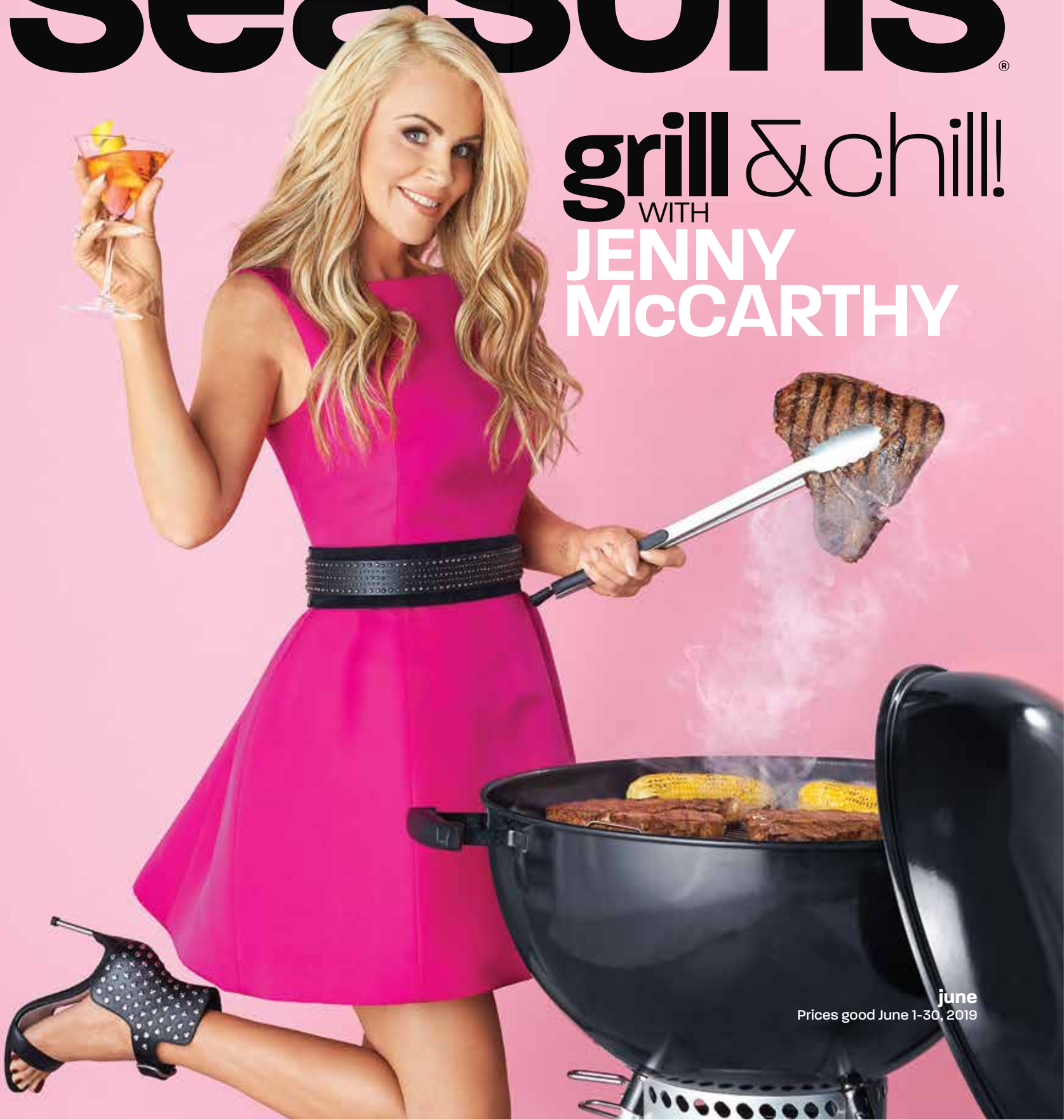


# HyVee<sup>®</sup> seasons<sup>®</sup>

FOOD | LIFE | HEALTH

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# JUNE 2019

## food



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## hello from hy-vee



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

# W

With full-tilt sunny days, it's time to take it all outside. In this issue of *Seasons* learn how to grill the perfect steak, *page 4* and five easy ways to grill salmon, *page 20*. Super side dishes make the most of fresh fruits and vegetables, *page 28*.

While soaking up sun, enjoy some chill time! *Page 34* has five scrumptious cold desserts to make, including chocolate lasagna and a luscious ice cream cake. Mix up our icy-cold summer slushies in minutes, *page 42*.

Jenny McCarthy updates on career, motherhood and Blondies cocktails, one of her latest projects, *page 58*.

On *page 80* find ideas for family fun with games and toys available at Hy-Vee.

Have a super summer!

## FOLLOW US...



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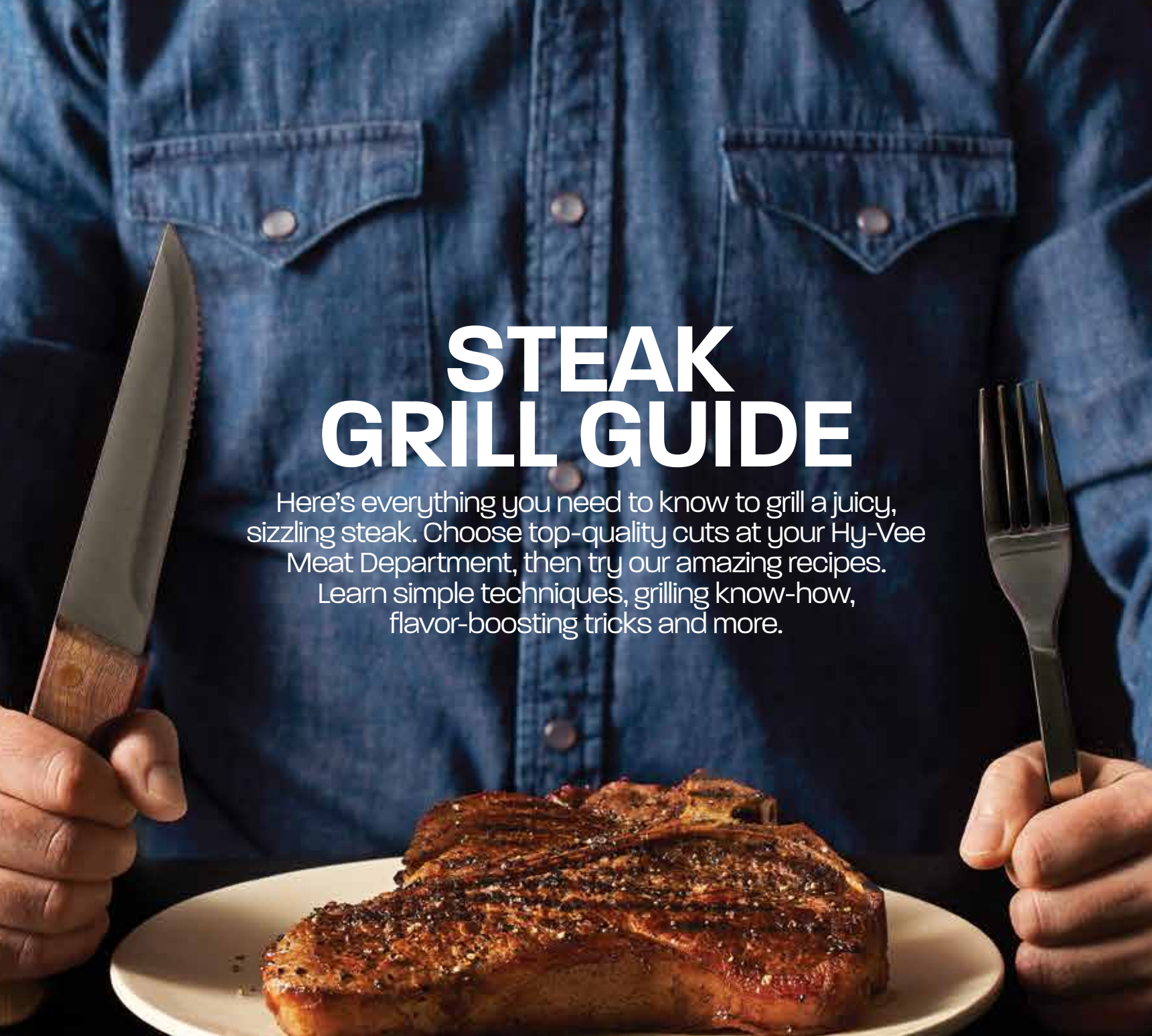
**food**

Summer's here!  
Time to take  
it outside and  
grill and chill in  
the fresh air.

- 4 STEAK GRILL GUIDE
- 16 VEG-OUT GRILLING
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# STEAK GRILL GUIDE

Here's everything you need to know to grill a juicy, sizzling steak. Choose top-quality cuts at your Hy-Vee Meat Department, then try our amazing recipes. Learn simple techniques, grilling know-how, flavor-boosting tricks and more.

## [STEP 1] SHOP

Discover the best steak cuts for grilling—all available at your Hy-Vee Meat Department. Then choose according to your taste.

## [STEP 2] PREP

Prep work is key for both steak and type of grill you use. Learn how to season steak and fire up the grill for cooking success.

## [STEP 3] GRILL

Get the basic steps to grill a thick T-bone steak. Then try several amazing recipes that showcase a variety of steak cuts.

## [STEP 4] FINISH

Take steaks up a notch with quick sauces made with refrigerator condiments. Also find nine ways to top tenderloin steak.

## [STEP 1] SHOP

### FIRST, KNOW YOUR BEEF

Selecting the right cut, size and USDA Prime beef promises a delicious steak. Hy-Vee's knowledgeable butchers can help you choose the steak that's right for you. A good guide for how much to buy: Eight ounces uncooked steak yields six ounces cooked steak.



#### RIBEYE STEAK

Generously marbled, this steak is cut from the center of the prime rib. The juiciest and most flavorful, it ranges in thickness from ½ inch for boneless cuts to 2 inches for cowboy (bone-in) steaks.

**BEST METHOD:** Sear thick steaks over direct heat and finish cooking over indirect heat to desired doneness. Benefits from minimal seasoning.



#### TENDERLOIN (FILET MIGNON)

This most tender steak is lean and succulent with buttery texture. Cuts range in thickness from 1 inch to 2½ inches.

**BEST METHOD:** Sear over direct heat and finish cooking over indirect heat to desired doneness. Add a topper, see pages 12-13.



#### T-BONE/PORTERHOUSE STEAK

This well-marbled cut consists of two lean, tender steaks—the New York strip and tenderloin filet—connected by a T-shape bone. It's usually cut ¾ to 1 inch thick.

**BEST METHOD:** Sear thick steaks over direct heat and finish cooking over indirect heat to desired doneness. Benefits from marinades, rubs or minimal seasoning.



#### NEW YORK STRIP STEAK

This meaty, well-marbled steak is cut from the small end of the short loin and goes by other names such as Kansas City steak or strip steak.

**BEST METHOD:** Grill over direct heat. Benefits from marinades, rubs or minimal seasoning.



#### TOP SIRLOIN STEAK

This tender, juicy cut from the sirloin area has very beefy flavor and is similar to tri-tip steak. An economical cut and 1 to 2 inches thick.

**BEST METHOD:** Grill over direct or indirect heat. This lean cut absorbs marinades and dry rubs well. Use for kabobs or sandwiches.



#### SIRLOIN STEAK

Boneless sirloin is a lean, flavorful cut, about 1 inch thick and from the longer area of the loin.

**BEST METHOD:** Grill over direct heat. Cut for kabobs. Benefits from a tenderizing marinade or rub before cooking.



#### SKIRT STEAK

This long, thin cut—the classic cut for fajitas—is cut from the area below the ribs—the plate. A steak runs from 12 to 24 ounces. Order ahead at your Hy-Vee store.

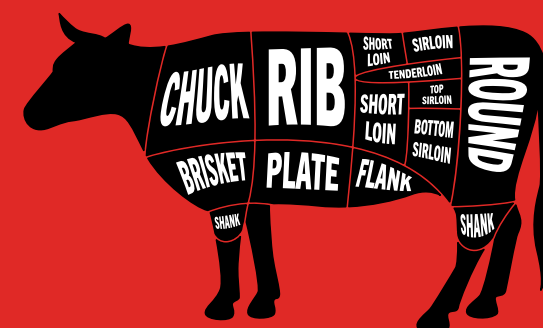
**BEST METHOD:** Grill over direct heat. It takes well to marinades. Thinly slice against the grain.



#### FLANK STEAK

This lean, boneless cut has exceptional flavor. It's an ideal choice to marinate before grilling.

**BEST USES:** Grill over direct heat. It takes to marinades well. Thinly slice against the grain.



**RIB**  
• Ribeye steak

**TENDERLOIN**  
• Filet mignon

**SIRLOIN**  
• Top sirloin steak  
• Cap sirloin steak

**SHORT LOIN**  
• T-Bone steak  
• Porterhouse steak  
• New York strip steak

**FLANK**  
• Flank steak

**PLATE**  
• Skirt steak

## CHOOSE A GRADE

Hy-Vee Prime Reserve and Choice Reserve steaks are hand-cut by in-store butchers. Hy-Vee Angus Reserve steaks are graded USDA Select and are sourced within Hy-Vee's trade area by family-owned farms.

Hy-Vee  
**PRIME**  
RESERVE

With abundant marbling and quality served in fine restaurants, only the top 8% of beef earns the Prime label.

Hy-Vee  
**CHOICE**  
RESERVE

Tender and flavorful, with less marbling, less than 10% of USDA Choice beef meets Hy-Vee's requirements.

Hy-Vee  
**ANGUS**  
RESERVE

Leaner, with less marbling overall, our Angus beef offers everyday value for any meal or occasion.



## [STEP 2] PREP



### STEAK PREP

Three smart tips to prep a steak while the grill preheats.

#### ► PAT DRY

Use paper towels to soak up surface moisture on the steak. Dry steaks sear and brown beautifully on the surface.

#### ► TRIM THE FAT

A well-trimmed steak should have no more than ¼ inch fat around the edges. Trim excess fat to prevent flare-ups during grilling.

#### ► SEASON WELL

Coat both sides of the steak with kosher salt and freshly ground black pepper or a seasoning rub. Seasoning before grilling helps give your steak a crusty seared exterior.

### PACK A PUNCH

Condiments from the fridge amp up flavor or tenderize steaks.

#### FOUR-INGREDIENT MARINADE

Combine 1 (16-oz.) bottle Hy-Vee Italian salad dressing and 1 tsp. each lemon zest, Hy-Vee kosher sea salt and Hy-Vee coarse-ground black pepper. Use to marinate less-tender steak cuts (flank, skirt or sirloin) for 2 to 12 hours. Grill steak as desired. Makes 2 cups (enough for 1 to 2 lb. steak).

#### GARLIC-HERB SEASONING RUB

Combine 1 Tbsp. chopped fresh rosemary, 2 tsp. chopped fresh oregano, 2 tsp. refrigerated minced garlic, 1 tsp. Hy-Vee kosher sea salt and ½ tsp. Hy-Vee coarse-ground black pepper. Makes 3 Tbsp. (enough for 1 lb. steak).

#### STONE-GROUND MUSTARD WET RUB

Combine ⅓ cup Hy-Vee stone-ground Dijon mustard, 2 Tbsp. Hy-Vee apple cider vinegar, 1 Tbsp. chopped fresh thyme and 2 tsp. Hy-Vee coarse-ground black pepper. Rub on steak and refrigerate up to 2 hours. Remove rub from steak before grilling. Makes ½ cup (enough for 1 lb. steak).

## SEASON WELL

Know how and when to season steaks. Some of the best steaks are seasoned simply—brushed with oil and seasoned with kosher salt and ground black pepper. If you season before grilling, let the steak stand at room temperature while preheating the grill.

**SALT:** Use kosher salt (not ordinary table salt) because the larger grains distribute more easily and cling well to the meat surface. Salt generously, especially a thick steak.

**GARLIC:** Cut a clove of garlic in half and rub the garlic, cut side down, over the entire steak.

**PEPPER:** To pep up the bite, season steaks after grilling with freshly ground black pepper. Grind whole black peppercorns instead of using ground black pepper. For less punch, season steaks before grilling—the heat will tame the bite.

**FRESH HERBS:** Add hearty herbs like thyme, rosemary and oregano early in the process—in marinades, rubs, etc.—so they release maximum flavor with the heat. Sprinkle on delicate herbs—such as chopped parsley, cilantro or chives—just before serving to brighten flavors.



Steam Hy-Vee Short Cuts potatoes in the microwave and have them ready to grill while the steak rests.

## Cowboy Ribeye With Smashed Potatoes

**Hands On** 20 minutes

**Total Time** 35 minutes

**Serves** 2

**2 (1- to 1¼-lb. each) Hy-Vee Choice Reserve bone-in cowboy ribeye steaks, 1¼ in. thick**

**1 recipe Smashed Potatoes, below**  
**Hy-Vee kosher sea salt**

**Freshly ground black pepper**

**2 Tbsp. Hy-Vee salted butter**

**2 Tbsp. Gustare Vita olive oil**

**1 clove garlic, minced**

**¼ cup finely chopped herbs (parsley, thyme, rosemary and/or oregano)**

**1. PREHEAT** a charcoal or gas grill with one side over direct heat and the other side over indirect heat. Let steaks stand at room temperature while grill is preheating. Prepare Smashed Potatoes; set aside until ready to grill.

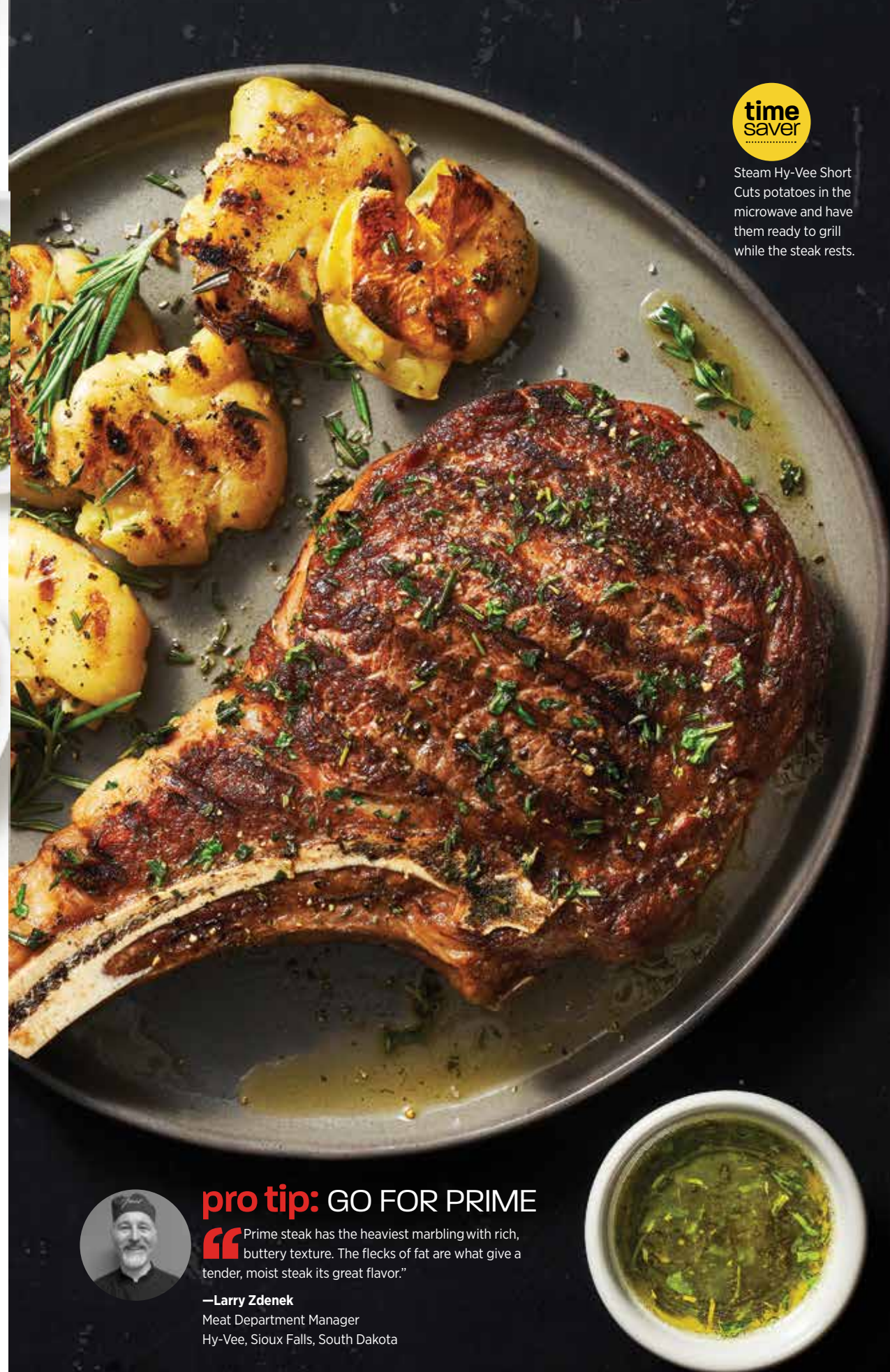
**2. PAT** steaks dry; season both sides with salt and pepper. Sear steaks over direct heat for 4 minutes, turning once halfway through. Finish grilling over indirect heat for 10 to 12 minutes or until medium-rare (130°F). Loosely cover with foil and let rest for 5 minutes. While steak is resting, grill Smashed Potatoes as directed.

**3. MELT** butter in a small microwave-safe bowl. Stir in olive oil, garlic and herbs. Microwave on HIGH 1 minute or until heated through; spoon over steaks. Serve steaks with Smashed Potatoes.

**Smashed Potatoes:** Microwave

1 (1-lb. bag) Hy-Vee Short Cuts steam bag garlic potatoes according to package directions. Spread potatoes out on a rimmed baking pan. Gently smash each potato with a glass measuring cup. Brush potatoes with 1 Tbsp. melted Hy-Vee salted butter and sprinkle with 1 Tbsp. chopped fresh rosemary. Season to taste with Hy-Vee kosher sea salt and black pepper. Grill over direct heat for 5 minutes or until lightly charred and crispy, turning once halfway through.

**Per serving:** 1,010 calories, 70 g fat, 33 g saturated fat, 0.5 g trans fat, 155 mg cholesterol, 250 mg sodium, 47 g carbohydrates, 10 g fiber, 3 g sugar (0 g added sugar), 52 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 4%, Iron 35%, Potassium 25%



### pro tip: GO FOR PRIME

“Prime steak has the heaviest marbling with rich, buttery texture. The flecks of fat are what give a tender, moist steak its great flavor.”

—Larry Zdenek

Meat Department Manager

Hy-Vee, Sioux Falls, South Dakota



# [STEP 3] GRILL

## SET THE STAGE

Choose a grill type that meets your needs.

► **Charcoal grills** are fueled by charcoal for smoky flavor. They're affordable and portable.

► **Gas grills** are fueled by propane tanks or natural gas. They are convenient to use and reach high temperatures quickly.

## HOW TO FIRE IT UP

### ► GAS

To light the grill, open the propane tank valve, lift the lid, turn the starter burner to high and press the ignition switch once or twice. When you see flames beneath the grates, set all burners to high, close the lid and preheat to recommended temperature, about 10 minutes.

### ► CHARCOAL

A chimney starter works well to heat briquettes. Simply add crumpled newspaper and briquettes to the cylinder, light the paper and let briquettes heat for 15 to 20 minutes or until covered with a light layer of ash. Then carefully pour them onto the grill. Figure 30 briquettes to cook one pound of steak. Find a chimney starter and briquettes at your local Hy-Vee, see [page 14](#).

## DIRECT VS. INDIRECT GRILLING

► **Direct grilling** means placing food directly over the heat source. Use this method to cook steaks that are up to 1 inch thick.

► **Indirect grilling** involves placing the food away from the heat source with the lid closed. Use this method to finish cooking thick steaks after they have been seared over direct heat.

## HOW TO GRILL THE PERFECT STEAK

Good char on the outside, juicy pink interior and irresistibly tender texture.



### 1. SELECT

Choose a well-marbled steak that's at least 1¼ in. thick. Good marbling means the steak has well-distributed fat throughout, which adds lots of flavor and makes it tender and juicy.

### 2. PREP

Trim exterior fat to ¼ in. to prevent flare-ups. Pat steak dry, then season as desired and let stand at room temperature for 20 minutes to cook evenly.

### 3. FIRE UP

Prepare the grill for direct cooking over high heat (450°F). Sear the steak for a couple minutes per side, turning halfway through.

### 4. GRILL

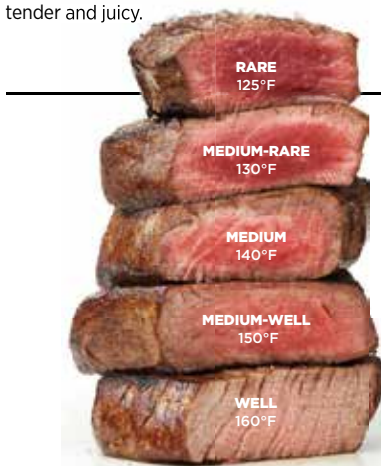
Finish grilling steak over indirect heat to desired doneness, turning halfway through. Use tongs to turn steak to avoid piercing with a fork and losing juices.

### 5. TEST DONENESS

Insert an instant-read thermometer into the thickest part of the steak, away from bone and fat. Follow the temperature guide, *below*, to determine desired doneness.

### 6. LET IT REST

Transfer steak to a platter or cutting board; loosely cover with foil. Let rest for 5 minutes to allow juices to redistribute in the steak, resulting in a more flavorful meat.



## WHAT TEMP ARE YOU?

Follow this guide for perfect doneness. For the most accurate test, use an instant-read thermometer.

### RARE (125°F)

Bright red center  
Pinkish toward the outer portion

### MEDIUM-RARE (130°F)

Very pink center  
Slightly brown outer portion

### MEDIUM (140°F)

Light pink center  
Brown outer portion

### MEDIUM-WELL (150°F)

Slightly pink center  
Gray-brown outer portion

### WELL (160°F)

Little or no pink center  
Uniformly brown or gray throughout

## smart swap

A smoky, spicy sauce, such as Hy-Vee Hickory House Texas Cattle Drive BBQ sauce, is also good with a peppery steak.

## Beer-BQ Sauce T-Bone

**Hands On** 30 minutes

**Total Time** 35 minutes

**Serves** 2

**3 Tbsp. coarsely ground Hy-Vee mixed peppercorns**

**1 tsp. Hy-Vee kosher sea salt**

**¼ tsp. Hy-Vee cayenne pepper**

**2 (1½-lb. each) Hy-Vee Choice Reserve T-Bone steaks, 1¼ to 1½ in. thick**

**2 Tbsp. Gustare Vita olive oil**

**½ cup thinly sliced yellow onion**

**2 Hy-Vee Short Cuts garlic cloves, minced**

**½ cup Hy-Vee ketchup**

**¼ cup pale ale beer**

**2 Tbsp. packed Hy-Vee brown sugar**

**1 Tbsp. Hy-Vee Worcestershire sauce**

**1. PREHEAT** a charcoal or gas grill with one side over direct heat and the other side over indirect heat. Let steaks stand at room temperature while grill is preheating.

**2. COMBINE** mixed peppercorns, salt and cayenne pepper; reserve 1 tsp. for sauce. Press remaining pepper mixture evenly

onto steaks. Sear steaks over direct heat for 4 minutes, turning once halfway through. Finish grilling over indirect heat for 10 to 12 minutes or until medium-rare (130°F). Loosely cover with foil and let rest for 5 minutes.

**3. FOR SAUCE,** heat oil in a small saucepan over medium-high heat. Add onion and cook until softened. Add garlic and cook until fragrant. Stir in ketchup, beer, brown sugar, Worcestershire sauce and reserved peppercorn mixture. Bring to boiling;

reduce heat. Simmer for 2 to 3 minutes to blend flavors, stirring occasionally. Serve steak topped with sauce.

**Per serving:** 1,000 calories, 48 g fat, 14 g saturated fat, 0 g trans fat, 290 mg cholesterol, 1,920 mg sodium, 46 g carbohydrates, 1 g fiber, 31 g sugar (25 g added sugar), 94 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 8%, Iron 80%, Potassium 35%



## DON'T BE SHY

When seasoning steak with a rub, use one hand to apply the rub and the other to vigorously rub the seasoning into the meat. To intensify flavor, place the meat in a resealable bag and refrigerate overnight before grilling.

## Coffee-Spice Rubbed Sirloin Cap Steak

**Hands On** 30 minutes

**Total Time** 35 minutes

**Serves** 8

**3 lb. beef sirloin steaks**, 1¼ to 1½ in. thick

**¼ cup purchased coffee rub**

**2 cups grape tomatoes**, halved

**½ cup chopped Hy-Vee Short Cuts red onions**

**1 jalapeño pepper**, seeded and chopped\*

**¼ cup chopped fresh cilantro**

**2 Tbsp. fresh lime juice**

**5 ears Hy-Vee Short Cuts sweet corn**

**2 Tbsp. Gustare Vita olive oil**

**Lime wedges**, for serving

**1. PREHEAT** a charcoal or gas grill with one side over direct heat and the other side over indirect heat. Rub steaks on both sides with coffee rub. Set aside.

**2. TOSS** together tomatoes, red onions, jalapeño pepper, cilantro and lime juice in a medium bowl; set aside. Brush corn with olive oil; set aside.

**3. SEAR** steak over direct heat for 4 minutes, turning once halfway through. Finish grilling over indirect heat for 8 to 10 minutes or until medium-rare (130°F). Loosely cover with foil and let

rest for 5 minutes. While steak is resting, grill corn over direct heat until slightly charred, turning frequently.

**4. CUT** the kernels off the cob and toss with tomato mixture. Slice steak against the grain and serve with corn salsa and lime wedges.

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

**Per serving:** 450 calories, 26 g fat, 90 g saturated fat, 0 g trans fat, 130 mg cholesterol, 720 mg sodium, 15 g carbohydrates, 2 g fiber, 6 g sugar (0 g added sugar), 37 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 15%



## CHAR THE WRAPS

While the steak rests, grill tortillas a few at a time over direct heat just until they begin to char. Stack and wrap tortillas in foil as they come off the grill warm and ready to serve.

## pro tip: GET THE BEST GRILLED STEAK

“It’s good to know your grill and how it performs. Make sure to control the heat at all times so you don’t overcook your steak. When you cook it to the right temperature, you get the best flavor. Just before it tests done, get it off the grill,

because it will continue to cook and go up a few degrees while it’s resting.”

—Zach Stadler  
Meat Department Manager  
Hy-Vee, Kansas City, Missouri



## Carne Asada Tacos

**Hands On** 15 minutes

**Total Time** 30 minutes plus

marinating time

**Serves** 6 (2 each)

**1 (1-lb.) Angus Reserve boneless beef skirt steak**

**¼ cup Hy-Vee Short Cuts**

**chopped white onion**

**¼ cup fresh orange juice**

**2 tsp. lime zest**

**2 Tbsp. fresh lime juice**

**2 Tbsp. Gustare Vita olive oil**

**1 jalapeño pepper**, seeded and chopped\*

**1 Tbsp. Hy-Vee apple cider vinegar**

**2 Hy-Vee Short Cuts cloves garlic**, minced

**¼ tsp. Hy-Vee kosher sea salt**

**¼ tsp. Hy-Vee black pepper**

**12 Hy-Vee street taco flour tortillas**

**Avocado slices**

**Hy-Vee fresh pico de gallo**

**Fresh cilantro**, for garnish

**1. TRIM** fat from steak. Place steak in a large resealable plastic bag set in a shallow dish. Combine onion, orange juice, lime zest and juice, olive oil, jalapeño pepper, vinegar, garlic, salt and black pepper. Pour mixture over steak. Seal bag; turn to coat steak. Marinate in the refrigerator for 2 to 24 hours.

**2. PREHEAT** a charcoal or gas grill with

greased grill rack for direct cooking over medium-high heat. Remove steak from marinade; discard marinade. Grill for 12 to 15 minutes or until medium-rare (130°F), turning once halfway through. Loosely cover steak with foil; let rest 5 minutes.

**3. GRILL** tortillas as directed, *left*. Thinly slice steak against the grain; divide among tortillas. Add avocado, pico de gallo and, if desired, cilantro.

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

**Per serving:** 350 calories, 15 g fat, 6 g saturated fat, 0 g trans fat, 65 mg cholesterol, 480 mg sodium, 29 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 24 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 20%, Potassium 6%



## [STEP 4] FINISH



### DIJON-SOUR CREAM SAUCE

Stir together ¼ cup Hy-Vee sour cream, 3 Tbsp. Hy-Vee Dijon mustard, 2 Tbsp. chopped fresh chives, 1 tsp. Hy-Vee coarse-ground black pepper and ½ tsp. Hy-Vee kosher sea salt. Store in the refrigerator for up to 3 days. Makes ½ cup.



### HORSERADISH-HERB BUTTER

Beat together ½ cup softened Hy-Vee unsalted butter; 2 Tbsp. chopped fresh basil, oregano and/or rosemary; 1½ tsp. fresh lemon juice; ¼ tsp. Hy-Vee kosher sea salt; 1 minced garlic clove; ½ tsp. creamy-style prepared horseradish and ¼ tsp. Hy-Vee black pepper. Store in the refrigerator for up to 1 week. Makes 9 Tbsp.

## TOP IT OFF

Doctor up a condiment from the fridge to enhance flavor in your grilled steak.

### DIY STEAK SAUCE

Combine ½ cup Hy-Vee ketchup, 2 Tbsp. Hy-Vee Worcestershire sauce, 1 tsp. refrigerated minced garlic, ½ tsp. bottled hot sauce and Hy-Vee coarse-ground black pepper, to taste. Store in the refrigerator for up to 1 week. Makes ¾ cup.

## 2-STEP CHIMICHURRI SAUCE

Argentines serve grilled steaks with fresh chimichurri sauce, made with a medley of herbs like the parsley, cilantro and oregano in this recipe. Use other herbs to create your own version of the sauce.

**STEP 1:** Combine ½ cup packed fresh Italian parsley, ½ cup packed fresh cilantro, 2 Tbsp. fresh oregano leaves, 2 Tbsp. Gustare Vita red wine vinegar and 4 halved Hy-Vee Short Cuts

garlic cloves in a food processor. Cover and pulse until combined. Transfer to a small bowl.

**STEP 2:** Stir in ⅓ cup Gustare Vita olive oil, ½ tsp. kosher salt,

¼ tsp. Hy-Vee crushed red pepper and ¼ tsp. Hy-Vee black pepper. Serve at room temperature over grilled steak. Makes 1¼ cups.



### PARMESAN-BACON BUTTER

Combine ½ cup softened Hy-Vee unsalted butter, 3 Tbsp. crisp-cooked and crumbled Hy-Vee double-smoked thick-cut bacon and 2 Tbsp. Hy-Vee grated Parmesan cheese. Store in refrigerator for up to 1 week. Serves 12 (1 Tbsp. each).

### PICKLED MIXED VEGETABLES

Combine ½ cup each thinly sliced cucumber, radishes and sliced red onion in a medium bowl. Add ¼ cup Hy-Vee apple cider vinegar, ¼ cup water, 2 Tbsp. Hy-Vee granulated sugar, 1 Tbsp. chopped fresh dill, 1 Tbsp. chopped fresh thyme, ¼ tsp. Hy-Vee kosher sea salt and dash cracked black pepper. Cover and refrigerate at least 2 hours before serving. Serve within 2 weeks. Makes 1½ cups.

### SPICY ROMESCO SAUCE

Combine ½ cup drained and chopped roasted red peppers, 2 Tbsp. toasted Hy-Vee slivered almonds, 2 Tbsp. grated Parmesan cheese, 1 Tbsp. drained and chopped Culinary Tours sundried tomatoes, 1 Tbsp. chopped fresh basil, 1 Tbsp. Gustare Vita olive oil, 1 tsp. Gustare Vita red wine vinegar, 1 tsp. Hy-Vee crushed red pepper and 1 tsp. Hy-Vee Italian seasoning in a food processor. Cover and process until smooth. Serve within 1 week. Makes 1 cup.

## HOW TO GRILL TENDERLOIN STEAK

### ► PREPARE THE GRILL

Prepare a hot side to sear steak over direct heat and a warm side to finish cooking over indirect heat.

### ► GRILL THE STEAK

Sear steak over direct heat for a couple minutes per side, turning once. Finish grilling over indirect heat to desired doneness, turning halfway through. See temperature guide, [page 8](#).



PARMESAN-BACON BUTTER  
RECIPE, LEFT

SAUTÉED MUSHROOMS  
+ TARRAGON

HY-VEE COWBOY SALSA  
+ FRESHLY GROUND BLACK PEPPER

PICKLED MIXED VEGETABLES  
RECIPE, LEFT

TOMATO WEDGES + BASIL  
+ FRESHLY GROUND BLACK PEPPER

HY-VEE CRISPY ONIONS  
+ FRESHLY GROUND BLACK PEPPER

SPICY ROMESCO SAUCE  
RECIPE, LEFT

BLUE CHEESE + SLICED  
GREEN ONIONS

HY-VEE OLIVE TAPENADE  
+ CHOPPED ITALIAN PARSLEY



## TOOLS OF THE TRADE

The right grilling tools will make life easier and efficient. Find them at your local Hy-Vee.



### ► CHIMNEY STARTER

This handy tool fires up charcoal in just minutes.



### ► THERMOMETER

A good thermometer ensures steak is cooked to the right temperature.



### ► TONGS

Long-handle tongs are ideal for turning and moving steak on the grill.

### GRILL CLEANING

Clean grates help prevent food from sticking and ensure tasty food when you grill. To clean the grates, preheat the grill to the hottest setting. Then use a brush that's appropriate for your grill to remove bits of burned food.

## Philly Cheese Steak Sandwiches

**Hands On** 20 minutes

**Total Time** 30 minutes

**Serves** 8

**2 (8-oz.) boneless beef sirloin strip steaks, 1 in. thick**

**3 Tbsp. Hy-Vee canola oil, divided**

**½ tsp. Hy-Vee garlic powder**

**½ tsp. Hy-Vee onion powder**

**½ tsp. Hy-Vee dried thyme**

**½ tsp. Hy-Vee dried basil**

**1 tsp. Hy-Vee black pepper**

**½ tsp. Hy-Vee kosher sea salt**

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

**1 cup grape tomatoes**

**1 red onion, cut into wedges**

**4 (8-in.) Hy-Vee mini baguettes, split**

**1 (8-oz.) pkg. provolone deli-style cheese slices**

**1. TEAR** 4 (12×12-in.) sheets of heavy foil; set aside. Trim fat from steak. Place steak in a large resealable plastic bag. Combine 2 Tbsp. oil, garlic powder, onion powder, thyme, basil, pepper and salt. Pour over steak in bag. Seal bag; turn to coat steak. Let stand at room temperature while preheating grill.

**2. PREHEAT** a charcoal or gas grill with greased grill rack for direct cooking over medium-high heat. Thread mushrooms, tomatoes and onion

wedges onto metal skewers. Brush with remaining 1 Tbsp. oil; set aside.

**3. REMOVE** steak from bag; discard marinade. Grill 10 to 12 minutes for medium-rare (130°F), turning once halfway through. Remove from grill; cover and let rest for 5 minutes.

**4. GRILL** skewered vegetables for 5 minutes or until lightly charred, turning frequently. Grill baguettes, cut sides down, for 1 to 2 minutes or until toasted.

**5. THINLY SLICE** steak against the grain. Remove vegetables from skewers and slice or chop. Divide cheese, steak and vegetables among baguettes. Wrap sandwiches tightly in foil and grill for 2 to 4 minutes or until cheese begins to melt. Unwrap sandwiches, cut in half and serve.

**Per serving:** 360 calories, 19 g fat, 8 g saturated fat, 0 g trans fat, 60 mg cholesterol, 650 mg sodium, 24 g carbohydrates, 6 g fiber, 2 g sugar (0 g added sugar), 24 g protein. **Daily Values:** Vitamin D 0%, Calcium 20%, Iron 15%, Potassium 8%

**30**  
minutes  
or less

**time  
saver**

For assembly while all the food is hot, grill the veggie skewers and toast the buns while the steak is resting.



## Marinated Flank Steak

**Hands On** 15 minutes

**Total Time** 35 minutes plus

marinating time

**Serves** 8

**1 (1½- to 2-lb.) beef flank steak, about 1 in. thick**

**½ cup Gustare Vita olive oil**

**¼ cup Gustare Vita balsamic vinegar**

**2 Tbsp. packed Hy-Vee brown sugar**

**2 Tbsp. Hy-Vee Worcestershire sauce**

**5 Hy-Vee Short Cuts garlic cloves, minced**

**1½ tsp. Hy-Vee kosher sea salt**

**1½ tsp. Hy-Vee black pepper**

**1 tsp. Hy-Vee crushed red pepper**

**3 sprigs fresh rosemary and/or oregano**

**1 Tbsp. Hy-Vee unsalted butter**

**Fresh oregano leaves, for garnish**

**1. TRIM** fat from steak. Score both sides of steak in a diamond pattern by making shallow diagonal cuts at 1-in. intervals. Place steak in a large resealable plastic bag set in a shallow dish.

**2. COMBINE** oil, vinegar, brown sugar, Worcestershire sauce, garlic, salt, black pepper and crushed red pepper; pour over steak in bag. Add herb sprigs. Seal bag; turn to coat. Marinate in the refrigerator for 2 to 24 hours.

**3. PREHEAT** a charcoal or gas grill with a greased grill rack for direct

cooking over medium heat. Remove steak from marinade; transfer marinade to a saucepan. Discard herb sprigs. Grill steak for 12 to 15 minutes for medium-rare (130°F), turning once halfway through. Loosely cover with foil; let stand 5 minutes.

**4. BRING** marinade to a boil; stir in butter until melted. Thinly slice steak against the grain and drizzle with cooked marinade. Garnish with oregano leaves, if desired.

**Per serving:** 280 calories, 20 g fat, 4.5 g saturated fat, 0 g trans fat, 55 mg cholesterol, 450 mg sodium, 7 g carbohydrates, 0 g fiber, 5 g sugar (3 g added sugar), 19 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 8%

**SERVE THE STEAK SLICES ON TOASTED BREAD WITH GRILLED VEGGIES.**

more  
marinade  
recipes  
on page 6

## SLICE IT RIGHT

Slice flank steak against the grain, cutting through muscle fibers that run in the same direction. Cut thin slices at a slight angle for the most tender meat.





1

### HASSELBACK TOMATOES

Prepare a charcoal or gas grill for indirect cooking over medium-high heat. Make a 12-in. square pan out of heavy foil; set aside. Cut 1 (8-oz.) pkg. fresh mozzarella cheese into ¼-in. slices. Cut a thin piece off bottoms of 6 Roma tomatoes. Stand tomatoes upright and cut crosswise at ¼-in. intervals, cutting ½ in. from the bottom. Alternate mozzarella and basil leaves between the tomato slices. Place tomatoes in foil pan. Grill 10 minutes or until cheese begins to melt. Serves 6.

GRILL  
10 minutes

2

### ASPARAGUS AND CARROTS

Prepare a charcoal or gas grill for direct cooking over medium heat. Combine ¼ cup Hy-Vee vegetable oil, 2 Tbsp. Hy-Vee Worcestershire sauce, ½ tsp. Hy-Vee Italian seasoning and ¼ tsp. Hy-Vee cracked black pepper in a shallow bowl. Add 6 oz. Hy-Vee Short Cuts garlic lemon asparagus and 6 oz. medium carrots, cut into sticks; toss to coat. Place vegetables in single layer on grill rack. Grill 6 to 8 minutes or until crisp-tender, turning once. Serves 4.

GRILL  
6 to 8 minutes

time  
saver

Cut prep time by using Hy-Vee Short Cuts veggies. They're washed, cut and ready for the grill!

Hy-Vee  
Short  
Cuts

# VEG-OUT

Flame-cooking caramelizes fresh

# GRILLING

veggies and lends a hint of smoke.

#### TRY THIS!

Use a grill basket for smaller size Hy-Vee Short Cuts veggies, such as bell pepper strips and chopped veggie blends.

#### 2-STEP TATERS

1. Grill the potatoes in foil pouches until fork-tender.
2. Grill slices over direct heat until crisp and charred.

3

### VEGGIE KABOBS

Soak 4 wooden skewers for 30 minutes. Prepare a charcoal or gas grill for direct cooking over medium-high heat. Cut 2 Hy-Vee Short Cuts ears sweet corn crosswise into 1-in. pieces. Alternately thread corn, 1 lb. Hy-Vee Short Cuts summer squash coins, 1 cup red onion wedges and ¾ cup orange bell pepper pieces onto skewers. Combine ¼ cup bottled oil-and-vinegar dressing, 1 Tbsp. chopped fresh thyme or parsley, ½ tsp. Hy-Vee kosher sea salt and ¼ tsp. cracked black pepper; brush over veggies. Grill 8 to 10 minutes or until veggies are tender, turning occasionally and brushing with dressing mixture. Serves 4.

GRILL  
8 to 10 minutes

4

### SMOKY POTATOES

Preheat a charcoal or gas grill for direct cooking over medium-high heat. Cut two 24×15-in. sheets of heavy foil. Scrub 1 lb. Hy-Vee One Step russet potatoes and ½ lb. sweet potatoes; pat dry. Cut potatoes into ½-in. slices; toss with 1 thinly sliced red onion, 1 Tbsp. Gustare Vita garlic-flavored olive oil, 1 tsp. Hy-Vee dried rosemary and ½ tsp. smoked paprika. Sprinkle with Hy-Vee salt and cracked black pepper. Divide mixture between foil pieces; fold into pouches. Grill 15 minutes; carefully unwrap. Grease grill rack. Grill potato slices 5 to 8 minutes or until crisp and charred, turning once halfway through. Serves 6.

GRILL  
15 minutes, plus 5 to 8 minutes

time  
saver

Leaving the peels on the potatoes not only saves time, but helps the potatoes hold together on the grill rack.



# Light Berry Dessert

**Serves 6**

- 1 cup Daisy® Sour Cream
- 1 cup Daisy® Cottage Cheese
- 1 tablespoon lemon juice
- 1/2 cup sugar
- 1 pint berries, pureed

**Step 1:**

Combine all ingredients in food processor and process until smooth.

**Step 2:**

Pour mixture into 6 small custard cups or muffin tins sprayed with nonstick spray.

**Step 3:**

Freeze until firm (about 2 hours).

**Step 4:**

Loosen edges with tip of knife. Turn onto dessert plates. Garnish with fresh berries.



# Eat Beautifully

A salad for any occasion



TAYLORFARMS.COM



# 5 SIMPLE WAYS TO GRILL SALMON

FISHING FOR NEW FOODS TO GRILL? CHOOSE TOP-QUALITY SALMON STEAKS AND FILLETS AT YOUR HY-VEE SEAFOOD DEPARTMENT. THEN PICK UP A HANDFUL OF INGREDIENTS AND GET GRILLING.

GRILLING TECHNIQUE:

## SKIN ON

Skin-on fillets work best for direct grilling because the skin helps hold the fish together and prevents sticking to the grill.

Space fillets to cook evenly, and they'll be done in no time!

**30**  
minutes  
or less

## Lemon-Dill Salmon Fillets

**Hands On** 10 minutes

**Total Time** 25 minutes

**Serves** 4

**1/2 cup Gustare Vita olive oil**

**1 tsp. lemon zest**

**1/4 cup fresh lemon juice**

**2 Tbsp. chopped fresh dill,**  
plus additional for garnish

**1/2 tsp. Hy-Vee salt**

**1/2 tsp. Hy-Vee black pepper**

**4 (4-oz.) skin-on salmon fillets**

**Lemon wedges, for serving**

**1. WHISK** together oil, lemon zest and juice, dill, salt and pepper; pour into a shallow dish. Add salmon, skin side up. Let stand while preheating grill.

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

**3. REMOVE** salmon from marinade; discard marinade. Grill, skin side down, for 10 to 15 minutes or until fish flakes with a fork (145°F). Garnish with additional dill and serve with lemon wedges, if desired.

**Per serving:** 270 calories, 19 g fat, 4 g saturated fat, 0 g trans fat, 60 mg cholesterol, 360 mg sodium, 1 g carbohydrates, 0 g fiber, 0 g sugar (0 g added sugar), 23 g protein. **Daily Values:** Vitamin D 60%, Calcium 2%, Iron 0%, Potassium 10%

**try  
this**

Serve salmon with Hy-Vee Short Cuts asparagus—trimmed and ready for the grill. Brush tender stalks with Gustare Vita olive oil, season to taste and grill 3 to 4 minutes or until tender and charred.



## FOIL PAN

Grill these ultra-easy one-pan meals in 10 minutes! Shape pans from heavy-duty foil. Or use two 7½×5-in. disposable aluminum pans, available at your local Hy-Vee. Either way, cleanup is a breeze.

GRILLING TECHNIQUE:

20  
minutes  
or less

## Foil-Pan Salmon and Veggies

**Hands On** 10 minutes  
**Total Time** 20 minutes  
**Serves** 2

**Hy-Vee nonstick cooking spray**  
**1 cup Hy-Vee Short Cuts broccoli florets**  
**1 cup Hy-Vee Short Cuts julienne bell pepper strips**  
**½ cup petite carrots**  
**2 Tbsp. Hy-Vee canola oil**  
**½ tsp. sesame oil**  
**2 (4-oz.) skinless salmon fillets**  
**Hy-Vee salt and black pepper**  
**2 Tbsp. Hy-Vee Hickory House Asian Glazin' teriyaki wing sauce, plus additional for serving**

**Sesame seeds, for garnish**  
**Sliced green onion, for garnish**

**1. PREHEAT** a charcoal or gas grill for direct cooking over medium-high heat. Cut four 12×15-in. pieces of heavy foil. Stack two sheets together; fold and crimp edges to form a 7×5-in. foil pan.

Repeat to create another 7×5-in. foil pan. Spray with nonstick spray; set aside.

**2. COMBINE** broccoli, bell pepper, carrots and 2 Tbsp. water in a microwave-safe bowl. Cover and microwave on HIGH for 2 minutes; drain. Stir in canola and sesame oil. Divide mixture between pans.

**3. PAT** salmon dry; place fillets on top of veggies. Season with salt and black pepper. Brush with teriyaki wing sauce. Grill for 8 to 10 minutes or until salmon flakes with a fork (145°F). Sprinkle with sesame seeds and green onion, if desired. Serve with additional teriyaki wing sauce, if desired.

**Per serving:** 430 calories, 31 g fat, 6 g saturated fat, 0 g trans fat, 60 mg cholesterol, 790 mg sodium, 12 g carbohydrates, 3 g fiber, 8 g sugar (3 g added sugar), 26 g protein. Daily Values: Vitamin D 60%, Calcium 4%, Iron 6%, Potassium 20%



Precook veggies in the microwave for a couple minutes while preheating the grill so they finish at the same time as the salmon.

## Blackened Salmon Fillets

**Hands On** 15 minutes  
**Total Time** 28 minutes  
**Serves** 2

**2 (4-oz.) skinless salmon fillets, ½- to 1-in. thick**  
**2 Tbsp. chili lime seasoning rub**  
**1 Tbsp. packed Hy-Vee brown sugar**  
**2 Tbsp. Hy-Vee salted butter, melted**

**Lime zest, for garnish**  
**Lime wedges, for serving**  
**1 recipe Avocado-Tomato Salad, right**

**1. PAT** salmon dry. Measure thickness of fish. Combine seasoning rub and brown sugar in a small bowl. Brush both sides of salmon with butter; coat both sides with seasoning mixture.

**2. PREHEAT** a charcoal or gas grill for direct cooking over high heat. If using a charcoal grill, remove grill rack from grill and place an 8-in. cast-iron skillet directly on hot coals. If using a gas grill, place skillet on grill rack. Heat for 5 to 10 minutes.

**3. ADD** salmon to skillet. Sear for 2 to 3 minutes for ½- to ¾-in.-thick fillets (3 to 4 minutes for 1-in.-thick

fillets) or until deeply browned. Carefully flip fillets and grill until fish flakes when tested with a fork (145°F). Garnish salmon with lime zest and lime wedges, if desired. Serve with Avocado-Tomato Salad.

**Per serving:** 660 calories, 51 g fat, 14 g saturated fat, 0 g trans fat, 95 mg cholesterol, 1,270 mg sodium, 27 g carbohydrates, 8 g fiber, 13 g sugar (9 g added sugar), 26 g protein. Daily Values: Vitamin D 60%, Calcium 6%, Iron 10%, Potassium 25%

**AVOCADO-TOMATO SALAD:**  
Toss together 2 cups lightly packed spring mix; 1 avocado, peeled, seeded and cut into wedges; ½ cup halved Hy-Vee grape tomatoes; and 2 Tbsp. Hy-Vee Short Cuts chopped red onions in a medium bowl. Just before serving, toss with ¼ cup Hy-Vee Select white balsamic & honey vinaigrette. Divide between two serving bowls.

### HY-VEE SEAFOOD STANDARDS

Hy-Vee partners with reliable organizations to bring you quality, sustainable seafood.

### RESPONSIBLE CHOICE



Hy-Vee is the largest supplier of seafood in the Midwest. The Responsible Choice label identifies seafood that is fished or farmed in ways that minimize environmental impact.



### FISHWISE

Hy-Vee's Responsible Choice program is supported by FishWise, an organization that promotes the health of ocean ecosystems through environmentally and socially responsible business practices.

### FAIR TRADE



Hy-Vee partners with Fair Trade USA, a nonprofit organization and the leading certifier of Fair Trade products in North America, because we believe in the importance of taking care of fishermen and their communities. The Fair Trade Certified label recognizes first-rate seafood companies for their commitment to sourcing ethical seafood.

## CAST-IRON SKILLET

A cast-iron skillet will blacken salmon quickly and evenly, toasting and slightly charring the spices. Preheating the skillet is key. Test with a drop of water. When it sizzles, it's good and hot.

GRILLING TECHNIQUE:

30  
minutes  
or less

**BLACKENING** results when the spice coating gets burnt, not the salmon.



# CEDAR PLANKS

Grilling planks do double duty as they impart subtle smoky flavor to salmon while keeping the fish moist. For salmon, choose mild-flavored woods such as cedar and alder.

GRILLING TECHNIQUE:

try  
this

If you find pin bones in salmon, grab a bowl and a clean pair of needlenose pliers. Turn the bowl upside-down and drape the steak or fillet over the bowl. The curved shape of the bowl will make bones visible and easy to remove. Pull them out at a 45-degree angle.

## Marinated Salmon Steaks & Fruit Salsa

**Hands On** 5 minutes  
**Total Time** 55 minutes  
**Serves** 2

**2 (7×7-in.) cedar planks**  
**2 (10- to 12-oz.) farm-raised Atlantic salmon steaks**  
**¾ cup bottled Baja chipotle marinade, divided**

**½ cup Hy-Vee tropical pico de gallo**  
**¼ cup Hy-Vee Short Cuts kiwi, chopped**  
**Fresh cilantro, for garnish**

**1. SOAK** cedar planks according to package directions. Pat salmon dry; place in a resealable plastic bag. Pour ½ cup marinade over salmon; seal bag, turning to coat steaks. Marinate in the refrigerator for 30 minutes.

**2. COMBINE** pico de gallo and kiwi in a small bowl, cover and refrigerate until serving time.

**3. PREHEAT** a charcoal or gas grill for direct cooking over medium-

high heat. Grill soaked planks for 5 minutes or until toasted, turning once. Remove salmon from marinade; discard marinade. Place salmon steaks on cedar planks. Grill 20 to 25 minutes or until fish flakes easily when tested with a fork (145°F), brushing with remaining ¼ cup marinade halfway through cooking.

**4. SERVE** salmon topped with pico de gallo mixture. Garnish with cilantro, if desired.

**Per serving:** 360 calories, 19 g fat, 4.5 g saturated fat, 0 g trans fat, 80 mg cholesterol, 960 mg sodium, 14 g carbohydrates, 1 g fiber, 10 g sugar (0 g added sugar), 30 g protein. **Daily Values:** Vitamin D 80%, Calcium 2%, Iron 6%, Potassium 10%



## SALMON PRIMER

**Most Popular Fish**  
Salmon is the No. 1 fish consumed in the U.S., according to the National Fisheries Institute. Wild-caught salmon primarily comes from the Pacific Ocean; wild Atlantic salmon became endangered and now is farm-raised.

**Types of Salmon**  
Pacific includes King (high fat content with rich flesh), Sockeye (high fat, deep rich flesh), Coho (caught off Alaska, delicate flesh), Pink (lean, light flavor, often canned), and Chum (lean, firm; also called Keto).

**Nutritious**  
Salmon is rich in omega-3 fatty acids, which may reduce inflammation linked to heart disease and stroke. Health experts recommend at least two servings a week of fish rich in omega-3s.

Sources: [mayoclinic.org/diseases-conditions/heart-disease/in-depth/omega-3/art-20045614](https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/omega-3/art-20045614)  
[ods.od.nih.gov/factsheets/list-VitaminsMinerals/](https://ods.od.nih.gov/factsheets/list-VitaminsMinerals/)

MAKE THIS RECIPE  
WITH JUST  
4 INGREDIENTS

# CITRUS INFUSED

Citrus and salmon pair naturally. Place a layer of lemon slices underneath the salmon for bright flavor to come through. The slices also keep the fish from sticking to the grill grate.

GRILLING TECHNIQUE:

## Whole Salmon Fillet on the Grill with Lemons

30  
minutes  
or less

**Hands On** 15 minutes  
**Total Time** 30 minutes  
**Serves** 8

**2 Tbsp. Hy-Vee stone ground mustard**  
**2 Tbsp. Hy-Vee less-sodium soy sauce**  
**1 Tbsp. Hy-Vee honey**  
**2 cloves garlic, minced**  
**1 tsp. chopped fresh thyme**  
**10 lemons, cut into ¼-in. slices**  
**1 (1½- to 2-lb.) skin-on Alaska sockeye salmon fillet**  
**Thyme sprigs, for garnish**

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

**2. COMBINE** mustard, soy sauce, honey, garlic and chopped thyme in a small bowl; set aside.

**3. LAY** lemon slices on grill rack; spread them out and overlap the slices. Pat salmon dry. Place salmon on top of lemon slices and brush with half of the mustard glaze. Grill for 15 to 20 minutes, or until fish flakes with a fork (145°F), brushing with remaining glaze halfway through. Garnish with thyme sprigs, if desired.

**Per serving:** 190 calories, 12 g fat, 2.5 g saturated fat, 0 g trans fat, 45 mg cholesterol, 240 mg sodium, 3 g carbohydrates, 0 g fiber, 2 g sugar (2 g added sugar), 18 g protein. **Daily Values:** Vitamin D 45%, Calcium 2%, Iron 0%, Potassium 6%

try  
this

### IS IT DONE:

**Visual test:** Using a fork, check the flesh at the thickest part of the salmon. When it is done, grilled salmon will be opaque yet moist and will pull apart easily.

**Temperature test:** Insert an instant-read thermometer horizontally into the salmon. Remove salmon from grill when it reaches an internal temperature of 140°F.





# FIRE UP. FLAVOR ON.



Lawry's Wet  
Marinades:  
select varieties  
12 or 13.58 oz.  
2/5.00

French's Mustard:  
select varieties  
12 or 14 oz.  
1.69

Stubb's BBQ Sauce  
or Marinade:  
select varieties  
12 or 18 oz.  
2/7.00



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## REFRESH THE Honest<sup>®</sup> WAY



Honest Tea:  
select varieties  
16 fl. oz.  
2/3.00



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# SUPER SUMMER Sidekicks

ROUND OUT YOUR COOKOUT WITH EASY-PREP SIDES. SAVE TIME BY USING HY-VEE SHORT CUTS FRUITS AND VEGGIES AND BAKERY-FRESH BREADS.

20  
minutes  
or less

## Charred Sweet Corn

**Hands On** 10 minutes  
**Total Time** 20 minutes  
**Serves** 5

**5 ears Hy-Vee Short Cuts sweet corn**  
**2 Tbsp. Gustare Vita olive oil**  
**Desired flavored butter, below**

**1. PREHEAT** a charcoal or gas grill for direct cooking over medium-high heat. Brush corn with oil. Grill 10 to 12 minutes or until slightly charred, turning often. Top each ear with 1 Tbsp. flavored butter.

**Herb Butter:** Combine ½ cup softened Hy-Vee unsalted butter, 2 minced garlic cloves and 1 Tbsp. each chopped fresh rosemary, thyme and Italian parsley. Serve with additional parsley.

**Chili-Lime Butter:** Combine ½ cup softened Hy-Vee unsalted butter, 1 tsp. lime zest, 1 Tbsp. lime juice, 1 tsp. Hy-Vee chili powder, ½ tsp. Hy-Vee kosher sea salt and ½ tsp. Hy-Vee cayenne pepper. Serve with crumbled Cotija cheese.

**Honey-Spice Butter**  
Combine ½ cup softened Hy-Vee unsalted butter, ¼ cup Hy-Vee honey, 1 Tbsp. packed Hy-Vee brown sugar, ½ tsp. Hy-Vee ground cinnamon and ¼ tsp. Hy-Vee ground cloves. Serve with a drizzle of additional honey.

**Per serving with Herb Butter:**  
300 calories, 25 g fat, 13 g saturated fat, 0.5 g trans fat, 50 mg cholesterol, 20 mg sodium, 20 g carbohydrates, 2 g fiber, 6 g sugar (0 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 6%



Hy-Vee Short Cuts ears of corn are husked and ready to go. While grilling, use tongs to turn the ears often, as they'll char quickly.



MAKE THESE EASY FLAVORED BUTTERS AND STORE IN THE REFRIGERATOR FOR UP TO 2 WEEKS.





## BLT Avocados

**Hands On** 5 minutes  
**Total Time** 20 minutes  
**Serves** 6

**3 firm ripe avocados, halved and seeded**  
**2 Tbsp. Gustare Vita olive oil**  
**¾ cup Hy-Vee shredded lettuce**  
**4 Roma tomatoes, seeded and chopped**  
**1 (2.52-oz. pkg.) Hy-Vee fully-cooked hardwood smoked bacon, chopped**  
**Cracked black pepper, for garnish**

**1. PREHEAT** a charcoal or gas grill for direct cooking over medium-high heat. Brush avocado halves with oil. Grill, cut sides down, for 2 minutes. Remove from grill. Divide lettuce, tomatoes and bacon among avocado halves. Garnish with pepper, if desired.

Per serving: 290 calories, 25 g fat, 5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 310 mg sodium, 10 g carbohydrates, 7 g fiber, 2 g sugar (0 g added sugar), 8 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 15%



Sweet-and-spicy pineapple is a delicious side for chicken or tilapia, or an indulgent dessert with vanilla ice cream.

**20**  
minutes  
or less

## Sweet-Heat Grilled Pineapple

**Hands On** 5 minutes  
**Total Time** 20 minutes plus soaking time  
**Serves** 6

**6 wooden skewers**  
**2 Tbsp. Hy-Vee Select 100% pure maple syrup**  
**1 Tbsp. Hy-Vee canola oil**  
**1 Tbsp. Sriracha sauce**  
**1 tsp. Hy-Vee crushed red pepper**  
**1 tsp. Hy-Vee ground cinnamon**  
**¼ tsp. Hy-Vee kosher sea salt**  
**2 (1-lb.) pkg. Hy-Vee Short Cuts pineapple chunks**

**1. SOAK** skewers in water for 30 minutes. Preheat a charcoal or gas grill for direct cooking over medium-high heat.

**2. COMBINE** maple syrup, oil, Sriracha, crushed red pepper, cinnamon and salt in a medium bowl. Add pineapple; toss to coat. Thread pineapple onto skewers; reserve sauce. Grill for 6 minutes, turning occasionally and brushing with reserved sauce. Serve warm.

Per serving: 120 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 120 mg sodium, 25 g carbohydrates, 2 g fiber, 20 g sugar (0 g added sugar), 1 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 4%

**30**  
minutes  
or less



Hy-Vee Short Cuts melon is peeled, cut up and ready to serve in cool and refreshing salads. Freeze any leftover melon to use later in drinks or smoothies.



**20**  
minutes  
or less

## Watermelon Salad

**Total Time** 15 minutes  
**Serves** 6

**4 cups Hy-Vee Short Cuts watermelon, chopped**  
**1 cup chopped cucumber**  
**1 cup crumbled Soirée traditional feta cheese**  
**¼ cup packed fresh mint leaves**  
**2 Tbsp. Hy-Vee Short Cuts chopped red onions**  
**2 Tbsp. fresh lime juice**  
**1 Tbsp. Gustare Vita olive oil**

**1. TOSS** together watermelon, cucumber, feta, mint and red onions in a medium bowl. Combine lime juice and oil; drizzle over salad and toss to coat.

Per serving: 120 calories, 8 g fat, 4 g saturated fat, 0 g trans fat, 20 mg cholesterol, 230 mg sodium, 10 g carbohydrates, 1 g fiber, 8 g sugar (0 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 4%

## NEED AN EVEN FASTER **SIDE?**

Simplify summer barbecues with delicious sides and salads from your Hy-Vee Kitchen.



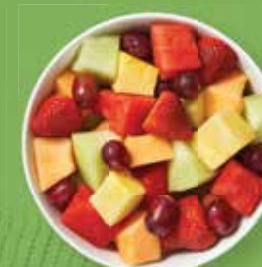
Rainbow Rotini



Broccoli Supreme



Bacon Ranch Potato



Market Fresh Fruit



# EASY CHEESY PULL-APART BREADS

STUFF A HY-VEE BAKERY ARTISAN LOAF WITH MELTY CHEESE AND TASTY ADD-INS. THEN INVITE EVERYONE TO DIG IN!

## BRUSCHETTA PULL-APART BREAD

Prepare recipe as directed for Jalapeño-Cheddar Pull-Apart Bread *opposite top*, except use 1 (21-oz.) loaf Hy-Vee Bakery Asiago bread and stuff cut sections in the following order: 1 cup shredded whole milk mozzarella cheese, ½ cup basil pesto and 1 cup more of cheese. Grill for 25 to 30 minutes. Top with ¼ cup chopped Roma tomatoes. Garnish with basil leaves, if desired. Serves 15.

### Easy Cheesy Bread

Throwing a party? Our video shows how to make gooey, pull-apart cheese bread, one step at a time.



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

## JALAPEÑO-CHEDDAR PULL-APART BREAD

Preheat a charcoal or gas grill for indirect cooking over medium-high heat (375°F). Cut 1 (24-oz.) loaf Hy-Vee Bakery jalapeño-Cheddar bread into 1-in. diamonds, cutting within 1 in. of bread bottom. Place bread on a heavy foil sheet large enough for wrapping loaf. Separate cut sections with your fingers and stuff in the following order: 4 oz. finely shredded Henning's Hatch chile pepper Cheddar cheese, 6 oz. chopped and crisp-cooked Hy-Vee bacon, ¼ cup chopped seeded jalapeño peppers\* and 4 oz. more of cheese. Wrap bread in foil. Grill 25 to 30 minutes or until cheese is melted. Open foil and grill bread 5 minutes more. Let stand 5 minutes. Garnish with jalapeño slices, if desired. Serves 15.

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

## APRICOT-BRIE PULL-APART BREAD

Prepare recipe as directed for Jalapeño-Cheddar Pull-Apart Bread *above*, except use 1 (21-oz.) loaf Hy-Vee Bakery French boule bread and stuff cut sections in the following order: 1 (8-oz.) pkg. thinly sliced soft-ripened Brie cheese, 1 (12-oz.) can apricot cake & pastry filling, ½ cup finely chopped Hy-Vee dried apricots and 1 more (8-oz.) pkg. thinly sliced Brie. Grill for 30 to 35 minutes. Serves 15.

## PIZZA PULL-APART BREAD

Prepare recipe as directed for Jalapeño-Cheddar Pull-Apart Bread *above*, except use 1 (21-oz.) loaf Hy-Vee Bakery Pane Tuscano bread and stuff cut sections in the following order: 1 (8-oz.) pkg. Hy-Vee finely shredded pizza cheese, ¾ cup Gustare Vita pizza sauce, 1 (4-oz.) pkg. turkey minis pepperoni and 1 more (8-oz.) pkg. cheese. Grill for 40 to 45 minutes. Serve bread with additional pizza sauce for dipping, if desired. Serves 15.

## SPINACH-ARTICHOKE PULL-APART BREAD

Prepare recipe as directed for Jalapeño-Cheddar Pull-Apart Bread *above*, except use 1 (24-oz.) loaf Hy-Vee Bakery San Francisco sourdough bread and stuff cut sections in the following order: 1 cup Hy-Vee finely shredded Italian cheese, ½ (1-lb.) container Hy-Vee Deli spinach-artichoke dip, ¼ cup chopped jarred roasted red peppers and 1 cup more cheese. Grill for 25 to 30 minutes. Serves 15.



# CHILL OUT

Want to indulge in ice-creamy goodness? Check out these luscious treats, including chocolate lasagna and a surprise-inside ice cream “cake.” All easy to make!



## Easy Waffle Ice Cream Sandwiches

**Hands On** 20 minutes

**Total Time** 40 minutes

**Serves** 4

**¼ cup Hy-Vee granulated sugar**

**2 tsp. Hy-Vee ground cinnamon**

**8 Hy-Vee homestyle waffles**

**½ cup Hy-Vee salted butter, melted**

**4 (½-cup each) scoops It's Your Churn premium strawberries & cream ice cream**

**¾ cup dark chocolate melting wafers**

**½ cup chopped pistachios, toasted**

**1. COMBINE** sugar and cinnamon in a bowl; set aside. Heat waffles according to package directions. Brush both sides with melted butter and sprinkle with sugar-cinnamon mixture. Cool.

**2. PLACE** ice cream scoops on 4 waffles. Top with remaining 4 waffles; slightly press down. Place sandwiches in freezer for 20 minutes or until firm.

**3. PLACE** chocolate wafers in a small microwave-safe bowl. Microwave on HIGH just until chocolate is melted, stirring every 30 seconds.

**4. LINE** rimmed baking pan with waxed paper. Partially dip each sandwich into melted chocolate; sprinkle with pistachios. Place sandwiches on prepared pan; freeze until chocolate is set. Serve immediately or store in a freezer-safe container.

**Per serving:** 610 calories, 36 g fat, 19 g saturated fat, 0.5 g trans fat, 65 mg cholesterol, 500 mg sodium, 69 g carbohydrates, 1 g fiber, 41 g sugar (37 g added sugar), 6 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 25%, Iron 40%, Potassium 8%



For perfectly round ice cream, place a 3½-in. cookie cutter on waffle bottom. Press ice cream into cutter, spreading evenly. Remove cutter and add waffle top.



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

Scoop up more than 15 exciting flavors of Hy-Vee's premium ice cream—combos so good you'll treat yourself all summer long!



# 20-Minute Chocolate Lasagna

- Total Time** 20 minutes  
**Serves** 20
- 2 (12-pk. each) boxes Hy-Vee vanilla ice cream sandwiches**  
**2 (11.75-oz. each) jars hot fudge topping, divided**  
**1 (16-oz.) container Hy-Vee frozen whipped topping, thawed and divided**  
**8 Hy-Vee Dunksters creme filled chocolate sandwich cookies, broken**

- 1. UNWRAP** 12 ice cream sandwiches. Place in bottom of a 13×9×2-in. baking dish, trimming to fit.
- 2. PLACE** fudge topping in a microwave-safe bowl. Microwave on HIGH for 30 seconds or until spreadable. Spread topping evenly over sandwich layer, reserving 2 Tbsp. for garnish. Spoon 2 cups whipped topping over fudge topping layer, spreading evenly. Arrange remaining 12 ice cream sandwiches on top.

- 3. SPOON** remaining whipped topping over sandwich layer, spreading evenly. Top with broken cookies. Drizzle reserved fudge topping over dessert. Serve immediately or cover and freeze until ready to serve.
- Per serving:** 470 calories, 19 g fat, 10 g saturated fat, 0 g trans fat, 25 mg cholesterol, 250 mg sodium, 70 g carbohydrates, 0 g fiber, 42 g sugar (4 g added sugar), 7 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 10%, Iron 0%, Potassium 4%

✳ **LAYERS UPON LAYERS OF GOODNESS, THIS FUDGY ICE CREAM BAR DESSERT IS ASSEMBLED JUST LIKE LASAGNA, BUT SO MUCH QUICKER. FUN TO MAKE, MORE FUN TO EAT.**



**20**  
minutes  
or less



**JUST 10 MINUTES TO PREP, THEN FREEZE!**

## Pineapple Whip

- Hands On** 10 minutes  
**Total Time** 10 minutes plus freezing time  
**Serves** 2

- 2 cups Hy-Vee frozen unsweetened pineapple chunks**  
**½ cup canned Hy-Vee coconut milk**  
**2 Tbsp. Hy-Vee honey**  
**2 sugar cones**  
**Freeze-dried raspberries, crushed; for garnish**

- 1. COMBINE** frozen pineapple, coconut milk and honey in a food processor or high-powdered blender. Cover and process until smooth.
- 2. TRANSFER** mixture to a freezer-safe container and freeze for 2 hours or until firm enough to pipe.
- 3. TRANSFER** mixture to a large piping bag fitted with a large star tip. Pipe whip into cones. Sprinkle with crushed raspberries. Serve immediately.

**Per serving:** 310 calories, 12 g fat, 11 g saturated fat, 0 g trans fat, 0 mg cholesterol, 40 mg sodium, 51 g carbohydrates, 3 g fiber, 24 g sugar (17 g added sugar), 3 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 15%, Potassium 4%



For pineapple-raspberry whip, *right*, substitute 1 cup Hy-Vee frozen unsweetened red raspberries for 1 cup pineapple chunks and sprinkle with multicolored nonpareils.



✳ **SCOOP UP SOFT-STYLE ICE CREAM THE EASY WAY—NO ICE CREAM MAKER NEEDED. LET THE PROCESSOR OR BLENDER RUN LONG ENOUGH TO TURN FROZEN FRUIT INTO CREAMY TEXTURE.**



# Grilled Pineapple

## Caramel Sundaes

**Total Time** 20 minutes  
**Serves** 4

**3 Tbsp. Hy-Vee unsalted butter, melted**  
**3 Tbsp. packed Hy-Vee brown sugar**  
**4 slices fresh pineapple, skin and core removed**  
**4 (¼-cup) scoops Hy-Vee We All Scream! vanilla ice cream**

**½ cup toasted Hy-Vee unsweetened coconut flakes and/or chopped toasted macadamia nuts**  
**¼ cup Hy-Vee caramel-flavored syrup**  
**Fresh mint leaves, for garnish**

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

and brown sugar in a small bowl. Brush both sides of pineapple slices with the butter mixture.

**2. GRILL** pineapple for 2 to 4 minutes or until golden and slightly charred, turning once halfway through. Remove pineapple from grill and keep warm.

**3. ROLL** scoops of ice cream in coconut

and/or macadamia nuts until coated. Place each ball in center of a pineapple slice. Drizzle with caramel sauce. Garnish with mint leaves, if desired. Serve immediately.

**Per serving:** 320 calories, 16 g fat, 11 g saturated fat, 0 g trans fat, 40 mg cholesterol, 95 mg sodium, 45 g carbohydrates, 2 g fiber, 38 g sugar (24 g added sugar), 3 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 6%, Iron 0%, Potassium 4%

**20**  
minutes  
or less



**try  
this**

Grilled pineapple slices are delicious on burgers or with chicken or pork chops. Or grill pineapple chunks on skewers with strawberries and nectarine or peach slices, then serve with fruit-flavored sorbet.



**\*DRIP TIP**  
BEFORE POURING THE MELTED MIXTURE ON THE CAKE, TEST IT ON THE SIDE OF A BOWL TO MAKE SURE IT IS COOL ENOUGH TO FORM DRIPS.

# Dropped Cone

## Mini Ice Cream Cakes

**Hands On** 1 hour  
**Total Time** 2 hours plus freezing time  
**Serves** 16 (¼ cake each)

**4 (1-pt. each) Overjoy birthday cake ice cream**  
**½ cup red and/or blue M&M's**  
**4 sugar ice cream cones**  
**1 (16-oz.) container Hy-Vee creamy white frosting**

**1 cup Hy-Vee frozen whipped topping, thawed**  
**Blue and/or red food coloring**  
**¼ cup white chocolate melting wafers**  
**2 Tbsp. Hy-Vee refined coconut oil**  
**Sprinkles, for garnish**

Follow instructions below.



**STEP 1:** Scoop out center of each ice cream pint, leaving about 1 in. of ice cream on bottom and sides. Reserve removed ice cream.



**STEP 2:** Fill ice cream pints with M&M's. Pack 2 Tbsp. of reserved ice cream on top of M&M's. Freeze 30 minutes. Scoop remaining ice cream into cones. Freeze pints and cones 1 to 2 hours.



**STEP 3:** Using kitchen shears, cut each container to remove ice cream. Place the ice cream on a serving plate and return to the freezer.



**STEP 4:** Combine frosting and whipped topping; tint as desired. Working with one cake at a time, spread frosting mixture on top and sides. Return to freezer; freeze until firm.



**STEP 5:** Microwave melting wafers and coconut oil until melted; tint as desired and cool slightly. Dip cones into mixture; add sprinkles. Return to the freezer.



**STEP 6:** Carefully pour melted white chocolate mixture on frosted cake; use a spoon to gently push drips down the side. Place coated cone on cake; hold until secure. Add sprinkles.



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# SLUSH FUN!

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MAKE THIS IN  
10 MINUTES!

## Strawberry- Watermelon Slushies

**Total Time** 10 minutes  
**Serves** 4 (8 oz. each)

### Coarse sugar, for garnish

**1 cup Hy-Vee Short Cuts watermelon**

**2 Tbsp. fresh lime juice**

**2 Tbsp. agave nectar**

**1 cup Hy-Vee frozen unsweetened strawberries**

**3 cups crushed ice**

**Fresh watermelon slices, for garnish**

**Hy-Vee Short Cuts strawberries, halved, for garnish**

**1. PLACE** sugar in a shallow dish. Dip rims of 4 (8-oz.) glasses in water and then immediately into sugar; set aside.

**2. COMBINE** watermelon, lime juice, agave nectar,

strawberries and ice in a blender. Cover and blend until slushy. Divide mixture among prepared glasses. Garnish each with a watermelon slice and a strawberry half, if desired.

Per serving: 60 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 15 g carbohydrates, 1 g fiber, 12 g sugar (0 g added sugar), 0 g protein. Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 2%

**10**  
minutes  
or less

Hy-Vee  
**Short  
Cuts**

### Trim Kitchen Time

Washed and sliced Hy-Vee Short Cuts fruits are quick, fun garnishes for drinks.

**try  
this**

For an alcoholic version, blend in ¼ cup tequila.



# Red, White & Blue Slushies

**Total Time** 25 minutes  
**Serves** 2 (16 oz. each)

**1 box Hy-Vee We All Scream! frozen assorted berry pops (12-pk.), mixed berry and strawberry pops; divided**  
**¾ cup water, divided**  
**4 Hy-Vee Select frozen coconut fruit bars**  
**1 cup crushed ice**

**1. UNWRAP** 4 blue mixed berry pops. Cut each pop into large chunks and remove sticks. Place chunks and ¼ cup water in a blender. Cover and blend until slushy. Divide mixture between 2 (16-oz.) glasses. Place glasses in freezer while preparing additional layers. Rinse blender.

**2. UNWRAP** 4 coconut fruit bars. Cut each bar into large chunks, removing sticks. Place chunks, ¼ cup water and ice in same blender. Cover and blend until slushy. Divide mixture between glasses to add a white layer. Return glasses to freezer. Rinse blender.

**3. UNWRAP** 4 red strawberry pops (save raspberry pops for another use). Cut each pop into large chunks, removing sticks. Place chunks and remaining ¼ cup water in same blender. Cover and blend until slushy. Divide mixture between glasses to add a red layer. Serve immediately.

Find the nutritional information at [Hy-Vee.com/recipes-ideas](http://Hy-Vee.com/recipes-ideas)

**30**  
minutes  
or less

**try this**

For an alcoholic version, substitute the same amount of vodka for the water.



**try this**

For an alcoholic version, substitute white rum for the pineapple juice.



**MAKE THIS IN 10 MINUTES!**

# Pineapple Colada Slushies

**Total Time** 10 minutes  
**Serves** 4 (8 oz. each)

**2 cups crushed ice**  
**1 cup Hy-Vee frozen unsweetened pineapple chunks**  
**½ cup Hy-Vee 100% no-sugar-added pineapple juice**  
**¼ cup sweetened cream of coconut**  
**2 tsp. unsweetened coconut chips, toasted**  
**4 Hy-Vee Short Cuts pineapple chunks, for garnish**  
**Mint sprigs, for garnish**

**1. COMBINE** ice, frozen pineapple chunks, pineapple juice and cream of coconut in a blender. Cover and blend until slushy. Divide mixture among 4 (8-oz.) glasses.

**2. SPRINKLE** coconut chips on top. Skewer fresh pineapple chunks and mint for garnish, if desired.

**Per serving:** 120 calories, 3 g fat, 3 g saturated fat, 0 g trans fat, 0 mg cholesterol, 20 mg sodium, 22 g carbohydrates, 1 g fiber, 20 g sugar (0 g added sugar), 1 g protein. Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 2%

**10**  
minutes  
or less

## MASTER THE MIX

### BLENDER TIPS FOR PERFECT SLUSHIES

**FRUIT** Add frozen fruit instead of fresh to the liquid in blender for thick slushies.

**BLENDING** Pulse a few times to break up frozen fruit, then gradually increase speed. (Blending only on high results in thin liquid.)

**ICE** Pour crushed ice instead of large cubes into the blender for smooth slushies and less work for the blender.



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a s'mores  
saturday!



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# MORE S'MORES

Ultimate s'mores go beyond the classic. Crave the traditional? Make our s'mores dip and pops—no campfire needed.

## Frozen S'more Pops

**Hands On** 20 minutes  
**Total Time** 20 minutes plus freezing time  
**Serves** 8

**1 cup Hy-Vee white vanilla baking chips**  
**1 cup Hy-Vee 2% reduced-fat milk**  
**3 (5.3-oz. each) containers toasted marshmallow Greek yogurt or vanilla Greek yogurt**  
**½ cup finely crushed Hy-Vee honey graham crackers, plus coarsely crushed for garnish**

**8 food-safe craft sticks**  
**½ (12-oz.) pkg. Hy-Vee semisweet chocolate chips**  
**2 Tbsp. Hy-Vee refined coconut oil**

**1. PLACE** vanilla chips in bowl; set aside. Place milk in microwave-safe bowl. Microwave on HIGH 1 to 2 minutes or until just simmering. Pour hot milk over vanilla chips; whisk until melted. Whisk in yogurt.

**2. ADD** 1 tsp. finely crushed graham cracker crumbs to each of 8 (3-oz.) pop molds. Add yogurt mixture, filling each mold halfway.

Alternately layer remaining finely crushed crumbs and yogurt mixture to fill molds.

**3. FREEZE** 1 hour. Insert craft stick into each pop; freeze 6 to 8 hours more or until firm.

**4. LINE** a baking sheet with waxed paper; set aside. For chocolate coating, place chocolate chips and coconut oil in a 2-cup glass measuring cup. Microwave on HIGH just until melted, stirring every 30 seconds.

**5. TO UNMOLD** pops, dip molds into warm (not hot) water to loosen. Drizzle or dip pops into melted chocolate mixture; place

on prepared baking sheet. Immediately sprinkle with coarse graham cracker crumbs and freeze until chocolate is firm.

**SPECKLED S'MORE POPS:** Prepare recipe as directed, except substitute crushed Hy-Vee fudge-covered graham cookies for the graham crackers.

**Per serving:** 250 calories, 13 g fat, 8 g saturated fat, 0 g trans fat, 10 mg cholesterol, 80 mg sodium, 28 g carbohydrates, 1 g fiber, 24 g sugar (7 g added sugar), 7 g protein. **Daily Values:** Vitamin D 6%, Calcium 10%, Iron 6%, Potassium 4%

**20**  
minutes  
or less

## Cast-Iron S'more Dip

**Hands On** 5 minutes  
**Total Time** 20 minutes  
**Serves** 12

**1 Tbsp. Hy-Vee salted butter**  
**1 (11.5-oz.) pkg. Hy-Vee milk chocolate baking chips, plus additional for garnish**  
**25 to 30 Hy-Vee marshmallows**  
**Hy-Vee chocolate-flavored syrup, for garnish**  
**Hy-Vee honey graham crackers**

**1. PREHEAT** oven to 450°F. Add butter to an 8-in. cast-iron skillet. Bake for 1 to 2 minutes or until butter is melted.

**2. USE** a hot pad to hold skillet. Tilt skillet so butter evenly coats bottom. Add pkg. of chocolate chips to skillet. Arrange marshmallows on top.

**3. BAKE** for 5 to 7 minutes or until marshmallows are lightly toasted.

**4. REMOVE** skillet from oven. Drizzle with chocolate syrup and sprinkle with additional milk chocolate chips, if desired. Serve immediately with graham crackers for dipping.

**Per serving:** 210 calories, 8 g fat, 5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 25 mg sodium, 31 g carbohydrates, 0 g fiber, 26 g sugar (25 g added sugar), 1 g protein. **Daily Values:** Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 0%





More S'mores

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# 10 Variations of S'mores

SANDWICH IN FUN FLAVORS THAT TAKE THEM TO THE NEXT LEVEL!

<b>PB&amp;J BACON</b>	 <p>A s'more sandwich made with a peanut butter cookie, Hy-Vee Bakery peanut butter, toasted Hy-Vee marshmallows, Hy-Vee creamy peanut butter, and crisp-cooked Hy-Vee bacon.</p>
<b>INGREDIENTS</b>	<ul style="list-style-type: none"><li>Hy-Vee Bakery peanut butter cookies</li><li>toasted Hy-Vee marshmallows</li><li>Hy-Vee creamy peanut butter</li><li>crisp-cooked Hy-Vee bacon</li></ul>

<b>WHITE CHOCOLATE BERRY</b>	 <p>A s'more sandwich made with a white chocolate bar, Hy-Vee Bakery white chocolate, toasted Hy-Vee fun miniature marshmallows, Zoët Belgian white chocolate bar, and fresh raspberries.</p>
<b>INGREDIENTS</b>	<ul style="list-style-type: none"><li>Hy-Vee chocolate graham crackers</li><li>toasted Hy-Vee fun miniature marshmallows</li><li>Zoët Belgian white chocolate bar with strawberries</li><li>fresh raspberries</li></ul>

<b>CARAMEL APPLE</b>	 <p>A s'more sandwich made with a caramel bar, Hy-Vee Bakery caramel, toasted Hy-Vee marshmallows, Zoët Belgian dark chocolate bar, almonds, and sea salt.</p>
<b>INGREDIENTS</b>	<ul style="list-style-type: none"><li>Apple slices</li><li>toasted Hy-Vee marshmallows</li><li>Zoët Belgian dark chocolate bar with almonds &amp; sea salt</li><li>Hy-Vee caramel-flavored syrup</li></ul>


<b>INSIDE OUT</b>	 <p>A s'more sandwich made with a white chocolate bar, Hy-Vee Bakery white chocolate, toasted Hy-Vee fun miniature marshmallows, Zoët Belgian dark chocolate bar, and crushed Hy-Vee graham crackers.</p>
<b>INGREDIENTS</b>	<ul style="list-style-type: none"><li>Hy-Vee jumbo marshmallows</li><li>melted Zoët Belgian dark chocolate bar with coconut, for dipping</li><li>crushed Hy-Vee graham crackers</li><li>Hy-Vee cayenne pepper</li></ul>

<b>CHOCOLATE PEANUT BUTTER CUP</b>	 <p>A s'more sandwich made with a chocolate bar, Hy-Vee Bakery M&amp;M's cookies, toasted Hy-Vee marshmallows, snack-size peanut butter cups, and halved.</p>
<b>INGREDIENTS</b>	<ul style="list-style-type: none"><li>Hy-Vee Bakery M&amp;M's cookies</li><li>toasted Hy-Vee marshmallows</li><li>snack-size peanut butter cups, halved</li></ul>

<b>CHOCOLATE BANANA</b>	 <p>A s'more sandwich made with a chocolate bar, Hy-Vee Bakery banana bread, sliced, toasted Hy-Vee marshmallows, Zoët Belgian milk chocolate bar, almonds, and banana slices.</p>
<b>INGREDIENTS</b>	<ul style="list-style-type: none"><li>Hy-Vee Bakery banana bread, sliced</li><li>toasted Hy-Vee marshmallows</li><li>Zoët Belgian milk chocolate bar with almonds</li><li>banana slices</li></ul>

<b>DARK CHOCOLATE CHERRY-PEACH</b>	 <p>A s'more sandwich made with a dark chocolate bar, Hy-Vee Bakery dark chocolate, frozen pound cake, thawed and sliced, toasted Hy-Vee marshmallows, Zoët Belgian dark chocolate bar with cherry, and grilled peach slices.</p>
<b>INGREDIENTS</b>	<ul style="list-style-type: none"><li>Frozen pound cake, thawed and sliced</li><li>toasted Hy-Vee marshmallows</li><li>Zoët Belgian dark chocolate bar with cherry</li><li>grilled peach slices</li></ul>

<b>BLACKBERRY LEMON</b>	 <p>A s'more sandwich made with a blackberry lemon bar, Hy-Vee Bakery sugar cookies, lemon curd, toasted Hy-Vee marshmallows, fresh blackberries, and melted Zoët Belgian white chocolate bar, for drizzle.</p>
<b>INGREDIENTS</b>	<ul style="list-style-type: none"><li>Hy-Vee Bakery sugar cookies</li><li>lemon curd</li><li>toasted Hy-Vee marshmallows</li><li>fresh blackberries</li><li>melted Zoët Belgian white chocolate bar, for drizzle</li></ul>

<b>DECKED-OUT DONUTS</b>	 <p>A s'more sandwich made with a chocolate bar, Hy-Vee Bakery frosted and decorated cake donuts, split, toasted Hy-Vee marshmallows, Zoët Belgian milk chocolate bar.</p>
<b>INGREDIENTS</b>	<ul style="list-style-type: none"><li>Hy-Vee Bakery frosted and decorated cake donuts, split</li><li>toasted Hy-Vee marshmallows</li><li>Zoët Belgian milk chocolate bar</li></ul>

<b>STRAWBERRY SHORTCAKE</b>	 <p>A s'more sandwich made with a strawberry shortcake bar, Hy-Vee Bakery angel food cake, sliced, toasted Hy-Vee miniature marshmallows (pink), Hy-Vee Hazelnut creamy spread, and sliced Hy-Vee Short Cuts strawberries.</p>
<b>INGREDIENTS</b>	<ul style="list-style-type: none"><li>Hy-Vee Bakery angel food cake, sliced</li><li>toasted Hy-Vee miniature marshmallows (pink)</li><li>Hy-Vee Hazelnut creamy spread</li><li>sliced Hy-Vee Short Cuts strawberries</li></ul>



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# FLAVORS FROM FAR TO TABLE

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# life

Make it your best summer ever. Grill and chill—with Jenny, Dad and the kids, too!

- 58 CHILLIN' WITH JENNY MCCARTHY
- 68 CHEERS! TO CHERISHED COCKTAILS
- 72 THANKS DAD
- 80 BEST SUMMER EVER
- 88 SUNFLOWER POWER



A full-page photograph of Jenny McCarthy. She is wearing a bright pink sleeveless dress with a black studded belt and black high-heeled sandals with white polka dots. She is smiling and holding a martini glass with an orange drink and a lemon twist in her right hand. In her left hand, she holds tongs with a large piece of grilled meat. In the foreground, there is a black charcoal grill with its lid open, showing corn on the cob and other meats cooking. The background is a solid light pink color.

# CHILLIN' WITH jenny McCARTHY



**FROM HOSTING HIT TV SHOWS** TO DEVELOPING HER OWN COCKTAIL LINE, **JENNY McCARTHY** STAYS BUSY AND DREAMS BIG. JOIN US AS SHE OPENS UP ABOUT HER **PAST, PRESENT AND FUTURE.**

PHOTOS Anthony Thaler

With her entertainment career that's spanned just over 25 years, Jenny McCarthy has pretty much done it all. A gut feeling in the early '90s that she was destined for the spotlight sent her to L.A., where she landed modeling gigs that were the catalyst to her prolific career in show business. From humble Midwest beginnings to life in the spotlight, McCarthy has become a household name, due to her tenacity, hard work and a string of career successes—including her current gig as celebrity panelist on the FOX show *The Masked Singer*.

McCarthy is the second of four girls in a working-class family in the Chicago suburb of Evergreen Park. Although her big break came after high school, her first brush with show business came in fourth grade when McCarthy landed a small speaking spot on *Bozo's Circus* on Chicago's WGN TV station. "I was waiting in line to see the show and they said 'Who wants to help on the show today?'" recalls McCarthy, who jumped at the chance. "I remember my hand going up and thinking, I want this so bad. They called me and asked if I could read the cue card, and I said 'Learn how and why next time on the *Bozo Show*.' We did some camera throws and I was hooked. I said, 'This is what I want to do for a living, Mom.'"



Even though the acting bug bit her early, McCarthy put her big dreams on hold after high school and headed to Southern Illinois University to pursue a nursing degree. After two years, financial struggles led her to drop out and head home, feeling a bit defeated.

“When I went back to live with my mother, which is devastating in your twenties, I asked myself that question, ‘What do you really want to do?’” says McCarthy. “I always had in the back of my mind to be in show business, to be a host, to act...And I thought, you know, I don’t have anything to lose.”

So she packed her belongings and headed to L.A. with a promise to herself that she would try her talents at show business for a year and, if it didn’t work, she would cut her losses and try something else. “When I drove up with my little U-Haul, I had this overwhelming feeling that I was in the exact right place. I was exactly where I was supposed to be. Then, by the end of one year, I was on the cover of *Rolling Stone*.

So, that was my confirmation that I was supposed to be here.”

A spot as a co-host on the MTV game show *Singled Out* in the mid-’90s was pivotal in the trajectory of McCarthy’s career. At the time, MTV was transforming television, music and pop culture. McCarthy’s partnership with the network turned her into a household name. Her place in the spotlight opened doors to the work she’s had since—from hosting *The Jenny McCarthy Show* to television and film roles and authoring books that have put her on *The New York Times* Best Seller list, which she describes as the pinnacle moment of her career.

With so much success in her professional life and a busy home life with son, Evan, and husband, Donnie Wahlberg, McCarthy doesn’t plan to stop anytime soon.

“I think I’m constantly evolving to find success. Every single day I wake up and think, what can I say, what can I do to make life better for me and everybody else?”



# hosting THE MOST

McCarthy’s down-to-earth personality and sense of humor are natural hosting attributes. She currently hosts *The Jenny McCarthy Show* on SiriusXM Radio and appears as a celebrity panelist on the super-secretive music competition *The Masked Singer* alongside Nick Cannon, Ken Jeong, Nicole Scherzinger and Robin Thicke on FOX.

“When I signed on to do the show, my agents said it was not a show I wanted to do,” she says. “And I said, ‘You know what, I think it is a show I want to do.’”

After a career built on MTV and sketch comedy, McCarthy was ready for a project she could enjoy with her son. “I’d been looking for something that was weird, unique, entertaining and, more importantly, family friendly,” she says. “It has been so thrilling and so fun and a job I can’t wait to do again.” The best part? *The Masked Singer* returns to FOX for a second season.



## THE HIGHLIGHTS

- 1972**  
Born November 1 in Evergreen Park, Illinois.
- 1995**  
Co-hosts MTV game show *Singled Out*.
- 1997**  
Hosts *The Jenny McCarthy Show* on MTV.
- 2004**  
Publishes her bestselling book, *Belly Laughs*.
- 2015**  
Stars in A&E reality TV series *Donnie Loves Jenny*, depicting life at home with husband Donnie Wahlberg and son Evan.
- 2016**  
Begins hosting SiriusXM Radio’s *The Jenny McCarthy Show*.
- 2017**  
Launches flavored cocktail line, Blondies.
- 2019**  
Appears on FOX hit singing competition *The Masked Singer*, a show in which celeb panelists are tasked with guessing which celebrity is behind the mask.

PHOTOS Astrid Stawiarz/Getty Images (above), Frederick M. Brown/Getty Images (left)



I HAVE TRAVELED  
ACROSS THE  
COUNTRY AND  
**HY-VEE IS, OVERALL,  
A COMMUNITY—**  
THAT’S HOW I  
DESCRIBE IT.”







in the  
**Hot**  
**SEAT**  
with  
**jenny**  
McCARTHY

**Q. What's the pinnacle moment of your career?**

**A.** When I got a phone call saying I was a *New York Times* Best Seller. I never, in my wildest imagination, thought the first book I wrote would amount to anything, considering I failed English. Just kidding, but it wasn't my calling, I thought. And I wrote 11 more after that.

**Q. What are you passionate about?**

**A.** I am passionate about helping people. Also, I would say that I'm a natural-born entrepreneur. I'm constantly trying to think of what's missing—what don't we have yet that we need? I can't tell you how many ideas I have!

**Q. How has motherhood changed you?**

**A.** In so many ways. Most mothers will tell you we become less selfish and more cautious. I have someone to live for, I have someone who matters. And I have

no doubt that he has not only made me a great mother, but a better person.

**Q. What does success mean to you?**

**A.** Happiness, no doubt. Prosperity, and just a fulfilling sense of having a purpose.

**Q. What's the biggest lesson you have learned from being in the public spotlight?**

**A.** The biggest lesson I have learned, hands down, is that any type of negativity you get, try to not take it personally. People go through hard times, and what we do as human beings is project [those bad feelings] onto people. So I really try to send them love and not respond to negativity.

**Q. How did you meet Donnie?**

**A.** On New Year's Eve. I host *Times Square with Ryan Seacrest* every year, and my very first year, Donnie was performing with New Kids on the Block. He

just said, "Hi, Jenny McCarthy," and I said, "Hi, Donnie Wahlberg." That was that. Cut to another rendition of *The Jenny McCarthy Show*, he was a guest on. After the show I gave him my phone number. He waited two weeks, to call me back but, as he says, he thought I gave my number to everybody. Now he realizes it wasn't so, I was just waiting 40 years for this man to come to me.

**Q. Is it easier to be married to someone who is also in the public spotlight?**

**A.** It's so much easier, because they understand what you're going through. Having Donnie on an even playing field is everything for me.

**Q. How do you balance family life?**

**A.** By communication. I try to let them know that they are the most important people that I'll ever have in my life.

Q.

**What are you still hoping to accomplish?**

**A.** I wrote a movie, *Dirty Love*, that went to Sundance. We were one of the few movies that sold, so I was really proud of that. There are another few movies to be written inside of me. And then probably 800 other things.

“MY FAMILY IS WHO I COUNT ON, AND WHEN NO ONE WANTS ME ANYMORE, THEY’RE GOING TO BE THERE FOR ME. I TRY TO LET THEM KNOW THAT THEY ARE THE MOST IMPORTANT PEOPLE I’LL EVER HAVE IN MY LIFE.”



# WHEN JENNY MET DONNIE

**McCarthy has been married to Donnie Wahlberg** since 2014. The couple, featured on three seasons of the A&E show *Donnie Loves Jenny*, chronicled their life together balancing fame, business and raising McCarthy's son, Evan. On becoming a Wahlberg, she had this to say: "I had no idea that it'd be greater than being a McCarthy. Their family reminds me a lot of my own. We have a giant Irish-Catholic family in Chicago, they have a giant Irish family in Boston, and they welcomed me with open arms. And it's so sweet to see them love each other. I feel inspired by them and loved, and I love them."



"I'm a natural-born entrepreneur," says McCarthy. "I'm constantly trying to think of what's missing. What don't we have yet that we need?" Looking at the thought process behind her cocktail line, Blondies, it's easy to see what she means. McCarthy is gluten-free and struggled to find ready-to-pour drinks that tasted delicious and weren't fattening. "So I said, 'You know, it's not on the market yet, why don't I make it myself.'" From that vision came Blondies, a premixed cocktail line with fun, fruity flavors like Blueberry, Strawberry and Lemonade and a refreshing gluten-free formula that contains no artificial additives, dyes or flavors and that uses real fruit juice.



**BLONDIES READY-TO-DRINK VODKA COCKTAILS ARE LIGHT AND DELICIOUS, MADE WITH REAL FRUIT JUICE AND NATURAL FLAVORS. PICK UP BOTTLES OR CANS FOR YOUR NEXT PARTY OR DAY AT THE BEACH.**

## Blondies Vodka Lemonade Cocktail

**Hands On** 5 minutes  
**Total Time** 5 minutes  
**Serves** 1 (5 oz.)

**4 oz. Blondies vodka lemonade drink mix**  
**1 oz. Hy-Vee ruby red grapefruit juice**  
**Lemon peel twist, for garnish**

**1. COMBINE** lemonade drink mix and grapefruit juice in a mixing glass. Serve in a martini glass. Garnish with a skewered lemon peel twist, if desired.

PHOTO D Dipasupil/Getty Images (left)

“TO ME, SUCCESS MEANS HAPPINESS...AND JUST A FULFILLING SENSE OF HAVING A PURPOSE.”







**Post** CONSUMER BRANDS

**Fruity PEBBLES™ cereal, with its delicious taste and intense fruity flavor has been a family favorite for over 40 years!**

THE FLINTSTONES and all related characters and elements © & ™ Hanna-Barbera.(s19).



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**NEW!**

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**STōK™**

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**COLD BREW COFFEE**

DRINK BOLD

DREAM BIG



**LATTE**

Naturally Flavored

NOT TOO SWEET

**STōK™**

**OATMILK**

**COLD BREW COFFEE**

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Stōk:  
select varieties  
48 fl. oz.  
4.99

**BOLD. SMOOTH.  
CREAMY. AND  
DAIRY FREE.**

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# Cheers! TO CHERISHED COCKTAILS

GET REACQUAINTED WITH OLD FRIENDS—SOME WITH SLIGHTLY NEW FACES. THESE FAVORITES FROM YESTERYEAR OFFER A COMPELLING REASON TO SIP AND SAVOR THE MOMENT.



## IRISH OLD FASHIONED

Combine 2 oz. Jameson Irish whiskey, ¼ oz. simple syrup and 2 dashes orange bitters in a mixing glass. Add ½ cup ice; stir until mixture is chilled and well-combined. Strain mixture into an ice-filled 8-oz. glass. Garnish with orange peel, if desired. Serves 1.

### Garnish Tip

When preparing an Irish Old Fashioned, some bartenders lightly rub the rim of the glass with an orange peel before dropping the garnish in the drink.



## JAMAICAN DARK AND STORMY

Place kosher salt in a shallow dish. Dip the rim of a 12-oz. cocktail glass in water and immediately dip in the salt. Fill prepared glass with ice. Pour 4 oz. ginger beer and 1 oz. fresh lime juice into glass; top with 2 oz. Appleton Estate rum. Stir gently. Garnish with skewered lime slices, if desired. Serves 1.

### Garnish Tip

Its fragrance is a delight, but lime's astringent oils can overpower some cocktails, so place the lime garnish on top of the drink, not in it.

## DIRTY VODKA MARTINI

Combine 2½ oz. Tito's handmade vodka, ½ oz. dry vermouth and ½ oz. olive brine in a mixing glass. Add ½ cup ice and stir until mixture is chilled and well-combined. Strain into a 6-oz. martini glass. Skewer 2 Hy-Vee stuffed Manzanilla olives on a rosemary sprig for garnish, if desired. Serves 1.

### Garnish Tip

Ratchet up the fancy factor by including a sprig of rosemary—an unexpected addition with strong sensory appeal.

### smart swap

Substitute olives stuffed with Roquefort or blue cheese, pickled jalapeños or garlic cloves.

## CLASSIC TOM COLLINS

Combine 2 oz. Bombay Sapphire gin, 1 oz. simple syrup, 1 oz. fresh lemon juice and 1 cup ice in a 10-oz. glass. Stir until mixture is chilled and well-combined. Top with 2 oz. Hy-Vee club soda. Stir gently. Garnish with lemon and lime peel twists and a Hy-Vee maraschino cherry, if desired. Serves 1.

### Garnish Tip

Use a vegetable peeler to pare a long strip of citrus peel. Cut the large strip into thin strips and twist.



## pro tip: GARNISHES

“Dress up your drink however you feel it appeals to your needs. Just remember that your garnish should complement the flavors of the drink, not overshadow and take away from the drink's profiles. Garnishes do not have to be citrus-based. You can use salty, savory, or sweet items as well.”

—Jeff Naples

“The Beard Behind the Bar”  
HSTV.com

## HISTORY 101

**Old Fashioned:** The official cocktail of Louisville, Kentucky, where the drink was invented in 1881.

**Dark and Stormy:** This 100-year-old Bermuda drink is named for the ominous look that results when ingredients are mixed.

**Dirty Martini:** The original, made with gin, reportedly was a favorite of President Franklin D. Roosevelt's.

**Tom Collins:** Based on 19th century English gin punches, there is debate whether the actual drink was invented in England or America.

## Master the Mixing

Learn more about unique cocktails from Jeff Naples, the master mixologist known as **The Beard Behind the Bar**.



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



# THAT'S WHAT I LIKE™

Pepsi Mini Cans:  
select varieties  
6 pk., 7.5 fl. oz.  
2/5.00  
with purchase of 2

ENTER FOR YOUR CHANCE TO  
**WIN A WAVE RUNNER**  
WHEN YOU PURCHASE PARTICIPATING  
PEPSI® PRODUCTS USING YOUR  
HY-VEE FUEL SAVER + PERKS CARD!  
SEE IN-STORE FOR MORE DETAILS



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**Sugardale**



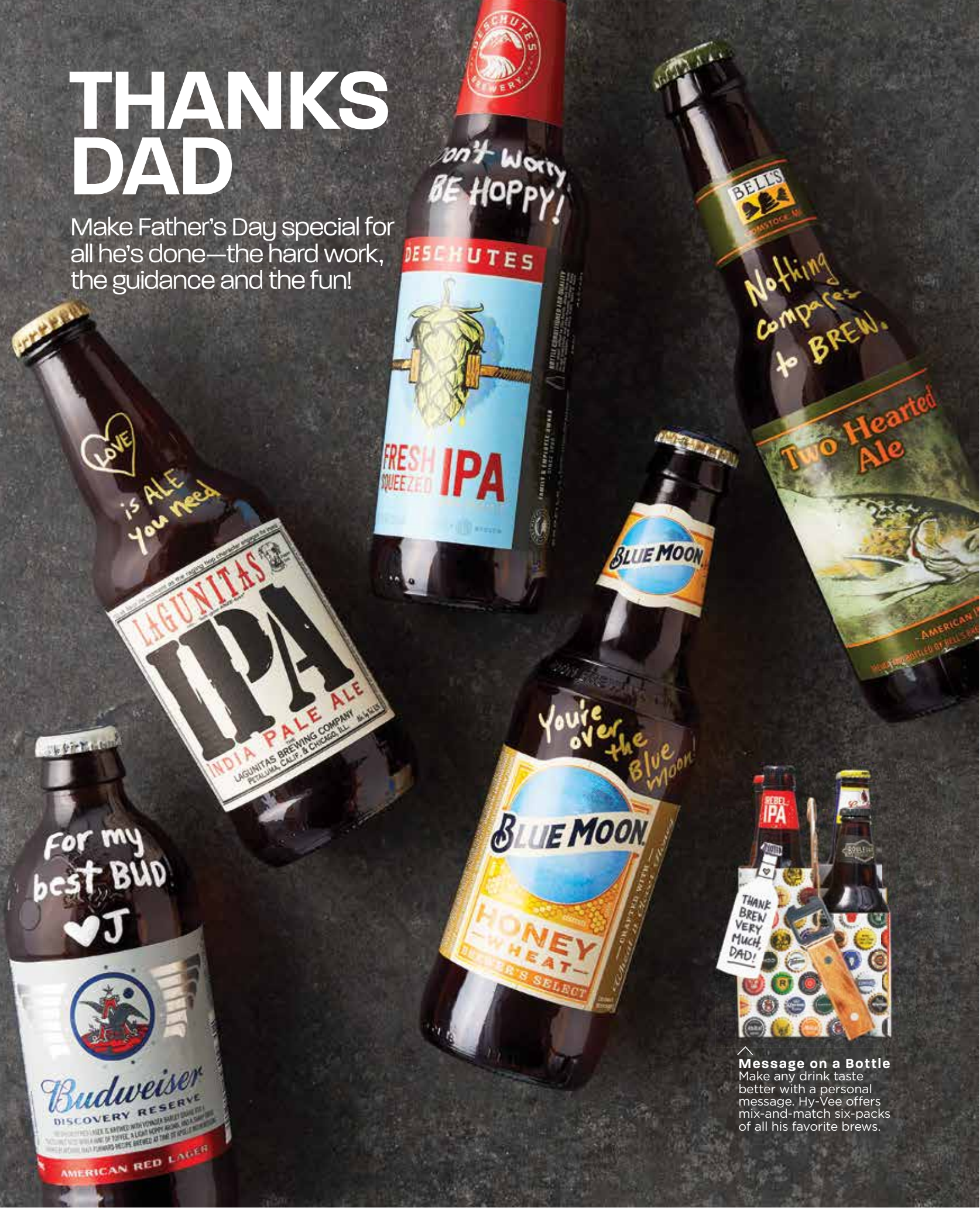
Sugardale  
Jumbo Franks:  
select varieties  
16 oz.  
3/5.00





# THANKS DAD

Make Father's Day special for all he's done—the hard work, the guidance and the fun!



**Message on a Bottle**  
Make any drink taste better with a personal message. Hy-Vee offers mix-and-match six-packs of all his favorite brews.

## DIY Gift Boxes

There's *satiety* in numbers. See for yourself by grouping Dad's favorite snacks together in a gift box.



**Tackle Box Kit**  
Fisherman fathers will find this catch truly worth boasting about: a tackle box filled with goldfish crackers, gummy worms and other snacks.



**Meat & Cheese Bouquet**  
What's his food kryptonite? Specialty cured meats? Artisan cheeses? He'll find it hard to resist this assortment, wrapped in butcher's paper and tied with a bow.



**Lucky Dad Kit**  
Winning a lottery would be sweet indeed. Then again, candy offers its own sweet rewards.



**Cupcake Kit**  
His eyes will open wide when he sees these Father's Day cupcakes from the Hy-Vee Bakery.



# Quick & Easy Gift Groupings

Double down. Find something he cares about, then bundle several related items from Hy-Vee into a Father's Day gift.



**Cocktail Connoisseur**  
Special liquor + Mixers + Cocktail glasses + Garnishes



**Health Nut**  
Blender + Protein powder + Nutritional supplements + Energy bars



**S'mores Lover**  
Cooler + Sterno + Lighter + Marshmallows + Chocolate + Graham crackers + Cooking accessories



**Pizza Night**  
Pizza stone + Pizza cutter + Pizza crusts + Pizza sauce + Italian seasoning



**Meat Lover**  
Hy-Vee meat bundle + Steak knives + Grill accessories



**Coffee Hound**  
Keurig coffeemaker + Gourmet coffees + Cookies + Special mug



## REMEMBER THE CARD!

Go straight to his heart with a sentimental message—or give him a good ol' belly laugh with a silly or funny card.

# One Stop. Grill Shop.

Set him up for success. Hy-Vee has everything Dad needs to become master of the barbecue.



**Grills**  
Check out a full range of charcoal, gas and ceramic grills, plus smokers!



**Accessories**  
Which wood adds the best smoky flavor? Dad can decide after testing a few.



**Flavors**  
From seasonings to sauces, he'll relish experimenting with flavor enhancers.

**Dad's Tool Kit**  
Grilling is easy and quick with the right tools at his command.







#### H2O to Go

A sports bottle lets him rehydrate after a bike ride or mowing the lawn.



#### Thanks a Latte

With a Starbucks gift card and convenient to-go cup, joe is always at hand.



#### Daddy Date

Give him movie theater passes. Or pack snacks for movie night at home.

## Gift Card Central.

Gift cards can help make Dad's day—especially when they're tailored to his interests and hobbies. Hy-Vee has a full range of gift cards to cheer dads. For a more personal touch, pair them with related items, as seen here.



#### Fortunate For You

Fortune cookies, chopsticks and a carry-out box set the table for a Hy-Vee Chinese gift card.

#### Cheers Dad

A copper mug, lime juice and single-portion bottle of liquor add punch to a gift card to Hy-Vee's Wine & Spirits Department.

## Hy-Vee Baskets For Dad.

Put a smile on Father's face with a basket of personal care products tailored exclusively for men.



#### Well-Groomed Basket

From oak-barrel-scented soap to barbershop-quality shaving cream, Hy-Vee has all the specialty products from Duke Cannon. And who can resist Bloody Knuckles hand repair or News Anchor hair wash?



#### About Duke Cannon

Hy-Vee is proud to offer the line of Duke Cannon men's grooming products, which are 100% made in the U.S.A. A portion of proceeds benefits U.S. veterans.



#### Bon Appétit Baskets

His tastebuds will travel to exotic locales with a gift basket of specialty foods from around the world.



#### Craft Beer Basket

What's on tap? A basket of craft beers and bar snacks! Customize the basket to suit Dad's tastes with mix-and-match beers.



#### Cocktail Basket

Everything needed—even glasses!—for bartender father to make a classic Old Fashioned cocktail. See the recipe on page 68.



#### Game Night Basket

Here's the deal: If he plays his cards right, Pa can enjoy game night with his favorite whiskey, flask, bar supplies and playing cards.





AVAILABLE FOR A LIMITED TIME, ONLY IN YOUR HY-VEE DELI.



CALORIES:  
**50**  
SERVING

PROTEIN:  
**12g**  
SERVING

SUGARS:  
**0g**  
SERVING

Serving Suggestion

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Get your spring gusto  
with **DI LUSSO® Italian  
Style Roasted Garlic  
Turkey Breast.**

This premium, hand-trimmed product is made  
from 100% white breast meat, basted in its own  
juices, low in fat and features a light roasted  
garlic flavor with notes of basil and oregano.

Perfect for an **Italian Hero Sub.**

*Kellogg's*  
**RICE KRISPIES  
TREATS**  
CRISPY MARSHMALLOW SQUARES

***Rice Krispies Treats,  
made with...***



**#SoMuchToLove**

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# BEST SUMMER EVER

This is the summer to remember! Line up days-worth of activities to keep kids engaged, entertained and happy. Bonus: They might even learn a thing or two!



PHOTO: conrado/Shutterstock



## play ball

Possibilities are nearly endless! Play a game of kickball, dodgeball, catch, soccer, volleyball or bocce ball, just to name a few.



## move

Up and at 'em! Hit the backyard or the park for fun activities with these items from Hy-Vee.



## here comes the boom

What goes around comes around (hopefully). Have kids personalize a boomerang with permanent markers or stickers. Then go outside and have a contest to see who can throw and catch their boomerang the most times without dropping it.

Hy-Vee  
**KIDSFIT**

### 5-WEEK CHALLENGE

Get kids moving with Hy-Vee KidsFit, a free online personal training and nutrition tool. For a fun and fit summer, try the 5-week challenge, a 4-day-a-week interactive program.

**PLAY DAY** is a workout designed for kids and can be performed anywhere.

**LEARN DAY** offers information on exercise safety, how to build confidence and making fitness part of the routine.

**EAT DAY** shows kids how to eat healthfully and outlines simple, healthy snack options.

**FAMILY DAY** gives the whole gang an opportunity to have fun and get fit together.



### pro tip: BETTER TOGETHER

“Motivate kids to move more by moving with them. Going on walks and having conversations about health helps create and maintain a model for great self-care practices. In addition, get creative as a family and complete Hy-Vee KidsFit Challenges!”

—**Daira Driftmier**  
Certified Personal Trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitness



# explore

Keep little hands and active minds busy with fun experiments and gooey creations.



**Digging It**  
For a fun-filled afternoon, head to [HSTV.com](http://HSTV.com) and see exactly how to make a Gelatin Dig.



Watch and learn at [HSTV.com](http://HSTV.com) today!

## gelatin dig

Make gelatin in a fish bowl and submerge candies in the mixture before refrigerating. Ideal for toddler to preschool ages.

## liquid chalk

Mix equal parts water and cornstarch with preferred amount of food coloring. Pour mixture into a squeeze bottle. Create designs on sidewalk or driveway. (It washes off with water.)



## melon eruption

Cut open the top of a small watermelon and hollow out the inside with a melon baller. Pour about ½ cup of baking soda into the hollow watermelon, then squirt in some dish soap. Next, pour vinegar into the watermelon and wait for the fizzy reaction.



## slime time

Laughs are bound to happen with Elmer's Slime Starter Pack found at Hy-Vee. The slime is safe, nontoxic, kid-friendly, easy to make and fun! Aside from what's in the box, you'll need contact lens solution and baking soda.



## jump through hoops

**Obstacle Course** Set up hoops in various positions across a yard or other open space. Have kids run across or leap from hoop to hoop. For a finish line, stack hoops on top of each other so kids must jump inside.

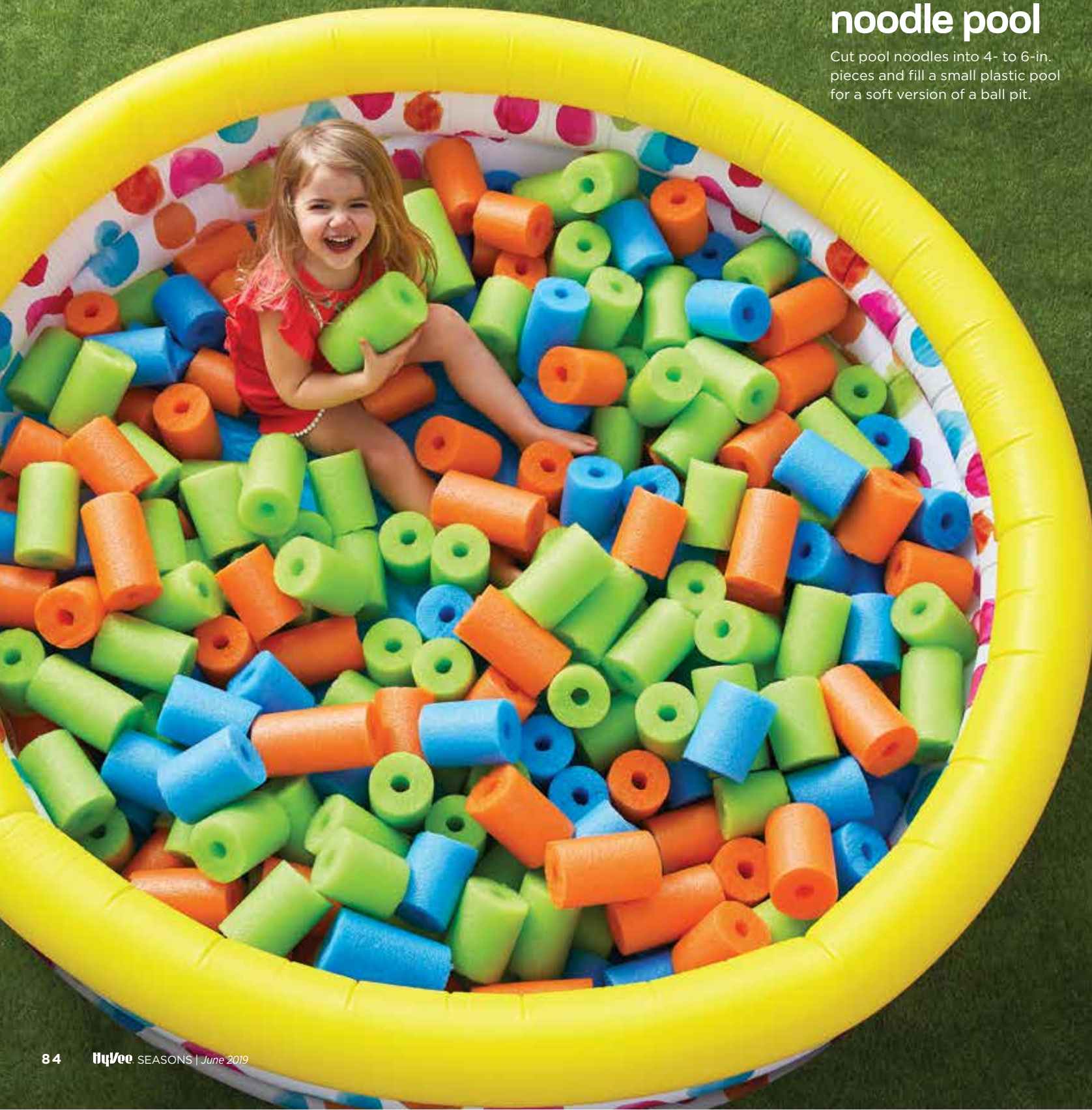
**Hoop Scotch** Place multiple hoops on the ground in any pattern for kids to hop through.

**Bag Toss** Lay hoops on a driveway and use chalk to write numbers in the center of each. Toss bean bags into hoops. Whoever has the most points at the end wins.



# Chill

Feeling the heat? Kick back or cool off to extend the fun after all that disc throwing and hoop hopping.



## noodle pool

Cut pool noodles into 4- to 6-in. pieces and fill a small plastic pool for a soft version of a ball pit.



## water balloon piñata

String up water balloons under a tree or from a play set for kids to swing at! Serve a fresh-fruit snack on the side to replace the traditional piñata candy.



## ice cube paints

Fill ice cube tray with water, add food coloring as desired and place it in freezer. Once partially frozen, add a wooden stick for a handle, then place back in the freezer until completely frozen. Let thaw slightly and brush across paper like a paintbrush.



## water-gun games

**Paint** Fill squirt guns with water and liquid watercolor paint. Hang watercolor paper on a tree or clothesline outside and let kids spray paint to their art's content.

**Freeze Tag** New twist on an old game: Any time a player is hit with water, they are frozen until another player unfreezes them with a blast of water.

**Accuracy Contest** Set up a pyramid of plastic cups and have kids try to knock down specific cups one at a time without collapsing the entire pyramid.

## First Aid

Scrapes, stings, rashes and burns are often unavoidable. Be prepared to treat them all and avoid infections or reactions.



### CUTS & SCRAPES

Always wash hands before treating a cut. If needed, apply pressure with a sterile bandage to stop any bleeding, then rinse the cut with water, removing any debris with alcohol-rinsed tweezers. Gently apply a thin layer of antibiotic cream, then cover the cut.



### BUG BITES

Apply an ice pack to itchy bites or stings or apply an anti-itch cream with hydrocortisone. Use an ice bag on bites or stings that are swollen or painful. Seek medical attention if allergic reactions occur.



**SUNBURN** Help prevent sunburns by applying a sunscreen with SPF 30 before kids go outside. If sunburn occurs, apply a moisturizer with aloe vera to keep skin moist and to soothe pain. Continue to moisturize while skin peels.



**POISON IVY** Rashes from poison ivy tend to go away on their own after a few weeks and rarely require medical attention. If itching is persistent and results in difficulty sleeping, apply a corticosteroid cream or calamine lotion, or take an antihistamine, such as Benadryl.

### SAFETY TIPS

- Wear long sleeves to protect sun-burnt skin.
- Wear long sleeves and jeans when exploring wilderness areas to avoid cuts and poison ivy.
- Provide water breaks for kids playing outside.
- Always supervise kids playing in or around pools or bodies of water.

STOP BY YOUR LOCAL HY-VEE FOR FIRST-AID KITS, INSECT REPELLENT, SUNSCREEN AND MORE!





Frito Lay Lay's:  
select varieties  
5 to 8 oz.  
2/5.00



**NEW**  
**MAY 2019**  
Limited Time Only



Stacy's Pita, Bagel  
or Pita Thin Chips:  
select varieties  
6.75 to 7.33 oz.  
2.88



Frito Lay Variety Packs:  
select varieties  
28 or 32 ct.  
9.99



Frito Lay Smartfood:  
select varieties  
4.5 to 10 oz.  
2/6.00



**NEW**

NATURALLY FLAVORED WITH  
OTHER NATURAL FLAVORS

# Blueberry Cheerios™

made  
with **real blueberry  
puree &  
other natural flavors**







# SUNFLOWER POWER

No flower speaks summer as joyfully as sunflowers! Pick up a bouquet in the Hy-Vee Floral Department and make a charming arrangement to brighten your home.

A COLORFUL  
CENTERPIECE IN  
5 MINUTES!



**Not-So-Mellow Yellow**  
Lemons amp up the quotient of yellow, while green adds contrast to the arrangement.

## Decorate with Sunflowers

**MAKE A MONOGRAM** (left) Trace and carve a letter out of an OASIS® sculpting sheet, following package instructions. Reinforce the monogram by wrapping florist wire around the form and cover with dry moss pinned in place. Moisten floral foam, then insert 2-in. sunflower stems.

**WHEN SUNNY GETS BLUE** (above) Collect bottles, jars and glasses—a variety of shapes and sizes adds interest, while the blue tint is striking against the yellow sunflowers. Add water and a drop of bleach to each bottle to discourage microorganisms, then cut stems diagonally and place a single flower in each bottle.

**LEMON AID** (above right) Gather two sizes of round glass vases and put the smaller one inside the larger one. Place lemons in the gap, then fill the inner vase with water and a few drops of bleach. Add sunflowers, green button mums and green hypericum from your Hy-Vee Floral Department.

**GOOD DAY SUNSHINE** (right) Give sunflowers a stage to shine with a bright painted crate. Add potted plants and a vase of sunflowers from Hy-Vee, then place the display wherever cheerful color is needed.



PAINT STRIPES ON CRATES FOR A PUNCH OF COLOR ON THE PORCH!





# SHOT IN THE DARK

Smooth coffee.  
Rich espresso.  
Real milk & sugar.  
*Run Faster*

AMERICA RUNS ON DUNKIN'®

NEW

Try Simply® Watermelon.  
It's simply refreshing  
yet refreshingly simple.



Honestly Simple.

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NEW!

GROWING  
**GOODNESS**  
*for a*  
**MIGHTY**  
**TOMORROW™**

Ocean Spray  
Growing Goodness:  
select varieties  
8 pk.  
2.99



CRAVE THE FLAVORS.  
LOVE THE BENEFITS.



# Do More

For Your Whole Mouth



Colgate Toothpaste,  
Toothbrush or Mouthwash:  
select varieties  
3.5 to 6 oz., ea. or  
200 to 500 ml.  
3.99



**NEW**  
BREAKTHROUGH  
FORMULA

# health

**Strengthen  
your body and  
safeguard your  
brain to live a  
healthier life.**

**94** 10,000 STEPS A DAY

**98** 25 WAYS TO BOOST  
BRAIN HEALTH

**104** FOODS THAT  
PROMOTE HEALTHY  
HAIR

**108** DOUBLE DUTY

**112** 50 YEARS OF  
HY-VEE PHARMACY

**114** 7 DIY HEALTH TESTS  
THAT COULD SAVE  
YOUR LIFE





# 10,000 Steps a Day

## HIT YOUR STRIDE

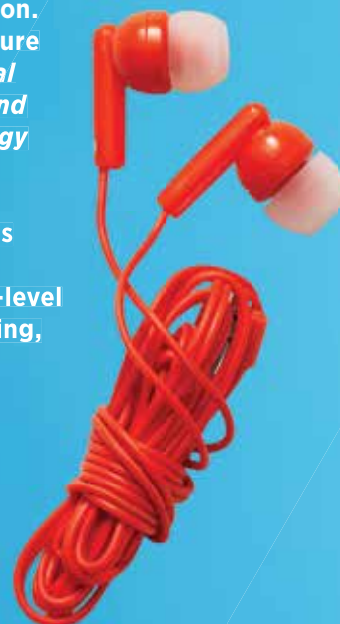
**EXERCISE CAN BE A WALK IN THE PARK. LITERALLY! FOLLOW THESE EASY TIPS TO WORK TOWARD 10,000 STEPS A DAY WHILE TAKING ADVANTAGE OF LONG-TERM HEALTH BENEFITS.**

The average American walks 3,000 to 4,000 steps a day, which comes out to roughly 1.5 to 2 miles per day. Hoping to pump up those numbers to 10,000? The Mayo Clinic recommends adding 1,000 steps a day for two weeks. If you're new to exercise or recovering from injury, aim for a lower daily step count and work your way up. If 10,000 comes easy, up the ante and go even farther. Either way, when combined with other healthy behaviors, regular walking has major upsides.

Walking is easy on knees and ankles while strengthening leg muscles. As an aerobic exercise, walking improves the health of the lungs and heart. As you progress, increase the distance and pace to reap even greater cardio benefits. A 2011 study published in *Research Quarterly for Exercise and Sport* shows that sedentary adults who walked at a vigorous pace for at least 60 minutes per week experienced significantly more improvement in fitness than sedentary adults who walked at a leisurely pace.

### LISTEN UP

Cue up your favorite tunes for motivation. A review of literature in the *International Review of Sport and Exercise Psychology* states that fast-paced music may improve a person's ability to perform low-to-moderate-level exercise like walking, which increases calories burned. Be sure to pay attention to your surroundings—headphones may impair your ability to detect cars or people around you.



**SWING** arms freely along sides, a slight bend at the elbow. Control the swing to match your pace and feel comfortable.

**HEAD IS UP** and looking toward the horizon to see where you're going and to avoid stress on your neck and shoulders.

### STAND TALL

with neck, shoulders and back relaxed. Walking with upright form and not hunched over allows you to walk at a faster pace.

**LAND HEEL FIRST**, rolling toward the ball of the foot. Keep feet and knees moving in a straight line.

## Top Health Benefits of Walking



### WEIGHT MANAGEMENT

Walking is a safe and easy way to burn more calories. A 155-pound person can burn almost 150 calories walking at a pace of 3.5 mph for 30 minutes. The faster and farther you walk, the more calories you burn.



### DISEASE/CONDITION MANAGEMENT AND PREVENTION

Walking can reduce the risk of heart disease and stroke, and improve management of high blood pressure, high cholesterol and diabetes.



### MOOD

A 2016 study published in *Emotion* found that walking has positive effects on mood, even when not being performed for exercise. The effects may be strong enough to block out boredom or dread.



### BALANCE

Regularly walking will strengthen the lower body, which in turn will improve balance. Strength and balance play an especially important role in preventing falls in older populations.

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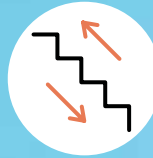
## Man's Best Friend and Personal Trainer

Your walking buddy might be scurrying around your ankles. Dogs benefit from walking just like humans. They increase metabolism, build muscle and strengthen joints. Time outside stimulates senses to prevent boredom (bad behavior). Exercise and not having to clean up torn-apart trash? That's a win-win!



# 10 WAYS TO GET TO 10,000 STEPS! MAXIMIZE YOUR DAY

Make simple choices every day to reach 10,000 steps a day!



**TAKE THE STAIRS** Climbing stairs instead of riding an elevator or escalator may burn 8 to 11 calories per minute.



**CATCH UP WITH A FRIEND** Walk and talk with friends on a regular basis to increase happiness and self-confidence and reduce stress.



**WALK DURING BREAKS** Take advantage of work breaks to walk around the block or outside the building. A brisk three-quarter mile jaunt will add around 1,500 steps.



**WALK TO WORK** If your commute is walkable and safe, put on walking shoes and head out to start your day. Look forward to 4,000 extra steps if it's a two-mile round-trip.



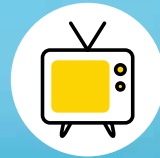
**DITCH EMAIL** Move around the office to communicate with coworkers rather than send emails, when possible.



**GET OFF THE BUS OR TRAIN EARLY** Hop off public transit a mile before your usual stop. You'll gain around 2,000 steps.



**WALK TO THE STORE** If you just need a few items, tote a bag or two and get exercise while completing an errand. A half-mile round-trip will net you around 1,000 steps.



**WALK DURING COMMERCIAL BREAKS** Challenge yourself by seeing how many steps you can fit in during a two-minute commercial break.



**PARK FARTHER AWAY** Always hunting for the elusive front row spot at the grocery store? Park near the middle or back of the lot to get in more steps and stretch out after sitting.



**CARRY IN GROCERY BAGS ONE AT A TIME** Carrying 15 bags in one trip is impressive, but carry in one at a time to pump up your step count.



## Shoes Made for Walking

Replace athletic shoes more than a year old to ensure your lower body receives proper support. Worn shoes are less shock absorbent, which could lead to joint damage. Other potential issues caused by poor footwear are shin splints, heel spurs, plantar fasciitis and stress fractures.



### pro tip: WALK THE WALK

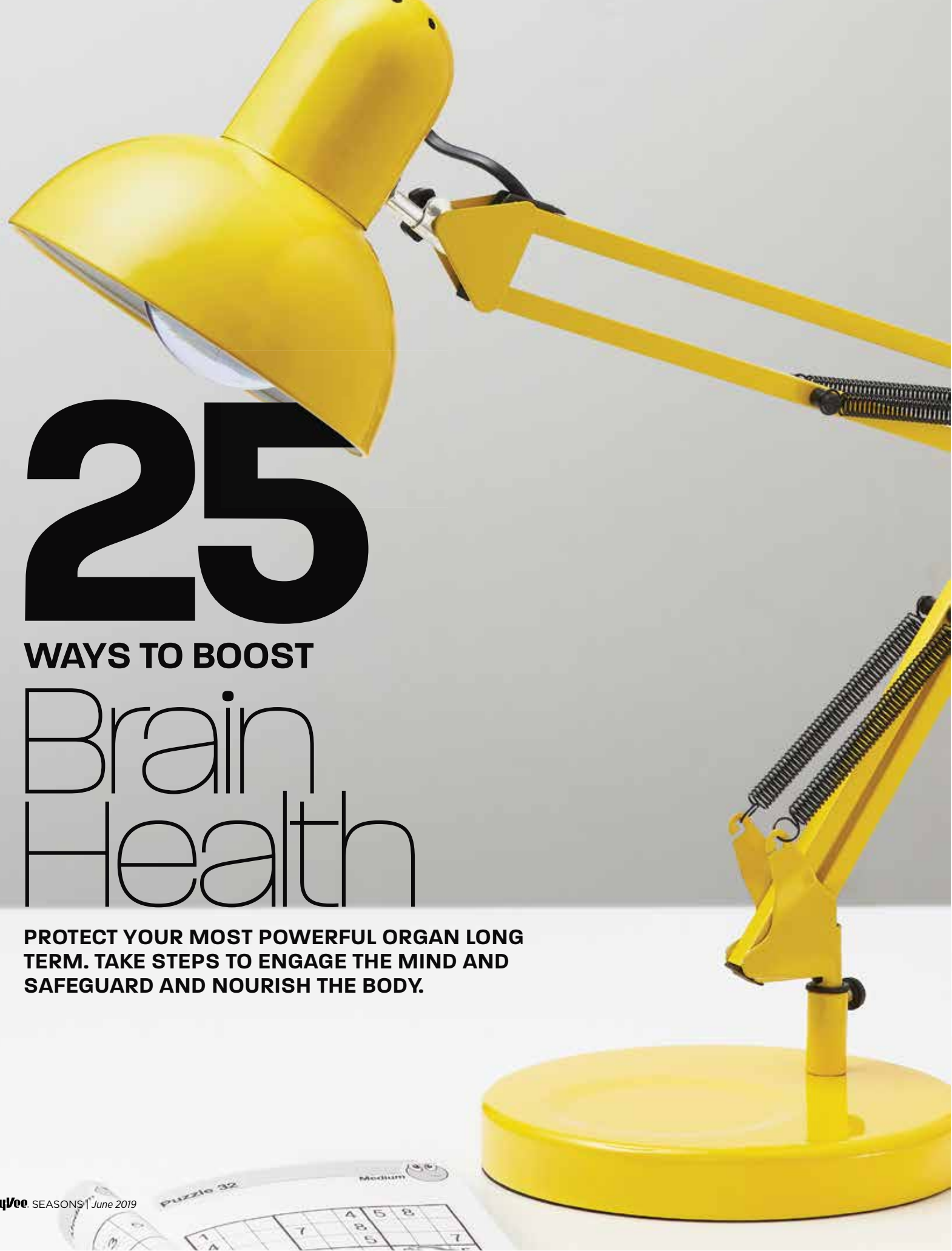
“Add more steps into the workday by getting up from your desk at work each hour to get water or go to the restroom. If appropriate, schedule walking meetings with your co-workers.”

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



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# 25

## WAYS TO BOOST

# Brain Health

PROTECT YOUR MOST POWERFUL ORGAN LONG TERM. TAKE STEPS TO ENGAGE THE MIND AND SAFEGUARD AND NOURISH THE BODY.

## mind

KEEP THE MIND ACTIVE, HEALTHY AND VIGOROUS WITH A MIX OF LEARNING, SOCIALIZING AND STRESS MANAGEMENT.

### 1 SOCIALIZE

Studies show that feeling isolated from others can disrupt sleep, elevate blood pressure, increase stress and depression, and diminish a sense of well-being. It's also a major risk factor for Alzheimer's disease, which is why it's important to remain socially engaged. Stay in touch with current and former coworkers, share good times with family and friends, join a club and consider volunteering.

### 2 TREAT DEPRESSION

Depression has been linked to issues with concentration, awareness and memory. It also impacts sleep, which can affect brain function.

### 3 REDUCE STRESS

Chronic tension leads to the buildup of cortisol, which, in large quantities, can wear down the brain's ability to function properly.

### 4 DOODLE

Drawing and scribbling absentmindedly may help focus attention. In one study, those who doodled remembered 29 percent more of information presented than those who didn't doodle.

### 5 BE MINDFUL

There is evidence that focusing on the present without judgment, rather than the past or future, increases the density of gray matter, or neural tissue, in the hippocampus, the part of the brain associated with emotion and memory.

### 6 THINK POSITIVE

Happy, hopeful and optimistic thoughts lead to the production of serotonin, which creates a sense of well-being and helps the brain function at peak capacity.

### 7 MEDITATE

Meditation has been shown to have physical and psychological benefits and may be helpful in preventing cognitive decline in elderly people. Studies show meditation has a positive effect on attention, memory, verbal fluency and cognitive flexibility.

### 8 LEARN

Researchers have found that mental stimulation can help the brain generate new cells, developing neural plasticity as a hedge against future brain cell loss. Be a lifelong learner. Read, take a class, learn a new skill or language and solve word puzzles and math problems.



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Plastic bricks have been used to help millennials deal with stress and senior citizens **communicate and socialize.**



# body

TAKING CARE OF YOUR BODY PAYS DEFINITE DIVIDENDS FOR BRAIN HEALTH.

**9 GET YOUR Zs**  
Quality sleep is needed to form and maintain brain pathways for learning. Also, a toxic protein known to accumulate in Alzheimer’s patients is flushed from the brain during sleep.

**10 MIND THE HEART**  
Brain health is connected to heart health. The federal government says that a healthy heart lowers the risk of brain problems like stroke and dementia.

**11 PROTECT THE NOGGIN**  
Moderate to severe head injuries and concussions can lead to cognitive issues later in life. Treat concussions; also wear seatbelts and helmets to protect the head.

**12 PRACTICE TAI CHI**  
Regular practice of this gentle, low-impact form of movement could promote brain and muscle health in older adults.

**13 EXERCISE**  
Exercise is thought to increase the number of tiny blood cells supplying the brain with oxygen. It also fosters the development of new nerve cells and connections between brain cells, called synapses.

**14 TAME HIGH BLOOD PRESSURE**  
High blood pressure in middle age increases risk of cognitive decline in old age.

**15 QUIT SMOKING**  
One study found that heavy smoking in mid-life may increase the risk of Alzheimer’s and vascular dementia later in life by as much as 100 percent.

**16 KEEP WEIGHT IN CHECK**  
Research shows that obesity is associated with reduced gray matter in the brain, and obese adults generally perform more poorly on cognitive tasks.

**17 BRUSH AND FLOSS**  
Studies show a connection between poor oral hygiene and cognitive decline, with gingivitis the factor most strongly associated with cognitive impairment.

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# diet

WHAT YOU DO AND DON'T PUT INTO YOUR BODY AFFECTS HOW YOU FEEL AND HOW YOU THINK.



## pro tip: OMEGA-3 OPTIONS

“Omega-3s are essential for brain health but it can be tricky to eat salmon every day. Fortunately, there are other sources. Grab a handful of almonds—chocolate, wasabi or smoked all have the same great punch of omega-3s. Avocados are becoming quite the trend and are easy to add to salads, sandwiches or eat alone. And omega-3 supplements have come a long way over the years. Ask your Hy-Vee dietitian to help you pick the perfect one.”

—Julie McMillin, RD, LD  
Assistant Vice President,  
Retail Dietetics, Hy-Vee

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**18 EAT HEALTHFULLY**  
People who eat a diet that emphasizes fruits, vegetables, nuts, healthy oils and plant-sourced proteins are less apt to experience cognitive impairment and dementia, according to Harvard University. Many fruits, vegetables and herbs are rich in antioxidants, which can help protect the brain from harmful effects of oxidation.

**19 LIMIT ALCOHOL**  
Excessive drinking is a definite risk factor for dementia. If you choose to drink, limit alcohol to one drink per day for women, two drinks per day for men.

**20 TRY PROBIOTICS**  
Studies suggest probiotics may help boost mood and brain function while lowering stress and anxiety.

**21 GO NUTS**  
Walnuts may lower blood pressure and protect arteries, benefitting both heart and brain.

**22 INCLUDE SPICES**  
Studies show that spices—such as cumin, curcumin and coriander—have brain-boosting power.

**23 AVOID SUGAR**  
A diet high in sugar can cause brain inflammation and impaired memory. Large quantities of refined carbs may hinder brain function.

**24 TAP INTO OMEGA-3**  
Fatty fish like salmon are rich sources of omega-3 fatty acids, linked to lower blood levels of a protein that impacts the brains of Alzheimer’s patients.

**25 EXPLORE FLAVONOIDS**  
Cocoa and dark chocolate have large amounts of flavonoids, which may help preserve cognitive abilities as people age.





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Jif Peanut Butter:  
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select varieties  
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## FOODS THAT PROMOTE

# Healthy Hair

ADEQUATE LEVELS OF ANTIOXIDANTS, B VITAMINS, IRON AND ZINC ARE KEY TO A HEALTHY HEAD OF HAIR.



### VITAMIN A

**What it does:** Promotes hair follicle production of sebum, a natural oil. Too-high amounts, however, are linked to hair loss.

**FOODS:** Cantaloupe, carrots, green peas, kale, red bell peppers, red tomatoes, spinach, sweet potatoes.

### VITAMIN C

**What it does:** Prevents oxidative damage to hair cells and helps the body absorb iron. Oxidative stress is linked to hair loss and brittleness.

**FOODS:** Broccoli, Brussels sprouts, canned stewed tomatoes, cantaloupe, green peas, green and red bell peppers, kale, mangoes, oranges, potatoes, red tomatoes, strawberries, sweet potatoes, tangerines.

### VITAMIN E

**What it does:** An antioxidant that helps maintain the integrity of cell membranes of hair follicles. Deficiency is uncommon, but can occur in people with problems absorbing fats. Too-high levels of vitamin E can affect thyroid function.

**FOODS:** Almonds, avocados, canola oil, mangoes, olive oil.

### IRON

**What it does:** Anemia caused by iron deficiency can cause hair loss; the mechanism behind it is not fully understood. Those on vegan or vegetarian diets and premenopausal women are at higher risk for deficiency.

**FOODS:** Beef, beans, edamame, lentils, oatmeal, potatoes, quinoa, salmon, shrimp, tuna.

### ZINC

**What it does:** A trace mineral essential for growth of hair follicles; also has antioxidant properties. Deficiency can occur in those on vegan or vegetarian diets or who eat large amounts of cereal grains containing phytates, which acts against zinc.

**FOODS:** Almonds, beans, beef, eggs, lentils, oysters, quinoa, salmon, shrimp, spinach, turkey.

### FOLATE

**What it does:** One of the B vitamins, folate aids cell function and tissue growth. Deficiency is associated with pigment loss in hair follicles and premature graying.

**FOODS:** Asparagus, avocados, beans (garbanzo, kidney, pinto), edamame, lentils, oranges, potatoes, quinoa, red bell pepper, romaine lettuce, salmon, spinach, yellow squash.

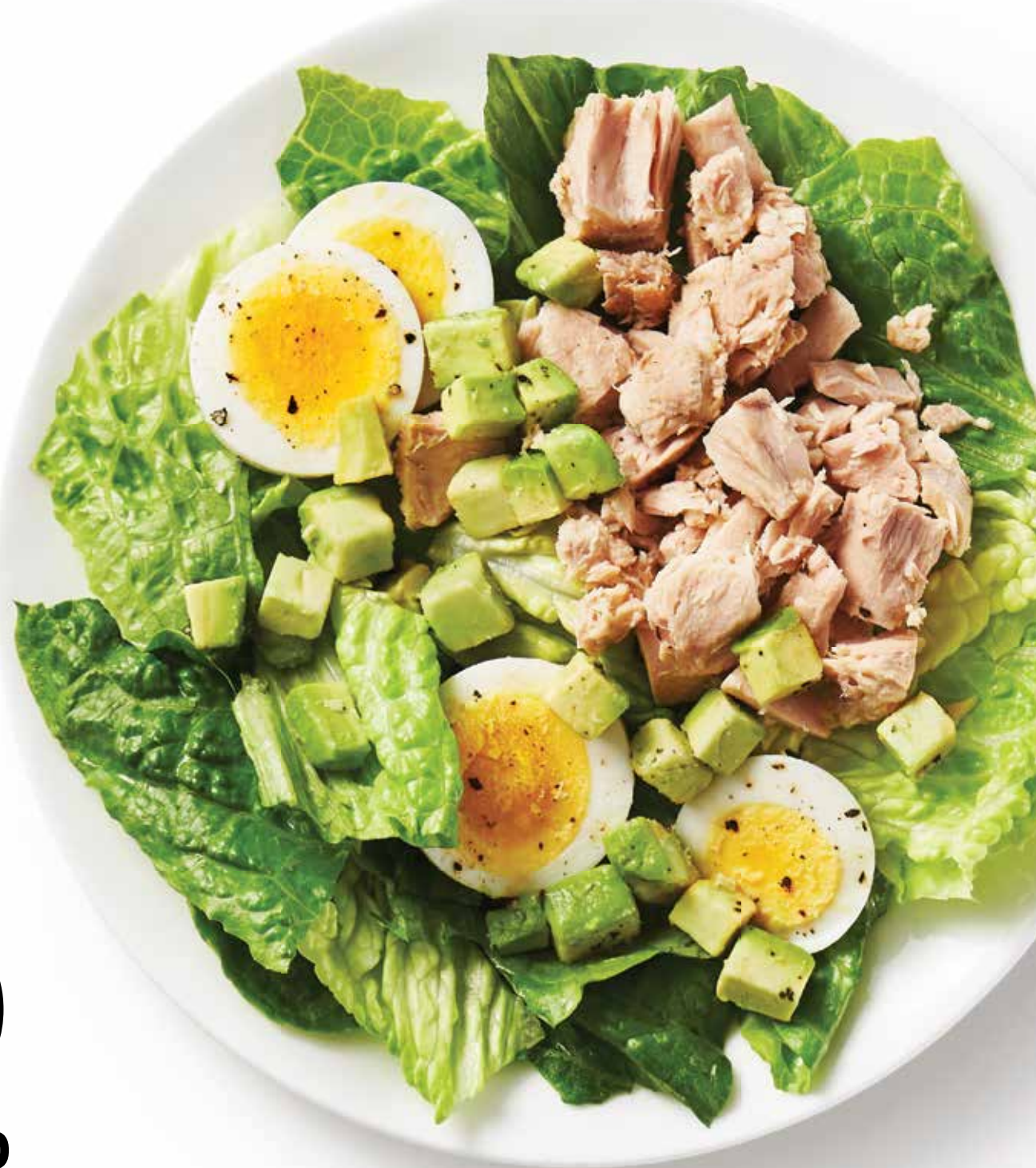




## pro tip: BALANCE IS KEY

“A balanced diet containing lean protein, fruits, vegetables, whole grains, legumes, fatty fish and low-fat dairy should supply the necessary vitamins and minerals associated with healthy hair and scalp. Consuming a variety of nutrient-dense foods—such as nuts, eggs, salmon, dark green leafy veggies and orange veggies—should do the trick.”

—Kimberly Proctor, RD, LD  
Dietitian  
Hy-Vee, Cedar Rapids, Iowa



# 5 BITES TO HEALTHIER HAIR

- 1 power salad**  
(above) Make a salad of romaine lettuce, sliced hard-boiled egg and chopped avocado. Add a small can of water-packed tuna. Splash on your favorite vinaigrette.
- 2 veggies & quinoa**  
Toss cooked quinoa with cooked or wilted spinach, cherry tomatoes and shaved Parmesan cheese.
- 3 fruit & nuts**  
Mix Hy-Vee Short Cuts cantaloupe and strawberries in a bowl. Top with slivered almonds.
- 4 salmon & bell peppers**  
Grill a salmon fillet with teriyaki brush-on sauce; grill mini bell peppers alongside.
- 5 asparagus eggs**  
Add cooked asparagus or green bell pepper to scrambled eggs, then sprinkle with Cheddar cheese.

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...PLUS, we'll give back \$1 to  
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## UPLOAD

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# DOUBLE DUTY

Move from the gym to fresh air! Whether you do yardwork or exercise while kids play at the park, find time and a place to work out.

## Get Healthy

The *Physical Activity Guidelines for Americans* recommends at least 150 minutes of moderate-intensity aerobic activity as well as muscle-strengthening activity at least two days a week. Although weight loss and muscle gain may not happen right away, there are immediate benefits from exercise—reduced anxiety, improved cognitive function and better sleep. Physically active adults also have reduced risks of eight types of cancer, cardiovascular disease, hypertension and depression, and a 33-percent reduced risk of all-cause mortality.

## Get Moving

Exercise with a purpose and for a purpose. Whole-body movements that involve multiple joints and muscle groups are called compound movements, and performing them might make everyday movements easier. Squats, for example, might make it easier to get out of a chair or pick up something from the floor. As you perform everyday movements more efficiently, risks for pain and injury decrease.

## Get Outside

Wherever you are, whatever you do, work in exercise for your health and well-being. Exercising outside has been shown to reduce anger and depression, enhance mood and self-esteem and provide a healthy dose of bone-fortifying vitamin D from the sun. "Exercising outdoors can improve energy levels

and decrease stress in your life," says Daira Driftmier, certified personal trainer and director of Hy-Vee KidsFit and Hy-Vee Fitness. "It's also a healthful way to connect with your community socially and environmentally. Using sidewalks and parks adds value to the health and wellness of your community."

## pro tip: SAFETY FIRST



**“** If you are able to exercise outdoors, make sure you have a safe space, dress weather-appropriate, protect yourself from the sun and carry water.”

**—Daira Driftmier**  
Certified Personal Trainer  
and Director of Hy-Vee  
KidsFit and Hy-Vee Fitness



# SUMMER SWEAT

PERFORM EACH MOVE FOR 3 SETS OF 30 SECONDS, WITH 30 SECONDS OF REST BETWEEN SETS AND 1 MINUTE OF REST BETWEEN EXERCISES.

**1 LUNGES**  
Stand with feet hip-width apart. Step your left foot forward and bend at the knee until thigh is parallel to the ground. Push off heel and return to starting position. Alternate legs.



**5 BENCH PUSH-UPS**  
Place hands on bench. Lower your chest until it nearly touches the bench. Push yourself back to starting position.



**2 PLANKS**  
Lie on your stomach with elbows bent and close to sides. Lift torso off of the ground, using forearms to hold yourself up. Do not allow hips to dip. Hold for 20 seconds.



**6 BENCH DIPS**  
Face away from bench. Place palms on the edge of the bench and stretch legs out. Bend at the elbows and lower your body until elbows form a 90-degree angle. Push back to starting position.



**3 BENCH SQUATS**  
Stand with feet shoulder-width apart while holding the back of a stable bench. Bend at the knees until thighs are parallel to the ground. Return to starting position. If capable, perform exercise without holding bench.



**7 SQUAT THRUSTS**  
Stand with feet shoulder-width apart. Squat down, place hands on the ground and shoot legs backward, forming a high plank position. Immediately bring your legs back into squat position and return to starting position.



**4 BENCH STEP-UPS**  
Stand in front of bench. Step onto bench, pushing upward from that leg. Return to the ground, leading with the same leg. Alternate legs.



**8 LINE JUMPS**  
Create a line on the ground or stand on one side of a crack in the sidewalk, feet together. Quickly jump over the line and land softly on the opposite side. Quickly jump back to the starting position. Repeat.



According to a review of literature in *Environmental Science and Technology*, exercising outdoors, when compared to exercising indoors, is associated with greater feelings of revitalization, positivity and increased energy as well as decreased tension, confusion, anger and depression.

## Alternative Activities

Calories burned performing common outdoor activities in 30 minutes (155-pound person).

SPORTS	
SWIMMING	223
RUNNING (12-MINUTE MILE)	298
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# 50 YEARS OF HY-VEE PHARMACY

Services have grown since that first drugstore. Take advantage of the capabilities, programs and expertise at Hy-Vee Pharmacies across the Midwest.

Fifty years ago Hy-Vee opened its first retail drugstore, a Drug Town in Cedar Rapids, Iowa. At the time, it was unusual for supermarkets to also have pharmacies. Today, Hy-Vee has 289 retail pharmacies throughout its eight-state region, as well as 11 specialty pharmacy locations that are focused on individualizing the health and wellness journey for all patients and customers.

From its record number of flu shots administered for the fourth year and the opening of its first Hy-Vee HealthMarket Rx in 2018, to exciting pharmacy-related enhancements via the company's mobile app, Hy-Vee strives each year to further enhance the patient experience both in-store and virtually, through new services and easier methods of communication.

**“OUR HOLISTIC APPROACH TO HEALTH AND WELLNESS GIVES PATIENTS ALL OF THE TOOLS THEY NEED TO TAKE POSITIVE STEPS FORWARD IN THEIR HEALTH CARE CHOICES.”**

—Erin Copeland, Pharmacy Manager, Court Avenue Hy-Vee, Des Moines, Iowa

## MAKING LIVES EASIER, HEALTHIER & HAPPIER

- **Collaboration is key:** Hy-Vee's more than 1,000 pharmacists partner with more than 400 chefs and more than 150 dietitians to provide all aspects of a customer's health and wellness needs.
- **Lower health care costs:** Hy-Vee's expanded discount medications include an increased number of cholesterol, diabetes, gastrointestinal, mental health, women's health and men's health medications for as low as \$4 for a 30-day supply.
- **Beyond flu shots:** Hy-Vee pharmacies are destinations for vaccines, and not just flu and pneumonia shots. Whether through collaborative practice agreements or other means, Hy-Vee's pharmacists are practicing at the top of their licenses by providing a wide array of immunizations for all ages.
- **Serving the community:** Nine Hy-Vee Healthy You mobiles bring health and wellness services to communities throughout our eight-state region, including immunizations, nutritional education, medication therapy management and diabetes education. Services from Hy-Vee pharmacists and dietitians also include biometric screenings for cholesterol, blood pressure, blood glucose, HbA1c and bone density levels.

## HY-VEE PHARMACY SERVICES

- ACCEPTS MOST PRESCRIPTION DRUG PLANS INCLUDING MEDICARE AND MEDICAID
- PRESCRIPTION DELIVERY
- QUIT FOR GOOD SMOKING CESSATION PROGRAM
- FREE BLOOD PRESSURE CHECKS
- CONVENIENCE AT YOUR FINGERTIPS: MOBILE APP, REPEAT REFILLS, TEXT/PHONE AND EMAIL NOTIFICATIONS





# 7 DIY HEALTH TESTS

## THAT COULD SAVE YOUR LIFE

One of these at-home tests might indicate a problem that warrants a trip to the doctor.

# 1

### ONE-LEG BALANCE

Stand on one leg with the other lifted. Try to hold this position for 60 seconds. If you wobble or drop your foot after 20 seconds or less, consider seeing your doctor to assess for any risks of stroke or cognitive health problems. The American Heart Association reported a link between inability to balance on one leg for 20 seconds or longer and increased risk of small blood vessel damage in the brain.

# 2

### LEG TEST

Lie on a bed and raise both legs on a cushion for 1 minute. Sit up; let legs dangle over bed. If legs were pale when raised and take a few minutes to return color after dangling, you might have signs of peripheral artery disease, in which plaque deters blood flow.

## GRAB & GO TESTS FROM THE HY-VEE PHARMACY



# 3

### KETONES

TRUEplus Ketone Test Strips allow diabetics and those on low-carb diets to monitor ketone levels in their urine. A test strip is dipped into a urine sample; color changes indicate whether you're in ketosis and to what level.



# 4

### HYPERTENSION

Hy-Vee Health blood pressure monitors are available for at-home testing. They read both pulse and blood pressure, and store the results for convenient monitoring.



Blood Pressure  
Hy-Vee Health blood pressure monitors are available with either arm or wrist cuff.



# 5

### SIT/STAND

Stand, cross your feet, then lower yourself to sit while keeping feet crossed. Stand back up with feet still crossed. Doing both without using hands to steady yourself indicates muscle and skeletal strength, flexibility and likelihood to live longer than those who cannot perform this, according to a Brazilian study.

# 6

### PENCIL TEST

You need a sharpened pencil and a friend to help. Sit or lie with feet bare and propped up. Keep your eyes closed while your friend gently pokes various parts of your feet—tops and bottoms, heels and toes—with either the sharp point or the soft flat eraser end of the pencil. Each time, say which end of the pencil you think is used. Incorrect answers can indicate possible nerve damage (neuropathy), which occurs with diabetes, infections, certain autoimmune diseases or exposure to toxins.

### 6. PAPER ON HAND

Extend a hand, palm down. Lay a sheet of paper on the top of your hand. Watch for wobbling. Some tremors are non-life-threatening. Others can signal an overactive thyroid, such as with Graves' disease, or early signs of Parkinson's disease or multiple sclerosis. Other causes: low blood sugar, anxiety, too much caffeine.

Sources: [foothealthfacts.org/conditions/diabetic-peripheral-neuropathy](http://foothealthfacts.org/conditions/diabetic-peripheral-neuropathy)  
[mayoclinic.org/diseases-conditions/peripheral-neuropathy/symptoms-causes/syc-20352061](http://mayoclinic.org/diseases-conditions/peripheral-neuropathy/symptoms-causes/syc-20352061)  
[heart.org/en/news/2018/05/01/ability-to-balance-on-one-leg-may-reflect-brain-health-and-stroke-risk](http://heart.org/en/news/2018/05/01/ability-to-balance-on-one-leg-may-reflect-brain-health-and-stroke-risk)  
[ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Tremor-Fact-Sheet](http://ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Tremor-Fact-Sheet)  
[naturallyfun.org/news/general/1750/7-diy-tests-can-signal-it-s-time-to-see-the-doctor](http://naturallyfun.org/news/general/1750/7-diy-tests-can-signal-it-s-time-to-see-the-doctor)  
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[medlineplus.gov/ency/article/003058.htm](http://medlineplus.gov/ency/article/003058.htm)  
[journals.sagepub.com/doi/abs/10.1177/2047487312471759](http://journals.sagepub.com/doi/abs/10.1177/2047487312471759)







# GET THE GOODS

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


## fridge & freezer




Eggland's Best Cage Free Large Brown Eggs  
12 ct.  
**3.49**



Cabot Dairy Bars, Cracker Cuts or Shreds:  
select varieties  
6 to 8 oz.  
**3.48**



Sugardale Ham Steaks or Ham Roast:  
select varieties  
**3.49 lb.**



Sugardale Natural Uncured Lunchmeat:  
select varieties  
8 oz.  
**3.69**



Frigo String Cheese or Meat Kit:  
select varieties  
8 to 12 oz.  
**3.49**




InnovAsian Cuisine Single Serve Bowl or Fried Rice:  
select varieties  
9 or 18 oz.  
**2/7.00**




Sugardale Simple Carve Ham:  
select varieties  
**3.99 lb.**




Food Network Meal Kits or Sauces:  
select varieties  
4 to 17 oz.  
**2/5.00**




Kemps Sweet Me Creamery Ice Cream:  
select varieties  
16 oz.  
**3.98**



Kemps IttiBitz Ice Cream:  
select varieties  
2.9 oz.  
**4/5.00**



So Delicious Pints or Novelties:  
select varieties  
16 fl. oz. or 4 to 8 pk.  
**4.49**



Chilly Cow Pints, Novelties or SorBabes Pints:  
select varieties  
2 to 5 ct. or 16 fl. oz.  
**4.48**

## pantry



Brownberry or Oroweat Organic Thin Sliced Bread:  
select varieties  
20 oz.  
**3.99**



Thomas Variety English Muffins:  
select varieties  
12 or 13 oz.  
**2.99**



Cameron's Coffee:  
select varieties  
12 ct. single serve or 10 to 12 oz.  
**5.99**



Flatout or Foldit:  
select varieties  
6.8 to 11.2 oz.  
**2.99**



Creme Curls  
4 ct.  
**4.99**



Smucker's Strawberry Jam:  
select varieties  
32 oz.  
**3.59**



A-1 Steak Sauce:  
select varieties  
10 oz.  
**3.99**



Bitten, Twisted or Pioneer Woman Salad Dressing:  
select varieties  
12 or 13 oz.  
**2/6.00**




Heinz Mayonnaise:  
select varieties  
15 to 30 oz.  
**3.99**




McCormick Mexican Seasoning:  
select varieties  
1 to 1.75 oz.  
**1.18**


## beverages




Ocean Spray Craisins:  
select varieties  
12 oz. or Fruit Splash  
8 ct.  
**3.99**




Ocean Spray Craisins:  
select varieties  
1 to 6 oz.  
**2.49**




San Pellegrino Sparkling Fruit Beverage:  
select varieties  
6 pk.  
**4.98**




Perrier Slim Cans, Perrier or San Pellegrino Essenza Cans:  
select varieties  
6 to 10 pk.  
**4.98**




Stök Single Serve:  
select varieties  
13.7 fl. oz.  
**2.69**



International Delight Iced Coffee:  
select varieties  
64 fl. oz.  
**3.99**



Ocean Spray Juice:  
select varieties  
3 l.  
**4.49**



Ocean Spray 100% Juice, Multipacks or Sparkling:  
select varieties  
60 fl. oz., 6 pk., 8.4 or 10 fl. oz.  
**2/6.00**



other



Band-Aid Adhesive Bandages: select varieties 7 to 80 ct. **3.49**



Band-Aid Hydro Seal: select varieties 5 to 10 ct. **4.27**



Band-Aid Value Pack 120 ct. **9.97**



Johnson & Johnson First Aid Kit 140 pc. **13.47**



Neosporin: select varieties .5 or 1 oz. **6.99**



Softsoap Body Wash, Premium Soap or Refill: select varieties 13 to 32 fl. oz. **2/6.00**



Dove Men Care Shampoo, Conditioner, Deodorant or Axe Body Spray: select varieties 2.7 to 16 oz. **4.49**



Axe or Dove Men Care Body Wash or Axe Deodorant: select varieties 2.7 or 3 oz., 13.5 or 16 fl. oz. **3.99**



Ajax or Palmolive Dish Detergent: select varieties 20 or 28 fl. oz. **2/5.00**



Suavitel: select varieties 135 fl. oz. **7.99**



Fabuloso All Purpose Cleaner: select varieties 56 fl. oz. **2.99**

PETE And GERRY'S  
ORGANIC EGGS  
FROM SMALL FAMILY FARMS



Pete & Gerry's Organic Eggs 12 ct. **4.59**

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NELLIE'S  
FREE RANGE EGGS



Nellie's Free Range Eggs 12 ct. **4.59**



www.nelliesfreerange.com



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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

Hy-Vee complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Hy-Vee does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Hy-Vee provides:

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

If you need these services, contact your local pharmacist. If you believe that Hy-Vee has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Hy-Vee Civil Rights Coordinator, Attn: Legal Dept., 5820 Westown Parkway, West Des Moines, IA 50266, 515-267-2800, Fax 515-327-2162, [legalnotices@hy-vee.com](mailto:legalnotices@hy-vee.com). You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Hy-Vee Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave. SW, Room 509F, HHH Building, Washington DC 20201, 800-368-1019, 800-537-7697 (TDD).

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

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*Bring It All Home*



# 7 Simple Ingredients

- ✓ NO MSG
- ✓ NO Artificial Flavors or Preservatives
- ✓ Gluten Free

On The Border  
Mid Size Chips  
or Salsa:  
select varieties  
8 to 16 oz.  
2/5.00



**Try All Three Flavors Today!**



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hydrate  
smarter.

Smartwater:  
select varieties  
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smartwater  
that's pretty smart



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ANY TIME OF THE DAY



Carando  
Snack Tray:  
select varieties  
3.16 oz.  
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Carando Meatballs  
or Ground Pork:  
select varieties  
16 oz.  
4.49

Smithfield Bacon:  
select varieties  
12 oz.  
3.99

Smithfield Premium  
Sausage Links,  
Patties or Rolls:  
select varieties  
12 or 16 oz.  
2.99

Smithfield Fully Cooked  
Sausage or Breakfast  
Sandwiches:  
select varieties  
12 to 20 oz.  
4.99



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Go Greek with Grilled  
*Summer Flavor*



## Grilled Fruit Salad with Greek Yogurt Dressing

Prep: 20 min. Makes: 2 servings

1 pkg. (5 oz.) **DOLE® Spring Mix**  
2 **DOLE Bananas**, peeled, cut in half lengthwise  
1/2 cup fresh basil leaves, torn  
1/4 teaspoon ground cinnamon  
2 slices fresh pineapple, cut 1-inch thick  
1/2 cup strawberries, quartered  
1/2 cup blueberries  
3 tablespoons sliced almonds, toasted  
Greek Yogurt Dressing (recipe below)

**Combine** Spring Mix and basil leaves; arrange on serving platter.

**Spray** pineapple and banana with cooking spray; sprinkle with cinnamon. Grill over medium-high heat just until lightly browned and grill-marked on both sides. When cool enough to handle, cut into bite-size pieces and scatter over salad.

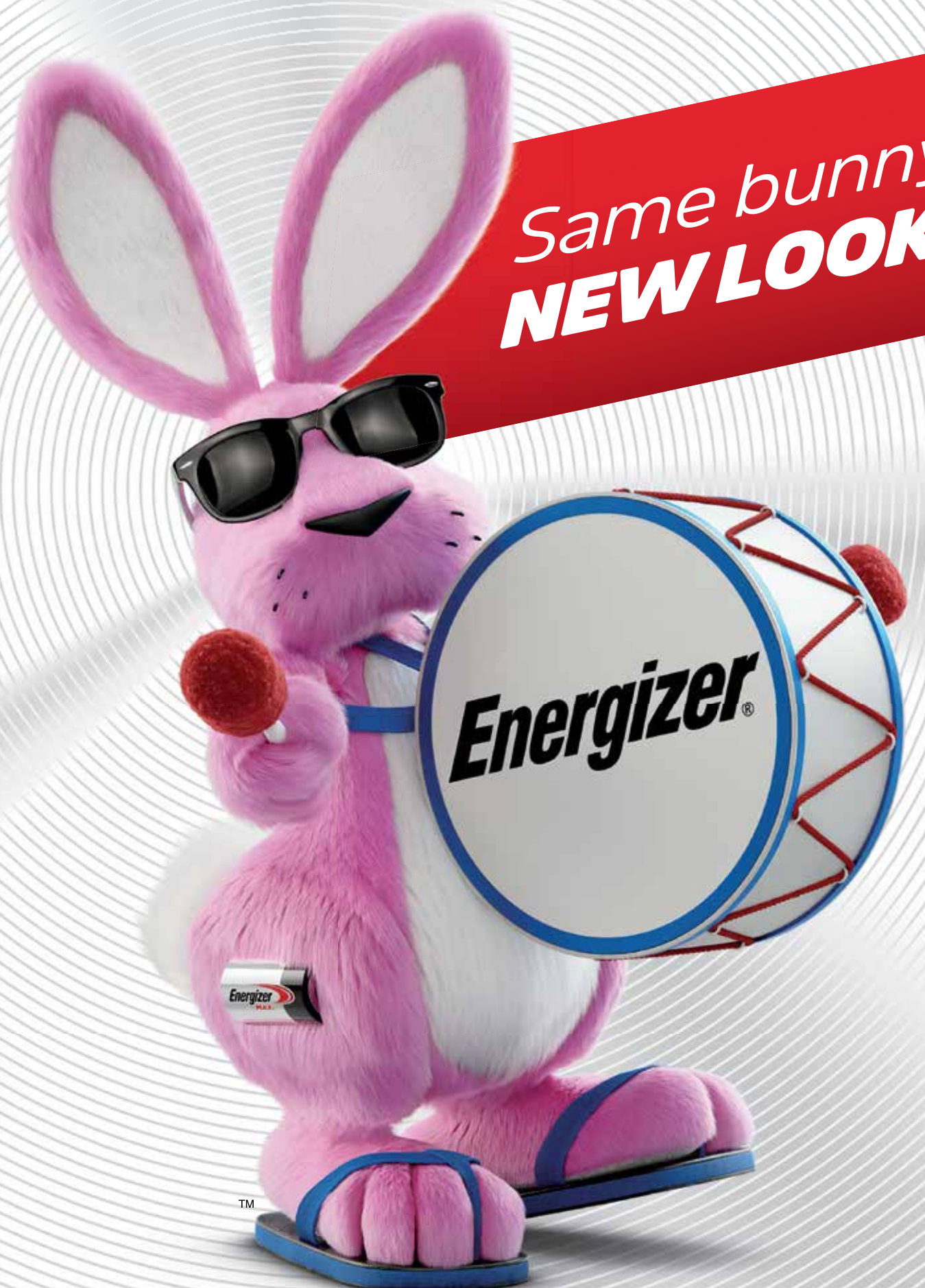
**Scatter** berries and almonds over top. Drizzle with Greek Yogurt Dressing.

**Greek Yogurt Dressing:** Whisk together 1/4 cup plain low-fat Greek yogurt, 1 teaspoon olive oil, 1 teaspoon white wine vinegar, 2 tablespoons pineapple juice, 1/8 teaspoon ground cinnamon and a pinch of cayenne pepper. Season with salt and pepper to taste. Makes about 1/3 cup.

For more information visit [Dole.com](http://Dole.com)

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Same bunny.  
**NEW LOOK.**

TM

# samples

## EXPLORE OUR FLAVORS

Taste your way through Hy-Vee every Friday and Saturday through the month of June

- FRIDAY, JUNE 7: 4 P.M. TO 7 P.M.**  
**SATURDAY, JUNE 8: 11 A.M. TO 2 P.M.**
- Produce:** White Flesh Peaches  
**Meat:** Seasoned Boneless Pork Country Style Ribs  
**Seafood:** Shrimp Burgers  
**Charcuterie:** Veroni Salami Nuggets  
**Cheese:** Henning's Cheddar Sampling Event  
**Deli:** Hy-Vee Fresh Sliced Pineapple Ham and King's Hawaiian Sliders; Hormel - Di Lusso - Garlic Turkey Lunch Meat  
**Hickory House:** Rotisserie Chicken Breast  
**Italian:** Take & Bake Lasagna or Chicken Alfredo  
**Chinese:** NORI Sushi  
**Bakery:** Single-layer Cakes and Hot Glazed Donuts (at 4 p.m.)  
**Frozen:** Blue Bunny - New Novelties  
**Grocery:** Post - New Hostess Cereal Flavors - Donettes & Honey Buns & Sour Patch Kids

- FRIDAY, JUNE 14: 4 P.M. TO 7 P.M.**  
**SATURDAY, JUNE 15: 11 A.M. TO 2 P.M.**
- Produce:** Kandy Cantaloupe  
**Meat:** Budweiser Discovery Brats  
**Seafood:** Rebel Fresh Seasoned Salmon Portions  
**Charcuterie:** Stonewall Kitchen Jams & Jellies  
**Cheese:** Henning's Cheddar Sampling Event  
**Deli:** Di Lusso Fresh Sliced London Broil Roast Beef with Di Lusso Jalapeño Mustard  
**Hickory House:** Hickory House Pulled Pork  
**Italian:** Flatbread Pizza  
**Chinese:** Heat & Eat Single Entree Meal Over Rice  
**Bakery:** Dream Bars and Texas Coffee Cakes  
**Grocery:** Hershey - Twizzlers - New Flavors - Strawberry Smoothie & Orange Cream Pop  
**Dairy:** Coke - Simply Watermelon & Lemonade Peach & Light Original

- FRIDAY, JUNE 21: 4 P.M. TO 7 P.M.**  
**SATURDAY, JUNE 22: 11 A.M. TO 2 P.M.**
- Produce:** White Flesh Nectarines  
**Meat:** Marinated Chicken Breasts  
**Seafood:** Seared Ahi Tuna  
**Charcuterie:** Safies Pickles & Condiments  
**Cheese:** Bonfire Grilling Cheese  
**Deli:** Hy-Vee True Turkey Breast; Di Lusso Fresh Sliced Italian Style Turkey with Di Lusso Pesto Aioli Sandwich Spread  
**Hickory House:** Napa Valley Cashew Chicken Salad  
**Italian:** Calzone  
**Chinese:** Egg Rolls and Crab Rangoon  
**Bakery:** Crème Cakes and Blueberry Crumb Donut Holes  
**Grocery:** Jack Links - Cold Crafted Jerky

- FRIDAY, JUNE 28: 4 P.M. TO 7 P.M.**  
**SATURDAY, JUNE 29: 11 A.M. TO 2 P.M.**
- Produce:** California Plumcots  
**Meat:** Hawaiian Brat Patties  
**Seafood:** Smoked Salmon atop Fresh Greens  
**Charcuterie:** Veroni Prosciutto  
**Cheese:** Fresh Stretched Mozzarella Event  
**Deli:** Hy-Vee True Oven Roasted Turkey  
**Hickory House:** Tortilla and Pita Chips with Spinach Artichoke Dip and Buffalo Chicken Dip  
**Italian:** Cheese & Pepperoni Pinwheels  
**Chinese:** Wonton Chips and Asian Dips  
**Bakery:** Brookies and Dessert Loaves



Kandy Cantaloupe



NORI Sushi



Smoked Salmon atop Fresh Greens



Di Lusso Fresh Sliced London Broil Roast Beef with Di Lusso Jalapeño Mustard



Dream Bars



Safies Pickles & Condiments



Henning's Cheddar Cheese





**No baggage fees.**

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