

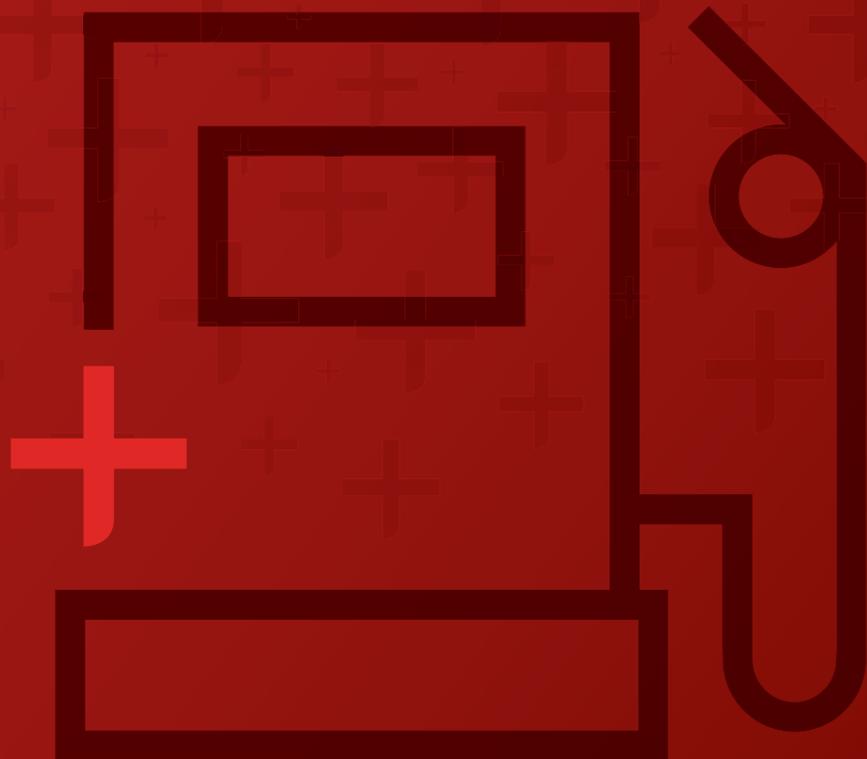
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july/august

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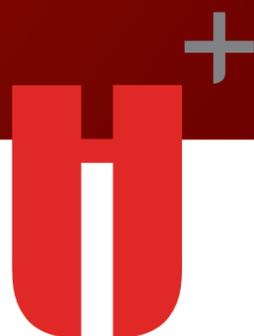
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JULY/AUGUST 2023



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GEORGIA VAN GUNDY
EVP, CHIEF OF STAFF,
CHIEF CUSTOMER OFFICER

Summer provides an excellent opportunity to enjoy outdoor time with family and friends, especially when you fire up the grill with our recipes and tips. Look for mouthwatering Wahlburgers Firecracker BBQ Pork Ribs from celebrity chef Paul Wahlberg (*page 20*), grilled entrées from around the globe (*page 24*), versatile picnic sides (*page 34*), quick and easy frozen desserts (*page 42*) and more for memorable backyard get-togethers.

While summer's in full swing, school will be here before we know it. We have you covered with backpacks (*page 92*), nutritious school lunches for the kids (*page 66*) and ways for college students to outfit a small-space kitchen (*page 72*). Because saving money is always important, we also look at the benefits and potential savings in the Hy-Vee Fuel Saver + Perks program (*page 18*).

Have a great rest of your summer!

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NEW

**Pick 3 to make a meal.
Cook together
for 30 minutes.**



Find in the frozen meals aisle

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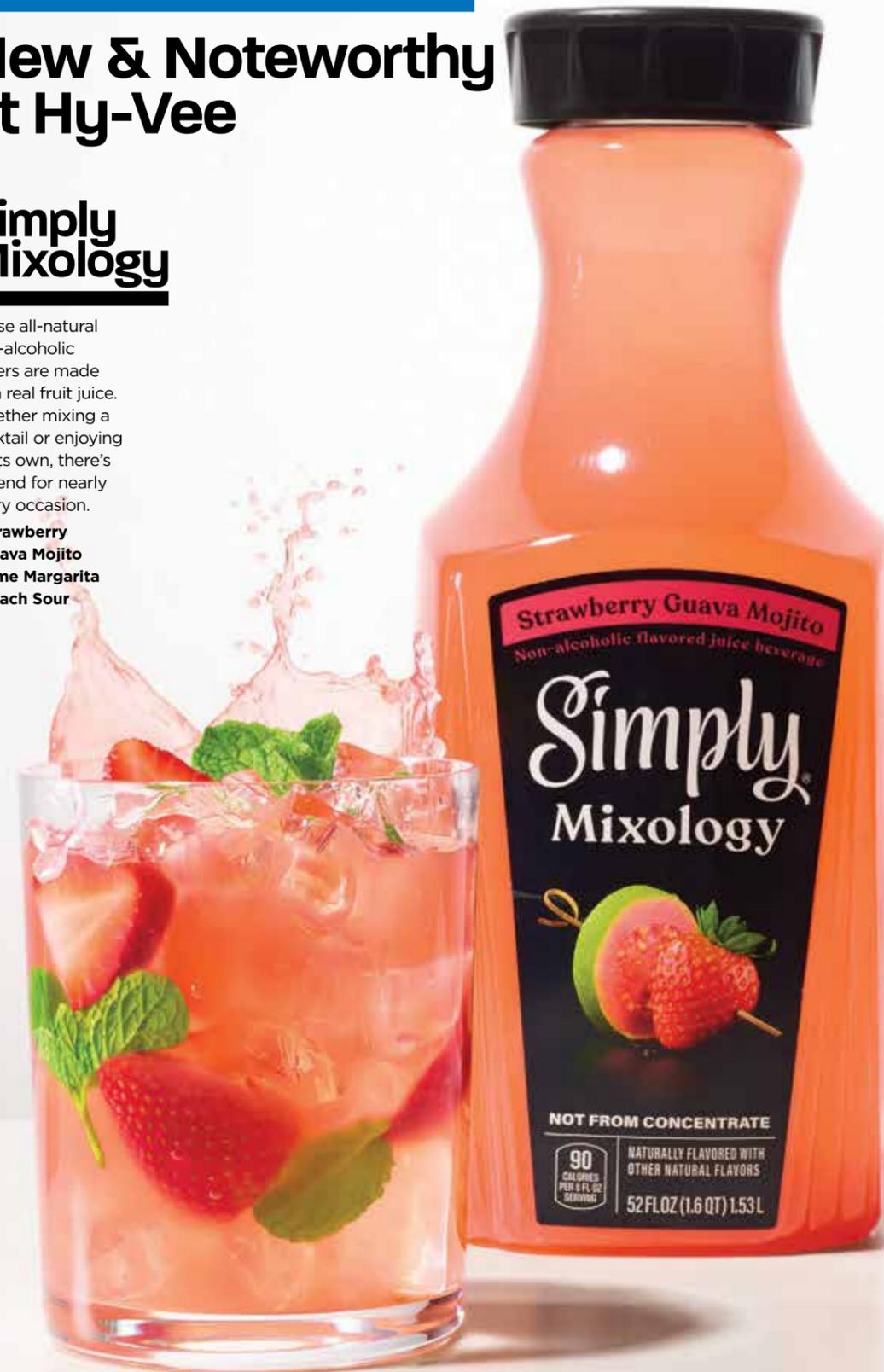
AISLES

**New & Noteworthy
at Hy-Vee**

Simply Mixology

These all-natural non-alcoholic mixers are made with real fruit juice. Whether mixing a cocktail or enjoying on its own, there's a blend for nearly every occasion.

- Strawberry Guava Mojito
- Lime Margarita
- Peach Sour



Thirst Quencher

COCA-COLA
From the very first glass sold in 1886, Coca-Cola has been a pioneer in refreshing, fizzy sodas. That spirit of innovation continues today with a limited-edition flavor created in collaboration with video game developer Riot Games.



Coca-Cola Ultimate
Coca-Cola Ultimate is the latest Coca-Cola Creations sparkling beverage to hit Hy-Vee shelves. Inspired by the popular online video game League of Legends, these new introductions add the electrifying taste of +XP to Coca-Cola's renowned flavor. Ultimate is available in regular and zero calorie.

Clean & Disinfect

FAMILYGUARD

From S.C. Johnson, these products are formulated for use on multiple hard, nonporous surfaces.



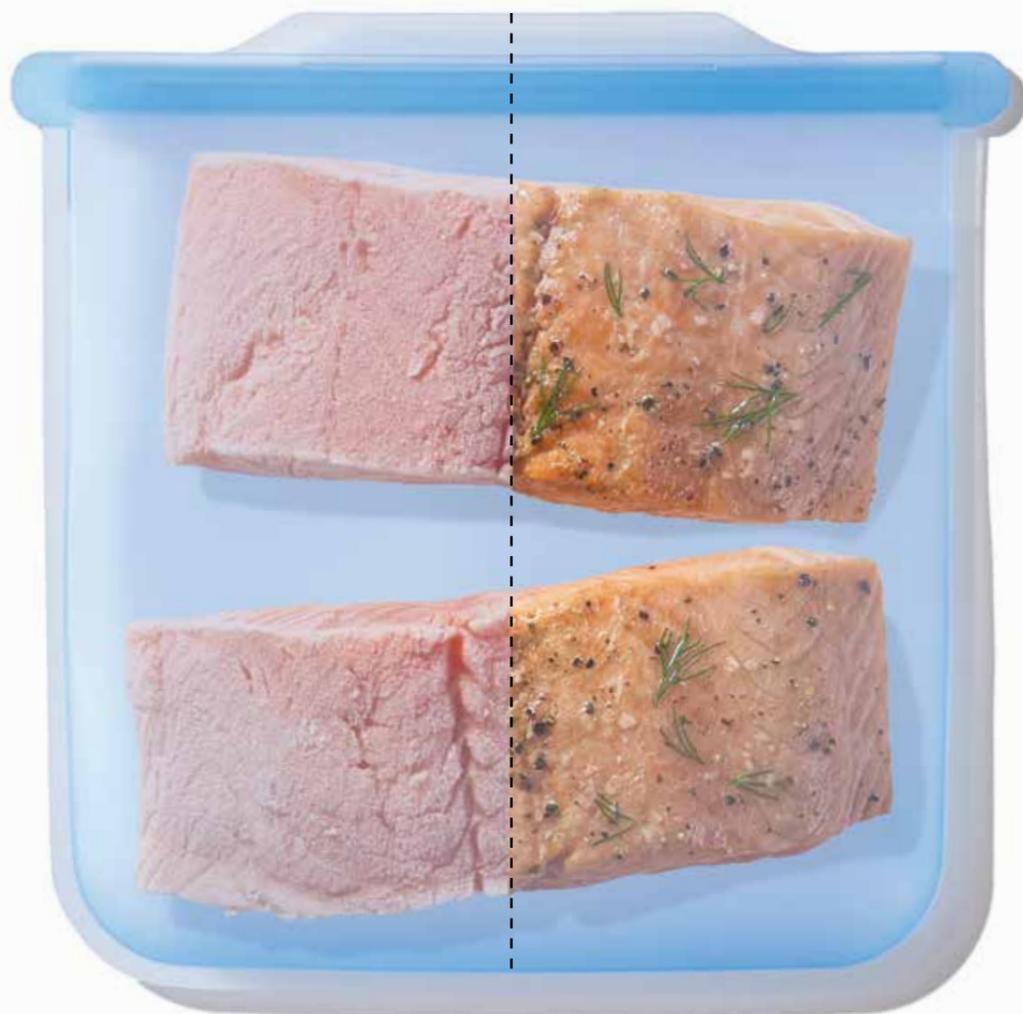
Disinfectant Cleaner

Available in fresh or citrus scent, this combination disinfectant/cleaner cuts through dirt and grime, killing 99.9% of germs and viruses.



Disinfectant Spray

Formulated for homes with kids and pets, this aerosol spray fights odors and kills 99.9% of germs and viruses on hard, nonporous surfaces.



Ziploc

TRY A NEW SUSTAINABLE AND VERSATILE SOLUTION FROM A BRAND YOU TRUST!



Ziploc Endurables

This new line of reusable silicone pouches withstands temperatures from sub-zero up to 425°F. You can bake, boil or freeze without removing food—saving you time on prep and cleanup.

THE SPICE IS RIGHT!

WAKE UP YOUR TASTE BUDS WITH A SPICY SPIN ON SOME FAMILIAR FAVORITES, FROM SOUP TO SPAGHETTIOS.



Campbell's Chunky Ghost Pepper Chicken Noodle Soup

It has the same savory flavor as Chunky Spicy Chicken Noodle Soup but is 13 times spicier.



Pace Red Enchilada Sauce Medium

Loaded with flavor, this medium-heat sauce features a smooth blend of tomatoes, ground chilies and a variety of distinctive spices for a slight kick.



Pace Ghost Pepper Habanero Salsa

Made with a blend of tomatoes, red peppers, cayenne and habanero, this super hot salsa turns up the heat with one of the world's hottest chilies, the ghost pepper.



Campbell's SpaghettiOs Spicy Original

Made with Frank's RedHot, these SpaghettiOs are a slightly more intense version of the classic, layered in a tomato-and-cheese sauce.

Easy Eats



Brew Pub Cheese Stuffed Crust Pizza

Bite into gooey mozzarella cheese tucked inside the crisp crust, plus piled-high toppings such as three meat, supreme and pepperoni.



Brew Pub Chicago Style Deep Dish Pizza

Thick, doughy crust is loaded with rich tomato sauce and available in cheese, pepperoni, sausage & pepperoni or supreme varieties.



Di Lusso Dry Rub Barbecue Turkey Breast

Give your sandwiches all the goodness they deserve. This sliced turkey breast is a delicious mix of smoke and sweet, with just the right amount of heat.

Cheers!

SAVOR THE FLAVOR WITH THESE REFRESHMENTS.



Busch Light Peach

This popular light lager is getting a summer makeover with the addition of peach flavor. It brings a touch of fruity sweetness to Busch Light's traditional clean, crisp flavor.



Cutwater Margarita Variety Pack

Made with real tequila and other natural flavors such as mango and strawberry, each of these canned cocktails is ready to pour over ice and enjoy.



Sparkling Ice

With added vitamins and antioxidants plus zero sugar, these fizzy flavored waters are now available in a new, larger (33.8 fl. oz.) size.



Nonni's Bakery Bites

Made with no artificial flavors or preservatives, this bite-size biscotti comes in dark chocolate orange, limoncello and chocolate chip flavors.

CeraVe

SKIN RENEWAL

Developed with dermatologists, this skincare line contains ceramides that restore and maintain the skin's outer barrier.

Skin Renewing Nightly Exfoliating Treatment

A blend of glycolic and lactic acids gently exfoliates dead skin cells for a smoother, brighter complexion and reduced signs of aging and dullness.

Skin Renewing Vitamin C Serum

An effective addition to any anti-aging arsenal, this skin-brightening antioxidant serum is formulated with 10% pure vitamin C to minimize fine lines and dark spots.

Skin Renewing Eye Cream

Rejuvenate tired-looking eyes with a caffeine-infused cream that alleviates puffiness and dark circles and smooths fine lines and crow's feet. Wear it alone or under makeup.

Makeup Removing Cleanser Balm

The velvety, melting balm works to remove makeup, dirt and oil to gently clean and hydrate for a radiant complexion.

Very Bellissima

LUXE BODY CARE

Pamper yourself with a soothing, skin-restorative experience with this new collection of body-care products—exclusive to Hy-Vee—from the beauty experts at Very Bellissima.



Fresh Pear Shower Gel
Pamper your skin with this silky gel containing nourishing aloe and vitamin E and offering a light fresh pear scent.

Spearmint Eucalyptus Body Lotion
Moisturize and soften dry, rough skin with shea butter and the refreshing scents of eucalyptus and spearmint.

Silk Velvet Body Scrub
Gently clean and exfoliate skin with a body scrub enriched with natural extracts and no harsh ingredients.

Love Potion Body Mist
Invigorate the senses with a luxurious body mist and its light, comforting, seductive scent.

Fresh Pear Body Cream
A moisturizing, rich body cream quickly absorbs without leaving a greasy film for soft, smooth and fragrant skin.

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irresistible
treats

WITH ZERO ADDED SUGAR*



*Not a low calorie food.

101

Watermelon

Enjoy summer's iconic fruit, in-season now at Hy-Vee.

This refreshing fruit is known for its sweet juiciness and crisp texture. A variety of farm-grown watermelons are available at Hy-Vee, including large and personal-size whole melons, pre-sliced quarters or wedges, and chopped, ready-to-eat Hy-Vee Short Cuts. Watermelon is packed with nutrients like vitamin C (strengthens the immune system), vitamin A (supports eye health) and potassium (helps to lower blood pressure). The antioxidant lycopene, which gives the fruit its red color, may protect against cancer and diabetes. And with a 92% water content and only 46 calories per cup, it's a filling snack that also keeps you hydrated.

BUY Watermelon is in season from April to October, peaking in July. Look for a firm, symmetrical shape and a rind that's free of bruises, dents and cuts—all of which can lead to overripening.

STORE Whole watermelons can be left on a countertop, out of direct sunlight, for up to 10 days and in the refrigerator (optimum temperature 41°F) for 2 weeks. Cut slices will last 2 days in the fridge if tightly covered in plastic to prevent drying out.

PREP To remove the rind, slice off both ends and stand upright. Angle the knife where the rind meets the flesh and follow the curve while cutting. When finished, slice the watermelon into 1-in.-thick disks, then into desired size of cubes.



WAYS TO ENJOY

- Sliced**
Cut watermelon into wedge shapes about ½ to 1 in. thick and eat immediately. Or refrigerate until ready to serve.
- Juiced**
Blend watermelon chunks in a blender for 30 seconds. To remove seeds and excess pulp, strain through a fine-mesh sieve into a pitcher. Add a splash of rum or tequila for a tasty cocktail.
- Grilled**
Season watermelon wedges (rind attached) with a rub made of lime zest, crushed red pepper, sugar and salt. Grill each side over high heat for 1 to 2 minutes for a smoky, caramelized flavor.

Sources: www.cde.state.co.us/nutrition/osnffvp/produceinfo/sheets/watermelons health.clevelandclinic.org/benefits-of-watermelon/ nwhealth.edu/news/11-top-watermelon-health-benefits/ watermelon.org/audiences/foodservice/selection-storage/ watermelon.org/audiences/foodservice/cutting-yield/



TIP

To make a vegetarian version of this side dish—like the one on the cover—omit the ground Mexican pork chorizo. This will also cut down on calories, fat and sodium.

FIND IT AT HY-VEE

GoodCook Everyday Melon Knife

Cut, cube and wedge melons safely with this stainless steel, double-serrated blade. A nonslip handle makes it easy for wet hands to grip.

9 in.

10% OFF

Grilled Chorizo-Topped **Watermelon Pizza**

Hands On 15 minutes
Total Time 18 minutes
Serves 6

- 2 oz. ground Mexican pork chorizo
- 1 (1-in.-thick) round slice from whole seedless watermelon
- 1½ tsp. Gustare Vita extra virgin olive oil
- ¼ tsp. coarsely ground Hy-Vee sea salt

- ¼ cup Soirée traditional feta crumbled cheese
 - ¼ cup jarred pickled red onions, drained
 - 1 Tbsp. crema Mexicana table cream
 - 2 Tbsp. chopped fresh cilantro
- 1. PREHEAT** a charcoal or gas grill for direct cooking over high heat (450°F).

- 2. COOK** chorizo in a small skillet over medium-high heat for 3 to 4 minutes or until browned (165°F), stirring occasionally to break into crumbles. Drain and discard drippings; set aside.
- 3. BRUSH** both sides of watermelon slice with olive oil. Grill watermelon for 1 minute until slightly charred. Turn watermelon slice over; sprinkle

with salt. Top with chorizo, feta cheese and red onions.

- 4. CLOSE** grill lid; grill for 30 seconds to 1 minute or until cheese is slightly softened but not melted.

- 5. TRANSFER** watermelon slice to a cutting board; drizzle with crema and sprinkle with cilantro. Cut into 6 wedges to serve.

Per serving: 110 calories, 6 g fat, 2.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 240 mg sodium, 11 g carbohydrates, 0 g fiber, 8 g sugar (1 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 0%, Potassium 4%

20
MINUTES
OR LESS

GF
option
GLUTEN-FREE

explore pure,
crisp taste



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Help us feed even more families in 2023 by donating to the Feeding America® network of food banks. Scan the code to donate.



*\$1 helps provide at least 10 meals secured by Feeding America on behalf of local member food banks. Pounds of food donated through in-store donations defines a meal as 1.2 pounds by the USDA. From March 1 – Dec. 31, 2023, Hy-Vee guarantees a minimum donation of \$250,000 through fundraising activities associated with its 100 Million Meals Challenge campaign to support the Feeding America network.

BASICS

How to Season Steak

With a bit of salt and pepper—and time—you'll be on your way to juicier, more tender steak. Follow these steps to learn how to prepare great steak.

Why salt and pepper?

Although there's virtually no limit to what you can season your steak with, it's recommended to start with salt—for its ability to tenderize and intensify natural flavors—and pepper—for its versatile, sharp flavor, which can be controlled by the amount you add.



STEP ONE

Pat steak dry with a paper towel to remove extra moisture, which will improve searing and lead to a flavorful crust when steak is cooked.



STEP TWO

Lightly brush with olive oil or vegetable oil to evenly coat the steak. This helps with adhesion of seasoning and better browning during cooking.



STEP THREE

Sprinkle all sides of steak with coarse salt to begin tenderizing steak and coarsely ground black pepper for flavor.



STEP FOUR

Before cooking, let steak stand at room temperature for 30 minutes so seasonings absorb into the meat to enhance the flavor.



FOLLOW THESE INTERNAL COOKING TEMPERATURES TO ENSURE DONENESS

RARE: 125°F	MEDIUM-RARE: 130-135°F	MEDIUM: 140-145°F	MEDIUM-WELL: 150-155°F	WELL: 160°F
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100% Vegan | Not Tested On Animals
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SOLUTIONS

How to Pack a Cooler

Follow these tips for prepping and loading a cooler like a pro.

1. CLEAN AND COOL

Wash the cooler with soapy water, then rinse. Apply a solution of bleach and water to disinfect or to remove lingering odors. Rinse thoroughly and air dry, then store in a cool room before use.

2. DEEP FREEZE

Freeze ice blocks in advance and line the bottom of the cooler with them. Ice blocks have more mass than ice cubes and melt more slowly.

3. FILL & CHILL

Pack frozen food and drinks you don't need right away near the bottom of the cooler, so they can add to the chill and thaw gradually for later use.



4. CONDENSE

Remove food from its original packaging and repack in smaller or more-efficient sealable plastic bags or crush-proof containers.

5. GROUP LIKE ITEMS

Create zones of like items to minimize temperature drops caused by frequently digging through the cooler. Use clear bags or containers so package contents are visible.

6. INSULATE

Place a layer of loose ice cubes at the top of the cooler and keep it tightly latched so less cold air escapes.

FIND IT AT HY-VEE



Grizzly 20 Cooler

Large cooler with drainage system and rubber lid gasket to seal in the cold.

20 qt.
20.25×14.5×14.25 in.
189.99



Igloo Playmate Pal Cooler

Nine-can capacity with iconic tent-top design for easy use and carrying.

7 qt.
11.75×8.25×12 in.
22.99



Igloo Profile II 28 Roller

Wheels and locking, telescoping handle make transport easy; holds up to 38 cans.

28 qt.
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Source: igloocoolers.com/blogs/news/cooler-101-how-to-clean-cooler/

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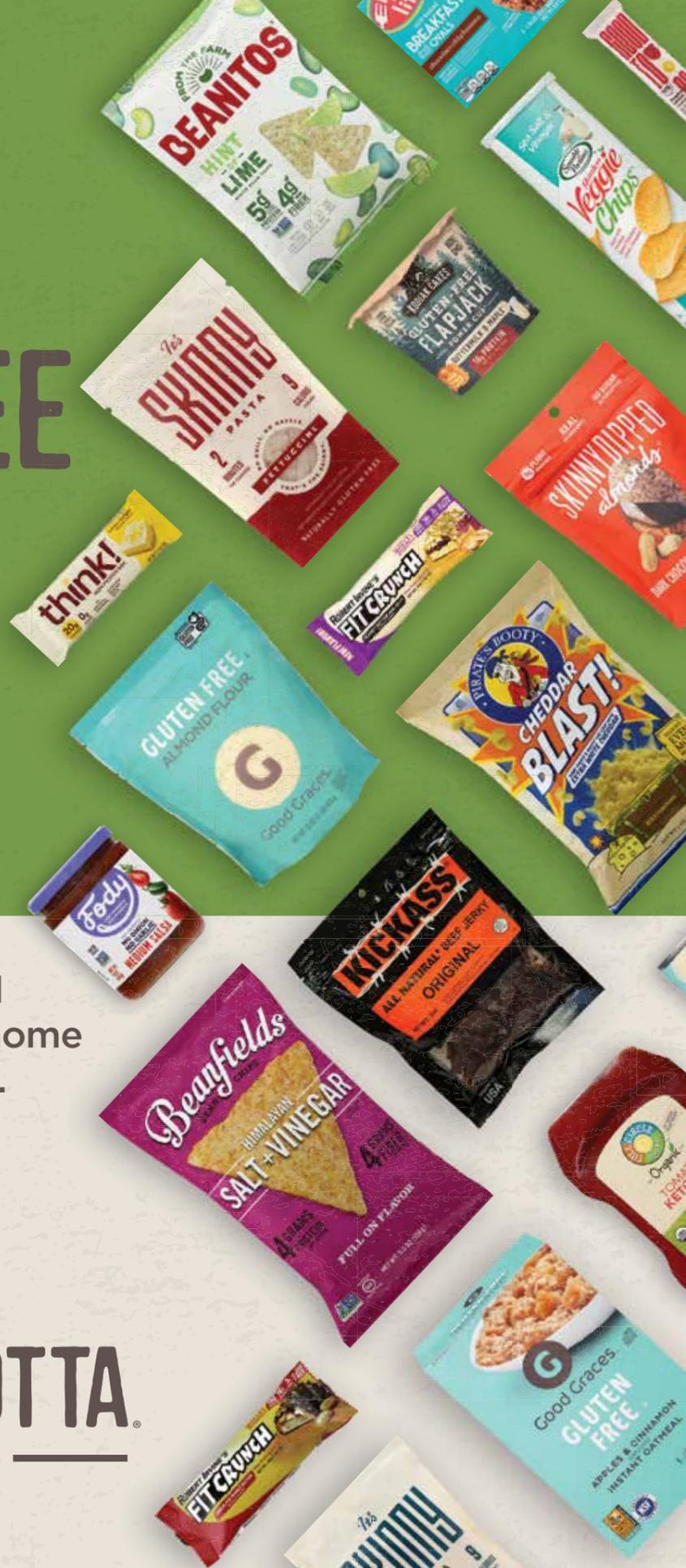
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GOOD



LEVEL UP

PB&J Sandwich

This open-faced version of a childhood classic is elevated to elegance with fresh berries and gourmet strawberry jam.



HY-VEE BAKERY
GRAINS OF THE
EARTH BREAD



Hy-Vee Freshly Ground
Peanut Butter



Hy-Vee Short Cuts
Triple Berry Blend



Stonewall Kitchen
Strawberry Jam



Sahale Snacks Pomegranate
Flavored Pistachios Glazed Mix



FIND IT AT HY-VEE

**Stonewall Kitchen
Strawberry Jam**

Made from sun-ripened strawberries, this jam is gluten free and non GMO.

12.25 oz.

15% OFF

GROWN-UP PB&J

Mash ¼ cup Hy-Vee Short Cuts triple berry blend with a fork in a small bowl. Stir in 1 Tbsp. Stonewall Kitchen strawberry jam; set aside. Spread 2½ Tbsp. Hy-Vee freshly ground peanut butter on 1 (¾-in.-thick) slice toasted Hy-Vee Bakery Grains of the Earth bread. Top with berry jam mixture; sprinkle with 1 Tbsp. chopped Sahale Snacks pomegranate flavored pistachios glazed mix. Garnish with additional fresh berries, if desired. Serves 1.

10
MINUTES
OR LESS

V
option
VEGETARIAN
DISH

SAVINGS

Hy-Vee Fuel Saver + Perks

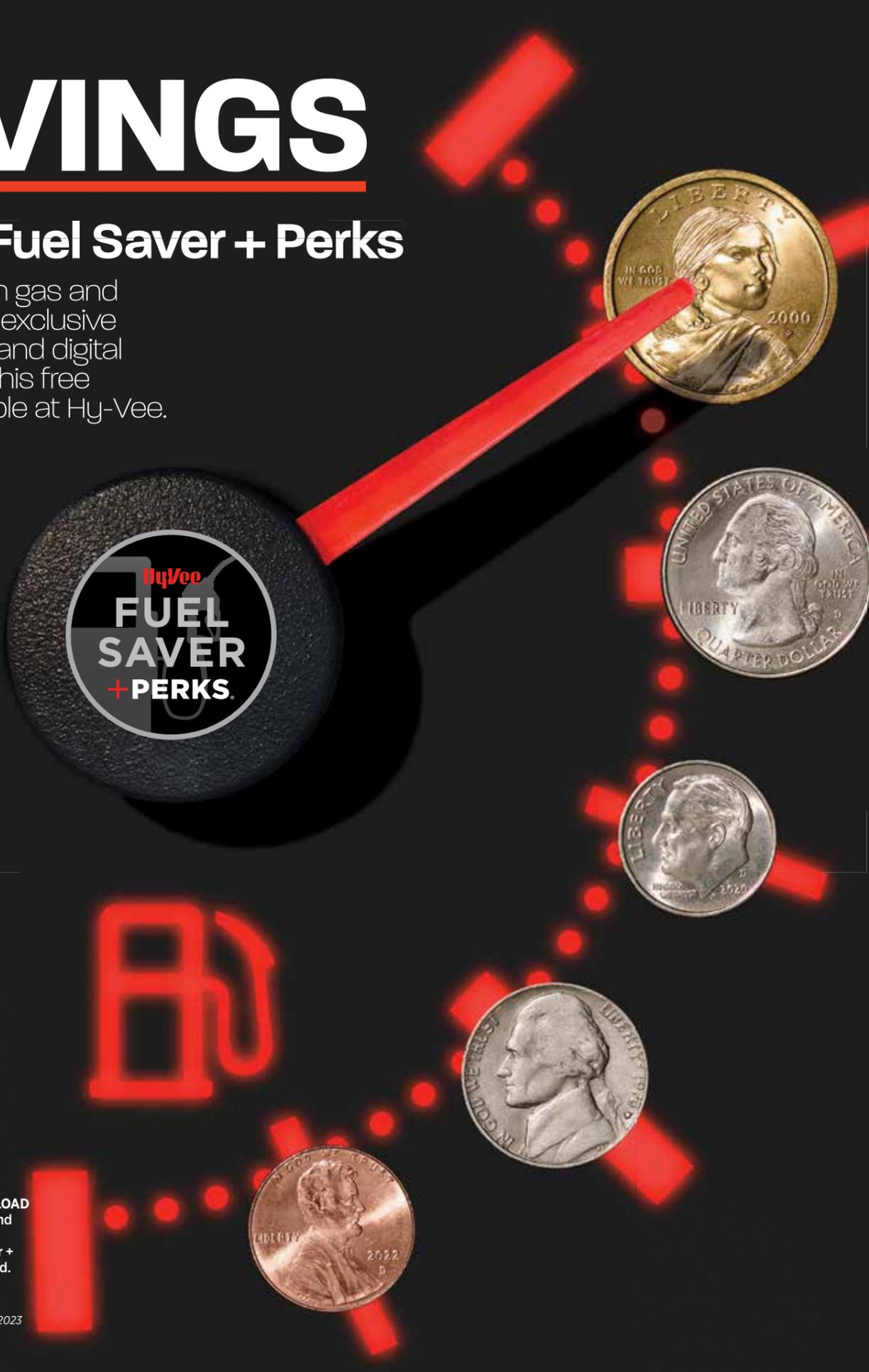
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SCAN TO DOWNLOAD the Hy-Vee app and activate a digital Hy-Vee Fuel Saver + Perks rewards card.



NEW WAYS TO VEG OUT



DIP INTO A RESTAURANT FAVORITE

FIRE-ROASTED FAVES NO GRILL REQUIRED



QUICK-START DINNER MEAL-READY VEGGIES

CHEF HANGOUT

Rally 'round the Ribs

Head chef and Wahlburgers co-owner Paul Wahlberg shares his secrets for cooking delicious ribs.

1. USE FRESH INGREDIENTS

"Starting from the very basics, check the freshness of the product," Chef Paul says. Look for ribs with an even layer of meat across the rack and no exposed bones, and ripe produce. "Get the freshest meats and vegetables available, because you want to get as much flavor out of them as you can," he says.

2. START WITH GOOD EQUIPMENT

"Always start with a chef-quality knife, a large, durable cutting board and your favorite grill," Chef Paul says. "Good pots and pans are also a must-have for searing and braising meat." Use your favorite heavy-gauge pan, such as a well-seasoned cast iron, which conducts heat well for browning meat and is easy to maintain and will last for a long time.

3. TAKE YOUR TIME

"For ribs and less-tender cuts of meat, the time element is huge," Chef Paul says. "You want to get it tender, and you want to make sure it's seasoned properly. But when it comes to the time to cook, you can't rush it."



SLOW SIMMER

When making Wahlburgers Firecracker BBQ Pork Ribs, let the ribs simmer on the stovetop for 30 minutes before grilling. This extra cooking time not only seasons the meat but also helps tenderize it more quickly once it hits the grill.



Wahlburgers Firecracker BBQ Pork Ribs

Pat 1 (2¾-lb.) rack fresh pork loin back ribs dry with paper towels. To remove silverskin, use a dull knife to lift up one end of the membrane on bone side of rib rack and pull off by hand. Cut rib rack in half; set aside. Combine 1 (48-oz.) bottle Wide Awake Coffee Co. cold brew unsweetened light roast drink, ½ cup packed Hy-Vee dark brown sugar, ¼ cup kosher salt and ¼ cup Traeger coffee rub in a 6-qt. Dutch oven; bring to a boil. Add ribs. Simmer, covered, for 30 minutes. Remove ribs from cooking liquid; discard cooking liquid. Cool ribs for 10 minutes. Meanwhile, stir together 1 (14.5-oz.) bottle Wahlburgers Chef

Paul's BBQ sauce, ½ cup peach jam and 2 Tbsp. Hy-Vee crushed red pepper; set aside. Cut rack into 1-rib portions. Beginning at one end of each rib, wrap 1 slice Wahlburgers hickory smoked uncured bacon around each rib in a single layer. Arrange bacon-wrapped ribs on a grill rack; cover with foil. Close grill lid; grill over low direct heat (250°F to 275°F) for 1 hour, turning every 20 minutes. Remove foil from ribs; brush with BBQ sauce mixture. Grill ribs for 10 minutes more or until sauce begins to caramelize, turning and brushing with additional sauce halfway through. Serve with remaining sauce. Serves 6.

WORKING WITH HY-VEE HAS BEEN GREAT. IT'S A VERY TEAM-DRIVEN BUSINESS, AND BEING ABLE TO BE PART OF THAT HAS BEEN AMAZING FOR US ."

—Chef Paul Wahlberg



FOUNDED IN 2011 BY SIBLINGS PAUL, MARK AND DONNIE WAHLBERG, WAHLBURGERS' MENU IS INSPIRED BY THEIR FAVORITE CHILDHOOD MEALS. TRY SOME YOURSELF AT MORE THAN 70 WAHLBURGERS LOCATIONS IN THE MIDWEST, OPENED IN PARTNERSHIP WITH HY-VEE.

WAHLBURGERS AT HOME

Bring the Wahlburgers experience to your kitchen! Hy-Vee carries a selection of Wahlburgers products, including high-quality gourmet beef patties and Wahlburgers hickory smoked uncured bacon. You can also pick up a container of Wahlburgers' famous Wahl sauce, a signature blend that's great for adding flavor to burgers and tots. Use these restaurant-quality ingredients to elevate your home-cooked meals.





2 FOR \$20 LUNCH SPECIAL

Monday - Friday • 11 AM - 2 PM
Enjoy two entrees and two sides
for only \$20!



Good food on the go.

Whether you're on a quick lunch break or picking up dinner for the kids, Hy-Vee Fast & Fresh makes it easy to grab a tasty, ready-to-eat meal on the go.



JULY/AUGUST 2023



GLOBAL GRILL | BACKYARD SIDES | GET YOUR FILL OF CHILL | WINE TOUR |
FOODS OF NEBRASKA | FLAVOR SPLASH | OUTSIDE THE BOX |
COLLEGE EATS MUST-HAVES



GLOBAL GRILL

COUNTRIES AROUND THE WORLD HAVE THEIR OWN TRADITIONS AND FLAVOR PROFILES FOR GRILLED MEAT AND SEAFOOD. LEARN HOW YOU CAN EMBRACE THESE AUTHENTIC FLAVORS AT HOME.

JAPANESE SESAME-CRUSTED GRILLED TUNA

Hands On 17 minutes

Total Time 20 minutes plus
marinating and standing time

Serves 4

¼ cup Hy-Vee Hickory House Teriyaki Twist honey teriyaki marinade
2 tsp. refrigerated garlic paste
2 tsp. refrigerated ginger paste
4 (4-oz.) frozen wild caught tuna steaks, about 1 in. thick; thawed
1 ripe mango, peeled, pitted and cut into ½-in.-thick strips
1 Tbsp. Gustare Vita olive oil
1 Tbsp. fresh lime juice
2 Tbsp. white sesame seed
2 Tbsp. black sesame seed
¼ tsp. coarsely ground Hy-Vee black pepper
Green onions, for garnish

1. WHISK together teriyaki marinade, garlic paste and ginger paste in a small bowl; set aside.

2. PLACE the tuna steaks in a large resealable plastic bag. Pour the marinade mixture over tuna; seal bag. Turn bag to evenly coat steaks with marinade mixture. Marinate in refrigerator for 15 minutes.

3. PREHEAT a charcoal or gas grill with a greased grill rack for direct grilling over medium-high heat (375°F).

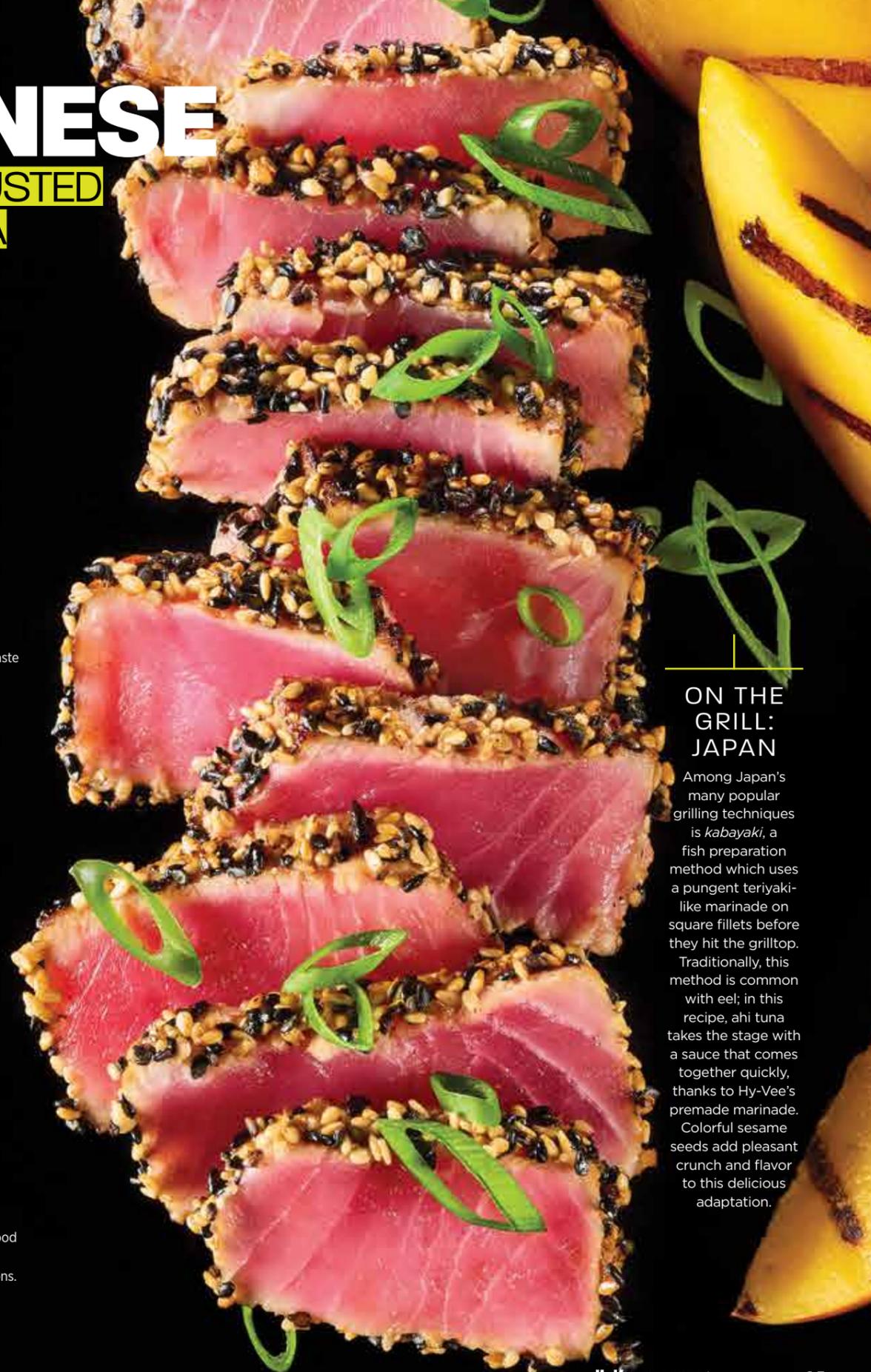
4. PLACE mango in a medium bowl. Drizzle with olive oil and lime juice; toss to coat. Grill mango for 2 minutes or until charred, turning halfway through; set aside.

5. STIR together white and black sesame seed and pepper on a plate. Remove the tuna steaks from the marinade mixture; discard marinade mixture. Lightly pat tuna steaks with paper towels to remove some of the marinade. Press the sesame seed mixture onto the tuna steaks to evenly coat.

6. GRILL tuna for 2 to 3 minutes or to desired doneness*, turning halfway through. Transfer to a clean cutting board; loosely cover with foil and let rest for 3 minutes. Slice tuna and serve with grilled mango. Garnish with green onions, if desired.

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

Per serving: 310 calories, 10 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 520 mg sodium, 27 g carbohydrates, 3 g fiber, 20 g sugar (8 g added sugar), 32 g protein. **Daily Values:** Vitamin D 35%, Calcium 4%, Iron 6%, Potassium 15%



ON THE GRILL: JAPAN

Among Japan's many popular grilling techniques is *kabayaki*, a fish preparation method which uses a pungent teriyaki-like marinade on square fillets before they hit the grilltop. Traditionally, this method is common with eel; in this recipe, ahi tuna takes the stage with a sauce that comes together quickly, thanks to Hy-Vee's premade marinade. Colorful sesame seeds add pleasant crunch and flavor to this delicious adaptation.

ON THE GRILL: MEXICO

Carnitas (“little meats” in Spanish) hail from the Michoacán state but are popular all over Mexico and beyond. Pork seasoned with warm, spicy herbs like cumin, chile and marjoram is traditionally braised in a copper pot, then roasted or grilled to develop a crispy crust. The final product is a tender, easily shredded meat great on its own or as a filling for tacos, tamales and more. This version uses hickory wood chips to impart deep, irresistibly smoky flavor.



Need help selecting the right cut of meat or fish? Experts in the Hy-Vee Meat and Seafood Department will be happy to assist you.

MEXICAN TACOS DE CARNITAS

Hands On 30 minutes
Total Time 9 hours 30 minutes plus chilling, wood chip soaking and standing time
Serves 8 (2 each)
1 (4½- to 5½-lb.) boneless pork shoulder blade roast
2 Tbsp. Hy-Vee original yellow mustard
2 Tbsp. Simply Organic southwest taco seasoning mix
4 cups hickory wood chips
2 cups water
16 Hy-Vee street taco flour tortillas, heated on grill*

Hy-Vee fresh pico de gallo, for serving
Sliced Basket & Bushel mini sweet peppers, for serving
Thinly sliced red radishes, for serving
Chopped cilantro, for serving
Lime wedges, for serving
1. PAT pork dry with paper towels. Rub mustard over pork; sprinkle evenly with taco seasoning. Wrap pork with plastic wrap and place in a medium rimmed baking pan; refrigerate for 1 hour or overnight.
2. IF REFRIGERATED overnight, let stand at room temperature for 1 hour before

grilling. Meanwhile, place wood chips in a large microwave-safe bowl; add water. Microwave on HIGH for 2 minutes. Remove from microwave and allow wood chips to soak for 1 hour in water; drain.
3. PLACE 2 cups soaked wood chips on one-half of a 15×12-in. double sheet of heavy foil. Fold other half of foil up and over to cover wood chips; seal edges of foil with a double fold to make a 6½×3½-in. packet. Repeat, making another packet with remaining 2 cups soaked wood chips. Poke holes on top of both packets to allow smoke to come out. Set packets aside.
4. PREHEAT a charcoal or gas grill with two grilling zones: direct grilling over medium heat (350°F) and indirect grilling over low heat (250°F). Place 1 foil packet on grill rack over direct heat. Cover grill.
5. WHEN CHIPS begin to smoke, unwrap pork and place it over indirect heat. Cover

grill and smoke pork for 4 hours. Rotate roast 180 degrees and replace the wood chip packet on the grill with the remaining packet. Cover grill and continue smoking for 4 to 5 hours more or until pork reaches 195°F. Transfer pork roast from the grill to a large rimmed baking pan. Loosely cover with foil and let rest for 1 hour.
6. TO SERVE, coarsely shred meat using 2 forks. Serve meat in tortillas with pico de gallo, mini sweet peppers, radishes, cilantro and lime wedges, if desired.
***NOTE:** Grill tortillas over medium direct heat (350°F) on each side for 1 to 2 minutes or until slightly charred. Tent with foil and keep warm until serving.
Per serving: 440 calories, 21 g fat, 8 g saturated fat, 0 g trans fat, 105 mg cholesterol, 590 mg sodium, 27 g carbohydrates, 1 g fiber, 2 g sugar (1 g added sugar), 34 g protein. Daily Values: Vitamin D 6%, Calcium 8%, Iron 20%, Potassium 10%

GREEK SPATCHCOCKED CHICKEN

Hands On 30 minutes
Total Time 1 hour 25 minutes plus marinating and standing time
Serves 6
1 (5-lb.) Hy-Vee fresh 100% natural whole chicken
1 cup bottled herb-and-garlic marinade
1½ Tbsp. salt free Greek seasoning, plus extra for garnish
Fresh oregano, for garnish
Lemon, halved and grilled, for garnish
Refrigerated tzatziki with feta dip and spread, for serving

1. REMOVE giblets from chicken; discard or set aside for another use. Pat chicken inside and outside completely dry with paper towels. Place chicken, breast side down, on a cutting board. Using sharp kitchen shears, cut along one side of the backbone through the ribs. Repeat cutting on the opposite side of the backbone; discard or reserve backbone for making stock.
2. CUT through the cartilage above the breastbone with kitchen shears to help open the chicken. Place the chicken breast side up. Open cavity to lay chicken flat. Firmly press with the heel of your hand to break the breastbone and flatten the chicken.
3. PLACE chicken in a large resealable plastic bag. Pour marinade over chicken; seal bag. Turn bag to evenly coat chicken with marinade. Place in a shallow pan and marinate in the refrigerator for 30 minutes to 2 hours, turning bag occasionally.
4. PREHEAT charcoal or gas grill for direct cooking over high heat (450°F).
5. REMOVE chicken from marinade; discard marinade. Pat chicken dry with paper towels. Twist wing tips under back to prevent burning, if desired. Sprinkle and rub 1½ Tbsp. Greek seasoning over outside of chicken.
6. PLACE chicken, breast side down, on grill rack. Place a heavy cast iron skillet or foil-wrapped grill bricks on top of chicken to press chicken flat on grill rack. Grill for 4 to 5 minutes until skin is charred and crispy.
7. REDUCE heat to medium (350°F). Turn chicken over. Grill, without skillet or bricks on top, for 45 to 50 minutes more or until chicken reaches 165°F to 170°F in thickest part of thigh. Transfer chicken to a cutting board; loosely cover with foil and let rest for 5 to 10 minutes.
8. TO SERVE, garnish chicken with fresh oregano, grilled lemon halves and additional Greek seasoning; serve with tzatziki dip and spread, if desired.
Per serving: 430 calories, 24 g fat, 7 g saturated fat, 0 g trans fat, 155 mg cholesterol, 700 mg sodium, 3 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 48 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 8%



ON THE GRILL: GREECE

The Mediterranean nation of Greece favors bright, herby seasoning on its grilled meats and cooling condiments like tzatziki—a yogurt dip flavored with olive oil, cucumber and salt. Greek restaurants often serve souvlaki, a kabob-like arrangement of grilled meat and vegetables. This recipe takes the fresh flavors of Greece to the grill on quick-cooking spatchcocked (flattened) chicken.

HOW TO SPATCHCOCK

SAVE TIME AND MONEY WITH THIS SIMPLE METHOD FOR PREPPING A WHOLE CHICKEN.



STEP ONE
 Place chicken, breast side down, on a cutting board. Use kitchen shears to cut along one side of the backbone, cutting through the ribs. Repeat on the opposite side. Remove the backbone.



STEP TWO
 Use kitchen shears to cut through the cartilage above the breastbone.



STEP THREE
 Place the chicken breast side up, opening the cavity so the chicken is flat. Press down firmly with the heel of your hand to break the breastbone and flatten the chicken.

BRAZILIAN PICANHA-STYLE STEAK

Whisk together ¼ cup Gustare Vita olive oil, ¼ cup fresh lime juice, 2 Tbsp. bottled minced garlic, 1 Tbsp. packed Hy-Vee dark brown sugar, 1 Tbsp. Rufus Teague spicy meat rub, 2 tsp. Hy-Vee ground cumin and 1 tsp. smoked paprika in a medium bowl; set marinade aside. Cut 2 (1-lb.) pkg. Hy-Vee Angus Reserve thick-cut boneless Top of Iowa beef sirloin steaks lengthwise into 4 (1½-in.-thick) strips. (Do not trim outer fat on steaks.) Cut the strips crosswise in half. Place steak strips in a large resealable plastic bag. Pour marinade over steaks; seal bag. Turn bag to evenly coat steaks with marinade. Marinate in refrigerator for 2 to 12 hours, turning bag occasionally. Preheat a charcoal or gas grill for direct grilling over medium-high heat (375°F). Remove the steak strips from the marinade; discard marinade. Lightly pat steak strips to remove some of the marinade. Fold each strip into a “C” shape, with outer fat on outside; thread onto 12-in. metal skewers, using 3 or 4 pieces for each skewer. Season steaks with an additional 1 Tbsp. meat rub. Grill skewers for 15 to 20 minutes or until steak strips reach 130°F for medium-rare doneness, turning occasionally. Transfer skewers to a clean cutting board; loosely cover with foil. Let rest for 5 minutes. To serve, cut slices of beef from skewers or remove steaks from skewers and slice. Serves 8.

GF
option
GLUTEN-
FREE

FIND THESE
TOP-QUALITY
GRADES OF
BEEF AT HY-VEE



USDA Prime beef comes from young, well-fed cattle and has the most marbling and flavor.



USDA Choice beef is tender and leaner with slightly less marbling than USDA Prime.

ON THE GRILL: BRAZIL

Favored for its affordability and fat-capped, buttery meat, the picanha is Brazil's go-to grilling specialty. The triangular cut of beef taken from the rump is usually roasted or grilled with its fat cap intact to preserve flavorful moisture. This version is made with a more-available fatty cut of Top of Iowa sirloin, also taken from the rump, which has a similar flavor to Brazilian picanha.

FILIPINO SWEET-AND-SPICY PORK SKEWERS

Hands On 30 minutes
Total Time 44 minutes plus marinating and standing time
Serves 8

1 cup Hy-Vee lemon lime soda
6 Tbsp. Hy-Vee thick & rich ketchup
6 Tbsp. packed Hy-Vee brown sugar
½ cup Hy-Vee less sodium soy sauce

¼ cup Full Circle Market organic unfiltered apple cider vinegar
¼ cup fresh lemon juice
3 Tbsp. Hy-Vee hot honey infused with chilies
2 Tbsp. Hy-Vee vegetable oil
1 Tbsp. refrigerated garlic paste
1 tsp. Hy-Vee cayenne pepper
4 (8-oz.) Hy-Vee Midwest Pork boneless pork loin America's cut chops
Chives, for garnish

1. WHISK together lemon lime soda, ketchup, brown sugar, soy sauce, vinegar, lemon juice, hot honey, oil, garlic paste and cayenne pepper in a medium bowl. Set aside 1½ cups marinade.

2. CUT pork chops into 2-in. pieces. Place pork in a large resealable plastic bag. Pour remaining marinade over pork; seal bag. Turn bag to evenly coat pork pieces with marinade. Marinate in refrigerator for 2 to 3 hours, turning bag occasionally.

3. FOR SAUCE, cook reserved 1½ cups marinade in a medium saucepan over medium heat for 14 to 16 minutes or until reduced by half, stirring occasionally. Remove from heat and set aside to cool.

4. PREHEAT charcoal or gas grill for direct grilling over medium-high heat (375°F). Remove pork pieces from marinade; discard marinade. Thread pork pieces onto 4 (12-in.) metal skewers.

5. GRILL skewers for 11 to 12 minutes or until pork reaches 145°F, turning occasionally. Brush skewers with sauce. Grill for 1 to 2 minutes more or until sauce is heated on pork. Loosely cover with foil and let rest for 3 minutes. Garnish with chives, if desired.

Per serving: 280 calories, 10 g fat, 2.5 g saturated fat, 0 g trans fat, 50 mg cholesterol, 910 mg sodium, 27 g carbohydrates, 0 g fiber, 24 g sugar (22 g added sugar), 23 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 0%



ON THE GRILL: PHILIPPINES

Pinoy BBQ marinade—a tangy and distinctive Filipino sweet sauce that often glazes grilled pork slices—is made with lemon lime soda, brown sugar, soy sauce, garlic, calamansi citrus juice and banana ketchup. This recipe recreates similar flavors using lemon juice for calamansi and tomato ketchup in place of banana.

FIND IT
AT HY-VEE



Rufus Teague Sauces and Rubs

This family business produces award-winning sauces.

6.2 to 15.25 oz.

4.49



Kinder's Family

These handcrafted seasonings bring bold flavor to BBQ.

5 to 20.5 oz.

10% OFF



Johnny's Seasonings

Founded in 1956, Johnny's makes spices with a hint of heat.

4.75 to 8.5 oz.

10% OFF



Lillie's Q Wing & Tender Sauces

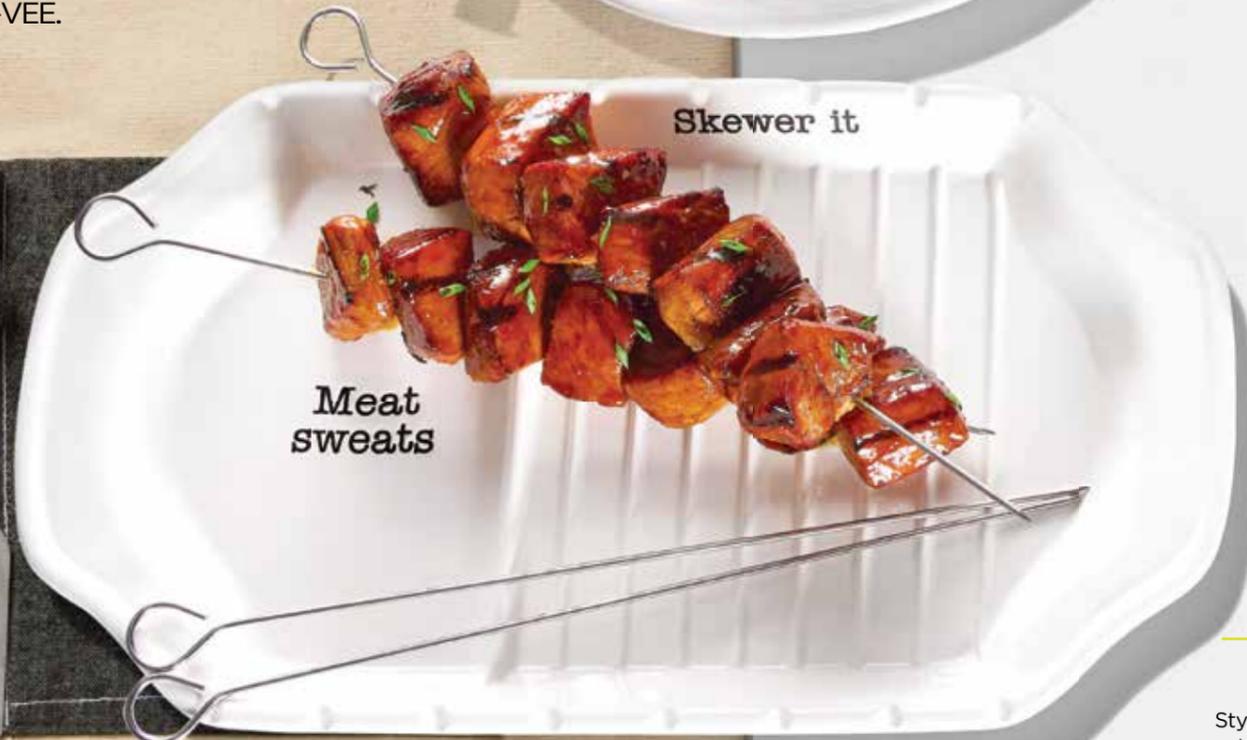
These sauces are inspired by classic Southern barbecue.

16 to 20 oz.

7.99

FIRE UP THE GRILL

SERVE UP SIDES AND GRILLED ENTRÉES IN STYLE WITH MODERN, HIGH-QUALITY DISHES FROM MUD PIE AVAILABLE AT HY-VEE.



MUD PIE SERVEWARE

Stylish Mud Pie serving platters, trays and sauce boats are ideal for entertaining. This family-owned and -operated lifestyle and home decor brand specializes in ceramics and has been perfecting its dishes for more than 30 years. Each item also includes small details, such as fun sayings or delicate decorations.

FIND IT AT HY-VEE

Fire Up the Grill Apron

A metal bottle opener and multiple utensil pockets make this canvas apron perfect for a cookout. 34×27-in.

19.99

Kabob Platter Set

The indents on this platter support meat and veggie kabobs. This set also includes four metal kabob skewers.

8.5×15-in. tray; 12-in. skewers

39.99

Chip and Chiller Serving Set

Keep dips cool with a removable ceramic dip dish nested inside a chiller that can be filled with ice. Surround with chips or veggies on the rimmed serving platter.

12-in. platter; 4×4.25-in. chiller

49.99

Grill Platter and Brush Set

This two-piece set includes a beaded ceramic platter with "Grill 'n chill" stamped near the edge, and a silicone basting brush emblazoned with the phrase "Brush it off."

12×18-in. platter; 10.25-in. brush

49.99

Sauce Boat and Brush Set

Brush on a marinade or serve extra sauce from a hand-painted ceramic boat with a silicone brush.

4×5.5-in. bowl; 8.5-in. brush

24.99



KOREAN

BULGOGI BEEF BOWLS

Hands On 35 minutes
Total Time 42 minutes plus marinating and standing time
Serves 4

2 (8-oz.) Hy-Vee Choice Reserve ribeye steaks, ½ in. to ¾ in. thick
5 Tbsp. Bibigo original Korean BBQ marinade and sauce, divided
4½ tsp. unseasoned rice vinegar
1½ tsp. Hy-Vee honey

2 organic rainbow carrots, peeled
2 tsp. Hy-Vee vegetable oil
2 cups hot cooked Hy-Vee instant white rice
2 mini cucumbers, bias-sliced
2 medium avocados, seeded, peeled and sliced
Kimchi, for serving
Sriracha mayo, for serving
Lime wedges, for serving
Toasted sesame seed, for garnish

Cilantro, for garnish
Mild chili powder, for garnish

1. PLACE steaks in a medium resealable plastic bag. Pour 2 Tbsp. marinade over steaks; seal bag. Turn bag to evenly coat steaks with marinade. Marinate in refrigerator for 1 to 2 hours, turning bag occasionally.

2. STIR together vinegar and honey in a small bowl. Cut carrots into julienne strips using a julienne peeler (about 1 cup). Add carrots to vinegar mixture. Stir to coat; set aside.

3. PREHEAT a charcoal or gas grill for direct grilling

over high heat (400°F). Meanwhile, remove steaks from marinade; discard marinade. Let steaks stand at room temperature for 10 minutes.

4. PLACE a 10-in. cast iron skillet on one side of the grill rack to preheat. Grill steaks on grill rack for 4 to 5 minutes or until seared on both sides, turning halfway through. Transfer steaks to a clean cutting board. Let rest, uncovered, for 5 minutes. Trim outer fat from steaks, if necessary; thinly slice steaks across the grain.

5. HEAT oil in hot cast iron skillet. Add steak strips

and remaining 3 Tbsp. marinade. Cook and stir for 1 to 2 minutes or until steak strips reach 130°F for medium-rare doneness.

6. FOR BOWLS, divide rice among 4 shallow serving bowls. Arrange steak mixture, carrots, cucumbers and avocados on top. Serve with kimchi, Sriracha mayo and lime wedges; garnish with sesame seed, cilantro and chili powder, if desired.

Per serving: 540 calories, 33 g fat, 10 g saturated fat, 1.5 g trans fat, 65 mg cholesterol, 430 mg sodium, 42 g carbohydrates, 4 g fiber, 10 g sugar (8 g added sugar), 23 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 20%, Potassium 15%

ON THE GRILL: KOREA

Bulgogi (“fire meat” in Korean) is a delicious Korean staple made with thin strips of sirloin or ribeye steak marinated with bold flavors including soy sauce, sesame and garlic. Sugar can be used to sweeten and caramelize the meat, and sometimes fruit purées act as tenderizers before grilling. This recipe uses a soy- and garlic-based premade Korean barbecue sauce and the traditional Korean fermented vegetable side dish, kimchi, for its refreshing tanginess and crunch.

ALASKAN

MAPLE CEDAR PLANK SALMON

Hands On 30 minutes

Total Time 48 minutes plus wood-plank soaking and chilling time
Serves 8

1 (15×7-in.) cedar grilling plank
¾ cup dark amber pure maple syrup
3 Tbsp. Hy-Vee apple cider flavored vinegar
3 Tbsp. Canadian whisky
1 Tbsp. smoked paprika
1 Tbsp. Hy-Vee less sodium soy sauce
1½ tsp. coarsely ground Hy-Vee garlic pepper, plus additional for serving
1 (2-lb.) Fish Market center-cut, skin-on wild Alaska sockeye salmon fillet, ½ to ¾ in. thick
Green onions, for garnish
Lemon slices, grilled, for garnish

1. SOAK cedar plank in water for 1 to 2 hours.

2. COMBINE maple syrup, vinegar, whisky, smoked paprika, soy sauce and 1½ tsp. garlic pepper in a small saucepan. Gently boil, uncovered, over medium-high heat for 5 to 7 minutes or until reduced to ¾ cup, whisking constantly.

3. PAT salmon dry with paper towels. Brush salmon with ¼ cup syrup mixture. Cover and refrigerate for 15 minutes.

4. PREHEAT a charcoal or gas grill for direct cooking over medium-high heat (400°F). Place soaked plank on hot grill for 2 to 4 minutes or until lightly smoking and charred, turning once.

5. PLACE salmon, skin side down, on cedar plank. Grill for 8 minutes; brush with ¼ cup syrup mixture. Grill for 5 to 10 minutes more or until salmon flakes easily with a fork (145°F). If necessary, use a spray bottle filled with water to put out flare-ups.

6. REMOVE plank with salmon from grill. Garnish with green onions and grilled lemon slices, if desired. Serve with remaining syrup mixture and additional garlic pepper.

Per serving: 250 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 60 mg cholesterol, 340 mg sodium, 20 g carbohydrates, 0 g fiber, 20 g sugar (20 g added sugar), 24 g protein. Daily Values: Vitamin D 70%, Calcium 2%, Iron 6%, Potassium 10%

ON THE GRILL: NORTH AMERICA

Wild Alaska fresh sockeye salmon is popular and smoked in both the U.S. and Canada. This cedar-flavored recipe uses maple syrup and Canadian whisky for a sweet, sticky glaze.

SHOP FRESH-TASTING, SUSTAINABLY CAUGHT SEAFOOD AT HY-VEE.



The Responsible Choice logo on Hy-Vee seafood indicates the fish was harvested or raised sustainably to preserve fish populations.



BRISTOL BAY
ALASKA'S SOCKEYE SALMON

Look for Bristol Bay salmon at Hy-Vee. These fish are wild-caught from the world's largest sockeye salmon run in clean Alaskan waters.



BACKYARD SIDES

THESE SIMPLE SIDE DISHES FEATURE JUST-PICKED, IN-SEASON HY-VEE HOMEGROWN PRODUCE AND PROVE TO BE EQUALLY ESSENTIAL TO ANY COOKOUT AS BURGERS, HOT DOGS AND BRATS. ADDING COLOR, TEXTURE AND COMPLEMENTARY FLAVORS, THEY MIGHT JUST MAKE YOU WANT TO SKIP THE MAIN COURSE.



Bring a piece of edible art to your next get-together with this colorful mosaic of fruit and cheese cubes that is as beautiful as it is delicious.

TOOLS OF THE TRADE

Expand your culinary arsenal with kitchen accessories at Hy-Vee. From everyday essentials to specialty kitchen tools perfect for making produce-packed summer sides, these time-saving products will make short work of your prep and cooking tasks.


Handy kitchen gadgets save time and effort during food prep and also produce more uniform-looking ingredients.



SCAN TO VIEW 10 recipes featuring fresh cherries.

FIND IT AT HY-VEE

GoodCook Corn Stripper

A stainless steel blade that never needs sharpening strips corn off the cob effortlessly.

1 ct.

10% OFF

GoodCook Avocado Tool

Made of stainless steel, this versatile, 4-in-1 gadget pits, scoops, slices and cubes avocados.

1 ct.

10% OFF

GoodCook Fruit & Veggie Divider

Place smaller produce in the chute, where the plunger slices it into four lengthwise cuts and bite-size snacks.

1 ct.

10% OFF

GoodCook Cherry Pitter

Perfect for pies, preserves or just snacking, the clear-window chute removes and ejects pits from cherries.

1 ct.

10% OFF

GoodCook Pineapple Slicer

Core, peel and slice pineapples in seconds with this easy-to-use device.

1 ct.

10% OFF

Avocado Corn Salad

Total Time 40 minutes
Serves 8 (¾ cup each)

- 3 Hy-Vee Short Cuts** sweet corn cobs
- 1 medium poblano chile pepper***
- 2 Tbsp. Gustare Vita olive oil, divided**
- ¼ cup coarsely chopped cilantro, plus additional for garnish**
- 3 Tbsp. fresh lime juice**

- 2 Tbsp. Gustare Vita red wine vinegar**
- 4 cloves garlic, minced**
- ¼ tsp. kosher salt, plus additional to taste**
- ¼ tsp. ground Hy-Vee black pepper**
- 4 ripe avocados, seeded, peeled and cut into ½-in. pieces**
- ¼ cup jarred pickled red onions, drained**
- Cotija cheese, crumbled, for garnish**
- Lime zest, for garnish**

- 1. PREHEAT** a charcoal or gas grill with a greased grill rack for direct cooking over medium heat (350°F).

2. BRUSH corn and poblano pepper with 1 Tbsp. olive oil.

3. GRILL corn and poblano pepper for 8 to 10 minutes or until slightly charred, turning frequently. Remove from grill; cool slightly.

4. CUT corn kernels from cobs into large shards; place in a large bowl. Remove and discard stem and seeds from poblano pepper; coarsely chop and place in bowl with corn.

5. FOR DRESSING, place ¼ cup cilantro, lime juice, vinegar, remaining 1 Tbsp. olive oil, garlic, ¼ tsp. salt and black pepper in a food processor. Cover and process for 20 to 30 seconds or until smooth.

6. DRIZZLE dressing over the corn and poblano pepper mixture. Add avocados and pickled red onions; gently stir to lightly coat.

7. TO SERVE, transfer corn mixture to a shallow serving bowl. Garnish with additional cilantro, Cotija cheese and

lime zest, if desired. Season to taste with additional salt.

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

Per serving: 230 calories, 19 g fat, 2.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 85 mg sodium, 17 g carbohydrates, 8 g fiber, 3 g sugar (1 g added sugar), 3 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 15%




This fresh and tangy salad is a snap to make when you skip the shucking, washing and drying. Hy-Vee Short Cuts sweet corn has done all the prep work for you, so it's ready to cook.



Hy-Vee has provided fresh, locally sourced fruits and vegetables since the 1930s, when Hy-Vee co-founder David Vredenburg drove his Ford pickup from farm to farm to find the best produce for the store's inventory. That same commitment to local growers—like those below—endures today in Hy-Vee's Homegrown program, featuring produce harvested within 200 miles of a store by farmers throughout the Midwest. Together, they deliver the freshest, best-tasting produce, picked at its peak.



Schweizer Orchards
ST. JOSEPH, MO

For more than a century, Schweizer Orchards has been fulfilling its mission to be responsible stewards of the land. Best known for its apple orchards, the farm has expanded over the years to include an array of garden-fresh vegetables, berries and other fruits—some of which are sold at Hy-Vee. Brothers Cory and Nick Schweizer, *above*, are proud that their produce is picked and packed to transport to stores within 24 hours, so shoppers can enjoy fresh, high-quality produce.



Pahl Farms
APPLE VALLEY, MN

With a six-generation agricultural legacy, the Pahl family farm today consists of 800 acres of vegetables and 400 acres of field corn and soybeans. Hy-Vee customers can enjoy sustainably grown produce that is harvested daily. According to co-owner Gary Pahl (pictured *above right*, with brother Brian, *left*, and son Jack, *center*), pairing with Hy-Vee is a natural fit: "Our philosophies are similar as far as taking care of our employees, great family values, integrity and a high level of customer service."



Wenninghoff's Farmer's Market
OMAHA, NE

This independently owned, fourth-generation farm has been providing locally sourced food and plants to the Omaha area since 1956. Specializing in tomatoes and sweet corn, it offers more than 40 varieties of field-fresh produce and herbs. "We pick our produce the day before we deliver it to Hy-Vee," says Amy Wenninghoff, who operates the farm with her husband Paul and son David, *above*. "That's why it's so super fresh!"

Spicy Baked Beans with Chorizo

Hands On 17 minutes
Total Time 32 minutes
Serves 14 (¾ cup each)

- 1 Tbsp. Gustare Vita olive oil
- 1 cup chopped yellow onions
- ½ (13.5-oz.) pkg. fully cooked smoked chorizo sausage, cut into ½-in. cubes
- 1 (48-oz.) container Hy-Vee Hickory House homestyle baked beans
- 1 (15-oz.) can Hy-Vee pinto beans, drained and rinsed
- 1 (15-oz.) can Hy-Vee no salt added black beans, drained and rinsed
- 1 (10-oz.) can Hy-Vee diced tomatoes with lime and cilantro, undrained
- ½ medium jalapeño pepper, thinly sliced, plus additional for garnish*
- 2 Tbsp. Full Circle Market organic unfiltered apple cider vinegar
- 2 Tbsp. fresh lime juice, plus additional to taste
- 1 Tbsp. packed Hy-Vee brown sugar
- Fresh cilantro, for garnish

1. **HEAT** olive oil in a 4-qt. Dutch oven over medium heat. Add onions and chorizo; cook for 4 to 5 minutes or until onions are softened and sausage begins to brown.

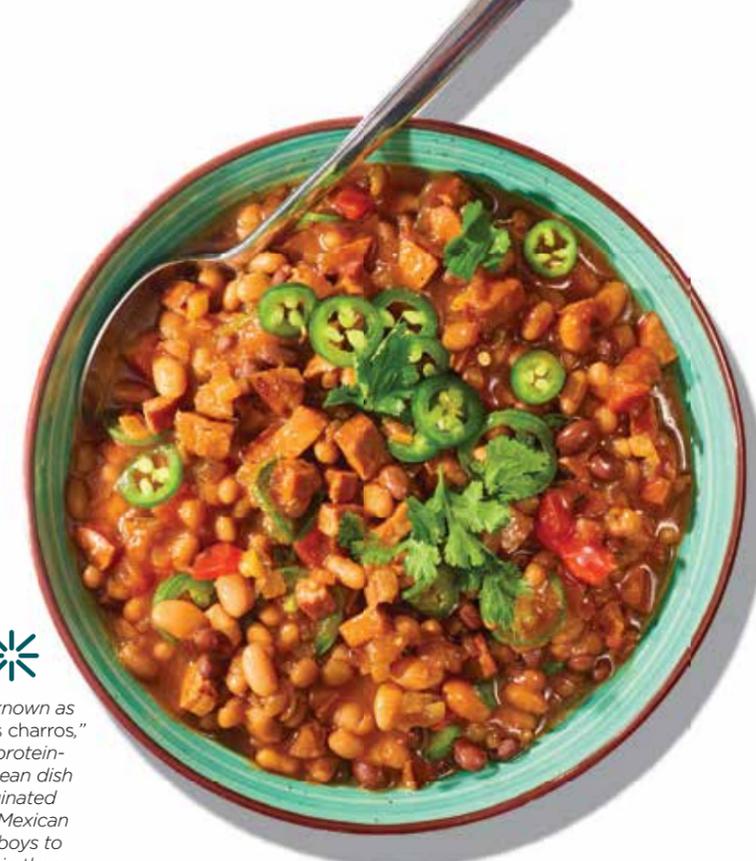
2. **STIR** in baked beans, pinto beans, black beans, diced tomatoes and ½ jalapeño pepper. Cook for 1 to 2 minutes or until fragrant.

3. **REDUCE** heat to medium-low. Add vinegar, 2 Tbsp. lime juice and brown sugar. Simmer, uncovered, for 10 to 15 minutes or until heated through.

4. **TO SERVE**, cool slightly. Stir in additional lime juice to taste. Garnish with additional jalapeño pepper slices and cilantro, if desired.

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

Per serving: 240 calories, 6 g fat, 1.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 520 mg sodium, 38 g carbohydrates, 8 g fiber, 17 g sugar (16 g added sugar), 9 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 10%, Potassium 8%



Also known as "frijoles charros," this protein-rich bean dish originated with Mexican cowboys to sustain them during long cattle drives.

Mosaic Melon Salad with Hot Honey Vinaigrette

Total Time 30 minutes
Serves 8

- ¼ cup Gustare Vita olive oil
- 3 Tbsp. Hy-Vee hot honey infused with chilies
- 1 Tbsp. chopped fresh basil, plus additional small leaves for garnish
- 1 Tbsp. tarragon vinegar
- 1 Tbsp. fresh lemon juice
- ¼ tsp. kosher salt, plus additional to taste
- 8 (1¼-in.) seedless watermelon cubes
- 8 (1¼-in.) cantaloupe cubes
- 8 (1¼-in.) cucumber cubes
- 8 (1¼-in.) heirloom tomato cubes
- 8 (1¼-in.) Gouda cheese curd cubes
- Fresh tarragon, for garnish

lemon juice and ¼ tsp. salt in a small food processor or blender. Cover and pulse until combined and basil is minced. Set vinaigrette aside.

2. **ARRANGE** watermelon, cantaloupe, cucumber, tomato and Gouda cheese cubes in a mosaic pattern on a large serving platter.

3. **TO SERVE**, drizzle salad with hot honey vinaigrette. Garnish with additional basil and tarragon, if desired. Season to taste with additional salt.

Per serving: 210 calories, 15 g fat, 6 g saturated fat, 0 g trans fat, 30 mg cholesterol, 300 mg sodium, 14 g carbohydrates, 1 g fiber, 12 g sugar (6 g added sugar), 8 g protein. Daily Values: Vitamin D 0%, Calcium 15%, Iron 0%, Potassium 6%






Give takeout sides a "homemade" feel by serving on dinnerware. (Guests will never guess they didn't come from your kitchen!)

6 GRAB & GO SIDES AT HY-VEE

For ultimate ease, stop by the Hy-Vee Deli for a delicious cool, crisp summer salad or classic side to complete the menu at a backyard barbecue.

- RAINBOW ROTINI SALAD**
A colorful combo of pasta, cubed cheeses, olives and a full garden of fresh veggies.
- TOMATO ROUGHY**
Juicy slices of tomatoes, cucumbers and red onions, dressed with a zesty Italian vinaigrette.
- SUNSHINE BROCCOLI SUPREME**
So good (and good for you!), with broccoli, raisins, sunflower kernels and coleslaw dressing.
- COUNTRY POTATO SALAD**
A savory summertime potato dish that's always a big hit at an outdoor celebration.
- CARROT & RAISIN SALAD**
A touch of the tropics, with the exotic flavor of pineapple tidbits added to the mix.
- FOUR BEAN SALAD**
Green, kidney, garbanzo and wax beans, flavored with a sweet-and-sour blend of sugar and cider.

Zesty Marinated Vegetable Pasta Salad

Hands On 25 minutes
Total Time 41 minutes plus marinating time
Serves 16 (¾ cup each)

- 1 (12-oz.) bottle lemon-pepper marinade with lemon juice (1½ cups), divided**
- 1 Tbsp. plus 1 tsp. chili oil, divided**
- 3 cloves garlic, minced**
- ¼ tsp. Hy-Vee salt**
- 1 medium yellow summer squash, cut into ½-in.-thick slices**
- 1 medium zucchini, cut into ½-in.-thick slices**
- 1 lb. asparagus, trimmed**
- 2 cups sliced Basket & Bushel mini sweet peppers**
- ½ medium red onion, thinly sliced**
- 1 (16-oz.) pkg. Hy-Vee mostaccioli pasta**
- Hy-Vee nonstick cooking spray**
- ¼ cup Soirée Romano shredded cheese**
- Fresh basil, for garnish**

1. WHISK together 1 cup marinade, 1 Tbsp. chili oil, garlic and salt in a large bowl; add summer squash, zucchini, asparagus, sweet peppers and onion. Toss to coat; marinate in refrigerator for 30 minutes to 2 hours.

2. COOK pasta in boiling salted water according to pkg. directions. Drain; set aside to cool.

3. PREHEAT a charcoal or gas grill for direct grilling over medium heat (350°F). Spray grill basket with nonstick spray; set aside.

4. TRANSFER vegetables from bowl to prepared grilling basket, using tongs to shake off excess marinade; reserve marinade mixture in bowl. Grill vegetables for 12 to 16 minutes or until slightly charred and crisp-tender, stirring frequently. Remove from grill; cool slightly.

5. ADD cooked pasta to reserved marinade mixture in bowl; add remaining ½ cup marinade and 1 tsp. chili oil; toss pasta to coat. Transfer pasta to large serving platter. Top with grilled vegetables and cheese. Garnish with basil, if desired.

Per serving: 150 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 640 mg sodium, 27 g carbohydrates, 2 g fiber, 4 g sugar (0 g added sugar), 5 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 4%


VEGETARIAN DISH


A lemon-pepper marinade elevates this classic pasta salad by adding an unexpected zing to the earthy flavors of garden vegetables.





GET YOUR FILL OF

CHILL

COOL OFF THIS SUMMER WITH SIMPLE-TO-MAKE FROZEN DESSERTS. HY-VEE HAS ALL THE INGREDIENTS, TOPPERS, BOWLS AND EVEN ICE CREAM MAKERS TO BRING THE FROSTY FLAVORS TO LIFE.

BLACKBERRY-LEMON ICE CREAM SANDWICH

Hands On 40 minutes
Total Time 40 minutes plus freezing, chilling and cooling time
Serves 8 (1 each)

ICE CREAM FILLING

- 1 (1.5 qt.) container It's Your Churn Premium Vanilla Bean Ice Cream, softened, divided
- 1 Tbsp. Full Circle Market organic seedless blackberry fruit spread, divided
- 1 (6-oz.) container Basket & Bushel fresh blackberries, chopped, divided
- 1 tsp. finely chopped lavender spice, divided

COOKIES

- 2 cups plus 2 Tbsp. Hy-Vee all-purpose flour
- ½ tsp. Hy-Vee baking powder
- ½ tsp. kosher salt
- ¾ cup Hy-Vee unsalted butter, softened
- ¼ cup Hy-Vee granulated sugar, plus additional for garnish
- 2 Tbsp. packed Hy-Vee brown sugar
- ¼ cup Hy-Vee honey
- 1 tsp. pure lemon extract
- 1 (3.5-oz.) pkg. Zöet Belgian white chocolate bar, chopped
- ¼ cup finely chopped shelled raw pistachios, plus additional for garnish
- 1 Tbsp. lemon zest, plus additional for garnish
- 1 to 2 Tbsp. water

1. **LINE** a 9×9-in. baking pan with parchment paper, extending paper over edges. For ice cream filling, press half of the ice cream evenly into prepared pan. Drop 1½ tsp. blackberry spread in small dollops on top. Sprinkle ice cream with half each of the blackberries and lavender. Repeat layers with remaining ice cream, blackberry spread, blackberries and lavender. Gently swirl ingredients together. Smooth mixture into an even layer. Cover with plastic wrap and freeze for 4 hours or until firm.

2. **FOR COOKIES**, whisk together flour, baking powder and salt in a medium bowl; set aside.

3. **BEAT** butter, ¼ cup granulated sugar, brown sugar, honey and lemon extract with an electric mixer on high for 2 to 3 minutes or until fluffy. Gradually beat in flour mixture on medium-low for 2 to 3 minutes or just until combined. Beat in white chocolate, ¼ cup pistachios and 1 Tbsp. lemon zest. Beat in enough water until dough comes together to form a ball.

4. **ROLL** dough on a lightly floured sheet of parchment paper to ¼-in. thickness. Transfer dough on paper to a large baking sheet or cutting board. Cover dough with another sheet of parchment paper; refrigerate for 30 minutes.

5. **PREHEAT** oven to 350°F. Cut chilled dough into 16 (2¼-in.) squares using a cookie cutter. Transfer cutouts to an ungreased cookie sheet using a wide metal spatula, placing cutouts ½ in. apart. Garnish tops with additional granulated sugar, pistachios and lemon zest, if desired.

6. **BAKE** for 10 to 12 minutes or until edges are light golden brown. Transfer cookies to wire racks to cool completely.

7. **TO ASSEMBLE** sandwiches, use paper edges to lift ice cream out of pan. Cut ice cream into 8 (2¼-in.) squares using a cookie cutter that is at least 1 in. high. Sandwich 1 ice cream square between 2 cookies; gently press down. Cover and freeze until serving or up to 1 week.

Per serving: 640 calories, 34 g fat, 20 g saturated fat, 0.5 g trans fat, 90 mg cholesterol, 250 mg sodium, 80 g carbohydrates, 2 g fiber, 47 g sugar (46 g added sugar), 8 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 10%, Potassium 2%



PALETAS 3 WAYS



WHAT ARE PALETAS?

Paletas, roughly translated as “little sticks,” are Mexican-style ice pops made in myriad colors and flavors. Paletas first became popular in Mexico in the early 1940s and featured locally grown fresh fruit sweetened with sugar or syrup and sometimes spiced with jalapeño or serrano chiles. These were later joined by cream-based paletas made with milk or coconut milk and rich ingredients such as chocolate or pistachio.

1 SWEET-AND-SPICY STRAWBERRY-MANGO PALETAS

Place 3 cups chopped fresh mango and ¼ cup mango nectar in a blender or food processor. Cover and blend or process until smooth. Transfer to a small bowl; set aside. Rinse blender or food processor container. Place 1¼ cups sliced Basket & Bushel strawberries, 2 Tbsp. Hy-Vee honey, 1 tsp. fresh lemon juice and 1 tsp. Sriracha in blender or food processor. Cover and blend or process until smooth. Alternate layers of mango and strawberry mixtures in 10 (3-oz.) pop molds. Use a knife or craft stick to swirl the mixtures to create a marble effect. Place 1 cup sliced Basket & Bushel strawberries along edges of pop molds. Cover with lid. Insert craft sticks. Freeze for 4 hours or until firm. Just before unmolding paletas, line a baking sheet with parchment paper; set aside. Place 1 (3.3-oz.) pkg. toasted coconut chips on a plate and melt 1 (10-oz.) pkg. white vanilla-flavored melting wafers according to pkg. directions; set aside. Dip the molds into cool water until paletas loosen from molds. To garnish, dip one side of paletas into the melted wafers to coat with a thin layer, then gently press into coconut chips. Place, dipped side down, on prepared baking sheet. Sprinkle the other side of paletas with Tajin clásico seasoning, if desired. Lightly cover with plastic wrap and store in freezer until ready to serve. Serves 10 (1 each).



2 PEANUT BUTTER CUP PALETAS

Place 1½ cups Hy-Vee whole milk, ¾ cup Full Circle Market organic creamy peanut butter spread, ½ cup Hy-Vee Select 100% pure maple syrup, 1 tsp. Hy-Vee vanilla extract and ¼ tsp. coarsely ground Hy-Vee sea salt in a blender or food processor. Cover and blend or process until smooth. Pour mixture into 10 (3-oz.) pop molds. Place 4 Reese’s miniature cups, halved horizontally, into each pop mold. Cover with lid. Insert craft sticks. Freeze for 4 hours or until firm. To unmold, line a baking sheet with parchment paper; set aside. Dip the molds into cool water until paletas loosen from molds. Gently remove frozen pops from molds and transfer to prepared baking sheet. Freeze at least 10 minutes, or lightly cover with plastic wrap and store in freezer until ready to serve. To serve, working quickly, dip a portion of each paleta into 1 Tbsp. warmed Sunday Night Sweet + Rich Chocolate dessert sauce, then sprinkle with 1 Tbsp. chopped Hy-Vee lightly salted dry roasted peanuts. Serve immediately. Serves 10 (1 each).



3 AVOCADO KEY LIME PIE PALETAS

Place 2 avocados, halved, seeded and peeled, 1 (13.66-oz.) can coconut cream, ½ cup Hy-Vee no sugar added 100% pineapple juice, 1 tsp. lime zest, 2 Tbsp. fresh lime juice, 2 Tbsp. Hy-Vee sweetened condensed milk and 2 Tbsp. Full Circle Market light-colored agave nectar in a blender or food processor. Cover and blend or process until smooth. Pour mixture into 12 (3-oz.) pop molds. Cover with lid. Insert craft sticks. Freeze for 4 hours or until firm. To unmold, line a baking sheet with parchment paper; set aside. Dip the molds into cool water until paletas loosen from molds. Gently remove frozen pops from molds and transfer to prepared baking sheet. Freeze at least 10 minutes, or lightly cover with plastic wrap and store in freezer until ready to serve. To serve, spread Hy-Vee marshmallow crème on top halves of paletas, if desired. Toast with kitchen torch; sprinkle with graham cracker crumbs, if desired. Serves 12 (1 each).

MAKE IT LIKE A PALETA SHOP



STEP ONE
Place ingredients in a blender or food processor; cover and blend or process until mixture is smooth.



STEP TWO
Fill pop molds with mixture, cover with lid and insert craft sticks. Freeze for 4 hours or until firm.



STEP THREE
Dip bottoms of pop molds in cool water to help remove paletas.



STEP FOUR
Place paletas on parchment paper and decorate with your choice of toppings. Freeze until ready to serve.

ADD A TOPPER

WITH AN ASSORTMENT OF TOPPINGS FROM HY-VEE, YOUR KITCHEN TURNS INTO AN OLD-FASHIONED ICE CREAM SHOP, COMPLETE WITH A RANGE OF RICH CHOCOLATE, CARAMEL AND OTHER FLAVORINGS.



FIND IT AT HY-VEE

Sunday Night Sauces

Rich, velvety chocolate sauces made in small batches—with no preservatives or artificial ingredients—feature Guittard chocolate and cocoa.

9.2 oz.
9.99

Torani Puremade Sauces

Gourmet sauces for desserts, drinks and more. Varieties include caramel, dark chocolate, white chocolate, chocolate hazelnut and sea salt chocolate caramel.

16.5 oz.
5.48

Ghirardelli Sauces

Pour on the flavor with sauces made with real chocolate, caramel and cocoa butter—and without preservatives or artificial flavors or colors.

16 oz.
6.49

CRÊPE ICE CREAM SUNDAE CONE

Total Time 10 minutes
Serves 1

2 (9-in.) refrigerated ready-to-use French crêpes

½ cup It's Your Churn Premium Strawberries & Cream Ice Cream
Desired toppings: sliced Basket & Bushel strawberries, Hy-Vee strawberry mini pretzels, Pocky strawberry cream covered biscuit sticks, Pocky almond crush chocolate cream covered biscuit sticks and/or Ghirardelli premium caramel sauce; for serving

Fresh mint, for garnish

1. **STACK** crêpes on top of each other on a large plate.

2. **PLACE** 4 small scoops of ice cream at the top center of the crêpe stack at twelve o'clock position. Fold bottom half of crêpe stack up and over the ice cream. Starting with the right side, roll the crêpe stack into a cone around the ice cream.

3. **PLACE** filled crêpe cone in a short glass or paper cone to hold while adding desired toppings. Garnish with mint, if desired. Serve immediately.

Per serving: 230 calories, 8 g fat, 5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 210 mg sodium, 34 g carbohydrates, 0 g fiber, 21 g sugar (18 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 0%, Potassium 0%

10
MINUTES
OR LESS

DAIRY-FREE TOASTED COCONUT MATCHA ICE CREAM

Hands On 10 minutes
Total Time 10 minutes plus chilling and freezing time
Serves 10 (½ cup each)

2 (13.5-oz.) can Hy-Vee coconut milk
1 cup Full Circle Market light-colored agave nectar
1 Tbsp. matcha powder
1 tsp. Hy-Vee vanilla extract

1 cup toasted coconut chips, plus additional for garnish
Fresh mint, for garnish

1. PRECHILL ice cream maker canister in freezer for 24 hours.

2. PLACE coconut milk, agave nectar, matcha powder and vanilla in a blender or food processor. Cover and blend or process until smooth. Chill for 1 hour or overnight.

3. FREEZE coconut mixture in an ice cream maker according to manufacturer's instructions. The mixture will be thick and the consistency of soft serve.

4. ADD 1 cup coconut chips to frozen mixture; churn for 2 to 5 minutes more or until chips are combined. Transfer the ice cream to an airtight container; freeze at least 2 hours.

5. TO SERVE, remove ice cream from freezer about 15 minutes before serving. Serve in bowls; garnish with additional coconut chips and mint, if desired.

Per serving: 270 calories, 16 g fat, 14 g saturated fat, 0 g trans fat, 0 mg cholesterol, 35 mg sodium, 31 g carbohydrates, 1 g fiber, 28 g sugar (27 g added sugar), 0 g protein. Daily Values: Vitamin D 0%, Calcium 0%, Iron 6%, Potassium 2%

GF
option
GLUTEN-FREE



FIND IT AT HY-VEE

BIA Colored Bowls

Colorful patterns adorn these dishwasher-safe dessert bowls, which are made of nonporous, durable stoneware.

10 oz. 4.5 in.

10% OFF

FIND IT AT HY-VEE

GRAB & GO ICE CREAM



TIL THE COWS COME HOME

Indulge in rich personal-size pints with a wide range of gourmet flavors.



IT'S YOUR CHURN

Enjoy decadent varieties such as Strawberries & Cream with share-size 1.5-quart containers.



HY-VEE WE ALL SCREAM!

Cool down with classic flavors such as Neapolitan and Mint Chip.



CRAV'N FLAVOR

Satisfy cravings for novelty treats such as ice cream bars, cones, cups and sandwiches.



FIND IT AT HY-VEE

KitchenAid Ice Cream Scoop

This dishwasher-safe utensil features an ergonomic handle and strong cast-zinc head to easily scoop hard ice cream.

8.5x1.83x1.05 in.

12.99

WINE TOUR

LET HY-VEE TAKE YOU ON A TRIP THROUGH WINE COUNTRY—WITHOUT LEAVING HOME—AND LEARN ABOUT THEIR COMMITMENT TO PROVIDING THE BEST WINE, GLASSWARE AND ACCESSORIES.

PROCURING TOP-QUALITY WINES FROM AROUND THE WORLD, IMPLEMENTING A DETAILED IN-STORE RATING SYSTEM AND ENLISTING WINE EXPERTS ARE JUST A FEW OF THE WAYS HY-VEE CREATES THE BEST WINE EXPERIENCE FOR CUSTOMERS.

“We want to give our customers the best opportunity to buy great wines in the Midwest,” says Jay Wilson, Hy-Vee Vice President of Wine and Spirits. Each Hy-Vee store curates its own selection of wines to cater to its community’s preferences. This includes carrying hundreds of wines, both locally produced and from countries around the world in regions such as Provence, France; Asti, Italy and even Marlborough, New Zealand.

“Wine goes through trends, just like music or fashion, so our buyers follow national trends to see what is popular,” says Blair Zachariasen, certified sommelier at Wall to Wall Wine and Spirits. Many stores can also special-order wines for customers as well, if they’re looking for something specific.

To aid customers in their wine selection, Hy-Vee uses an in-store rating system that provides details on the flavor of the wine and the overall quality. The ratings are created by professional wine critics, who rate each wine on a 100-point scale. “A score of 100 is meant to represent the perfect example of that type of wine,” says Blair. “A rating over 90 from a reputable rater is an assurance that the wine will deliver good quality for the grape and region.”

Hy-Vee displays the ratings in stores, along with a short description and notes from the expert reviewers. “Ratings are a terrific tool to help communicate with our customers,” Blair says.

To further help educate customers, many Hy-Vee employees enroll in designated wine education courses. Some even become certified specialists of wine or sommeliers—trained professionals with expertise in serving and pairing wines.

“We have three levels of classes that are taught by wine experts from the E. & J. Gallo Winery,” Jay says. Gallo is the largest family-owned winery in the world, and has produced award-winning wines in over 100 different countries. “Having our employees be experts in wine education is very important to us,” Jay says.



BETTER BOTTLES
Look for Yes Way Rosé at Hy-Vee. This dry rosé is made with Grenache grapes grown in the south of France. It has flavors of strawberry, citrus and stone fruit, and contains no added sugar.



Tannins are plant compounds found in grape skins. Red wines include the skins in fermentation, adding tannins and creating a dark color.

White wines are light in color because they are fermented without any grape skins.



pro tip: HOW TO TASTE WINE

“Once the wine is served, take a moment to examine and sniff it. Swirl the glass and sniff again. Swirling will release more aromas. Take a sip and swirl and swish it around your palate; notice how the wine feels, paying attention to the weight and texture. After swallowing, take a moment to breathe and note the finish. Repeat!”

-Blair Zachariasen
Certified Sommelier
Wall to Wall Wine and Spirits, West Des Moines, IA

WINE TYPES 101

WINES ARE CATEGORIZED PRIMARILY BY COLOR (red, white or rosé), but they are also distinguished by level of sweetness vs. dryness or whether they are sparkling or still wines. Hy-Vee carries a wide range of wines—these are just a few types you’ll find in the Wine & Spirits Department.

Dessert
Taste: usually sweet with a higher sugar content.
Style: Moscato, Riesling, Sauternes, Zinfandel and Malbec.
Pairings: Moscato with biscotti or fruit desserts; Riesling with soft or blue cheeses.

Red
Taste: may be dry, slightly bitter; others may be fruity, herbal or spicy.
Style: Cabernet Sauvignon, Pinot Noir, Merlot and Shiraz.
Pairings: Pinot Noir with mild Gruyère; Cabernet Sauvignon with dark chocolate.

Fortified
Taste: often sweet, rich and fruity with a distilled spirit mixed in.
Style: Port, Madeira, Marsala, sherry and vermouth.
Pairings: Ruby port with berries; tawny port with dried fruit and nuts; Madeira with caramel.

Rosé
Taste: red fruit flavors like strawberry or citrus, melon or even floral notes.
Style: Pinot Noir rosé, Provence rosé and Syrah rosé.
Pairings: Most go well with pâté, charcuterie, tomatoes, mild cheese and fresh vegetables.

White
Taste: range from sweet to dry, and include a variety of fruit flavors.
Style: Chardonnay, Pinot Grigio and Sauvignon Blanc.
Pairings: Chardonnay with rich cheese like Brie; Pinot Grigio with goat cheese.

Sparkling
Taste: bubbly and light with variations in sweetness and acidity.
Style: Champagne, Cava, Prosecco and Lambrusco.
Pairings: Prosecco with prosciutto and almonds; Cava with figs or sushi.

WINE TOOLS

ACCESSORIES SUCH AS DECANTERS AND AERATORS CAN ENHANCE A WINE TASTING EXPERIENCE.

Look to Hy-Vee for a full range of wine attachments and extras that can help create an authentic wine country tasting.

FIND IT AT HY-VEE

Riedel Performance Decanter

A decanter separates wine from sediment in older bottles. It also exposes wine to oxygen, enlivening its aromatics.

48 oz.

55.99

True Aerial Aerating Wine Pourer

An aerator helps reduce bitterness by exposing the wine to oxygen as it is poured and softening tannins.

1.25x1.25x3.75 in.

7.99



Pinot Noir
The diamond shape moderates the high acidity in Pinot Noir while highlighting the fruit aromas.



FIND IT AT HY-VEE

Riedel Rosé/Champagne

The narrow design helps preserve bubbles in sparkling wine and balance the acidity and fruitiness of rosé.

4 pc.

49.99

Chardonnay
The large bowl of this glass highlights the smooth texture of Chardonnay.

Port
Glasses tend to be smaller, with slightly tapered sides to enhance the fruity aromas and flavors.

GLASSWARE

USING THE RIGHT WINEGLASS MAKES IT EASIER TO ENJOY THE AROMAS AND FLAVORS OF WINE. Find a full range of quality Riedel glassware at Hy-Vee, specially designed to enhance reds, whites and rosés.

TOUR BITES

COMPLEMENT A WINE TASTING EXPERIENCE BY SERVING WINE-FRIENDLY SNACKS, such as cheeses, cured meats, crackers, cookies, nuts, olives, berries, grapes and spreads.



MAKE IT EASY ON YOURSELF! Hy-Vee Catering has more than two dozen meat, cheese and charcuterie trays to choose from.

FIND IT AT HY-VEE

Stonefire Naan Crisps

The crunchy, baked crackers hold up well for dipping.

6 oz.
3.49

Formaggio Artisan Wraps

Hand-wrapped snacks feature mozzarella and prosciutto.

5 oz.
6.79

Bonne Maman

These fruit spreads are made with more fruit and less sugar than preserves.

11.8 oz.
6.49

BelGioioso Fresh Mozzarella

This soft, delicate cheese is made fresh just hours after collecting the milk.

8 to 16 oz. (price varies by store)

Nonni's Biscotti & Thins

These cookies feature a family recipe that was perfected in Italy.

4.4 to 6.88 oz
4.49

Dare Breton Original Crackers

Enjoy these light, crispy wheat crackers solo or with meat and cheese.

4.4 to 8 oz.
3.99

Columbus Charcuterie Sampler

Easily prepare a snack tray with four Italian meats in one sampler.

12 oz.
12.99

Montchevre Goat Cheese

The soft, tangy, flavored cheeses are made with fresh, top-quality goat milk.

4 to 8 oz. (price varies by store)

Wine Tasting Board

Place an open jar of Bonne Maman apricot fruit spread on a 15-in.-round serving board or platter. In a clockwise fashion, arrange on the board drained Divina sweet Sangria olives, in a small serving bowl and garnished with orange peel; Dare Breton Minis original bite-size

crackers; red grapes; Italian dry salame from a Columbus Charcuterie Sampler; BelGioioso fresh sliced mozzarella cheese garnished with fresh basil; green grapes; cubed Hy-Vee select Gouda cheese; sliced Manchego cheese; Formaggio Artisan Wraps; Dare Breton water crackers

original with sea salt; Montchevre plain goat cheese log, garnished with fresh thyme; Stonefire sea salt naan crisps; Marcona almonds; sopressata and calabrese salame from Columbus Charcuterie Sampler; Nonni's cioccolati biscotti; and Basket & Bushel strawberries.

FOODS OF NEBRASKA



**ENJOY TASTES FROM THE
CORNHUSKER STATE WITH
THESE NEBRASKA-INSPIRED
DISHERS AND PRODUCTS
AVAILABLE AT HY-VEE.**

Runza Buns

Hands On 30 minutes
Total Time 48 minutes
Serves 6 (1 each)

- Hy-Vee nonstick cooking spray**
- 1 (6-oz.) container Hy-Vee Short Cuts chopped tricolored bell peppers**
- 1 cup chopped yellow onion**
- ¾ cup finely chopped baby bella mushrooms**
- 1 lb. 93% lean ground beef**
- 1 Tbsp. Gustare Vita red wine vinegar**
- 2 tsp. Hy-Vee ground mustard**
- 1½ tsp. 25% less sodium seasoned salt**
- 2 cups chopped green cabbage**
- Hy-Vee all-purpose flour, for dusting**
- 2 (13.8-oz.) cans Hy-Vee refrigerated pizza crust**
- 1 cup Hy-Vee shredded pepper Jack cheese**
- 2 Tbsp. Hy-Vee unsalted butter, melted**

- 1. SPRAY** a large nonstick skillet with nonstick spray. Cook bell peppers, onion and mushrooms in skillet over medium heat for 2 to 3 minutes or until onion is softened.
- 2. ADD** ground beef, vinegar, mustard and seasoned salt to onion mixture. Cook for 5 to 6 minutes or until beef is browned (165°F), stirring occasionally to break beef into crumbles. Stir in cabbage; cook for 1 to 2 minutes more or until cabbage is slightly wilted. Remove from heat; cool slightly.
- 3. PLACE** oven racks in the upper and lower third of the oven; preheat oven to 425°F.

Line 2 large rimmed baking pans with parchment paper; set aside.

4. LIGHTLY flour a large sheet of parchment paper. Unroll 1 pizza crust dough on floured parchment; roll dough to a 12×10½-in. rectangle. Cut dough into 3 (10½×4-in.) rectangles using a pizza cutter. Repeat with remaining pizza crust dough.

5. PLACE cheese in center of each dough rectangle; spread to within 3 in. of short-sided edges and to within ¼ in. of long-sided edges. Spread beef mixture on top of cheese, using about ¾ cup for each. Bring short sides of dough up and over filling; pinch edges together to seal. Then pinch side edges together to seal. Place filled buns, seam side down, in prepared baking pans; slightly tuck side seams underneath. Lightly spray tops of filled buns with nonstick spray.

6. BAKE for 15 to 18 minutes or until buns are golden brown, switching baking pans on oven racks halfway through. Brush hot buns with melted butter before serving. Serve warm.

Per serving: 600 calories, 20 g fat, 9 g saturated fat, 0 g trans fat, 80 mg cholesterol, 1,170 mg sodium, 71 g carbohydrates, 2 g fiber, 11 g sugar (8 g added sugar), 31 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 30%, Potassium 15%



**ADD CHEESE,
PLEASE**
Classic runzas are often filled with a mix of ground beef, chopped onions and cabbage. This version adds pepper Jack cheese, mushrooms and peppers.



LINCOLN, NE

In 1949, sibling restaurateurs Sally Everett and Alex Brening opened their first Runza restaurant, where they popularized their own variation of bierocks, the classic German dish featuring pockets of yeast dough with savory filling. The portable meal was commonly made by German-Russian immigrants who settled throughout the Midwest.

PHOTO: Visit Lincoln

Tin Roof

Ice Cream Sundaes

- Hands On** 15 minutes
Total Time 15 minutes plus freezing time
Serves 10 (¾ cup each)
- 2 cups Hy-Vee heavy whipping cream**
1 tsp. Hy-Vee vanilla extract
1 (14-oz.) can Hy-Vee sweetened condensed milk
1 cup Hy-Vee miniature marshmallows
¾ cup Hy-Vee salted Spanish peanuts, plus additional for serving
1 (3.5-oz.) bar Zöet 57% cacao dark chocolate bar, coarsely chopped, plus additional for serving
1 cup hot fudge dessert sauce, softened, plus additional for serving
Marshmallow topping, for serving

1. BEAT heavy cream and vanilla in a large mixing bowl with an electric mixer on high until stiff peaks form (tips stand straight). Set aside.

2. STIR together sweetened condensed milk, marshmallows, ¾ cup peanuts and 1 bar chopped chocolate in another large bowl.

3. FOLD whipped cream into sweetened condensed milk mixture; gently swirl in 1 cup hot fudge. Spread mixture in a 9x5-in. loaf pan or 2-qt. freezer-safe container. Cover and freeze for 6 hours or until firm.

4. TO SERVE, scoop ice cream into serving dishes. Top with marshmallow topping, and additional hot fudge sauce, peanuts and chopped chocolate, if desired.

Per serving: 520 calories, 33 g fat, 20 g saturated fat, 0 g trans fat, 75 mg cholesterol, 150 mg sodium, 50 g carbohydrates, 2 g fiber, 41 g sugar (37 g added sugar), 7 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 6%



SWEET SUNDAE
A classic tin roof sundae has vanilla ice cream topped with chocolate syrup, then chocolate ice cream topped with marshmallow sauce and peanuts. This variation combines those ingredients into one ice cream.



POTTER, NE

In the 1930s, Harold Dean “Pinky” Thayer, a soda jerk at the Potter Sundry, created new sundaes every other day. One creation, the Tin Roof Sundae, caught on and became a statewide hit. The name “tin roof” may have come from the tin tiles on the roof of the Potter Sundry, or from a building across the street.

PHOTO Nebraska Tourism & Mike Dornbier

Made in NE

Look for these products from Nebraska-based businesses at Hy-Vee.



Dorothy Lynch Dressing
 First served in the 1940s, this creamy, sweet, spicy dressing is a Nebraska favorite.
 16 oz.



Urban Slicer Pizza Worx
 At-home pizza products to save you time without sacrificing flavor.
 8 oz. to 13.2 oz.



Fat Boy BBQ
 Try award-winning BBQ sauces and rubs with variations like Chipotle BBQ sauce and prime Angus rub.
 12 oz.



The Village PieMaker
 Take-and-bake frozen pies with fruit fillings like apple, cherry and peach.
 3 lb.



Cornhusker Kitchen
 Self-proclaimed as “the only duck fat spray in the world.”
 7 oz.



Gary's QuickSteak
 Use Gary's Wow! seasoning with garlic and spices on chicken, steak, veggies and more.
 3.5 oz.



Mister C's Sauce
 This Sicilian-style pasta sauce comes from Mister C's restaurant in Omaha, which was a local landmark for 50 years.
 33 oz.



Misty's Seasoning
 Misty's Steakhouse is a popular Lincoln restaurant, and now you can try the seasonings at home.
 4 oz.

FLAVOR SPLASH

Drinking enough water is crucial for helping regulate body temperature, which is especially important in the heat of summer. Here are some flavor-packed ways to meet your hydration needs—without boring your taste buds.

PEACHY KEEN ICED TEA

Place 3 Twinings of London English breakfast black tea bags in a 4-cup glass measuring cup; set aside. Fill a tea kettle with water. Bring water to boil; pour 2½ cups hot water over tea bags in measuring cup. Steep for 5 minutes; remove and discard tea bags. Chill tea for 2 hours. Pour tea into a large pitcher. Add 3½ cups refrigerated peach juice drink and 2½ Tbsp. fresh lemon juice. Cover and store in refrigerator up to 3 days. To serve, pour into 6 (16-oz.) ice-filled glasses. Garnish with yellow peach slices, if desired. Serves 6 (8 oz. each).

Source: my.clevelandclinic.org/health/diagnostics/21790-electrolytes#

20
MINUTES
OR LESS

STRAWBERRY PINK DRINKS

Place 32 oz. cold water, 1 (13.5-oz.) can Hy-Vee unsweetened light coconut milk, 2 cups sliced Basket & Bushel strawberries, ½ cup Hy-Vee no sugar added white grape juice and 4 (0.56-oz.) packets Liquid I.V. strawberry-flavored electrolyte drink mix in a blender. Cover and blend on HIGH for 1 to 2 minutes or until smooth. Strain strawberry mixture through a fine-mesh sieve set over a pitcher or storage container; discard pulp. Cover and store in refrigerator up to 3 days. To serve, whisk mixture if separated. Fill 4 (20-oz.) glasses with ice and 1 cup freeze-dried strawberries. Pour pink mixture over ice and strawberries. Serves 4 (15 oz. each).

This Strawberry Pink Drink recipe will have you skipping those long drive-thru lines! It includes an electrolyte packet and fresh fruit to help with hydration and restoring electrolytes on hot summer days. Electrolytes play a key role in hydration because they help maintain the balance of fluids inside and outside of cells.

HYDRATE ON-THE-GO

Naturally flavored infused waters can be easier to sip all day than plain water, and are typically lower in calories and added sugars. With portable bottles from Hy-Vee, it's easy to stay hydrated. Some of these bottles can also keep flavored water cold throughout the day, and track how much you're drinking to help hit hydration goals. Look for these bottle varieties and more at Hy-Vee.



FIND IT AT HY-VEE

Zak! Riverside Water Bottle

Break-resistant BPA-free plastic and a leakproof lid with push-button release; dishwasher safe.

25 oz.
9.99

Triple Citrus and Mint Water

Place ½ small grapefruit, thinly sliced; ½ medium navel orange, thinly sliced; ½ lemon, thinly sliced; and ½ cup lightly packed mint leaves in a large pitcher. Add 6 cups Hy-Vee purified drinking water and refrigerate for 6 to 12 hours. When water mixture reaches desired flavor, remove and discard citrus slices and mint. Cover and store in refrigerator up to 3 days. To serve, pour into 4 (16-oz.) ice-filled glasses. Serves 4 (12 oz. each).

FIND IT AT HY-VEE

Stanley Flip Straw Tumbler

Double-wall vacuum insulation, built-in straw and snap-tight leakproof top; dishwasher-safe.

20 oz.
19.99

Apple Cider Cinnamon Detox Water

Core and slice 1 medium red apple using an apple slicer. Place apple slices, ¼ cup Full Circle Market organic unfiltered apple cider vinegar and 2 (3½-in.) cinnamon sticks in a large pitcher. Add 6 cups Hy-Vee purified drinking water and refrigerate for 6 to 12 hours. When water mixture reaches desired flavor, remove and discard apple slices and cinnamon sticks. Cover and store in refrigerator up to 3 days. To serve, pour into 4 (16-oz.) ice-filled glasses. Serves 4 (12 oz. each).

FIND IT AT HY-VEE

Zak! Stainless Steel Riverside Tumbler

Features vacuum insulation and a leak-proof push-button lid; handwash only.

19 oz.
9.99

FIND IT AT HY-VEE

Primula Motivational Time Marker Bottle

BPA-free plastic bottle features time markers that set hourly goals for staying hydrated; handwash only.

64 oz.
12.99

outside the box

CALM THE CHAOS OF EARLY MORNING SCHOOL-LUNCH PACKING WITH MAKE-AHEAD OPTIONS THAT FREEZE, THAW AND REHEAT WITH EASE. PLUS, DURABLE LUNCH STORAGE NECESSITIES KIDS WILL LOVE TO SHOW OFF!

The Food & Drug Administration (FDA) recommends that cold perishable foods be kept at or below 40°F until serving to prevent the growth of foodborne bacteria, which multiply rapidly at warmer temperatures.

sushi sandwich rolls

Flatten 8 slices whole grain white bread using a rolling pin; remove crusts. Spread 1 Tbsp. of whipped chive cream cheese on each slice of bread, spreading to edges. Place 8 Hy-Vee Singles American cheese slices in center of bread slices. Fold 1 (9-oz.) pkg. Hy-Vee oven roasted turkey breast deli slices in half to fit on top of cheese slices. Arrange 4 organic rainbow baby carrots, cut into matchsticks, and ½ large ripe avocado, seeded, peeled and cut into matchsticks, across the center of the turkey. Roll up each bread slice with fillings, starting at one side to make into a log shape. Be careful not to rip bread. Place sandwich logs in resealable freezer plastic bags or covered containers. Store in freezer up to 2 weeks. To pack lunch, thaw 2 sandwich logs overnight in refrigerator. In the morning, cut each log into 4 pieces. Pack in an insulated lunch box, or a bento box in an insulated bag, with an ice pack; serve within 4 hours. Serves 4 (8 pieces each).

Chill Out

NO MATTER WHICH SCHOOL LUNCH YOU PLAN TO FREEZE, THESE TIPS WILL KEEP IT FRESH UNTIL THE KIDS ARE READY TO FEAST.

1. Seal freezer bags and containers well to avoid freezer burn. Freezer burn occurs when food is exposed to the cold air of the freezer, and (while still edible) it affects food quality.
2. Cool cooked foods completely before freezing. If food hits the freezer warm, it can raise the temperature around nearby frozen items and be a risk for those foods.
3. Clearly label and date food items before storing in the freezer for easy identification when you're ready to thaw and enjoy the food.
4. Store prepared foods in a single layer; it takes longer for stacked food to freeze. Be sure to leave some space in soup containers, as liquids expand when frozen.
5. Freezing at 0°F keeps food safe to eat almost indefinitely; however, it will lose some texture and taste quality with the amount of time spent in the freezer.

Sources (for entire story): ask.usda.gov/s/article/Can-you-reheat-leftovers-without-thawing-them-first fda.gov/media/79871/download www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/freezing-and-food-safety canr.msu.edu/news/choosing_containers_for_freezing_food canr.msu.edu/news/cooling_hot_food_do_it_right_to_prevent_bacterial_growth



The FDA recommends that hot foods be kept at or above 140°F until serving. Below that level, food is safe to eat for up to 2 hours (or 1 hour if the air temperature is above 90°F).

pizza cupcakes

Preheat oven to 425°F. Spray 8 (2¾-in.) muffin cups with nonstick cooking spray. Press 1 (16-oz.) can Hy-Vee jumbo buttermilk biscuit dough into muffin cups. Spoon 1 Tbsp. Hy-Vee pizza sauce onto dough in each cup. Top each with 1 Tbsp. Hy-Vee shredded mozzarella cheese, mini pepperoni and, if desired, a sprinkle of Hy-Vee Italian seasoning. Bake for 11 to 13 minutes or until cheese is melted and edges are golden. Cool completely in muffin cups on a wire rack. Remove pizzas from muffin cups. Place in resealable freezer plastic bags or covered containers. Store in freezer up to 3 months. To pack for lunch, thaw each Pizza Cupcake in refrigerator overnight. In the morning, fill a 14-oz. vacuum-insulated food jar with boiling water; close with lid and let stand for 5 minutes to heat insulated jar. Meanwhile, place Pizza Cupcake on a microwave-safe plate and microwave on HIGH for 30 to 35 seconds or until Pizza Cupcake reaches 180°F. Remove water from food jar and dry completely. Fold a dry paper towel to fit in the bottom of the food jar. Place hot Pizza Cupcake on the paper towel; close food jar. Serve within 4 hours. Serves 8 (1 each).

No Meltdown

WHEN IT'S TIME TO GET FROZEN FOOD READY FOR TOMORROW'S LUNCH BOX, TURN TO THESE THAWING TIPS.

1. The best way to thaw these easy lunch recipes is by placing them in the refrigerator overnight. While thawing on a counter may quicken the process, it can allow the food to reach dangerous temperatures, which promotes bacteria growth and spoilage.

2. Leave food in a freezer-safe container or plastic bag to thaw to maintain freshness. Freezer-safe containers are made with durable, moisture-vapor-resistant materials that keep airflow away from your frozen goods and won't crack.

3. Food thawed in the refrigerator can safely remain there for 3 to 4 days before eating. Completely thawed food should not be refrozen.

Thick 'n' Creamy Macaroni & Broccoli Cheese Soup

Hands On 18 minutes
Total Time 35 minutes plus cooling, freezing, thawing and reheating time
Serves 5 (1½ cups each)

3 cups water
2¾ cups Hy-Vee 2% lowfat milk
1 (11.3-oz.) pkg. Annie's deluxe rich & creamy shells & four cheese
1 cup Hy-Vee Short Cuts broccoli, cut into small bite-size pieces
½ cup chopped baby carrots
6 oz. Hy-Vee smooth & cheesy loaf, cubed

1. BRING water and milk to boil over medium heat in a large saucepan. Stir in pasta shells from mac and cheese; set aside sauce packet. Add broccoli and carrots. Simmer, uncovered, over medium-low heat for 10 to 12 minutes or until pasta is al dente, stirring occasionally.

2. REDUCE heat to low; add cheese cubes and reserved cheese sauce packet. Cook for

3 to 5 minutes or until melted and smooth, stirring frequently.

3. COOL soup to room temperature. Freeze 1½ cup portions in 5 microwave- and freezer-safe covered containers, leaving 1 in. headspace in containers.

4. TO PACK for lunch, thaw soup in the refrigerator overnight.

5. IN THE MORNING, fill a 14-oz. vacuum-insulated food jar with boiling water; close with lid and let stand for 5 minutes to heat insulated jar. Meanwhile, microwave soup to at least 180°F. Remove hot water from the food jar; fill with hot soup and close. Serve within 4 hours.

Per serving: 380 calories, 16 g fat, 10 g saturated fat, 0 g trans fat, 55 mg cholesterol, 1,020 mg sodium, 43 g carbohydrates, 2 g fiber, 12 g sugar (0 g added sugar), 19 g protein. **Daily Values:** Vitamin D 15%, Calcium 45%, Iron 6%, Potassium 4%

V
option
VEGETARIAN DISH



Warming It Up

FROM KITCHEN TO CAFETERIA, KEEP LUNCHES HOT BY REHEATING THE RIGHT WAY.

1. Reheat thawed foods to a serving temperature of 165°F in a microwave-safe container before placing in an insulated container.

2. To keep foods hot, fill an insulated container with boiling water and close with lid. Drain after 5 minutes, then place food in the pre-warmed container.

Fill Up Fast

LOOK FOR A VARIETY OF KID-FRIENDLY WATER BOTTLES AND INSULATED CONTAINERS AT HY-VEE.



FIND IT AT HY-VEE

Zak! Atlantic Water Bottle

Colorful kids' TV series and movie characters make staying hydrated fun.

16 oz.
6.99

Zak! Flex Water Bottle

The push-button, hygienic cover disassembles for easy cleaning; plus flexible pop-up straw and carrying handle.

18 oz.
9.99

Gatorade Gx Bottle

A flip-cap design and high-flow valve eliminate leaks and spills; the no-slip handle provides a sturdy grip.

30 oz.
19.99

Zak! Pasco Stainless Steel Water Bottle

Vacuum insulation keeps hot and cold drinks at the perfect temperatures.

13.5 oz.
12.99

Stanley Wild Imagination Food Jar + Spork

Double-wall vacuum insulation keeps food hot or cold for seven hours; plus attachable spork.

14 oz.
16.99



FIND IT AT HY-VEE

Zak! Divided Bento Box

Microwavable boxes have two compartments and two spill-resistant containers.

3-pc. set
9.99

Thermos Brand Lunch Kits

Soft-sided lunch kits with fun rainbow and shark motifs have high-quality foam insulation.

select varieties
12.99

Fit + Fresh Soft Ice Packs

Flexible ice packs wrap around water bottles and are slim enough to fit in lunch bags.

2 pk.
10% OFF

Fit + Fresh Lunch Bags

Insulated glitter-trim and zip-and-mesh-pocket camo bags keep lunch cold for hours.

select varieties
10% OFF

COLLEGE EATS MUST-HAVES

SET YOUR STUDENT ON A PATH TO SUCCESS WITH THESE ESSENTIAL COOKING TOOLS AND SMALL APPLIANCES—AVAILABLE AT HY-VEE—FOR THEIR DORM OR APARTMENT.



FIND IT AT HY-VEE

Toastmaster Sandwich Maker

Quickly toast up to two sandwiches at once with this simple press—just plug in to heat. The locking mechanism on the lid helps ensure even cooking.

9×9×3.25 in.

16.99

10 MINUTES OR LESS

SANDWICH MAKER COMBOS

PREHEAT AN ELECTRIC SANDWICH MAKER AND LIGHTLY BRUSH PLATES WITH BUTTER. COOK SANDWICH ACCORDING TO MANUFACTURER'S DIRECTIONS FOR 1 TO 2 MINUTES OR UNTIL TOASTED. COOL SLIGHTLY BEFORE SERVING.

CRACK CHICKEN GRILLED SANDWICH Hy-Vee original white bread + smoky jalapeño soft spreadable cheese + Hy-Vee ranch dressing mix + finely shredded Hy-Vee Kitchen picked rotisserie chicken + Hy-Vee

shredded mild Cheddar cheese + Hy-Vee crumbled real bacon pieces + Hy-Vee unsalted butter, melted

STRAWBERRY CHEESECAKE GRILLED SANDWICH

Hy-Vee original white bread + Hy-Vee cream cheese, softened + Hy-Vee strawberry pie filling or topping + Hy-Vee unsalted butter, melted

SPICY DENVER SCRAMBLE GRILLED SANDWICH

Hy-Vee original white bread + Sriracha, plus additional for serving + Just Crack an Egg Denver scramble kit, prepared + Hy-Vee unsalted butter, melted

FIND IT AT HY-VEE

Palmridge Mugs

These colorful stoneware mugs are stackable for easy storage that doesn't take up much space, and are dishwasher- and microwave-safe.

15 oz.

6.99

Toastmaster 5-Cup Coffee Maker

Quickly make up to five cups of coffee in the glass carafe of this coffee maker. It also includes a "keep warm" setting, so any leftover coffee stays hot all morning.

9.8×10.6×6.3 in.

16.99

Toastmaster 2-Slice Toaster

This basic toaster features extra-wide slots for browning bread, bagels and toaster pastries. It can be adjusted to six levels of doneness and has a removable crumb tray.

9.8×5.5×6.1 in.

16.99

Kitchen Selectives Slow Cooker

The appliance can cook foods on "low" or "high" settings. It also has a removable dishwasher-safe stoneware insert for easy cleaning.

1.5 qt.

16.99



FIND IT AT HY-VEE

Black & Decker Toaster Oven

Cook up to four pieces of toast or a 9-in. pizza in this kitchen appliance, which includes cooking pans. It also has settings for baking, broiling, toasting and keeping food warm.

11.2×15.5×8.3 in.

59.99



30 MINUTES OR LESS

LEVEL UP YOUR TOASTER-OVEN PIZZA

BAKE 1 (5.2-OZ.) THAT'S SMART! FROZEN 3 CHEESE PIZZA IN A 450°F TOASTER OVEN ACCORDING TO PKG. DIRECTIONS, ADDING THE TOPPINGS TO BE HEATED DURING THE LAST 2 MINUTES OF BAKING. LET STAND 2 MINUTES, THEN ADD UNHEATED TOPPINGS.

BBQ PORK-AND-PINEAPPLE CHEESE PIZZA Hy-Vee Hickory House dry pulled pork mixed with Lillie's Q Smoky Memphis-style sweet barbecue sauce + Hy-Vee Short Cuts pineapple chunks, chopped
TRUFFLE HONEY AND ARUGULA CHEESE PIZZA After heating: arugula + Soirée shaved Parmesan cheese + Heinz 57 Collection infused honey with black truffle
VEGETARIAN STREET TACO PIZZA Plant-based dry organic southwest meatless crumbles, prepared + crumbled Cotija cheese. After heating: thinly sliced jalapeño pepper + jarred pickled red onions, drained + cilantro, for garnish

BUILDING BLOCKS

FIND PRACTICAL AND DURABLE KITCHEN STARTER SETS AT HY-VEE TO HELP YOUR STUDENT REPLACE COUNTLESS NIGHTS OF TAKEOUT WITH SIMPLE, NUTRITIOUS MEALS.

FIND IT AT HY-VEE

All U Need Cookware Set

Four nonstick pans cover all cooking needs, while the knife and utensil set make prepping and serving food easy. The set includes big-batch dishes, such as a covered Dutch oven and frying pan, as well as eating utensils such as dinner knives, forks and spoons.

32 pc.

29.99

FAVORITE SKILLET RECIPES

THESE EASY, ONE-SKILLET RECIPES FROM HY-VEE ARE GREAT FOR STUDENTS AND PUT THEIR NEW PANS TO WORK:

- Mexican Pasta Skillet
- Chicken with Peanut-Coconut Curry
- Beefy Chili Skillet
- One-Pan Mexican Turkey Quinoa



SCAN TO GET RECIPES from [Hy-Vee.com/recipes](https://www.hy-vee.com/recipes)



FILL IN THE GAPS

SUPPLEMENT THEIR KITCHEN NEEDS WITH A VARIETY OF SPECIALTY KITCHEN GADGETS, DECORATIVE DINNERWARE AND MORE.

FIND IT AT HY-VEE

All U Need Gadget Set

This collection contains a variety of staple utensils for a starter kitchen, such as measuring tools, tongs, spatulas and more.

18 pc.

39.99

Pyrex Simply Store Set

These glass food containers have matching plastic lids, and are freezer-, dishwasher- and microwave-safe.

10 pc.

19.99

Deluxe Essentials Dinnerware Combo Set

Set the table for four with stoneware plates, mugs and bowls along with glass cups and stainless steel utensils.

32 pc.

39.99

Cuisinart Printed Color Knife Set—Geometric

Most kitchen prep can be performed with this stainless steel knife set, which features an easy-clean nonstick coating and matching blade guard set.

6 pc.

9.99



FIND IT AT HY-VEE

Crockpot Lunch Crock Food Warmer

This portable electric crock is sized to take lunches on the go. Available in four colors, this device has a detachable cord, tight-closing lid and removable inner container for easy cleaning.

20 oz.

34.99



FAVORITE SOUP RECIPES

TRY OUT THESE EASY-TO-MAKE SOUPS FROM HY-VEE:

- Chicken Noodle Soup
- That's Smart! Broccoli Cheddar Soup
- Fast Fiesta Soup
- Parmesan Gnocchi Soup



SCAN TO GET RECIPES from [Hy-Vee.com/recipes](https://www.hy-vee.com/recipes)

FIND IT AT HY-VEE

Toastmaster Air Fryer

With an adjustable temperature dial up to 400°F and a 30-minute timer, this compact air fryer is easy to use. It also includes a removable insert in the cooking basket to simplify cleanup.

2 qt.

49.99



DO-IT-ALL KITCHEN APPLIANCE

AIR FRYERS ARE PERFECT FOR TIME-PRESSED COLLEGE STUDENTS NEEDING QUICK, SIMPLE MEALS. CONVECTION HEAT CIRCULATES AIR TO RAPIDLY COOK AND CRISP FOOD EVENLY. REHEAT RESTAURANT TAKEOUT, ROAST VEGGIES OR COOK AN ENTIRE MEAL IN THIS SPACE-SAVING, USER-FRIENDLY APPLIANCE.



LEVEL UP YOUR AIR FRYER SWEET POTATO

SCRUB AND PIERCE 1 (12-OZ.) SWEET POTATO ALL OVER WITH A FORK. LIGHTLY SPRAY AIR FRYER BASKET WITH HY-VEE NONSTICK COOKING SPRAY. AIR-FRY POTATO AT 400°F FOR 40 TO 45 MINUTES OR UNTIL FORK-TENDER, TURNING EVERY 15 MINUTES. COOL 5 MINUTES. CUT POTATO OPEN LENGTHWISE; SLIGHTLY FLUFF FLESH WITH FORK. TOP POTATO; AIR-FRY 2 TO 4 MINUTES OR UNTIL TOPPINGS ARE HEATED.

CRAB RANGOON TOPPED SWEET POTATO

Shredded Fish Market flake style imitation crab + Garlic and herb soft spreadable cheese + Culinary Tours sweet Thai style chili sauce + Hy-Vee wonton strips for salads

CRUNCHY BRUSSELS SALAD TOPPED SWEET POTATO

Shaved Basket & Bushel Brussels sprouts + Modern Mill protein-packed salad topper + Hy-Vee finely shredded Parmesan cheese + Balsamic reduction

SMOKED ANDOUILLE-AND-PEPPER TOPPED SWEET POTATO

Fully cooked smoked New Orleans andouille sausage link, sliced + Hy-Vee Short Cuts chopped tricolored bell peppers + Hy-Vee shredded mozzarella and provolone cheese blend



FIND IT AT HY-VEE



Pho'nomenal Bowl

These Vietnamese-style noodle bowls are free of gluten, soy and MSG, and feature flavors such as vegetable, chicken or beef.

2.1 oz.

2/6.00



Jongga Kimchi Ramen Bowl

This classic stovetop ramen has chewy noodles and includes a package of fermented cabbage kimchi for a tasty topping.

4.93 oz.

2/5.00



Snapdragon Ramen Cup

The tender wheat ramen noodles in the cup are paired with a rich miso-based vegetable broth fortified with herbs and spices.

2.2 oz.

2/5.00

For mixing or mocktails, it's a natural.

Zero ABV. Made with real fruit juice.

NEW



Simply

If adding alcohol, please drink responsibly (21+).

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Simply® Peach Whiskey Sour

This take on a whiskey sour blends the sweetness of peaches with the bitterness of lemons for a complex cocktail you can enjoy year round.

Ingredients:

5 oz Simply® Mixology Peach Sour
1.5 oz whiskey
Lemon wedge & fresh thyme sprig for garnish
Ice

Instructions:

1. Pour the Simply® Mixology Peach Sour and whiskey into a rocks glass.
2. Add ice and stir.
3. Garnish.

Simply® Peachy Gin Tonic

This light-drinking twist on a classic gin and tonic adds an extra sweet punch of refreshing fruit flavor to your glass.

Ingredients:

3 oz Simply® Mixology Peach Sour
3.5 oz tonic water
7 fresh mint leaves
1 oz maraschino cherry juice
1 maraschino cherry for garnish
1.5 oz gin
Ice

Instructions:

1. Add the Simply® Mixology Peach Sour, cherry juice, gin, and fresh mint to a shaker with ice and shake.
2. Pour into Collins glass, and top with tonic water.
3. Stir gently to combine.
4. Garnish with maraschino cherry.



If adding alcohol, please drink responsibly (21+).

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Simply® Classic Lime Margarita

A classic lime margarita will add life to any party. Simply follow the recipe below to start crafting the perfect vibe for your next get-together.

Ingredients:
 5 oz Simply® Mixology Lime Margarita
 1.5 oz silver tequila
 Ice
 Lime wedge for garnish

Instructions:
 1. Add Simply® Mixology Lime Margarita and tequila to a rocks glass.
 2. Top with ice.
 3. Garnish with fresh lime wedge.

Simply® Sunset with Tequila

This light-drinking twist on a classic margarita adds an extra punch of fruit flavor to your favorite margarita.

Ingredients:
 3.5 oz Simply® Mixology Lime Margarita
 2 oz Simply Cranberry® Juice
 2 oz Simply Pineapple® Juice
 3 oz Sprite®
 1.5 oz tequila
 Garnish with lemon wedge (squeezed)

Instructions:
 1. Combine Simply® Mixology Lime Margarita with the juices and tequila, then mix into a shaker with ice.
 2. Pour into glass while simultaneously pouring Sprite®.
 3. Garnish with fresh lemon wedge.



Simply® Strawberry Guava Mojito

Bursting with berry flavor and a touch of the tropics, this sweet take on a mojito pairs strawberries with guava, and muddles them together with mint for a delicious twist.

Ingredients:
 5 oz Simply® Mixology Strawberry Guava Mojito
 1.5 oz silver rum
 Fresh mint leaves and strawberries for garnish
 Ice

Instructions:
 1. Pour the Simply® Mixology Strawberry Guava Mojito and rum into a Collins glass.
 2. Add ice and stir.
 3. Garnish.



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BEFORE



AFTER

FOODS THAT

Help Beat a Summer Cold

Learn how a regulated diet can help strengthen your immune system, so you don't miss out on warm-weather fun.

Diet plays a key role in our ability to ward off sickness, as the body's immune response relies on the availability of a number of nutrients. One is vitamin C, an antioxidant shown to reduce the duration of colds. It helps the body fight off illness by protecting against cell-damaging free radicals. Another is vitamin D. Researchers found high levels of vitamin D were associated with a lower risk of infections of the upper respiratory tract, such as colds. Nutrients can also affect the gut microbiome—the colony of bacteria and other microorganisms that live in the digestive system. A high-fiber diet of fruits, vegetables, whole grains and legumes supports beneficial microbes that break down fibers and stimulate immune cell activity. Conversely, diets high in refined sugars and ultra-processed foods can disturb healthy intestinal microbes and lead to chronic inflammation of the gut and suppressed immunity.

8 WAYS TO FIGHT BACK

RICH IN VITAMINS, ANTIOXIDANTS, OMEGA-3S AND OTHER NUTRIENTS, THESE IMMUNITY BOOSTERS MAY HELP KEEP SNIFFLES AND SNEEZES AT BAY.

PINEAPPLE

This tasty tropical fruit contains an anti-inflammatory enzyme called bromelain that plays a key role in the body's healing process. Studies have shown that bromelain can help to minimize swollen nasal passages, as well as clear nasal mucus associated with sinusitis.

TOMATOES

A delicious staple of summer, tomatoes offer year-round health benefits. They are one of the best sources of lycopene—especially when cooked—the antioxidant that increases your immune system's ability to fight off cold and flu germs.

SPINACH

Vitamin A, found in spinach, maintains the health of your respiratory system and can alleviate related infections. It also contains the mineral selenium, which accelerates the production of cytokines—a group of proteins that help to ward off the flu virus.

MUSHROOMS

Aside from imparting savory, umami flavor to all types of foods, mushrooms' antiviral and immune-boosting properties may help your body become less susceptible to colds and flu. Other benefits include antioxidants and anti-inflammatories that can reduce stress.

GINGER

Used for centuries as a remedy for colds and nausea, ginger also suppresses coughs. One of its chemicals, sesquiterpene, directly battles the viruses that cause flu and the common cold. And it also contains compounds called gingerols that fight infection.

PROBIOTIC YOGURT

In addition to building up “good” bacteria in your intestines for healthy digestion, probiotic foods such as yogurt control inflammation and improve the body's overall immune system, making it more resistant to colds and flu.

CITRUS FRUIT

Stock up on oranges, grapefruit, limes, lemons or kiwis. These fruits are packed with flu- and cold-fighting vitamin C, which not only boosts your immunity but increases blood circulation to deliver more white blood cells that quell viruses.

GARLIC

This pungent vegetable is a powerful weapon to add to your germ-fighting arsenal. Boasting anti-viral, anti-bacterial and anti-fungal properties, garlic can calm inflamed sinuses and support the response of white blood cells to overcome cold or flu viruses.

COLD HARD FACTS

EACH YEAR, THE COMMON COLD RESULTS IN NEARLY 20 MILLION DAYS OF ABSENCE FROM WORK AND 22 MILLION MISSED SCHOOL DAYS.

BE EVEN BETTER PREPARED with a flu shot from Hy-Vee Pharmacy.

Sources: hsph.harvard.edu/nutritionsource/nutrition-and-immunity/ ncbi.nlm.nih.gov/pmc/articles/PMC9083862/ mountsinai.org/health-library/supplement/bromelain_valleycommunityhealthcare.org/4-foods-that-boost-your-immune-system/ health.clevelandclinic.org/food-to-boost-your-immune-system/ news.illu.edu/patient-care/five-foods-help-ward-off-flu myclevelandclinic.org/health/articles/14598-probiotics ncbi.nlm.nih.gov/pmc/articles/PMC7112468/

BLOOMS

Simple Summer Bouquets

Make seasonally-inspired arrangements using fresh blooms from Hy-Vee Floral.



BOUQUETS THAT LAST

For longer lasting floral arrangements, look for flowers with buds that are just starting to open, with no wrinkles or brown spots on the petals.

STEP BY STEP

Create a stunning arrangement with these tips and your favorite flowers from Hy-Vee Floral.



STEP ONE Sort and pull leaves off stems. Add structure using wet floral foam or clear tape.



STEP TWO Arrange a variety of greenery around the base to add direction and texture.



STEP THREE Place statement flowers high and low to lead the eye through the composition.



STEP FOUR Fill gaps with smaller flowers for extra texture and more color variety.



MIX & MATCH

Hy-Vee florists can create custom arrangements with more than 40 flower varieties to select from throughout the seasons, including celosia, dahlias, gladiolus, hydrangea, liatris, stock and more.



HY-VEE FLORAL

Pick up these ready-made summer arrangements at your local store.



DELIGHTFUL GARDEN
Blue hydrangeas, pink Asiatic lilies and pink and yellow alstroemeria fill a glass vase.



RADIANCE
This centerpiece blends mums, carnations, roses and sunflowers in sunrise colors.



SUMMER SUNSET
Dark purple stock contrasts with hot pink roses and orange Gerbera daisies.



SUMMER SUNSHINE
This cheerful arrangement features a large sunflower, orange roses and more.

DIETITIAN Q&A

Food Allergies

Elisa Sloss, registered and licensed dietitian and senior vice president, Private Brands, offers insight on dealing with food allergies.



Elisa Sloss, RD, LD
Senior Vice President,
Private Brands

Q: What is a food allergy?

A: A food allergy is where a certain food triggers an abnormal immune response. Genetics may play a role, and those with other types of allergies are more likely to develop a food allergy. Even microscopic amounts of the food allergen can cause a reaction, such as touching a surface where the food was prepared. Symptoms include itchy mouth, tongue swelling, wheezing, hives, vomiting, dizziness or gastrointestinal distress. In some cases, a severe allergic reaction to food can cause rapid heart rate and breathing

difficulties—a life-threatening condition called anaphylaxis.

Q: What causes food allergies?

A: There are dozens of potential culprits, but the most common are soy, wheat, milk, eggs, peanuts, tree nuts, fish, shellfish and sesame. These nine allergens make up over 90% of all food allergies in the U.S.

Q: Are food allergies more common now?

A: The Centers for Disease Control and Prevention (CDC) reports that food allergies among children 17 and younger increased from 3.4% in 1997 to 5.1% in 2011. Mayo Clinic now estimates food allergies affect up to 8% of children under age 5, noting that some children outgrow food allergies as they mature. There has been anecdotal evidence that food allergies are on the rise among adults, too. One Northwestern University study estimated 10% of U.S. adults have a food allergy—and about half of those people reported developing it as an adult rather than as a child.

Q: Are food allergies the same as food intolerances?

A: They are sometimes confused but there is a difference. Food allergies are a reaction to the protein in a food, while a food intolerance response occurs in the digestive system because you are unable to properly break down the food. As a result, food intolerances cause much less serious symptoms than food allergies.

Q: How can I deal with food allergies?

A: If you suspect you have a food allergy, your doctor can arrange testing through an allergist or immunologist to determine specific allergies. Once you know what is causing a reaction, you can avoid that ingredient. The Food and Drug Administration (FDA) requires companies to follow labeling guidelines for the nine most common food allergens. You can identify a potential allergen by looking at the ingredient list. Common allergens are also called out with a statement—often capitalized for emphasis—

such as “CONTAINS: WHEAT, SOY, EGG, MILK.”

Q: What allergen-friendly products are available?

A: The Hy-Vee HealthMarket has entire sections dedicated to allergen-friendly foods, including brands that are free of most, if not all, of the common food allergens such as Enjoy Life and Made Good. For specific allergens, it is recommended to read the ingredients list and work with a Hy-Vee Registered Dietitian to identify products that meet your allergen needs.

Q: What can Hy-Vee do to help?

A: Hy-Vee's Healthy You subscription program provides access to a Hy-Vee dietitian for personalized nutrition counseling, meal planning advice, healthy recipe recommendations and more. It also includes two health screenings per year.

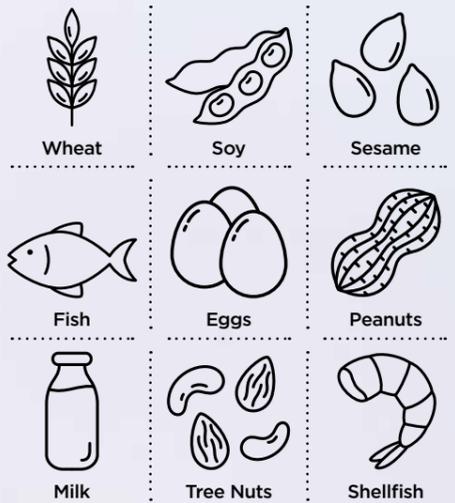
SCAN TO LEARN
more about a
Hy-Vee Healthy You
subscription.



9

Common Allergens to Know

These are the most prevalent food allergens, according to the Food & Drug Administration (FDA).



FIND IT AT HY-VEE

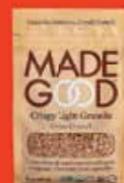
THIS IS JUST A SMALL SAMPLING OF THE MANY ALLERGEN-FRIENDLY ITEMS AVAILABLE IN THE HY-VEE HEALTHMARKET.



Enjoy Life
Brownie Bites



Daiya Gluten-Free
Pizza



Made Good
Granola



Hippeas
Chickpea Puffs



Pacific Foods
Organic Soup

Sources: mayoclinic.org/diseases-conditions/food-allergy/symptoms-causes/syc-20355095
feinberg.northwestern.edu/research/podcast/food-allergies-on-the-rise.html
fda.gov/food/food-labeling-nutrition/food-allergies cdc.gov/nchs/data/databriefs/db121.pdf
www.niaid.nih.gov/diseases-conditions/food-allergy-causes-prevention
hopkinsmedicine.org/healthy/conditions-and-diseases/food-allergies-in-children

MEAL MAKEOVER

Skinny Dressing

Keep the richness of ranch with fewer calories and fat in this versatile dressing.

Fresh Herb Ranch Dressing

Total Time 10 minutes
Serves 21 (2 Tbsp. each)

- 1/4 cups Hy-Vee lowfat buttermilk
- 1 cup mayonnaise dressing with olive oil
- 3/4 cup Hy-Vee plain whole milk Greek yogurt
- 1 large clove garlic, grated
- 1/4 tsp. Hy-Vee onion powder
- 1/4 tsp. Hy-Vee garlic salt
- 1/4 tsp. Hy-Vee salt
- 1/4 tsp. coarsely ground Hy-Vee black pepper

- 1 Tbsp. finely chopped fresh dill
- 1 Tbsp. finely chopped parsley
- 1/2 Tbsp. finely chopped fresh chives, plus additional for garnish

1. WHISK together buttermilk, mayonnaise, yogurt, garlic, onion powder, garlic salt, salt and pepper in a large bowl until smooth. Fold in dill, parsley and chives.

2. TO SERVE, transfer to serving bowl. Garnish with additional chives, if desired. Store in a covered container in the refrigerator up to 5 days.

Per serving: 60 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 160 mg sodium, 2 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 1 g protein.
Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 0%



CUT FAT, NOT FLAVOR
Bottled ranch dressing has 120 calories and 12 grams total fat per serving. Swapping in Greek yogurt cuts calories in half and reduces total fat to 5 grams per serving—without sacrificing tangy, herby flavor.

Kellogg's FEEDING READING™

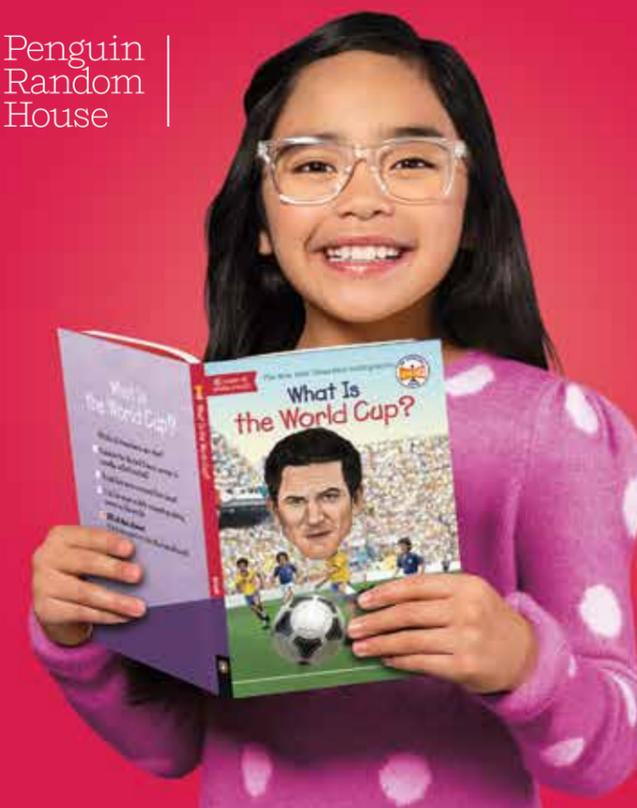
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12.99

Girls' Bungee Backpack

Use the bungee cord on the front-zip pocket to carry an extra sweatshirt for cold classrooms.

1 ct.

12.99

Shark Coming and Going Backpack

Lightweight and great for little ones, this roomy pack sports a majestic ocean-creature motif.

1 ct.

12.99

Sutton Three-Piece Tie Dye Set

Start the school year in style with this colorful carrier plus pencil case and matching lunch bag.

3-pc. set

12.99

Boys' Bungee Backpack

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1 ct.

12.99

Girls' Two-Tone Backpack

Keep pencils at the ready in this pack's easy-access front-zip pockets.

1 ct.

12.99



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30
minutes
or less

30 MINUTES
OR LESS

20
minutes
or less

20 MINUTES
OR LESS

10
minutes
or less

10 MINUTES
OR LESS

GF
option

GLUTEN
FREE

V
option

VEGETARIAN
DISH

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