for iron deficiency and anemia, which can cause tiredness, dizziness, increased risk of infections, headaches and the sensation of being cold.

pro tip: DAILY NEEDS



“Food first is my motto as a dietitian! However, supplements can be a great add-in to your daily routine. Many people are deficient in vitamin D, or they may not consume enough omega-3 fatty acids, so a fish oil would be perfect. Even adding in a probiotic can help support a healthy gut. If you lead a vegetarian or vegan lifestyle, I always recommend incorporating a multivitamin to help meet your daily needs.”

—Ashley Danielson, RDN, LD
Hy-Vee Dietitian

ALWAYS TALK TO YOUR HEALTH CARE PROVIDER BEFORE TAKING ANY NEW SUPPLEMENTS. They can help you determine if the supplement is necessary or if it may interact with any medications you take.

FIBER SUPPLEMENTS MAY HELP LOWER CHOLESTEROL AND OVERALL RISK OF HEART DISEASE.

—Harvard Medical School



MAGNESIUM

Magnesium helps produce energy and supports muscle and nerve function. Most people can get enough magnesium from their diet, but a chronic deficiency may increase your risk of heart disease, high blood pressure, type 2 diabetes and more.



FISH OIL

According to Mayo Clinic, blood pressure is usually higher in the winter. Fish oil supplements may help reduce blood pressure.



PROBIOTICS

Some strains of probiotics (especially Lactobacillus and Bifidobacterium) may help prevent symptoms and reduce the length of the common cold in otherwise healthy adults and children.



LUTEIN AND ZEAXANTHIN

Found in the retina, lutein and zeaxanthin are carotenoids that may reduce the risk of developing chronic eye diseases and cataracts.

MULTIVITAMINS

Know how to choose a supplement with a variety of vitamins, minerals and nutrients.

what to look for

Choose supplements with 100% of the daily value of most ingredients.



what it contains

Multivitamins should also include micronutrients such as folate, selenium and B12.



A man with dark hair and a grey long-sleeved shirt has a shocked expression, with his hands pressed against his cheeks and his mouth wide open. He is framed by a large black outline of a house. The background is split vertically, with a bright pink color on the left and white on the right.

home alone

THE WORDS "STAY AT HOME" WON'T SEEM
OVERWHELMING WHEN YOU'RE PREPARED. HERE'S
WHAT FOODS TO HAVE ON HAND, AS WELL AS WAYS TO
KEEP YOURSELF BUSY AND YOUR HOUSE CLEAN.

staying put

Whether you're teleworking, self-isolating as a precaution, or taking care of a sick family member, it pays to be prepared. Having supplies on hand is just one aspect to consider. Other issues—boredom, fear, loneliness and a sense of isolation—may accompany a long period of time at home.



FOOD TO STOCK

PANTRY STAPLES HELP MAKE MEALS SIMPLE BETWEEN GROCERY RUNS.

1. **Cereal (hot and cold)**
2. **Canned fruit**
3. **Canned protein (tuna fish, chicken)**
4. **Canned vegetables**
5. **Canned soup**
6. **Crackers**
7. **Jam/Jelly**
8. **Nuts/Raisins/Seeds**
9. **Peanut butter**
10. **Popcorn**

HOW TO DEAL WITH

boredom

The standard remedy for boredom is activity. Let's face it, there's only so much TV you can watch, so if you're feeling fine, work on a DIY project, organize a closet or try an activity below.

anxiety

Feeling nervous or stressed is normal when your routine is disrupted. Staying active, eating healthy foods and avoiding alcohol and caffeine can help.

solitude

Solitude can offer a welcome respite, but it also can lead to emotional detachment. Stay connected with others through phone calls and video chats. Share interests, hobbies and ideas.



journal

Keep a journal just for yourself. Research shows journaling can improve mood, reduce stress and lead to a greater feeling of well-being.

create

Engage the mind by creating art: Draw, paint or color. Get creative with photography. Or make a fun video to send to family and friends.

bake

Make a new dessert, or bake bread instead. The aroma is reward enough. Find hundreds of recipes at [Hy-Vee.com/recipes](https://www.hy-vee.com/recipes)

meditate

Meditation can benefit your emotional and physical health by promoting a sense of calmness, peace and balance.

learn

Sign up for an online class. Too much commitment? Watch an educational video instead.

tour

Take a virtual tour without ever leaving the couch. Many museums offer online exhibits. Some even have interactive tours.

read

Start that book you've been wanting to read for years. Or pick up the latest best-seller, paperback novel or one of the literary classics.

chat

Engage in real, honest-to-goodness conversation—by phone or videoconference at first, in-person when it's safe to do so.

be keen TO KEEP IT CLEAN

FOR PEACE OF MIND
AND AS A SAFETY
PRECAUTION, CLEAN
AND DISINFECT
ROOMS REGULARLY.

MUST-HAVE SUPPLIES

HY-VEE HAS ESSENTIAL
CLEANING SUPPLIES
SUCH AS:

1. Bleach
2. Brushes
3. Disinfectant Wipes
4. Disposable Gloves
5. Multi-Surface Cleaner
6. Paper Towels
7. Rubber Gloves
8. Scrubbers
9. Sponges
10. Spray Bottles
11. Vinegar
12. Wash Rags

A FEW AREAS YOU MAY NOT HAVE THOUGHT OF...

- > **Laundry:** Disinfect hampers and laundry baskets after use.
- > **Bathroom:** Close lid when flushing toilet to reduce release of aerosol particles.
- > **Bedroom:** Use an air purifier to capture airborne particles.



SCAN THE
QR CODE
to shop a variety
of helpful
cleaning supplies.



Home quarantine tips from the CDC



Isolating. Centers for Disease Control & Prevention recommends self-isolation for 14 days after close contact (within 6 feet for a cumulative total of 15 minutes) with a person with COVID-19.



Testing. The CDC says fully vaccinated people do not need to self-isolate unless they are experiencing symptoms. However, they should get tested within 3 to 5 days of exposure and wear a mask indoors and in public for 14 days or until receiving a negative test result.



Monitoring. Anyone exposed to COVID-19 should monitor for fever (100.4°F), cough, shortness of breath or other symptoms.



CLEAN, THEN DISINFECT

Although cleaning removes dirt and reduces the number of germs on surfaces, a disinfectant is needed to kill germs. First, use a cleaning product designed for the surface you are cleaning. Then apply a disinfectant registered with the Environmental Protection Agency (for a list, visit [epa.gov](https://www.epa.gov) and input the keyword “disinfectant”).

PHARMACY ESSENTIALS

- > 90-day supply of prescription medications
- > non-prescription medications to relieve symptoms (e.g., acetaminophen, ibuprofen, naproxen)
- > Cough syrup and throat lozenges
- > Nasal decongestant
- > Digital thermometer
- > Pulse oximeter to measure level of oxygen in blood

HOW HY-VEE CAN HELP

grocery delivery

Order home delivery through Hy-Vee Aisles Online: free for Hy-Vee Plus members; \$9.99 with minimum \$30 purchase for others.

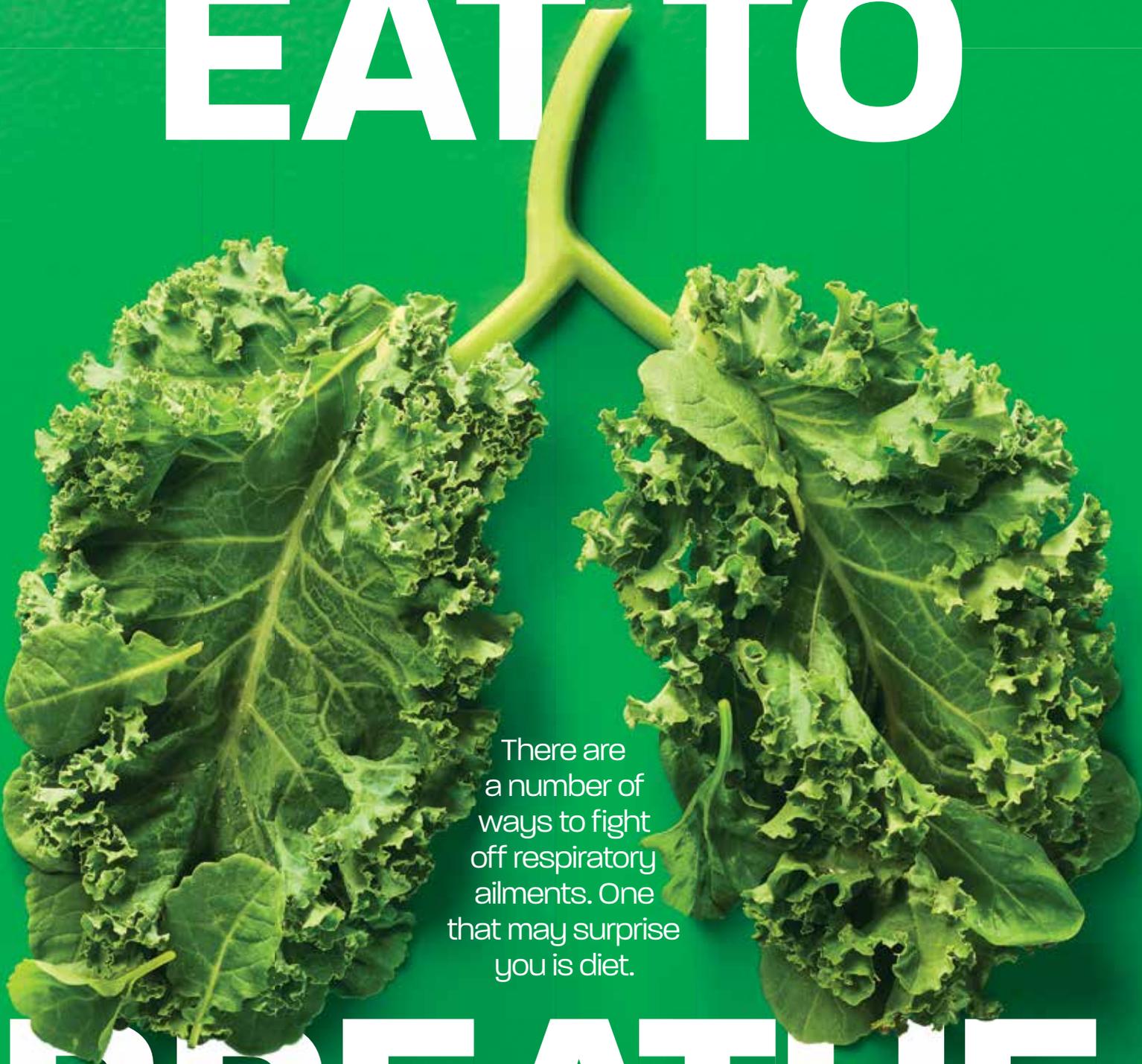
curbside pickup

Free curbside pickup for orders of \$30 or more, so you can place an order and have a friend or family member pick it up.

drive-thru pharmacy

Many Hy-Vee Pharmacies offer drive-thru services, while some also offer contact-free delivery. Contact your store for details.

EAT TO



There are a number of ways to fight off respiratory ailments. One that may surprise you is diet.

BREATHE

THE ROLE OF FOOD

WHAT YOU EAT CAN AFFECT HOW YOUR LUNGS PERFORM

Fatty, fried or spicy foods, as well as alcohol and coffee, can trigger acid reflux, a condition where stomach acids travel up the esophagus to the throat. If the liquid makes it into the airway and enters the lungs, it can cause coughing, hoarseness, shortness of breath or even pneumonia. Symptoms of acid reflux include heartburn, burping and food regurgitating into the throat. The risk increases with obesity or smoking. To lessen acid reflux, eat slowly and moderately and finish eating at least three hours before sleeping. Other respiratory ailments may also be helped by food.

The body wards off respiratory illnesses in a variety of ways. Now researchers are exploring the role the digestive system plays in lung health. They are particularly interested in how food influences the microbiota—bacteria, viruses and fungi—that naturally inhabit the human body.

THE LUNG CONNECTION

Although they're made up of separate organs, the gastrointestinal tract (GIT) and respiratory tract have a close partnership. The respiratory system delivers oxygen to the blood, which is used by the GIT to digest food. In turn, the GIT provides fuel for the lungs to do their work.

How gut and lung impact immunity

The GIT is filled with a diverse universe of microbiota performing many functions, including regulating the immune system and protecting against harmful pathogens. Studies have shown that some changes in microbiota are linked to

inflammation, disease development in the lungs and changes in immune responses. However, a healthy intestinal microbiota maintains a steady immune response—one reason there's an interest in the probiotics in foods like yogurt to help keep the microbiota in balance.

IF THE MICROBIOTA IS THOUGHT OF AS AN ECOSYSTEM, THE NUTRIENT-POOR LUNGS ARE LIKE A DESERT, BUT THE NUTRIENT-RICH INTESTINES ARE LIKE A RAINFOREST.

—MAYO CLINIC

EASY BREATHING!

TIPS TO HELP
REDUCE THE RISK
OF RESPIRATORY
AILMENTS.

RESPIRATORY INFECTIONS

Vitamin D, often in fatty fish, could boost the immune system and help reduce inflammation of airway passages. And research indicates vitamin D supplements may have a protective effect against acute respiratory infections.

COPD

Vitamin C, found in fruits and vegetables, may help protect the lungs and reduce the risk of developing chronic obstructive pulmonary disease, or COPD, according to research.



ASTHMA

Vitamins D and E, from nuts and seeds, may decrease the risk of developing asthma symptoms such as coughing and sneezing. Vitamin E contains a chemical compound called tocopherol, shown to have a beneficial effect. Low levels of vitamin D have been linked to a higher risk of asthma attacks.

what to limit

SULFITES

in shrimp, maraschino cherries, bottled lemon and lime juices: alcohol and some pickled foods can cause asthma symptoms.

CARBS use more oxygen and produce more carbon dioxide during digestion than healthy fats.

FRIED FOODS may cause bloating by pushing on the diaphragm and making breathing uncomfortable.

GAS-CAUSING FOODS

such as carbonated drinks, beans, garlic, onions and fried food can make breathing more difficult.

SALT

contributes to water retention; excess water can lead to breathing problems.

ACIDIC FOODS

such as citrus, fruit juice, tomato sauce, coffee and spicy food may bring on acid reflux.

REDUCE STRESS

Stress can hinder digestion, weaken the immune system and increase inflammation.



• **deep breathing** calms the mind and body by creating a relaxation response.



• **being in nature** for just 20 minutes can help lower stress hormone levels.



• **regular exercise** can improve mood and lower symptoms of anxiety.



• **laughing** increases oxygen levels and stimulates heart, lungs and muscles.

HY-VEE HELPS

HY-VEE HAS THE GUIDANCE, SUPPLEMENTS AND FOODS YOU NEED.

DIETITIAN SERVICES

Hy-Vee's team of nutrition experts can help you meet your health and wellness goals. Our registered dietitians offer virtual store tours and classes, plus nutrition counseling, meal planning and more.

PHARMACY

The Hy-Vee Pharmacy offers a broad range of health care products and services, including prescriptions, vaccinations, medication therapy management and specialized pharmacy services for chronic medical conditions such as asthma.

WHAT TO

EAT

THESE FOODS CONTAIN NUTRIENTS AND COMPOUNDS TO AID LUNG HEALTH.

apples & pears

are full of fiber, which may improve lung function.

berries

have manganese, which helps calcium absorption and blood sugar regulation.

broccoli

contains vitamin C and sulforaphane, which may help prevent cancer.

garlic

contains the compound allicin, shown to be effective against viruses.

ginger

protects lungs from severe damage caused by inflammation.

turmeric

contains curcumin, an antiviral, antibacterial and antifungal.

dietitian Q&A



Elisa Sloss, RD, LD
Vice President,
HealthMarket

Q: How can I start eating better?

A: Improving eating habits can be difficult, so begin with small shifts. Start by reflecting on all your specific eating habits, both bad and good, along with what triggers unhealthy eating. Replace the bad with healthier choices, and try eating at a slower pace and only when truly hungry (not when bored or just because there are cookies in the breakroom). Finally, be patient with yourself. Change doesn't happen overnight.

Q: Do I really eat too much sugar?

A: American adults consume an average of 77 g of sugar per day, while the American Heart Association's recommended amounts are 25 g for women and 36 g for men. This excess of sugar in the diet can lead to obesity and heart disease. To help monitor sugar intake, check the nutritional panel to see how many grams of sugar the food has. If sugar is one of the first ingredients, the food is mostly sugar.

Q: Should I worry about how much saturated fat is in my food choices?

A: Studies have shown that saturated fat increases heart disease risk factors, including LDL (bad) cholesterol. For the average 2,000-calorie diet, no more than 120 calories should come from saturated fat. Animal products such as milk, cheese and meat, along with tropical oils, such as coconut and palm, contain some of the highest amounts. Replace foods that are high in saturated fat with fruits, veggies, whole grains, fish, nuts and low-fat dairy products to lower blood cholesterol levels.

Q: What are the effects of eating too much salt?

A: High levels of sodium can lead to high blood pressure, heart disease and even possible stroke. The recommended limit for sodium intake is 2,300 mg per day for people 14 years and older, but most people (90 percent of adult Americans) consume about 3,400 mg per day on average. Reduce sodium in your diet by cutting back on foods like deli-meat sandwiches, pizza, burritos and tacos, and by using no-salt seasoning blends.

FOOD CHOICES FOR CHANGE

Create a more healthful you in the New Year, and for years to come, by adjusting your diet.

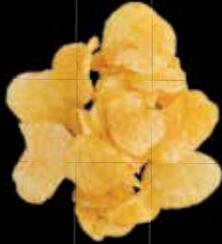


Looking for more nutrition tips? Join Hy-Vee dietitians during your lunch break for a free virtual Wellness Wednesday series.

Sources for entire article: unitypoint.org/livewell/article.aspx?id=ff0de079-682c-4f1a-b686-6b5b50e2f541
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HEALTHY FOOD SWAPS

Small, everyday choices can pave the way to better health.



VS.



A serving of chips has 170 mg of sodium.

Salted almonds have 85 mg of sodium.

When craving a salty, crunchy snack, try a handful of nuts instead of reaching for a bag of chips. Nuts contain heart-healthy, unsaturated fats along with fiber.



VS.



A cup of iceberg lettuce has 7% of the DV* of vitamin A.

A cup of spinach has 56% of the DV of vitamin A.

Spinach has more protein, calcium, iron, fiber and minerals than iceberg lettuce. Lettuce is still nutritious; spinach is simply a better nutritional choice per serving.

**Daily Value*



VS.



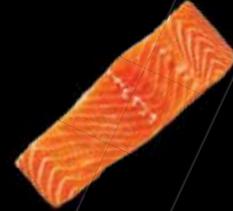
A white dinner roll has 0 g of fiber.

A whole wheat dinner roll has 5 g of fiber.

Whole grains have protein, fiber, B vitamins and many other nutrients that can help lower blood pressure, strengthen the immune system and aid in weight control.



VS.



4 oz. of steak has 25 g of fat.

4 oz. of salmon has 12 g of fat.

Enjoy steak and other red meats in moderation, as they are high in saturated fat. Salmon has omega-3 fatty acids, which can reduce the amount of fat in your blood.



VS.



An 8 oz. glass of apple juice has 28 g of sugar.

A medium apple has 18 g of sugar.

To reap the full benefits, go for a whole piece of fruit instead of fruit juice. Whole fruit has more nutritional value, less sugar and fewer calories.



VS.



12 oz. of soda has about 150 calories.

A cup of black coffee has about 2 calories.

For a boost of energy, brew a cup of coffee or some green or black tea rather than drinking a caffeinated soda. Coffee and tea are sugar-free and rich in antioxidants.

ACCORDING TO A STUDY FUNDED BY THE NATIONAL HEART, LUNG AND BLOOD INSTITUTE, A HEALTHIER DIET COULD PREVENT AT LEAST \$50 BILLION PER YEAR IN MEDICAL COSTS.



WELL-STOCKED MEDICINE CABINET

Learn what products to have on-hand to keep you healthy and when you should dispose of old medications.



Yearly CLEAN UP

FOR SELF-CARE, EMERGENCY CARE AND ALL ILLNESSES IN BETWEEN, MEDICINE CABINETS ARE EVERY FAMILY'S GO-TO. CHOOSE A DAY FOR A SIMPLE ANNUAL MEDICINE CABINET CHECK-UP TO KEEP YOUR FAMILY COMFORTABLE AND SAFE.

WHAT TO KEEP IN YOUR CABINET

FIRST AID

Include items to help heal results of minor accidents such as scrapes and burns. Keep bandages in various sizes, gauze, disinfectant, tweezers, and pain relievers on hand. Hydrocortisone anti-itch cream and sunscreen also can be kept with first aid items.

ILLNESS

Include current prescriptions and over-the-counter medications, such as antihistamines, nausea relief, eye drops, antacids, decongestants, allergy medications and cough suppressants. Include a thermometer for checking temperatures. If necessary, include medicines with dosages that are safe for children.

HYGIENE

If you don't already keep them in another location, include hygiene products such as mouthwash, toothpaste, deodorant, extra soap and nail clippers in your cabinet.



Be Date Aware

After the expiration date, medications' chemical composition can change, making them less effective or potentially dangerous.

seasonal stock up

Include these common medications to help relieve cold and flu symptoms.



ALLERGIES

TopCare Allergy Relief tablets can help alleviate sneezing, runny nose, itchy throat and watery eyes.



PAIN RELIEF

Tylenol Extra Strength caplets can temporarily reduce fever and minor aches and pains.



INDIGESTION AND NAUSEA

Pepto-Bismol 5 Symptom Digestive Relief liquid helps remedy heartburn, nausea, upset stomach, indigestion and diarrhea.



DECONGESTANT

Mucinex Sinus-Max caplets help thin and loosen mucus and relieve sinus pressure, congestion and headache.



COUGH, COLD AND FLU

TopCare Day Time and Night Time cold and flu relief soft gels help reduce fever, coughing and congestion.



NASAL SPRAY

Vicks Sinex Severe spray works quickly to reduce congestion and sinus pressure caused by the common cold and allergies.

1 IN 3
AMERICANS HASN'T
CLEANED OUT THEIR
MEDICINE CABINET
IN THE PAST YEAR.

Hy-Vee Safe Medication Disposal Program

Every Hy-Vee Pharmacy location has drug take-back receptacles for easy, safe, environmentally friendly disposal.

Accepted medications include unused, unwanted or expired prescriptions, over-the-counter medicines, controlled substances and pet medications.

To dispose of unwanted liquid medications, wrap the container in a paper towel and place in a leak-proof bag. Place other medications in the disposal container in their original packaging.



For the get back on your feet side of you.

The same quality as the national brand health products. So, you can be your best self at the best value.

TopCare®



QUIT

for good

THINKING ABOUT QUITTING SMOKING? GET THE SUPPORT YOU NEED WITH HY-VEE'S QUIT FOR GOOD PROGRAM.

Q.

How does the program work?:

Hy-Vee Quit for Good™ consists of a six-session class led by a specially trained Hy-Vee pharmacist, with medication as part of the program. Participants are provided with class materials and access to a Hy-Vee dietitian. Additionally, the group setting allows for support from peers who have the same goals and are on a similar path.

Q.

How much does it cost?

A: The program costs \$150 per participant. Some employers cover the cost of the enrollment fee. Contact your human resources department to see if your employer will pay for the program or has a reimbursement policy for health-related initiatives.

Q.

How do I join?

A: Ask your local Hy-Vee pharmacist when the next class is offered near you.

According to a 2020 report of the U.S. Surgeon General, smoking cessation is beneficial at any age. More than **THREE OUT OF FIVE U.S. ADULTS WHO HAVE EVER SMOKED CIGARETTES HAVE QUIT.**

—U.S. Department of Health and Human Services

“The Hy-Vee smoking cessation program is an excellent way to help you on your path to improve your health, lower your risk of future disease and will save you money in the long run. Our trained pharmacists will put you on a path to “Quit for Good”!

—Cole Davidson, RPh.
Hy-Vee Pharmacy Supervisor—
Northern Region

Hy-Vee
QUIT FOR GOOD
SMOKING CESSATION PROGRAM

Stop smoking with group classes led by a trained pharmacist.

Reel in the Benefits



**Eat Seafood
2x per week**



**Leads to improved brain
and eye development**



**Increase in your
Omega-3 level**



**Reduced risk of
heart disease**



Ranked #2 by
GREENPEACE



recipe index

UNPEELING THE BENEFITS OF CITRUS

- Grapefruit-Orange Crostata *p. 12*
- GF** **V** Dark Chocolate and Blood Orange Chia Pudding *p. 13*
- 20** Spicy Citrus Refresher *p. 14*
- GF** **V** Winter Citrus, Fennel and Beet Salad *p. 15*
- Lemon Cacio e Pepe with Blackened Chicken *p. 16*
- Sticky Citrus Salmon with Lemon Salsa *p. 17*

WATCH-PARTY WINS

- Slow Cooker Snack Mix *p. 21*
- Pickleback Chicken Wings *p. 21*
- Mac-and-Cheese Pepperoni Bites *p. 22*
- Salami Chips with Muffuletta Dip *p. 22*
- 30** BBQ Pulled Pork in a Blanket *p. 22*
- 20** Torch Sherbet Cupcake Cones *p. 26*

DINNER + LUNCH WEEKLY PLANNER

- Pesto Chicken and Sweet Potatoes with Whipped Feta *p. 32*
- 10** Basil Pesto Chicken Sandwich *p. 32*
- V** Feta, Black Bean and Corn Burgers *p. 33*
- V** **20** Thai Basil Black Bean Bowls *p. 33*
- Buffalo Chicken Stuffed Shells *p. 34*
- 30** Sweet Potato-Buffalo Chicken Wontons *p. 34*
- GF** Garlic Steak-and-Potato Hash *p. 35*
- GF** Garlic Steak-and-Potato Foil Packs *p. 35*
- BLT Egg Casserole *p. 36*
- GF** **20** BLT Avocado Boats *p. 36*

101: POMEGRANATES

- No-Bake Dark Chocolate Pomegranate Tart *p. 40*

SUGAR-SMASHING COCKTAILS

- 30** Cranberry Maple Bourbon Smash *p. 43*
- 10** Strawberry Citrus Vodka Soda *p. 45*
- 10** Matcha and Almond Gin Fizz *p. 45*

SIMPLE & TASTY MEALS FOR TWO

- Gochujang Steak Lettuce Wraps *p. 47*
- GF** Roasted Onion and Arugula Salad with Chipotle Salmon *p. 48*
- GF** **30** Charred Chicken Caprese *p. 49*
- Dutch Baby with Leeks, Prosciutto & Cheddar *p. 50*

COOKING CRAZE

- V** One-Dish Spinach-and-Artichoke Pasta Bake *p. 54*
- GF** **20** 4-Ingredient Peanut Butter Bread *p. 55*
- V** **20** Wild Mushroom and Ricotta Toast *p. 56*
- V** **30** French Toast Cereal *p. 57*

COOL BEANS

- Pressure Cooker Smoky 3-Bean Soup *p. 59*

COZY SEASONAL SOUP & DROP BISCUITS

- Irish Stout Beef Stew *p. 63*
- Salmon-Corn Chowder *p. 64*
- Slow-Cooked Lasagna Soup *p. 65*
- Easy Cranberry-Orange Drop Biscuits *p. 67*
- Easy Blue Cheese 'N' Chive Drop Biscuits *p. 67*
- Easy Cheddar-Bacon Drop Biscuits *p. 67*
- 30** Easy Drop Biscuits *p. 67*

FOODS THAT FIGHT S.A.D.

- GF** Kombucha Marinated Salmon with Coconut Quinoa *p. 102*
- 20** Peppermint-Chocolate Yogurt Mousse *p. 103*
- 10** Banana-Kale Smoothies *p. 103*
- 10** Kale-and-Tomato Egg Scramble *p. 103*

30
minutes
or less

**30 MINUTES
OR LESS**

20
minutes
or less

**20 MINUTES
OR LESS**

10
minutes
or less

**10 MINUTES
OR LESS**

GF
option

**GLUTEN
FREE**

V
option

**VEGETARIAN
DISH**

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

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Hy-Vee provides:

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

Try this
**4-Ingredient
Peanut Butter
Bread, p. 55**

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

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

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

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

'H' IS FOR **SAVINGS**



(SCAN THE 'H' CODE.)

HyVee deals\$**.COM**