

HuVee[®] FOOD | LIFE | HEALTH

seasons[®]



SUMMER RIB FEST

june
Prices good June 1-30, 2020

NEW

CHOCOLATE BANANA PEANUT BUTTER SWIRL

IT'S YOUR
ChurnTM
PREMIUM ICE CREAM



Exclusively at **HyVee**

JUNE 2020

food



10 RIBS BY THE REGION

Explore regional recipes and sure-fire grilling tips.

20 20 SIMPLE SUMMER SIDES

Side dishes you can make at home or pick up at Hy-Vee.

27 101: TOMATOES

Juicy tomatoes are a summer staple. See how to use them.

30 FRESH, FAST, FIT: 3 REASONS TO EAT SALMON

It's fresh. It's fast. And it's fantastic for health.

34 COLORS OF SUMMER PRODUCE

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44 SWEET MEETS HEAT

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52 YES, YOU CAN!

Hy-Vee has an impressive selection of ready-to-go cocktails.

56 PICK POCKETS

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64 CUPCAKES + CANDY

Party-licious cupcakes made even better with candy.

life



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DONNA TWEETEN
EXECUTIVE VICE PRESIDENT,
CHIEF MARKETING OFFICER,
CHIEF CUSTOMER OFFICER

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 34*.

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!

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TOGETHER TASTES BETTER



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aisles

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



BRATS AND HOTS

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 Jalapeño Cheddar brats shown here.



now trending

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.



brand highlight

HY-VEE ENERGY EDGE PROTEIN POWDER

Naturally flavored with chocolate, 1 scoop of this dietary supplement offers 20 g of protein and 3,000 mg of vegan MCT oil, plus 33 percent of daily iron requirements. Sweetened with Stevia and monk fruit, it's gluten free and contains no artificial flavors or colors.



PLANT-BASED PROTEIN

An alternative to animal-based protein; contains quality amino acids.

NEW AT HY-VEE!

STOP IN AT HY-VEE TO CHECK OUT THESE NEW, NOTEWORTHY OR SEASONALLY POPULAR PRODUCTS.

PRODUCE
Ripe'n Ready Peaches



Here comes summer! And here comes the sweet taste of fresh peaches to go with it. Ripe'n Ready peaches are raring to go.

PANTRY
Hy-Vee Flavored Braided Pretzels



Joining Butter and Honey Wheat braided pretzels in the Hy-Vee lineup are three new creations: Dill Pickle, Honey Mustard and Jalapeño Ranch.

DONUT OF THE MONTH
Lemon Squeeze
Old-Fashioned Donut



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!

DAIRY
Chobani Complete



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

GRATE
OCCASIONS



At Hy-Vee, you'll find more fresh choices for the grill — and a selection sure to make everyone happy. So, whether it's an average Tuesday or a special Saturday, get out the grill and turn any meal into an occasion.



now
trending

CAMPING COMFORTS

ENJOY THE GREAT OUTDOORS CAMPING IN YOUR OWN BACKYARD. THIS IS JUST A SAMPLING OF WHAT HY-VEE OFFERS.



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



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



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



CITRONELLA BUCKET
Add the ambience, subtract the skeeters.



BUGABLES MOSQUITO REPELLENT BANDS
One size fits all with these citronella wristbands.



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



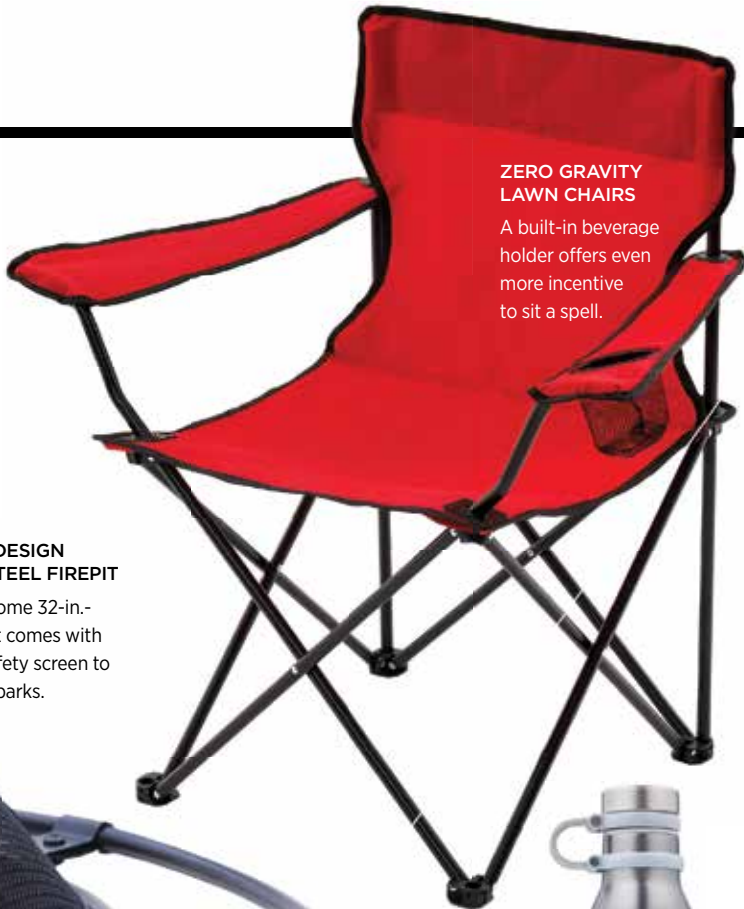
CHARKING LIGHTER FLUID
Be a master fire starter—it's easier with CharKing Instant Ignite Lighter Fluid.



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



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



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



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



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



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



RAYGUN BEVERAGE HOLDERS
Keep the warmth of the sun (or your hands) from taking the chill out of your favorite beverage.

s'mores essentials

A TREAT TO EAT
Hy-Vee has all the fixings for this camping standby—including a new twist to make it *s'more* memorable!



NABISCO HONEY MAID
Graham crackers do the heavy lifting, keeping the gooey goodness together till it reaches its destination.



KRAFT JET-PUFFED MARSHMALLOWS
These full-size marshmallows are a treat toasted by themselves. But just wait for what comes next.



HERSHEY'S MILK CHOCOLATE
Hershey's famous milk chocolate bars come in break-away pieces—perfect for making s'mores.



GHIRARDELLI CHOCOLATE
Okay, this is that special curveball we told you about. Try making s'mores with chocolate caramel!

Grill
simply.



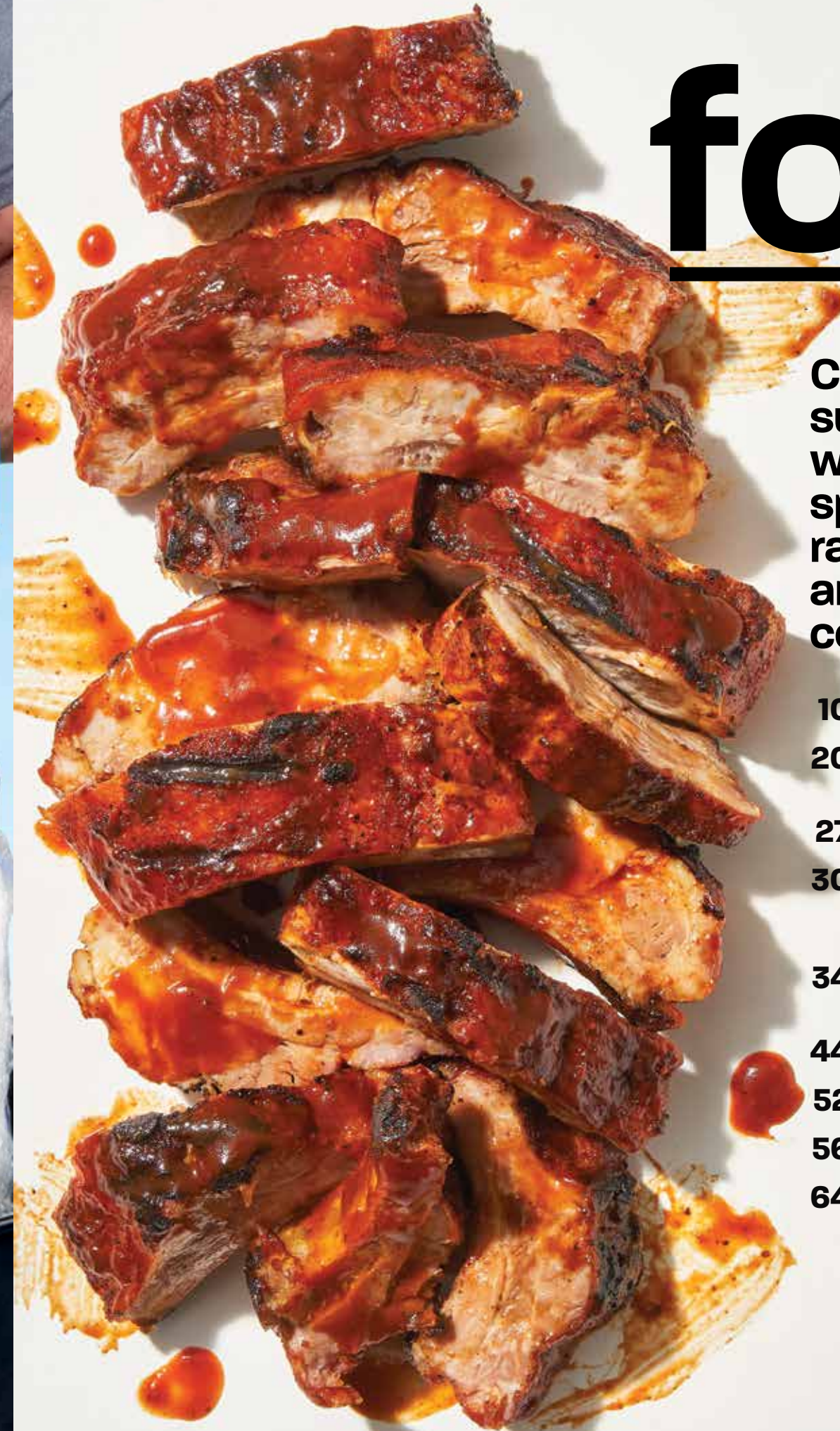
simply
done™
ready for life.

AVAILABLE AT **HyVee**

food

Crank up the summer heat with sweet and spicy meals, racks of ribs and no-hassle cocktails in a can.

- 10** RIBS BY THE REGION
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- 30** FRESH, FAST, FIT: 3 REASONS TO EAT SALMON
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RIBS

BY THE REGION



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.

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.

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.

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

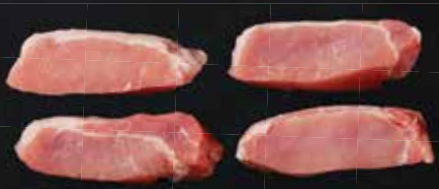


St. Louis-style ribs

The same as spareribs but have cartilage 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.) slab 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 hours cooking time.

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

BEEF



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 lb. to serve 4



specialty cut beef ribs

Same as short ribs but longer. Order from your Hy-Vee Meat Department.

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

HOW MUCH TO BUY: 4 to 5 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.

KANSAS CITY

the 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.



the 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

the 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.



the rub

Pork is the traditional meat of choice for Carolina barbecue, 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

the 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.



the 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

the 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.



the 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 at your next cowboy-inspired cookout.



GET 'EM
AT HOME!

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 tsp. Hy-Vee black pepper
1 tsp. Hy-Vee ground cumin
1 tsp. Hy-Vee ground dry mustard
½ tsp. Hy-Vee garlic powder
½ tsp. celery salt
½ tsp. Hy-Vee cayenne pepper
1 (4- to 5-lb.) pkg. 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 for sauce. Sprinkle remaining rub over ribs; gently pat to coat. Refrigerate 1 hour. Prepare Memphis BBQ Sauce, *below*; set aside.

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 pouch or smoker box; place on rack over direct heat. Add ribs to grill when chips begin to smoke. Grill 3 to 4 hours or until tender (185°F to 190°F), brushing with sauce every 10 minutes during the last 30 minutes of cooking. Let stand 20 minutes, then serve with remaining sauce.

MEMPHIS BBQ SAUCE: Combine ½ cup water, ¼ cup Hy-Vee tomato paste, ¼ cup Hy-Vee ketchup, 2 Tbsp. Hy-Vee packed brown sugar, 2 Tbsp. Hy-Vee yellow mustard, 2 Tbsp. molasses, 1 Tbsp. Hy-Vee apple cider vinegar, 1 Tbsp. Hy-Vee honey, 1 Tbsp. Hy-Vee soy sauce, 1 Tbsp. Hy-Vee Worcestershire sauce and 1 tsp. reserved rub mixture in a large saucepan. Bring to boiling; reduce heat. Simmer, uncovered, 30 minutes, stirring often. Makes 1½ cups.

Per serving: 790 calories, 47 g fat, 17 g saturated fat, 0 g trans fat, 195 mg cholesterol, 980 mg sodium, 33 g carbohydrates, 2 g fiber, 29 g sugar (26 g added sugar), 57 g protein.
Daily Values: Vitamin D 15%, Calcium 10% Iron 20%, Potassium 25%



Toward the end of grilling, lift a rack of ribs, bone side up, at one end with tongs. If the rack bends easily, the ribs are close to being done. At that time, check the internal temperature.

GET 'EM
AT HOME!

KC-Style Smoked Beef Short Ribs

Hands On 20 minutes
Total Time 12 hours 20 minutes plus
chilling and resting time
Serves 6

¼ cup Hy-Vee granulated sugar
2 Tbsp. Hy-Vee paprika
1 Tbsp. kosher salt
1 Tbsp. celery salt
1 Tbsp. Hy-Vee garlic powder
2 tsp. That's Smart! onion powder
2 tsp. Hy-Vee chili powder
1½ tsp. Hy-Vee ground cumin
1½ tsp. Hy-Vee black pepper

½ tsp. Hy-Vee ground dry mustard
½ tsp. Hy-Vee ground dried sage
¼ tsp. Hy-Vee cayenne pepper
5½ to 6 lb. Hy-Vee bone-in meaty English-style beef chuck short ribs, 5 to 8 in. long and cut into 1-rib portions
Hickory or mesquite wood chips
1 recipe KC BBQ Sauce, *right*

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

2. SOAK wood chips in water at least 1 hour. Preheat smoker according to manufacturer's directions to maintain a temperature between 220°F and

225°F. Use wood chips and water pan as directed.

3. UNWRAP ribs and place, bone sides down, on rack in smoker directly over water pan. Cover or close smoker and smoke ribs for 8 to 10 hours or until meat thermometer in thickest part of meat not touching bone reaches 200°F to 205°F. Add additional soaked wood chips as needed to maintain smoke.

4. REMOVE ribs from smoker. Wrap tightly in double sheet of heavy foil, then wrap package in a heavy bath towel. Let rest at room temperature for 30 to 60 minutes. Meanwhile prepare KC BBQ Sauce.

5. UNWRAP ribs and place in a large foil pan. Brush with KC BBQ sauce. Place pan, uncovered, in smoker and smoke for 1 to 2 hours more or until sauce begins to

caramelize. Serve ribs with remaining KC BBQ sauce.

KC BBQ SAUCE: Combine 1 cup Hy-Vee ketchup, ½ cup molasses, ¼ cup Hy-Vee white vinegar, ½ tsp. curry powder, ½ tsp. Hy-Vee seasoned salt, ½ tsp. Hy-Vee ground cumin, ½ tsp. Hy-Vee paprika, ½ tsp. hot pepper sauce, ¼ tsp. Hy-Vee allspice, ¼ tsp. Hy-Vee ground cinnamon, ¼ tsp. Hy-Vee cayenne pepper and ¼ tsp. Hy-Vee black pepper in a medium saucepan. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Set aside. Makes 1¼ cups.

Per serving: 470 calories, 20 g fat, 8 g saturated fat, 0 g trans fat, 100 mg cholesterol, 2,160 mg sodium, 38 g carbohydrates, 8 g fiber, 32 g sugar (30 g added sugar), 34 g protein.
Daily Values: Vitamin D 0%, Calcium 6%, Iron 35%, Potassium 15%

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.



BRING 'EM
HOME

Try Hy-Vee HICKORY HOUSE RIBS

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



PREP **ribs** FOR GRILLING



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



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 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 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 4 Place ribs, bone side down, over very low indirect heat (250°F to 300°F) for 3 hours. While ribs are cooking, add more charcoal briquettes and wood chips as needed.



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.

“LOW AND SLOW COOKING IS KEY TO GET TENDER RIBS WHATEVER CUT YOU CHOOSE.”

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 ribs a sweeter smoke flavor.

GEAR UP FOR **GRILLING**

Shop your local Hy-Vee for quality tools that simplify grilling meat, vegetables and many other delicious ingredients.

Traeger BBQ Spatula

Traeger BBQ Tongs

Lodge Cast-Iron Griddle

1-2-3 Times!
That's how often you'll use tongs when you're grilling. Have several pairs on hand—one to rearrange charcoal, another to handle raw meat and a third to remove food.

Weber Deluxe Grilling Basket

Weber Stainless-Steel Spatula

Silicone Basting Brush

Weber Instant-Read Thermometer

Weber Stainless-Steel Tongs

Lodge Round Cast-Iron Grill Pan

Norpro Stainless-Steel 12" Skewers

PREP **grill** TO SMOKE RIBS



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

STEP 2 Divide coals into two piles and arrange on opposite sides of the grill. Place

an aluminum-foil drip pan between the coals on the charcoal grate. Fill it three-fourths full with warm water.

STEP 3 To check for very low heat, place your hand, palm side down, about 5 inches above the grate. If you have to move your hand in 11 to 12 seconds, the heat is very low. Drain and add wood chips to hot coals and close the lid.



STEP 1 Preheat gas grill with all burners on high, then turn one side off for indirect cooking.

STEP 2 Wrap soaked wood chips in foil; place over direct heat. Poke holes in foil to allow

smoke to billow out as the wood burns.

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.



McCormick

**YOUR
MUST-HAVE
SUMMER GRILLING
FLAVORS!**

APPLEWOOD GRILLED FISH

BACON WRAPPED
SCALLOP SKEWERS

STUBBS STICKY SWEET RIBS

CAROLINA MUSTARD BBQ CHICKEN

GRILL MATES BROWN SUGAR BOURBON STEAK

LAWRY'S GRILLED CORN



CAROLINA MUSTARD BBQ CHICKEN

3 lbs. bone-in chicken thighs
5 Tbsp. McCormick® Grill Mates® Applewood Rub
¼ cup French's® Classic Yellow Mustard
¼ 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 burner(s) 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.



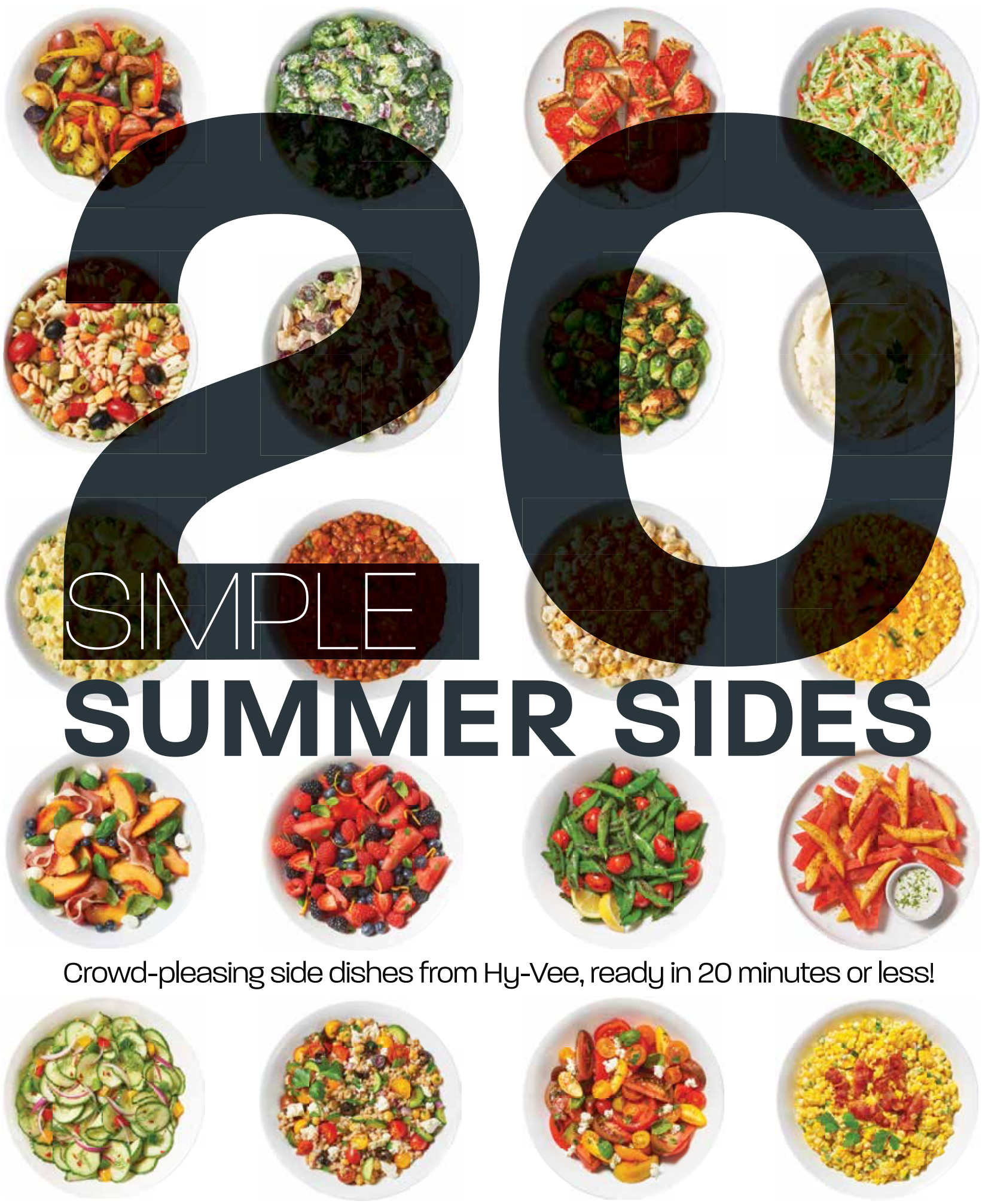
Visit McCormick.com
For Grilling Recipes.

Mix things up.

Try our fresh chopped salad kits.



Hy-Vee®



SIMPLE SUMMER SIDES

Crowd-pleasing side dishes from Hy-Vee, ready in 20 minutes or less!

1

Watermelon and Berry Salad

Total Time 10 minutes
Serves 16 (½ cup each)

3 Tbsp. agave nectar
2 Tbsp. fresh orange juice

- 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

- Orange zest, for garnish**
Mint leaves, for garnish
- 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.

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

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

10
minutes
or less

SWEET PEACHES, MILDLY SALTY PROSCIUTTO AND CREAMY MOZZARELLA PRESENT A NICE **BALANCE OF FLAVORS AND TEXTURES.**

2

Peach and Prosciutto Salad

Total Time 15 minutes
Serves 6

2 Tbsp. Gustare Vita extra virgin olive oil

1 Tbsp. white balsamic vinegar
1 tsp. finely chopped fresh basil
2 fresh peaches, pitted and sliced
¼ cup fresh blueberries
2 oz. prosciutto
½ cup lightly packed fresh basil leaves
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%

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 ¾ cup grape tomatoes in a bowl. Drizzle with 2 tsp. Gustare Vita 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 ¾ tsp. Hy-Vee lemon-pepper seasoning, ½ tsp. finely chopped fresh basil and ½ tsp. finely chopped fresh oregano leaves. Garnish with lemon wedges, if desired. Serves 6.

3

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



4

Mexican Fruit Sticks with Lime Crema

Combine ½ cup crema Mexicana or sour cream, ¼ tsp. lime zest, 2 tsp. lime juice, ½ tsp. fine sea salt and ½ 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 3×½-in. sticks. Combine 1 tsp. Hy-Vee chili powder, ¼ tsp. Hy-Vee fine sea salt, ¼ tsp. ground cumin and ½ tsp. ground coriander; sprinkle on fruit sticks. Serve with lime crema for dipping. Serves 8 (about 4 sticks each).

Mediterranean Farro Salad

Cook 1 (8.8-oz.) pkg. 10-minute Italian farro according to package directions, cool. Combine farro, 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 Hy-Vee Short Cuts chopped red onions, ½ cup crumbled feta cheese, ¼ cup sliced Hy-Vee pitted large black olives and 2 Tbsp. finely chopped Italian parsley in a large bowl. Drizzle with ¼ cup bottled Parmesan-and-roasted-garlic salad dressing; toss. Cover; chill until serving time. If desired, garnish with additional parsley. Serves 16.

5



20
minutes
or less

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 ¼ cup crumbled goat cheese. Cover and refrigerate for up to 2 hours. Garnish with fresh herbs, if desired. Serves 8.

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 1½ 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 ½ Tbsp. garlic olive oil. Add to basket. Grill 3 to 5 minutes more or just until peppers are crisp-tender, stirring occasionally. Serves 6.

Chili-Jalapeño Creamed Corn

Microwave 4 ears Hy-Vee Short Cuts sweet corn on HIGH for 4 minutes. Cut kernels off cobs. Heat 1 Tbsp. Hy-Vee salted butter in a skillet over medium-high heat until melted. Add corn and 2 seeded and chopped jalapeño peppers. Cook for 5 minutes. Stir in ½ cup Hy-Vee heavy whipping cream, 2 oz. softened Hy-Vee plain cream cheese, ½ tsp. Hy-Vee salt and ¼ tsp. Hy-Vee chili powder. Heat mixture through. Served topped with 1 slice Hy-Vee bacon, crisp-cooked and crumbled. If desired, garnish with cilantro. Serves 6.

DRIZZLE HERB VINAIGRETTE OVER A PLATTER OF SLICED TOMATOES AND FRESH MOZZARELLA CHEESE. OR CHOP THE TOMATOES AND SERVE THE MIXTURE ON BRUSCHETTA.

START POTATOES IN THE MICROWAVE, THEN TOSS WITH OIL AND SEASONINGS AND FINISH ON THE GRILL SO THEY'RE CRISPY ON THE OUTSIDE, FLUFFY ON THE INSIDE.

BEFORE TOPPING BREAD, PLACE EXTRA-JUICY TOMATO SLICES ON A PAPER TOWEL-LINED TRAY TO CATCH SOME JUICES.

10 MORE GRAB & GO FROM HY-VEE



11. Broccoli Supreme



12. Napa Valley Cashew Chicken Salad



13. Hickory House Baked Beans



14. Hickory House Creamy Coleslaw



15. Green Onion and Egg Potato Salad



16. Roasted Brussels Sprouts



17. Rainbow Rotini



18. Mashed Potatoes



19. White Cheddar Mac



20. Cheesy Corn Bake

ENJOY LAYER AFTER FLAKY LAYER OF LIGHT, BUTTERY GOODNESS.

DIGIORNO®

NEW!



101 TOMATOES

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

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.

TOMATO VARIETIES

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-Topped Oven-Baked Risotto

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

- 3 Tbsp. Gustare Vita olive oil
- ⅔ 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
- 1½ 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** 1½ 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 tomatoes are slightly softened. Garnish with shredded basil and Parmesan cheese, if desired. Serve immediately.
- Per serving:** 220 calories, 8 g fat, 3 g saturated fat, 0 g trans fat, 15 mg cholesterol, 380 mg sodium, 29 g carbohydrates, 2 g fiber, 1 g sugar (0 g added sugar), 6 g protein.
Daily Values: Vitamin D 0%, Calcium 6%, Iron 0%, Potassium 2%

OVEN-BAKED RISOTTO
REQUIRES
MINIMAL STIRRING
FOR THE SAME
CREAMY RESULTS AS
THE CLASSIC STOVE-
TOP VERSION.



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

Tomato Time
All tomatoes are not created equal. Watch our video to see how each type is best used.

Hy-Vee
seasons



Watch and learn
at **HSTV.com** today!

DEVOUR
FROZEN MEALS

**RATED “M”
FOR MEATY**



Devour
Frozen Meals
select varieties
7.2 to 12 oz.
2/6.00

FRESH.FAST.FIT. 3 REASONS TO EAT SALMON



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.

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
½ cup purchased ponzu sauce
½ cup Hy-Vee honey
¼ cup pineapple juice
4 cloves garlic, minced
1 Tbsp. grated fresh ginger
1 Tbsp. Hy-Vee unsalted butter
1 fresh pineapple, peeled, cored and cut into ¼- to ½-in. rings
Sliced green onions, for garnish
Sesame seeds, for garnish

1. PAT fish dry; place in a shallow dish. Combine ponzu sauce, honey, pineapple juice, garlic and ginger. Reserve ½ cup. Pour remaining mixture on 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 9 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, 0 g trans fat, 70 mg cholesterol, 1,230 mg sodium, 58 g carbohydrates, 3 g fiber, 49 g sugar (23 g added sugar), 25 g protein. Daily Values: Vitamin D 60%, Calcium 4%, Iron 6%, Potassium 15%

try
this

PIN BONES

To easily remove pin bones from a salmon fillet, place the fish skin side down over an inverted bowl. Remove any bones sticking up with tweezers or pliers.

FRESH

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.

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. Season

with salt and pepper and add a squeeze of lemon. Prepare veggies in simple ways that deliver plenty of flavor without overpowering the fish. Mild, earthy asparagus, garlicky broccoli or green beans or crispy herbed potatoes stand

up well to salmon. Fruit adds refreshing flavor and texture. Sweet, soft-flesh mangos and pears complement the tender, flaky texture of salmon. For a change, squeeze lime instead of lemon on the fish for more complex flavor.

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

ADD THIS FRESH, EASY AND NUTRITIOUS MEAL TO YOUR REGULAR LINEUP. IT'S QUICK FOR A BUSY WEEKNIGHT, ELEGANT ENOUGH FOR COMPANY AND AN EASY WAY TO INCORPORATE MORE SALMON INTO YOUR DIET.

FLASH IN THE PAN

Here are a few pointers for tender, flaky salmon using the stove-top method, *below left*.

- Individual fillets work best for stove-top cooking.
- If using frozen fillets, thaw them ahead in the refrigerator.

- Remove salmon from the refrigerator about 20 minutes before cooking to bring them closer to room temperature and ensure more even cooking.
- Use a skillet large enough to accommodate fillets without overcrowding.

- Pat fillets dry with paper towels. It will prevent salmon from sticking to the skillet and will result in crispier skin.
- Choose canola or vegetable oil for stove-top cooking. These oils have a neutral flavor and won't overpower the fish.

- Use a hot skillet and medium-high heat to cook salmon until it's crisp and golden. At this point, it will 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.

10-Minute Stove-Top Salmon

Serves 4



1. PREPARE SALMON

Pat salmon dry. Season salmon with Hy-Vee salt and black pepper or rub any purchased seafood seasoning on the fillets.



2. PAN-FRY SALMON

Heat 1 Tbsp. Hy-Vee canola oil in 12-in. skillet over medium-high heat until shimmering. Add 4 (4- to 5-oz.) salmon fillets, skin side up, to skillet. Cook 4 minutes. Resist turning fillets too early. Let the fish cook, untouched, to create a flavorful, golden crust.



3. FINISH SALMON

Carefully flip fillets, using a fish spatula. Reduce heat to medium. Continue cooking 4 to 5 minutes more or until done (145°F).

10
minutes
or less

try
this

Make it salmon taco night. Rub fillets with Cajun spice before cooking. Serve chunks of salmon in tortillas with salsa.

SALMON TOPPERS

READY-MADE OR DOCTORED-UP SALSAS AND PESTO ARE QUICK WAYS TO ENHANCE SALMON WITHOUT OVERPOWERING IT.



TROPICAL PICO DE GALLO

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



PICO 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.

30
minutes
or less

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

½ cup plus 2 Tbsp. Gustare Vita olive oil

Hy-Vee salt and black pepper, to taste

4 (4- to 6-oz.) skin-on wild salmon fillets

1 red bell pepper, seeded and halved

½ lb. asparagus spears

4 cups spring mix salad greens

½ cup sliced red onion

1 avocado, peeled, pitted and sliced

1. PREHEAT charcoal or gas grill with greased grill rack for direct cooking over medium-high heat. Microwave corn on HIGH 4 minutes. For vinaigrette, combine lemon juice, mustard, basil, garlic and honey in a blender. Cover; blend until combined. Slowly add ½ cup oil; continue blending until well combined. Season with salt and black pepper. Reserve half of vinaigrette for serving.

2. PAT salmon dry. Brush corn, bell pepper, asparagus and salmon with remaining 2 Tbsp. oil. Place salmon, skin side down, on grill. Grill salmon and vegetables 8 to 10 minutes or until salmon flakes easily (145°F) and veggies are slightly charred, brushing with vinaigrette and turning halfway through. Remove from grill and let stand for 5 minutes. Line four plates with greens. Cut corn from cobs; discard cobs. Cut bell pepper into strips. Flake salmon into large pieces. Divide salmon, corn, bell pepper, asparagus and red onion among plates. Add avocado. Drizzle with reserved vinaigrette.

Per serving: 750 calories, 58 g fat, 10 g saturated fat, 0 g trans fat, 60 mg cholesterol, 190 mg sodium, 33 g carbohydrates, 8 g fiber, 11 g sugar (1 g added sugar), 30 g protein. Daily Values: Vitamin D 60%, Calcium 6%, Iron 15%, Potassium 25%

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 35 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

The 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 boasts B vitamins and the mineral selenium, which helps with thyroid function.



BRAIN FUNCTION

Omega-3 fatty acids 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.

Sources: [Hsph.harvard.edu/Nutritionsource/Fish/](https://hsph.harvard.edu/nutritionsource/Fish/), mayoclinic.org/diseases-conditions/depression/expert-answers/fish-oil-supplements/faz-20058143, ods.od.nih.gov/factsheets/Omega3FattyAcids-Consumer/



OF SUMMER PRODUCE

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

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

1 cup Hy-Vee graham cracker crumbs
2 Tbsp. plus ⅓ cup Hy-Vee granulated sugar
5 Tbsp. Hy-Vee salted butter, melted
⅓ cup fresh raspberries
1¼ cups sliced Hy-Vee Short Cuts strawberries, divided
2 (8-oz.) pkg. Hy-Vee cream cheese, softened
1 tsp. Hy-Vee vanilla extract

1 cup Hy-Vee heavy whipping cream
5 tsp. 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.
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 ⅓ 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. Spread half the mixture over graham cracker mixture to form white layer. Freeze for 10 minutes.
6. FOLD pureed berry mixture and gelatin powder

into remaining cream cheese and whipped cream mixture. Carefully spread on white layer. Cover and refrigerate 6 hours or overnight.
7. TO SERVE, use parchment paper to lift uncut bars out of pan. Cut into bars and press remaining 1¼ 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%

RED BENEFITS

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

Living plants make chemicals that defend them against predators and harmful environments. When we eat these chemicals, called phytonutrients, we benefit as well. Research shows that phytonutrients can lower risks for diabetes, cancer and heart disease through their antioxidant or anti-inflammation activity. Phytonutrients are a color code for healthy eating.

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/

Grilled Peach & Shrimp Kabobs

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

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

½ tsp. Hy-Vee cayenne pepper
1 (16-oz.) pkg. frozen EZ-peel raw Gulf shrimp (16–20 ct.), thawed and peeled
4 firm ripe red plums, pitted and each cut into 6 wedges
2 firm ripe peaches, pitted and each cut into 8 wedges
1 large orange bell pepper, seeded and cut into 1-in. pieces
Chopped fresh Italian parsley, for garnish

1. PREHEAT a gas or charcoal grill with greased grill rack for direct cooking over medium-high heat.

2. FOR GLAZE, combine peach preserves, lime zest and juice, oil, ginger, paprika and cayenne pepper in

microwave-safe bowl. Microwave on HIGH 45 to 60 seconds or until melted, stirring every 20 seconds. Set aside.

3. ALTERNATELY thread shrimp, plum wedges, peach wedges and bell pepper onto 8 skewers. Brush kabobs with half the glaze.

4. GRILL kabobs 6 to 8 minutes or until shrimp are opaque (145°F), turning once halfway through. Transfer to a platter; brush with remaining glaze. Garnish with parsley, if desired.

Per serving: 350 calories, 8 g fat, 0.5 g saturated fat, 0 g trans fat, 125 mg cholesterol, 360 mg sodium, 58 g carbohydrates, 3 g fiber, 41 g sugar (24 g added sugar), 17 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 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 heart disease and cancer. Beta-carotene is also good for the immune system. Eating foods with abundant vitamin C keeps cells healthy.

ORANGE FOODS

- Cantaloupe
- Carrots
- Oranges
- Orange bell peppers
- Peaches

Skillet Poblano Cornbread

Hands On 30 minutes
Total Time 1 hour 5 minutes
Serves 12

3 ears Hy-Vee Short Cuts sweet corn (about 1½ cups)
1 small poblano pepper*
1½ cups Hy-Vee all-purpose flour
1¼ cups yellow cornmeal
¼ cup Hy-Vee granulated sugar
1 Tbsp. Hy-Vee baking powder
½ tsp. Hy-Vee salt
3 Hy-Vee large eggs, beaten
1¼ cups Hy-Vee 2% reduced-fat milk
7 Tbsp. Hy-Vee salted butter, melted; divided
¾ cup Hy-Vee finely shredded Cheddar Jack cheese, divided
Honey butter spread, for serving

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 slightly charred and pepper is blistered, turning occasionally. Transfer corn to a cutting board. Place pepper in a bowl; cover with plastic wrap and set aside.

3. WHISK together flour, cornmeal, sugar, baking powder and salt in large bowl; set aside. Whisk together eggs, milk and 6 Tbsp. butter in a medium bowl; set aside.

4. CUT corn kernels from cobs; set aside. Peel and seed pepper; chop and set aside.

5. POUR egg mixture over flour mixture; gently stir just until combined (do not overmix). Fold in two-thirds of the corn, the pepper and ½ cup cheese.

6. REMOVE hot skillet from oven. Add remaining 1 Tbsp. butter to skillet; swirl skillet to coat bottom. Spoon batter into hot skillet;

sprinkle with remaining corn. Bake for 24 to 28 minutes or until a wooden toothpick inserted in center comes out clean. Cool slightly; serve with honey butter.

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

Per wedge: 270 calories, 11 g fat, 6 g saturated fat, 0 g trans fat, 75 mg cholesterol, 300 mg sodium, 35 g carbohydrates, 2 g fiber, 7 g sugar (4 g added sugar), 7 g protein. Daily Values: Vitamin D 6%, Calcium 10%, Iron 10%, Potassium 2%

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 FOODS

- Corn
- Lemons
- Yellow bell peppers
- Yellow squash
- Yellow tomatoes





Honeydew-Basil Mojitos

Total Time 15 minutes plus chilling time
Serves 4

- 1/2 cup lightly packed thinly sliced fresh basil, plus additional leaves for garnish
- 1/2 cup fresh lime juice, plus wedges for serving
- 1/4 cup Hy-Vee granulated sugar
- 2 (1-lb.) containers Hy-Vee Short Cuts honeydew melon
- 8 oz. white rum
- Superfine sugar
- Ice cubes
- 1 cup Hy-Vee club soda

1. MUDDLE sliced 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 g saturated fat, 0 g trans fat, 0 mg cholesterol, 55 mg sodium, 35 g carbohydrates, 2 g fiber, 31 g sugar (13 g added sugar), 1 g protein.
Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 10%



Washed, cut and ready to eat or add to recipes, Hy-Vee Short Cuts fresh fruits and vegetables reduce prep time. A wide variety is available in the produce aisles.

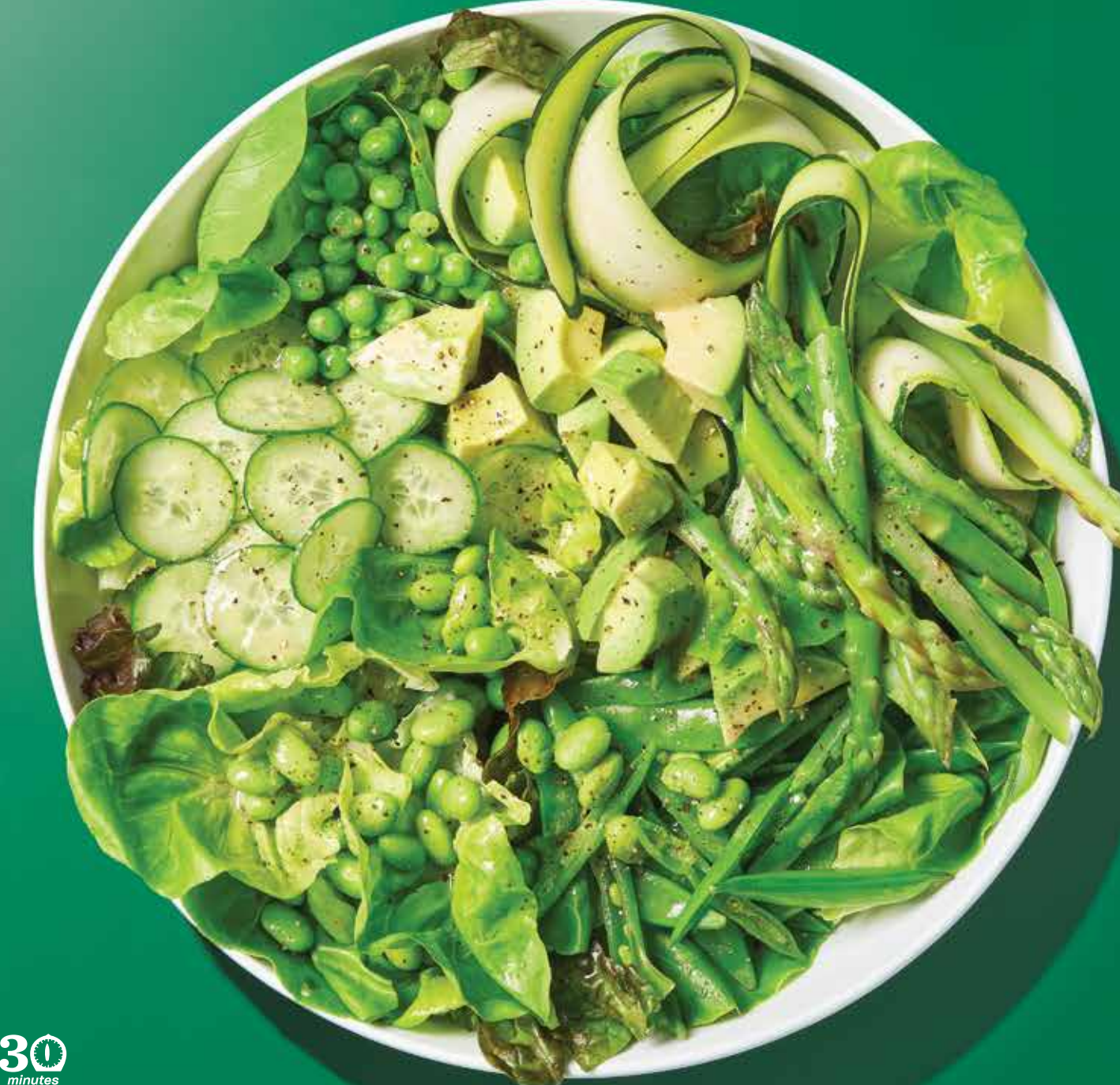
GREEN BENEFITS

Chlorophyll, which gives these foods green color, does not actually deliver health benefits. Those come from vitamins A, C and K; folate; and fiber. Dark leafy greens are especially rich in vitamin K, necessary for blood to clot properly. Folate prevents anemia and helps the body break down and use proteins.

GREEN FOODS

- Asparagus
- Broccoli
- Brussels sprouts
- Honeydew melon
- Kale
- Kiwi
- Salad greens

DID YOU KNOW? FRESH BASIL ADDS MORE THAN FLAVOR TO THIS DRINK; IT ALSO CONTRIBUTES POTASSIUM, IRON, CALCIUM AND VITAMIN K. MORE NUTRIENTS IN FRESH GREEN HERBS: VITAMIN A (PARSLEY), ANTIOXIDANTS (MINT, SAGE, THYME) AND PHYTONUTRIENTS THAT BOOST IMMUNITY (ROSEMARY).



30
minutes
or less

Summer Green Salad

Total Time 30 minutes
Serves 4

- 1/4 (1-lb.) bunch asparagus, trimmed
- 1/2 cup shelled peas, thawed if frozen
- 1/2 large zucchini, cut lengthwise in half
- 1/4 cup Gustare Vita olive oil
- 1 tsp. lemon zest
- 3 Tbsp. fresh lemon juice

- 1 tsp. Hy-Vee Dijon mustard
- 1/4 cup Hy-Vee coarse-ground Malabar black pepper
- 1/2 tsp. Hy-Vee Mediterranean sea salt
- 1/2 (6.5-oz.) bag Hy-Vee butter lettuce salad mix
- 2 cups lightly packed torn green leaf lettuce
- 1 mini cucumber, sliced
- 1/2 cup fresh sugar snap peas

- 1/2 avocado, seeded, peeled and chopped
 - 1/2 cup cooked shelled edamame
- 1. BRING** 2 in. water to boiling in medium, deep skillet. Add asparagus; simmer for 1 to 3 minutes or until crisp-tender. Transfer asparagus to a colander and rinse under cold running water. Cut asparagus in half; set aside.

2. ADD shelled peas to boiling water in skillet; simmer 2 to 4 minutes or until crisp-tender. Drain in colander and rinse under cold water; set aside.

3. USING a vegetable peeler, cut zucchini portion into ribbons; set aside.

4. WHISK together oil, lemon zest and juice, Dijon mustard, pepper and salt; set aside.

5. COMBINE butter and leaf lettuces in a bowl. Arrange asparagus, cucumber, zucchini, sugar snap peas, avocado, shelled peas and edamame on top. Drizzle with dressing.

Per serving: 220 calories, 18 g fat, 2.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 140 mg sodium, 11 g carbohydrates, 4 g fiber, 4 g sugar (0 g added sugar), 5 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 10%



Light bottled dressing swaps: balsamic vinaigrette, light Italian, yogurt-based dressings.

Sources (opposite page): medlineplus.gov/ency/article/002408.htm
health.clevelandclinic.org/5-fresh-herbs-sweeten-spice-entice/

30
minutes
or less

Caesar Red Cabbage Steaks

Hands On 10 minutes
Total Time 24 minutes
Serves 4

1 (2½- to 3-lb.) head red cabbage
½ cup bottled Caesar salad vinaigrette
2 Tbsp. Hy-Vee Caesar croutons, finely crushed
Fresh oregano leaves, for garnish

1. PREHEAT a charcoal or gas grill with greased grill rack for direct cooking over medium-high heat.

2. PEEL outer leaves from cabbage. Stand cabbage up and cut into 1-in.-thick slices, retaining core so cabbage holds together.

3. BRUSH both sides of cabbage slices with vinaigrette. Grill for 5 to 7 minutes or until slightly charred. Carefully turn over and grill for 5 to 7 minutes more or until outer leaves are softened and center is crisp-tender.

4. TRANSFER to serving platter. Sprinkle with crushed croutons. Garnish with oregano, if desired.

Per serving: 160 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 450 mg sodium, 26 g carbohydrates, 6 g fiber, 12 g sugar (0 g added sugar), 4 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 10%, Potassium 15%

**time
saver**

Switch flavors by sprinkling Hy-Vee bottled zesty Italian salad dressing and crushed Hy-Vee butter-garlic croutons.

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 vitamins C and K (normal blood clotting). One cup of blackberries contains 34 percent of daily requirement of vitamin C, 24 percent vitamin K, and 27 percent fiber.

PURPLE FOODS

- Blackberries
- Concord grapes
- Eggplant
- Plums
- Purple cabbage
- Purple carrots

Easy Blueberry & Blackberry Cobbler

Hands On 20 minutes
Total Time 45 minutes
Serves 6

3 cups fresh blackberries
3 cups fresh blueberries
½ 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
1½ tsp. Hy-Vee baking powder

6 Tbsp. cold Hy-Vee salted butter
1 Hy-Vee large egg, beaten
¼ cup Hy-Vee 2% reduced-fat milk
Coarse white decorating sugar (optional)
Sweetened whipped cream, for serving

1. PREHEAT oven to 375°F. Combine blackberries and blueberries in a large bowl. Sprinkle with lemon zest and juice; toss. 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.

2. TRANSFER berry mixture to a 2-qt. baking dish. Cover with foil and bake for 10 minutes.

3. MEANWHILE, whisk together flour, baking powder and remaining 2 Tbsp. granulated sugar in a medium bowl. Cut in butter until mixture resembles coarse crumbs; set aside.

Combine egg and milk in a small bowl; set aside.

4. REMOVE berry mixture from oven; gently stir to combine undissolved sugar mixture with berries. Add egg mixture to flour mixture to make biscuits; stir just until moistened (batter will be lumpy). Immediately spoon batter in six mounds on top of partially baked berry mixture. 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, 13 g fat, 8 g saturated fat, 0 g trans fat, 60 mg cholesterol, 230 mg sodium, 61 g carbohydrates, 6 g fiber, 37 g sugar (25 g added sugar), 5 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 10%, Potassium 4%

BLUE BENEFITS

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

BLUE FOODS

- Black currants
- Blueberries
- Elderberries

Sources (this page and opposite): health.harvard.edu/blog/phytonutrients-paint-your-plate-with-the-colors-of-the-rainbow-2019042516501
nutritionvalue.org/Cabbage%2C_without_salt%2C_drained%2C_boiled%2C_cooked%2C_red_nutritional_value.html
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LET'S
SUMMER
TOGETHER



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HyVee

Grill-Ready Kabobs

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SWEET

M E E T S

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.

Sweet Potato Fries

Hands On 40 minutes
Total Time 40 minutes
Serves 6 (¾ cup fries, 1 Tbsp. fry sauce)

3 Tbsp. Hy-Vee vegetable oil, divided
1½ lb. sweet potatoes (2 medium)
2 Tbsp. Hy-Vee cornstarch
1 tsp. Hy-Vee cayenne pepper
½ tsp. kosher salt
½ cup Hy-Vee mayonnaise
2 Tbsp. spicy ketchup

- 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 remaining 2 Tbsp. oil. Combine cornstarch, 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.

Per serving: 220 calories, 16 g fat, 2.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 300 mg sodium, 17 g carbohydrates, 2 g fiber, 5 g sugar (0 g added sugar), 2 g protein.
Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 8%



ON THE SIDE

ENJOY THESE TASTY WINGS WITH HY-VEE BAKERY FRESH CORNBREAD.

Sweet and Sticky Hot Wings

30 minutes or less

Total Time 30 minutes
Serves 6 (2 wings each)

12 Hy-Vee 100% natural chicken wingettes (about 2 lb.)
¼ tsp. Hy-Vee salt
3 Tbsp. red pepper jelly
3 Tbsp. Frank's Red Hot sauce
2 Tbsp. Hy-Vee salted butter
½ cup Hy-Vee sour cream

½ tsp. lime zest
2 tsp. lime juice
2 tsp. chopped fresh cilantro
1 to 2 Tbsp. Hy-Vee 2% reduced-fat milk

1. PREHEAT broiler. Sprinkle wingettes with salt. Place on a broiler pan. Broil 4 to 5 minutes from the heat for

10 minutes. Turn and broil 10 minutes more or until tender and brown.

2. COMBINE pepper jelly, Frank's hot sauce and butter in a small saucepan. Cook and stir over medium heat until butter and jelly are melted. Transfer sauce to a large bowl. Add wingettes; toss to coat.

3. COMBINE sour cream, lime zest, lime juice and cilantro in a small bowl. Thin to desired consistency with milk. Serve with wings.

Per serving: 390 calories, 31 g fat, 12 g saturated fat, 0 g trans fat, 195 mg cholesterol, 500 mg sodium, 6 g carbohydrates, 0 g fiber, 6 g sugar (0 g added sugar), 22 g protein.
Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 0%

MOJO SHRIMP

Mojo Shrimp Bowls

Total Time 20 minutes
Serves 4

5 Tbsp. Gustare Vita olive oil, divided
¼ cup fresh orange juice
2 Tbsp. fresh lime juice
1 jalapeño pepper, seeded and finely chopped,* plus additional sliced for garnish
1 tsp. Hy-Vee ground cumin
Hy-Vee salt and black pepper
1½ lb. E-Z Peel raw shrimp, peeled (16-20 ct.)
4 cups Hy-Vee restaurant-style red and yellow tortilla chips
4 cups chopped fresh romaine lettuce
1 fresh mango, peeled, seeded and chopped
1 cup Hy-Vee black bean and corn salsa
½ cup crumbled Cotija cheese

1. WHISK together 4 Tbsp. olive oil, orange and lime juice, finely chopped jalapeño and cumin in a small bowl. Season to taste with salt. Set vinaigrette aside.

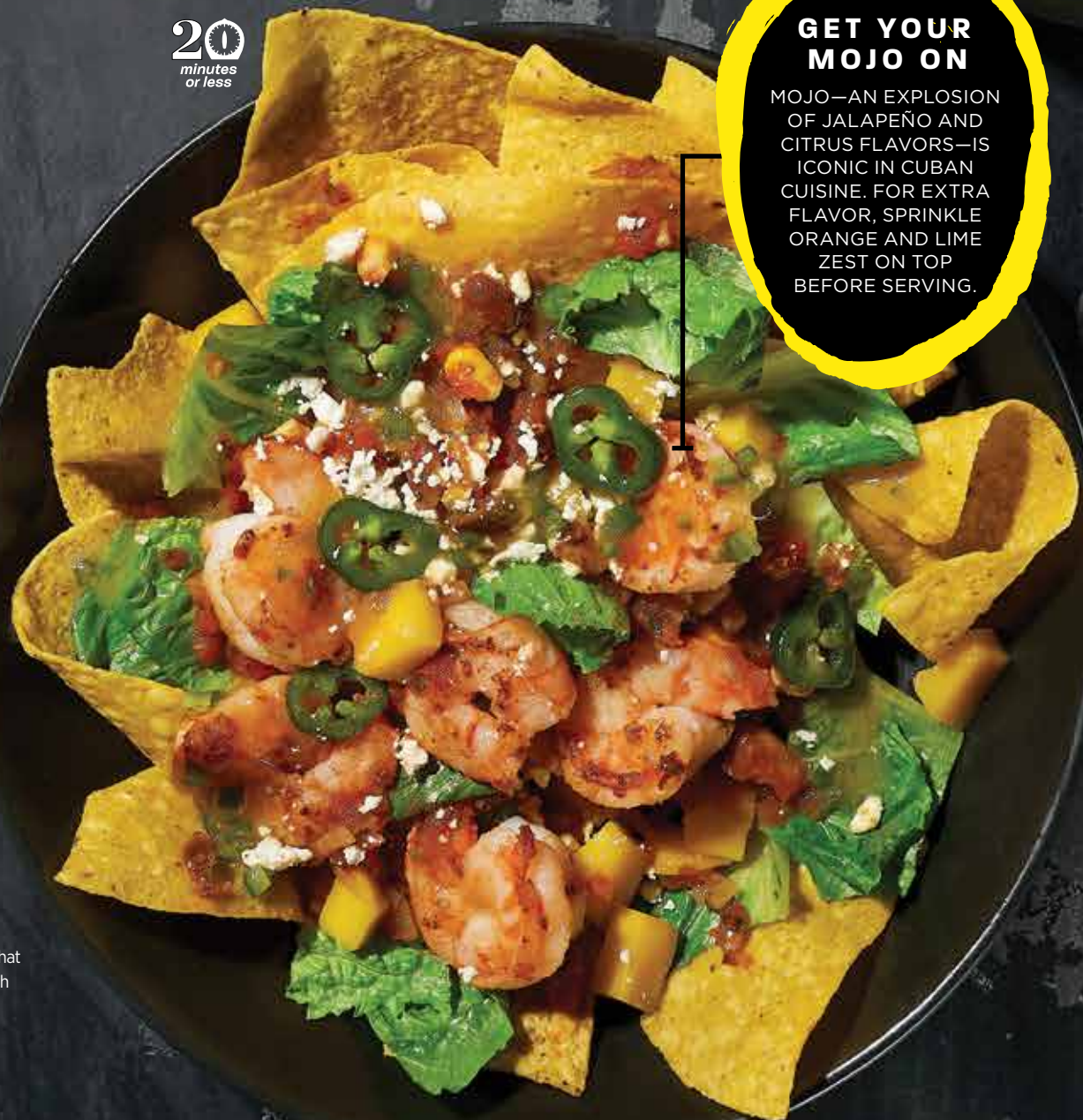
2. SAUTÉ shrimp in remaining 1 Tbsp. olive oil in a large skillet over medium-high heat 5 minutes or until opaque (145°F). Season with salt and black pepper.

3. ARRANGE chips in four serving bowls. Top with lettuce, shrimp, mango, salsa and cheese. Garnish with jalapeño slices, if desired. Drizzle with vinaigrette.

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

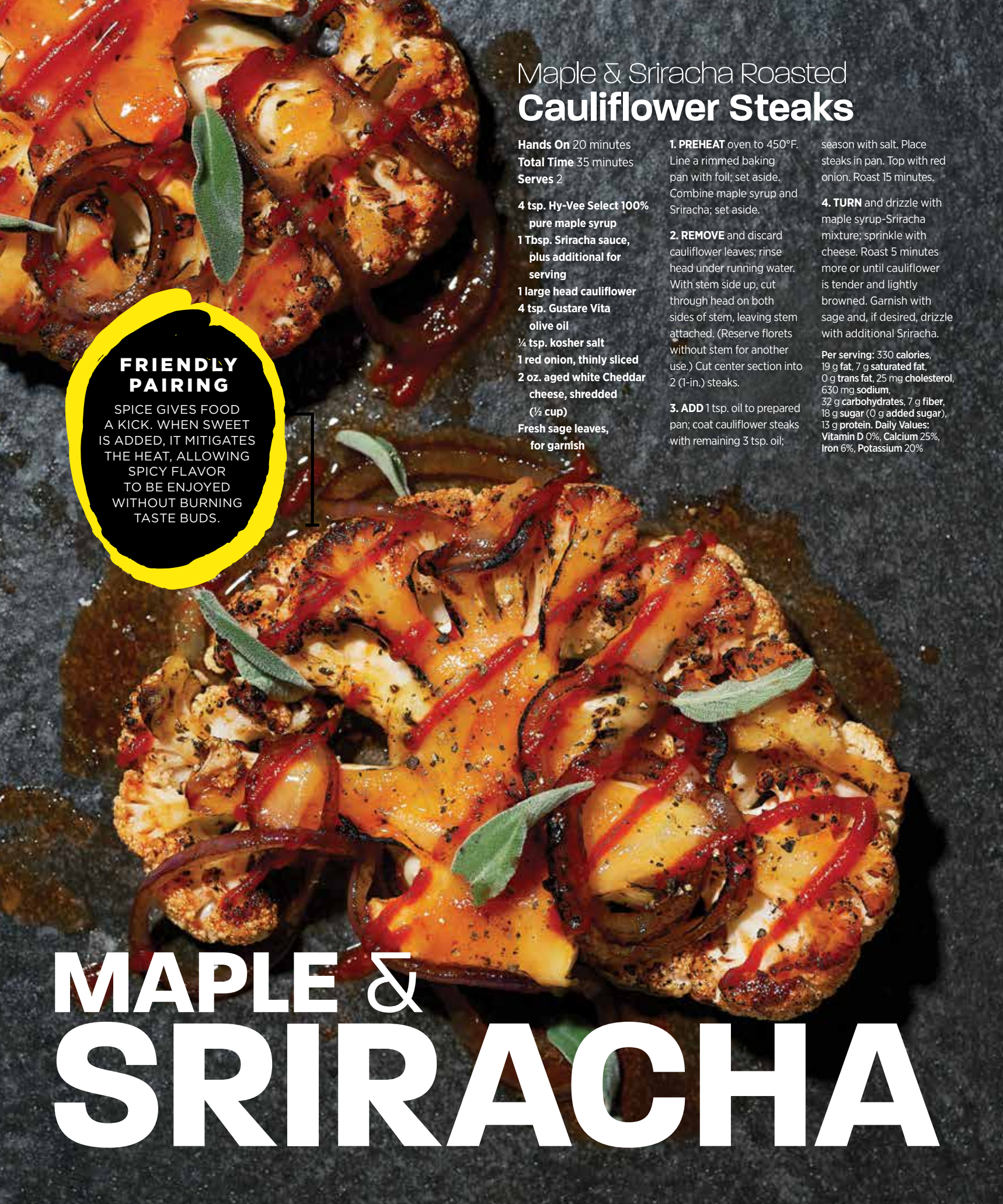
Per serving: 680 calories, 35 g fat, 7 g saturated fat, 0 g trans fat, 230 mg cholesterol, 1,670 mg sodium, 61 g carbohydrates, 4 g fiber, 19 g sugar (2 g added sugar), 34 g protein.
Daily Values: Vitamin D 0%, Calcium 25%, Iron 10%, Potassium 15%

20 minutes or less



GET YOUR MOJO ON

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



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 (½ cup)
Fresh sage leaves, for garnish

1. PREHEAT oven to 450°F. Line a rimmed baking pan with foil; set aside. Combine maple syrup and Sriracha; 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. Top with red onion. Roast 15 minutes.

4. TURN and drizzle with maple syrup-Sriracha mixture; sprinkle with cheese. Roast 5 minutes more or 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.

MAPLE & SRIRACHA

SWEET & HOT



30
minutes
or less



HICKORY HOUSE PULLED PORK:

SLOW-SMOKED OVER WOOD CHIPS, HY-VEE HICKORY HOUSE PULLED PORK IS DELIGHTFULLY TENDER AND FLAVORFUL. AVAILABLE IN THE FOOD SERVICE AREA AT YOUR HY-VEE.

Pulled Pork Sandwiches with Pineapple Coleslaw

Total Time 25 minutes
Serves 6

2 cups thinly sliced red and/or green cabbage
1¼ 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
2 Tbsp. fresh lime juice
1 tsp. agave nectar
½ tsp. Hy-Vee salt
3 cups Hy-Vee Hickory House dry pulled pork
¾ cup Culinary Tours craft beer chipotle BBQ sauce
6 Hy-Vee Bakery Hy-Waiian hamburger buns, spit 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: 350 calories, 12 g fat, 4 g saturated fat, 0 g trans fat, 45 mg cholesterol, 700 mg sodium, 49 g carbohydrates, 1 g fiber, 22 g sugar (9 g added sugar), 15 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 20%, Potassium 2%

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& CAFFEINE


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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.

try
this

Set out shot glasses so guests are able to sample a drink before committing to a full can.

BOULEVARD 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.

BOULEVARD FLING MAI TAI

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

CUTWATER CUCUMBER VODKA SODA

Garnish with cucumber ribbons and a halved strawberry.

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.



EGGS-PERIMENT!
Call on leftovers: cooked bell pepper, hash browns, mushrooms or asparagus.

Bacon, Egg & Cheese Pockets

Hands On 33 minutes
Total Time 48 minutes
Serves 6

1 Tbsp. Hy-Vee salted butter
5 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
¼ cup sun-dried tomato pesto
6 slices Hy-Vee center-cut bacon, crisp-cooked and crumbled
¾ 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

4 eggs and milk in a medium bowl. Add egg mixture to skillet; 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. 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. Slit tops with 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, 7 g sugar (0 g added sugar), 17 g protein.
Daily Values: Vitamin D 6%, Calcium 10%, Iron 15%, Potassium 2%

HOW-TO crescent dough pockets



STEP 1: ROLL OUT DOUGH
Unroll each dough sheet on a lightly floured surface; roll into a 10×14-in. rectangle.



STEP 2: CUT ROUNDS
Using a 5½-in.-diameter bowl, cut three dough circles out of each dough sheet.



STEP 3: ADD FILLING
Add filling ingredients to half of each dough circle, about ¼ in. from edge.



STEP 4: FOLD AND SEAL
Fold dough over filling and seal edges with fork tines. Cut vent holes, brush on beaten egg, then bake.

Chicken Pot Pie Pockets

Hands On 35 minutes
Total Time 1 hour 18 minutes
Serves 6

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

1. COMBINE peas and carrots, onions and parsnip in a large saucepan. Add 1 cup broth. Bring mixture to boiling; reduce heat. Simmer, covered, 3 to 5 minutes or until vegetables are softened. Stir in milk.

2. COMBINE remaining 2 Tbsp. chicken broth and cornstarch. Stir mixture into saucepan. Cook and stir until thickened and bubbly. Cook 1 minute more. Stir in chicken, parsley, thyme, salt, black pepper and poultry seasoning. Cool mixture for 20 minutes.

3. PREHEAT oven to 350°F. Line a rimmed baking pan with parchment paper. Unfold thawed puff pastry sheets. Cut each sheet lengthwise into three portions. Roll each portion out to 4×10 in. Spoon ⅓ cup chicken filling on half of each rectangle, ¼ in. from edge. Lightly moisten dough edges. Fold unfilled dough over filling; press with fork to seal. Place pockets on prepared baking pan. Cut vent holes in pocket tops; lightly brush beaten egg over pocket tops. Bake 20 to 25 minutes or until golden. Let stand 10 minutes before serving.

Per serving: 400 calories, 23 g fat, 11 g saturated fat, 0 g trans fat, 40 mg cholesterol, 560 mg sodium, 47 g carbohydrates, 4 g fiber, 5 g sugar (0 g added sugar), 12 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 4%



HOW-TO puff pastry pockets



STEP 1: ROLL OUT DOUGH
Unfold thawed sheets. Cut each lengthwise in three equal portions. Roll each to 4×10 in.



STEP 2: ADD FILLING
Spoon filling onto half of each rectangle about ¼ in. from edges.



STEP 3: FOLD AND SEAL
Lightly moisten dough edges with water. Fold edges together, then seal with tines of fork.



STEP 4: BRUSH WITH EGG
Cut vent holes in dough tops, lightly brush beaten egg over tops, then bake.

1 MOZZARELLA MEATBALL POCKETS

Heat 12 Hy-Vee frozen homestyle meatballs according to package directions. Cut 1 (13.8-oz.) can Hy-Vee pizza crust into 4 sections. Roll each section to a 5-in. square on a lightly floured surface. Spoon 2 Tbsp. Hy-Vee pizza sauce onto half of each square, ¼-in. from edges. Top each with three meatballs and 2 tsp. Hy-Vee shredded mozzarella cheese. Fold dough over filling; 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. Brush pockets with melted butter and sprinkle with finely chopped Italian parsley. Let stand 5 minutes. Serve with pizza sauce. Serves 4.

KICK IT UP
Serve with dipping sauce, such as hot sauce, marinara, barbecue or Dijon mustard.

2 BUFFALO CHICKEN POCKETS

Combine 2 oz. softened Hy-Vee cream cheese and 3 Tbsp. Hy-Vee buffalo wing sauce in a medium bowl. Stir in 1½ cups chopped or shredded Hy-Vee rotisserie chicken. Cut 1 (13.8-oz.) can Hy-Vee refrigerated pizza crust into 4 sections. Roll each section to a 5-in. square on a lightly floured surface. Spoon ¼ cup chicken mixture onto half of each square, ¼ in. from edges; top each with 1 Tbsp. sliced celery, 1 Tbsp. Hy-Vee shredded Monterey Jack cheese and 2 tsp. crumbled blue cheese. Fold dough over filling and seal edges. Place pockets on a parchment-lined baking sheet. Lightly brush tops with beaten Hy-Vee large egg and 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 wing sauce. Serves 4.

3 PEPPERONI PIZZA POCKETS

Cut 1 (13.8-oz.) can Hy-Vee refrigerated pizza crust into 4 sections. Roll each section to a 5-in. square on a lightly floured surface. Place 3 slices Hy-Vee pepperoni onto half of each square, ¼ in. from edges; top each with 2 Tbsp. Hy-Vee pizza sauce pizza, 3 Tbsp. Hy-Vee shredded pizza cheese and 3 more slices Hy-Vee pepperoni. Fold dough over filling; seal edges. Place pockets on parchment-lined baking sheet. Lightly brush tops with beaten Hy-Vee large egg; sprinkle with Hy-Vee finely shredded Parmesan cheese. Slit tops with a knife. Bake at 375°F for 20 minutes or until golden. Let stand 5 minutes. Serve with pizza sauce. Serves 4.

PIZZA POCKETS **3** WAYS

4 WAYS

PIE POCKETS

1 STRAWBERRY-LEMON PIE POCKETS
Combine $\frac{3}{4}$ cup Hy-Vee strawberry pie filling, 1 tsp. fresh lemon zest and 2 tsp. fresh lemon juice in a small bowl. Spoon 2 Tbsp. mixture in the center of 6 dough circles (see how-to, *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. Slit tops with a knife. Bake at 375°F for 15 minutes or until golden brown. Combine 3 Tbsp. Hy-Vee powdered sugar and $\frac{1}{2}$ to 1 tsp. water in a small bowl. Drizzle mixture over pockets; sprinkle with lemon zest. Cool on a wire rack. Serves 6.

2 S'MORES PIE POCKETS
Spoon 2 Tbsp. Hy-Vee marshmallow crème in the center of 6 dough circles (see how-to, *opposite bottom*). Sprinkle each with 2 tsp. chopped Zöet milk chocolate candy bar. Lightly moisten dough. Place remaining dough circles on filling and seal with a fork. Place pockets on parchment-lined baking pan. Lightly brush a beaten Hy-Vee large egg on top; sprinkle with crushed Hy-Vee honey grahams. Slit tops with a knife. Bake at 375°F for 15 minutes or until golden brown. Cool on a wire rack. Serves 6.

3 PEANUT BUTTER & JELLY PIE POCKETS
Combine 3 Tbsp. Hy-Vee creamy peanut butter and 1 Tbsp. Hy-Vee powdered sugar in a small bowl. Spoon 1 Tbsp. peanut butter mixture and 2 tsp. Hy-Vee grape jelly in the center of 6 dough circles (see how-to, *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 and sprinkle with chopped peanuts. Slit tops with a knife. Bake at 375°F for 15 minutes or until golden brown. Cool. Serves 6.

4 CANDY BAR PIE POCKETS
Coarsely chop 6 snack-size Almond Joy candy bars; divide among 6 dough circles, placing in center of each (see how-to, *opposite bottom*). Lightly moisten dough edges. Place remaining dough circles on filling and seal with a fork. Place pockets on prepared baking pan. Lightly brush tops with a beaten Hy-Vee large egg. Slit tops with a knife. Bake at 375°F for 15 minutes or until golden. Drizzle with melted chocolate and sprinkle with chopped almonds and toasted coconut. Cool. Serves 6.

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!

Taco Pockets

Hands On 36 minutes
Total Time 49 minutes
Serves 4

1 Tbsp. Gustare Vita olive oil
 $\frac{1}{2}$ cup finely chopped Hy-Vee Short Cuts white onions
 $\frac{1}{2}$ lb. 85%-lean ground beef
 $\frac{1}{2}$ cup Hy-Vee no-salt-added black beans, drained and rinsed
 $\frac{1}{2}$ cup canned Hy-Vee whole-kernel golden corn, drained
 $\frac{1}{4}$ cup Hy-Vee Short Cuts chopped red bell pepper
 $\frac{1}{2}$ (1.25-oz.) pkg. Hy-Vee 25%-reduced-sodium taco seasoning, plus additional for topping
 $\frac{3}{4}$ cup water
1 (8-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 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 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 to seal seam in center of each rectangle. Roll each dough portion to a 5×7-in. rectangle. Spoon $\frac{1}{4}$ cup filling onto half of each portion, $\frac{1}{4}$ -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. Slit tops with a knife. Bake for 10 to 15 minutes or until golden brown. Let stand 5 minutes before serving.

Per serving: 140 calories, 8 g fat, 3.5 g saturated fat, 0 g trans fat, 28 mg cholesterol, 230 mg sodium, 10 g carbohydrates, 0.5 g fiber, 1.5 g sugar (1 g added sugar), 6 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 4%, Potassium 2%

FREEZE!
Assemble the pockets, then freeze before baking. Or freeze the baked pockets. Pop them in the microwave before heading out the door.

HOW-TO

pie dough pockets



STEP 1: CUT ROUNDS
Unfold 2 pie crusts. With $3\frac{3}{4}$ -in. round cutter, cut 6 rounds from each for total of 12 rounds.



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.

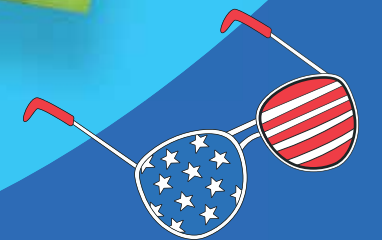
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CANDY

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!



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

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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

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!

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!



EVERYDAY CUPCAKES

Find basic and gourmet cupcake flavors at Hy-Vee.

Flavors include:

- Carrot
- Chocolate
- Confetti
- Lemon
- Red Velvet
- Strawberry
- Vanilla
- Yellow



GOURMET CUPCAKES

Flavors include:
•Chocolate Addiction
•Confetti Birthday
•Mocha Espresso

- Peanut Butter Cup
- Raspberry Laced Vanilla
- Salted Caramel
- White Almond Wedding

FAMILY NIGHT, DONE RIGHT

MAKE TIME FOR FAMILY
VISIT WWW.ROOTBEER.COM

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

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CUSTOM MAID

Honey Maid Grahams
select varieties
14.4 oz.
2.98

Snapple® Lemonades

Contains 10% Juice from a blend of Lemon, Cherry and Grape Juices.
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THEY'RE BACK.
TRY BOTH.

Reese's

LOVERS



life

Tips for taming long hair, thoughtful Father's Day gifts and big summer plans for small hands.

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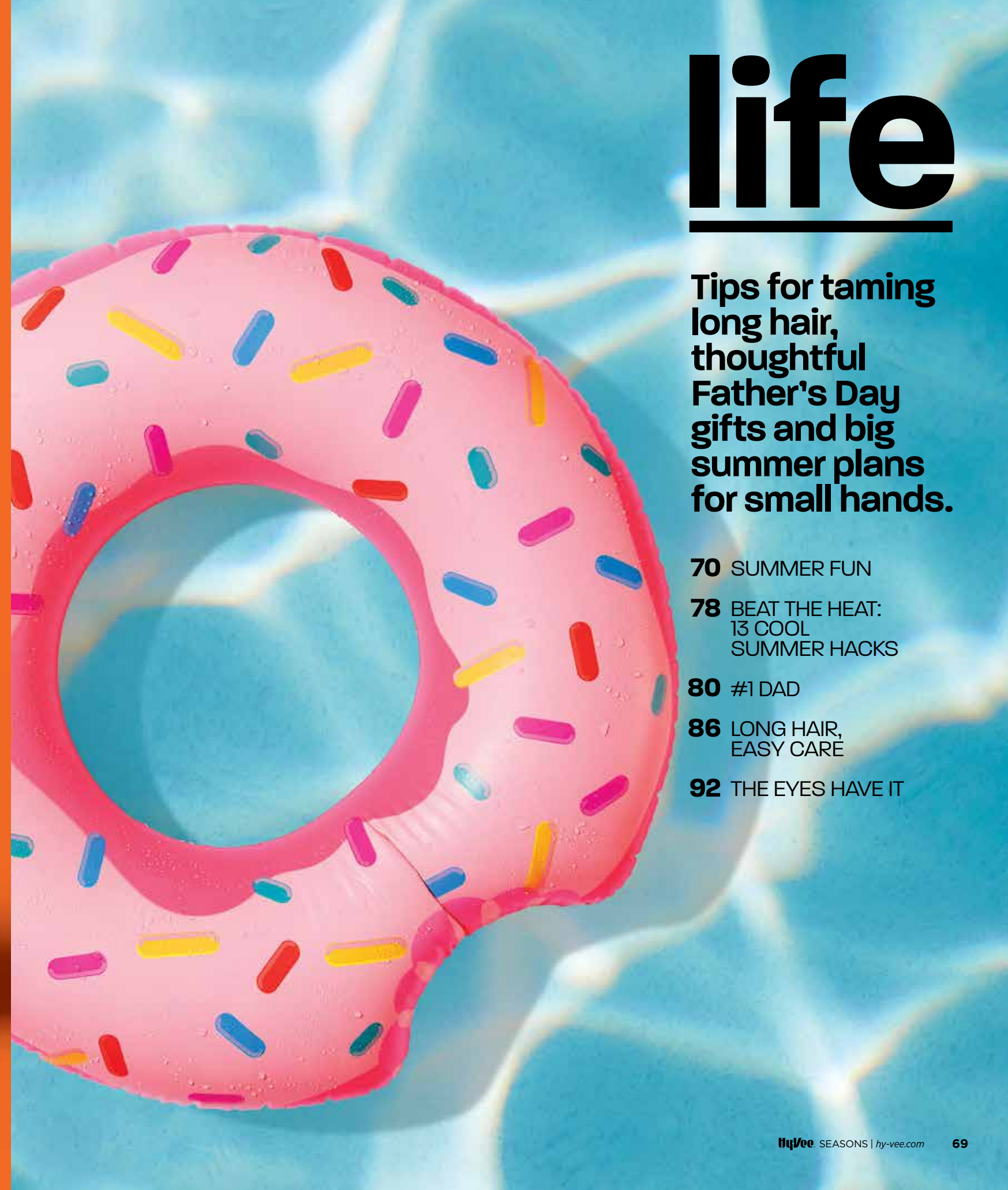




PHOTO: gettyimages/Shutterstock

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.

SPLASH

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 slingshots 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.

water balloons

Although half the fun is building up an ammo supply, it can't compare to the joy of lobbing water balloons at scrambling defenders.



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+ broad-spectrum 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 30 that is sweat- and water-resistant and offers UVA/UVB protection.



HOW TO

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.

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.

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

5 WAYS TO BOOST MENTAL FITNESS

1 Foster Creativity

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

2 Challenge Intellect

Crossword puzzles, brain teasers and strategy games like chess challenge critical thinking.

3 Find a Hobby

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

4 Read Often

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

5 Relax

Schedule regular periods of screen-free relaxation into a child's week to reduce stress and encourage the imagination.

FIND MORE
AGE-TARGETED
IDEAS:
[PBS.ORG/
PARENTS/
LEARN-GROW/](https://www.pbs.org/parents/learn-grow/)

10 MAKE AN ERUPTING VOLCANO

Shape cardboard into a broad cone, forming a "crater" at the top with a small plastic cup. Cover the cone with plaster of Paris, being careful to keep plaster from the crater. Allow volcano to dry, then paint it creatively.

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!

Sources (this page and opposite): armandhammer.com/articles/7-diy-projects-for-kids?gclid=EAlalQobChMrtibhaL85wIVysDACH0JewuZEAMYASAAEgJsqPD_BwE
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naeyc.org/our-work/families/ideas-exploring-outdoors

10 WAYS TO

PLAY

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

1 LEARN TO JUGGLE

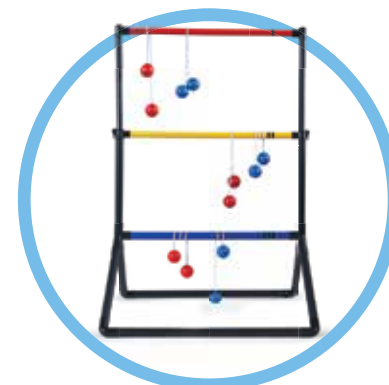
Juggling isn't just loads of fun, it also boosts brain development. Studies have shown juggling increases brain matter related to memory, language and focus, as well as vision and movement.

FIND YOUR SMILE WITH

HyVee
KIDSFIT™



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



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.



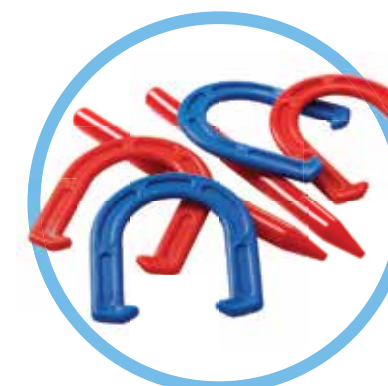
8. Lawn Darts

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.

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

1 Exercise

Performing moves with proper form strengthens developing muscles and bones.

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.

REAL RECIPES. REAL INGREDIENTS. REAL GOOD.®

RACHAELRAY™
NUTRISH®

Bring home
whisker-licking recipes
your cat will Love



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Hefty®



Hefty Molded Fiber
Tableware
select varieties
16 or 25 ct.
1.99



- 🌿 Microwaveable
- 🌿 Soak-resistant
- 🌿 Made with plant fibers

*Only compostable in industrial facilities

BEAT THE HEAT

13 Cool Summer Hacks

STAY COOL AND COMFORTABLE ALL SUMMER LONG WITH THESE CREATIVE HEALTH, HOUSEHOLD AND FOOD HACKS.



Fill a silicone ice tray with aloe vera gel for single-use 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 bottled aloe vera or gel from your own aloe vera plant.

Summer Hacks

Check out the video on HSTV.com to see how several of these cool tricks are accomplished.



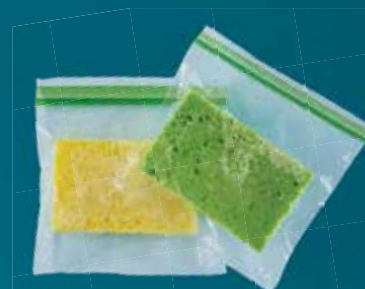
Watch and learn at HSTV.com today!



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 topper—fruit, chocolate chips or dulce de leche are a few ideas.



No air conditioner? No problem. 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.



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



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



Cool drinks down in record time by wrapping bottles and cans in a wet paper towel and placing them in the fridge or freezer. The longer you leave them, the colder they’ll get. You can even speed up the freezing process with this method.



Treat summertime bug bites without opening the medicine cabinet. Apply oatmeal, aloe vera or cold tea bags. Any of these at-home treatments will reduce itching and irritation.



To repel mosquitos 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. Mosquitos are averse to all things citrus and the smell of cloves.



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 a wooden stick and freeze for a few hours before enjoying.



Pre-mix summer cocktails by the batch and pour individual serving sizes into snack-size zip-close plastic bags. Store them in the fridge or freezer until use. When you’re ready for a drink, place a straw in the bag, seal the closure and enjoy.



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.



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 choice of design. Wrap any exposed ends and the handle with electrical tape for comfortable and safe handling.



Remove fake tan with a mixture of baking soda, water 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.

#1 DAD

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.

DRINKS FOR DAD TO ENJOY MORNING OR NIGHT (OR THROUGHOUT THE DAY, IF HE WANTS).



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 | DUKE 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 | DUKE CANNON CANNON BALM TACTICAL LIP PROTECTANT Organic ingredients stave off UV rays and repair damaged lips.
- 12 | BULLDOG ORIGINAL MOISTURIZER Aloe vera, camellina 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.



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.



Snack Basket

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



Green Thumb Basket

Complete 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.

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

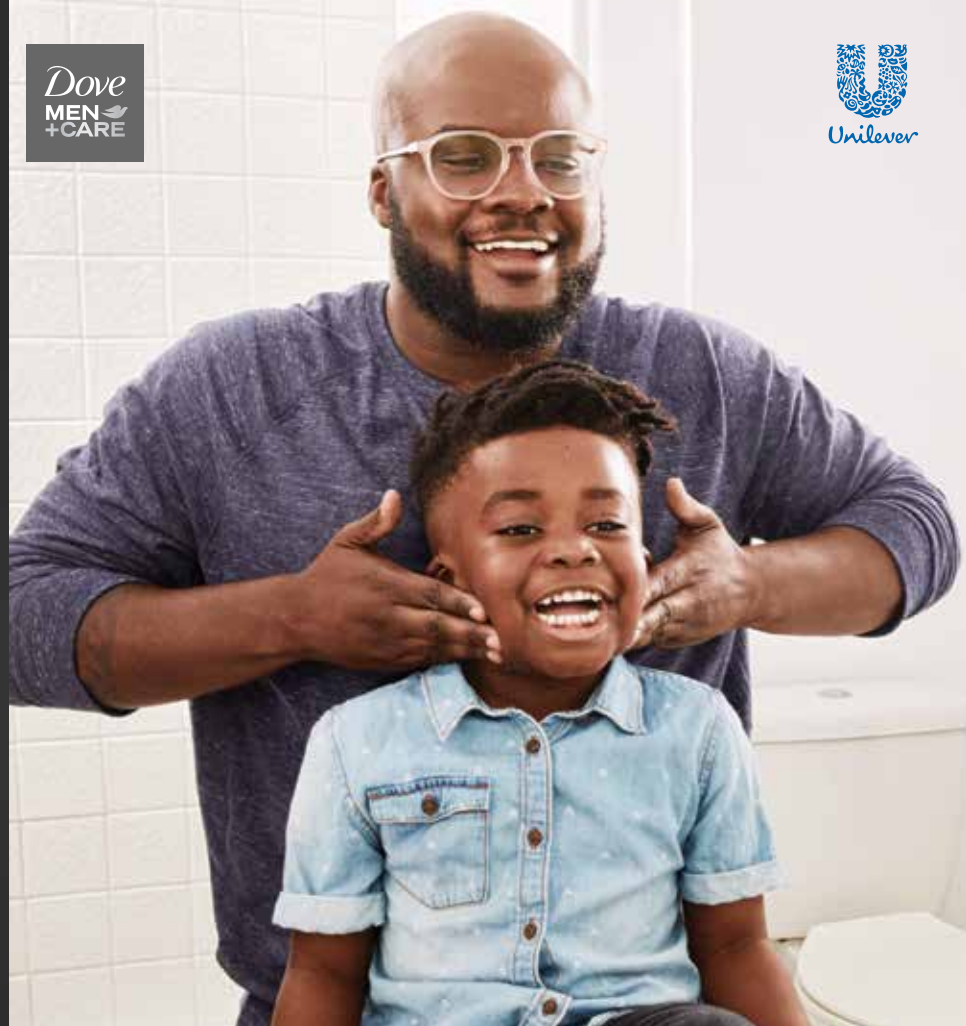
The man who can grill anything needs accessories that match his prowess over the flame.

**DADS PLAY, TEACH
AND INSPIRE...**

**THIS FATHER'S DAY,
RETURN THE CARE**



**CARE MAKES
THE DIFFERENCE**



AXE

**ALL NEW.
ALL FOR YOU.
READY.
SCENT. GO.**



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FROM THE MAKER OF
ENFAMIL®
#1
RECOMMENDED
INFANT FORMULA
BRAND BY
PEDIATRICIANS

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 tummies 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.

LENGTHY 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

PHOTO: Oleg Gekman/Shutterstock

12 ways to grow stronger hair



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

2 EAT NUTRITIOUSLY
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.



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 GO 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.



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



10 TRY DRY
Use dry shampoo, such as **Living proof Perfect hair Day**, to avoid overcleansing 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 **Scünci No-Slip Grip** elastic bands, instead of rubber bands.

hair how-tos

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, loose ponytail and secure with elastic band.



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



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 loose ponytail high on the crown. Make sure the band is not too tight.



2. SMOOTH a little argan oil onto baby hairs near the forehead, ears and nape, then brush them upward toward the ponytail. Secure with hairpins as needed.



3. LIGHTLY fingert-detangle ponytail, then spray hair all over with a spray oil to define curls and add shine. Let curls tumble loose across top of head.



FRENCH WATERFALL BRAID



1. PART hair on side. At the part on the thicker side, gather an approximately 2-in.-wide section and start a basic braid by crossing the top 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.

the long of it

HY-VEE CARRIES PRODUCTS SPECIFICALLY FOR LONG HAIR. GIVE THESE A TRY.

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 suds slide down your hair.



DRY SHAMPOOS & CONDITIONERS

Waterless Shampoo Foam soaks up excess oils and adds volume to hair for a fresh, clean appearance. **Waterless Conditioner** detangles and softens strands.



HAIR OILS & SERUMS

L'Oréal Elvive 8 Second Wonder Water targets damage in 8 seconds; **Hask Monoi Coconut Oil Nourishing Shine Oil** strengthens, hydrates and adds sheen.

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 seals cuticles to lock in moisture; **Pantene Intense Rescue Shots** help prevent split ends.



LEAVE-IN CONDITIONERS

L'Oréal 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.



L'ORÉAL ELVIVE DREAM LENGTHS SUPER DETANGLER CONDITIONER AND RESTORING SHAMPOO



FOODS FOR HEALTHY HAIR

A NOURISHING DIET IS KEY FOR GROWING STRONG HAIR. NUTRIENTS IN THESE FOODS CAN HELP.

SALMON This fatty fish contains iron; anemia caused by iron deficiency can trigger hair loss. Zinc is essential for hair follicle development.

BROCCOLI Abundant vitamin C prevents oxidative damage to hair cells. Oxidative stress is linked to hair loss and brittleness.

CANTALOUPE Vitamin A promotes hair follicle production of sebum, a natural oil in the scalp. Cantaloupe also contains vitamin A.

KALE A source of vitamins A and C, kale promotes hair follicle production, acts as an antioxidant and helps the body absorb iron.

ALMONDS These nuts contain vitamin E, an antioxidant that helps maintain the integrity of cell membranes of hair follicles.

QUINOA Folate aids cell function and tissue growth. Deficiency is linked to hair pigment loss and premature graying.

Sources: [ncbi.nlm.nih.gov/pubmed/21914489](https://pubmed.ncbi.nlm.nih.gov/21914489/)
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MORE
50%
PROTEIN*

LESS
50%
SUGAR*

*compared to regular milk and regular chocolate milk (as applicable)
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Enjoy the
Authentic Taste
of
ON THE BORDER®
Chips and Dips!



On the Border Tortilla
Chips or Salsa
select varieties
8 to 16 oz.
2/\$5.00

Stock up for your
next gathering

THE EYES HAVE IT

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.

AN HOURGLASS-SHAPE BRUSH LIFTS AND CURLS LASHES WHILE APPLYING PRODUCT.

Maybelline Falsies Lash Lift
Hourglass-shape brush grabs lashes at the root to lift and applies a fiber-infused mascara for volume and dramatic length. Ophthalmologist tested; suitable for sensitive eyes and those who wear contact lenses.



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

APPLY MASCARA LIKE A PRO

- STEP 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.
- STEP 2 >** Get product on the wand. Swirl wand inside tube; pumping pushes air into the tube and renders mascara clumpy.
- STEP 3 >** Coat lashes starting at the base. Use zig-zag strokes at the base to separate and fill lashes out for extra volume.
- STEP 4 >** For even more volume, apply a second coat and, once dry, curl lashes again.

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.



start summer

WITH FRESH NEW FLAVORS FROM HEALTHY CHOICE®



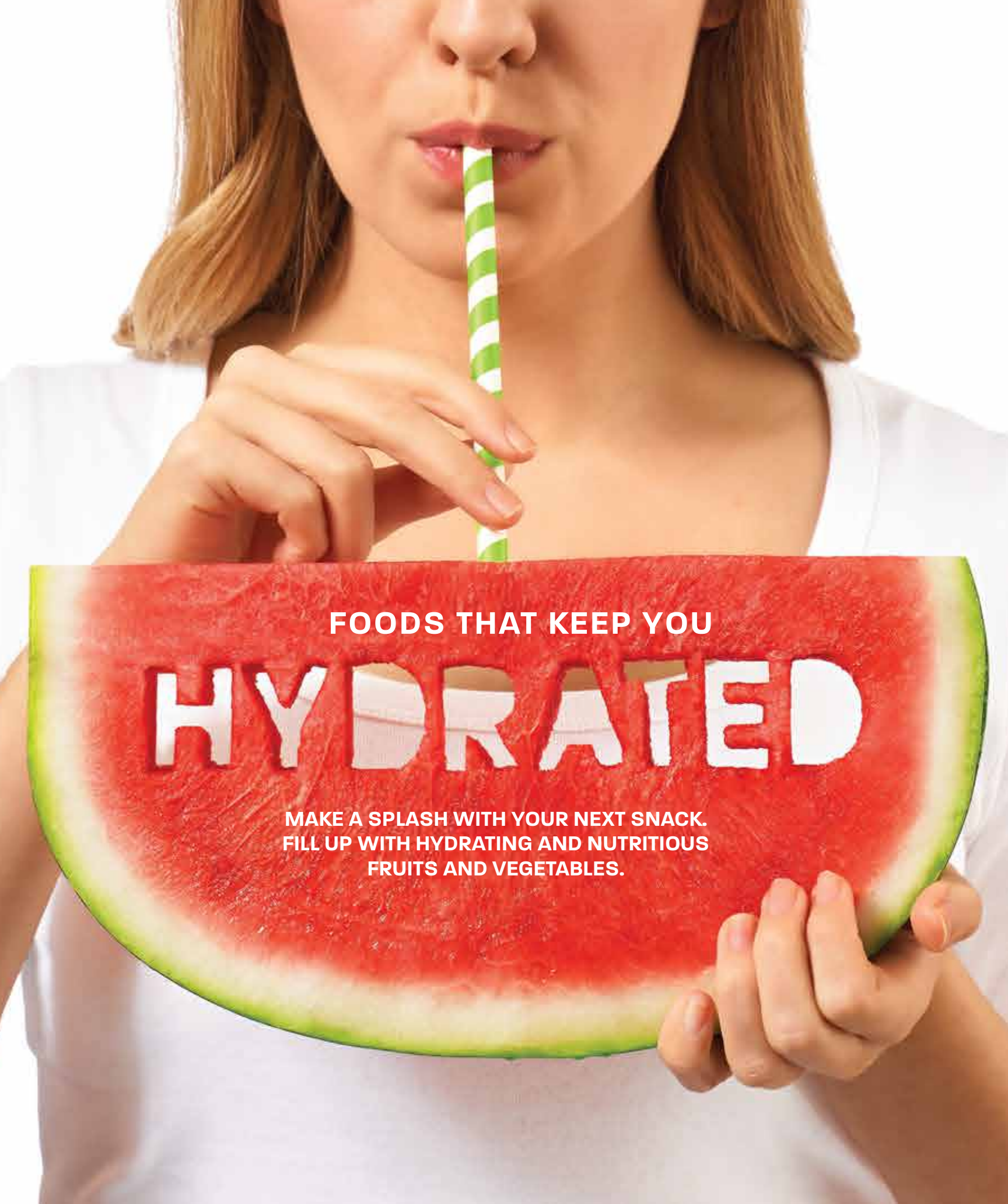
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health

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

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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.

20%
OF DAILY WATER INTAKE
COMES FROM FOOD,
WHILE 80 PERCENT
COMES FROM FLUIDS.

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.

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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[ncbi.nlm.nih.gov/pmc/articles/PMC2908954/](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC2908954/)

HYDRATING FOODS



WATERMELON

A staple of summer, watermelon is **92 percent water**. It also contains lycopene, an antioxidant that protects against cell damage.



CANTALOUPE

More than **90 percent water**. Contains beta carotene, an antioxidant that converts to vitamin A and plays a critical role in the health of skin, eyes and the immune system.



ICEBERG LETTUCE

In addition to being **91 percent water**, a cup of shredded iceberg lettuce has almost a quarter of the daily value of vitamin K and only 10 calories.



STRAWBERRIES

91 percent water with ample amounts anthocyanins, a plant compound that is linked to improved cognitive function.



CUCUMBERS

95 percent water with anti-inflammatory properties. Also high in potassium, an essential mineral for cell and nerve health.



CELERY

Crisp and crunchy, celery is **95 percent water**, low in calories and high in vitamin K, an essential nutrient for blood clotting and creation of healthy bone tissue.



CAULIFLOWER

92 percent water and high in vitamin C and folate, a nutrient that contributes to the function of DNA and cells.



SUMMER SQUASH

Consists of **95 percent water**. One cup of summer squash contains 35 percent of the daily value of vitamin C, which has antioxidant and immune-boosting effects.

20
minutes
or less

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

½ cup Hy-Vee vanilla Greek yogurt

¼ 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 g trans 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%



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 Coe

MPH, RD, LMNT,
Hy-Vee Dietitian

BBQ Melon

Grilled watermelon? It's not as crazy as it sounds! Check out a step-by-step recipe tutorial at [HSTV.com](https://www.hstv.com).

Hy-Vee
seasons



Watch and learn
at [HSTV.com](https://www.hstv.com) today!

try
this

Give this dish a tropical twist and substitute lime juice and lime zest for the orange juice and orange zest and garnish with mint leaves.

5 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, ½ cup Hy-Vee coconut water and 1 tsp. 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 vitamins 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.

Sources: nutritiondata.self.com/facts/fruits-and-fruit-juices/1920/2
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<https://edis.ifas.ufl.edu/fs218>

LACROIX
HI-BISCUS! TROPICAL SANGRIA
MOCKTAIL

6 cans of LaCroix *Hi-Biscus!* Sparkling Water
2 meyer lemons sliced • 2 starfruits sliced
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!



0-CALORIE 0-SWEETENER 0-SODIUM = INNOCENT!

LaCroixWater.com



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worldwide do not
have access to safe
drinking water.



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water. So far,
86 have been
built. Help us
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building 10 wells
every year.

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TAKES TO MAKE A DIFFERENCE
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HyVee
ONE STEP



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, knees, 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*.

TIPS TO IMPROVE POSTURE

Make small changes to give your posture a long-term boost.

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

DEEP MUSCLES
IN THE CORE
HELP STABILIZE
THE SPINE.
**KEEP THEM
STRONG TO
MAINTAIN
HEALTHY
POSTURE.**

Sources: acefitness.org/education-and-resources/professional/certified/march-2018/6925/how-to-teach-your-clients-to-practice-proper-posture-in-a-modern-era
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FIVE

MOVES THAT HELP IMPROVE POSTURE



1 SIDE PLANK *OBLIQUES*

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.



2 THORACIC SPINE ROTATION *BACK*

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.



3 PLANK *BACK*

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.



4 SUPINE MARCH *ABS*

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.

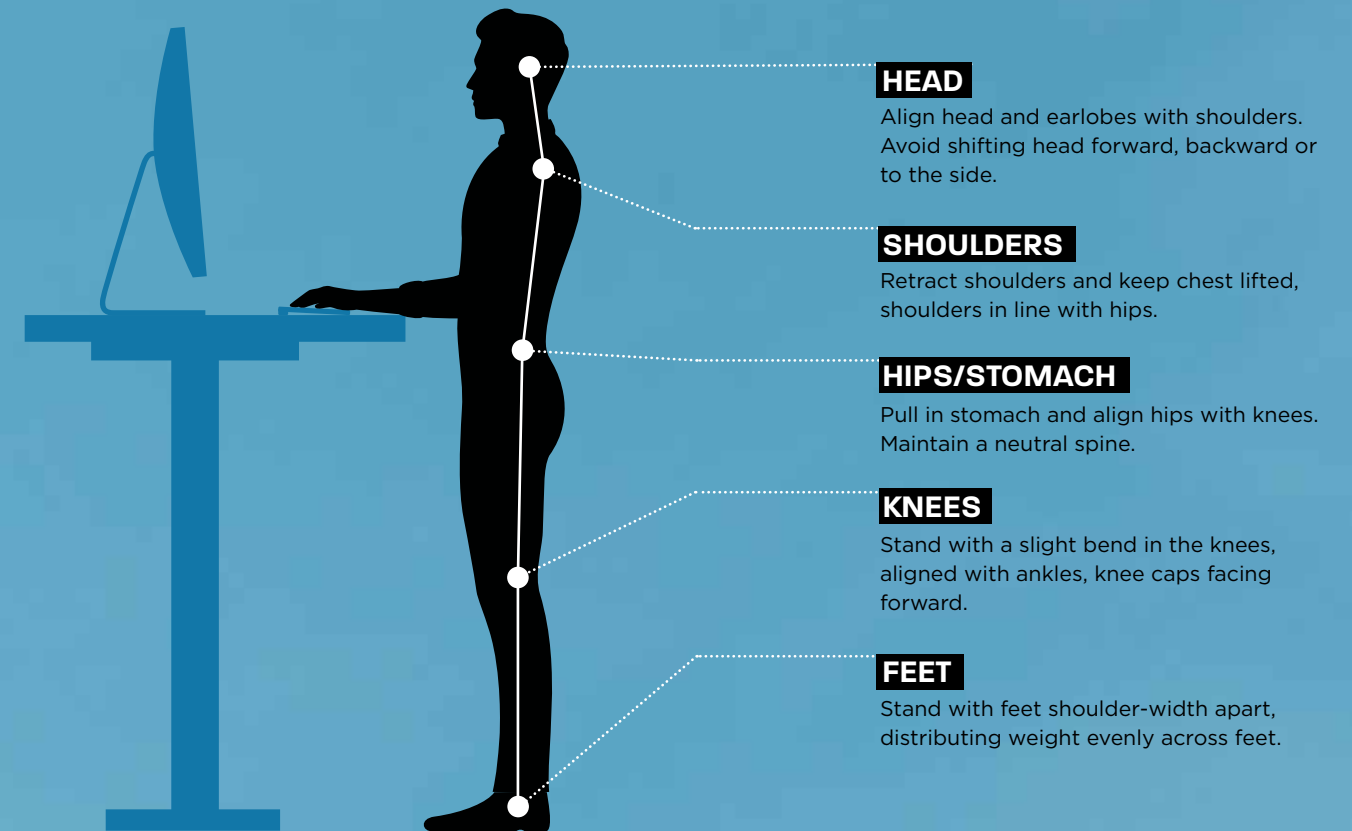


5 BIRD DOG *ABS, BACK*

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.

POSTURE GUIDE

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



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.

HEAD

Position chin parallel to the floor, earlobes in line with shoulders. Avoid jutting head forward, backward or to the side.

SHOULDERS

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

HIPS

Sit with buttocks at the back of the chair, weight distributed evenly on both hips.

THIGHS/KNEES

Sit with thighs parallel to the floor, knees forward and at or below the level of hips.

FEET

Place feet flat on floor, ankles and knees uncrossed. If needed, place feet on a support.



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reach for Barbara's® Cheese Puffs,
made with real aged cheddar and blue cheese.



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FREE!



SMOOTH, DELICIOUS & Perfectly Yours

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HOW TO BUILD A Skin Care Routine

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



women

SIMPLIFY your routine

1

cleanse

2

tone

3

moisturize



GARNIER
SKINACTIVE
MICELLAR
WATER

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.

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.



DICKINSON'S
WITCH
HAZEL PORE
PERFECTING
TONER

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.

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.



NEUTROGENA
HYDRO
BOOST
WATER GEL

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

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/

THE next level

Add to your routine as you like and as needed with these product types.

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.



Olay Regenerist Retinol 24 Moisturizer

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.



Clean & Clear Water Melon Juicy Scrub

masks

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



Aveeno Oat Mask

SERUM 101



L'Oréal Revitalift Derm Intensives Hyaluronic Acid Serum

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.

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.

shield from
SUN

men

SKIN CARE for men



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 RINSE BLADE in hot water after each pass to remove hairs and keep the blade clean and sharp.

4 RINSE 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.

SHOWERING BEFORE SHAVING OPENS HAIR FOLLICLES TO SOFTEN AND LIFT HAIR OFF SKIN, RESULTING IN A CLEAN SHAVE.

1 cleanse

Each morning and night, wet face, apply facial cleanser, then gently rub in circles. Rinse with cool water to close pores. Pat dry. **Note:** Most bar body soaps are too alkaline for facial use.



2 tone

If skin is oily or acne-prone, swipe on toner with a cotton ball or pad after each cleansing to remove excess oils, deep-clean pores and restore skin to its natural acidic pH.



3 hydrate

Moisturize after each cleansing and toning to keep skin hydrated and nourished. Dab moisturizer on face and neck and around eyes; use gentle upward strokes to apply.



Sources, this page and opposite: health.harvard.edu/blog/skin-serum-what-it-can-and-cant-do-2018061214029
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dietitian Q&A

INTERMITTENT FASTING

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



Elisa Sloss, RD, LD
Vice President,
HealthMarket

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 *when* they eat but *what* they eat.

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 that won't interfere with events that you know you wouldn't want to miss because of fasting. It may be easiest to start with the 12:12 diet because most of the fasting occurs during sleep.

Q: What about beverages?

A: Whatever kind of IF you do, you need to hydrate. That means plenty of water—more water than you usually drink. This will fill you up, too. Coffee and tea are calorie-free.

FASTING OPTIONS

INTERMITTENT FASTING MEANS ABSTAINING—PARTIALLY OR COMPLETELY—from eating 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 if: 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 if: 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 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.

Try if: You are 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 if: You have a busy family life or social commitments that hamper a daily fasting routine.

timing is key

Eating for a shorter period of time and earlier in the day may pay dividends. In a University of Alabama study, prediabetic men who ate during an 8-hour window (7 a.m. to 3 p.m.) showed dramatically lower insulin levels than those who ate during a 12-hour period (7 a.m. to 7 p.m.). They also had improved insulin sensitivity and significantly lower blood pressure.

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).

Sources (this page and opposite): [nejm.org/doi/10.1056/NEJMra1905136](https://doi.org/10.1056/NEJMra1905136)
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NEW from Hillshire Farm® Brand



Hillshire Farm Fresh
Bratwurst or Italian Sausage
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19 oz.
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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.

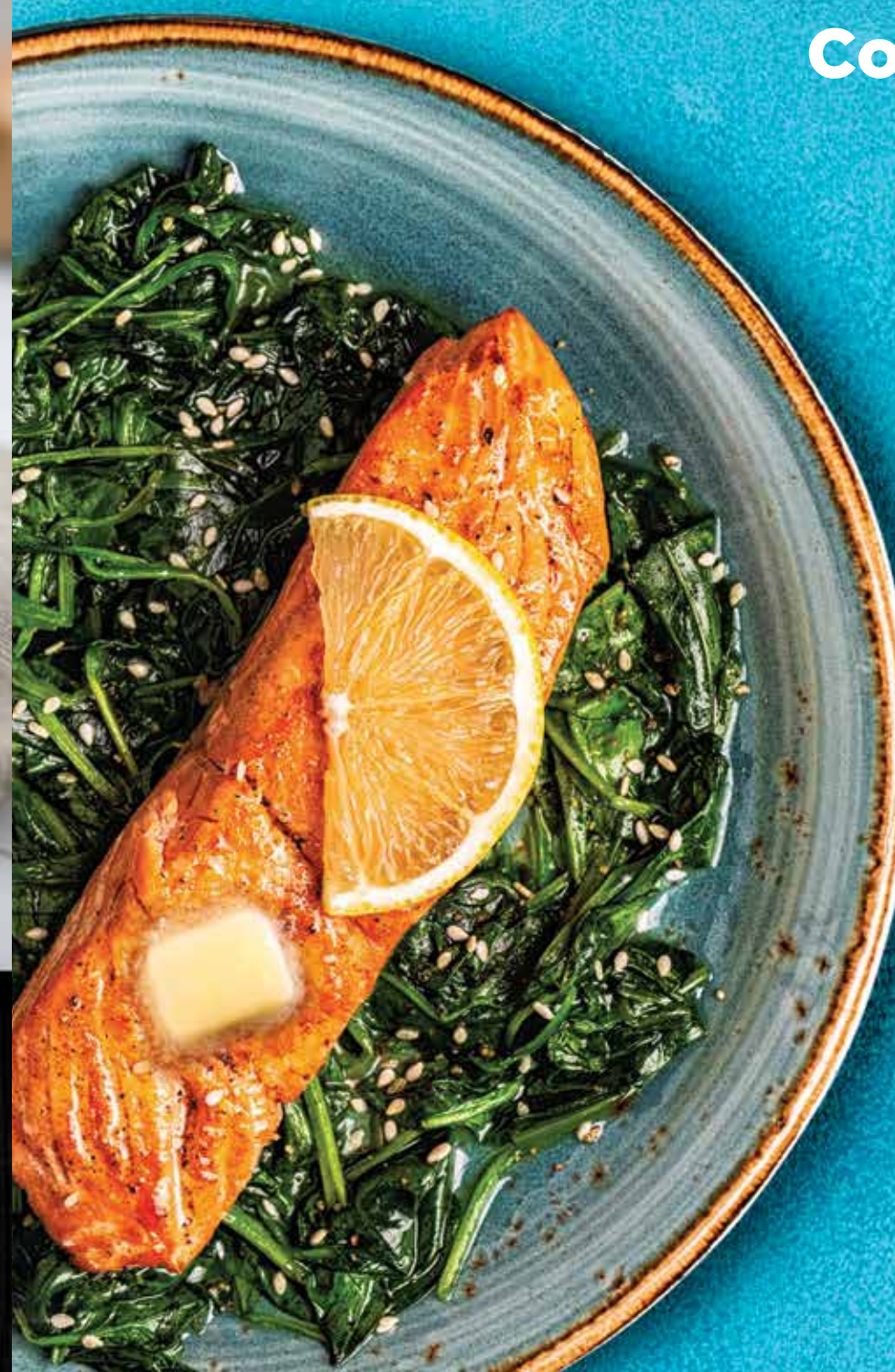
*Minimally processed. No artificial ingredients. © 2020 Tyson Foods Inc.

It's Not Butter, It's Better!*

**Contains Good Fats
(Omega-3 ALA)**

**70% Less
Saturated Fat**

**40% Lower
In Calories**



*Contains 295mg of omega-3 ALA per serving (18% of the 1.6g daily value). 1 Tbsp.: ICBINB! 2g sat fat, 6g total fat, 60 calories. Butter: 7g sat fat, 11g total fat, 100 calories.

Supportive but not conclusive scientific evidence suggests that eating about 1½ tablespoons (20.5g) daily of soybean oil (which contains unsaturated fat), replacing saturated fat and not resulting in an increase in daily calories, may reduce the risk of coronary heart disease. One serving of this product contains 5g of soybean oil. Please see packaging for full details.

© 2020 Upfield



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.

TOP HAZARDS OF SUMMER



OVERVIEW
Bites and stings are often more nuisance than danger. Fire ant bites and bee, wasp and 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; racing heart lasting 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 sunlamp. 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. Or 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
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 swallowing; rash or swelling around eyes, mouth or genitals; fever; worsening itch; or rashes 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.

The best remedy? Prevention. Use insect repellent and sunscreen and stay out of the sun during the hottest part of the day (10 a.m. to 4 p.m.). And learn to identify poison ivy, oak and sumac so you can avoid them.

Please consult with a medical professional for any questions. This information is not meant to substitute for any medical advice or test.

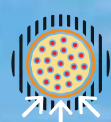
Sources: aad.org/public/everyday-care/injured-skin/bites/prevent-treat-bug-bites
mayoclinic.org/diseases-conditions/sunburn/symptoms-causes/syc-20355922
mayoclinic.org/diseases-conditions/sunburn/diagnosis-treatment/drc-20355928
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Place frozen
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on rack.



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

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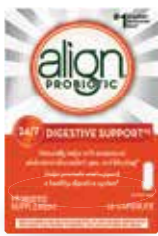
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30
minutes
or less

**30 MINUTES
OR LESS**

20
minutes
or less

**20 MINUTES
OR LESS**

10
minutes
or less

**10 MINUTES
OR LESS**

GF
option

**GLUTEN
FREE**

V
option

**VEGETARIAN
DISH**

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serving suggestion

BIG ON PROTEIN. PACKED WITH YUM.

TURKEY LETTUCE WRAPS

INGREDIENTS

- ¼ cup HOUSE OF TSANG® Low-Sodium Soy Sauce
- ¼ cup ketchup
- 2 tablespoons apple cider vinegar
- 2 teaspoons dry mustard
- 1 teaspoon garlic powder
- ½ teaspoon ground ginger
- ½ teaspoon freshly ground pepper
- 1 (16-ounce) package JENNIE-O® Lean Ground Turkey
- 1 (5-ounce) can sliced water chestnuts, drained and chopped
- 1 cup shredded carrot
- ¾ 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.



VISIT [JENNIEO.COM](https://jennieo.com) FOR MORE RECIPE IDEAS!

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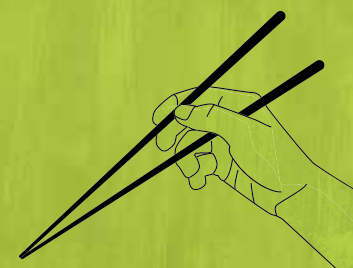


Fig. 1 — Try chopsticks.

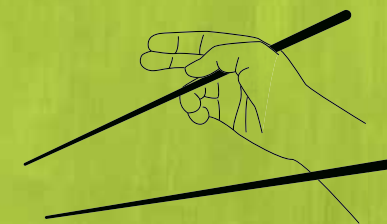


Fig. 2 — Drop chopsticks.



Fig. 3 — Try chopsticks again.

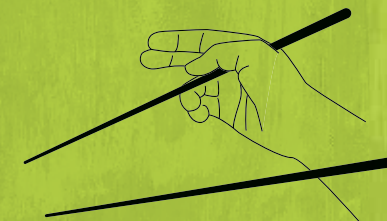


Fig. 4 — Drop chopsticks again.



Fig. 5 — Use hands.

Authentic taste. However you eat it.

NORI
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