

HyVee[®] seasons[®]

A vibrant red beverage is served in a tall glass, filled with ice cubes, several fresh blueberries, and a slice of lemon perched on the rim. The drink is surrounded by a dynamic splash of water, creating a sense of freshness and movement. The background is a clean, bright white, which makes the colors of the drink and the splashing water stand out.

SUMMER
SPLASH

july/august

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aisles
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JULY/AUGUST 2024



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DONNA TWEETEN
PRESIDENT, HY-VEE, INC.

Summer is in full swing, and with fall and a new school year just around the corner, there's no better time to soak up the last bit of summer sun.

Celebrate grilling season with savory and sweet smoked recipes (page 24), and plan an outdoor picnic with easy-to-tote recipes (page 76). Discover farm-fresh produce from Hy-Vee Homegrown, and how to preserve fruits and veggies (page 32). Wrap up summer with tropical seafood recipes using beer, wine and spirits (page 52), and celebrate summer games with themed watch party treats (page 72).

As the days start to get shorter, get kids ready for the first day of school with prepped lunch ideas and supplies from Hy-Vee (page 38). Plus, pack your car with kitchen and dorm room must-haves before sending young adults off to college (page 62).

Enjoy the last few months of summer!

HY-VEE SEASONS IS DIGITAL!

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

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AISLES

New & Noteworthy at Hy-Vee

Hillshire Snacking

Elevate your snacking experience with the chef-inspired flavors of Hillshire Snacking. Find combinations of delectable meats, cheeses and toasted rounds or nuts. These ready-to-eat, single-serve items are perfect for on-the-go snacking.

- **Bistro Bites Hot Calabrese Salame**
- **Small Plates Uncured Prosciutto**



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



Snack Essentials

SAVORY NIBBLES

Try new flavorful snacks from Culinary Tours, NUFS and Whisps at Hy-Vee.



Culinary Tours Charcuterie Prosciutto Mozzarella Rolls

Take your taste buds on a trip around the world with the globally-inspired flavors of meat and cheese roll ups from Culinary Tours.



NUFS Crispy Crackers

These gluten-free crackers are eNUF on their own or can enhance snack boards with varieties such as everything bagel, hot honey and sea salt.



Whisps Baked Cheese Protein Snackers

The perfect mini meals with 11 grams of protein per serving to satisfy hunger. Enjoy these combinations of meat, cheese and fruit on the go.

Fruity Flavors

SWEET TREATS

If you're craving a fruity snack or sip, look no further than these new items from Simply and Liquid I.V.



Simply Fruit Bites Sour Cherry and Apple

These delightfully chewy snacks are made the Simply way, with real fruit and quality ingredients. You won't find artificial flavors or synthetic colorings in these gummies.



Liquid I.V. Firecracker

This electrolyte drink mix keeps you hydrated, now with the lemon-lime, tart cherry and sweet raspberry flavors of nostalgic Popsicle® ice pops.



Bellatoria Sweetee-Pie

SWEET ADDITION HITS THE PIZZA (AND FROZEN DESSERT) AISLES!

Sweetee-Pie™ Dessert Pizzas combine the spirited traditions of Italy with a decadent new twist. The sweet biscuit-style crust is topped with real fruit and delicious frosting. Try ALL our wonderful varieties:

- **Apple Streusel**
- **Cherry Streusel**
- **Blueberry Streusel**
- **Cinnamon Streusel**

I Can't Believe It's Not Butter!

Add a buttery burst to your favorite dishes this summer with I Can't Believe It's Not Butter!® new Garlic Flavored Buttery Spray! Instantly add buttery garlic flavor to bread, pasta, veggies and more.



Fiesta of Flavors

AUTHENTIC TASTE

Enjoy vibrant, south-of-the-border flavors true to tradition in foods from Di Lusso and El Viajero.



Di Lusso Chicken Mexican Street Corn Wrap

A chicken wrap with the classic complexity of Mexican street corn (elote), tasting tangy, spicy, savory and sweet all at once.



El Viajero Shredded Queso Quesadilla

A mild, slightly salty Mexican-style melting cheese perfect for topping dishes like quesadillas, chiles rellenos, queso fundido and more.

Healthy Bites

FEEL GOOD ABOUT SNACKING WITH GLUTEN-FREE PRODUCTS FROM CATALINA CRUNCH AND CAULIPUFFS, MADE WITH TOP-QUALITY INGREDIENTS.



Catalina Crunch

These nourishing and sweet dark chocolate cookie bars are covered in 55% cacao and have only 2 grams of sugar and 3 grams of net carbs per bar—plus protein, fiber and healthy fats. Try peanut butter, raspberry and mint flavors.



CauliPuffs

A delicious new line of seasoned puffed snacks are made with non-GMO corn, rice and cauliflower. Each light and airy puff is baked to crunchy perfection with heart-healthy avocado oil. These snacks from family-owned Fambam Foods come in four gluten-, soy- and nut-free varieties: honey BBQ, white cheddar, hot habanero ranch and vegan salt and pepper.

Zesty Sauces

RELISH THE TASTE

Experience bold, delicious flavor enhancements in classic condiments from leading brands Heinz, Kraft and Hidden Valley.



Heinz Pickle-Flavored Tomato Ketchup

Pickle enthusiasts will love this new salty-sour spin on a staple condiment from Heinz. Take your burgers, fries, hot dogs and more to a new pickly level.



Kraft Smoky Hickory Bacon Flavored Aioli

Enjoy the savory taste of smoked hickory bacon without the frying pan with this aioli from Kraft. Try it on sandwiches, chicken, burgers, veggies and more.



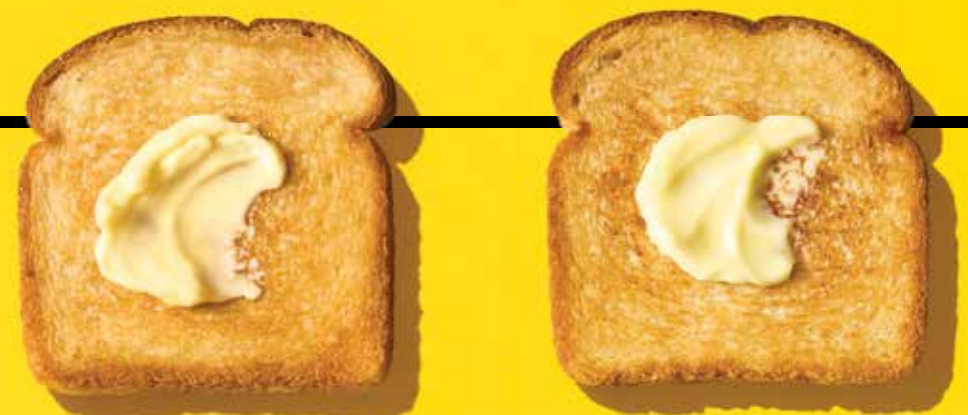
Hidden Valley Cheezy Ranch Dressing

The flavors of Hidden Valley and Cheez-It combine in this creamy ranch dressing, providing a tangy and cheesy elevation to food.

Lindt Oat Milk Chocolate

Discover the new plant-based twist on the iconic Lindt LINDOR experience! These non-dairy chocolate truffles offer the same smooth, melting chocolate sensation you adore, now in a premium oat milk chocolate shell. Each truffle is made with the finest cocoa and gluten-free oats, ensuring a truly indulgent treat.

Conveniently individually wrapped, Lindt LINDOR OatMilk Chocolate Truffles are ready to enjoy anytime, anywhere. Treat yourself to the expert craftsmanship and passion of Lindt Master Chocolatiers with every bite.

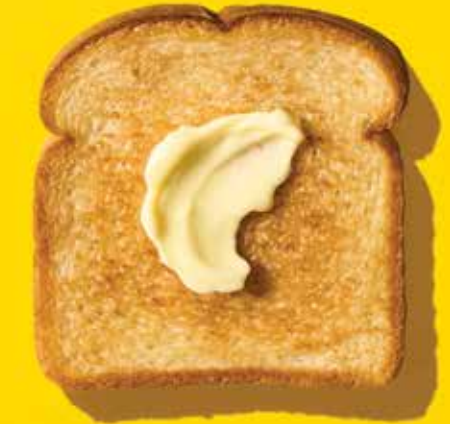


Coming Soon!



Country Crock Calcium Spread

A serving of this specially blended buttery spread provides essential nutrients, including 10% of the Daily Value of calcium (over 10 times more calcium per serving than dairy butter) and 20% of vitamin D.



Clean Personal Care

NATURAL HYGIENE

Pamper yourself with safe care items from Hismile, Hume Supernatural and Pacha Soap Co.



Hismile
Safely achieve a brighter smile with 100% vegan and peroxide-free products, including the PAP+ Teeth Whitening Pen and Watermelon Toothpaste, from research-backed company Hismile.



Hume Supernatural
Designed for all skin types, these non-toxic, cruelty-free deodorants are made with natural ingredients and provide all-day odor control.



Pacha Soap Co.
Natural, handcrafted bath and body items that cleanse, moisturize, exfoliate and more. Find whipped soaps, froth bombs, salt soak blocks and bar soaps at Hy-Vee.

Let us take making dinner off your plate.

Hy-Vee Mealtime To Go is the perfect pick-me-up. Easy, convenient and full of crowd-pleasing options, we're proof that you can feed the entire family without breaking your budget.

\$12
Dinner for 4!



101

Tomatoes

Juicy tomatoes add a burst of flavor to salads, burgers and sauces, or can even be enjoyed on their own.

Commonly mistaken as vegetables, tomatoes are fruits that vary in size and can be red, yellow, orange, green or deep purple. They can also taste sweet, tangy, earthy or mild depending on the variety. Although raw tomatoes offer higher levels of immune-boosting vitamin C, studies have shown that cooked tomatoes provide increased levels of lycopene—an antioxidant that may reduce cancer risks. Tomato varieties rotate through the year at Hy-Vee. At any given time, expect to find small, sweet and crisp snacking tomatoes (grape or cherry), tangy and meaty roma tomatoes, and large slicing varieties (beefsteak or heirloom).

BUY Ripe tomatoes will be firm, feel heavy for their size and smell slightly fragrant. Avoid fruits with blemishes or soft spots.

STORE Tomatoes are best kept whole at room temperature and should be used within a week after reaching ripeness. Refrigerate sliced tomatoes in a sealed bag or airtight container and use within three to four days.

PREP Gently rinse tomatoes with warm water. If needed for a sauce or soup, peel tomatoes first. Slice tomatoes in half lengthwise from stem end to bottom using a serrated utility knife. Gently scrape out the seeds if needed. From there, slice, dice or chop for use in recipes.



Find summer-fresh tomatoes all year at Hy-Vee from the sustainable greenhouse farms of Midwest-based Bushel Boy.



WAYS TO ENJOY

Fresh

Use on salads, sandwiches, or as the base for salsa. Small cherry or grape tomatoes can easily store in a portable container as a healthy on-the-go snack.

Simmered

Peeled roma or plum varieties make the best simmered soups or sauces for pasta, chili, pizza and more due to their dense flesh with few seeds.

Grilled

Halved beefsteaks hold up well on grill grates due to their larger size and meaty flesh. Grape and cherry types are perfectly small and light for kabobs.

Sources: health.clevelandclinic.org/benefits-of-tomatoes
wicworks.fns.usda.gov/resources/what-do-i-do-tomatoes
pubs.acs.org/doi/abs/10.1021/jf10115589





TIP

To avoid crushing the delicate skin and flesh of tomatoes while slicing them, use a serrated utility knife. The toothlike edge requires a sawing motion, resulting in even tomato slices without torn skin or squeezed-out seeds.

Fresh Herb-and-Tomato Steak Salad

Hands On 15 minutes

Total Time 30 minutes plus marinating and standing time

Serves 4

1 cup tightly packed fresh basil leaves, plus additional for garnish

¼ cup loosely packed fresh dill, plus additional for garnish

1 medium shallot, peeled and coarsely chopped

2 Tbsp. Gustare Vita white wine vinegar

1½ Tbsp. fresh lemon juice

¼ tsp. coarsely ground Hy-Vee sea salt, plus additional to taste

¼ tsp. coarsely ground Hy-Vee black pepper, plus additional to taste

1½ cups Gustare Vita olive oil (1½- to 2-lb.) Hy-Vee Angus Reserve beef flank steak, about 1 in. thick

2 medium heirloom tomatoes, sliced

½ (12-oz.) pkg. Bushel Boy cocktail tomatoes, quartered

½ cup Sunset Flavor Bombs cherry tomatoes, halved

1 (8-oz.) pkg. sliced fresh mozzarella cheese, torn in half

1. PLACE 1 cup basil, ¼ cup dill, shallot, vinegar, lemon juice, ¼ tsp. salt and ¼ tsp. pepper in a food processor. Cover and process on high for 30 seconds or until finely chopped, stopping to scrape down sides as needed. With food processor running on high, slowly add olive oil in a thin, steady stream. Set aside ½ cup (8 Tbsp.) herb dressing for serving.

2. PLACE steak in large resealable plastic bag. Pour remaining herb dressing over steak; seal bag. Turn bag to coat. Marinate at room temperature

for 1 hour or refrigerate up to 12 hours. Remove steak from marinade; discard marinade. Pat steak dry with paper towels.

3. PREHEAT a grill pan or large nonstick skillet over medium-high heat. Add steak to pan; cook for 12 to 15 minutes or until steak reaches 135°F for medium-rare doneness, turning halfway through. Transfer steak to cutting board. Loosely cover with foil; let rest for 10 minutes.

4. TO ASSEMBLE SALAD, spread 3 Tbsp. reserved herb dressing on a large platter; arrange heirloom, cocktail and cherry

tomatoes, and mozzarella on top of dressing. Thinly slice steak across the grain; arrange on platter next to tomatoes. Drizzle remaining 5 Tbsp. reserved herb dressing on top of steak. Garnish with additional basil leaves and dill, if desired. Season to taste with additional salt and pepper.

Per serving: 850 calories, 71 g fat, 15 g saturated fat, 0 g trans fat, 125 mg cholesterol, 290 mg sodium, 11 g carbohydrates, 3 g fiber, 6 g sugar (0 g added sugar), 42 g protein. Daily Values: Vitamin D 0%, Calcium 15%, Iron 15%, Potassium 20%



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BASICS

A Guide to Kitchen Knives

For chopping, slicing, mincing and more, learn which knives are best-suited for different prep tasks and find quality cutlery sets at Hy-Vee.



FIND IT AT HY-VEE

Farberware Triple Riveted Knife Block Set

These stainless steel blades retain an ultra-sharp edge for precision and ease.

15-pc. set
59.99



KNIVES AT HY-VEE

Simplify food preparation with a complete knife set. Hy-Vee has high-quality cutlery pieces and sets from leading brands such as Farberware, Cuisinart and Gibson Home to help home cooks of every level perform a wide range of kitchen tasks with ease.

Slicing Knife

A long knife best for thinly slicing raw or cooked meat, especially when cutting close to bone, such as carving chicken or turkey. It can also be used to cut through large fruits, like melons.

Fine-Edge Utility Knife

Use this narrow blade to cut sandwiches and slice tender meat, cheese and mid-size fruits and veggies with soft-to-medium firm skins or rinds, like citrus fruits, apples, cucumber and more.

Serrated Utility Knife

The toothlike edge of this blade is ideal for slicing slippery or delicate foods without crushing them, such as tomatoes, strawberries, lemons, cake and pies. It also functions as a mini bread knife for bagels and dinner rolls.

Paring Knife

The smallest knife in the block is best for detail work, including coring tomatoes, mincing garlic, creating garnishes, segmenting citrus and trimming meat.



Chef Knife

A versatile knife used for tasks such as slicing and chopping veggies and fruits, as well as cutting through slabs of meat. It can also perform some detail work like mincing garlic and herbs.

Santoku Knife

A thin and sharp blade great for slicing seafood, cheese and small cuts of boneless meat. This knife requires only a single downward cut rather than a rocking motion.

FIND IT AT HY-VEE



Cuisinart Animal Print Color Knife Set with Blade Guards

Stainless steel cutting edges with a premium non-stick coating and color coding to help prevent cross-contamination.

12-pc. set
29.99



Gibson Home Beaumont Santoku Knife Set with Cutting Board

Small and large santoku knives crafted with durable high-carbon stainless steel blades; includes marble-patterned cutting board.

3-pc. set
12.99



SCAN TO SHOP quality knives from top brands at Hy-Vee.

SOLUTIONS

Summer Savings with Hy-Vee PERKS

Gain access to exclusive discounts, digital coupons and fuel savings when you purchase everyday items, all with the swipe of a free Hy-Vee PERKS card.

FUEL SAVINGS

Earn gas discounts when you purchase designated items—marked with a Fuel Saver sign in stores and icon online—such as canned goods, snack foods, bread, meat, produce and household essentials. Then, swipe or scan your Hy-Vee PERKS card at the pump to apply any discounts you've earned. Redeem savings within 30 days at participating gas stations, including Hy-Vee Fast & Fresh locations and participating Shell and Casey's locations.

DIGITAL COUPONS

Browse hundreds of digital coupons to save on staples like cereal, vegetables and frozen foods, plus household items such as laundry detergent, tissues and deodorant. Find available coupons at [Hy-Vee.com/deals](https://www.hy-vee.com/deals) or on the Hy-Vee app and save as many as you want directly to your Hy-Vee PERKS card. Then, simply swipe your card at checkout to apply any available coupons to your purchase.

EXCLUSIVE PRICES

As a Hy-Vee PERKS member, take advantage of discounts and deals just for you. While you shop, look for PERKS Price signs on items in stores and discounts on Aisles Online. Scan your Hy-Vee PERKS card at checkout to automatically apply sale prices on products from all departments.



HOW TO JOIN Hy-Vee PERKS

Start saving right away as a member of Hy-Vee PERKS. Follow these steps to join the program and receive your Hy-Vee PERKS card:

Create an Online Account

Download the Hy-Vee mobile app or go online to [Hy-Vee.com/perks/](https://www.hy-vee.com/perks/) and click "Create Account." Enter your name, email and choose a password. If you already have an existing Hy-Vee account, log in.

Sign Up for Hy-Vee PERKS

Click "Join PERKS" and fill out a short form to sign up for a Hy-Vee PERKS account. If you already have an existing Fuel Saver + Perks card, input the card number to link it to your Hy-Vee account.

Using Your Card

Once you sign up, you'll be prompted with a couple of questions that help us personalize offers for you, and gain instant access to the Hy-Vee PERKS program with a digital card in the mobile app. You can also request a physical card mailed to your home. Or, link your cell phone number to your Hy-Vee PERKS account to allow cashiers to look up your card in-stores if you don't have it with you. Simply swipe or scan your Hy-Vee PERKS card at checkout to start earning fuel discounts and exclusive savings.



SCAN TO JOIN
the Hy-Vee
PERKS
program.



Never skip egg day.



Or bacon, pancake, mimosa or waffle day. Whatever you like, our breakfast menu has it.

HyVee Breakfast

Monday-Friday | 6-11 am
Saturday & Sunday | 6 am-2 pm

LEVEL UP

Crav'n Flavor Ice Cream Sandwiches

Turn a classic summer treat into an impressive layered dessert with a few ingredients.



Crav'n Flavor mint chocolate chip ice cream sandwiches

+



It's Your Churn chocolate ice cream

+



Hot fudge dessert sauce

+



Hy-Vee whipped topping

+



Mint creme chocolate sandwich cookies



CRAV'N FLAVOR

Find more treats from Crav'n Flavor in the freezer aisle at Hy-Vee, including fruit pops, sundae cups, ice cream bars and individual cones. Crav'n Flavor also offers savory snacks to balance the sweet, such as pizza bites, cheese curds, egg rolls and mozzarella sticks.



SCAN TO SHOP Crav'n Flavor snack items at Hy-Vee.

MINT FUDGE ICE CREAM LASAGNA

Line a 9-in.-square baking pan with plastic wrap, extending wrap over edges. Spread 1 (1.5-qt.) plus 2 cups It's Your Churn chocolate ice cream, softened, in prepared pan; freeze until firm. Remove ice cream from pan. Cut into 2 (9x4½-in.) pieces. Unwrap 20 Crav'n Flavor mint chocolate chip ice cream sandwiches; return to freezer. For cake base, form an 8½x4¾-in. rectangle on a serving platter

by arranging 5 sandwiches, flat, with long sides touching. For vertical cake layers, create one side of cake by standing 5 sandwiches up vertically; slightly press on top of the long edge of base to adhere and stand up. Place 1 chocolate ice cream piece next to the ice cream sandwich layer; slightly press together. Repeat adding another vertical layer of ice cream sandwiches and chocolate ice

cream layer. End with creating a third layer of ice cream sandwiches. Freeze until firm. Spread with 1 (16-oz.) container Hy-Vee frozen original whipped topping, thawed. Top with 6 crumbled mint creme chocolate sandwich cookies; drizzle with ¼ cup hot fudge dessert sauce, warmed. Freeze cake until firm. To serve, let stand for 15 minutes. Cut into 8 (1-in.) slices. Cut each slice in half. Serves 16.

QUICK FIXES

Food to Soothe Skin

When the medicine drawer is empty, turn to your pantry for solutions to help you relieve discomfort from common summer skin conditions.



poison ivy

TRY: OATMEAL

Finely ground oatmeal mixed with water can relieve itching from minor poison ivy rashes, according to the FDA. Oatmeal's anti-inflammatory properties make it a soothing and protective agent. Take short, lukewarm baths with finely blended oatmeal, as recommended by the American Academy of Dermatology.



sunburn

TRY: HONEY

According to Mayo Clinic, honey can promote burn healing and is used as an anti-inflammatory and antibacterial agent. The National Institutes of Health recommends running the area under water, then applying 15 to 30 ml of honey. For severe sunburns, seek medical attention.



mosquito bite

TRY: CHAMOMILE TEA

Antioxidants in dried chamomile flowers may relieve minor itchy mosquito bites, according to Cleveland Clinic. They recommend steeping the tea bag for 20 minutes, squeezing excess water out, pressing it on a bite for 10 minutes and then wiping the area clean. Refrigerate the bag in an airtight container to reuse during the day.

FIND IT AT HY-VEE



TopCare Triple Antibiotic or Anti-Itch Cream

Prevent infection and relieve itching from bites and poison ivy rashes.

1 oz.

2.99



TopCare Bandages

Sterile bandages with absorbent pads protect minor cuts and scrapes.

1 to 120 ct.

10% OFF



TopCare After Sun Care

Cooling, anti-sting gels and lotions containing aloe vera.

8 or 16 fl. oz.

10% OFF

BIG BITES FOR LESS.

\$6 OUR BURGER

OR MAKE IT A **\$10 MEAL DEAL** WHEN YOU ADD A SODA & SIDE



 **wahlburgers**
AT HyVee



Save time. Take Short Cuts.

Cut time, not produce, with Hy-Vee Short Cuts pre-cut fruits & veggies.

Great on
the grill!



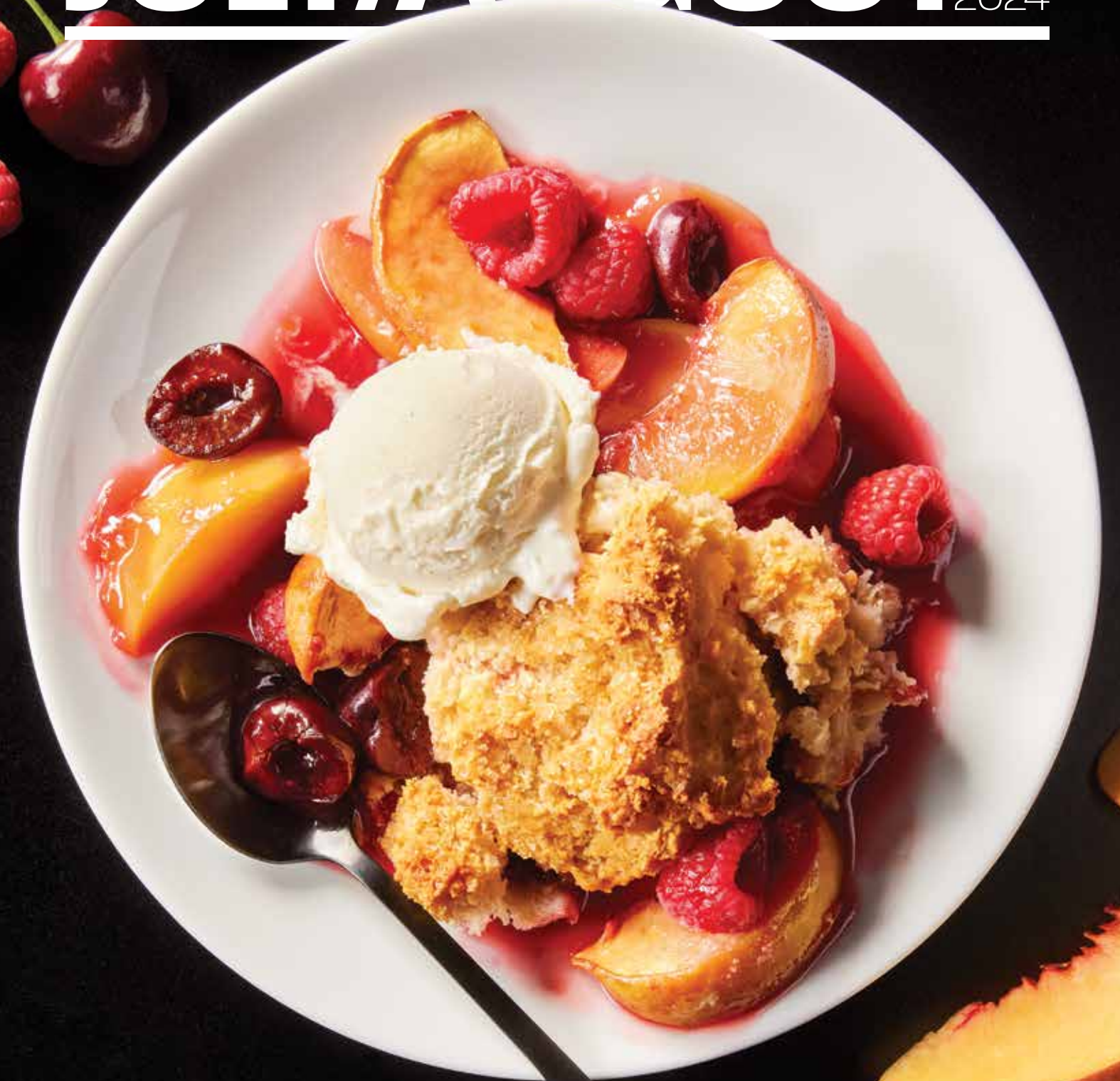
Delight in every bite.

NORI
SUSHI

Fresh catch.
Tasty rolls.



JULY/AUGUST 2024

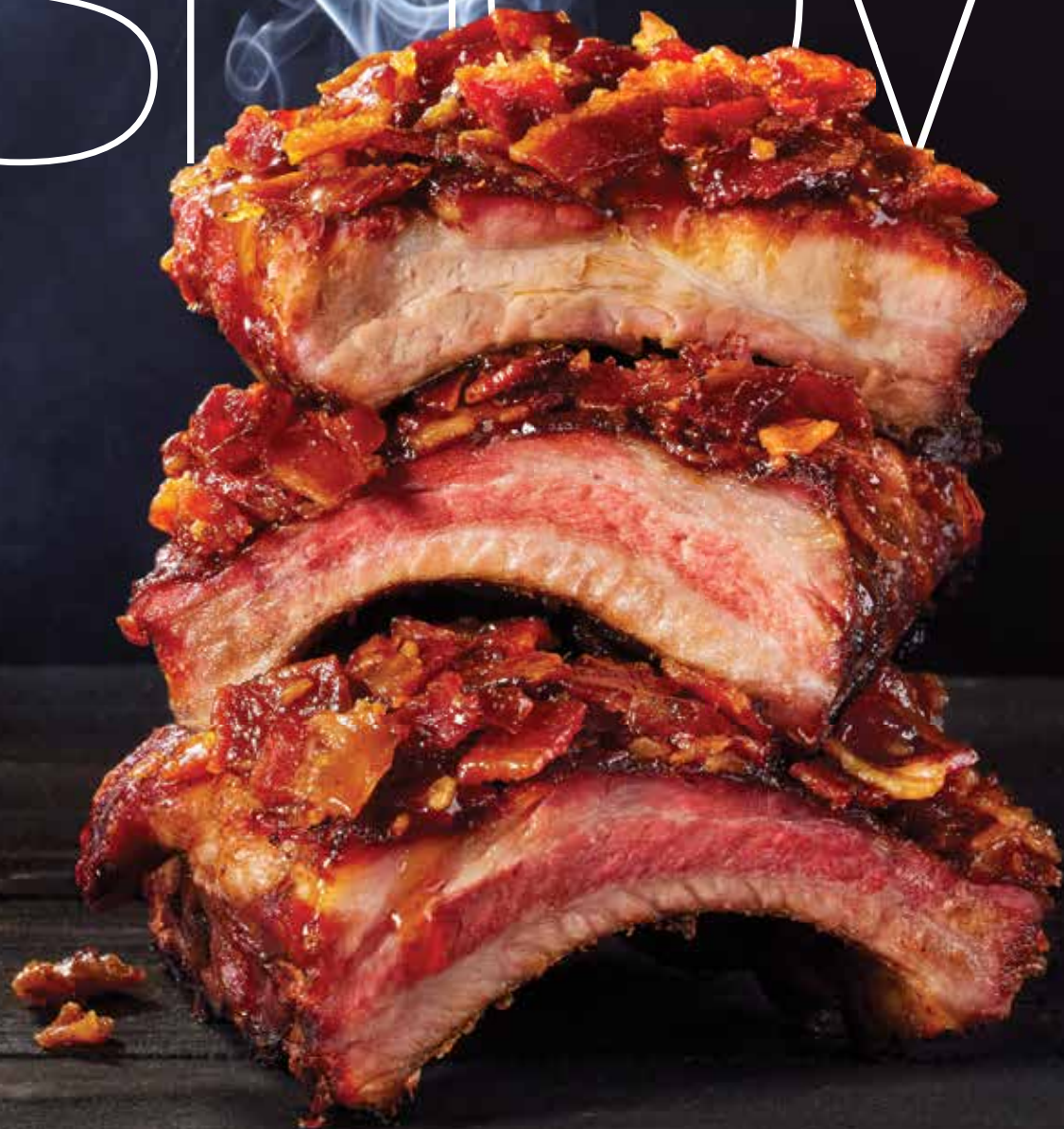


Hand-made fresh in store from 100% sustainably-sourced seafood. EXCLUSIVELY AT **HyVee**.

SMOKE SHOW | BEST IN FRESH | READY, SET, LEARN! |
LOW-SUGAR CHILLED DESSERTS | DRUNKEN FISH | SUMMER ICED TEA |
COLLEGE PREP | WATCH PARTY EATS | PORTABLE PICNIC

SMOKE

SHOW



DISCOVER THE INS AND OUTS OF SMOKING FOOD TO UPGRADE YOUR GRILLING GAME THIS SUMMER. FIND SMOKERS AT HY-VEE TO TRY OUT NEW RECIPES, AND GRAB-AND-GO FOODS THAT CAN BE ENHANCED WITH SMOKE.

UP IN SMOKE

Cooking food over smoldering wood chips or pellets is a time-honored technique that produces tender and smoke-flavored results. Unlike grilling, which heats food quickly, smoked foods are typically cooked at a low temperature for a long period of time, resulting in enhanced smoky flavor and super tender texture.

Smokers often resemble a large barrel or horizontal grill with a chimney. All smokers circulate a steady stream of smoke and heat through the inner chamber to cook food. Some smokers have a heat source in a separate, offset box where wood is burned to circulate smoke; others burn wood below a water pan to create smoke and steam to help tenderize meat.

SMOKER BENEFITS

ENHANCED FLAVOR

Smoking low (temperature) and slow (longer time) allows meat and other foods to soak in the smoke, penetrating the surface and giving the food a deeper flavor. The choice of wood—hickory, apple, pecan, cherry and others—or a mix of two or three woods impacts the flavor profile.

HANDS-OFF COOKING

A smoker might need some attention during the cooking process—such as refilling the water pan, adding more wood or wrapping meat in foil—but it's much more hands-off than monitoring foods on a grill. Some recipes may even call for smoking overnight without interference.

TENDER TEXTURE

Experienced BBQ masters aim for a tender, falling-off-the-bone texture when smoking meat. The low-and-slow method breaks down connective tissues, but can also dry out meat. For less tender cuts, one solution is to wrap the meat in foil after it absorbs smoke flavor.

VERSATILE METHOD

Smoking is most commonly used to tenderize cuts of meat like ribs, brisket and pork belly. However, smoky flavor can be added to almost any food, including seafood, fruits, vegetables, macaroni and cheese, nuts, condiments, salt and even desserts like cookies and cobblers.

Hy-Vee has several beginner-friendly smokers to help you cook tender, savory cuts of meat. Look for easy-to-use pellet-burning smokers, as well as compact, portable options that can be transported to a tailgate or used in smaller backyards.



SCAN TO SHOP smokers and grills at Hy-Vee.

Smoked Bacon-Jam Pork Ribs

Hands On 40 minutes

Total Time 4 hours
40 minutes plus chilling and standing time
Serves 12

2 (2- to 2½-lb.) extra-meaty pork loin back rib racks
2 Tbsp. Gustare Vita olive oil
5 Tbsp. Hy-Vee whiskey BBQ rub

Hickory wood grilling pellets
½ cup maple bacon onion jam
¼ cup packed Hy-Vee dark brown sugar
¼ cup Full Circle Market organic raw, unfiltered apple cider vinegar

¼ cup Kinder's bourbon peach BBQ wing sauce & dip, plus additional for serving
1 Tbsp. bottled minced garlic
2 (16-oz.) pkg. Hy-Vee double smoked thick-sliced bacon, crisp-cooked and crumbled

1. PAT ribs dry with paper towels; remove and discard the silverskin. Trim excess fat, if needed. Brush all sides of ribs with oil. Sprinkle rub over tops and bottoms of rib racks; gently rub in. Wrap each rack in plastic wrap and refrigerate for 30 minutes.

2. PREHEAT pellet smoker according to manufacturer's

directions to maintain a temperature of 230°F to 240°F. Use wood pellets and water pan as directed.

3. STIR together jam, brown sugar, vinegar, ¼ cup BBQ sauce and garlic in a medium nonstick skillet. Bring to a boil over medium heat. Reduce heat to medium-low and simmer for 3 to 4 minutes or until reduced to 1 cup. Remove from heat; fold in bacon. Set aside.

4. UNWRAP rib racks; place ribs, bone sides down, on rack in smoker. Close smoker; smoke for 2 hours.

5. CUT 2 (29×12-in.) sheets of heavy foil. Remove ribs from smoker. Place each rib rack, bone side down, on a sheet of foil. Fold up and crimp edges on each foil sheet to make a foil pan with a 1-in. rim, leaving top open. Divide bacon-bark jam in half and press on top of each rib rack. Place foil trays with ribs on rack in smoker. Close smoker; smoke for 1½ to 2 hours more or until an instant-read thermometer inserted in thickest part of meat and not touching bone reaches 200°F to 205°F*. Add additional wood pellets as needed to maintain smoke.

6. REMOVE ribs from smoker; let stand for 10 minutes. Serve with additional bourbon peach BBQ sauce, if desired.

***TIP:** If internal rib temperature plateaus, or stalls, loosely cover ribs with foil and continue smoking until internal temperature reaches 200°F to 205°F.

Per serving: 440 calories, 30 g fat, 10 g saturated fat, 0 g trans fat, 105 mg cholesterol, 960 mg sodium, 15 g carbohydrates, 0 g fiber, 12 g sugar (12 g added sugar), 29 g protein. **Daily Values:** Vitamin D 6%, Calcium 4%, Iron 6%, Potassium 4%



FIND IT AT HY-VEE

Traeger Pro Series 22 Wood Pellet Grill

Smoke, roast, grill and more with this multifunction pellet grill that offers digital temperature control.

572-sq.-in. cooking area

499.99



FIND IT AT HY-VEE

Traeger Tailgater Wood Pellet Smoker

This portable smoker includes a keep-warm setting, meat probe and digital temperature control.

300-sq.-in. cooking area

479.95

SMOKE SHOP

Maximize flavor by understanding how different fuels affect the level of smoke during cooking. Find these fuel types at Hy-Vee:

WOOD

Some smokers burn wood chips, chunks or logs. Wood smoke tends to give food a stronger, more noticeable smoky flavor compared to pellets. Wood-burning smokers may need to be fed more frequently, but can also be more budget-friendly and versatile since they don't require a specific fuel.

PELLETS

Simpler and more beginner-friendly than wood-burning smokers, pellet smokers burn smaller wood pellets. Though the pellets produce a lighter, less intense smoke flavor than traditional wood, this type of smoker is easier to start and doesn't need much attention to maintain temperature during cooking.

EXTRA SMOKE

If you're smoking for a short amount of time, add a smoke pack to pump up the flavor. Place soaked wood chips on a square of foil, and double-fold to seal. Cut slits in the top to allow smoke to escape, and place on the smoking rack. This method can also be used to create smoke on a charcoal or gas grill—the flavor will be less intense than a smoker, but still present.



LOCAL BBQ SAUCES

FIND LOCAL FLAVOR IN HY-VEE STORES WITH THESE BBQ SAUCES PRODUCED THROUGHOUT MIDWESTERN STATES.

BIG DADDY'S

Iowa-favorite BBQ sauces in hot, mild and applelicious varieties.

FAMOUS DAVE'S

BBQ sauces and seasonings with more than 700 awards.

BLUES HOG

Rubs and sweet-spicy sauces in flavors like raspberry chipotle.

MOE CASON

Kansas City-style BBQ sauce and savory multipurpose pork rub.

COOKIES

BBQ rub and seasoning blend with a mix of spices like garlic and chili powder.

Elote-Stuffed Pork Chops

Hands On 45 minutes

Total Time 2 hours 35 minutes

plus marinating time

Serves 4

4 (12- to 14-oz.) bone-in pork loin

Iowa chops, 1¼ to 1½ in. thick

¼ cup plus 1 cup Briannas

smoked chipotle and lime

marinade, divided

3 ears Hy-Vee Short Cuts sweet corn

¼ cup bottled Sierra refrigerated

grated Cotija cheese, plus

additional for garnish

¼ cup Hy-Vee light mayonnaise

½ jalapeño pepper, seeded

and coarsely chopped*

4 tsp. finely chopped fresh cilantro,

plus additional leaves for garnish

½ tsp. Hy-Vee chili powder

1 tsp. lime zest

1 Tbsp. fresh lime juice

Apple wood grilling pellets

4 lime wedges, for serving

1. PLACE pork chops and ¼ cup

marinade in a resealable plastic

bag; seal bag. Turn bag to coat

chops. Refrigerate for 3 hours,

turning bag occasionally.

2. CUT corn kernels from cobs; place kernels in a bowl. Stir in Cotija, mayonnaise, jalapeño, 4 tsp. cilantro, chili powder, lime zest and lime juice.

3. BRING remaining 1 cup marinade to boil in a small saucepan. Reduce heat to medium-low. Simmer, uncovered, for 10 to 12 minutes or until reduced by half (½ cup). Set aside.

4. PREHEAT pellet smoker according to manufacturer's directions to maintain a temperature of 225°F to 230°F. Use wood pellets and water pan as directed.

5. CUT 4 (34-in.-long) pieces of kitchen string; set aside. Remove pork chops from marinade; discard marinade in bag. Make a pocket in each pork chop by first cutting a horizontal 3-in. opening on the fat side of the pork chop using a paring knife. Continue cutting a deep, wide pocket almost to bone or opposite side.

6. STUFF about ¼ cup corn mixture into each pocket. Wrap a kitchen string continuously around each chop to keep pockets closed; tie to secure.

7. PLACE chops on rack in smoker. Close smoker; smoke for 1 hour. Brush tops of chops with ¼ cup reduced sauce. Close smoker; smoke for 40 to 50 minutes more or until stuffing reaches 165°F and pork reaches 145°F.

8. TO SERVE, remove string from chops; brush tops with remaining ¼ cup reduced sauce. Garnish with additional cilantro and Cotija, if desired. Serve with lime wedges.

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

Per serving: 860 calories, 62 g fat, 11 g saturated fat, 0 g trans fat, 180 mg cholesterol, 1,150 mg sodium, 18 g carbohydrates, 1 g fiber, 6 g sugar (3 g added sugar), 53 g protein. Daily Values: Vitamin D 10%, Calcium 10%, Iron 10%, Potassium 20%

GF
option
GLUTEN-FREE



SMOKED PARMESAN HERB-CRUSTED STEAK

Combine ½ cup roasted garlic aioli, ½ cup Belgioioso shredded Parmesan cheese, 6 Tbsp. Hy-Vee plain panko bread crumbs, 1 Tbsp. minced fresh rosemary and 2 tsp. minced fresh thyme in a small bowl; refrigerate. Brush 2 (2-lb.) Hy-Vee Beef Reserve double bone-in beef ribeye steaks, 2 in. thick, with 2 Tbsp. Gustare Vita olive oil; sprinkle with 4 tsp. Kinder's buttery steakhouse seasoning rub. Let stand 20 minutes. Smoke in a pellet smoker at 250°F to 260°F using hickory wood pellets for 30 minutes. Turn steaks over. Press Parmesan mixture on top of steaks. Smoke for 30 to 35 minutes more or until steaks reach 135°F to 140°F. Preheat a 12-in. cast iron skillet under a stove oven broiler 5 in. from heat. Add steaks to hot skillet. Broil for 1 to 2 minutes or until Parmesan crust is golden brown and bubbly. Remove skillet from oven; loosely cover with foil and let rest for 10 minutes. Slice and serve. Serves 8.

FIND IT AT HY-VEE

Belgioioso Specialty Cheese Blends

Shredded, grated or shaved cheeses such as Parmesan and Asiago in resealable plastic cups.

5 oz.

3.99



WINGS 3 WAYS

SMOKED BROWN SUGAR BBQ WINGS

Hy-Vee True cut chicken wings (drumettes and flats) + Gustare Vita olive oil + Kinder's brown sugar seasoning rub + Country Bob's original barbecue sauce

GF
option
GLUTEN-FREE

DF
option
DAIRY-FREE

SMOKED HOT BBQ WINGS

Hy-Vee True cut chicken wings (drumettes and flats) + Gustare Vita olive oil + Kinder's the blend seasoning (salt, pepper & garlic) + Kinder's hot BBQ sauce

GF
option
GLUTEN-FREE

DF
option
DAIRY-FREE

SMOKED LEMON PEPPER WINGS

Hy-Vee True cut chicken wings (drumettes and flats) + Gustare Vita olive oil + Lawry's lemon pepper seasoning with lemon zest + Lillie's Q Ivory barbeque sauce

GF
option
GLUTEN-FREE

DF
option
DAIRY-FREE

METHOD

Pat 1 pkg. (2- to 2½-lb.) Hy-Vee True cut chicken wings dry with paper towels. Place wings and 2 Tbsp. Gustare Vita oil in a resealable plastic bag; seal bag and toss to coat wings. Open bag and sprinkle with desired amount of seasoning. Seal bag; toss in bag to evenly coat. Refrigerate for 30 minutes. Smoke wings ½-in. apart in a pellet smoker at 225°F to 230°F using hickory wood pellets for 1 hour 20 minutes, or up to 2 hours, until wings reach 165°F in thickest part of wings. Remove from smoker; brush with 4 to 6 Tbsp. sauce. Increase smoker temperature to 350°F. Smoke wings, uncovered, for 4 to 5 minutes or until wings reach 175°F and are lightly charred, turning frequently. Transfer wings to a large bowl; cover with foil and let stand for 5 minutes. Pour an additional 4 to 6 Tbsp. sauce over wings; toss to coat. Serves 7 (3 each).



FIND IT AT HY-VEE

1. Country Bob's Original Barbecue Sauce

This all-purpose sauce balances smoky and sweet flavors with a hint of heat.

18 oz.

3.79

2. Kinder's BBQ Sauces or Marinades

Handcrafted sauces and marinades in flavors like honey BBQ and teriyaki made with premium ingredients.

15.3 to 15.8 oz.

4.29

3. Lillie's Q Sauces or Dry Rub

Southern-style barbeque and wing sauces in bold flavors like BBQ aioli and hot smoky barbeque, plus low-sugar sauces and brisket pepper dry rub.

3.6 to 20 oz.

10% OFF

GRILL GEAR

Get ready for a summer filled with smoking and grilling with accessories, utensils and serving tools that will help you become a backyard BBQ expert.



FIND IT AT HY-VEE

1. Mud Pie Fire Up The Grill Apron

The washed canvas apron has pockets for grill utensils, sauces and more, plus a detachable metal bottle opener.

34×27 in.

23.99

2. Mud Pie Grill Platter and Brush Set

Use the beaded ceramic platter to serve up grilled foods, and baste with the included silicone brush.

12×18-in. platter

10.25-in. brush

65.99

3. Mud Pie Grill Glove and Spatula Set

Safely grill with a heat-resistant glove and stainless steel spatula for flipping foods.

12.5×7-in. glove

15-in. spatula

29.99

SMOKER-READY FOODS AT HY-VEE

FILL THE SMOKER WITH PREPARED SIDES IN GRILL-FRIENDLY PANS* FROM HY-VEE.



SMOKED VEGETABLES WITH CILANTRO-LIME SAUCE

FLAVOR: Pecan wood grilling pellets
TEMPERATURE: 225°F to 230°F
SMOKING TIME: 1½ to 2 hours



VEGETARIAN DISH DAIRY-FREE



SMOKED 6-IN. APPLE PIE

FLAVOR: Fruit or nut wood grilling pellets
TEMPERATURE: 225°F to 230°F
SMOKING TIME: 2 to 2½ hours



SMOKED HY-VEE ARTICHOKE DIP

FLAVOR: Hickory wood grilling pellets
TEMPERATURE: 225°F to 230°F
SMOKING TIME: 2 to 2½ hours



GLUTEN-FREE



Smoked Brat Skewers

Hands On 40 minutes
Total Time 2 hours 25 minutes plus marinating time
Serves 6 (1 each)

3 Tbsp. Gustare Vita olive oil
1 Tbsp. Hy-Vee honey
1 Tbsp. Cullinary Tours smoked porter coarse ground mustard
½ tsp. Hy-Vee crushed red pepper
1 (7.9-oz.) pkg. halloumi cheese, at room temperature; cut into ¾- to 1-in. chunks
1 large yellow bell pepper, cut into 1- to 1½-in. pieces
1 large red bell pepper, cut into 1- to 1½-in. pieces
1 medium red onion, cut into 1-in. to 1¼-in. chunks
5 Hy-Vee Meat Department fresh pork bratwursts
1 (16-oz.) can domestic light lager beer
Hy-Vee olive oil cooking spray

Apple wood grilling pellets
¼ cup Famous Dave's sweet & zesty BBQ sauce, plus additional for serving

- WHISK** together oil, honey, mustard and crushed red pepper in a medium bowl. Add halloumi, yellow and red peppers, and onion; stir to coat. Marinate at room temperature for 30 minutes, stirring occasionally.
- POKE** bratwursts several times with the point of a small sharp knife. Combine 4 cups water, beer and bratwursts in a large saucepan; bring to a boil over medium heat. Reduce heat to medium-low; simmer for 7 to 8 minutes or until bratwursts reach 165°F. Transfer bratwursts to a cutting board. Let stand for 5 minutes.
- SPRAY** a large wire-mesh grilling basket or grilling screen with cooking spray; set aside. Preheat pellet smoker according to manufacturer's directions
- CUT** each bratwurst diagonally into 5 pieces. Alternately thread bratwurst pieces, yellow and red peppers, onion and halloumi on 6 (12-in.) metal skewers.
- PLACE** skewers in a large grilling basket or on a grilling screen; place on rack in smoker. Close smoker; smoke for 1 hour; brush all sides with ¼ cup BBQ sauce. Rotate grill basket or screen on smoker rack. Close smoker; smoke for 30 to 45 minutes more or until skewers reach desired smoke flavor and vegetables are lightly charred. Serve with additional BBQ sauce, if desired.

to maintain a temperature of 225°F to 230°F. Use wood pellets and water pan as directed.

Per serving: 510 calories, 33 g fat, 13 g saturated fat, 0 g trans fat, 85 mg cholesterol, 1,200 mg sodium, 29 g carbohydrates, 2 g fiber, 14 g sugar (6 g added sugar), 23 g protein.
Daily Values: Vitamin D 15%, Calcium 40%, Iron 6%, Potassium 6%

Smoked Summer Fruit Cobbler

Hands On 35 minutes
Total Time 1 hour 35 minutes plus standing time
Serves 12 (1 cup each)

2 cups cherry wood chips
3 Colorado peaches; pitted and sliced ¾ in. thick
2 Gala apples; cored and sliced ½ in. thick
1 lb. Stemlit dark red sweet cherries, stems and pits removed; halved
1 (12-oz.) container Basket & Bushel red raspberries
½ cup nonalcoholic Sauvignon Blanc wine
1 Tbsp. navel orange zest
¼ cup fresh navel orange juice
2 Tbsp. fresh lemon juice
½ cup Hy-Vee granulated sugar
3 Tbsp. Hy-Vee corn starch
Pecan wood grilling pellets
2 (7-oz.) pkg. Pillsbury just-add-milk homestyle biscuit mix
1 cup Hy-Vee whole milk
1 Tbsp. turbinado cane sugar
It's Your Churn vanilla bean ice cream, for serving

1. SOAK cherry wood chips in warm water for 30 minutes; drain and place in an 8×5-in. foil pan. Cover with foil; poke holes in top.

2. TOSS together peaches, apples, cherries, raspberries, wine, orange zest and juice, and lemon juice in a large bowl. Sprinkle with granulated sugar and corn starch; gently fold in to coat. Transfer to a 12-in. cast iron skillet.

3. PREHEAT pellet smoker to maintain a temperature of 350°F. Use pecan wood pellets and water pan as directed.

4. PREPARE biscuit mixes according to pkg. directions using milk. Spoon dough in 9 mounds on top of fruit mixture, leaving a small space between mounds. Sprinkle with turbinado sugar.

5. PLACE cherry wood chip packet on one side of rack in smoker. Place skillet on rack next to packet. Close smoker; smoke for 45 to 60 minutes or until biscuits are golden brown and a toothpick inserted into a center biscuit comes out clean, rotating skillet halfway through.

6. TURN OFF smoker. Let cobbler stand in closed smoker for 15 minutes. Remove from smoker. Serve warm with ice cream, if desired.



CHOOSING THE BEST WOOD TYPE

LEARN HOW DIFFERENT WOODS CHANGE THE FLAVOR OF SMOKE, AND HOW TO PAIR WITH FOODS.

HICKORY: Most popular wood with a hearty, smoky flavor; pairs well with all meats.

APPLE: Slightly sweet, fruity flavor; pairs well with poultry, seafood and veggies.

PECAN: Mild, nutty flavor with a short burn time; pairs best with fish, poultry or desserts.

CHERRY: Produces light, fruity, sweet smoke; pairs well with pork, poultry and fish.

*Containers may vary by store. Ensure foods are in a heatproof container, such as aluminum, before placing in smoker.

BEST IN T R E S H



FIND IT AT HY-VEE

**Pyrex Store It!
Simply Store Set**

Refrigerator-, freezer- and microwave-safe glass bowls with colored lids; includes 2 (4-cup) bowls, 1 (2-cup) bowl and 2 (1-cup) bowls. 10-pc. set

14.99



When you shop Homegrown at Hy-Vee, you bring fresh, locally-grown produce from Midwest farms to your kitchen table. Hy-Vee's dedication to providing close-to-home produce dates to its beginning in the 1930s when co-founder David Vredenburg drove from farm to farm buying tomatoes, potatoes, apples and other produce for customers. Today, Hy-Vee continues Vredenburg's legacy to provide the best in fresh fruits and vegetables by maintaining strong partnerships with over 250 trusted farmers throughout the Midwest. Look for Homegrown signage in Hy-Vee stores to shop the local produce and learn about the farmers.

3 REASONS TO SHOP HOMEGROWN PRODUCE AT HY-VEE:

- 1 VARIETY**
Hy-Vee offers hundreds of Homegrown fruits and veggies across stores, including some organic produce. Homegrown produce options reflect what is in season at that time of year.
- 2 FRESHNESS**
Homegrown produce is sourced from farms within 200 miles of each Hy-Vee store and is delivered within 24 hours of picking to ensure freshness once it's in your hands.
- 3 TRUSTED SUPPLIERS**
All farming partners meet requirements in irrigation, growing areas, food handling, transportation and storage to guarantee safe and fresh food.

“WE PARTNER WITH THE BEST GROWERS TO ENSURE THE BEST POSSIBLE QUALITY AT THE PEAK OF RIPENESS.”

—Ben Putnam, Produce Supervisor



Hy-Vee Short CUTS

Many stores use Homegrown produce when available for some Hy-Vee Short Cuts products. Corn, watermelon and other produce is sliced and packaged at peak ripeness, offering fresh and convenient options that minimize prep work.

In addition to providing the freshest produce, Hy-Vee is also dedicated to waste reduction. In 2023, more than 7.4 million pounds of recovered, safe-to-consume food was donated to hunger-fighting organizations within local communities.

MEET THE FARMERS

Look for Homegrown produce from these farms and more at Hy-Vee stores when in season.



Cottonwood Creek Produce
Location: Underwood, Iowa

Cottonwood Creek has provided low-grown produce to

Hy-Vee stores within 200 miles of the farm for a decade. Cottonwood Creek harvests green bell peppers, cucumbers, summer and winter squash, and pumpkins. Find the farm's produce at Hy-Vee locations in Des Moines, Ames, Omaha and Lincoln.



Krueger Farm
Location: Letts, Iowa

A third-generation family-run farm that specializes in sweet corn, watermelon and cantaloupe.

They also grow jalapeños, tomatoes, green peppers, cucumbers, pumpkins and more. Some of Krueger Farm's produce can be found at Hy-Vee stores in Eastern Iowa and Western Illinois.



Wenninghoff Farm
Location: Omaha, Nebraska

Wenninghoff Farm has perfected the art of locally-grown

produce through four generations, providing peppers, tomatoes, sweet corn, asparagus, green beans, lettuce and other vegetables. They also grow several herbs including basil, parsley and cilantro. Find Wenninghoff produce at Hy-Vee locations in Omaha and Lincoln.



Kittleson Bros.
Location: St. Ansgar, Iowa

Since the 1920s, Kittleson Bros. has harvested potatoes and onions.

The farm applies techniques passed down through generations, such as cooling bins for ideal temperatures and quality. From late November through April, find red and yellow onions, plus potatoes (red, gold, russet and white) at Hy-Vee stores in Eastern Iowa.



STORAGE HACKS TO MAKE PRODUCE LAST LONGER

Leafy greens, such as romaine hearts, kale, cabbage and spinach spoil quickly from moisture. Place a paper towel inside the produce bag or container before storing in the refrigerator to absorb water. Cucumbers also last longer with the paper towel method.

Fruits are best stored whole to prevent spoilage. If you have leftover fruit after cutting it, such as with avocados, apples and peaches, apply a thin layer of lemon juice or honey on the fruit's flesh and store it in an airtight container in the refrigerator.

Bunched herbs like cilantro, parsley and green onion last longer with moisture. Remove the rubber band on the herbs, trim the ends, remove decaying pieces and then place herbs in a mason jar filled with an inch of water. Replace the water daily. Asparagus bunches can be treated the same way to lengthen their storage life.

Hy-Vee has preparation tools from GoodCook and storage solutions from Pyrex that will help you peel, slice, pit and enjoy the freshest flavor from Homegrown produce, whether that's right after purchasing or days later.



FIND IT AT HY-VEE

1. Pyrex Mix It! Colors Set

Sculpted bowls and lids for prep and storage; includes 1 (4.5-qt.) bowl, 1 (2.3-qt.) bowl and 1 (1.3-qt.) bowl.

6-pc. set
27.99

2. GoodCook Everyday Apple Slicer

Core and slice 18 even pieces from small or large apples; includes safety blade cover.

4-in. slicing dia.
25% OFF

3. GoodCook Everyday Avocado Tool

Safely pit, scoop, cube or slice avocado halves with this tool's flexible stainless steel blade.

2-pc. tool
25% OFF

4. GoodCook Swivel Peeler

Easily remove skins of fruits and veggies with this smooth-swiveling, dual-action blade and non-slip handle peeler.

9.5x3.25x1.25 in.
25% OFF

10 FRESH FAVORITES

Try these 10 unique Hy-Vee recipes perfect for summer using fresh fruits and veggies.



SCAN FOR all 10 fresh Hy-Vee recipes.



1 CHILI LIME GRILLED CORN

Nothing says summer quite like fresh grilled corn on the cob covered in a zesty chili-lime sauce.



2 SPICY CUCUMBER-JALAPENO MARGARITA

Drink your fruits and veggies with this spicy, sweet and cooling spin on a classic beverage.



3 GRILLED CITRUS WATERMELON

Give juicy summertime watermelon a smoky-savory twist on the grill with a sweet-flavored baste and toppings.



4 CAPRESE BLT

Use fresh heirloom and cherry tomatoes, plus butterhead lettuce and basil leaves on crunchy toasted artisan bread from the Hy-Vee Bakery to make this satisfying caprese and BLT sandwich combination.



5

PHILLY BRAT PARTY SANDWICH

Crispy fresh bell peppers and onions mesh with savory bratwursts and melty cheese to make a rich and comforting sub sandwich.

6 AVOCADO-CHOCOLATE MINT FROZEN DESSERT

You'd never guess there's no milk in this dairy-free dessert made with creamy avocados, banana, vegan chocolate and fresh mint.



7 CARROT APRICOT MUFFINS

Finely shredded carrots are baked into these spice-filled muffins, perfect for on-the-go snacking.



8 BERRIES 'N' CREAM FUNNEL CAKES

Enjoy a warm fair-rivaling funnel cake topped with blueberries, raspberries and powdered sugar.



9 TACO ZUCCHINI BOATS

Swap tortillas for summer-ripe zucchini in this low-carb taco recipe, complete with onion, garlic, avocado and cilantro.



10 PEACH AND PROSCIUTTO BITES

Grab sweet and juicy peaches and just a few other ingredients to make these addicting savory appetizers for a summertime soirée.



Look for Homegrown produce at your local Hy-Vee to use in these recipes for fresh, close-to-home flavor.



SCAN TO learn more about Hy-Vee Homegrown.



PRESERVE FRESH

Proper food storage and preservation can maintain the quality and nutritional value of fresh produce longer. Hy-Vee has products from Progressive, Starfrit and GoodCook to help you enjoy fresh-kept food when you want it. Prep and store produce to add into meals through the week without worrying about spoilage, or can in-season produce to enjoy months later.

FIND IT AT HY-VEE

1. Starfrit Canning Funnel or Jar Lifter

Use this adaptable funnel with a snap-on strainer on regular and wide-mouth canning jars. Safely handle sterilized jars with a non-slip lifter.

5.13x3.25-in. funnel
3.3x10x4-in. lifter

9.99

2. Progressive Produce ProKeeper

Optional air flow vents allow for customizable environments for different produce. Best for kale, chard, celery, carrots and more.

3-qt. capacity

10% OFF

3. Progressive Berry Produce ProKeeper

This two-in-one storage container includes a built-in colander with removable cover. Ideal for storing and washing berries, radishes, snap peas and more.

4.8-cup capacity

10% OFF

4. Starfrit Canning Set

Three essential tools for canning and preserving foods: a funnel with strainer, an ergonomic jar lifter and a two-in-one magnetic lid lifter and air bubble popper.

3-pc. set

14.99

5. Progressive Citrus Keeper

This container and airtight lid keeps citrus fresh; holds half of a lemon or lime, or up to eight citrus wedges.

3x3x3 in.

10% OFF



Get ready for back-to-school season at Hy-Vee with everything your child needs for classroom success, from school supplies to brain food.

Back to School at Hy-Vee

Give kids a boost of confidence for the school year by outfitting them with new backpacks, lunch boxes and other school supplies. By setting them up for success, there will be fewer back-to-school nerves and a lot more excitement. Here are just a few ways Hy-Vee can help you prepare for the first day:

Backpacks

Choose from a variety of backpacks with a range of colors and patterns.

Lunch Prep

Make it easier to keep up with packed lunches with containers and tools that make morning prep a breeze.

Water Bottles

Help kids hydrate throughout the day by sending them to school with a cool new water bottle.

Lunch Boxes

Ensure lunches stay cold all morning with insulated boxes in fun patterns.

After-School Snacks

Refuel after a long day of learning by stocking up on kid-friendly treats.

READY • SET • LEARN!

BETTER BACKPACKS

Send kids back to school in style with vibrant backpacks featuring colorful patterns. With Hy-Vee's wide selection of bags, your child is sure to find their favorite design and a fun, functional pack.



FIND IT AT HY-VEE

1. Bungee or Daisy Backpack

Padded shoulder straps and a padded back make carrying books and supplies more comfortable; includes mesh pockets and a rubber handle.

1 ct.
13.99

2. Double Clip, Butterfly or Tie Dye Backpack

The three-piece tie dye backpack set includes a pencil case and lunch box; made from durable fabric.

1 ct. or 3-pc. set
11.49

3. Colorblock, Dinosaur or Unicorn Backpack

Zipper pockets allow students to sort and organize supplies; includes mesh water bottle pockets and fabric grips.

1 ct.
7.99

LUNCH PREP & ACCESSORIES

Prevent the before-school scramble with convenient prep and packing tools for lunch box success.

FIND IT AT HY-VEE

1. Fit + Fresh Cool Coolers Ice Packs

Freeze and reuse to keep foods cold for hours; each slim gel ice pack is thin enough to slide into a fully packed lunch bag.

4 ct.

10% OFF

2. Handstand Kitchen Sandwich Cutter Lunch Sets

Stainless steel slicers in shapes like rockets and dinosaurs make lunch fun; includes a storage box.

3 pc.

9.99

3. Kitchen Collection Food Containers

Stackable storage containers are refrigerator- and freezer-safe; top-rack dishwasher-safe; microwave-safe with lids removed.

20 pc.

9.99

4. Fit + Fresh 2 Cup Snack Set

Two included ice packs snap into lids to help keep food cold; each container includes measurement markings to help easily count portions.

10 pc.

10% OFF

5. Fit + Fresh 1 Cup Snack Set

Each 8-oz. cup includes a locking lid and is freezer-, dishwasher- and microwave-safe; includes two small ice packs that fit containers.

10 pc.

10% OFF

FIT + FRESH

A leader in stylish, on-trend insulated lunch bags and accessories, Fit + Fresh aims to make it simpler for families to bring nutritious foods on the go. Look for Fit + Fresh storage containers and more at Hy-Vee to make lunch prep easier.

1 RECIPE 3 LUNCHES

Make one batch of turkey at the beginning of the week, then use it in three lunchbox-friendly recipes.

SLOW COOKER TURKEY BREAST

Whisk together ¼ cup Gustare Vita olive oil and 1 (.07-oz.) pkg. Hy-Vee Italian salad dressing mix in a small bowl. Reserve gravy packet from 1 (7- to 8-lb.) whole bone-in turkey breast with gravy, thawed, for another use. Loosen skin from turkey breast. Spoon half of dressing mixture underneath skin, spreading gently to cover breast meat. Rub remaining dressing mixture over outside of turkey breast. Place, skin side up, in a 6-qt. slow cooker. Add ½ cup water. Cover and cook on HIGH for 4½ to 6 hours or until 170°F in thickest part of breast. Remove from slow cooker. Rest 15 minutes before slicing. Store sliced meat in an airtight container in refrigerator up to 3 days or freeze up to 1 month. Serves 11 (4 oz. each).

DF
option
DAIRY-FREE

FIND IT AT HY-VEE

1. Layered Sectional Salad Bowl Bento Box

Includes a 50-oz. salad bowl, four-compartment removable section, a 2-oz. container for dressing or toppings, airtight lid and spork.

5 pc.

9.99

2. Eco One Triple Collapsible Bento Box

This silicone bento box has three food compartments and collapses flat for easy storage; includes a spork and locking lid.

3 pc.

9.99

3. Square Layered Sectional Bento Box

A two-compartment base separates dressing or snacks from the main meal; includes a fork, spoon and airtight lid.

4 pc.

9.99



turkey 'n' bacon ranch pizza kit

Naan flatbread rounds + Hy-Vee shredded triple Cheddar cheese blend + Slow Cooker Turkey Breast, chopped (recipe, left) + Hy-Vee Short Cuts chopped green bell peppers + Hy-Vee double smoked thick-sliced bacon, crisp-cooked and crumbled + single-serve ranch dressing cup

10
MINUTES
OR LESS



turkey-and-cheese kabobs

Basket & Bushel One Sweet cherry tomatoes + mini cucumber slices + Slow Cooker Turkey Breast pieces (recipe, left) + Babybel original mini cheese rounds + Basket & Bushel sweet mini pepper halves

10
MINUTES
OR LESS



turkey crunch pinwheels

Sundried tomato and basil flour tortilla + Hy-Vee chive & onion cream cheese spread + Slow Cooker Turkey Breast slices (recipe, left) + Crav'n Flavor nacho cheese tortilla chips + butterhead lettuce leaves + red bell pepper strips

20
MINUTES
OR LESS

Hy-Vee Bakery Jumbo Muffins

Find a variety of delicious muffins from the Hy-Vee Bakery for an easy lunch box treat. Choose from kid-friendly flavors including strawberry, lemon, orange, peach, blueberry, chocolate chip, apple cinnamon and double chocolate. Use these packing and freezing tips to get the most out of muffins:

Divide and Pack
Slice jumbo muffins into halves or quarters for a sweet addition to your child's lunch.

Stop the Squish
To prevent muffins from getting flattened on the way to school, pack in a hard-sided container or in their own compartment in bento boxes.

Freeze for Later
To freeze muffins, slice into desired portions, then place in a single layer on a baking sheet. Freeze until solid, then transfer to an airtight bag. Thaw at room temperature.

DOUBLE-CHOCOLATE ZUCCHINI MUFFINS

Preheat oven to 350°F. Generously spray a 12 (2¼-in.) muffin-cup pan with Hy-Vee cooking spray; set aside. Stir together 1 (20-oz.) pkg. Krusteaz double chocolate muffin mix, ¾ cup Hy-Vee 2% reduced-fat milk, 1 (4-oz.) cup Hy-Vee unsweetened applesauce and ¼ cup Hy-Vee creamy no stir almond butter, warmed. Gently fold in 1 cup finely shredded zucchini (1 medium). Fill prepared muffin cups. Bake for 34 to 36 minutes or until a toothpick inserted near centers comes out clean. Cool muffins in pan for 10 minutes. Remove muffins from pan; cool completely on wire rack. Store in an airtight container in refrigerator up to 5 days or freezer up to 1 month. Reheat in microwave for 5 to 10 seconds. Serves 12 (1 each).

V option
VEGETARIAN DISH

CHEDDAR HERB-AND-VEGGIE MUFFINS

Preheat oven to 400°F. Generously spray a 12 (2¼-in.) muffin-cup pan with Hy-Vee cooking spray. Set aside seasoning packet from 1 (11.36-oz.) pkg. Hy-Vee Cheddar & herb biscuit mix. Stir together 1 Hy-Vee large egg, beaten; biscuit mix; 1 (8-oz.) pkg. Hy-Vee shredded sharp Cheddar cheese; ¼ cup Hy-Vee 2% reduced-fat milk and ¼ cup Hy-Vee unsalted butter, melted, in a large bowl. Gently fold in 1 cup finely chopped Basket & Bushel broccoli florets. Fill prepared muffin cups with batter. Bake for 18 to 20 minutes or until toothpick inserted near centers comes out clean. Whisk together 2 Tbsp. melted butter and reserved seasoning packet in a small bowl. Brush butter mixture on tops of warm muffins. Cool muffins in pan for 10 to 15 minutes. Remove muffins from pan; cool completely on wire rack. Store in an airtight container in refrigerator up to 5 days or freezer up to 1 month. Reheat in microwave for 5 to 10 seconds. Serves 12 (1 each).

V option
VEGETARIAN DISH



FIND IT AT HY-VEE

Eco One Dual Collapsible Bento Box

A two-section base that flattens for storage, plus a spork and locking lid. 3 pc. **9.99**

Sneaky Veggies

If your child avoids the veggies in their lunch, hide them in baked foods like muffins. Chopped and shredded veggies will also help keep muffins soft as well as add more nutrients.



BEST BOTTLES

Ensure your child stays hydrated all day long with reusable water bottles from Hy-Vee. Trusted brands such as Zak! and Owala offer durable bottles for kids of all ages, as well as fun designs featuring popular cartoon characters.



Bottles from Zak! and Owala offer leakproof lids and insulation to keep drinks cold.

FIND IT AT HY-VEE

1. Zak! Everyday Smiles Tumblers

Double-wall tumblers with straws for cold drinks offer fun character designs. 23-oz. capacity **12.99**

2. Zak! Designs Liberty Bottle

Designed for cold liquids, this bottle is top-rack dishwasher-safe for easy cleaning. 32-oz. capacity **16.99**

3. Owala Stainless Steel Freesip Tumblers

Each bottle offers triple-layer insulation, a leakproof lid, built-in straw and carry loop. 24-oz. capacity

4. Zak! Everyday Smiles Pasco Bottle

The push-button locking lid prevents spills; lid is dishwasher-safe, hand-wash bottle. 13.5-oz. capacity **14.99**

5. Zak! Crayola Super Sipper

Staying hydrated is fun with novelty tumblers for cold drinks; hand-wash only. 13-oz. capacity **6.99**

6. Zak! Everyday Smiles Atlantic Bottle

Made with durable plastic, this bottle is dishwasher-safe and offers a silicone spout. 16-oz. capacity **6.99**

LUNCH BOX STARS

Make lunchtime an event with perfectly packed boxes and totes from Hy-Vee.

SEAL IN FRESHNESS
Zipper closures on each lunch box help maintain temperature and prevent kids from losing utensils and containers traveling to school and back.

FIND IT AT HY-VEE

Thermos Soft Lunch Boxes

Cell foam insulation keeps foods cold until lunch; padded handles allow for comfortable carrying. 9.5x7.5x3.75 in. **11.99**

CARE AND CLEANING
Wipe inside and outside of lunch box with a damp sponge and mild soap to clean.

Find a lunch box that matches your child's interests with a variety of characters such as Spiderman, Barbie, Pokémon and more.

Packed Lunch Hacks

Say goodbye to smushed sandwiches and other lunchtime let-downs for good with these packing tips:

- Protect soft sandwiches by packing them inside a hard plastic container.
- Prevent soggy bread by toasting bread and spreading condiments between slices of lunch meat.
- Freeze juice boxes and squeezable fruit pouches to double as cold packs and lunchtime snacks.
- To protect chips, place in a plastic bag and use a straw to blow in extra air before sealing. The additional air will act as a barrier to prevent the bag from flattening.
- Preheat a vacuum-insulated food jar with boiling water; let stand for five minutes, then fill with hot food, seal and pack.
- Make bananas easier to peel for small hands by putting a tiny slice into the stem end. This helps get the peel started for kids without browning the fruit inside.

FIND IT AT HY-VEE

1. Jackson's Sweet Potato Chips

Vegan, gluten-free chips made with only three ingredients.

6 ct.
7.99

2. Nature's Path Organic Cereal

Organic toaster pastries and gluten-free cereals made without artificial colors or flavors.

10 to 11.5 oz.
20% OFF

3. Mamma Chia Squeeze

Fruit blended with chia seeds and veggie juice in a squeezable to-go pouch.

3.5 oz.
1.88

4. Lundberg Rice Cakes

Organic, popped brown rice with flavors like sea salt and apple pie.

5 to 9.5 oz.
4.79

5. Lundberg Organic Rice Cake Minis

Individual servings of brown rice cakes flavored with sea salt.

6 ct.
8.49

6. Nick's Sticks

Certified keto, paleo and gluten-free snack sticks with grass-fed beef, free-range poultry.

1.7 oz.
2.99

7. Popchips

Potatoes are heated in a pressurized chamber instead of deep-fried for lower-fat chips.

5 or 5.5 oz.
2/7.00

8. Nature's Bakery Bars

Fig, oatmeal crumble and brownie bars made with whole grains.

6 ct.
4.69

AFTERNOON SNACKS

Welcome kids home to a pantry stocked with nutritious, delicious snacks from Hy-Vee to power after-school play time.



Best Snack Ideas for Kids

"Most of us fall short on fruit, vegetable, dairy and whole grain servings daily," says Registered and Licensed Hy-Vee Dietitian Erin Good. "Simply pair protein and fiber-rich foods together for a healthy, balanced snack." For kids, she recommends these combinations:

- No-sugar-added applesauce pouch and string cheese
- Apple slices and nut butter
- Strawberries and dark chocolate hummus
- Hy-Vee snack packs with fruit, cheese and nuts

FIND IT AT HY-VEE

- | | | | | |
|--|--|---|---|---|
| <p>1. Laughing Cow Cheese Wedges
Rich, spreadable cheese wedges in flavors such as creamy Asiago, creamy garlic and herb, spicy pepper Jack and more.
5.4 oz.
3.49</p> | <p>2. Babybel Mini Cheese
Individually wrapped in red wax, each mini cheese wheel is great for snacking; try varieties like original Swiss and Gouda.
6 ct.; 4.2 oz.
\$1 OFF</p> | <p>3. Eco Home Beverage Dispenser
Organize bottles, cans or snacks away from other food and drink in a sturdy plastic bin that slides right into the fridge.
13.7x5x4 in.
10% OFF</p> | <p>4. Eco Home XL Beverage Dispenser
Maximize storage in your fridge with a durable bin for stacking bottles, cans and snacks; handle offers easy access for restocking.
13.7x9x4 in.
10% OFF</p> | <p>5. Oasis Home 3 Piece Set All Purpose Bins
Save space in the fridge or freezer with clear, stackable bins that can help organize snack foods.
6.1x6.1x5.7 in. each
10% OFF</p> |
|--|--|---|---|---|



low-sugar

chilled desserts

COOL OFF WITH CHILLY DESSERT RECIPES THAT CONTAIN ZERO GRAMS OF ADDED SUGAR PER SERVING AND USE A COMBINATION OF NATURALLY SWEET FOODS LIKE FRUITS AND OTHER ZERO-SUGAR INGREDIENTS.

Dark Chocolate 'n' Berry Espresso Bark

Hands On 18 minutes
Total Time 18 minutes plus freezing and standing time
Serves 18 (1 each)

- 1 (32-oz.) Oikos Triple Zero vanilla nonfat Greek yogurt
- 2 tsp. instant espresso powder
- ½ cup sugar-free seedless red raspberry preserves, warmed
- ¾ cup Basket & Bushel red raspberries
- ¾ cup Basket & Bushel blackberries
- ½ (3-oz.) bar Lily's original no-sugar-added dark chocolate, chopped
- ¼ cup lightly salted shelled pistachios, chopped

1. **LINE** a 13×9-in. baking pan with parchment paper, extending paper over all edges of pan. Set aside.
2. **WHISK** together yogurt and espresso powder in a medium bowl. Spread evenly in prepared baking pan with a small offset spatula.
3. **SPOON** teaspoons of warmed raspberry preserves on top of yogurt mixture. Slightly swirl into yogurt mixture with back of a spoon or a small knife. Sprinkle with raspberries, blackberries, chocolate and pistachios. Freeze for 3 hours or until firm.

4. **REMOVE** bark from freezer; use paper edges to lift bark from baking pan. Let bark stand at room temperature for 15 to 20 minutes or until easy to cut. Cut into 18 pieces. Serve immediately or store in freezer between sheets of clean parchment paper in an airtight container up to 2 weeks.

Per serving: 50 calories, 1.5 g fat, 0.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 20 mg sodium, 7 g carbohydrates, 1 g fiber, 2 g sugar (0 g added sugar), 6 g protein. Daily Values: Vitamin D 6%, Calcium 4%, Iron 0%, Potassium 2%



NATURAL SUGARS

Raspberries and blackberries are naturally sweet, which helps balance the slightly bitter flavors from espresso and dark chocolate in this low-sugar yogurt bark.

No-Bake Creamy Peach Pie

Hands On 20 minutes
Total Time 20 minutes plus chilling time
Serves 8
2 cups Catalina Crunch keto honey graham cereal
1½ cups Hy-Vee pecan halves, finely ground
¼ cup Hy-Vee unsalted butter, softened
1 cup GoodBelly no-sugar-added peach mango orange probiotic juice drink, divided

1 (0.25-oz.) envelope unflavored gelatin
1 (8-oz.) container Hy-Vee frozen zero sugar whipped topping, thawed
2 cups chopped Colorado peaches, plus **1 peach** for topping
1 (8-oz.) pkg. Hy-Vee cream cheese, softened
1 tsp. Hy-Vee vanilla extract
1 Tbsp. lemon zest

1. PLACE cereal and pecans in a food processor. Cover and process until finely ground. Add butter; cover and pulse until crumbs hold together. Press mixture onto bottom and side of a deep 9½-in. glass pie plate to form a crust. Refrigerate pie crust until ready to fill.
2. STIR together ½ cup probiotic juice drink and unflavored gelatin in a medium bowl; set aside. Microwave remaining ½ cup

juice drink in a small microwave-safe bowl on HIGH for 45 to 60 seconds or until hot, but not boiling. Whisk hot juice drink into gelatin mixture until dissolved. Cool for 10 minutes.
3. TRANSFER whipped topping to a large bowl; fold in 2 cups chopped peaches. Set aside.
4. PLACE cream cheese, gelatin mixture, vanilla and lemon zest in a blender. Cover and blend on high until smooth. Fold into

whipped topping mixture. Pour mixture into pie crust. Cover and refrigerate for 3 hours or until set.
5. TO SERVE, pit and slice remaining peach; arrange peach slices on top of pie.
Per serving: 430 calories, 36 g fat, 16 g saturated fat, 0 g trans fat, 45 mg cholesterol, 150 mg sodium, 27 g carbohydrates, 7 g fiber, 6 g sugar (0 g added sugar), 10 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 4%



FIND IT AT HY-VEE

Anchor Hocking Deep Pie Plate

This durable tempered glass dish is microwave-, freezer-, refrigerator-, dishwasher- and oven-safe up to 425°F. 9.5-in. diameter

FIND COLORADO PEACHES AT HY-VEE

Look for in-season Colorado peaches at Hy-Vee for extra sweet, super juicy desserts.



low-sugar frozen treats at Hy-Vee

DISABILITY PRIDE MONTH
 Hy-Vee is proud to support Disability Pride Month throughout July. Unite in celebrating inclusivity through the universal language of desserts. These low-sugar recipes recognize the needs of individuals with unique dietary conditions, such as diabetes and sensory sensitivities.

ICE CREAM
 Find low- and no-added-sugar ice creams at Hy-Vee, including Blue Bunny sweet freedom double strawberry swirl, which has no added sugar. Try it with low-sugar chocolate syrup.

DESSERT POPS
 Freezer pops at Hy-Vee from Crav'n Flavor and Outshine have no added sugar and delicious fruit flavors like strawberry, tangerine and raspberry.

ICE CREAM SANDWICHES
 Look for Skinny Cow no sugar added vanilla gone wild ice cream sandwiches at Hy-Vee, a low-sugar treat with vanilla ice cream between chocolate cookies.



6. TO SERVE, cut gelatin into 9 squares; remove from baking dish. Trim edges, if desired. Cut each square diagonally in half into triangles. Garnish with whipped topping and lemon zest, if desired.
Per serving: 45 calories, 2.5 g fat, 2 g saturated fat, 0 g trans fat, 5 mg cholesterol, 90 mg sodium, 4 g carbohydrates, 0 g fiber, 2 g sugar (0 g added sugar), 2 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 0%



FIND IT AT HY-VEE

Cherry Bay Orchards Dried Cherries or Concentrate

Michigan-grown dried cherries and 100% cherry juice concentrates.
 4 or 6 oz.; 12 to 32 fl. oz.
10% OFF

Cherry-Lemonade Gelatin Desserts

Hands On 30 minutes
Total Time 30 minutes plus chilling and cooling time
Serves 18 (1 each)

Hy-Vee vegetable oil cooking spray
2 (0.3-oz.) pkg. sugar-free lemon-flavored gelatin dessert
4 (0.25-oz.) envelopes unflavored gelatin, divided
2 cups G Zero Gatorade lemon-lime Thirst Quencher
2½ cups G Zero Gatorade Glacier Cherry Thirst Quencher, divided
1 (7-oz.) bottle Chobani zero sugar peaches & cream flavored yogurt drink
1 cup Hy-Vee sour cream
2 (0.44-oz.) pkg. Hy-Vee sugar free cherry flavored gelatin dessert

3 Tbsp. Cherry Bay Orchards 100% tart Montmorency cherry concentrate
Hy-Vee frozen zero sugar whipped topping, thawed; for garnish
Lemon zest, for garnish

1. SPRAY an 8-in.-square baking dish with cooking spray; set aside.
2. FOR YELLOW LAYER, whisk together lemon gelatin and 1 envelope unflavored gelatin in a medium bowl; set aside. Bring lemon-lime Thirst Quencher to a boil in a medium saucepan over medium heat. Whisk into lemon gelatin mixture until dissolved. Pour mixture into prepared baking dish. Refrigerate on a flat surface for 1 hour or until set.
3. FOR WHITE LAYER, pour ½ cup Glacier Cherry Thirst

Quencher into a clean medium bowl. Sprinkle with 2 envelopes unflavored gelatin; set aside. Heat yogurt drink in a small saucepan over medium-low heat for 3 to 4 minutes or until warm, but not simmering, stirring constantly. Whisk into gelatin mixture. Whisk in sour cream until smooth.

4. CAREFULLY pour white mixture over yellow layer in dish. Refrigerate for at least 1 hour or until set.

5. FOR RED LAYER, whisk together cherry gelatin and remaining 1 envelope unflavored gelatin in a clean medium bowl; set aside. Bring remaining 1¼ cups Glacier Cherry Thirst Quencher and cherry concentrate to a boil in a medium saucepan over medium heat. Whisk into

cherry gelatin mixture until dissolved; cool at room temperature for 30 minutes. Carefully pour mixture over the back of a spoon over white layer in dish. Refrigerate for 1 hour or until set, or up to 5 days.

6. TO SERVE, cut gelatin into 9 squares; remove from baking dish. Trim edges, if desired. Cut each square diagonally in half into triangles. Garnish with whipped topping and lemon zest, if desired.

fishdrunken



ESCAPE ON A MINI VACATION WITH THESE BOOZY RECIPES USING SUSTAINABLY SOURCED SEAFOOD FROM HY-VEE. PLUS, LEARN ABOUT HY-VEE'S CONSERVATION INITIATIVES AND THE BENEFITS OF COOKING WITH ALCOHOL.

ENLIVEN SEAFOOD DISHES WITH ALCOHOL INFUSIONS.

Cooking with alcohol intensifies the aromas and flavors of food by binding fat and water molecules, two compounds

that don't normally mix. This unique reaction enhances the taste and smell of food in ways that cooking with water, broth, butter and oil cannot. Alcohol can be used to marinate, brine, simmer, deglaze and more. With fish and seafood,

it's best to cook with mild, unaged alcohols that will not overpower the delicate flavors of the lean protein. And when using sustainably sourced fish and seafood from Hy-Vee, you are enjoying ethically raised or wild-caught marine life.



Tequila-Spiked Salmon Bowls

Hands On 35 minutes
Total Time 40 minutes plus marinating and standing time
Serves 4

4 (4- to 6-oz.) Fish Market frozen Alaska sockeye salmon fillets, skin removed, cut into 1-in. cubes
½ cup plus 2 Tbsp. Lawry's 30 minute Caribbean jerk with papaya juice marinade, divided
½ cup blanco tequila, divided
2 small jalapeño peppers, thinly sliced*
2 cups Hy-Vee Short Cuts pineapple chunks, cut into ½-in. cubes
¼ cup fresh lemon juice
½ small red cabbage, trimmed; leaves separated

2 medium carrots, peeled and cut into julienne sticks
Hy-Vee olive oil cooking spray
2 (8.5-oz.) pkg. Hy-Vee microwaveable jasmine rice
1 medium avocado, seeded, peeled and thinly sliced
2 medium red radishes, thinly sliced
2 yellow mangoes, pitted, scored and inverted
Tajín clásico seasoning, for garnish

1. PLACE salmon, ½ cup marinade, ¼ cup tequila and half of jalapeños in a resealable bag; seal bag. Turn bag to coat salmon. Refrigerate for 30 minutes.
2. PLACE pineapple, remaining jalapeños, lemon juice and remaining ¼ cup tequila in another plastic bag; seal bag. Refrigerate for 20 to 30 minutes.

3. REMOVE salmon from marinade; discard marinade. Let salmon stand 10 minutes. Remove pineapple and jalapeños from marinade. Add cabbage leaves and carrots to the pineapple marinade; let stand 10 minutes.
4. PREHEAT a 10-in. cast iron skillet over medium heat. Remove skillet from heat; spray skillet with cooking spray. Add salmon; cook for 4 to 5 minutes or until salmon reaches 145°F, turning halfway through. Brush with remaining 2 Tbsp. bottled marinade. Remove skillet from heat; let stand, uncovered, for 5 minutes.

5. MICROWAVE rice according to pkg. directions. Remove cabbage and carrots from marinade; reserve marinade for serving. Divide rice among 4 serving bowls. Arrange salmon, pineapple

COOKING WITH tequila

The unique agave sweetness of tequilas, plus wide-ranging notes of citrus, florals, smoke or spice add a complexity to recipes while boosting the flavor of ingredients. Unaged tequilas (blanco/silver/gold) usually have an acidic bite with fruity and floral notes that complement fish well, especially when citrus is being used.

mixture, cabbage, carrots, avocado, radishes and mangoes on top. Garnish with Tajín seasoning. Drizzle with reserved marinade, 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: 750 calories, 14 g fat, 2 g saturated fat, 0 g trans fat, 55 mg cholesterol, 1,010 mg sodium, 110 g carbohydrates, 8 g fiber, 47 g sugar (11 g added sugar), 34 g protein. Daily Values: Vitamin D 80%, Calcium 6%, Iron 10%, Potassium 25%



GLUTEN-FREE



DAIRY-FREE



RESPONSIBLE CHOICE
Fish and seafood with this logo means it was farmed or harvested in an ethical manner.

Beer-Battered

Fish Tacos with Tri-Melon Salsa

Hands On 25 minutes
Total Time 55 minutes plus chilling and standing time
Serves 5 (2 each)

- 10 (6-in.) flour tortillas**
- 3 Tbsp. fresh lime juice**
- 1 Tbsp. Hy-Vee hot honey, plus additional for topping**
- 1 cup seedless watermelon, diced**
- ½ cup honeydew melon, diced**
- ½ cup cantaloupe, diced**
- ¼ cup finely chopped Hy-Vee Short Cuts chopped red onions**
- 1 Tbsp. finely chopped fresh cilantro, plus additional for garnish**
- 1 Tbsp. finely chopped fresh mint, plus additional for garnish**
- Hy-Vee vegetable oil, for frying**
- 2 (12-oz.) pkg. frozen Fish Market Alaska cod fillets, thawed; cut into 20 (1-in.) pieces**
- ¾ cup Shore Lunch breading and beer batter mix**
- ½ cup Pacifico Mexican lager beer**
- Lime wedges, for garnish**

- 1. PREHEAT** oven to 200°F. Wrap tortillas in foil; keep warm in oven.
- 2. WHISK** together lime juice and 1 Tbsp. hot honey in a small bowl; set aside.
- 3. FOR SALSA**, gently stir together watermelon, honeydew, cantaloupe, red onions, 1 Tbsp. cilantro and 1 Tbsp. mint in a large bowl. Add honey mixture and gently toss to combine; cover and refrigerate for 20 minutes or up to 12 hours; drain before serving, if desired.
- 4. HEAT** oil to 375°F in a deep-fat fryer or heavy Dutch oven suitable for deep-fat frying. Follow manufacturer's instructions for quantity of oil in

- deep-fat fryer. For Dutch oven, use at least 2 in. of oil.
- 5. REMOVE** fish from the refrigerator; let stand at room temperature for 10 minutes. Pat fish very dry with paper towels.
 - 6. WHISK** together beer batter mix and beer until smooth. Working in batches, dip 3 fish pieces in batter, turning to coat all sides. Shake off excess batter. Fry 2 to 3 minutes or until golden brown and fish reaches at least 145°F; drain on paper towels.

- 7. TRANSFER** fish to a wire rack in a rimmed baking pan; keep warm in oven with tortillas while frying remaining fish.
- 8. SERVE** battered-fried fish in tortillas; top with melon salsa. Drizzle with additional hot honey; garnish with additional cilantro, mint and lime wedges, if desired.

Note: Nutrition Facts are not available for fried foods.



FISHERY IMPROVEMENT PROJECTS
 Hy-Vee partners with seafood suppliers that participate in projects that improve their environmental impact.

DRINK PAIRINGS

Hy-Vee Wine and Spirits experts can help you choose from a wide selection of beer, wine and liquor to create the best seafood pairing.



SCAN TO SHOP alcohol at Hy-Vee.



COOKING WITH beer

The sweet malt and bitter hops of beer can balance and enhance meals. Brews can be used to marinate, simmer or create incredibly crisp and airy fried batter, due to its yeast and carbonation. Light wheats and pale ales are great for most recipes but light lagers are best for frying because of their high carbonation and exceptionally crisp and mild flavors.



HOW-TO CURE SALMON

SETTING PROTEIN IN A MIXTURE OF SALT, SUGAR AND SEASONINGS—CALLED CURING—DRAWS OUT THE MOISTURE, MAKING THE SALMON MORE FIRM, BUT ALSO INFUSES IT WITH RICH, SAVORY FLAVOR.



STEP ONE
 Line a large baking sheet with large sheets of overlapping plastic wrap. Pour and evenly spread half of cure mixture onto the wrap and smooth with a rubber spatula.



STEP TWO
 Place a trimmed 2-lb. salmon fillet onto the cure mixture, flesh side down. Pour remaining cure mixture onto salmon, covering the top and sides completely.



STEP THREE
 Tightly wrap salmon with plastic wrap and place the baking sheet in the refrigerator for 72 hours.



STEP FOUR
 Unwrap the salmon and rinse under cold water. Pat the salmon dry with paper towels. Carefully remove and discard the skin.



COOKING WITH gin

Distilled with bold, pine-like flavored juniper berries, citrus peel and roots,

gin has a distinct botanical profile. Some varieties have additional floral or fruity notes. Gin is an excellent cooking agent in recipes with

herbal ingredients that can stand up to the alcohol's bite, such as black pepper, caraway, coriander and cardamom.

Beetroot-and-Gin Cured Salmon

Hands On 30 minutes
Total Time 30 minutes plus curing time
Serves 8

- 1 (2-lb.) Fish Market skin-on, farm-raised center-cut Atlantic salmon fillet**
- 3 medium red beets with tops, scrubbed and roots removed**
- 1 cup kosher salt**
- ½ cup Hy-Vee granulated sugar**
- 3 Tbsp. Hy-Vee peppercorn supreme**

- 2 Tbsp. whole coriander seed**
- 1 tsp. whole cardamom**
- ½ cup Wild Roots cucumber & grapefruit infused gin**

Sliced Hy-Vee Bakery roasted garlic sourdough, toasted; for serving
Hy-Vee cream cheese, for serving
Desired toppings: dill, capers, shallot slices, cucumber slices, black pepper and/or lemon zest; for serving

- 1. LINE** a large rimmed baking pan with several pieces of plastic wrap, extending wrap over all edges. Pat salmon dry; set aside. Remove tops from beets; cut up and set aside. Cut beets into chunks.
- 2. PLACE** beet tops, beets, salt, sugar, peppercorns, coriander and cardamom in a food processor. Cover; process until

a thick paste forms, scraping sides as needed. With processor running, slowly add gin; process until mixture is smooth. You should have about 4 cups.

- 3. EVENLY SPREAD** half of beet mixture the width and length of the salmon in prepared baking pan. Place salmon, flesh side down, onto beet mixture. Spread remaining half of beet mixture on top of salmon, making sure mixture covers the entire top and sides of salmon. Wrap salmon completely in plastic wrap; refrigerate for 72 hours or up to 96 hours.

- 4. REMOVE** salmon from refrigerator; carefully remove plastic wrap. Remove and discard beet mixture. Rinse salmon under cold water; pat very dry with paper towels. Carefully remove and

discard skin. Rewrap salmon tightly in clean plastic wrap; place in an airtight container and store in refrigerator up to 3 days or freezer up to 3 months.

- 5. TO SERVE**, thinly slice salmon. Serve on top of toasted bread with cream cheese and desired toppings.
- Note:** Nutrition Facts cannot be calculated for this recipe because the amount of sodium in salmon varies after curing.



BUSINESSES FOR BRISTOL BAY
 Hy-Vee joined the coalition in 2017 to advocate for the protection of Bristol Bay, a wild salmon habitat that Hy-Vee sources from.

Coconut-Rum Shrimp Scampi

Total Time 30 minutes
Serves 4

- ½ (16-oz.) pkg. fettuccine nests
- 3 Tbsp. Hy-Vee salted butter, divided
- 1 Tbsp. Gustare Vita olive oil
- 3 cloves garlic, thinly sliced
- ½ tsp. Hy-Vee crushed red pepper, plus additional for garnish
- ½ (9-oz.) container Hy-Vee Short Cuts grill & oven ready lemon & garlic asparagus, cut into thirds
- 1 (16-oz.) pkg. frozen tail-on, peeled & deveined raw wild Argentina red shrimp, thawed (16 to 25 ct.)
- 1 cup canned Hy-Vee coconut milk
- ½ cup coconut rum

- 2 tsp. lime zest
- 2 Tbsp. fresh lime juice
- ¼ cup finely chopped Italian parsley, plus additional for garnish
- Lime wedges, for serving**

1. COOK fettuccine according to pkg. directions. Drain and keep warm.

2. MELT 2 Tbsp. butter in a large nonstick skillet over medium heat. Add olive oil, garlic and ½ tsp. red pepper; cook over medium heat for 30 seconds or until fragrant. Add asparagus and garlic; discard lemon. Cook for 30 to 60 seconds. Use slotted spoon to transfer asparagus and garlic to a bowl; cover to keep warm.

3. PAT shrimp dry with paper towels. Add shrimp to skillet; cook for 2 to 4 minutes or until shrimp reaches 145°F, turning frequently. Transfer shrimp to bowl with asparagus to keep warm.

4. WHISK together coconut milk, coconut rum, and lime zest and juice in skillet. Bring to boil; reduce heat. Simmer for 6 to 8 minutes or until slightly reduced; whisk in remaining 1 Tbsp. butter (mixture will be thin). Stir in shrimp mixture and ¼ cup parsley. Cook for 30 to 60 seconds. Stir in cooked pasta; gently stir until heated through.

5. TO SERVE, divide shrimp and pasta among 4 serving bowls. Garnish with additional parsley and red pepper. Serve with lime wedges, if desired.

Note: Nutrition Facts are not available for specialty alcohols.

30
MINUTES
OR LESS



FAIR TRADE USA
Hy-Vee sources Fair Trade USA certified seafood to help support the working and living conditions in coastal communities.



COOKING WITH rum

Harvested from sugarcane, rum lends smooth notes of molasses to dishes, and sometimes citrus, coconut or spice, depending on the variety. Mild white and gold rums are best for cooking lean protein. These rums have less dramatic flavors than longer-aged rums, balancing the perfect amount of sweetness and spice in meals.

Drunken White-Wine Crab Legs

Hands On 26 minutes
Total Time 30 minutes
Serves 4

- 1 (750-ml) bottle Whitehaven Sauvignon Blanc, divided
- 2- to 2½-lb. Fish Market frozen or thawed Alaska snow crab clusters
- ¼ cup finely chopped shallots
- 1 Tbsp. refrigerated lemon paste
- ¼ tsp. coarsely ground Hy-Vee garlic pepper
- ½ cup Hy-Vee unsalted butter, softened
- 1 Tbsp. finely chopped fresh cilantro, plus additional for garnish
- Lemon wedges, for garnish

1. FILL a 16- to 20-qt. stockpot halfway with water. Set aside ½ cup wine; add remaining wine to the stockpot with water. Bring to a boil. Add crab clusters; reduce heat. Cover and simmer for 3 to 4 minutes for thawed crab clusters or 8 to 10 minutes for frozen crab clusters, or until heated through (145°F). Remove and cool slightly.

2. FOR BUTTER SAUCE, place the reserved ½ cup wine, shallots, lemon paste and garlic pepper in a small saucepan; heat over medium-low heat for 2 to 3 minutes or until shallots are softened. Whisk in butter, 3 to 4 Tbsp. at a time. Cook, without stirring, over low heat for 2 to 3 minutes or until bubbly. Remove from heat; stir in 1 Tbsp. chopped cilantro.

3. TRANSFER crab clusters to a platter. Garnish with additional cilantro and lemon wedges, if desired. Serve with butter sauce.

Per serving: 470 calories, 24 g fat, 15 g saturated fat, 0 g trans fat, 335 mg cholesterol, 1,220 mg sodium, 3 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 51 g protein.
Daily Values: Vitamin D 0%, Calcium 20%, Iron 10%, Potassium 15%

GF
option
GLUTEN-FREE

30
MINUTES
OR LESS

U.N. SUSTAINABLE DEVELOPMENT GOAL #14
Hy-Vee officially pledged to monitor and combat any possible human rights risks in its seafood supply chains and annually reports on these efforts.



COOKING WITH wine

With the ability to accentuate a wide range of dishes, wine is one of

the most popular alcohols for cooking. The citrus notes of a Sauvignon Blanc complement fish and rich shellfish like crab legs with notes of lemon or lime.

A slightly fuller-bodied Chardonnay also pairs well with most shellfish. Avoid varieties labeled as “cooking wine”—these bottles have added salt and preservatives.

SUMMER ICED TEA

QUENCH YOUR THIRST WITH REFRESHING ICED TEA RECIPES MADE IN MINUTES WITH FRESH SUMMER INGREDIENTS. PLUS, FIND EVERYTHING YOU NEED AT HY-VEE TO BREW YOUR PERFECT CUP OF CHILLED TEA.

TEA TIME DRINKS

Cool down with three iced teas featuring fruits, herbs and more.

SPARKLING MATCHA-MINT ICED TEA

Place 2 (0.8-oz.) pkg. fresh mint in a large metal infuser basket; place inside a 42-oz. stoneware teapot. Heat 5 cups water to 185°F; pour over mint. Steep for 5 to 7 minutes. Press liquid from mint; discard mint. Let tea stand for 1 hour. Cover teapot; refrigerate until completely cool or up to 5 days. For each sparkling iced tea, add 3 oz. brewed fresh mint tea, ½ oz. bottled mint simple syrup, ½ oz. fresh lime juice and ¼ tsp. matcha powder to a cocktail shaker. Cover; shake to dissolve. Add ice; cover and shake until chilled. Strain; serve with additional ice, fresh mint and lime wedges. Top with unflavored sparkling water. Serves 1 (6 oz.).

DF
option
DAIRY-FREE

STRAWBERRY-PINEAPPLE BASIL ICED TEA

Place 3 Tbsp. Tiesta Tea loose-leaf strawberry pineapple green tea in a metal infuser basket; place inside a 42-oz. stoneware teapot. Heat 5 cups water to 175°F; pour over tea leaves. Steep, uncovered, for 3 minutes. Press liquid from tea leaves; discard leaves. Let tea stand for 1 hour. Cover teapot; refrigerate until completely cool or up to 5 days. For basil syrup, bring 1 cup water and 1 cup Hy-Vee granulated sugar to a boil in saucepan. Boil until sugar is dissolved, stirring occasionally. Remove from heat; stir in 10 to 12 fresh large basil leaves. Steep for 10 to 15 minutes. Remove and discard basil; cool completely. Store, covered, in refrigerator up to 5 days. For each iced tea, add 5 oz. brewed tea; 1 oz. basil syrup; 2 Basket & Bushel strawberries, hulled and quartered; 3 Hy-Vee Short Cuts pineapple chunks, halved; and 6 small basil leaves to a cocktail shaker. Add ice; cover and shake well until chilled. Serve with additional ice. Serves 1 (8 oz.).

DF
option
DAIRY-FREE

BLUEBERRY-LEMON TEA SPRITZER

Place 3 Tbsp. Tiesta Tea loose-leaf blueberry hibiscus fruit tea in a metal infuser basket; place inside a 42-oz. stoneware teapot. Heat 5 cups water to 208°F; pour over tea leaves. Steep, uncovered, for 5 to 7 minutes. Press liquid from tea leaves; discard tea leaves. Let tea stand for 1 hour. Cover teapot; refrigerate until completely cool or up to 5 days. For each tea spritzer, combine 4 oz. brewed tea, 1 oz. bottled simple syrup, 1 oz. fresh lemon juice and 1 oz. 100% pomegranate juice. Add ice; top with unflavored sparkling water. Garnish with lemon slices and Basket & Bushel blueberries, if desired. Serves 1 (10 oz.).

DF
option
DAIRY-FREE

MAX OUT FLAVOR

When steeping loose-leaf tea, make sure the water completely covers the leaves so they can expand and release their full flavor.

ICED TEA BREWS

Find a variety of tea products at Hy-Vee, and brew concentrates that can be refrigerated and used to quickly prepare iced beverages.

STRAWBERRY LEMON GINGER ICED TEA

Lemon-ginger tea concentrate + cold water + Minute Maid strawberry aguas frescas + Hy-Vee honey + halved lemon slice, for garnish + fresh mint, for garnish

DF
option
DAIRY-FREE

MAKE YOUR OWN TEA CONCENTRATE

Steep 12 tea bags in 2 cups of hot water according to package directions. Gently squeeze bags and discard. Cover concentrate and refrigerate up to 1 week. To serve, pour concentrate into an ice-filled 12-oz. glass, and top as desired with water or milk.

CHAI TEA ICED LATTE

Chai black tea concentrate + cold water + Hy-Vee whole milk + Torani vanilla syrup + cinnamon stick, for garnish + star anise, for garnish

FIND IT AT HY-VEE

1. Yogi Tea Blends

Ethically-sourced herbs and spices create tasty teas that may support sleep, stress relief, immunity and more.

16 ct.

4.29

2. Remedy Energy Organic Kombucha

Each no-sugar, vegan drink is brewed over 30 days with natural ingredients.

11 oz.

BOGO Free

3. Twinings Tea

Established over 300 years ago, Twinings offers delicious tea blends such as chai, Earl Grey and more.

20 ct.



SCAN FOR more tea recipes from Hy-Vee.

PINKY UP TEA TOOLS

Founded in 2016, Pinky Up was created by women to provide high-quality tea products with fun, stylish details.



STEEP STRENGTH

For steeping hot tea, use one tea bag per 8 oz. of water, and follow package instructions for steep time.

FIND IT AT HY-VEE

1. Pinky Up Jona Stoneware Teapot in Matte White

Brew up to 5 cups of tea in a stoneware pot with an infuser basket; the lid includes a lip to stay in place while pouring.

42-oz. capacity

22.99

2. Pinky Up Tatyana Ceramic To-Go Infuser Mug in Lavender

Elegant, double-wall mug with a removable stainless steel infuser for brewing tea or taking iced tea on the go.

12-oz. capacity

22.99

3. Pinky Up Katherine Glass Tumbler

Enjoy iced drinks from a glass tumbler with a silicone sleeve that offers a better grip; includes a bamboo lid with a glass straw.

24-oz. capacity

17.99

4. Pinky Up Blair Iridescent Glass Travel Infuser Mug

Steep tea on the go in a beautiful double-wall mug with a detachable stainless steel infuser basket.

16-oz. capacity

24.99

5. Pinky Up Dana Glass Travel Mug in Turquoise

Strain loose-leaf tea with the included stainless steel infuser; includes a glass tumbler and colorful silicone sleeve.

16-oz. capacity

24.99

6. Pinky Up Winona Set of 4 Mugs with Stand

Ceramic mugs with rainbow handles and a rose gold stand brighten up mornings.

5-pc. set

10-oz. capacity

34.99

COLLEGE PREP

SEND STUDENTS OFF TO COLLEGE WITH EVERYTHING THEY'LL NEED TO MAKE EASY MEALS AND KEEP THEIR SPACE NEAT AND TIDY, THANKS TO HY-VEE.



FIND IT AT HY-VEE

Stanley Quick Flip Go Bottle

This leakproof, cupholder-size travel bottle keeps drinks hot up to 8 hours or cold for up to 12 hours.

24-oz. capacity
25.00



FIND IT AT HY-VEE

Oster Easy-to-Clean Blender

Crush ice, blend, cut, chop, liquify and more with a seven-function blender; travel cup is included.

7.75x5.5x14.38 in.
49.99

FIND IT AT HY-VEE

Ninja Blast Portable Blender

Blend up to 18 oz. with a cordless blender that includes a sip lid and carrying handle.

3.54x3.54x10.71 in.
69.99

TROPICAL MIXED BERRY SMOOTHIE

Place ¾ cup Hy-Vee 100% pineapple juice, ⅔ cup Hy-Vee vanilla lowfat yogurt, 1 (8-oz.) bag Hy-Vee frozen Cranberry Crush smoothie blend and 2 Tbsp. Hy-Vee honey in a blender. Cover and blend until smooth. Serve immediately. Serves 1 (2½ cups).

blender break Students can prep a fast breakfast or brain-boosting smoothie with small-space and portable blenders from Hy-Vee.

essentials

Fill your student's cupboards and cabinets with everything they'll need to prepare quick meals, including pans, utensils and more.



FIND IT AT HY-VEE

1. Gibson Home Casselman Cookware Set

Includes 1.4- and 1.9-qt. saucepans with lids; 3.5-qt. Dutch oven with lid; and 8-in. fry pan.

7 pc.
24.99

2. Gibson All U Need Gadget Set

A collection of basic kitchen tools, including tongs, spatula, whisk, can opener, peeler and more.

18 pc.
14.99

3. Libbey Glassware Sets

Sip in style with durable, dishwasher-safe glasses with polka dots, easy-grip dimpled sides and other on-trend designs.

8 or 16 ct.
10% OFF

College Kitchen Checklist

Use this list of must-haves to set up your student's new home.

- **Dishware** Bring a set of dinner plates, cereal bowls, mugs and glasses for meals.

- **Utensils** Include at least four each of dinner forks, spoons and knives.

- **Slicing Tools** Pack at least one cutting board, and one each of commonly-used knives such as a chef's knife and paring knife.

- **Measuring Tools** Bring a set of measuring cups and spoons, and a liquid measuring cup.

- **Cookware** Stock the kitchen with at least a frying pan, saucepan, large pot, baking sheet and casserole dish.

- **Cooking Utensils** Include tools to cook and serve food, like spatulas and tongs.

- **Mixing and Stirring Tools** Bring at least one large mixing bowl, whisk, and rubber spatula for stirring.

- **Appliances** Include small appliances like a toaster, coffee maker and air fryer.

- **Soft Goods** Pack oven mitts and a set of kitchen towels.

- **Odds and Ends** Stock small utensils, such as a vegetable peeler, can opener and bottle opener.



SCAN FOR this Quick Chicken Ramen Soup Recipe.

make it a meal

Save space while preparing brain food with compact appliances from Hy-Vee. Use these tools in a first kitchen or dorm room to make quick meals for one or two.



SCAN TO SHOP
back-to-college
gear at Hy-Vee.



AVOCADO TOAST WITH POACHED EGGS

20
MINUTES
OR LESS

DF
option
DAIRY-FREE

Poach 2 Hy-Vee large eggs using a Toastmaster egg cooker according to manufacturer's directions; spray compartments in egg poaching tray with Hy-Vee vegetable cooking spray before adding eggs. Or, poach eggs using water bath method: Fill a medium saucepan $\frac{3}{4}$ full with water. Add 1 Tbsp. Hy-Vee white distilled vinegar; bring to a boil; reduce to a simmer over medium-low heat. Use a large spoon to stir water. While water is moving, carefully crack eggs into water. Gently simmer, uncovered, 3 to 4 minutes or until yolks just begin to thicken. Using a slotted spoon, remove eggs and place on top of prepared toast. Toast 1 ($\frac{3}{8}$ -in.-thick) slice Hy-Vee Bakery grains of the earth bread. Spread with 1 (2-oz.) cup chunky mild guacamole. Top with poached eggs. Drizzle with sweet and spicy chili crunch in chili oil, if desired. Serves 1.

FRENCH ONION TOASTED RAVIOLI

V
option
VEGETARIAN
DISH

Preheat air fryer to 400°F. Line a large baking sheet with parchment paper; set aside. Stir together 2 (6-oz.) pkg. Hy-Vee salted crispy onions, finely crushed, and $\frac{1}{2}$ tsp. Hy-Vee garlic salt in a shallow bowl. Divide onion mixture in half; set aside one portion in another bowl. Whisk together 1 Hy-Vee large egg and $\frac{1}{2}$ cup honey-mustard dressing in a third bowl. Dip half of 1 (9-oz.) pkg. Hy-Vee refrigerated cheese ravioli, one at a time, into dressing mixture. Shake off excess. Coat with one portion of onion mixture, gently pressing to adhere. Repeat coating remaining ravioli using remaining dressing mixture and reserved portion of onion mixture. Working in batches, lightly spray coated ravioli with Hy-Vee cooking spray; place in a single layer in air fryer basket. Air-fry for 6 to 8 minutes, turning and spraying with cooking spray halfway through. Garnish with chives and serve with additional honey mustard dressing, if desired. Serves 9 (4 each).

CONFETTI WAFFLE COOKIES

Spray a 4-in. waffle maker with Hy-Vee vegetable oil cooking spray. Close lid; heat according to manufacturer's directions. Combine 1 (16.5-oz.) pkg. refrigerated Crav'n Flavor sugar cookie dough and 2 Tbsp. Over the Top rainbow sprinkles in medium bowl. Roll dough into 16 ($1\frac{1}{2}$ -in.) balls. For each cookie, place a dough ball on center of bottom plate of waffle maker. Close lid and cook for 2 to 2 $\frac{1}{2}$ minutes or until golden brown. Remove cookie from waffle maker and cool. Microwave $1\frac{1}{4}$ cups white vanilla flavor melting wafers in a small microwave-safe bowl on HIGH at 30-second intervals or until melted, stirring each time. Dip half of each cookie in melted mixture; shake off excess. Place on parchment paper. Garnish with additional sprinkles, if desired. Let stand until set. Serves 8 (2 each).

SPICY SLOW-COOKER MANGO-COLA CHICKEN

DF
option
DAIRY-FREE

Place $1\frac{1}{2}$ lb. Hy-Vee True chicken drumsticks, $\frac{1}{2}$ cup Culinary Tours tequila lime habanero BBQ sauce, $\frac{1}{4}$ cup Pepsi mango and 1 tsp. coarsely ground Hy-Vee garlic pepper in a $1\frac{1}{2}$ -qt. slow cooker. Cover and cook on HIGH for 3 to 3 $\frac{1}{2}$ hours or until chicken reaches at least 165°F. Remove chicken from slow cooker; discard liquid. Brush with additional BBQ sauce, if desired. Garnish with fresh cilantro, if desired. Season to taste with additional garlic pepper. Serves 2.

FIND IT
AT HY-VEE

1. Toastmaster 2-Slice Toaster

Six doneness settings make it simple to get the perfect amount of browning on bread, bagels, waffles and more. 10.87x7.17x6.65 in. **12.99**

2. Toastmaster Electric Egg Cooker

Prepare up to seven eggs at once, either soft-, medium- or hard-cooked. Includes a separate poaching tray with space for four eggs. 8.1x6.5x6.1 in. **12.99**

3. Chefman TurboFry Air Fryer

This small appliance has a cooking range of 200°F to 400°F; basket and tray are dishwasher-safe. 2-qt. capacity **49.99**

4. Toastmaster Mini Waffle Maker

Automatic temperature control helps cook and crisp waffles, while a nonstick coating makes cleanup quick and easy. 6.69x5.13x3.58 in. **12.99**

5. Toastmaster 5-Speed Hand Mixer

An easy-grip handle allows for total control over dishwasher-safe chrome beaters for mixing batters and more. 7.6x2.9x10.25 in. **12.99**

6. Toastmaster Slow Cooker

Sized for single-serving meals, this slow cooker has a dishwasher-safe stoneware insert. 1.5-qt. capacity **12.99**

SCOTCHAROO ICED COFFEE

Prepare 1¼ cups fresh brewed coffee. Pour ½ cup coffee into 4 (1-in.-square) ice-cube silicone molds; freeze overnight. Cover and refrigerate remaining coffee. For drink, microwave the remaining ¾ cup coffee in a 2-cup microwave-safe glass measuring cup on HIGH for 1 minute or until heated. Add 2 Tbsp. butterscotch sundae syrup, 1 Tbsp. Hy-Vee chocolate flavored syrup and 1 Tbsp. That's Smart! creamy peanut butter; froth with a milk frother until combined. To serve, place frozen coffee cubes in 1 (16-oz.) glass. Pour coffee mixture over ice. Add 2 Tbsp. French vanilla liquid coffee creamer. Top with aerosol French vanilla cold foam, if desired. Serves 1 (10 oz.).



FIND IT AT HY-VEE

Toastmaster 12-Cup Coffee Maker

Use the pause and serve function to temporarily stop brewing; includes a dishwasher-safe pot.

13.5×7.6×12.2 in.

12.99



meal stock-up

Visit Hy-Vee before dropping students off to set them up with plenty of meals.

Crav'n Flavor

Frozen, ready-to-heat meals and appetizers including corn dogs, pizza bagels and egg rolls.

Tonucci

Oven-ready pizzas with toppers like pepperoni, plus breakfast pizzas with bacon and other toppers.

Di Lusso

Fresh, packaged salads in varieties like chicken club and Cobb, and premium deli meats and cheeses.

Gustare Vita

Fill the pantry with Italian favorites like pasta and sauce, plus frozen entrées like fettuccine alfredo.

Order Groceries for Your Student

Aisles Online allows you to order groceries for pickup or delivery from your computer or smartphone. Simply input your student's address to replenish their kitchen with Hy-Vee favorites from home.



Hy-Vee can take care of dinner during late-night study sessions. Look for cold cases in stores with prepared foods from Mealtime To Go, such as chicken fettuccine alfredo, beef enchiladas and more.

For hot meals, visit [Hy-Vee.com/mealtime](https://www.hy-vee.com/mealtime) to place an order from Mealtime To Go. Compile the order online, then pick up curbside at Hy-Vee stores. Choose from these categories and more for breakfast, lunch and dinner:

1. HyChi

Order Chinese entrées and sides, including sweet orange chicken, beef with broccoli, fried rice, egg rolls and crab rangoons.

2. Nori Sushi

Choose from a selection of freshly prepared rolls, such as tempura shrimp, California, Philadelphia and spicy tuna.

3. Mia Pizza

Select flatbreads, breadsticks and pizzas with toppers like pepperoni and veggies.



SCAN TO ORDER from Hy-Vee Mealtime To Go.



FIND IT AT HY-VEE

Real Food From the Ground Up Snacks

Chips, crackers, pretzels and more made with cauliflower and seasonings like rosemary and sea salt.

3.5 to 4.5 oz.

2/5.00

FIND IT AT HY-VEE

Chefman Portable Personal Fridge

Cools to 44°F and warms up to 140°F; fridge fits six 12 oz. cans and includes a car charger.

7x10.3x9.3 in.

49.99

study break snacks

Find craveable snacks with good-for-you ingredients at Hy-Vee.

keep it clean!

Make it easy for students to keep their space tidy with cleaning products from Hy-Vee.

Between keeping up with classes, homework, socializing and extracurriculars, it's easy for household chores to fall by the wayside in college. However, leftover crumbs can attract unwanted roommates

like insects and other pests. Simplify household cleanup for your student by sending them off to school with a basic tidying kit that makes staying on top of everyday chores feel manageable and not overwhelming.

5 Everyday Cleaning Products

- | | | | | |
|---|---|---|--|--|
| 1. Bathroom Cleaner
Remove tough bathroom stains, grime and germs with a disinfecting solution. | 2. Window Cleaner
Keep windows spotless and streak-free with one spritz of glass cleaner. | 3. Surface Cleaner
Make surfaces sparkle with a polish that helps trap dust and cleans smudges. | 4. Stain Remover
Clothes stay in like-new condition with a spray that targets and cleans any tough stains. | 5. Cleaning Tools
Stock paper towels, microfiber cloths and sponges in the kit for scrubbing surfaces. |
|---|---|---|--|--|



FIND IT AT HY-VEE

Black + Decker Corded 3-in-1 Stick Vacuum

Easily vacuum an entire room with a 21-foot cord; includes a hand vacuum.

41.5x9.5x6 in.

29.99

4 Ways to Organize a Desk

- 1. Keep a Calendar**
Stay on top of assignments, tests and presentations with a calendar or planner.
- 2. Stick to Essentials**
Avoid clutter by keeping only necessary supplies like highlighters, pens, sticky notes and notebooks on desks.
- 3. Organize Cords**
Eliminate the search for chargers by running cables from outlets to the desk. Secure with cord clips or velcro for quick, easy access.
- 4. Hang a Corkboard**
Make space for reminders and pictures by hanging a corkboard or memory board above the desk.

FIND IT AT HY-VEE

Ecolution Desktop Vacuum Cleaner

Clean dust, crumbs and other debris with a cordless, handheld vacuum that rotates 360°.

3x3x3 in.

12.99



WATCH PARTY EATS

329 EVENTS IN 32 SPORTS. **10,500 ATHLETES,** JULY 26 - AUGUST 11.

The 2024 summer games taking place in Paris, France, are sure to be a spectacular display of physical and mental feats. Celebrate a spirit of unity and sportsmanship true to the games by hosting a watch party complete with event-themed appetizers, desserts and sips. Witness the international competition live on television featuring the top athletes from over 200 nations.



FIND IT AT HY-VEE

Disposable Party Supplies by TRUE

Easily serve drinks in one-use party, wine and gelatin cups, plus champagne flutes and more.

12 to 60 ct.

7.99

HY-VEE WINE & SPIRITS

TOAST TO THE GAMES WITH LIBATIONS FROM HY-VEE. PICK UP YOUR FAVORITE BEER AND LIQUOR, AND RAISE A GLASS FILLED WITH A WINE OR CHAMPAGNE.

WINE

Kick off your favorite events with wine and Champagne. From sweet to dry and everything in between, Hy-Vee has options for all types of wine lovers.

SPIRITS

Make it a spirited affair by providing liquors and liqueurs for zingy cocktails or smooth, straight sips for watch party guests to enjoy. Find vodka, tequila, rum and more.

BEER

Stock your fridge for brew-loving guests. Grab crisp lagers, for all-around options, stouts and porters for dark beer lovers, and India pale ales for hop enthusiasts.

SUMMER GAMES SWEET-SALTY SNACK BOARD

INNER RINGS

Jell-O sour berry blue candy squares + Junior Mint candies + The Candy Shoppe cherry slices + Jelly Belly green apple flavored jelly beans + Yellow M&M's peanut milk chocolate candies

OUTER RING

Hy-Vee dried mango slices + Takis intense nacho rolled tortilla chips + Takis Fuego hot chili and lime rolled tortilla chips + Funyuns flaming hot onion flavored rings + Hot Tamales cinnamon candies + Tootsie Caramel Apple Pops + Laffy Taffy sour apple flavored candies + Tootsie Frooties green apple flavored candies + Wilely Wallaby soft & chewy green apple flavored licorice + Rolo chocolate caramel candies + Hy-Vee Bakery star-shaped cutout cookies with blue icing + Zöet milk chocolate covered pretzels + Andes crème de menthe thin mints + Hy-Vee Bakery Scotcheroos, cut into 2-in. star shapes + Wilely Wallaby soft & chewy classic black licorice

GOLD MEDAL PUFFCORN

Butter-flavored puffcorn + white vanilla flavor melting wafers + gold and white decorating sprinkles, for garnish

TORCH CUPCAKES

Hy-Vee Bakery mini white cupcakes + Hy-Vee creamy white frosting + Hy-Vee red food coloring + Wilton orange food coloring gel

TORCH BERRY TREATS

Wilton orange decorating icing + Just the Fun Part bite-sized waffle cones filled with milk chocolate + Basket & Bushel red raspberries



BASKET-BUNS

Mix red, blue and green food colorings with egg white to create dark lines—baking adheres the color to each roll.

SLAM DUNK SLIDERS

Toss ½ cup thinly sliced red onion with 3 Tbsp. Hy-Vee Italian salad dressing to coat; set aside. Whisk together 1 Hy-Vee medium egg white, 16 drops Hy-Vee red food coloring, 12 drops Hy-Vee green food coloring and 8 drops Hy-Vee blue food coloring; set aside. Split 8 Hy-Vee Bakery hard dinner rolls. Place roll bottoms, cut sides up, in a parchment-lined rimmed baking pan. Paint basketball lines on rounded sides of roll tops using the black egg wash and a small food-safe decorating brush. Place roll tops, rounded sides up, in another parchment-lined prepared baking pan. Spread 4 Tbsp. roasted garlic aioli on cut sides of roll bottoms. Top with 1½ lb. Hy-Vee sliced black forest ham; 6 oz. Di Lusso sliced pepperoni; 8 slices Hy-Vee sliced smoked Gouda cheese, halved; 8 slices Hy-Vee sliced provolone cheese, halved; 2 (11.3-oz.) jars Gustare Vita roasted peppers, drained; and onion mixture, folding and layering meats and cheeses as needed to create a stack. Bake sandwich stacks at 400°F on upper oven rack and roll tops on center rack for 10 to 12 minutes or until cheeses are melted and egg wash is set. Remove from oven; cool slightly. Spread 8 Tbsp. refrigerated basil pesto on cut sides of roll tops; place on sandwich stacks to enclose sandwiches. Serve immediately. Serves 8 (1 each).



SWIMMING SPIKED SPLASH

Add ¼ cup undrained Hy-Vee canned mandarin orange segments in light syrup, ¼ cup undrained Hy-Vee canned pineapple chunks in pineapple juice, 4 oz. blue curaçao, 4 oz. coconut rum with coconut liqueur and 2 tsp. juice from Hy-Vee maraschino cherries with stems in a partially ice-filled cocktail shaker. Cover and shake well until chilled. Strain into 2 (10-oz.) ice-filled glasses. Top with unflavored sparkling water, if desired. For garnish, tie the stems on 2 Hy-Vee maraschino cherries together and place over rim of each glass, if desired. Serves 2 (8 oz. each).

10 MINUTES OR LESS **DF** DAIRY-FREE

SCAN FOR the full recipes to these summer games-inspired ideas.



RHYTHMIC GYMNASTICS CUPCAKE

Hy-Vee Bakery white cupcake with white icing + Pocky cookies and cream covered cocoa biscuit stick + Fruit by the Foot Starburst cherry flavored snack roll + red, white and blue nonpareil sprinkles

10 MINUTES OR LESS



SAND VOLLEYBALL DESSERT CUPS

Hy-Vee pretzel sticks + white vanilla flavor melting wafers + Wilton red decorating icing + Wilton blue decorating icing + white chocolate candy truffle balls + cheesecake flavor instant pudding and pie filling mix + Hy-Vee whole milk + Hy-Vee frozen extra creamy whipped topping + Crav'n Flavor golden vanilla sandwich cookies double stuffed with vanilla crème, crushed + Nabisco Teddy Grahams chocolate graham snacks, crushed + Basket & Bushel strawberries, chopped + Basket & Bushel blueberries



SHOTPUT MEATBALLS

Hy-Vee frozen beef meatballs + Wuju spicy ginger stir fry & dipping sauce + Culinary Tours orange sauce + Hy-Vee orange marmalade + refrigerated ginger paste + white sesame seed + green onions

20 MINUTES OR LESS

GAMES TO WATCH

MARK YOUR CALENDAR FOR THESE POPULAR COMPETITIONS.*



GYMNASTICS

Watch artistic and rhythmic gymnasts compete in the balance beam, uneven bars, vault and floor routine events, with and without different apparatus like ribbons and hoops, from July 27 to August 10.

TRACK & FIELD

From August 1 to 11, athletes will compete in running, jumping, throwing and combined events in the stadium, with the exception of marathon runners and 20km race walkers, who will follow routes along Paris streets.

SWIMMING

Watch athletes speed across a 50m indoor pool using one of four strokes: freestyle, backstroke, breaststroke or butterfly. Tune in to the team and individual races every day from July 27 to August 4.

BEACH VOLLEYBALL

During July 27 to August 10, the two-player USA women's team will compete for a consecutive gold medal win in a temporary sand court arena at the foot of the Eiffel Tower.

BASKETBALL

Both USA teams will try to increase their 25-combined gold medal wins—the most of any country in the sport's summer games' history—from July 27 to August 11.

*Schedule is subject to change until the conclusion of the games.

Pack the Snacks

OPEN AIR SNACKING AND CLEANUP IS CAREFREE WITH A PORTABLE PICNIC BLANKET TOTE AND COLD CASE CONTAINERS FOR RICH, CREAMY DIPS— ALL AVAILABLE AT HY-VEE.



FIND IT AT HY-VEE

Mud Pie Picnic Basket Tote

A canvas and water hyacinth bag perfect for toting food and drinks. Spot clean with damp cloth.

16.5x13.5 in.

34.99

Just in the
(pic)nic
of time

Portable Picnic

ENJOY A SCRUMPTIOUS OUTDOOR SPREAD THE EASY WAY WITH USEFUL PICNIC HELPERS, PLUS HY-VEE'S READY-TO-SERVE FOODS, GRILLABLE MEATS AND SIMPLE RECIPES.

1

2

3

4

5

FIND IT AT HY-VEE

1. Mud Pie Picnic Blanket Tote

Always be prepared with this 100% cotton picnic blanket that folds and zips into a handled tote bag for transporting goodies. Machine wash cold and air-dry flat.

50x50 in.
30.99

2. Mud Pie Large Store Bought Container Set

This durable ceramic container is perfectly sized to hold most 32-oz. dairy-case dip tubs; includes a playful phrase and a 5-in. wooden spoon for serving. Hand-wash only.

4.625x5.75-in. container
29.99

3. Mud Pie Medium Store Bought Container Set

Fancy up a store bought 16-oz. cold dip tub container with this sleek ceramic holder and 5-in. wooden serving spoon with charming, engraved sentiments.

4.625x3.25-in. container
23.99

4. Mud Pie Small Store Bought Container Set

Simply place an 8-oz. cold dip tub in this ceramic vessel with the engraved words "store trip, got dip." To clean up, simply discard the empty dip container and wash the ceramic holder.

4.625x2-in. container
19.99

5. Knott's Dips

These family-developed recipes for gluten-free dips can be served hot or cold and will keep picnickers coming back for more. Try jalapeño popper, bacon Cheddar ranch, fried pickle and spicy chicken taco flavors.

8 oz.
\$1 OFF

Platter Party

MAKE PICNICS AND OTHER OUTDOOR GATHERINGS A BREEZE WITH PREPARED FOOD TRAYS FROM HY-VEE CATERING. FIND THE RIGHT FLAVORS AND STYLE FROM A SELECTION OF TASTY PLATTERS PERFECT FOR ANY OCCASION.



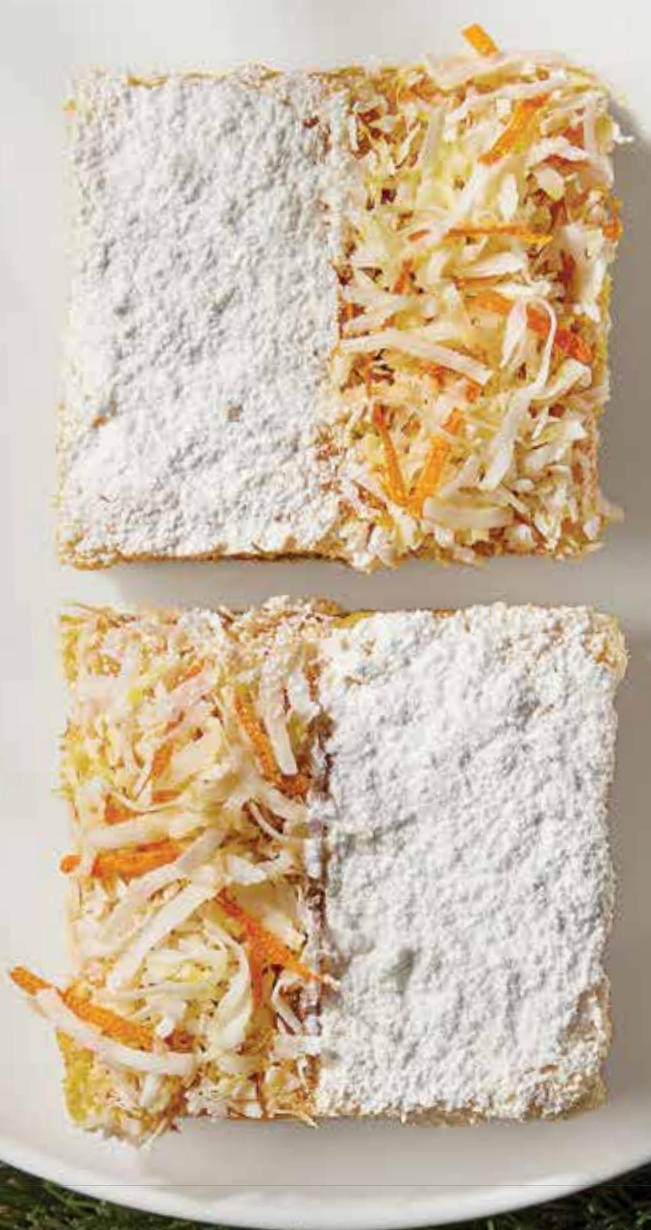
Roasted Garlic & French Onion Dip

Place ½ cup whipped cottage cheese, 1 Tbsp. Hy-Vee French onion dip, 1 Tbsp. roasted garlic paste and 1 Tbsp. chopped green onion into a medium bowl; stir to combine. To serve, place dip in the center of a vegetable tray platter. Garnish dip with additional green onion, if desired. Fill tray with desired vegetables, such as broccoli, red radishes, celery, cucumbers, baby carrots and mini sweet peppers. Serves 5.

10 MINUTES OR LESS **V** option VEGETARIAN DISH



FUEL SAVER
EARN 5¢ OFF PER GALLON



Coconut-Citrus Bars

Line an 11×8-in. baking dish with parchment paper, extending paper over edges. Spray with Hy-Vee cooking spray. Process 1 cup Hy-Vee all-purpose flour, 1 cup Hy-Vee powdered sugar, ¼ cup Hy-Vee pecan halves and ½ tsp. Hy-Vee salt until finely chopped. Add 8 Tbsp. cold Hy-Vee unsalted butter, 1 Tbsp. at a time, pulsing until pieces are pea size. Press in bottom of prepared baking dish. Bake at 350°F for 22 minutes or until firm; cool 10 minutes. Massage 2 cups Hy-Vee granulated sugar, 1½ Tbsp. lemon zest and 1½ Tbsp. Cara Cara orange zest in a bowl until mixture turns yellow. Stir in ½ cup Hy-Vee all-purpose flour, 3 Tbsp. Hy-Vee corn starch and ¼ tsp. Hy-Vee salt. Stir in 6 beaten Hy-Vee large eggs, ¼ cup fresh lemon juice and ¼ cup fresh Cara Cara orange juice. Pour over crust; bake 35 to 38 minutes or until set. For topping, stir together ¾ cup Hy-Vee sweetened coconut flakes and 1 tsp. each lemon and orange zests; set aside. Combine 2 tsp. meringue powder and 1 Tbsp. water. Remove bars from oven. Brush a 2-in. strip of meringue mixture 1½ in. in from each 8-in. side of baking dish; top with coconut mixture. Bake 5 to 7 minutes or until set; cool. Use paper to lift bars from baking dish. Trim ¼ in. off edges. Cut bars into 4 (7½-in.-long) strips. Then cut each strip into thirds to make 12 bars. Dust portion of each bar without coconut topping with powdered sugar. Serves 12 (1 each).

FIND IT AT HY-VEE

1. La Quercia Charcuterie Sampler Board

Enjoy a spread of savory artisan salami and prosciutto made in Iowa, plus high-quality cheeses, caramelized onion mustard, raspberry pepper jelly and more. serves 6 to 8; 22 oz.

2. Mud Pie Veggie Dip Set

A large, ceramic dish allows room to serve a dip and a variety of vegetables with seven compartments; includes vintage-style serving tongs. 15×1.75-in. tray 5-in. tongs 57.99

3. Di Lusso Rotella Tray

Wraps filled with cream cheese, veggies and Di Lusso meats and cheeses like smoked ham and Swiss, smoked turkey breast and Cheddar, or top round roast beef and Colby Jack. serves 12 to 32; 36 oz.

4. Hummus Tray

This appetizer tray features lightly seasoned naan dippers, plus fresh, crisp baby carrots and crunchy celery sticks. Dip each into a container of creamy Hy-Vee Select hummus. small to large; 24 oz.

5. Hy-Vee Fiesta Dip

Savory layers of refried pinto beans, Cheddar cheese, sour cream, tomatoes, green onion, black olives, lime juice and seasonings make for an impressive snack that easily transports. 17.8 oz. Earn 5¢ per gallon with each item purchased

6. Pretzel Bites With Cheese Dip Tray

Dip soft, easy-grab pretzel bites in a thick and savory cheese sauce. This scrumptious tray is perfect for small to large groups and a snack favorite sure to please anyone. serves 12 to 36; 16 oz.

7. Di Lusso Entertainment Tray

Choose three Di Lusso meats and cheeses each from smoked ham, smoked turkey breast, top round roast beef, Cheddar, Colby Jack, provolone, sharp Cheddar or Swiss cheeses. serves 10 to 30; 36 oz.

8. Columbus Charcuterie Sampler Board

Grab this pack of four Columbus premium craft meats including Italian dry, Calabrese, Genoa and Sopressata slices to pair with cheese and crackers. serves 6 to 8; 12 oz. \$1 OFF

Cookout Cuisine

GET READY FOR AN OUTDOOR FEAST IN NO TIME WITH READY-TO-GRILL FOODS, ESSENTIAL CONDIMENTS AND SERVING SOLUTIONS FROM HY-VEE.

THAT'S SMART! CONDIMENTS

Find brand-name quality at affordable prices with Hy-Vee's exclusive line of That's Smart! products, including yellow mustard and tomato ketchup.



FIND IT AT HY-VEE

Gibson Home 0.95 Gallon Duval Glass Beverage Dispenser

A glass dispenser with an easy-use spout, tight-seal wood lid and folding handle for transport.

146-oz. capacity



Beer-garita

Combine 1 (33.8-oz.) bottle ready-to-drink non-alcoholic margarita mix; 2 (12-oz.) cans domestic light lager beer; 12 oz. 100% agave blanco tequila; 1 (12-oz.) container Hy-Vee frozen limeade juice drink concentrate, thawed; and 1 (12-oz.) container frozen pineapple-orange 100% juice concentrate, thawed, in a 1 gal. pitcher. Add ice, orange slices and lime slices, if desired. Serves 10 (9 oz. each).

10 MINUTES OR LESS **DF** option DAIRY-FREE

HY-VEE GRILL-READY FOODS

Avoid preparation work with seasoned foods that are ready to be tossed on the grill. Pick up chicken wings, drumsticks and thighs, plus Short Cuts sliced and chopped vegetable blends and more from Hy-Vee.

FIND IT AT HY-VEE

Mud Pie Melamine Burger Dog Platter

A break-resistant tray with compartments for different foods, plus serving tongs.

12.5x17-in. platter
5.75-in. tongs

44.99



HY-VEE BAKERY FRESH

Elevate your cookout with fresh-baked hamburger, hot dog and brat buns from the Hy-Vee Bakery, plus ciabatta baguettes for picnic sandwiches.

Chopped Italian Grinder Sandwiches

Total Time 30 minutes
Serves 8 (1 each)

- ½ (12-oz.) pkg. Columbus craft meats charcuterie trio (Italian dry salame, peppered salame, Calabrese salame)
- 1 (3-oz.) pkg. Culinary Tours prosciutto
- 1 (3-oz.) pkg. presliced mortadella
- ½ (8-oz.) pkg. sliced fresh mozzarella cheese
- 1 medium roma tomato, sliced
- ½ cup mild Chicago-style giardiniera sandwich mix, drained
- ¼ cup thinly sliced red onion
- ½ cup Hy-Vee mayonnaise
- 2 Tbsp. Beano's original submarine dressing
- 1 tsp. Hy-Vee crushed red pepper
- ½ (5-oz.) pkg. small romaine lettuce leaves
- 2 (11.46-oz.) ciabatta baguettes, cut into 8 (4-in.-long) pieces; split and toasted

- 1. LAYER** charcuterie trio salames, prosciutto and mortadella slices on a cutting board in a 12x6-in. rectangle, slightly overlapping. Coarsely chop.
- 2. LAYER** mozzarella, tomato, giardiniera and red onion on top of chopped meats; coarsely chop all ingredients while folding together to combine. Top with mayonnaise, submarine dressing and red pepper; fold together until well combined.

- 3. TO ASSEMBLE** sandwiches, place lettuce leaves on bread bottoms. Top with a heaping ½ cup chopped mixture. Add bread tops to enclose sandwiches. Wrap each sandwich in parchment paper and secure with kitchen string. Serve immediately or keep cold in a cooler with ice packs or refrigerate up to 4 hours.

Per serving: 520 calories, 29 g fat, 7 g saturated fat, 0 g trans fat, 50 mg cholesterol, 1,450 mg sodium, 46 g carbohydrates, 2 g fiber, 2 g sugar (0 g added sugar), 19 g protein.
Daily Values: Vitamin D 0%, Calcium 10%, Iron 20%, Potassium 2%

30 MINUTES OR LESS

BLOOMS

5-Minute Summer Centerpieces

Arrange stunning centerpieces in minutes with flower market bouquets, single-stem roses and tropical foliage, available at Hy-Vee Floral.



BRIGHT BOUQUET CENTERPIECE

Pick up a "Just Because" or other flower market bouquet and five-to-six single-stem white snapdragons from Hy-Vee Floral. Place the bouquet in a plain white 5-in. vase. Insert the snapdragons throughout the bouquet, adjusting as needed.

HY-VEE VASES

Find these stylish vases and more at Hy-Vee Floral to showcase gorgeous centerpieces, adding a touch of cheerful sophistication to any room.



ROSE SALE

The perfect elegant decor for any occasion. Don't miss Hy-Vee's rose sale from July 8 to 21. Get 12-stem bouquets for only \$8, in-store or online.

ROSE BUDVASE CENTERPIECE

Get two-to-three each of orange, yellow and coral single-stem roses from Hy-Vee Floral. Fill three budvases with water and insert the rose stems into each by color grouping. Arrange the budvases on a plain 10-to-12-in.-diameter tray or riser to display the centerpiece.



TROPICAL GARDEN CENTERPIECE

Select three mini potted tropical foliage plants (4 in. or smaller) from Hy-Vee Floral. Removing them from the containers they were potted in, arrange the plants in a 7-in. vase and fill with additional potting soil to fill the gaps. Adjust the foliage as needed to cover openings in the centerpiece.

GRAB-N-GO FLORAL AT HY-VEE



SIZZLING SUMMER

Red mini carnations, orange Gerbera daisies and roses, safflower and blue eryngium.



BRIGHT BLOOMS

Orange mini Gerbera daisies, purple larkspur, yellow Asiatic lilies and hot pink spray roses.



SUNSHINE

Sunflowers, orange mini carnations, purple statice, Solidago aster and salal.



SUMMER SUNSET

Red mini carnations, yellow daisy poms, bicolor Gerbera daisies and red alstroemeria.



SCAN TO SHOP floral bouquets at Hy-Vee.

DIETITIAN Q&A

Staying Hydrated

Learn how hydration affects health, how much water you need and easy hacks to help you consume fluids without feeling like a chore from Elisa Sloss, registered and licensed dietitian and senior vice president, HealthMarkets.



Elisa Sloss, RD, LD
Senior Vice President,
HealthMarkets

Q: How does hydration affect my health?

A: With about 50% to 70% of the human body being water, staying hydrated is essential to maintain all biological processes and survive. Your body loses water every day through your breath, perspiration and waste, so it's important to replenish that supply. Hydration allows your body to regulate its temperature, carry oxygen and nutrients to cells, lubricate joints, protect organs and tissues, support digestion, flush out waste and more.

Q: What happens to my body if I become dehydrated?

A: If you lose more water than you take in, your body may become dehydrated and unable to carry out its normal functions. Dehydration can affect anyone,

but it is especially dangerous for children, older adults, or people who are sick or on certain medications. Signs of dehydration vary by age, and thirst is not always a reliable indicator. Older adults may not feel thirsty until they're already dehydrated. Other symptoms include fatigue, dizziness, confusion, constipation and dark-color urine. Mild to moderate dehydration can usually be reversed by drinking more fluids, but severe dehydration requires quick medical attention.

Q: How much water do I need in a day?

A: Daily water intake needs vary from person to person based on factors such as age, body weight, exercise habits, environment, health conditions and more. However, the U.S. NASEM determined that an adequate daily water intake is about 15.5 cups a day for men and about 11.5 cups for women. About 20% of daily water intake can come from food, but since it's difficult to track that, a general rule of thumb recommended by the Mayo Clinic is to consume at least eight cups of water daily in addition to your meals. Talk to your primary healthcare provider to determine the right amount of daily water for you.

Q: What time of day is best to hydrate?

A: It's best to drink water steadily throughout the day, but certain

situations may call for more water intake or offer potential added benefits. Start off each morning with a glass of water when you wake up—before having any caffeine or food—to help your body recover from mild nightly dehydration and help you feel more alert. Have water with and between meals to help you avoid overeating and support your digestion. Drink water before, during and after exercise to replace lost water in your body.

Q: What are some easy ways to help me consume enough water?

A: If you find it difficult to drink enough water each day, there are tricks to help you consume more fluids. Include water-rich fruits and vegetables in your diet, such as cucumber, watermelon, cantaloupe, tomatoes, zucchini, bell peppers, celery and spinach. Other liquids besides water, like fat-free milk, caffeine-free herbal tea and 100% fruit juice can also contribute to daily hydration, but the majority should come from water. Invest in a quality reusable water bottle that you love and is easy to tote around, set drink reminders on your phone or work calendar, and order water at restaurants. If you prefer more flavor, infuse water with fresh sliced citrus, cucumber or crushed berries; or add a splash of 100% fruit juice to plain sparkling water if you enjoy carbonation.

FUNCTIONAL WATER

Water with added components, such as electrolytes, vitamins, minerals and other properties meant to offer potential health benefits, is considered functional water, according to the Academy of Nutrition and Dietetics, formerly the American Dietetic Association. These types of beverages need continued research to further define their complete health benefits but can help individuals reach daily water intake goals. If you're curious to explore functional water, stick to products that have little-to-no added sugar from Hy-Vee, such as Liquid I.V. Sugar-Free Electrolyte Drink Mixes, Vita Coco Pure Coconut Water or sparkling natural mineral waters.



SCAN TO SHOP functional waters at Hy-Vee.



FIND IT AT HY-VEE

1. Stanley Iceflow Flip Straw Tumbler

Easily sip from a built-in straw that snaps shut. Double-wall insulation keeps drinks cold for hours, and a handle lets you hydrate on the go.

30-oz. capacity

35.00

2. Owala Stainless Steel Freesip Tumblers

A leakproof, triple-insulated stainless steel bottle. Includes a straw and opening that conforms to the shape of the user's mouth.

24-oz. capacity

25.00

3. Stanley Quick Flip GO Bottle

A push button activated lid makes this travel bottle spillproof. Double-wall insulation keeps drinks hot up to 8 hours, or cold up to 12 hours.

24-oz. capacity

25.00

- Back to school
- Band concert
- Football game
- Conferences
- Apple picking
- Soccer tournament
- Wine festival
- Pumpkin carving
- Dinner with friends
- Trick or treating
- Birthday party
- Work trip
- Turkey Trot
- Thanksgiving
- Girls weekend

You know what's not on this list? The flu.

Protect yourself and your loved ones this year with a flu shot. Available soon at your Hy-Vee Pharmacy.

Hy-Vee pharmacy

VC Rx
SAVINGS CARD

Get \$5 off your first prescription with VCRx.

Download the **VCRx app** for your digital prescription savings card that saves you up to 80% on thousands of prescriptions at Hy-Vee and more than 35,000 pharmacies nationwide.

Use **Rx Group APP5** for an extra \$5 off your first prescription.



Download the **VCRx app** to start saving today.

*Prescription savings vary by prescription and by pharmacy. This is not insurance. This is a discount prescription drug card and is free to VCRx members and can be used at more than 35,000 pharmacies nationwide.



Expert telehealth solutions that put you in control.

RedBox Rx provides **affordable online healthcare** on your terms with convenient access to licensed medical providers, transparent pricing and low-cost prescriptions shipped right to your door with no insurance required.



RedBox Rx
RedboxRx.com

Scan the code to explore treatment options.



FINDS

Stylish Home Decor & Storage

Refresh and organize your space with practical home accessories and storage products from Hy-Vee.



OASIS HOME AT HY-VEE

Quality-made organization bins and baskets from Oasis Home provide a trendy and affordable solution for storing home goods in kitchens, bathrooms, offices and more.

FIND IT AT HY-VEE

1. Anchor Hocking 64 oz. Montana Jar

Store and display home supplies in this large, clear jar made of thick glass with an artisan acacia wood lid.

64-oz. capacity

16.99

2. Mud Pie Small Friends Wood Frame

A charming pine wood picture frame with a sweet sentiment adds a heartfelt touch to a displayed photo.

4.5x4.25 in.

14.99

3. Anchor Hocking 96 oz. Montana Jar

Keep dry foods or pet treats in this glass container with an airtight lid, perfect for pantries or countertops.

96-oz. capacity

19.99

4. Anchor Hocking 48 oz. Montana Jar

A dishwasher-safe glass storage canister that won't warp, stain or retain smells; hand-wash wood lid.

48-oz. capacity

14.99

5. Oasis Home Paper Rope Bins

Soft and durable woven rope baskets with wood rod handles will help you stay organized in style; available in three colors and sizes.

1 ct.

10% OFF

6. Oasis Home Multi-Purpose Storage Bins

Clear, BPA-free plastic storage bins with on-trend ribbed designs and convenient gold accent handles.

11x8.3x4 in.

10% OFF



FIND IT AT HY-VEE

Mud Pie Hello Door Mat

Offer a warm welcome with this rectangle door mat made of braided jute; great for both indoor and outdoor use.

23x36 in.

22.99



FIND IT AT HY-VEE

Mud Pie Stuff and Etc. Basket Set

Organize any room using two jute storage baskets with open-top designs.

9.75x13.75-in. large basket
7x10.5-in. small basket

47.49

FOODS THAT

Help You Breathe

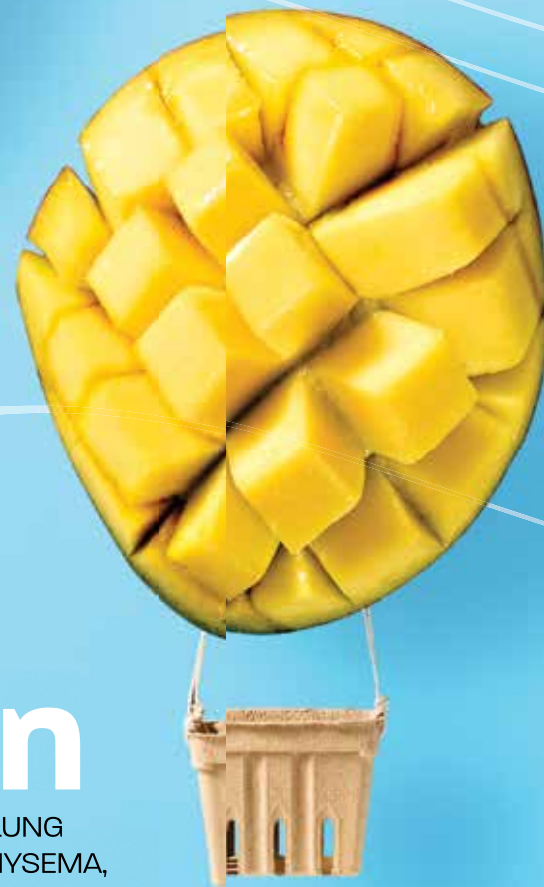
Learn how your diet can affect the respiratory system, and how some foods may improve lung function for easier breathing.

The nutrients in many foods can help improve respiratory and lung function, allowing you to breathe easier. Your lungs, blood vessels and airways make up the respiratory system. This system supplies the entire body with oxygen, removes carbon dioxide and allows you to talk and smell.

The respiratory system and food constantly work together to fuel the body through a process called metabolism. This process of converting food to energy is kickstarted with oxygen. The energy from metabolism then fuels all of the body's functions.

Eating antioxidant-rich foods is one of the easiest ways to support lung health. Antioxidants such as vitamins A, C and E help fight the damage caused by molecules called free radicals. Too many free radicals can lead to inflammation, increasing the risk of chronic illnesses.

Stress, smoking and pollution can all accelerate the production of free radicals, damaging lung cells and causing difficulty breathing. However, some of these foods may also help reduce the effects of lung diseases like chronic bronchitis, asthma and chronic obstructive pulmonary disease (COPD).



34 million

PEOPLE IN THE U.S. LIVE WITH A CHRONIC LUNG DISEASE SUCH AS ASTHMA, COPD AND EMPHYSEMA, ACCORDING TO THE AMERICAN LUNG ASSOCIATION.

Breathe Better

Include these foods in your regular diet to support overall lung health.

BEETS

A source of the plant pigment betalains and antioxidants, beets can help reduce inflammation and lower the body's sensitivity to asthma attack triggers.

AVOCADOS

The fiber in avocados, plus vitamins E and C, all contribute to healthier lungs by fighting free radicals and reducing symptoms of respiratory diseases.

QUINOA

Whole grains such as quinoa release energy slowly and produce less carbon dioxide during metabolism than simple carbs, which can make breathing easier.

MANGOES

A source of the antioxidant vitamin A, mangoes can help prevent inflammation in the body and lead to improvements in overall lung function and health.

BEANS

Legumes such as beans, peas and lentils are a source of dietary fiber, which is associated with better lung function and may reduce respiratory symptoms.

KALE

Containing antioxidants such as vitamins A and C, kale can help fight and reduce damage from free radicals, and helps support lung health and breathing.

SALMON

Foods with omega-3 fatty acids, including salmon, may help improve lung function and minimize flare-ups of respiratory conditions such as COPD and asthma.

PEACHES

One raw peach has about 6% of the average person's daily vitamin A needs, which can help reduce inflammation and lower the risk of lung and oral cancers.

REACH FOR REAL HYDRATION



BODYARMOR
Sport Water

OFFICIAL WATER OF U.S. SOCCER



**ALKALINE WATER
WITH
ELECTROLYTES⁺**



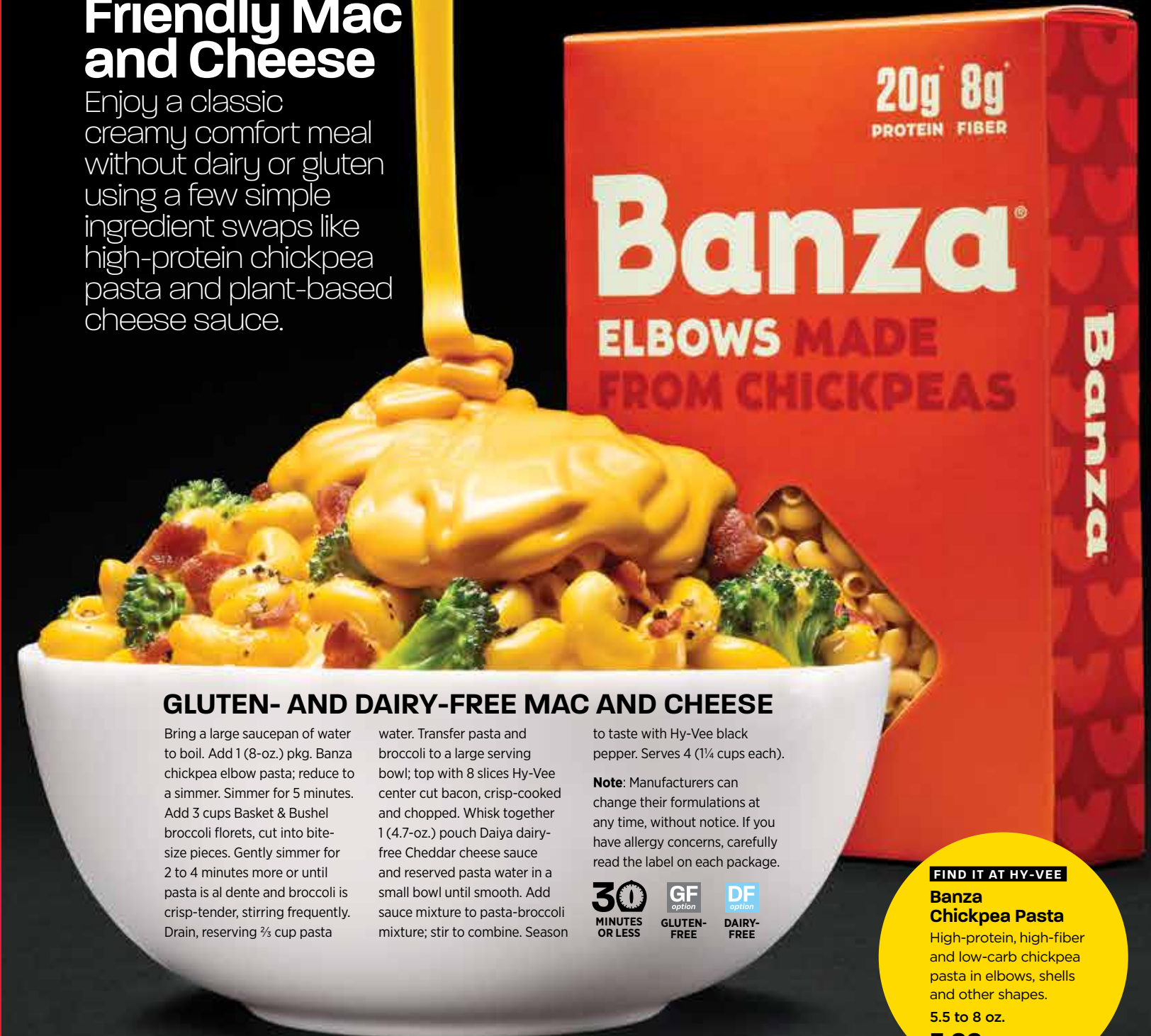
⁺electrolytes for taste

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MEAL MAKEOVER

Allergen-Friendly Mac and Cheese

Enjoy a classic creamy comfort meal without dairy or gluten using a few simple ingredient swaps like high-protein chickpea pasta and plant-based cheese sauce.



GLUTEN- AND DAIRY-FREE MAC AND CHEESE

Bring a large saucepan of water to boil. Add 1 (8-oz.) pkg. Banza chickpea elbow pasta; reduce to a simmer. Simmer for 5 minutes. Add 3 cups Basket & Bushel broccoli florets, cut into bite-size pieces. Gently simmer for 2 to 4 minutes more or until pasta is al dente and broccoli is crisp-tender, stirring frequently. Drain, reserving $\frac{3}{4}$ cup pasta

water. Transfer pasta and broccoli to a large serving bowl; top with 8 slices Hy-Vee center cut bacon, crisp-cooked and chopped. Whisk together 1 (4.7-oz.) pouch Daiya dairy-free Cheddar cheese sauce and reserved pasta water in a small bowl until smooth. Add sauce mixture to pasta-broccoli mixture; stir to combine. Season

to taste with Hy-Vee black pepper. Serves 4 ($\frac{1}{4}$ cups each).

Note: Manufacturers can change their formulations at any time, without notice. If you have allergy concerns, carefully read the label on each package.

30 MINUTES OR LESS
GF option GLUTEN-FREE
DF option DAIRY-FREE

FIND IT AT HY-VEE

Banza Chickpea Pasta

High-protein, high-fiber and low-carb chickpea pasta in elbows, shells and other shapes.

5.5 to 8 oz.

3.99



Try this Dark Chocolate 'n' Berry Espresso Bark, pg. 49

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MEAL MAKEOVER: ALLERGEN-FRIENDLY MAC AND CHEESE

30 DF GF Gluten- and Dairy-Free Mac and Cheese *p. 93*

30
MINUTES
OR LESS

20
MINUTES
OR LESS

10
MINUTES
OR LESS

GF
option
GLUTEN-FREE

DF
option
DAIRY-FREE

V
option
VEGETARIAN DISH

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Hy-Vee provides:

- Free aids and services to people with disabilities to communicate effectively with us, upon request or when necessary, such as:
- Qualified language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as:
- Qualified interpreters
- Information written in other languages upon request

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

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

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-866-874-3972.

Healthy Oceans. Better Seafood.

100% of Hy-Vee Seafood is Responsibly Sourced.* And we're proud to be the first Midwest-Based Retailer to get on board.



*All of Hy-Vee's seafood meets our Seafood Procurement Policy. Products labelled "Responsible Choice" are Green or Yellow rated by Seafood Watch or hold an equivalent certification. Hy-Vee's seafood sourcing is third-party verified by FishWise, our partner in Responsible Seafood.





MAKE
SIMPLY
DONE
YOUR HOUSEHOLD
HELPER



Affordable, quality products for every task, every time.



BACK^{to} SNACK



STOCK UP FOR BACK-TO-SCHOOL WITH FRITO-LAY. Fill the pantry with 18- or 42-count variety packs of favorites like Lay's, Doritos and Cheetos for easy, flavor-packed lunch box snacks.



SCAN TO SHOP Frito-Lay products at Hy-Vee.



FREE
to join.



EASY
to sign up.

hy-vee.com/PERKS