**NEW**

**CHOCOLATE BANANA PEANUT BUTTER SWIRL**

**IT'S YOUR Churn™ PREMIUM ICE CREAM**

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**JUNE 2020**

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**DONNA TWEETEN**
CHIEF CUSTOMER OFFICER, CHIEF MARKETING OFFICER

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**If you’re looking to relax this summer, the best place to go might be your own backyard. Maybe it’s the warm sunshine or fresh breezes, but outdoor time has a special appeal for many of us right now. Hy-Vee can make your time outdoors more special with tasty regional barbecue, page 10, awesome side dishes, page 20, and fresh summer produce, page 24. Let’s not forget the drinks! Hy-Vee makes bartending easy with ready-to-serve canned cocktails complete with fun garnishes, page 52. Summer can also be special for kids, and we share playtime activities to boost their physical and mental fitness, page 70, while providing oodles of fun. Here’s to the joys of summer!**
Grilling bratwurst and hot dogs is a long-standing rite of summer for many Americans. Fortunately, Hy-Vee has a lot of great grilling options, starting with Oscar Mayer cheese franks.

In addition, you can find some great brat selections in the service case of your local Hy-Vee Meat & Seafood Department, among them the Beer, Pineapple and Jalapeno Cheddar brats shown here.

TOGETHER TASTES BETTER

SUMMER DELIGHTS
Find a shady spot, sit back and relax with one of these easy-sipping adult drinks.

BUSCH LIGHT
With a recipe unchanged since 1955, Busch Light is brewed longer for a lighter body and fewer calories.

GOLDEN ROAD MANGO CART
A light, refreshing wheat ale flavored with mango and inspired by the iconic fruit cart vendors of Los Angeles.

TRULY LEMONADE & SELTZER
With simple ingredients and hints of fruity flavors, a sample pack has something for everyone.

BRATS AND HOTS
One bite of this delightful donut and you’ll say, “Lemon Squeeze? Yes, please!” It’s the Hy-Vee Bakery Fresh Donut of the Month for June!

Look for new Chobani Greek yogurt products with all-in-one nutrition—made to fuel busy lifestyles and provide sustained energy throughout the day.
Camping Comforts

Enjoy the great outdoors camping in your own backyard. This is just a sampling of what Hy-Vee offers.

**Camping Comforts**

**CITRONELLA BUCKET**
Add the ambience, subtract the skeeters.

**ENJOY THE GREAT OUTDOORS CAMPING IN YOUR OWN BACKYARD.**

**BUGGINS INSECT REPELLENT**
Banish mosquitoes, biting flies, ticks and more with a repellent containing 25 percent DEET.

**LIGHTER**
A long barrel makes it more convenient to ignite hard-to-reach paper or kindling.

**EXTENDABLE BBQ FORK**
Roast marshmallows, not your hands, with this 31-in. extendable fork.

**THREE-IN-ONE WATER SPRAY-BOTTLE FAN**
Experience the superior cooling effect of a mister in this water spray bottle fan.

**EXTENDABLE BBQ FORK**
Roast marshmallows, not your hands, with this 31-in. extendable fork.

**LATTICE-DESIGN ROUND STEEL FIREPIT**
This handsome 32-in. wide firepit comes with a lift-off safety screen to intercept sparks.

**EXTENDABLE LIGHTER**
Be a master fire starter—on the go—with Charming Instant Ignite Charcoal Lighter Fluid.

**RAIGUN**
Keep the warmth of the sun (or your hands) from taking the chill out of your favorite beverage.

**ZERO GRAVITY LAWN CHAIR**
A built-in beverage holder offers even more incentive to sit a spell.

**CONTIGO COUTURE WATER BOTTLE**
Thermalock vacuum-insulated stainless-steel bottle keeps drinks cold up to 24 hours or hot up to 10 hours.

**EVEREADY FLASHLIGHT**
You’re never really ready until you’ve got an Eveready flashlight for nighttime use.

**IGLOO COOLER**
Sure, you could run inside every 15 minutes. But why miss out on the fun for even one minute?

**LED LIGHTER**
A long barrel makes it more convenient to ignite hard-to-reach paper or kindling.

**LAKEWOOD CHAIR**
These colorful, lightweight plastic Adirondack chairs are comfortable—and stackable to save space.

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**CONTIGO COUTURE WATER BOTTLE**
Thermalock vacuum-insulated stainless-steel bottle keeps drinks cold up to 24 hours or hot up to 10 hours.
Crank up the summer heat with sweet and spicy meals, racks of ribs and no-hassle cocktails in a can.

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20 20 SIMPLE SUMMER SIDES
27 101 TOMATOES
30 FRESH, FAST, FIT: 3 REASONS TO EAT SALMON
34 COLORS OF SUMMER PRODUCE
44 SWEET MEETS HEAT
52 YES, YOU CAN!
56 PICK POCKETS
64 CUPCAKES + CANDY
Ribs are one of the quintessential grilling foods—succulent smoke-flavored meat with a mild or spicy rub and slathering of sauce. For top-quality cuts of meat, head to Hy-Vee, then explore regional flavors and learn sure-fire grilling tips for tender, juicy ribs.

MEMPHIS

Ribs are this city’s specialty! Experience juicy, tender pork loin baby backs given a dry rub containing paprika, cumin and other spices, then finished with a thin, not-too-spicy tomato-based sauce that adds just a hint of sweetness.

TEXAS

Nothing short on these meaty Texas-style beef short ribs, especially flavor and size. Savor irresistible flavors from the sweet and spicy dry rub and mesquite wood chips that carry the tune of the Lone Star State. Sauce is optional.

KANSAS CITY

Kansas City is a melting pot when it comes to barbecue traditions and styles. Savor regional flavors on St. Louis-style spareribs jazzed up with a spicy dry rub—then finished with tangy, sweet, tomato-based barbecue sauce.

CAROLINA

Spareribs, like any other pork, shine in the Carolinas and they are slathered different ways—with tomato- and ketchup-based sauce in the west, vinegar and hot pepper sauce in the east and a mustard-base sauce in the central region.
THE TYPES OF RIBS

Hy-Vee offers several tasty cuts that vary in size, flavor and meatiness. In all cases, low, slow cooking is key to getting deliciously tender, flavorful ribs.

**PORK**

**spareribs**
From the belly of the pig where bacon comes from, these are less meaty than baby backs or country-style ribs.

**TO GRILL:** Indirect heat (225°F) for 3 hours. Then foil-wrap ribs and grill 1 hour. Unwrap and grill over direct heat 30 minutes.

**HOW MUCH TO BUY:** 1 (3-lb.) slab to serve 4

**loin baby back ribs**
These small, meaty, lean ribs are cut from the loin section near the spine of the pig. They’re more tender than spareribs and cook in less time.

**TO GRILL:** Indirect heat (250°F to 300°F). Allow 3 to 4 hours cooking time.

**HOW MUCH TO BUY:** 2 (12-bone) racks to serve 4 to 6

**St. Louis-style ribs**
The same as spareribs but from the shoulder and rib tips removed to create a uniform, rectangular-shape rack.

**TO GRILL:** Indirect heat (225°F) for 3 hours. Then foil-wrap ribs and grill 1 hour. Unwrap and grill over direct heat 30 minutes.

**HOW MUCH TO BUY:** 2 (2½- to 3-lb.) slabs to serve 4

**country-style ribs**
Cut from the pork loin, these meaty ribs are available in individual servings.

**TO GRILL:** Indirect heat (225°F). Allow 3 to 4 hours cooking time.

**HOW MUCH TO BUY:** 3 to 4 lb. boneless to serve 4

**beef short ribs**
From the section of ribs below the cow’s stomach.

**TO GRILL:** Indirect heat (225°F). Allow 3 to 4 hours cooking time.

**HOW MUCH TO BUY:** 4 to 5 lb. to serve 4

**specialty cut beef ribs**
Same as short ribs but larger. Order from your Hy-Vee Meat Department.

**TO GRILL:** Indirect heat (225°F). Allow 3 to 4 hours cooking time.

**HOW MUCH TO BUY:** 6 to 8 lb. to serve 4

**THE REGIONAL FLAVORS**

Rev up the flavor of ribs with ready-made sauces and rubs. Find these and more at your local Hy-Vee.

**PORK**

**sauce**
Sweet, thick and tangy tomato-based sauce makes KC-style beef or pork ribs stand out. Sauces contain ketchup, sugar, vinegar and molasses as well as cayenne and other spices. The sauce coats well when brushed on ribs for out-of-this-world flavor.

**rub**
Like the sauce, KC-style rubs are on the sweet side. A typical rub has about a two-to-one ratio of brown sugar to the usual dry rub spices, including chili powder, paprika, garlic and onion powders and cayenne pepper—a nice balance of sweet and savory with a slight kick.

**CAROLINA**

**sauce**
Thin, vinegar-based sauces typify Western Carolina BBQ; tangy mustard-based sauces represent the South.

Mop sauces with cider vinegar, brown sugar and cayenne pepper are common for marinating and basting grilled meat.

**rub**
Pork is the traditional meat of choice for Carolina barbecues and the sugar-based rubs here are balanced with garlic and savory spices. In addition to ribs, the rubs boost flavor for sweet corn and potatoes.

**MEMPHIS**

**sauce**
Memphis sauce, made with tomatoes, vinegar and spices, is generally thin and not too spicy, with a hint of sweetness. In Memphis-style BBQ, sauce is often brushed on ribs toward the end of cooking or served alongside dry ribs.

**rub**
Memphis-style rubs consist of salt, brown sugar, onion and a variety of spices. Apply rub evenly, then let the meat stand at least 30 minutes, or wrap and chill it overnight before grilling. Also use the rub on other pork cuts or chicken.

**TEXAS**

**sauce**
Spicier, less-sweet sauce flavored with chili powder, ancho powder, hot sauce and cumin is typical to add richness and depth to grilled or smoked Texas-style ribs and other beef cuts.

**rub**
The big taste of Texas BBQ comes through in smoky blends of robust spices that have hints of sweetness. Try these rubs on your favorite cut of ribs all year round.

**KANSAS CITY**

**sauce**
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Memphis Pork Baby Back Ribs

Hands On: 40 minutes
Total Time: 4 hours 30 minutes plus chilling and standing time
Serves: 4

1 Tbsp. Hy-Vee paprika
1 Tbsp. Hy-Vee packed brown sugar
1 Tbsp. Hy-Vee black pepper
1 tsp. Hy-Vee ground cumin
½ tsp. Hy-Vee ground mustard
½ tsp. Hy-Vee garlic powder
½ tsp. celery salt
1 Tbsp. Hy-Vee cayenne pepper
1 tsp to 1½ tsp. Hy-Vee pork loin back ribs
1 recipe Memphis BBQ Sauce, below
Applewood chips

1. COMBINE paprika, brown sugar, black pepper, cumin, mustard, garlic powder, celery salt and cayenne pepper; reserve 1 tsp. rub mixture in a large saucepan. Bring to boiling; reduce heat. Simmer, uncovered, 30 minutes, stirring often. Makes 1¼ cups.

2. PREHEAT a charcoal or gas grill for indirect cooking over medium low heat. For charcoal grill, sprinkle wood chips over coals. For gas grill, place wood chips in a Aerosmoker pouch or smoker box; set aside.

3. GRILL ribs, in whatever length you desire, from your local Hy-Vee Meat Department.

If you love the hearty flavor beef offers, smoking beef ribs is well worth the effort. Order beef short ribs, in whatever length you desire, from your local Hy-Vee Meat Department.

KC-Style Smoked Beef Short Ribs

Hands On: 20 minutes
Total Time: 2 hours 30 minutes plus chilling and roasting time
Serves: 6

1 cup Hy-Vee granulated sugar
2 Tbsp. Hy-Vee paprika
1 Tbsp. kocher salt
1 Tbsp. celery salt
1 Tbsp. Hy-Vee garlic powder
2 tsp. That’s Smart! onion powder
2 tsp. Hy-Vee chili powder
1 tsp. Hy-Vee ground cumin
1 tsp. Hy-Vee black pepper

1. COMBINE sugar, paprika, kocher salt, celery salt, garlic powder, onion powder, chili powder, cumin, black pepper, mustard, sugar and cayenne pepper. Sprinkle rub mixture on all sides of ribs. Wrap tightly with plastic wrap; refrigerate overnight.

2. SOAK 1 recipe KC BBQ Sauce, below; 1 recipe Memphis BBQ Sauce, below

3. GRILL ribs, bone side up, on rack in smoker and smoke for 1 to 2 hours more or until sauce begins to caramelize. Serve with remaining KC BBQ sauce.

BRING ‘EM HOME

Our slow-smoked baby back pork ribs are seasoned with Hickory House dry rub.
PREP FOR GRILLING

STEP 1 Light the charcoal grill using a chimney starter and charcoal briquettes.

STEP 2 Divide the charcoal into two piles and arrange on opposite sides of the grill plate.

STEP 3 Lightly coat ribs with the seasoning rub, gently patting it into the meat. Avoid massaging it into the meat, which will make the flavor too strong.

STEP 4 Place ribs, bone side down, over very low indirect heat (225°F to 302°F) for 3 hours. While ribs are cooking, add more charcoal briquettes and wood chips as needed.

STEP 5 After 3 hours, brush ribs on both sides with BBQ sauce. Continue to grill ribs, bone side down, over very low indirect heat for 30 to 60 minutes.

STEP 6 Check for doneness. Take the internal temperature of the ribs with an instant-read thermometer. At 185°F to 190°F, they are done.

PREP TO SMOKE RIBS

STEP 1 Using a sharp knife, trim any excess fat from the ribs.

STEP 2 Slide a table knife under the membrane covering the back of each rib rack. Lift and loosen membrane until you can pry it up and pull it off.

STEP 3 Place the ribs on the grill away from the heat source for indirect cooking. Grill at around 225°F, checking occasionally, so temperature stays as consistent as possible.

STEP 4 Divide the charcoal into two piles and arrange on opposite sides of the grill plate.

STEP 5 After 3 hours, brush ribs on both sides with BBQ sauce. Continue to grill ribs, bone side down, over very low indirect heat for 30 to 60 minutes.

STEP 6 Check for doneness. Take the internal temperature of the ribs with an instant-read thermometer. At 185°F to 190°F, they are done.

RIB TIPS

Patrick Cooper
Meat Manager, Hy-Vee, Shawnee, Kansas

Q What’s a good rib cut to choose if I’m grilling ribs for the first time?
A Baby back pork ribs because you don’t have to be as precise with the timings. If you slightly overcook or undercook them, they’ll still be tender.

Q What’s your easiest, most foolproof method for grilling baby back ribs?
A It’s my 3-2-1 method, which has worked well for many customers. First, grill the ribs over low, indirect heat (225°F) for 3 hours to give them a nice smoky flavor. Then wrap the ribs in foil and continue grilling for 2 hours — this steams them and makes them tender. Then unwrap the ribs and grill 1 hour more to solidify the meat so it has good texture. Brush on sauce during this last hour.

Q What’s a good hardwood to use when smoking baby backs?
A I like applewood because it gives the ribs a sweeter smoke flavor.

LOW AND SLOW COOKING IS KEY TO GET TENDER RIBS WHATEVER CUT YOU CHOOSE.
CAROLINA MUSTARD BBQ CHICKEN

3 lbs. bone-in chicken thighs
5 Tbsp. McCormick® Grill Mates® Applewood Rub
1/2 cup French’s® Classic Yellow Mustard
1/2 cup cider vinegar
3 Tbsp. water

Season chicken with 3 tablespoons of the Applewood Rub. Refrigerate 30 minutes, if desired.
Mix mustard, vinegar, water and remaining 2 tablespoons of Applewood Rub in medium bowl until blended. Set aside.
Prepare grill for indirect medium-low heat (275°F to 300°F). Preheat grill by turning all burners to medium. Turn off Burners 1 on one side. Place chicken on unlit side of grill. Close grill.
Grill 40 to 45 minutes or until internal temperature of thickest part of chicken is 165°F, turning occasionally. Move chicken to lit side of grill with skin-side down. Brush with mustard barbecue sauce. Turn lit side of grill to high.
Grill, uncovered, 3 to 5 minutes longer or until chicken is charred, turning once and brushing with additional sauce.

Visit McCormick.com For Grilling Recipes.
Crowd-pleasing side dishes from Hy-Vee, ready in 20 minutes or less!

**FIND A SHORT CUT!**

**THIS SALAD IS EVEN EASIER WHEN YOU SAVE LABOR BY USING HY-VEE SHORT CUTS WATERMELON AND MIXED BERRIES.**

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**Watermelon and Berry Salad**

**Total Time:** 10 minutes  
**Serves:** 16 (½ cup each)  
**Per serving:** 50 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 12 g carbohydrates, 1 g fiber, 9 g sugar (3 g added sugar), 1 g protein.

1. **WHISK** together agave, orange juice, lime juice and mint in a small bowl; set aside.

2. **COMBINE** watermelon, triple berry mix and strawberries in a large bowl. Drizzle with agave mixture. Toss to coat. Serve immediately or store, covered, in the refrigerator for up to 4 hours. Garnish with orange zest and mint leaves, if desired.

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1 Tbsp. fresh lime juice  
2 Tbsp. finely chopped mint  
1 (1-lb.) container Hy-Vee Short Cuts watermelon  
1 (1.25-lb.) container Hy-Vee Short Cuts triple berry mix  
1 (1.25-lb.) container Hy-Vee Short Cuts strawberries, halved  
3 Tbsp. agave nectar  
2 Tbsp. fresh orange juice  
Orange zest, for garnish  
Mint leaves, for garnish
SWEET PEACHES, MILDLY SALTY PROSCIUTTO AND CREAMY MOZZARELLA PRESENT A NICE BALANCE OF FLAVORS AND TEXTURES.

Peach and Prosciutto Salad

Total Time 15 minutes
Serves 6

2 Tbsp. Gustare Vita extra virgin olive oil
2 Tbsp. white balsamic vinegar
1 tsp. finely chopped fresh basil
2 fresh peaches, pitted and sliced
4 oz. fresh mozzarella pearls

1. WHISK together olive oil, white balsamic vinegar and finely chopped basil in a small bowl; set aside.
2. TOSS together peach slices and blueberries in a large bowl. Drizzle with olive oil mixture; toss to coat.
3. SPOON peach mixture into a shallow serving bowl. Top with prosciutto, basil leaves and mozzarella pearls.

Per serving: 130 calories, 9 g fat, 3.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 220 mg sodium, 6 g carbohydrates, 1 g fiber, 5 g sugar (0 g added sugar), 7 g protein.

Daily Values: Vitamin D 0%, Calcium 6%, Iron 0%, Potassium 2%

Mexican Fruit Sticks with Lime Crema

Combine ½ cup crema Mexicana or sour cream, ½ tsp. lime juice, 1 tsp. chili powder, ¼ tsp. fine sea salt, ¼ tsp. ground cumin and ⅛ tsp. ground coriander in a small bowl. Garnish with additional lime zest, if desired. Cover and refrigerate. Cut the fruit from ½ (5-lb.) seedless watermelon and 1 medium mango into ¾-in. cubes. Combine 1 tsp. chili powder, ¼ tsp. fine sea salt, ¼ tsp. ground cumin and ⅛ tsp. ground coriander; sprinkle on fruit cubes. Serve with lime crema for dipping. Serves 8 (about 4 sticks each).

Lemon-Herb Sugar Snap Peas

Preheat charcoal or gas grill for direct cooking over medium-high heat. Combine 1 (15-oz.) pkg. Hy-Vee sugar snap peas and 1 cup grape tomatoes in a bowl. Drizzle with 2 tsp. olive oil; toss. Transfer to a grill basket. Grill for 4 to 6 minutes or until sugar snap peas are crisp-tender and tomatoes begin to blister, stirring occasionally. Transfer to a serving bowl; sprinkle with ½ tsp. Hy-Vee lemon-pepper seasoning. Top with finely chopped fresh basil and ½ tsp. finely chopped fresh oregano leaves. Garnish with lemon wedges, if desired. Serves 6.

E-Z WATERMELON STICKS: PLACE ½ MELON CUT-SIDE DOWN ON A CUTTING BOARD, MAKE ⅜-IN. CUTS IN A CROSSHATCH PATTERN AND REMOVE THE RIND.

Mediterranean Farro Salad

Cook 1 (8.8-oz.) pkg. 10-minute Italian farro according to package directions, cool. Combine 1 (16-oz.) can drained Hy-Vee garbanzo beans, 1½ cups halved red and yellow grape tomatoes, ¾ cup sliced and halved mini cucumbers, ½ cup crumbled feta cheese, ¼ cup sliced Hy-Vee pitted large black olives and 2 Tbsp. finely chopped fresh oregano leaves in a large bowl. Drizzle with 1 tsp. bottled Parmesan-and-roasted-garlic salad dressing; toss. Cover and chill until serving time. If desired, garnish with additional parsley. Serves 8.
Herbed Tomatoes
Cut up 1 lb. assorted fresh tomatoes into slices and wedges; place in a shallow bowl. Combine 2 Tbsp. finely chopped shallot, 2 Tbsp. Gustare Vita red wine vinegar, 1 tsp. fresh lemon juice, 1 tsp. Hy-Vee honey, 1 tsp. each finely chopped fresh basil, parsley and thyme, and Hy-Vee salt and black pepper to taste. Toss with tomatoes. Stir in ½ cup crumbled goat cheese. Cover and refrigerate for up to 2 hours. Garnish with fresh herbs, if desired. Serves 8.

Quick-Pickled Cucumbers
Combine 2 Tbsp. Hy-Vee white vinegar, 1 Tbsp. Hy-Vee granulated sugar, 1 tsp. kosher salt and ½ tsp. Hy-Vee crushed red pepper; stir to combine. Let stand for 5 minutes. Stir in 2 cups thinly sliced seedless cucumbers, ½ cup thinly sliced red onion and ¼ cup Hy-Vee Short Cuts tricolor chopped peppers. Cover and refrigerate for up to 2 hours. Garnish with fresh dill sprigs, if desired. Serves 6.

Grill-Roasted Potatoes and Peppers
Preheat a charcoal or gas grill for direct cooking over medium-high heat. Microwave 1 (1.5-lb.) pkg. Hy-Vee Smart Bites potatoes in its pkg. 5 minutes; cut potatoes in half. Drizzle with 1 Tbsp. Gustare Vita garlic-flavored olive oil; toss. Add 1 Tbsp. finely chopped fresh rosemary, ½ tsp. fine sea salt and ¼ tsp. coarse-ground black pepper; toss to coat. Place potatoes in grill basket. Grill 3 minutes. Toss 1½ cups Hy-Vee Short Cuts bell pepper strips with 2 Tbsp. garlic olive oil. Add to basket. Grill 3 to 5 minutes more or just until peppers are crisp-tender, stirring occasionally. Serves 6.

Tomato-Pesto Garlic Bread
Preheat broiler. Spread ½ cup Gustare Vita basil pesto on cut sides of 12 (2-oz.) slices Hy-Vee Bakery heat-and-eat garlic bread. Place bread halves, pesto sides up, on a rimmed baking sheet. Sprinkle with 1 cup Hy-Vee shredded mozzarella cheese and ½ cup Hy-Vee finely shredded Parmesan cheese. Slash 2 medium tomatoes; arrange slices on cheese. Broil 4 in. from heat for 4 minutes or until cheese is melted. Garnish with fresh thyme, if desired. Cool slightly before serving. Serves 16.

Chili-Jalapeño Creamed Corn

Before topping bread, place extra-juicy tomato slices on a paper towel-lined tray to catch some juices.
tomatoes, in dozens of shapes, sizes and varied colors, are a most versatile ingredient. Added to sandwiches, salads or soups or mixed in sauces and salsas, tomatoes are nutritionally rich, especially with lycopene, a powerful antioxidant that rids the body of cell-damaging free radicals. Lycopene has also been associated with reduced risk of stroke and some cancers.

BUY tomatoes with stems attached. Flesh should give slightly when the fruit is lightly pressed. Avoid tomatoes that have cracks, bruising or shriveled skins.

STORE tomatoes at room temperature until ready to use. Avoid temperatures lower than 50 degrees, and do not refrigerate. If not yet ripe, store tomatoes in a brown paper bag for a few days until ripe.

1. Grape
Similar in size to cherry tomatoes, slightly oblong and more savory.

2. Cherry
Small, with bright, sweet flavor. Ideal size for salads, kabobs and snacks.

3. Roma
Medium-size meaty tomato with few seeds; best tomato for sauces.

4. Beefsteak
Large, juicy tomato worthy of its name. Beefsteak tomatoes are a go-to for sandwiches.

5. Heirloom
Balanced taste of sweet and savory. Often with unusual shapes yet superb taste.

Sources: nutritiondata.self.com/facts/vegetables-and-vegetable-products/2682/2
health.harvard.edu/blog/lycopene-rich-tomatoes-linked-to-lower-stroke-risk-201210105400

TOMATO VARIETIES

For juicy summer tomatoes—a savory staple of the season—stop by Hy-Vee for all the tasty varieties.
Tomato-Topped Oven-Baked Risotto

Hands On 23 minutes  
Total Time 38 minutes  
Serves 12 (¾ cup each)

For nonalcoholic option, use chicken or vegetable broth instead of wine.

3 Tbsp. Gustare Vita olive oil
% cup Hy-Vee Short Cuts chopped white onions
2 cups dry Arborio rice
1 cup San Simon Chardonnay or dry white wine
4⅔ to 5 cups Hy-Vee 33%-less-sodium chicken broth, divided
1⅓ cups fresh grated Parmesan cheese, plus shredded for garnish
2 Tbsp. Hy-Vee unsalted butter, cut up
2 Tbsp. finely chopped fresh basil, plus shredded for garnish
Hy-Vee Mediterranean sea salt and coarse-ground black pepper, to taste
1 cup multicolor grape tomatoes, halved

1. PREHEAT oven to 375°F. Heat oil in a 3- to 3½-qt. Dutch oven over medium heat. Add onions; cook 2 to 3 minutes or until softened, stirring occasionally. Add rice; cook and stir 4 to 6 minutes or until rice is golden.

2. REMOVE pan from heat; add wine. Return pan to heat; cook and stir until wine is evaporated. Carefully add 4⅔ cups broth; stir to combine. Bring to a simmer.

3. COVER tightly and bake for 12 to 15 minutes or until the rice is al dente. Remove rice mixture from oven; move oven rack to upper third of oven. Preheat broiler on high.

4. STIR 1⅓ cups grated Parmesan cheese, butter and 2 Tbsp. basil into rice mixture. If necessary, stir in enough remaining broth to make a creamy mixture. Season to taste with salt and pepper.

5. GENTLY stir in ⅔ cup tomatoes. Top with remaining tomatoes. Broil 1 to 3 minutes or until the rice is al dente. Serve immediately.

For nonalcoholic option, use chicken or vegetable broth instead of wine.
Call it a great catch! This versatile fish lets you do it all—eat healthy, spend less time cooking and relish the freshest and best flavors. Head to your local Hy-Vee for premium, sustainably harvested salmon. Then dive into these easy recipes for delicious summer meals.

**SALMON VARIETIES**

Find farm-raised and wild salmon at your local Hy-Vee. Wild salmon has a leaner texture and more complex flavor than farm-raised salmon.

**ATLANTIC SALMON**
Farm-raised salmon, such as Verlasso, comes from the Patagonia region near Chile.

**PACIFIC SALMON**
Wild species are caught in their natural habitats. Bristol Bay Sockeye and Keta come from Alaska and Mount Cook King comes from New Zealand.

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**Pineapple-Planked Salmon**

Hands On: 15 minutes
Total Time: 37 minutes plus marinating and standing time
Serves: 4

1 (1-lb.) skin-on wild salmon fillet
⅓ cup purchased ponzu sauce
⅓ cup Hy-Vee honey
¼ cup pineapple juice
4 cloves garlic, minced
1 Tbsp. grated fresh ginger

1. RINSE fish dry; place in a shallow dish. Combine ponzu sauce, honey, pineapple juice, garlic and ginger. Reserve ½ cup. Pour remaining mixture over salmon. Cover and refrigerate 30 minutes.

2. PREHEAT a charcoal or gas grill with greased grill rack for direct cooking over medium-high heat. Transfer reserved ponzu mixture to a saucepan; bring to boiling. Remove from heat; stir in butter.

3. GRILL 8 pineapple slices for 2 minutes. Turn slices over; arrange to form plank for salmon. Drain salmon; pat dry. Place, skin side down, on pineapple plank. Grill 15 to 20 minutes or until fish flakes with a fork (145°F), brushing with sauce after 10 minutes. Let stand, covered, 5 minutes. Discard charred pineapple. Grill remaining pineapple until slightly charred, brushing with remaining sauce. Garnish salmon with green onions and sesame seeds, if desired. Serve with glazed pineapple.

Per serving: 490 calories, 18 g fat, 5 g saturated fat, 70 mg cholesterol, 1,230 mg sodium, 58 g carbohydrates, 3 g fiber, 25 g protein. Daily Values: 60% Vitamin D, 4% Calcium, 6% Iron, 15% Potassium.

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**PLANK-GRILLING ON FRUIT ADDS BRIGHT, TANGY FLAVOR TO SALMON WHILE KEEPING IT MOIST. UNLIKE WOOD PLANKS, YOU DON’T HAVE TO SOAK THE FRUIT BEFORE GRILLING. LEMON AND ORANGE SLICES ALSO MAKE GREAT PLANKS.**

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**BEYOND THE PLANK**
Salmon pairs well with fresh herbs, veggies and other fruits. Boost flavor by brushing fillets with olive oil, then rub with a mixture of finely chopped rosemary, parsley and garlic. Serve with salt and pepper and add a squeeze of lemon. Prepare veggies in simple ways that deliver plenty of flavor without overpowering the fish. Grill, sauté or stir-fry broccoli or green beans or crispy herbed potatoes stand up well to salmon. Fruit adds refreshing flavor and texture. Sauté, stir-fry mangoes and pears complement the tender, flaky texture of salmon. For a change, squeeze lime instead of lemon on the fish for more complex flavor.

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**RESPONSIBLE CHOICE**

Hy-Vee partners with reliable organizations to bring you quality, sustainable seafood. The Responsible Choice label identifies seafood that is fished or farmed in ways that minimize environmental impact. 
**FAST**

**FLASH IN THE PAN** Here are some tips for tender, flaky salmon using the flash cook method below left:
- Individual fillets work best for flash cook cooking.
- 11 using frozen fillets, thaw them ahead in the refrigerator.

**10-Minute Stove-Top Salmon**

**SERVES 4**

1. **PREPARE SALMON** Pat salmon dry. Season salmon with Hy-Vee salt and black pepper, to taste. Pat fillets dry with paper towels. If using salmon from the refrigeration about 20 minutes, before cooling to bring them closer to room temperature and ensure even cooking.

2. **PAN-FRY SALMON** Heat 1 Tbsp. Hy-Vee canola oil in 12-inch skillet over medium-high heat. 2. Place salmon skin side down on skillet. Cook 4 minutes. Resist turning fillets too early. Let the fish cook, untouched, until shimmering. Add 4 (4- to 5-oz.) salmon fillets, skin side up, to skillet.

3. **FINISH SALMON** Use a fish spatula. Release easily from the skillet using a fish spatula. Insert a fork into the center of the fillet. If the fish flakes easily, it’s done.

**SALMON TOPPERS**

**TROPICAL PICO DE GALLO** Find this mixture of fresh mango, bell pepper, pineapple, jalapeño and cilantro at your local Hy-Vee.

**PIPO DE GALLO-AVOCADO** Fresh tomatoes, onions, jalapeño, lime and cilantro tossed with chopped avocado adds fresh Tex-Mex flavor.

**PESTO & TOMATOES** Fragrant herb pesto is an instant summer sauce for salmon. Fresh tomatoes add a pop of color.

**FIT**

**ACCORDING TO A RECENT HARVARD STUDY, EATING ONE OR TWO SERVINGS OF OMEGA-3 FAT-RICH SALMON A WEEK HAS BEEN SHOWN TO REDUCE THE RISK OF DYING FROM HEART DISEASE BY 15 PERCENT.**

**HEART HEALTHY** Salmon is a good source of protein. It’s high in omega-3s and low in saturated fat. Wild salmon is rich in astaxanthin, a carotenoid pigment that has been linked to heart health and improved skin condition.

**DISEASE RISK & BONE HEALTH** High omega-3 fats in salmon may reduce the risk of some cancers, Alzheimer’s disease and dementia. Salmon is one of the few natural sources of vitamin D, needed for calcium metabolism and bone health.

**INFLAMMATION & THYROID FUNCTION** Carotenoids found in salmon have anti-inflammatory properties. Salmon also boosts Britannia and the mineral selenium, which helps with thyroid function.

**BRAIN FUNCTION** Omega-3 fatty acids in EPA and DHA, found in salmon, are critical for normal brain function. Throughout all stages of life, in older adults, lower levels of omega-3s have been associated with memory loss.

**Grilled Salmon Salad**

**TOTAL TIME** 30 minutes

**SERVES 4**

4 ears Hy-Vee Short Cuts sweet corn
¼ cup fresh lemon juice
1 Tbsp. Hy-Vee Dijon mustard
8 fresh basil leaves, torn
2 cloves garlic
1 tsp. Hy-Vee honey
¼ cup plus 2 Tbsp. Cilantro Olive oil
Hy-Vee salt and black pepper, to taste
4 cups spring mix salad greens
4 (4- to 6-oz.) skin-on wild salmon fillets
1 red bell pepper, seeded and halved
1 avocado, peeled, pitted and sliced

**1. PREPARE SALMON** Pat salmon dry. Season salmon with Hy-Vee salt and black pepper, to taste. Pat fillets dry with paper towels. If using salmon from the refrigeration about 20 minutes closer to room temperature and before cooking to bring them closer to room temperature.

**2. PAN-FRY SALMON** Heat 1 Tbsp. Hy-Vee canola oil in 12-inch skillet over medium-high heat. 2. Place salmon skin side down on skillet. Cook 4 minutes. Resist turning fillets too early. Let the fish cook, untouched, until shimmering. Add 4 (4- to 5-oz.) salmon fillets, skin side up, to skillet.

3. **FINISH SALMON** Use a fish spatula. Release easily from the skillet using a fish spatula. Insert a fork into the center of the fillet. If the fish flakes easily, it’s done.

**Salad**

**Tropical Pico de Gallo**

- 4 cups spring mix salad greens
- 4 (4- to 6-oz.) skin-on wild salmon fillets
- 1 red bell pepper, seeded and halved
- 1 avocado, peeled, pitted and sliced

**Grilled Salmon Salad**

**TOTAL TIME** 30 minutes

**SERVES 4**

4 ears Hy-Vee Short Cuts sweet corn
¼ cup fresh lemon juice
1 Tbsp. Hy-Vee Dijon mustard
8 fresh basil leaves, torn
2 cloves garlic
1 tsp. Hy-Vee honey
¼ cup plus 2 Tbsp. Cilantro Olive oil
Hy-Vee salt and black pepper, to taste
4 cups spring mix salad greens
4 (4- to 6-oz.) skin-on wild salmon fillets
1 red bell pepper, seeded and halved
1 avocado, peeled, pitted and sliced

**1. PREPARE SALMON** Pat salmon dry. Season salmon with Hy-Vee salt and black pepper, to taste. Pat fillets dry with paper towels. If using salmon from the refrigeration about 20 minutes closer to room temperature and before cooking to bring them closer to room temperature.

**2. PAN-FRY SALMON** Heat 1 Tbsp. Hy-Vee canola oil in 12-inch skillet over medium-high heat. 2. Place salmon skin side down on skillet. Cook 4 minutes. Resist turning fillets too early. Let the fish cook, untouched, until shimmering. Add 4 (4- to 5-oz.) salmon fillets, skin side up, to skillet.

3. **FINISH SALMON** Use a fish spatula. Release easily from the skillet using a fish spatula. Insert a fork into the center of the fillet. If the fish flakes easily, it’s done.
Red pigments behave as antioxidants, linked to lowered blood pressure. Vitamin C nourishes skin, bones and connective tissue. Resveratrol protects against cancer, heart disease and dementia, according to limited research. Fiber in all these foods helps regulate blood sugar and aids digestion.

**RED FOODS**
- Cranberries
- Raspberries
- Red bell peppers
- Red grapes
- Strawberries
- Tomatoes

**SEASONS | June 2020**

Eat the rainbow! When you shop the produce aisles at Hy-Vee, note the beautiful colors—they indicate the nutrition within.

**No-Bake Berry Cheesecake Bars**

Sources:
- health.harvard.edu/staying-healthy/add-color-to-your-diet-for-good-nutrition
- medlineplus.gov/ency/article/002404.htm
- nutrition.org/plant-pigment-power-of-phytonutrients-and-vascular-health/

**Hands On: 40 minutes**
**Total Time: 40 minutes plus chilling time**
**Serves: 10**

1 cup Hy-Vee graham cracker crumbs
2 Tbsp. plus 1 cup Hy-Vee granulated sugar
5 Tbsp. Hy-Vee salted butter, melted
1 cup fresh raspberries
½ cup sliced Hy-Vee Short Cuts strawberries, divided
1 (8-oz.) pkg. Hy-Vee cream cheese, softened
1 tsp. Hy-Vee vanilla extract
1 cup Hy-Vee heavy whipping cream
1 cup Hy-Vee strawberry gelatin dessert powder or unflavored gelatin powder
1. LINE an 8×8×2-in. baking dish with parchment paper, extending parchment over edges of dish. Set dish aside.
2. COMBINE graham cracker crumbs and 2 Tbsp. sugar in a bowl. Stir in butter until well combined. Press crumb mixture into bottom of prepared dish. Freeze for 10 minutes.
3. PLACE raspberries and ¼ cup strawberries in a food processor. Cover and process until pureed; set aside.
4. BEAT cream cheese in large mixing bowl with electric mixer until smooth. Beat in remaining 1 cup sugar and vanilla until fluffy; set aside.
5. BEAT cream in medium mixing bowl until stiff peaks form (tips stand straight). Gently fold whipped cream into cream cheese mixture.
6. FOLD pureed berry mixture and gelatin powder into remaining cheese mixture to form white layer. Carefully spread on white layer. Cover and refrigerate 6 hours or overnight.
7. TO SERVE, use parchment paper to lift bars out of pan. Cut into bars and press remaining 1½ cups sliced strawberries on top.

Per bar: 410 calories, 31 g fat, 19 g saturated fat, 1 g trans fat, 90 mg cholesterol, 240 mg sodium, 30 g carbohydrates, 1 g fiber, 23 g sugar (16 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 4%
Grilled Peach & Shrimp Kabobs

Hands On 25 minutes
Total Time 33 minutes
Serves 4 (2 skewers each)

Ingredients:
- ½ tsp. Hy-Vee paprika
- 1½ tsp. grated fresh ginger
- 2 Tbsp. Hy-Vee canola oil
- 2 Tbsp. fresh lime juice
- 1 tsp. lime zest
- ¾ cup Hy-Vee peach preserves

Serves 4
Total Time 33 minutes
Hands On 25 minutes

Method:
1. PREHEAT a gas or charcoal grill with a greased grill rack for direct cooking over medium-high heat.
2. FOR GLAZE, combine peach preserves, lime zest and juice, oil, and ½ cup cheese.
3. ALTERNATELY thread shrimp, peach wedges, lime zest, and hunter green onion, then 1½ teaspoons chopped fresh Italian parsley, if desired.
4. GRILL kabobs 6 to 8 minutes or until shrimp is opaque and partially cooked and Georgia peach preserves is melted, turning once halfway through. Transfer kabobs to a platter; brush with remaining sauce. Garnish with parsley, if desired.

PER SERVING:
Calories 270, Total fat 9 g (saturated fat 2 g, trans fat 0 g), Cholesterol 75 mg, Sodium 240 mg, Carbohydrates 35 g (added sugar 2 g), Fiber 2 g, Protein 12 g, Calcium 10%, Iron 6%, Vitamin D 10%, Calcium 10%, Potassium 8%, Total 10%.

ORANGE BENEFITS

Vitamins A and C lend orange color. Beta-carotene pigment (think “carrot”), a precursor to vitamin A, aids vision and may prevent boost disease and cataracts. Oranges are also good for the immune system. Eating foods with abundant vitamin C keeps cells healthy.

ORANGE SOURCES
- Cantaloupe
- Carrots
- Oranges
- Orange bell peppers
- Peach

Sources (this page and opposite):
medlineplus.gov/ency/article/002400.htm

Skillet Poblano Cornbread

Hands On 30 minutes
Total Time 1 hour 5 minutes
Serves 4

Ingredients:
- 3 Hy-Vee large eggs, beaten
- ¾ cup Hy-Vee finely shredded Cheddar Jack cheese, divided
- 3 Hy-Vee large eggs, beaten
- 7 Tbsp. Hy-Vee salted butter, melted, divided
- 1 cup Hy-Vee finely shredded Cheddar Jack cheese, divided
- Honey butter spread, for serving

Method:
1. PREHEAT oven to 400°F. Place a 10-in. cast-iron skillet in oven to preheat. Meanwhile, wrap each ear of corn in damp paper towel and place on a microwave-safe plate. Microwave on HIGH 3 to 5 minutes or until tender, turning ears every 1½ minutes.
2. COOK corn and pepper in a grill pan on the stovetop over high heat for 4 to 7 minutes or until corn is blistered, turning occasionally. Transfer corn to a cutting board. Cool slightly; serve with honey butter.

PER WEDGE:
Calories 256, Total fat 13 g (saturated fat 4 g, trans fat 0 g), Cholesterol 52 mg, Sodium 215 mg, Carbohydrates 30 g (added sugar 1 g), Fiber 6 g, Protein 3 g, Calcium 14%, Iron 4%, Potassium 10%.

YELLOW BENEFITS

Yellow produce gets color from beta-carotene (vitamin A) plus antioxidants that neutralize free radicals. Like other produce, yellow foods provide fiber. 1 cup of cooked corn furnishes 16 percent of the daily recommendation for fiber.

YELLOW SOURCES
- Corn
- Cucumbers
- Yellow bell peppers
- Yellow squash
- Yellow tomatoes
**Honeydew-Basil Mojitos**

**Total Time** 10 minutes plus chilling time  
**Serves 4**

1. Cut lightly packed thinly sliced honeydew melon, plus additional leaves for garnish.  
2. Cut fresh lime juice, plus wedges for serving.  
3. Cut Hy-Vee granulated sugar  
4. Cut (10-oz.) glasses with lime wedge for serving  
5. Cut rims of 4 (10-oz.) glasses with ice. Stir club soda into melon juice mixture. Pour into glasses with ice. Stir club soda until sugar is dissolved; set aside.  
6. Cut (3 Tbsp.) fresh lemon juice, plus wedges for garnish.  
7. Cut Honeydew-Basil Mojitos  
8. Cut 1 tsp. lemon zest  

1. Muddle (2 cups) fresh basil, lime juice and granulated sugar in a small pitcher until sugar is dissolved; set aside.
2. Place honeydew melon in batches in food processor. Process until pureed. Transfer puree to fine-mesh sieve. Using back of a spoon, press juice into bowl; discard solids.
3. Stir melon juice into basil mixture. Stir in rum. Cover and chill 2 hours.
4. Just before serving, rub rims of 4 (10-oz.) glasses with lime wedge and dip into superfine sugar. Fill glasses with ice. Stir club soda into melon juice mixture. Pour into glasses; garnish with basil, if desired. Serve with lime wedges.

**Per serving:** 270 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium, 35 g carbohydrates, 0 g fiber, 0 g saturated fat, 0 g trans fat, 0 g protein. Daily Values: 4% Vitamin A, 140 mg Calcium, 0 mg Cholesterol, 55 mg Potassium, 10% Iron, 2% Calcium, 4% Vitamin D, 0% Thiamin, 0% Niacin, 10% Riboflavin, 2% Magnesium, 2% Zinc, 8% Sodium, 10% Phosphorus.
Caesar Red Cabbage Steaks
Hands On 10 minutes  
Total Time 24 minutes  
Serves 6

1 (2½- to 3-lb.) head red cabbage  
¼ cup bottled Caesar salad dressing  
2 Tbsp. Hy-Vee Caesar croutons, finely crushed  
Fresh oregano leaves, for garnish

1. PREHEAT a charcoal or gas grill with grated or charcoal cooking over medium-high heat.
2. FEEL outer leaves from cabbage. Stand cabbage up and cut ends off. Check sharpness of cabbage held together.
3. BRUSH both sides of cabbage slices with Caesar dressing. Grill for 5 to 7 minutes or until outer leaves are softened and center is crisp but not overcooked.
4. TRANSFER vegetable platter. Sprinkle with crushed croutons. Garnish with oregano, if desired.

Blue Benefits
Blue fruits and vegetables share many of the same health benefits with purple veggies. In addition, blueberries furnish manganese, a mineral required for proper metabolism.

Easy Blueberry & Blackberry Cobbler
Hands On 20 minutes  
Total Time 45 minutes  
Serves 6

3 cups fresh blackberries  
3 cups fresh blueberries  
1 tsp. lemon zest  
2 Tbsp. lemon juice  
¾ cup Hy-Vee granulated sugar, divided  
1 tsp. orange zest  
1 tsp. grated fresh ginger  
2 Tbsp. Hy-Vee cornstarch  
1 cup Hy-Vee all-purpose flour  
½ tsp. Hy-Vee baking powder  
6 Tbsp. cold Hy-Vee salted butter  
1 ½ cup Hy-Vee 2% reduced-fat milk  
Coarse white decorating sugar (optional)  
Sweetened whipped cream, for serving

PER SERVING:
450 mg sodium, 13 g fat
5 mg cholesterol
0 g trans fat
8 g saturated fat
26 g carbohydrates
13 g fiber
10% calcium, 10% iron
13 g added sugar
12 g sugar
4 g protein
15% potassium
0% vitamin D
10% vitamin A
4% vitamin C
4% vitamin E

1. PREHEAT oven to 375°F. Combine blackberries and blueberries in a large bowl. Add egg mixture to flour mixture to make biscuit. Stir just until moistened (batter will be lumpy). Immediately spoon batter in six mounds on top of partially baked berry mixture; toss until berries are coated.
2. TRANSFER berry mixture from oven; gently stir until softened and browned. Sprinkle cornstarch mixture over berry mixture; toss until berries are coated.
3. MEANWHILE, combine 2 Tbsp. granulated sugar, orange zest and ginger in a small bowl. Stir in ½ cup granulated sugar and cornstarch until well combined. Sprinkle cornstarch mixture over berry mixture; toss until berries are coated.
4. REMOVE berry mixture from oven; gently stir until softened and browned. Sprinkle with coarse sugar, if desired.
5. CONTINUE baking, uncovered, for 20 minutes or until filling is bubbly and biscuits are golden. Serve warm with sweetened whipped cream, if desired.

PER SERVING:
370 calories
8 g fat
230 mg sodium
2 g saturated fat
37 g carbohydrates
6 g fiber
10% calcium, 10% iron
10% vitamin A
10% vitamin C
4% vitamin E

Sources: https://ods.od.nih.gov/factsheets/Grape-HealthProfessional/  
nutritionvalue.org/Blueberries%2C_pitted%2C_without_sugar%2C_dried%2C_blue%2Chi%2C_200g_nutritional_value.html  
nutritionvalue.org/Blueberries%2C_raw_nutritional_value.html  
nutritionvalue.org/Cabbage%2C_without_salt%2C_drained%2C_cooked%2C_red_nutritional_value.html  
health.harvard.edu/blog/phytonutrients-paint-your-plate-with-the-colors-of-the-rainbow-2019042516501

PURPLE BENEFITS
Purple pigments indicate antioxidants that delay cell aging. Purple produce has many health benefits: One-half cup cooked purple cabbage supplies about 30 percent of daily recommended vitamin C and K (normal blood clotting). One cup of blackberries contains 34 percent of daily requirements of vitamin C, 34 percent vitamin K, and 27 percent fiber.

PURPLE FOODS  
• Blackberries  
• Concord grapes  
• Eggplant  
• Plums  
• Purple cabbage  
• Purple carrot  
• Purple cabbage  
• Blackberries  
• Blueberries  
• Eggplant  
• Concord grapes  
• Blackberries  
• Blackberries  
• Concord grapes  
• Blackberries

BLUE BENEFITS
Blue foods and vegetables share many of the same health benefits with purple foods. In addition, blueberries furnish manganese, a mineral required for proper metabolism.

BLUE FOODS  
• Black currants  
• Blueberries  
• Elderberries  

PER SERVING:
450 mg sodium, 13 g fat
5 mg cholesterol
0 g trans fat
8 g saturated fat
26 g carbohydrates
13 g fiber
10% calcium, 10% iron
13 g added sugar
12 g sugar
4 g protein
15% potassium
0% vitamin D
10% vitamin A
4% vitamin C
4% vitamin E

Sources: https://ods.od.nih.gov/factsheets/Grape-HealthProfessional/  
nutritionvalue.org/Blueberries%2C_pitted%2C_without_sugar%2C_dried%2C_blue%2Chi%2C_200g_nutritional_value.html  
nutritionvalue.org/Blueberries%2C_raw_nutritional_value.html  
nutritionvalue.org/Cabbage%2C_without_salt%2C_drained%2C_cooked%2C_red_nutritional_value.html  
health.harvard.edu/blog/phytonutrients-paint-your-plate-with-the-colors-of-the-rainbow-2019042516501
LETS
SUMMER
TOGETHER

Pringles
Cheez-It

Grill-Ready Kabobs
Available at the meat counter!

HyVee
SWEET MEETS HEAT

Make food the talk of the table. From saucy chicken wings to sassy roasted cauliflower, these recipes swing to and fro on the taste buds.

TONE IT DOWN
Neutralize spiciness of a dish with sour cream. Dairy is equivalent to putting water on a fire. Or cut through the heat by adding acidic lime juice.

SEASONS | June 2020
Sweet Potato Fries

**Hands On 40 minutes  Total Time 40 minutes**

**Serves 6 (1 cup fries, 1 Tbsp. ketchup)***

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<td>3 Tbsp. Hy-Vee vegetable oil, divided</td>
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<td>2 Tbsp. Hy-Vee cayenne pepper</td>
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<td>1 tsp. kosher salt</td>
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<td>1 Tbsp. spicy ketchup</td>
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<td>½ tsp. Hy-Vee black pepper</td>
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<td>3 Tbsp. Hy-Vee mayonnaise</td>
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<td>2 Tbsp. Hy-Vee cornstarch</td>
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<td>2 tsp. chopped fresh cilantro</td>
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<td>2 Tbsp. lime juice</td>
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<td>2 Tbsp. Hy-Vee sour cream</td>
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**Per serving:** 220 calories, 7 g sat fat, 5 g trans fat, 25 mg cholesterol, 552 mg sodium, 30 g carbohydrate, 12 g fiber, 10 g sugar, 0% Daily Value.?

1. **PREHEAT** oven to 425°F. Line two baking sheets with foil. Brush foil with 1 Tbsp. oil. Set baking sheets aside.
2. **PEEL** potatoes; cut in ¼-in. strips and place in a large bowl. Drizzle with 2 Tbsp. oil. Combine cayenne, pepper and salt; sprinkle over potatoes and toss to coat.
3. **ARRANGE** sweet potato strips on prepared baking sheets. Bake for 30 minutes or until tender and browned on the edges, turning once halfway through.
4. **WHISK** together mayonnaise and spicy ketchup in a small bowl. Serve with fries.

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**Sweet & Sticky Hot Wings**

**Total Time 30 minutes  Serves 6 (2 wings each)***

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<td>12 Hy-Vee 100% natural chicken wingettes (about 2 lb.)</td>
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<td>1 tsp. Hy-Vee salt</td>
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<td>3 Tbsp. red pepper jelly</td>
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<td>1½ lb. E-Z Peel raw shrimp, peeled</td>
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<td>1 jalapeño pepper, seeded and finely chopped, plus additional sliced for garnish</td>
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<td>2 tsp. lime juice</td>
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<td>2 Tbsp. fresh lime juice</td>
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<td>¼ cup fresh orange juice</td>
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<td>1 cup Hy-Vee black bean and corn salsa</td>
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<td>½ cup crumbled Cotija cheese</td>
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**Per serving:** 7 g sat fat, 3 g trans fat, 230 mg cholesterol, 1,670 mg sodium, 31 g carbohydrate, 4 g fiber, 4 g sugar, 6% Daily Value.?

1. **PREHEAT** oven to 425°F. Line two baking sheets with foil. Brush foil with 1 Tbsp. oil. Set baking sheets aside.
2. **COMBINE** 3 Tbsp. Hy-Vee olive oil, divided, 2 Tbsp. Hy-Vee cayenne pepper, 1 tsp. Hy-Vee salt, 1 tsp. Hy-Vee ground cumin, 1 Tbsp. Hy-Vee black bean and corn salsa, ½ cup crumbled Cotija cheese, 1 fresh mango, peeled, seeded and chopped, 1 Tbsp. Hy-Vee sour cream and lime juice, 2 Tbsp. freshly grated orange zest in a small bowl. Season to taste with salt and black pepper. Thin to desired consistency with milk. Serve with wings.

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**Shrimp Bowls**

**Total Time 20 minutes  Serves 4***

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<td>5 Tbsp. Gustare Vita olive oil, divided</td>
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<td>1 cup fresh orange juice</td>
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<td>2 Tbsp. spicy ketchup</td>
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**Per serving:** 350 calories, 11 g sat fat, 7 g trans fat, 210 mg cholesterol, 1,370 mg sodium, 38 g carbohydrate, 2 g fiber, 6 g sugar, 12 g protein, 24 g added sugar, 16 g sugar, 6 g fat, 12 g saturated fat, 0 g trans fat, 95 mg cholesterol, 550 mg sodium, 20 g carbohydrate, 0 g fiber, 3 g sugar, 1 g protein, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 2 g carbohydrate, 0 g fiber, 0 g sugar, 0 g protein, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium.

1. **PREHEAT** oven to 425°F. Line two baking sheets with foil. Brush foil with 1 Tbsp. oil. Set baking sheets aside.
2. **SAUTE** shrimp in remaining 1 Tbsp. oil. Add orange zest to remaining 2 Tbsp. oil. Combine cayenne pepper jelly, Frank’s hot sauce and butter in a small saucepan. Bring to a boil over medium-high heat. Stir and cook until butter and jelly are melted. Transfer sauce and butter to a large bowl. Add wingettes; toss to coat.
3. **ARRANGE** wingettes on prepared baking sheets. Broil 4 to 5 minutes from the heat for golden brown. Turn wingettes and broil 10 minutes. Turn and broil 10 minutes more or until tender and brown.
4. **COMBINE** your cream, lime zest, lime juice and cilantro in a small bowl. Thin to desired consistency with milk. Serve with wings.

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On the side

**Fresh Cornbread.**

Enjoy these tasty wings with Hy-Vee Bakery Fresh Cornbread

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Get Your Mojo On

**MOJO—AN EXPLOSION OF JALAPEÑO AND CITRUS FLAVORS—is ICONIC IN CUBAN CUISINE. FOR EXTRA FLAVOR, SPINACH, ORANGE AND LIME ZEST ON TOP BEFORE SERVING.**

---

*Note: Chile peppers contain volatile oils that can burn skin and eyes. When working with jalapeños, wear protective gloves.**
Maple & Sriracha Roasted Cauliflower Steaks

Hands On 20 minutes
Total Time 35 minutes
Serves 2

4 tsp. Hy-Vee Select 100% pure maple syrup
1 Tbsp. Sriracha sauce, plus additional for serving
1 large head cauliflower
4 tsp. Gustare Vita olive oil
¼ tsp. kosher salt
1 red onion, thinly sliced
2 oz. aged white Cheddar cheese, shredded
Fresh sage leaves, for garnish

1. PREHEAT oven to 450°F. Line a rimmed baking pan with foil; set aside.

2. REMOVE and discard cauliflower leaves; rinse head under running water. With stem side up, cut through head on both sides of stem, leaving stem attached. (Reserve florets without stem for another use.) Cut center section into 2 (1-in.) steaks.

3. ADD 1 tsp. oil to prepared pan; coat cauliflower steaks with remaining 3 tsp. oil; season with salt. Place steaks in pan, face with red onion. Roast 15 minutes.

4. TURN and drizzle with maple syrup-Sriracha mixture poured with cheese. Roast 5 minutes. Turn again until cauliflower is tender and lightly browned. Garnish with sage and, if desired, drizzle with additional Sriracha.

Per serving:
330 calories, 19 g fat, 7 g saturated fat, 0 g trans fat, 25 mg cholesterol, 630 mg sodium, 32 g carbohydrates, 7 g fiber, 18 g sugar (0 g added sugar), 13 g protein. Daily Values: Vitamin D 0%, Calcium 25%, Iron 6%, Potassium 20%

FRIENDLY PAIRING
SPICE GIVES FOOD A KICK. WHEN SWEET IS ADDED, IT MITIGATES THE HEAT, ALLOWING SPICY FLAVOR TO BE ENJOYED WITHOUT BURNING TASTE BUDS.

Pulled Pork Sandwiches with Pineapple Coleslaw

Total Time 25 minutes
Serves 6

2 cups thinly sliced red and/or green cabbage
1½ cups chopped Hy-Vee Short Cuts pineapple
1 jalapeño pepper, seeded and finely chopped
3 Tbsp. shredded carrot
2 Tbsp. chopped fresh mint
2 Tbsp. chopped fresh cilantro
2 Tbsp. Gustare Vita olive oil
1 tsp. agave nectar
½ tsp. Hy-Vee salt
2 cups Hy-Vee Hickory House dry pulled pork
½ cup Culinary Tours craft beer chipotle BBQ sauce
6 Hy-Vee Bakery Hy-Waiian hamburger buns, split and toasted

1. COMBINE green and/or red cabbage, pineapple, jalapeño, carrot, mint and cilantro in a medium bowl; set aside.

2. WHISK together olive oil, lime juice, agave nectar and salt in another medium bowl. Drizzle over coleslaw mixture and toss to coat.

3. COMBINE pulled pork and BBQ sauce in a microwave-safe bowl. Microwave on HIGH for 1 to 2 minutes or until heated through.

4. SPOON pork onto bun bottoms. Top with coleslaw mixture and bun tops.

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

Per serving: 380 calories, 11 g fat, 4 g saturated fat, 0 g trans fat, 47 mg cholesterol, 150 mg sodium, 49 g carbohydrates; 6 g fiber, 29 g sugar (9 g added sugar), 22 g protein.

MAPLE & SRIRACHA
UN-SWEET
EXTRA BOLD
COLD-BREW
COFFEE

MORE BEANS.
MORE CAFFEINE.
Extra bold coffee taste that’s never bitter.
SIP REFRESHING FUSS-FREE COCKTAILS FROM A BOUNTIFUL SELECTION AT HY-VEE. GIVE THE BARTENDER THE NIGHT OFF.

COCKTAILS ON DEMAND

The mixing is done. All that’s left to do: Enjoy!

CANNED COCKTAILS ARE A WELCOME TREND.

These drinks are made with premium spirits minus excess sugar or carbs. You can enjoy mixed drinks like Moscow Mules, Bloody Marys or Margaritas anywhere that allows canned alcoholic drinks.”

– Eric Dodge, Hy-Vee Wine & Spirits Manager
Pour and Garnish

Cans are convenient, but we all drink with our eyes first. That’s where garnishes come in.

Bolevard Fling Blood Orange Vodka Soda
Garnish with a blood orange peel, rosemary sprig and a blood orange slice.

Cutwater Whiskey Mule
Garnish with lime wedges and fresh mint.

High Noon Watermelon
Garnish with watermelon slices and fresh basil.

Cutwater Cucumber Vodka Soda
Garnish with cucumber ribbons and a halved strawberry.

Boulevard Fling Mai Tai
Garnish with mango chunks threaded on a skewer, kiwi slice and an edible flower.

Pro Tip: Using Citrus...Or Not
Citrus is a great choice to add a bit of freshness. If you’re cutting just the peel for the garnish, don’t cut into the white part, called the pith. This will add a bitterness that will take away from the citrus aroma and flavor. Keep in mind that citrus doesn’t go with everything. A Bloody Mary is vegetable based and goes great with vegetable garnishes, while an orange wheel would skew the flavors.”

— Eric Dodge
Wine & Spirits Manager, Hy-Vee, Waterloo, Iowa
Handheld meals and snacks fit tight schedules and are neat to eat. They’re also easy to batch-make, with ready-to-use premade dough.

**Bacon, Egg & Cheese Pockets**

**Hands On** 33 minutes  
**Total Time** 48 minutes  
**Serves** 6

1 Tbsp. Hy-Vee salted butter  
3 Hy-Vee large eggs, divided  
1 Tbsp. Hy-Vee 2% reduced-fat milk  
2 (8-oz.) cans Pillsbury refrigerated crescent dough sheets  
Hy-Vee all-purpose flour, for dusting  
¾ cup sun-dried tomato pesto  
6 slices Hy-Vee center-cut bacon, crisp-cooked and crumbled  
½ cup Hy-Vee shredded Swiss cheese

1. **PREHEAT** oven to 375°F. Line a baking sheet with parchment paper; set aside.

2. **MELT** butter in a large skillet over medium-high heat. Whisk together 5 Hy-Vee large eggs, divided; 1 Tbsp. Hy-Vee salted butter; 1 Tbsp. Hy-Vee 2% reduced-fat milk; 2 (8-oz.) cans Pillsbury refrigerated crescent dough sheets; Hy-Vee all-purpose flour, for dusting; ¾ cup sun-dried tomato pesto; 6 slices Hy-Vee center-cut bacon, crisp-cooked and crumbled; and ½ cup Hy-Vee shredded Swiss cheese. Cook 2 to 3 minutes or until eggs are cooked through, stirring occasionally.

3. **UNROLL** one dough sheet on a lightly floured surface; roll into a 10×14-in. rectangle. Using a 5½-in.-diameter bowl, cut three dough circles out of each dough sheet. Repeat with remaining dough sheet.

4. **SPREAD** 2 tsp. pesto on half of each dough circle, ¼ in. from edge. Top with scrambled eggs; sprinkle with bacon and cheese. Fold dough over filling; press edges with a fork to seal.

5. **PLACE** pockets on prepared baking sheet. Beat remaining egg and brush on pockets; 1/3 tsp. of a knife. Bake for 10 to 15 minutes or until golden brown. Let stand for 5 minutes before serving.

Per serving: 470 calories, 29 g fat, 10 g saturated fat, 0 g trans fat, 180 mg cholesterol, 890 mg sodium, 32 g carbohydrates, 0 g fiber, 17 g sugar (0 g added sugar), 17 g protein.

Daily Values: Vitamin D 6%, Calcium 10%, Iron 15%, Potassium 2%
**Chicken Pot Pie Pockets**

Prep: 35 minutes  
Total Time: 1 hour 18 minutes  
Serves 6

1 (17.3-oz.) pkg. (2 sheets) frozen puff pastry sheets, thawed  
¼ tsp. poultry seasoning  
1/8 tsp. Hy-Vee black pepper  
¼ tsp. Hy-Vee salt  
1 tsp. finely chopped fresh thyme  
1 Tbsp. finely chopped Italian parsley  
¾ cup chopped cooked chicken  
2 Tbsp. Hy-Vee cornstarch  
½ cup Hy-Vee 2% reduced-fat milk  
1 cup plus 2 Tbsp. Hy-Vee 33%-less-sodium chicken broth, divided  
1 (3-oz.) parsnip, peeled and cubed  
⅓ cup Hy-Vee Short Cuts finely chopped white onions  
¾ cup Hy-Vee frozen peas and carrots  

**Per serving:**  
Calories: 400  
Fat: 15%  
Saturated fat: 4%  
Trans fat: 0%  
Cholesterol: 40 mg  
Sodium: 560 mg  
Carbohydrates: 47 g  
Fiber: 4 g  
Sugar: 4 g  
Protein: 5 g  
Iron: 4%  
Calcium: 3%  
Potassium: 12%  

1. **COMBINE**  
Mix parade and carrots, onions and parsley in a large saucepan. Add 1 cup broth. Bring mixture to boiling. Reduce heat; simmer, covered, 1 to 3 minutes or until vegetables are softened. Stir in milk.

2. **COMBINE**  
Cook 1 minute more. Stir in chicken, parsley, thyme, salt, black pepper and poultry seasoning. Cool mixture for 20 minutes.

3. **PREHEAT**

4. **ROLL OUT DOUGH**
Unfold thawed sheets. Cut each lunghemian in three equal portions. Roll each to 4×10 in.

5. **ADD FILLING**
Spread filling onto half of each rectangle, ⅛ in. from edges. Lightly moisten dough edges; fold over filling; seal edges. Place pockets on parchment-lined baking sheet. Lightly brush tops with beaten egg; slit with a knife. Bake at 375°F for 20 minutes or until golden brown. Drizzle with Sriracha sauce, if desired. Let stand 5 minutes. Serve with dipping sauce. Serves 4.

**HOW-TO**

**PASTRY POCKETS**

**PIZZA POCKETS**

1. **MOZZARELLA MEATBALL POCKETS**
Heat 12 Hy-Vee frozen homestyle meatballs according to package directions. Cut 1 (13.8-oz.) can Hy-Vee pizza sauce into 4 sections. Roll each meatball ½ in. to 1 in. in lightly floured surface. Spoon ½ Tbsp. Hy-Vee pizza sauce onto half of each square; dot edges. Top each with three meatballs and 2 Tbsp. Hy-Vee shredded mozzarella cheese and 3 Tbsp. Hy-Vee pizza sauce pizza. Place pockets on parchment-lined baking sheet. Lightly brush tops with melted Hy-Vee large egg; slit with a knife. Bake at 375°F for 20 minutes or until golden brown. Drizzle with parmesan cheese and Dijon mustard. Serve with pizza sauce. Serves 4.

2. **BUFFALO CHICKEN POCKETS**
Combine 2 oz. softened Hy-Vee cream cheese and 3 Tbsp. Hy-Vee Frank's red hot sauce in a medium bowl. Stir in 1½ cups chopped Hy-Vee rotisserie chicken. Cut 1 (13.8-oz.) can Hy-Vee refrigerated pizza crust into 4 sections. Roll each half to ¼-in. thick, place on a lightly floured surface. Spoon ¼ cup chicken mixture into half of each square; dot with 1 Tbsp. thinly sliced jalapeño. Bake at 375°F for 15 minutes. Serve with pizza sauce. Serves 4.

3. **PEPPERONI PIZZA POCKETS**
Cut 13½ oz. uncooked Hy-Vee frozen homestyle meatballs according to package directions. Cut each section into ¼-in. square on a lightly floured surface. Place 1 slice Hy-Vee pepperoni and 2 Tbsp. Hy-Vee shredded pizza cheese and 3 more slices Hy-Vee pepperoni; fold dough over filling and seal edges. Place pockets on parchment-lined baking sheet. Lightly brush tops with beaten Hy-Vee large egg; slit with a knife. Bake at 375°F for 20 minutes or until golden brown. Drizzle with marinara sauce. Serve with wing sauce. Serves 4.
STRAWBERRY-LEMON PIE POCKETS
Combine ¾ cup Hy-Vee strawberry pie filling, 1 cup fresh lemon juice in a small bowl. Spoon 2 Tbsp mixture in the center of 6 dough circles (two rows, opposite bottom). Lightly moisten dough edges. Place remaining dough circles on filling and seal with a fork. Place pockets on parchment-lined baking pan. Lightly brush tops with a beaten Hy-Vee large egg. Bake at 375°F for 15 minutes or until golden brown. Combine 3 Tbsp Hy-Vee powdered sugar and 1 Tbsp water in a small bowl. Drizzle mixture over pockets; sprinkle with lemon zest. Cool on a wire rack. Serves 6.

STRAWBERRY-CANDY BAR PIE POCKETS
1. Preheat oven to 375°F. Line 1 baking sheet with parchment paper; set aside.
2. Heat oil in skillet over medium heat. Add onions; cook until softened. Add beef; cook until browned.
3. Separate dough into 4 rectangles, pressing ¼-in. from edges; sprinkle with cheese. Fold dough over filling and seal with a fork.
4. Place pockets on prepared baking sheet. Brush egg on top. Sprinkle with taco seasoning, if desired. Sit tops with a knife. Bake for 12 to 15 minutes or until golden brown. Let stand 5 minutes before serving.
5. Separate dough into 6 rectangles, pressing toward opposite bottom.
6. Spoon filling onto half of each portion, each dough portion to a 5×7-in. rectangle. Fold each rectangle to seal seam in center of each rectangle. Roll dough into 4 rectangles, pressing ¼-in. from edges; sprinkle with cheese. Fold dough over filling and seal with a fork.
7. Brush egg on top. Sprinkle with taco seasoning, if desired. Sit tops with a knife. Bake for 12 to 15 minutes or until golden brown. Let stand 5 minutes before serving.

Make these treats with 1 package Hy-Vee ready-to-bake refrigerated pie crusts. Cut six dough rounds from each crust. Spoon filling on six rounds, then top with the other six. Too easy!

How to

STEP 1: CUT ROUNDS
Unfold 2 pie crusts. With 3¾-in. round cutter, cut 6 rounds from each crust. Place rounds on fillings. Seal edges with fork.

STEP 2: FILL
Spoon filling onto centers of 6 rounds.

STEP 3: TOP ROUNDS
Lightly moisten dough edges around filling with water; place remaining rounds on fillings. Seal edges with fork.

STEP 4: BRUSH ON EGG
Cut vent holes in pocket tops, then lightly brush tops with beaten egg, then bake.

Taco Pockets

How To

Hands On 36 minutes
Total Time 49 minutes
Serves 4

1 Tbsp. Guatemalan olive oil
1 cup finely chopped Hy-Vee Short Cuts white onions
1 lb. 85% lean ground beef
1 cup Hy-Vee re-seal-added black beans, drained and rinsed
1 cup canned Hy-Vee whole-kernel golden corn, drained
1 cup Hy-Vee Short Cuts chopped red bell pepper
1 cup Hy-Vee 2% reduced-sodium taco seasoning, plus additional for topping
1 cup water
1 (16-oz.) can refrigerated Hy-Vee original crescent dinner rolls (8 ct.)
1 cup Hy-Vee finely shredded taco cheese
1 Hy-Vee large egg, beaten

1. Preheat oven to 375°F. Line a baking sheet with parchment paper; set aside.
2. Heat oil in skillet over medium heat. Add onions; cook until softened. Add beef; cook until browned and drain. Stir in beans, corn, red bell pepper, taco seasoning and water. Bring to boiling; reduce heat, simmer for 5 minutes or until mixture is thickened, stirring occasionally. Remove from heat; cool slightly.
3. Separate dough into 4 rectangles, pressing toward opposite bottom.
4. Spoon ¼ cup filling onto half of each portion, each dough portion to a 5×7-in. rectangle. Roll dough into 4 rectangles, pressing ¼-in. from edges; sprinkle with cheese. Fold dough over filling and seal with a fork.
5. Place pockets on prepared baking sheet. Brush egg on top. Sprinkle with taco seasoning, if desired. Sit tops with a knife. Bake for 12 to 15 minutes or until golden brown. Let stand 5 minutes before serving.

SEASONS | June 2020

Pick a Pocket

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Watch and learn at HSTV.com today!
A Summer Tradition
Since 1920.
Cupcake Creations
Learn how to transform everyday Hy-Vee cupcakes into sensational sweets in our new video.

Watch and learn at HSTV.com today!

Cupcake Creations
Learn how to transform everyday Hy-Vee cupcakes into sensational sweets in our new video.

Create incredible desserts by adorning fluffy, flavorful Hy-Vee cupcakes with creamy, crunchy candies. It all starts at your local Hy-Vee Bakery, where there’s a cupcake for any occasion!

THE SWEET CHOICE
Celebrate in style with basic or gourmet cupcakes from your local Hy-Vee. Each cupcake has a unique, delightful taste. With more than a dozen flavors to choose from, these cupcakes are sure to please a crowd by themselves or dressed up with candy!

BEACH FUN CUPCAKE
Hy-Vee Vanilla Cupcake + Lifesavers Gummies + Hy-Vee Sour Belts + Nerds Theater Box + Pez Candy + Sour Punch Rainbow Straws

CHOCOLATE RAINBOW CUPCAKE
Hy-Vee Chocolate Cupcake + Skittles + Andes Crème de Menthe Snap Bar + Entenmann’s Party Mini Sprinkled Chocolate Donut + Pirouline Dark-Chocolate Artisan Rolled Wafers

SWEET NEIGHBORS CUPCAKE
Hy-Vee Strawberry Cupcake + That’s Smart! Vanilla Sugar Wafers + That’s Smart! Strawberry Sugar Wafers + Pez Candy + M&M’s Minis + Twizzlers Rainbow Twists + Over the Top Rainbow Jimmies + Sour Punch Bites

EVERYDAY CUPCAKES and basic and gourmet cupcake flavors at Hy-Vee

Everyday Flavors Include:
- Carrot
- Chocolate
- Confetti
- Lemon
- Red Velvet
- Raspberry
- Vanilla
- Yellow

Gourmet Flavors Include:
- Peanut Butter Cup
- Raspberry Ice Cream
- Salted Caramel
- White Almond Wedding

CANDIDLY CANDY CUPCAKE
Hy-Vee Vanilla Cupcake + Mike and Ike candies + Over the Top nonpareils + Twizzlers Rainbow Twists + Airheads Xtremes + Dots + Rice Krispies Treats Birthday Cake + Hy-Vee Gum Drops + Lifesavers Gummies + Sugar Ice Cream Cone Tip + Hy-Vee White Frosting

TRY IT
Test your imagination and craft an original cupcake creation at home! Just pick your favorite cupcake and candy flavors, and make a dessert that stands out in a crowd. And it all starts at your local Hy-Vee!
CUSTOMMAID

FAMILY NIGHT, DONE RIGHT

FREE
1.5qt It’s Your Churn™ Ice Cream when you buy four (4) 2-Liter Bottles of A&W® Root Beer with Hy-Vee Fuel Saver + Perks™ digital coupon

A&W is a registered trademark of A&W Foodservice Company ©2020 Dr Pepper/Seven Up, Inc.

Snapple Lemonades

Honey Maid Graham
select varieties 2.99
Tips for taming long hair, thoughtful Father’s Day gifts and big summer plans for small hands.

70 SUMMER FUN
78 BEAT THE HEAT: 13 COOL SUMMER HACKS
80 #1 DAD
86 LONG HAIR, EASY CARE
92 THE EYES HAVE IT
THIS SUMMER KEEP KIDS PHYSICALLY AND MENTALLY ACTIVE. PLAYTIME CAN BOOST STRENGTH, FLEXIBILITY AND ENDURANCE. MENTAL ACTIVITIES LIKE READING HELP STUDENTS STAY ON TRACK ACADEMICALLY.

SPASH
Studies show that kids who exercise regularly are confident, manage anxiety and exhibit good cognitive skills. Make exercise fun with these items from Hy-Vee.

water bomb slingshot
With water bomb slingshats at the ready, pool fights reach a new level of excitement. Load up a fabric ball, pull back on the elastic and let go!

sport goggles
Goggles are a good idea for water sports and pool play, protecting eyes and preventing bloodshot eyes from underwater swimming.

adventurer swim set
Outfitted with snorkel and mask, children can discover the quiet, other-worldly bliss of underwater exploration.

glitter beach ball
Play a game of water volleyball or dodgeball. A glitter beach ball is fun to spike, slippery to toss. Fortunately, it’s also soft.

underwater fish rings
Make like a submarine and go on an underwater sea hunt. Don goggles to stalk this prey: underwater fish rings.

flotation
After all the frolicking and water sports, a nice, comfy flotation device could be just the ticket for a little R&R.

All-Day Sunny Play Protection
Protect skin from sunburn with sunscreen from Hy-Vee, available in stick, spray and lotion.

Neutrogena Wet Skin Kids Sunscreen: Oil-free SPF 70+ sunscreen spray applies to wet or dry skin and provides UVA/UVB protection.

Coppertone Pure & Simple Sunscreen: A mineral-based stick that is a gentle hypoallergenic sunscreen for babies.

TopCare Active Kids Sunscreen: Continuous spray broad-spectrum SPF 50 that is sweat- and water-resistant and offers UVA/UVB protection.

SUPPLIES
Scissors
Sponges
String

STEP ONE
Cut 3 or 4 colorful sponges into strips with scissors.

STEP TWO
Line up sponge strips and tie together with sturdy string.

STEP THREE
Tug sponge strips in various directions to create a star shape.

Source: psyhyperspin.com/85nh5kbeboxvps modulation Health benefits exercise children
10 WAYS TO EXPLORE

Exploration is important to a child’s mental development, whether discovering new worlds or examining the world around home.

1. scavenger hunt
Make it interactive: Find three flowers that differ from one another, then try to identify them with eyes closed—by scent or touch.

2. collect leaves
Then identify species using a tree guide or by entering descriptive keywords in an online search. Fill a scrapbook with pressed leaves.

3. invent something
Find a solution to a situation: how to keep the floor by the dog’s water bowl dry or how to make a recipe taste better.

4. observe and report
Have a child pick a plant to observe and photograph in different seasons. Pay attention to how the plant responds to its changing environment.

5. plant a garden
Give kids a small space to call their own, then help them prepare the soil and plant their choices of flowers and vegetables.

6. write a story
Help kids come up with a list of characters, motivations and locations. Then write a short story together, prompting them to contribute details.

7. stage a play
Half the fun is finding costumes and props, which can then inspire the script. Brainstorm ideas together. Follow the script loosely by ad-libbing.

8. build ramps
Use cardboard or other material to build ramps to race marbles. Work with kids to modify ramps to alter marble speed or destination.

9. engineer a solution
Make a big pile of sand and let kids figure out how to build a stable roadway and prevent landslides—using gravel, timbers and other items.

10. Foster Creativity
Encourage children to express creativity through art, singing, writing and staging plays.

5 WAYS TO BOOST MENTAL FITNESS

1. Challenge Intellect
Solve puzzles, brain teasers and strategy games like chess to challenge critical thinking.

2. Find a Hobby
Learning something new builds neural pathways to the brain. And hobbies can be tailored to a child’s specific interests.

3. Read Often
Reading regularly exercises the brain and motivates kids to develop an active interest in the world. Let them pick their own topics.

4. Relax
Select Regular periods of screen-free relaxation into a child’s week to reduce stress and encourage the imagination.

SUMMER READING BENEFITS
Reading books over summer break may keep students at the recommended reading level for the new year.

74% OF KIDS SAY READING FICTION OR NONFICTION HELPS THEM UNDERSTAND THE WORLD

58% OF CHILDREN REPORT THEY LOVE OR LIKE READING BOOKS FOR FUN

40% OF KIDS WANT BOOKS THAT ALLOW THEM TO EXPLORE PLACES THEY’VE NEVER BEEN

10 MAKE AN Erupting Volcano

HOW-TO

SUPPLIES
Cardboard, plastic cup, plaster of Paris, paint for volcano, baking soda, vinegar, dishwashing soap, red food coloring, goggles.

STEP ONE: In a plastic cup, mix ¼ cup vinegar with a few drops each of dishwashing soap, water and red food coloring.

STEP TWO: Add 1 tsp. of baking soda to a small empty plastic cup placed inside the volcano crater.

STEP THREE: Wearing goggles, quickly pour vinegar mixture into the cup holding the baking soda mixture. Stand back and watch the reaction!

Shape cardboard into a broad cone, forming a “crater” at the top with a small plastic cup. Cover the cone with plaster of Paris, paint for volcano, baking soda, vinegar, dishwashing soap, red food coloring, goggles.

FIND MORE AGE-TARGETED IDEAS:
PBS.ORG/ PARENTS/ LEARN-GROW/
PLAY

Play helps develop children’s creativity and problem-solving skills. Encourage more of it with these items from Hy-Vee.

LEARN TO JUGGLE

Juggling isn’t just loads of fun, it also boosts brain development. Studies have shown juggling increases brain matter related to memory, language and focus, as well as vision and movement.

1 10 WAYS TO

PLAY

FIND YOUR SMILE WITH

Moving and fueling aren’t the only ways to make your health a priority at home. Learn to shine in all areas by entering the 8-Dimensions of Wellness Challenge. Learn more at hy-veekidsfit.com

1. Exercise

Performing moves with proper form strengthens developing muscles and bones.

2. Ultimate Ladder Toss Game

Test skills by varying the distance when throwing bolas into scoring bars.

3. Mini Soccer Ball, Football, etc.

Athletic competition teaches teamwork and is a good way to blow off energy.

4. Badminton Set

A good game to teach coordination. Bonus: requires less footwork than tennis!

5. Croquet Set

A game for all ages—and one that encourages conversation as well!

6. Starter Washer Toss

Toss metal washers into a target, making it more challenging as players step back.

7. Mini Skateboard

Small but sturdy, mini skateboards hone balance and agility skills.

8. Lawn Darts

Another game to test accuracy; lawn darts now have a built-in safety feature.

9. Bocce Set

Dating to ancient times, bocce is a game for all ages and skill levels.

10. Horseshoes Set

Another old standby that has stood the test of time. Competitive yet laid-back.

REASONS TO TRY KIDSFIT AT HOME AND TAKE THE 5-WEEK CHALLENGE

1. Exercise

Exercise boosts self-confidence; accepting a challenge can take a lot of courage.

2. Confidence

Exercise boosts self-confidence accepting a challenge can take a lot of courage.

3. Life Skills

Kids learn how to prepare healthy meals and snacks and how to exercise safely.

4. Family Time

The whole family comes together for health-promoting activities and discussions.

5. Fun

More than anything, fitness should be fun! Take time as a family to enjoy games, activities, cooking and learning together.

Photo: Sergey Novikov/Shutterstock

PHOTO

SEASONS | June 2020

hy-vee.com

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Sources:
mhanational.org/what-every-child-needs-good-mental-health
naturalnews.com/027519_juggling_brain.html
NEW HEFTY MOLDED FIBER TABLEWARE
select varieties 16 or 25 ct.
1.99

RACHAEL RAY®
NUTRISH®

Bring home whisker-licking recipes your cat will Love

Compostable Paper Plates With Superior Strength

Microwaveable
Soak-resistant
Made with plant fibers

*Only compatible in industrial facilities
STAY COOL AND COMFORTABLE ALL SUMMER LONG WITH THESE CREATIVE HEALTH, HOUSEHOLD AND FOOD HACKS.

Beat the heat with delicious homemade “ice cream” using only two ingredients. Blend together frozen bananas for a creamy, cool treat and then add your favorite toppings—chocolate chips or dulce de leche are a few ideas.

Your own aloe vera or gel from your bottled aloe vera plant. You can use it to reduce itching and irritation. To repel mosquitoes leave out a small bowl of sliced lemons and cloves. Place the bowl on a picnic table while you dine outdoors or near little ones while they draw with chalk or lounge outside. Mosquitoes are averse to all things citrus and the smell of cloves.

Pre-mix summer cocktails by the batch and pour individual servings into snack-size zip-close plastic bags. Store them in the fridge or freezer until you're ready to use. This simple DIY ice pack is perfect for toasting in a lunch bag or tending to summertime burns and bruises.

Make your own ice pack using a sponge, water and zip-close plastic bag. Soak a sponge in water; place it in the bag and freeze until you’re ready to use. This simple DIY ice pack is perfect for toasting in a lunch bag or tending to summertime burns and bruises.

No air conditioner? DIY a makeshift air conditioner by attaching an ice pack to a fan. The cold blast of air is perfect for camping trips, working in the garage, hanging out outside and keeping the house cool.

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Create custom ice pops using ice cube trays and a blend of your favorite juices, sodas, cocktails and more. Pour your preferred beverage into the trays, add your choice of design. Wrap any exposed ends and the handle with electrical tape and the hook and reshape the wire into your preferred design. Repurpose an old wire hanger into a DIY bubble wand. Use pliers to untwist the hook and reshape the wire into your preferred bubble wand. Have bubbly summer fun by repurposing an old wire hanger into a DIY bubble wand. Use pliers to untwist the hook and reshape the wire into your preferred bubble wand. Have bubbly summer fun by repurposing an old wire hanger into a DIY bubble wand. Use pliers to untwist the hook and reshape the wire into your preferred bubble wand.

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Serve an easy, fun group drink straight from a watermelon. Scoop out the interior of the melon and blend it with juice or alcohol, then attach a spigot for easy drink pouring. This summertime treat is sure to be a hit at parties.

To repel mosquitoes leave out a small bowl of sliced lemons and cloves. Place the bowl on a picnic table while you dine outdoors or near little ones while they draw with chalk or lounge outside. Mosquitoes are averse to all things citrus and the smell of cloves.

Crumpled up aluminum foil is a great tool for cleaning your dirty grill grates the summer after grilling up a great meal, crumple a piece of aluminum foil into a ball and roll over the grill grates to easily and efficiently remove stuck-on gunk and grime.

Fill a silicone ice tray with slices of vera gel for single-serve cubes that are easy to remove and apply to skin. The cold gel is instantly soothing on sunburned skin as the aloe works to reduce and prevent peeling. You can use bottles of vera or gel from your own vera plant.

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Remove fake tan with a mixture of baking soda, vodka and coconut oil. Combine a couple tablespoons of baking soda with enough water and coconut oil to form a paste, then gently scrub on the affected areas.

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He may have said “Don’t get me anything,” but he’ll have a hard time saying “no” to these gifts from Hy-Vee—grilling and grooming utensils, games and tools to work on his favorite part of the house: his yard.

### SELF-CARE GIFTS FROM HY-VEE

| #1 | ALMOND SOAP AND BAMBOO-CHARCOAL SOAP WITH BRUSH | Leaves skin fresh and clean with soothing scents. |
| #2 | GOT2B PHENOMENAL MOLDING PASTE | For stylish hair everyday of the week. |
| #3 | DUKES CANNON BLOODY KNUCKLES HAND REPAIR BALM | Moisturizes dry, cracked hands. |
| #4 | TWO LEFT FEET SOCKS | Keep toes toasty during chilly lake mornings. |
| #5 | EVERY MAN JACK HYDRATING BEARD OIL | Conditions facial hair and moisturizes skin. |
| #6 | HARRY’S TRUMAN RAZOR | Textured handle for total control. |
| #7 | BROO CRAFT BEER THICKENING SHAMPOO | Volume boosting ingredients with notes of orange, grapefruit and vanilla cream. |
| #8 | WAHL HAIRCUT AND BEARD CORDLESS CLIPPERS | A hassle-free tool for easy hair care. |
| #9 | SIP BY S’WELL 15 OZ. WATER BOTTLE | Keep drinks cold for up to 24 hours. |
| #10 | BASIN FACE SCRUB | Hydrates skin and removes impurities. |
| #11 | DUKES CANNON CANNON BALM TACTICAL LIP PROTECTANT | Organic ingredients keep lips soft, dry and repair damaged skin. |
| #12 | BULLDOG ORIGINAL MOISTURIZER | Aloe vera, cocoma oil and green tea hydrate skin without leaving greasy residue. |
| #13 | OLIVINA MEN ALUMINUM DEODORANT | Bourbon cedar scent features lemon, lavender and more. |
| #14 | BASIN SHAVE CREAM | Blended with aloe vera to repair skin and prevent nicks. |
Green Thumb Basket
For the dad who doesn’t let anyone leave the badminton court until he wins. Filled with all the tools and products necessary to make the yard and garden worthy of a “Stay Off The Lawn” sign.

Mix & Match Beer Basket
Let the good times flow! Celebrate the day with cold, refreshing beverages and his favorite card games.

Snack Basket
Filled with candy, jerky and snack nuts. We guarantee he’ll enjoy it, but we can’t guarantee he’ll share.

Backyard Basket
For the dad who doesn’t let anyone leave the badminton court until he wins. Fill the cooler (and his heart) with everything he needs for the ultimate backyard party.

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FIRE IT UP!
From grills and utensils to sauces and rubs, Hy-Vee is your local one-stop shop for everything barbecue related.

Grill Master
The man who can grill anything needs accessories that match his prowess over the flame.
ALL NEW.
ALL FOR YOU.
READY.
SCENT. GO.

DADS PLAY, TEACH AND INSPIRE...

THIS FATHER’S DAY, RETURN THE CARE

CARE MAKES THE DIFFERENCE

All Enfamil formulas offer expert-recommended DHA

Enfamil NeuroPro™
For promoting brain growth every day

The only leading infant formula brand with a global expert recommended amount of DHA.

Enfamil NeuroPro™ Gentlease
For fussiness, gas and crying

When your most important person is a little gassy and fussy, Enfamil NeuroPro Gentlease is designed to help within 24 hours. Gentlease has gentle protein for upset tummy and nutrition from brain-building nutrition from MFGM and DHA.

Enfagrow®
For a nutritional complement to Toddler diets

Support your toddler’s diet with Enfagrow. Made with real milk and has important nutrients like DHA, Iron, and Calcium to complement an existing diet. It helps support brain development, the immune system, and growth.
LENTHY LOCKS NEED CERTAIN CARE TO LOOK AND FEEL SHINY, STRONG AND HEALTHY. LONG HAIR TENDS TO TANGLE AND REQUIRES CAREFUL COMBING, BRUSHING AND PRODUCT APPLICATION. IT ALSO REQUIRES THE RIGHT NUTRIENTS—IN YOUR BODY AS WELL AS THE BOTTLE—TO KEEP GROWING AND LOOKING GOOD. THESE TIPS SHOW HOW TO GIVE LOVE TO LONG HAIR.

LONG HAIR, Easy Care

12 ways to grow stronger hair

1 SUPPLEMENT Vital Proteins Collagen Peptides and Hy-Vee Health Market Hair, Skin & Nails supply collagen, vitamins and more.

2 EAT NUTRITIONALLY Eat foods with ample protein, vitamins and minerals. See “Foods for Healthy Hair,” page 89.

3 TRIM REGULARLY Snip off damaged and split ends to encourage healthy growth.

4 SHAMPOO LESS OFTEN Shampoo every other day or so. Long hair needs scalp oils to lubricate the ends.

5 CONDITION Concentrate product on ends and mid lengths. Try Paul Mitchell The Detangler, Pantene Fortifying Damage Repair or Pantene Pro-V Beautiful Lengths.

6 DEEP CONDITION Once a week use a hair mask, such as Herbal Essences bio:renew Repair Argan Oil of Morocco or Hask Argan Oil from Morocco.

7 SO LOOSE Style long hair in loose dos such as a gently pulled bun at the nape or a loose crown braid (see “Hair How-tos,” page 88). Tightly pulled hair stretches hair and puts tension on the cuticle.

8 BRUSH/COMB GENTLY Start at ends and work upward with a wide-tooth comb or wide-bristle brush such as the Wet Brush Speed Dry to limit pulling and breakage.

9 AIR DRY When possible, let hair air dry, which encourages the cuticle to relax for a smoother look. Heat tools can overdry hair.

10 TRY DRY Use dry shampoo, such as Living proof Perfect hair Dry, to avoid over-washing hair, which creates a cycle of excess natural oil production and the need to shampoo again.

11 USE PROTECTANT Treat hair with a heat protectant, such as Aussie Total Miracle Heat Protecting Spray, before using hair dryers, flat irons or curling irons to protect strands against damage.

12 USE GENTLE ACCESSORIES Avoid pulling at the roots. Use fabric headbands instead of toothed ones, soft scrunchies such as Scunci No-Slip Grip elastic bands, instead of rubber bands.

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LOOSE STYLES LOOK BREEZY AND CASUAL, AND THEY'RE EASY ON LONG TRESSES.

LOW MESSY BUN

1. IF DESIRED, use a large-barrel curling iron to make loose vertical waves or curls. Then pull hair into low, lose ponytail and secure with elastic band.

2. GRAB a small section of ponytail hair. If needed, add volume to the strand by back-combing (brushing) it. Then twist it, loop it at the base of the ponytail and pin in place.

3. FOR a slight pouf at the crown, gently pull a few strands slightly (not all the way) out of the ponytail band. Pull a strand or two forward to frame the face.

PINEAPPLE PONY

1. MOISTURIZE with a leave-in conditioner. Using a scrunchie or elastic band, gather hair into lose ponytail high on the crown. Make sure the band is not too tight.

2. SMOOTH a little argan oil into your hair or spray it on. Then brush them upward and nape, then brush them downward. Palm the top and bottom sections as you go. Secure with hairpins as needed.

3. LIGHTLY finger-brush hair to create a French-braiding effect. Incorporate sections as you go, alternating thicker and thinner sections. At the part on the back of the head, gather hair into a French-braiding section. Make sure the band is not too tight. Make sure the band is not too tight. Make sure the band is not too tight.

FRENCH WATERFALL BRAID

1. PART hair on side. At the part on the nape, gather or approximately 2-in.-wide section and start a basic braid by crossing the hair third over the middle-third. Then the bottom third over the middle-third.

2. CONTINUE braiding, incorporating more hair into the top and bottom sections as you go, to create a French braid. Continue French-braiding all the way to the back of the head.

3. STOP French-braiding at the back of the head and start a regular braid. Pin the end of the braid against the head and pull the rest of your hair over the hairpin to hide it.

PINEAPPLE WATERFALL

WATERLESS SHAMPOO AND CONDITIONER

L’Oreal Elvive 8 Second Wonder Water seals excess oils and adds volume to hair for a fresh, clean-appearence. Waterless Conditioner detangles and softens strands.

L’Oreal Elvive Dream Lengths No Haircut Cream seals split ends. It’s a 10 miracle leave-in product adds shine and bounce and repairs dry, damaged hair.

FOODS FOR HEALTHY HAIR

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The long of it

SHAMPOO

Choose one that fortiﬁes with protein and other nutrients yet is mild to prevent stripping natural oils that long strands need. Apply mostly to scalp, gently lather and let suids slide down your hair.

CONDITIONER

Use conditioner that locks in moisture, repairs damage and smooths the cuticle. Use a leave-in conditioner for extra moisture and to detangle hair. Deep condition every week.

DEEP CONDITIONERS AND MASKS

Matrix Biolage Hydrasource Conditioning Balm weak cuticles to lock in moisture. Pantene Intense Rescue Shots help prevent split ends.

SALONS

Hooks, braids and cornrows require skill and technique. With the right products, you can achieve the look at home.

FOODS FOR HEADS

1. PART hair on side. At the part on the nape, gather or approximately 2-in.-wide section and start a basic braid by crossing the hair third over the middle-third. Then the bottom third over the middle-third.

2. CONTINUE braiding, incorporating more hair into the top and bottom sections as you go, to create a French braid. Continue French-braiding all the way to the back of the head.

3. STOP French-braiding at the back of the head and start a regular braid. Pin the end of the braid against the head and pull the rest of your hair over the hairpin to hide it.

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Enjoy the Authentic Taste of ON THE BORDER® Chips and Dips!

Stock up for your next gathering
That fluttery fringe, that sweeping curtain with each blink. Nothing says “look at me” like luxurious eyelashes. Now even the skimpiest get pumped, with mascara and lifelike false lashes available at Hy-Vee.

THE EYES HAVE IT

When it comes to eyelashes, no need to go to great lengths for great lengths. Today’s mascaras and natural-looking false lashes deliver without the hassle and expense of prescription growth serums that might cause side effects (itchy eyes; brown pigment on eyelids or in the iris). Rich mascaras abound, with wands that separate, volumize, color, curl and fan out lashes. Inexpensive and comfortable falsies like Ardell Natural and Kiss attach to eyelids via magnetic strips rather than glue. The eyelashes come with a special eye liner; the lashes have tiny magnets on their strips that stick to the liner. Cosmetics aisles at Hy-Vee carry these brands as well as a wide variety of rich mascaras that transform sparse lashes to luxurious ones.

WHEN TO REPLACE? DISCARD MASCARA AFTER THREE MONTHS TO AVOID GERMS.

L’Oréal Bambi Eye Mascara
Short bristles at the wand’s center grab and curl lashes; long bristles lengthen. Evenly distributes mascara for a doe-eyed look, without clumping, flaking or smudging.

Ardell Magnetic Liner and Lash
A gel eyeliner and magnetic eyelash bands make three lashes super easy to apply—perfect for false lash novices.

Apply mascara like a pro

1. Use an eyelash curler to curl upper lashes; hold in place for just a few seconds. If you want a thicker, shorter look, skip this step.
2. Get product on the wand. Swivel wand inside tube; pumping pushes air into the tube and renders mascara clumpy.
3. Cool lashes starting at the base. Use tip of index finger at the base to separate and fill lashes out for extra volume.
4. For even more volume, apply a second coat and, once dry, curl lashes again.

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Perfect your posture, care for burns and bites and stay cool with hydrating fruits and veggies.

96 FOODS THAT KEEP YOU HYDRATED
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FOODS THAT KEEP YOU HYDRATED

MAKE A SPLASH WITH YOUR NEXT SNACK. FILL UP WITH HYDRATING AND NUTRITIOUS FRUITS AND VEGETABLES.

HYDRO POWER
Almost every system and organ in the body needs water to function properly. Water regulates body temperature, lubricates brain and joint tissue, carries nutrients to cells, flushes harmful bacteria and makes it easier for the heart to pump oxygen-rich blood to muscles. However, the body loses water each day, which must be replenished. In addition to drinking water, fill up on fruits and veggies that have high water content, and consume additional nutrients.

HOW MUCH?
The amount of water each person needs per day varies. In general, adult men should aim for 15.5 cups (3.7 liters) per day. Women need 11.5 cups (2.7 liters). Those who exercise frequently, live in a climate that is hot or at high altitude, and women who are pregnant need more water. Check with your doctor for the most accurate assessment of your fluid needs.

WHEN
Illness or excessive sweating quickly cause dehydration. Get plenty of fluids after exercise or if you’ve been outdoors on a hot, humid or windy day. Replace water and electrolytes lost during bouts of diarrhea, vomiting or fever.

OF DAILY WATER INTAKE
COMES FROM FOOD, WHILE 80 PERCENT COMES FROM FLUIDS.

2007 OF DAILY WATER INTAKE COMES FROM FOOD, WHILE 80 PERCENT COMES FROM FLUIDS.

DEHYDRATION DANGERS
The body becomes dehydrated when it loses more fluids than it takes in. Dehydration adversely affects mood, making you feel tired, cranky or irritable. It also leads to hunger cravings and headache and may decrease your ability to process information or think clearly.

DEHYDRATION SIGNS
Symptoms of dehydration are not always present early on and can vary by age. Signs for adults: extreme thirst, dark-color urine, fatigue, dizziness and confusion.

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**Grilled Citrus Watermelon**

Total Time 20 minutes  
Serves 12

1 (3-lb.) seedless watermelon  
1 tsp. orange zest, plus additional for garnish  
¼ cup fresh orange juice  
2 Tbsp. Hy-Vee honey  
% cup Hy-Vee vanilla Greek yogurt  
% cup fresh blueberries

1. **PREPARE** a charcoal or gas grill for direct grilling over medium-high heat.

2. **CUT** watermelon into 1-in.-thick slices; discard ends. Combine orange zest, orange juice and honey in a small bowl.

3. **GRILL** watermelon slices for 2 to 3 minutes; turn and brush orange juice mixture on slices. Grill 2 minutes more. Remove from grill and brush remaining orange juice mixture over slices.

4. **CUT** each slice into 4 wedges. Serve topped with yogurt and blueberries. Garnish with orange zest, if desired.

Per serving:  
50 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 0 mg sodium, 13 g carbohydrates, 1 g fiber, 11 g sugar (3 g added sugar), 1 g protein. 

**Daily Values:** 
Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 4%

---

**Quick Snacks for Easy Hydration and Nutrition.**

No time to sit down and eat? Don’t sacrifice nutrition for the sake of being on time. Stock up on nourishing foods that make for quick, healthful snacks to eat or drink on the go.

**Strawberry-Coconut Smoothie**

Combine 1 cup chopped Hy-Vee Short Cuts strawberries, 1 cup crushed ice, ½ cup Hy-Vee strawberry yogurt, 1 cup Hy-Vee coconut water and 1 tbsp. agave nectar in a blender. Cover and blend until smooth. Pour mixture into a 16-oz. glass. Serves 1.

**Grapes**

A sweet addition to any snack session, grapes are more than 80 percent water and a source of vitamin C and K.

**Hy-Vee Short Cuts**

Hy-Vee Short Cuts are a healthy, convenient way to snack. Hydrating fruits and vegetables like berries, celery and peppers are cut, washed and ready to enjoy.

**Applesauce**

Contains about 88 percent water and is a good choice for small children or the elderly to get needed nutrients and hydration.

**Citrus Fruit**

Grapefruits and oranges are up to 90 percent water and are tremendous sources of the antioxidants vitamins A and C.

---

**Pro Tip:**

**HINT OF FLAVOR**

Give plain water a boost by adding sliced oranges, lemons, limes or cucumbers and a bit of mint to a pitcher of water and keep it in your refrigerator. Or add a few drops of Hy-Vee liquid water enhancer.

—Susan Cox  
*MPH, RD, LDN, Hy-Vee Dietitian*
LACROIX
HI-BISCUS/ TROPICAL SANGRIA
MOCKTAIL

6 cans of LaCroix Hi-Biscus Sparkling Water
2 Meyer lemons sliced • 2 starfruit slices
1 mango cubed • 8 oz pineapple juice
8 oz hibiscus tea

Add lemon slices, starfruit slices and mango cubes. Pour pineapple juice and hibiscus tea. Mix together and infuse overnight. Add ice, Hi-Biscus LaCroix Sparkling Water and stir. Garnish and serve!

BUY HY-VEE WATER.
HELP DIG WELLS.

One in six people worldwide do not have access to safe drinking water.

Proceeds from the sales of Hy-Vee One Step Water go toward building wells for people around the world who don’t have access to safe drinking water. So far, 86 have been built. Help us reach our goal of building 10 wells every year.

BUY HY-VEE ONE STEP WATER.
BECAUSE ONE STEP IS ALL IT TAKES TO MAKE A DIFFERENCE IN THE WORLD.

Learn more about how we’re making a difference by scanning this QR code or visiting OneStep.Hy-Vee.com

0-CALORIE 0-SWEETENER 0-SODIUM = INNOCENT!
LaCroixWater.com

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LaCroixWater.com
DEEP MUSCLES IN THE CORE HELP STABILIZE THE SPINE.

KEEP THEM STRONG TO MAINTAIN HEALTHY POSTURE.

POSTURE PERFECT

Time to straighten out your health. Check out these easy tips and exercises to help improve posture.

Tall and Proud

Posture is the position of the body while standing, sitting or lying down. Proper posture is when the body is in alignment from head to toe—ears over shoulders, shoulders over hips, hips over knees and knees over ankles. Good posture makes it easier to perform everyday tasks like standing up from a chair and carrying heavy objects. To achieve this, muscles throughout the back, midsection and legs need to be strong and flexible. When those muscles are tight and weak, they can lead to poor posture—hunched shoulders, chin jutting forward or down, curved spine. Over time, poor posture may cause pain throughout the body, including the back, neck, hips, feet, shoulders and even jaw muscles. Other side effects may include incontinence, constipation, heartburn and slow digestion.

For moves to help pump up your posture, turn to page 104.

Sources:
- acefitness.org/education-and-resources/professional/march-2018/6925/how-to-teach-your-clients-to-practice-proper-posture-in-a-modern-era
- acatoday.org/content/posture-power-how-to-correct-your-body-alignment
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- health.harvard.edu/staying-healthy/3-surprising-risks-of-poor-posture

EXERCISE

Obesity is a contributing factor to poor posture. Both aerobic exercise and strength training burn fat and increase metabolism. Exercise will also help strengthen postural muscles in the back, midsection and legs.

BE AWARE

Sometimes all it takes to correct posture is simple awareness. Pay attention to how you stand and sit throughout the day. Make an effort to hold your head level and avoid hunching forward.

LIMIT SITTING

Prolonged sitting leads to weakened core muscles and tight hip flexors and is a main cause of poor posture. If possible, stand up and walk around for two minutes every 30 to 60 minutes.

pro tip: STRAIGHT UP

“Maintaining good posture while exercising is important to minimize injuries and maximize results. While I’m lifting, I like to think about holding a tennis ball under my chin to maintain a neutral neck.”

–Daira Driftmier, Certified Personal Trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitness

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THORACIC SPINE ROTATION

From hands and knees, place one hand behind head, on neck. Roll upper body downward until elbow nearly touches opposite knee. Rotate upward, elbow toward ceiling. Alternate.

PLANK

Lie face down, elbows close to sides and palms down. Engage core and lift torso off floor. Do not allow hips to dip or back to arch.

BIRD DOG

From hands and knees, engage core and maintain flat back. Simultaneously extend one leg and opposite arm until both are parallel to the floor. Hold 5 seconds. Return to starting position in a controlled motion. Alternate leg and arm.

SUPINE MARCH

Lie on your back, knees bent, feet on floor, arms extended to sides. Slowly lift one foot until thigh is vertical. Maintain 90-degree angle in knee. Hold 5 seconds. Alternate legs.

SIDE PLANK

Lie on your left side. Use your left forearm to prop up your body, forming a line from shoulders to ankles. Hold for 10 seconds. Alternate sides.

MOVES THAT HELP IMPROVE POSTURE

HEAD
Align head and earlobes with shoulders. Avoid shifting head forward, backward or to the side.

SHOULDERS
Retract shoulders and keep chest lifted, shoulders in line with hips.

HIPS/STOMACH
Pull in stomach and align hips with knees. Maintain a neutral spine.

KNEES
Stand with a slight bend in the knees, aligned with ankles, knee caps facing forward.

FEET
Stand with feet shoulder-width apart, distributing weight evenly across feet.

POSTURE GUIDE

Follow these guidelines to maintain perfect posture while standing or sitting.

ALIGN HEAD AND EARLOBES WITH SHOULDERS. AVOID SHIFTING HEAD FORWARD, BACKWARD OR TO THE SIDE.

RETRACT SHOULDERS AND KEEP CHEST LIFTED, SHOULDERS IN LINE WITH HIPS.

PUT IN STOMACH AND ALIGN HIPS WITH KNEES. MAINTAIN A NEUTRAL SPINE.

STAND WITH A SLIGHT BEND IN THE KNEES, ALIGNED WITH ANKLES, KNEE CAPS FACING FORWARD.

STAND WITH FEET SHOULDER-WIDTH APART, DISTRIBUTING WEIGHT EVENLY ACROSS FEET.

ALIGN THIGH/KNEE PARALLEL TO THE FLOOR, KNEES FORWARD AND AT OR BELOW THE LEVEL OF HIPS.

PLACE FEET FLAT ON FLOOR, ANKLES AND KNEES UNCROSSED. IF NEEDED, PLACE FEET ON A SUPPORT.
SAY CHEESE!

When you feel like keeping it real, reach for Barbara’s® Cheese Puffs, made with real aged cheddar and blue cheese.

Barbara’s Cheese Puffs select varieties 5.5 or 7 oz $2.99

SMOOTH, DELICIOUS & Perfectly Yours

STARBUCKS’ COLD BREW COFFEE CONCENTRATES AND STARBUCKS’ COLD BREW COFFEE PITCHER PACKS

NEW!

NEW!

FIND ALL IN THE COFFEE AISLE

Starbucks and the Starbucks logo are registered trademarks of Starbucks Corporation used under license by Nestlé.
HOW TO BUILD A
Skin Care Routine

FOR A HEALTHY-LOOKING COMPLEXION, TAKE THESE STEPS USING PRODUCTS FROM HY-VEE.

1. cleanse
2. tone
3. moisturize

REMOVE DIRT, OIL, MAKEUP
Each morning wash with a facial cleanser, not regular soap, which strips skin of natural oils. At night, remove makeup with a remover solution or wipe, then use facial cleanser. Never go to bed wearing makeup, which clogs pores.

UNCLOG PORES
Use toner in the morning and at night to remove excess oil and makeup that might remain after cleansing and to gently slough off dead skin cells, shrink pores and prep skin for moisturizing. Apply with a cotton ball or pad, then gently blot.

HYDRATE & SOFTEN
Smooth moisturizer onto clean, slightly damp skin and neck. For oily skin, use a water-based lotion; if dry, apply an ointment or cream to lock in moisture. For combination skin, smooth heavier moisture on dry areas and lighter products on normal to dry areas.

what to use
Use a cleanser for your skin type. If oily, try one that treats breakouts and acne. If dry, use a gentle alcohol-free cleanser. Facial cleansers are available as gels, oils, creams and foams. Micellar water contains cleansing molecules that gently remove dirt and oils.

what to use
Look for water-based toners, which are gentle on skin, or those with glycolic and/or salicylic acid for oily skin. Toners may also contain hyaluronic acid for hydration, green tea to reduce redness and vitamins E and C to neutralize free radicals that age skin.

what to use
Find moisturizers for all needs: oily, dry, sensitive and aging skin. Moisturizers with glycerin, hyaluronic acid, proteins and dimethicone work especially well on dry skin. Oil-free moisturizers with alpha-hydroxy acids suit acne-prone skin. Moisturizers with retinol help reduce wrinkles in aging skin.

Sources:
health.harvard.edu/staying-healthy/moisturizers-do-they-work
health.clevelandclinic.org/do-face-masks-actually-work-or-are-they-just-a-fad/
After cleansing and before applying makeup, apply a broad-spectrum sunscreen (at least 30 SPF) to protect skin against sunburn, skin cancer and premature skin aging. Apply sunscreen about 15 minutes before going outside.

HOW IT WORKS
Face serums are light, easily absorbed oil- or water-based solutions with concentrated ingredients that nourish and moisturize. They work quicker, and are more expensive, than other moisturizers. Apply daily after cleansing and toning.

active ingredients to try:
- Resveratrol, tea polyphenols act as antioxidants to target wrinkles.
- Vitamins C & E help prevent brown spots, reduce damage from UV rays and stimulate new collagen growth.
- Retinol, niacinamide reduce inflammation and redness.
- Glycolic acid lightens dark patches and reduces blotchiness and discolorization.
- Hyaluronic acid seals hydration into the top layer of skin.

anti-aging
Niacinamide (vitamin B3), retinol, hyaluronic acid and amino-peptides are a few of the active ingredients that plump skin and reduce fine lines. Apply at bedtime.

exfoliators
Use scrubs to remove dead skin cells that dull skin. Chemical scrubs contain salicylic and hydroxy acid, physically acting scrubs use crystals or beads. Exfoliate two to three times a week.

masks
Apply a cream, clay or cotton- sheet mask once a week to deep-clean skin by unclogging pores and drawing out impurities.

your best SHAVE
CONSIDER SHAVING—USUALLY DONE AFTER CLEANSING AND BEFORE MOISTURIZING—PART OF YOUR SKIN-CARE ROUTINE.
1. APPLY SHAVE CREAM OR GEL to damp face and neck. For sensitive skin, use a product with “sensitive skin” on the label. Creams are easy to rinse off; gels provide more lubrication.
2. SHAVE in the direction most comfortable to you. Shaving in the direction of hair growth prevents razor burns against the grain gives a closer shave.
3. WASH BLADE in hot water after each pass to remove hairs and keep the blade clean and sharp.
4. WASH FACE and neck with cool water to close pores, then lightly pat dry.
5. HYDRATE while skin is slightly damp, with a moisturizing after-shave lotion or balm to prevent irritation—shaving dries out skin.

Sources, this page and opposite: Health, April 2019; the Skin Care Market; The White House Report on Women’s Health and Prevention of Skin Cancer and Women’s Morning Routine.
INTERMITTENT FASTING

This trending diet involves eating within a specific time frame, then fasting for another period. See what’s involved.

Q: What is intermittent fasting?
A: Intermittent fasting (IF) is a temporary abstinence from calorie intake. In other words, you don’t eat food or drink any beverages with calories for a set period of time. It’s purported to help people lose weight, but it may also help lower cholesterol, improve blood pressure and aid glucose control.

Q: How does it work?
A: There are different variations of IF. Most concentrate on closing the eating window for a set time rather than counting calories. When you have a smaller window of opportunity to eat, you often consume fewer calories.

Q: What things should I consider?
A: Results are better if you consume good, nutritious food rather than empty calories like sugar. Exercise also helps. IF sets boundaries that many people find helpful. It also encourages people to pay more attention not only to what they eat but what they eat.

Q: What about beverages?
A: Whatever kind of IF you do, you need to hydrate. That means plenty of water—more than you usually drink. Whatever kind of IF you choose, you need to hydrate. That means plenty of water—more than you usually drink. Coffee and tea are calorie-free.

Q: What is it like to fast?
A: Some people find it difficult to fast because they eat or drink every day. For others, it’s easy. People who practice intermittent fasting might set boundaries. As they wish, but the short time frame tends to set boundaries.

Q: What is healthy weight and how do I achieve it?
A: Healthy weight varies for every person. It’s important to maintain a healthy weight that works for your lifestyle and family commitments. See “Fasting Options” on the next page for a plan that might work for you. Schedule a fast that won’t interfere with events that you know you wouldn’t want to miss because of fasting. It may be easier to start with the 12:12 diet because most of the fasting occurs during sleep.

Q: Any health risks?
A: IF is not recommended for everyone, as it can amplify disordered eating patterns in some individuals. It’s also not recommended for children or those who are underweight. Women who are pregnant or breast feeding should avoid IF. The same with anyone who has type 1 diabetes. Check with a doctor before starting an IF regimen.

Q: What time period should I fast?
A: That depends on your lifestyle and family commitments. See “Fasting Options” on the next page for a plan that might work for you. Schedule a fast between 2 p.m. and 6 p.m. fast remaining time. Diet: People can eat as much as they wish, but the short time frame tends to set boundaries.

Q: What time period for a set period of time? These are four popular regimens.

12:12 DIET
Method: Time-restricted eating; 12 hours of fasting, 12 hours of eating.
Example: Eat from 7 a.m. to 7 p.m., fast remaining time.
Diet: Good for beginners because it allows for three meals a day. Be sure to include nutritious foods if weight loss is a goal.
Try it: You don’t want to give up breakfast but you do want to cut down on dessert.

16:8 DIET
Method: Time-restricted eating; 16 hours of fasting, 8 hours of eating.
Example: Eat from noon to 8 p.m., then fast, skipping breakfast the next day.
Diet: Medium difficulty because half the fasting period occurs during sleep. An easier variation, the 14:10 diet, allows for 8 a.m. to 6 p.m. eating.
Try it: You tend to skip breakfast anyway.

20:4 DIET
Method: Time-restricted eating; 20 hours of fasting, 4 hours of eating.
Example: Eat two meals a day. Be sure to include nutritious foods if weight loss is a goal.
Try it: If you’re busy during the day and don’t have time to eat or if you don’t often feel hungry throughout the day.

5:2 DIET
Method: A partial fast; 5 days normal eating, 2 (nonconsecutive) days restricted calories.
Example: Fast on Mondays and Thursdays only.
Diet: On fasting days, consume only 25 percent of daily calorie needs (about 400 calories for women, 500 calories for men).
Try it: You have a busy family life or social commitments that hamper a daily fasting routine.

7-11 pounds typically lost over a 10-week period by those who practice intermittent fasting.
— HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH

TIPS & TRICKS FOR FASTING

• Stay hydrated. Drink plenty of water and calorie-free beverages such as tea and coffee.
• Avoid watching TV, which is jammed with food commercials that may make you feel hungry when you’re not. Find other distractions, such as reading, walking or going to movies.
• If following the calorie-restricted 5:2 diet, select filling foods that are naturally low in calories (unbuttered popcorn, raw vegetables, grapes, melon).
• Monitor the amount of food you eat after fasting. Avoid overindulging.
• Fill up with foods rich in protein, fiber and healthful fats (avocados, beans, eggs, fish, lentils, nuts).

Elisa Sloss, RD, LD
Vice President, HealthMarket

Sources (this page and opposite): mypyramid.gov/healthblog.uofmhealth.org/wellness-prevention/intermittent-fasting-it-right-for-you
nejm.org/doi/10.1056/NEJMra1905136

Hy-Vee SEASONS | June 2020
Here's a fresh (and never frozen) idea

Fresh Dinner Sausages — NEW from Hillshire Farm® Brand

When it comes to dinner done right, keep the freezer door shut. Like everything we deliver, our new line of dinner sausages is 100% all natural* and always fresh, never frozen.

Swing by the refrigerated section today for a delicious dinner tonight.

Hillshire Farm Fresh Sausage
10 oz. 4.49

It's not butter, it's better!*
Contains good fats (Omega-3 ALA)
70% less saturated fat
40% lower in calories

*Contains 100% of the daily recommended intake of Omega-3 ALA. © 2020 Tyson Foods Inc.
Summer is calling! If you get too much sunshine—or have a nasty run-in with insects or poison ivy—Hy-Vee has the products to remedy the situation.

**SEASONS | June 2020**

**TOP HAZARDS OF SUMMER**

**OVERVIEW**

Bites and stings are often more nuisance than danger. Fire ant, bee, wasp, hornet stings hurt, while mosquito and flea bites itch. However, some bites and stings can transmit disease or cause dangerous reactions.

**WHEN TO SEE A DOCTOR**

Seek immediate medical attention if an insect bite or sting causes difficulty breathing, throat constriction; swollen lips, tongue or face; chest pain, heart beating more than a few minutes; dizziness; vomiting; headache; or rash.

**HOME TREATMENT**

Use ice packs to reduce swelling and over-the-counter painkillers such as ibuprofen or acetaminophen to ease pain from stings. Hy-Vee also offers these products:

- **After Bite** liquid with baking soda relieves itching and discomfort.
- **Campho-Phenique** pain-and-itch-relief antiseptic gel.
- **TopCare Witch Hazel** astringent relieves skin irritations.
- **Cortizone-10** gel or creme with healing aloe vera.

**OVERVIEW**

Sunburn occurs after too much exposure to ultraviolet light from the sun or a tanning lamp. Skin is red, painful, feels hot to the touch and may be itchy. Repeated sun exposure increases the risks of skin damage and skin cancers.

**WHEN TO SEE A DOCTOR**

Get medical help if sunburn is severe, with blisters, and covers a large portion of your body. If you have fever, headache, severe pain, confusion, nausea, chills or a skin infection.

**HOME TREATMENT**

Drink water to prevent dehydration. Take a cool bath or apply a clean, damp cloth to skin. Hy-Vee carries a number of helpful aids with aloe or hydrocortisone, including:

- **TopCare After Sun Cooling Gel** pain-relief gel with lidocaine and aloe vera.
- **Basin Lip Balm** made with SPF 15 to protect and moisturize dry lips.
- **Basin Body Butter** creamy moisturizer with cocoa butter to soothe skin.
- **TopCare Hydrocortisone Cream 1%** healing moisturizers for fast relief.

**OVERVIEW**

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**OVERVIEW**

Poison ivy, poison oak and poison sumac all contain a toxin called urushiol. When this oil touches skin, it can cause an itchy rash, often accompanied by oozing blisters. Symptoms can take 24 hours to appear.

**WHEN TO SEE A DOCTOR**

Seek medical attention if you have difficulty breathing or swelling; rash or swelling around eyes, mouth or genitals; fever, worsening itch; or rash on most of your body.

**HOME TREATMENT**

Remove urushiol oil from skin with rubbing alcohol immediately after exposure and wash anything that came in contact with the plant, especially clothes. These products from Hy-Vee can ease symptoms:

- **Benadryl Allergy**, an antihistamine tablet to reduce itching.
- **TopCare Calamine Spray Plus** with 8% calamine for itch relief.
- **Zanfel** dual-action wash removes poison ivy oils and relieves itching.
- **TopCare Anti-Itch Cream 2%** extra-strength formula for pain and itching.
**GET THE GOODS**

Hy-Vee shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### fridge & freezer

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Price</th>
<th>Variety</th>
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<tbody>
<tr>
<td>Johnsonville Flame Grilled Sausage</td>
<td>$3.99</td>
<td>select varieties</td>
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<tr>
<td>Junkie-O Ground Turkey</td>
<td>$3.99</td>
<td>select varieties</td>
</tr>
<tr>
<td>Sugardale Bacon</td>
<td>$3.99</td>
<td>select varieties</td>
</tr>
<tr>
<td>Sugardale Ham Steaks or Ham Roast</td>
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</tr>
<tr>
<td>Sugardale Hot Dogs</td>
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<td>select varieties</td>
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<tr>
<td>Sugardale Ham Steaks or Ham Roast</td>
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<td>Sugardale Simple Carve Ham</td>
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<tr>
<td>Sugardale Uncured Dry Sausage Snacks</td>
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<td>Aidells Links, Meatballs or Burgers</td>
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<tr>
<td>Jennie-O Ground Turkey</td>
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</tr>
<tr>
<td>Tyson Perfect Pairings, One Pan Dish or Instant Pot Kits</td>
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<td>Delimex Frozen Snacks</td>
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<tr>
<td>Healthy Choice Wraps</td>
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<td>Delimex Frozen Snacks or Frozen Appetizers or Sides</td>
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<tr>
<td>Raised &amp; Rooted The Blend Patties</td>
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<tr>
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<tr>
<td>Healthy Choice Power Break select varieties</td>
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</table>
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BIG ON PROTEIN. PACKED WITH YUM.

TURKEY LETTUCE WRAPS

INGREDIENTS
- 1/4 cup HOUSE OF TSANG® Low-Sodium Soy Sauce
- 1/4 cup ketchup
- 2 tablespoons apple cider vinegar
- 2 teaspoons dry mustard
- 1 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 1/2 teaspoon freshly ground pepper
- 1 (16-ounce) package JENNIE-O® Lean Ground Turkey
- 1 (5-ounce) can sliced water chestnuts, drained and chopped
- 1/4 cup shredded carrot
- 1/4 cup sliced green onions
- 6 lettuce leaves

DIRECTIONS
1. In small bowl, combine soy sauce, ketchup, vinegar, mustard, garlic powder, ginger and pepper; set aside.
2. Cook turkey as specified on the package. Always cook to well-done 165°F as measured by a meat thermometer. Add soy mixture and water chestnuts to turkey. Stir to combine. Remove from heat.
3. Add carrot and green onions. Spoon turkey mixture into lettuce cups.

Fig. 1 — Try chopsticks.
Fig. 2 — Drop chopsticks.
Fig. 3 — Try chopsticks again.
Fig. 4 — Drop chopsticks again.
Fig. 5 — Use hands.

Authentic taste. However you eat it.

VISIT JENNIEO.COM FOR MORE RECIPE IDEAS!
 Prices good June 1-30, 2020

SUMMER R I B F E S T