No baggage fees.

MEMBERSHIP

Get a Hy-Vee Aisles Online membership and get free grocery delivery on orders over $30. Only $99 annually.

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WITH ABUNDANT MARBLING AND UPScale QUALITY FOUND IN TOP RESTAURANTS, ONLY THE TOP 8% OF BEEF EARS THE PRIME LABEL.

PRIME RESERVE

WITH ABUNDANT MARBLING AND UPScale QUALITY FOUND IN TOP RESTAURANTS, ONLY THE TOP 8% OF BEEF EARS THE PRIME LABEL.

CHOICE RESERVE

TENDER AND FLAVORFUL BUT WITH LESS MARBLING, LESS THAN 10% OF USDA CHOICE BEEF MEETS HY-VEE’S REQUIREMENTS.

JUNE 2019

food

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hello from hy-vee

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

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!
Slide into SUMMER GRILLING.

King’s Hawaiian Rolls: select varieties
12 oz. 2.99

King’s Hawaiian Buns: select varieties
10 to 12.8 oz. 2.99

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

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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.

CHOOSING 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.

SHOP

Discover the best steak cuts for grilling, available 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

[STEP 2]

PREP

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

[STEP 3]

GRILL

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 4]

FINISH

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

Take steaks up a notch with quick sauce or marinade. Also find nine ways to top tenderloin steak.
STEAK PREP
Three smart tips to prep a steak while the grill preheats.

1. **FAT DRY**
   - Line paper towels to soak up surface moisture on the steak. Dry steaks raw and brown beautifully on the surface.

2. **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.

3. **SEASON WELL**
   - Coat both sides of the steak with kosher salt and finely ground black pepper or a seasoning rub. Seasoning before grilling helps give your steak a crusty 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. steaks).

GARLIC-HERB SEASONING RUB
Combine 1 Tbsp. chopped fresh rosemary, 2 tsp. chopped fresh oregano, 2 tsp. salted butter, 1 tsp. Hy-Vee kosher sea salt and ½ tsp. Hy-Vee coarse-ground black pepper. Makes 3 Tbsp. (enough for 1 lb. steaks).

STONE-GROUND MUSTARD WET RUB
Combine ½ cup Hy-Vee stone-ground Dijon mustard, 2 Tbsp. Hy-Vee apple cider vinegar, 1 Tbsp. chopped fresh thyme and 2 Tbsp. Hy-Vee coarse-ground black pepper. Rub on steak and refrigerate up to 2 hours. Remove rub from steak before grilling. Makes ⅛ cup (enough for 1 lb. steaks).

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 evenly and cling well to the meat surface. Salt generously, especially on a thick steak.

PEPPERS: To pep up the bite, season steaks after grilling with freshly ground black pepper or a seasoning rub. Use freshly ground black pepper. For less punch, season steaks after grilling with pepper. Some steaks are seasoned before grilling—the heat will tame the bite.

FRESH HERBS: Add hearty herbs like thyme, rosemary and oregano early in the grilling process—in marinades, rubs, and oregano early in the season steaks. Some steaks are seasoned before grilling—the heat will tame the bite.

STEW-GROUND MUSTARD WET RUB
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**INDIRECT GRILLING**

charcoal for smoky flavor. They’re convenient to use and reach high temperatures quickly.

Use this method to finish cooking steaks that are up to 1 inch thick. Place the food away from the flames beneath the grates, set all burners to high, close the lid and preheat to recommended temperature, about 10 minutes.

**DIRECT VS. INDIRECT GRILLING**

Direct grilling involves cooking food directly over the heat source. Use this method to cook steaks that are up to 1 thick. Indirect grilling involves placing the food away from the heat source with low heat. Use this method to finish cooking thick steaks after they have been seared over direct heat.

**HOW TO GRILL THE PERFECT STEAK**

Grill chart on the outside, juicy pink interior and irresistibly tender texture.

**STAGE**

Choose a grill type that meets your needs.

- **Charcoal grills** are fueled by charcoal and create flavorful smoke. 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.

**DIRECT VS. INDIRECT GRILLING**

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**WHAT TEMPERATURE ARE YOU?**

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

<table>
<thead>
<tr>
<th>RARE (125°F)</th>
<th>MEDIUM-RARE (130°F)</th>
<th>MEDIUM (140°F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bright red center</td>
<td>Slightly brown outer portion</td>
<td>Light pink center</td>
</tr>
</tbody>
</table>

**HOW TO FIRE IT UP**

To light the grill, open the prepared tank valve, lift the lid, turn the starter button to high and press the green button until it glows. When your flames beneath the grates, set all burners to high, close the lid and preheat to recommended temperature, about 10 minutes.

**FIRE IT UP**

Choose a grill type that meets your needs.

- **Charcoal grills** are fueled by charcoal and create flavorful smoke. They’re affordable and portable. A chimney starter works well to heat briquettes. Simply add crumpled newspaper and add crumpled newspaper and let stand at heat source with the lid closed. When you see flames beneath the grates, set all burners to high, close the lid and preheat to recommended temperature, about 10 minutes.

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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 30 minutes
Serves 4

3 lb. beef sirloin steaks, ¾ to 1 in. thick
¼ cup purchased coffee rub
2 jalapeño peppers, seeded and chopped* 2 Tbsp. Gustare Vita olive oil
1 jalapeño pepper, seeded and chopped
2 cups halved grape tomatoes
1½ cups purchased coffee rub
1 jalapeño pepper, seeded and 1½ in. thick chopped*
Red onions
2 Tbsp. Gustare Vita olive oil
3 Tbsp. fresh lime juice
2 Tbsp. fresh orange juice
¼ tsp. Hy-Vee black pepper
4%,
130 mg
cholesterol
720 mg
sodium
26 g
fat
90 g
saturated fat
Trans fat
6 g
0 g
added sugar
450
Per serving:
20%,
6%,
4%,
6%,
5%,
15%,
Potassium
Iron
Calcium
Daily Values: Vitamin D
Carbohydrates
Protein
Fiber

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 reach it to the right temperature, you get the best flavor. Just before it tests done, get it off the grill.

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

Serves 4

Per serving:
20%,
6%,
6%,
5%,
15%,
Potassium
Iron
Calcium
Daily Values: Vitamin D
Carbohydrates
Protein
Fiber

Carne Asada Tacos

Hands On 15 minutes
Total Time 30 minutes plus marinating time
Serves 6 (2 each)

1 Tbsp. Hy-Vee apple cider vinegar
2 Hy-Vee Short Cuts cloves garlic, minced
1 tsp. Hy-Vee kosher sea salt
1 tsp. Hy-Vee black pepper
1 Tbsp. Hy-Vee short cut tortillas
Avocado slices
1 (1-lb.) Angus Reserve boneless beef skirt steak
Fresh cilantro, for garnish
24 g
Calories
29 g
Carbohydrates
1 g
Fiber
200 mg
Cholesterol
65 mg
Sodium
480 mg
Potassium
37 g
Sugar

Grilled steak

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

2. PREHEAT a charcoal or gas grill with greased grills racks 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 with foil; let rest 5 minutes.

3. GRILL tortillas as directed, left-thirty slice steak against the grain, divide among tortillas. Add avocados, pico de gallo and, if desired, cilantro.

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

Serves 6

Per serving:
20%,
6%,
6%,
5%,
15%,
Potassium
Iron
Calcium
Daily Values: Vitamin D
Carbohydrates
Protein
Fiber

3. SEAR steak over direct heat for 4 minutes, turning once halfway through. Finish grilling over indirect heat for 8 to 10 minutes through. Finish grilling over indirect heat for 8 to 10 minutes.

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 peppers, cilantro and lime juice in a medium bowl; set aside. Brush corn with olive oil; set aside.

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

*NOTE: Chile peppers contain volatile oils that can burn your skin and eyes. When working with jalapeños, wear protective gloves.
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 Hy-Vee ketchup, 2 Tbsp. Hy-Vee Worcestershire sauce, 1 Tbsp. Hy-Vee olive oil, 2 Tbsp. chopped fresh chives, 1 Tbsp. Hy-Vee coarse-ground black pepper and 1 tsp. Hy-Vee kosher sea salt. Store in the refrigerator for up to 3 days. Makes 1½ cups.

STEP 2: Stir in ¼ cup Gustare Vita olive oil, 1 Tbsp. Gustare Vita red wine vinegar and 4 minced garlic cloves. ½ tsp. creamy-style prepared horseradish and 1 tsp. Hy-Vee black pepper. Store in the refrigerator for up to 1 week. Makes 9 Tbsp.

2-STEP CHIMICHURRI SAUCE

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.

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DIJON-SOUR CREAM SAUCE

Stir together ¼ cup Hy-Vee sour cream, 3 Tbsp. Hy-Vee Dijon mustard, 2 Tbsp. chopped fresh chives, 1 Tbsp. Hy-Vee coarse-ground black pepper and 1 tsp. Hy-Vee kosher sea salt. Store in the refrigerator for up to 3 days. Makes 1¼ cups.

DIY STEAK SAUCE

Combine ½ cup Hy-Vee ketchup, 2 Tbsp. Hy-Vee Worcestershire sauce, 1 Tbsp. Hy-Vee olive oil, 2 Tbsp. chopped fresh chives, 1 Tbsp. Hy-Vee coarse-ground black pepper and 1 tsp. Hy-Vee kosher sea salt. Store in the refrigerator for up to 3 days. Makes 1¼ cups.

PARMESAN-BACON BUTTER
Combine ½ cup softened Hy-Vee unsalted butter, 2 Tbsp. chopped and crumbled Hy-Vee double-smoked thick-cut bacon and 1 Tbsp. Hy-Vee grated Parmesan cheese. Store in the 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 amaretto bowl. Add ½ cup Hy-Vee apple cider vinegar, ½ cup water, 2 Tbsp. Hy-Vee granulated sugar, 1 Tbsp. chopped fresh dill, 1 Tbsp. chopped fresh thyme, ½ 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 Tbsp. Gustare Vita red wine vinegar, 1 Tbsp. Hy-Vee crushed red pepper and 1 tsp. Hy-Vee Italian seasoning in a food processor. Cover and process until smooth. Store in the refrigerator for up to 1 week. Makes 1 cup.
**Philly Cheese Steak Sandwiches**

**Hands On**: 20 minutes  
**Total Time**: 30 minutes  
**Serves**: 8

2 (8-in.) sheets of heavy-duty aluminum foil  
4 (12×12-in.) sheets of heavy-duty aluminum foil  
1 red onion, cut into wedges  
1 cup grape tomatoes  
1 (8-oz.) pkg. baby bella mushrooms  
2 Tbsp. packed Hy-Vee brown sugar  
½ cup Gustare Vita balsamic vinegar  
½ cup Gustare Vita olive oil  
3 Tbsp. Hy-Vee canola oil, divided  
1 tsp. Hy-Vee garlic powder  
1 tsp. Hy-Vee onion powder  
1 tsp. Hy-Vee dried thyme  
1 tsp. Hy-Vee dried basil  
1 tsp. Hy-Vee black pepper  
1 tsp. Hy-Vee kosher sea salt  
1 tsp. Hy-Vee unsalted butter  
3 sprigs fresh rosemary and/or oregano  
1 tsp. Hy-Vee crushed red pepper  
FRESH OREGANO LEAVES, FOR GARNISH  
1 Tbsp. Hy-Vee crushed red pepper  
3 Tbsp. Hy-Vee brown sugar  
2 Tbsp. Hy-Vee Worcestershire sauce  
3 Tbsp. Hy-Vee short cut garlic cloves, minced  
1 Tbsp. Hy-Vee kosher sea salt  
1 tsp. Hy-Vee black pepper  
1 tsp. Hy-Vee crushed red pepper

**Prep**: 30 minutes plus marinating time  
**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  
½ cup Gustare Vita balsamic vinegar  
3 Tbsp. Hy-Vee short cut garlic cloves, minced  
3 sprigs fresh rosemary and/or oregano, for garnish  
1 tsp. Hy-Vee crushed red pepper  
5 Hy-Vee Short Cuts garlic cloves, minced  
3 Tbsp. Hy-Vee brown sugar  
2 Tbsp. Hy-Vee Worcestershire sauce  
3 Tbsp. Hy-Vee short cut garlic cloves, minced  
1 tsp. Hy-Vee crushed red pepper

**1. TEAR**: 4 (12×12-in.) sheets of heavy-duty aluminum foil; set aside. Trim fat from steak. Place steak in a shallow dish. Score both sides of steak in a diamond pattern by making shallow diagonal cuts 1 in. apart. Place steak in a large resealable plastic bag set in a shallow dish.

**2. COMBINE**: 3 Tbsp. olive oil, 2 Tbsp. balsamic vinegar, 2 Tbsp. soy sauce, 3 Tbsp. brown sugar, 1 tsp. garlic powder, ½ tsp. salt, ½ tsp. black pepper, ½ tsp. oregano, 1 tsp. crushed red pepper; pour marinade to a boil; stir in butter

**3. REMOVE**: steak from marinade; transfer marinade to a jar and refrigerate. Thinly slice steak against the grain.

**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.

**5. THINLY SLICE**: steak against the grain. Remove vegetables from skewers for direct cooking over medium-high heat. Thread mushrooms, tomatoes and onion powder, thyme, basil, pepper and crushed red pepper; pour over steak in bag. Seal bag; turn to coat. Marinate in the refrigerator for 1 to 2 hours.

**6. PREHEAT**: a charcoal or gas grill with medium-high heat. Thread mushrooms, tomatoes and onion powder, thyme, basil, pepper and crushed red pepper; pour over steak in bag. Seal bag; turn to coat. Marinate in the refrigerator for 1 to 2 hours.

**7. GRILL**: cover and let rest for 5 minutes. Loosely cover with foil; let stand 5 minutes.

**8. TOAST**: buns in foil; set aside. Trim fat from steak. Place steak against the grain.

**9. SLICE**: thin slices at a slight angle for the most tender meat.

**10. SERVE**: steak slices on toasted bread with grilled vegetables.
HASSELBLAD 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

VEGGIE KABOBS
Grill 4 medium skewers for 10 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. Abruptly thread corn, 1½ lb. Hy-Vee Short Cuts summer squash coins, 1 cup red onion wedges and ¾ cup orange bell pepper pieces onto skewers. Combine ½ cup bottled oil-and-vinegar dressing, 1 Tbsp. chopped fresh thyme or parsley, 1 tsp. Hy-Vee kosher sea salt and ½ tsp. cracked black pepper; brush over veggies. Grill 10 to 15 minutes or until veggies are tender, turning occasionally and brushing with dressing mixture. Serves 4.

GRILL 8 to 10 minutes

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GRILL 8 to 10 minutes

SMOKY POTATOES
Preheat a charcoal or gas grill for direct cooking over medium-high heat. Cut 2 24×15-in. sheets of heavy foil. Stack 1 lb. Hy-Vee One Step roasted potatoes and ½ lb. sweet potatoes; pat dry. Cut potatoes into ½-in. slices with 1 thinly sliced red onion, 1 Tbsp. Gustare Vita garlic-flavored olive oil, 1 Tbsp. 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. Smear 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

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.

LEAVING THE PEEL ON THE POTATOES NOT ONLY SAVES TIME, BUT HELPS THE POTATOES HOLD TOGETHER ON THE GRILL RACK.

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LEAVING THE PEEL ON THE POTATOES NOT ONLY SAVES TIME, BUT HELPS THE POTATOES HOLD TOGETHER ON THE GRILL RACK.
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:**
Losen edges with tip of knife. Turn onto dessert plates. Garnish with fresh berries.

Light Berry Dessert
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.

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.

LEMON-DILL SALMON FILLETS

HANDS ON 10 MINUTES
TOTAL TIME 25 MINUTES
SERVES 4

⅓ CUP GUSTARE VITA OLIVE OIL
1 TSP. LEMON ZEST
¼ CUP FRESH LEMON JUICE
2 TBS. CHOPPED FRESH DILL, PLUS ADDITIONAL FOR GARNISH
½ TSP. HY-VEE SALT
½ TSP. HY-VEE BLACK PEPPER
4 (4-OUNCE) SKIN-ON SALMON FILLETS
LEMON WEDGES, FOR SERVING

1. MIX 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 CARBOHYDRATE, 0 G FIBER, 0 G SUGAR (0 G ADDED SUGAR), 23 G PROTEIN. DAILY VALUES: VITAMIN D 60%, CALCIUM 2%, IRON 0%, POTASSIUM 10%.

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!
Foil-Pan Salmon and Veggies

Hands On 10 minutes
Total Time 20 minutes
Serves 2

1. PREHEAT a charcoal or gas grill for direct cooking over medium-high heat. Cut four 12-in.-long pieces of heavy foil. Stack two sheets together; fold and crimp edges to form a 7½-in.-foil pan.

2. COMBINE brown sugar, bell pepper strips and 2 Tbsp. chili lime seasoning rub in a small bowl. Brush both sides of salmon with butter; coat both sides with seasoning mixture. Grill for 8 to 10 minutes or until deeply browned. Carefully flip fillets and grill until fish flakes when tested with a fork (145°F). Garnish salmon with lime juice and lime wedges, if desired. Serve with Avocado-Tomato Salad.

Per serving: 390 calories, 15 g fat, 19 g carbohydrates, 18 g protein. Daily Values: 2% Vitamin A, 6% Iron, 2% Thiamine, 2% Riboflavin.

Blackened Salmon Fillets

Hands On 15 minutes
Total Time 28 minutes
Serves 2

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 1- to 1½-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 juice and lime wedges, if desired. Serve with Avocado-Tomato Salad.

Per serving: 600 calories, 45 g fat, 35 g carbohydrates, 32 g protein. Daily Values: 9% Vitamin A, 60% Calcium, 26% Iron, 12% Potassium.

Avocado-Tomato Salad:

Toss together 2 cups lightly packed spring mix, 1 avocado, peeled, sliced and 2 Tbsp. Hy-Vee lime juice; 1 cup halved Hy-Vee grape tomatoes; 2 Tbsp. Hy-Vee Short Cuts lime zest, for garnish.

Per serving: 130 calories, 14 g fat, 6 g carbohydrates, 2 g protein. Daily Values: 0% Vitamin A, 11% Calcium, 2% Iron, 10% Potassium.

Cast-Iron Skillet

A cast-iron skillet will blacken salmon quickly and evenly, toasting and slightly charring the spices. Preheating the skillet is key. Toast with a drop of water. When it sizzles, it’s good and hot.
**Marinated Salmon Steaks & Fruit Salsa**

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

1 2 (7-×7-in.) cedar planks  
2 10- to 12-oz. farm-raised Atlantic salmon steaks  
¼ cup Hy-Vee tropical pico de gallo

1. **SOAK**: Invert cedar planks according to package directions. Pat salmon dry. Place on a resealable plastic bag; seal bag, turning to coat steaks. Marinate in the refrigerator for 30 minutes.

2. **COMBINE**: pico de gallo and lime in a small bowl; set aside.

3. **PREHEAT**: a charcoal or gas grill for direct cooking over medium-high heat. Grill soaked planks for 5 minutes, or until charred, turning once. Remove salmon from marinade; discard marinade.

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

**Grilling Technique**

Grilling planks do double duty as a cooking surface and a serving platter. If you find in bone-in salmon, grab a bowl and a clean pair of needle-nose pliers. Pull them out at a 45-degree angle.

**Try this**

- Cedar planks
- Atlantic salmon steaks
- Pico de gallo

**Making the Recipe**

**With Just** 4 INGREDIENTS

**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. **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.

**Types of Salmon**

- Pacific (including King (high fat, centred with rich flesh), Sockeye (high fat, deep red flesh), Coho (a cross between Alaska, delicate flesh), Pink (lean, light flavour, often canned), and Chum (lean, firm, also called Keta)).

**Whole Salmon Fillet on the Grill**

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

1 1 (1½- to 2-lb.) skin-on Alaska sockeye salmon fillet  
2 lemons, cut into ¼-in. slices  
1 tsp. chopped fresh thyme  
2 cloves garlic, minced  
1 Tbsp. Hy-Vee honey  
2 Tbsp. Hy-Vee less-sodium mustard

1. **PREPARE**: a charcoal or gas grill for direct cooking over medium-high heat. Grill salmon from grill when it reaches an internal temperature of 140°F.

2. **COMBINE**: marinade, soy sauce, brown sugar, and chopped thyme in a small bowl; set aside.

3. **LAV**: lemon slices on grill rack; season them out and sear 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.

**Try this**

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

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

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%.

Super Summer Sidekicks

MAKE THESE EASY FLAVORED BUTTERS AND STORE IN THE REFRIGERATOR FOR UP TO 2 WEEKS.
Sweet-Heat Grilled Pineapple

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

- 6 wooden skewers
- 2 Tbsp. Gustare Vita olive oil
- ¾ cup Hy-Vee shredded lettuce
- 1 (2.52-oz. pkg.) Hy-Vee fully-cooked hardwood smoked bacon, chopped
- Cracked black pepper, for garnish

**BEST KEPT SECRET:**

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

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. Garnish with pepper, if desired.

Per serving: 120 calories, 2.5 g fat, 0 g saturated fat, 0 mg cholesterol, 250 mg sodium, 10 g carbohydrates, 0 g fiber, 8 g sugar (0 g added sugar), 8 g protein. Daily Values: 0% Vitamin D, 0% Calcium, 6% Iron, 4% Potassium.

NEED AN EVEN FASTER SIDE?

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

**Watermelon Salad**

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

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

1. **SOAK** 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, 2.5 g fat, 0 g saturated 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: 0% Vitamin D, 0% Calcium, 6% Iron, 4% Potassium.

**NEED AN EVEN FASTER SIDE?**

Simplify summer barbecues with delicious sides and salads from your Hy-Vee Kitchen.
**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, ⅓ 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 PULL-APART BREADS**

**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!**

**JALAPEÑO-CHEESE 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 and separate cut sections with your fingers and stuff in the following order: 4 oz. finely shredded Hatch chile pepper Cheddar cheese, 6 oz. chopped and crisp-cooked Hy-Vee bacon, ¾ 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 (24-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 Panis 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, ½ cup chopped sliced turkey mini 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 Deli spinach-artichoke dip, 1 cup chopped jammed marinated 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!

Hands On: 20 minutes
Total Time: 40 minutes
Serves: 4

½ cup Hy-Vee granulated sugar
2 t. Hy-Vee ground cinnamon
6 Hy-Vee homestyle waffles
⅓ cup Hy-Vee salted butter, melted
4 (⅓-cup each) scoops It’s Your Churn premium strawberries & cream ice cream
½ 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 dark 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%
**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, 3 g sugars), Daily Values: Vitamin D 0%, Calcium 3%, Iron 1%, Potassium 6%.

**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.**

**Pineapple Whip**

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

- 2 cups Hy-Vee frozen unsweetened pineapple chunks  
- 1 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-speed 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 sugars), Daily Values: Vitamin D 0%, Calcium 2%, Iron 15%, Potassium 4%.

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

**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

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 fresh 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%

try the

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.

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
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 sides. Place coated cone on cake; hold until secure. Add sprinkles.

SEASONS | hy-vee.com
Kemps Frozen Yogurt or Ice Cream: select varieties
48 oz. $7.00

Kemps Ice Cream Sandwiches or Sherbet: select varieties
12 ct. or 54 oz. $3.99

Kemps Simply Crafted Ice Cream: select varieties
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By the spoonful.

Overjoy™ light ice cream is crafted for the surprising delight of satisfying your sweet tooth without feeling guilty. It’s the scrumptiously sweet, high-protein, low-cal treat that makes splurging on your favorite dessert not a splurge at all.

Exclusively at Hy-Vee.
SLUSH FUN!

Beat the heat with these icy, fruity drinks for the whole family. Give them a whirl—they’re super easy.

**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 dietary fiber, 12 g sugar

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

MAKE THIS IN 10 MINUTES!
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

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

Red, White & Blue Slushies

Pineapple Colada Slushies

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

2 cups crushed ice
1 cup Hy-Vee frozen unsweetened pineapple chunks
1 cup Hy-Vee 100% no-sugar-added pineapple juice
1 cup sweetened cream of coconut
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, 0 g protein, Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 2%.
BOMB POP Bars, Fruit Bomb Bars or Bomb Pop Cups: select varieties
4 to 12 ct.
2/6.00

Fruit Love Smoothies or Philadelphia Chips & Dip: select varieties
2.8 or 5.3 oz.
3/5.00

INTRODUCING fruitlove
New, delicious smoothie cups packed with real fruits and veggies
Perrier or San Pellegrino
Sparkling Water:
select varieties
25 fl. oz. or 1 l.
2/4.00

make it
a s’mores
saturday!

FLAVORED

H₂O

OOOH

YEAH!

heartwarming the world.
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.
2. PLACE 1 tsp. finely crushed graham cracker crumbs to each of 8 (3-oz.) pop molds. Add yogurt mixture, filling each mold halfway.
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%

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 2 minutes or until butter is melted.
2. USE a hot pad to hold skillet. Tilt skillet so butter evenly coats bottom. Add pop of chocolate chips to skillet. Arrange marshmallows on top.
3. BAKE for 3 to 5 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%
10 Variations of S'mores

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

**PB&J BACON**
- Hy-Vee Bakery peanut butter cookies
- toasted Hy-Vee marshmallows
- Hy-Vee creamy peanut butter
- crisp-cooked Hy-Vee bacon

**WHITE CHOCOLATE BERRY**
- Hy-Vee chocolate graham crackers
- toasted Hy-Vee fun miniature marshmallows
- Zoët Belgian white chocolate bar with strawberries
- fresh raspberries

**CARAMEL APPLE**
- Apple slices
- toasted Hy-Vee marshmallows
- Zoët Belgian dark chocolate bar with almonds & sea salt
- Hy-Vee caramel-flavored syrup

**INSIDE OUT**
- Hy-Vee jumbo marshmallows
- melted Zoët Belgian dark chocolate bar with coconut, for dipping
- crushed Hy-Vee graham crackers
- Hy-Vee cayenne pepper

**CHOCOLATE PEANUT BUTTER CUP**
- Hy-Vee Bakery M&M’s cookies
- toasted Hy-Vee marshmallows
- inside: peanut butter cups, halved

**CHOCOLATE BANANA**
- Hy-Vee Bakery banana bread, sliced
- toasted Hy-Vee marshmallows
- Zoët Belgian milk chocolate bar with almonds
- banana slices

**DARK CHOCOLATE CHERRY PEACH**
- Frozen pound cake, thawed and sliced
- toasted Hy-Vee marshmallows
- Zoët Belgian dark chocolate bar with pomegranate
- grilled peach slices

**BLACKBERRY LEMON**
- Hy-Vee Bakery sugar cookies
- lemon curd
- toasted Hy-Vee marshmallows
- Zoët Belgian white chocolate bar, for drizzle

**STRAWBERRY SHORTCAKE**
- Hy-Vee Bakery angel food cake, sliced
- toasted Hy-Vee miniature marshmallows (pink)
- Hy-Vee Hazelnut creamy spread
- sliced Hy-Vee Short Cuts strawberries

**DECKED-OUT DONUTS**
- Hy-Vee Bakery frosted and decorated cake donuts, split
- toasted Hy-Vee marshmallows
- Zoët Belgian milk chocolate bar

More S'mores View other yummy s'mores ideas and how to make them.

Watch and learn at HSTV.com today!
Honey Maid Grahams:
select varieties
12.2 to 14.4 oz.
3.29

Twizzlers Tub:
select varieties
27.5 or 33.3 oz.
6.49
FLAVORS FROM FAR TO TABLE

This summer spice up your cookout with exciting flavors from around the globe.

CHILLIN’ WITH JENNY McCARTHY

CHEERS! TO CHERISHED COCKTAILS

THANKS DAD

BEST SUMMER EVER

SUNFLOWER POWER

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

- CULINARY TOURS COOKING SAUCES
- CULINARY TOURS MUSTARDS
- CULINARY TOURS BBQ SAUCES
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.

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.

I HAVE TRAVELED ACROSS THE COUNTRY AND HY-VEE IS, OVERALL, A COMMUNITY—that’s how I describe it.”
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 that wasn’t my calling, I thought. And I wrote it 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 not to 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.

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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.
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**

**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.

When Jenny Met Donnie

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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.
Fruity PEBBLES™ cereal, with its delicious taste and intense fruity flavor has been a family favorite for over 40 years!
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, ½ oz. simple syrup and 2 dashes orange bitters in a mixing glass. Add 1 cup ice; stir until mixture is chilled and well-combined. Strain into a 12 oz. Rocks 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.

DIRTY VODKA MARTINI
Combine 2½ oz. Tito’s handmade vodka, ½ oz. dry vermouth and ½ oz. olive brine in a mixing glass. Add 1 cup ice and stir until mixture is chilled and well-combined. Strain into a 6 oz. martini glass. Squeeze 2 Hy-Vee stuffed Manzanilla olives onto 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.

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 profile. 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.

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

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

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

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
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 six-packs of all his favorite brews.

Tackle Box Kit
Fisherman dads 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.

DIY Gift Boxes
There’s safety in numbers. See for yourself by grouping Dad’s favorite snacks together in a gift box.

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

SEASONS | hy-vee.com
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.

REMEMBER THE CARD!
Go straight to his heart with a sentimental message—or give him a good of belly laugh with a silly or funny card.

Cocktail Connoisseur
Special liquor + Mixers + Cocktail glasses + Garnishes

Health Nut
Blender + Protein powder + Protein bars + Energy bars

S’mores Lover
Cooler + Gourmet chocolate + Graham crackers + Cooking accessories

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

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

Coffee Hound
Keurig coffeemaker + Gourmet coffee + Cookies + Special mug

S’more to Love! Find 12 campfire-approved s’more recipes, starting on page 50.

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

Remembet the Card!
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.

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.

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

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.
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.
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!

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

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.

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

pro tip:
Motivate kids to move more by moving with them. Going on walks and having conversations about health help 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

flying Disc Golf
In an open space like a park or backyard, set up laundry baskets or totes in various spots. See who can land their disc in the containers with the least number of throws.

Throwing Race
Split kids in pairs to stand opposite each other and pass the disc back and forth. Whichever team can go the longest without dropping the disc wins.

Ultimate Disc
Evenly divide kids into teams and mark two areas as “Scoring Zones” for each team. Players score by catching the disc in the scoring zone, without running with it.

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.

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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.

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.

melon eruption

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.)

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.)

explore

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

digging it

watch and learn at hstv.com today!

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

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

**noodle pool**

**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.

**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.

**ice cube paints**

Fill ice cube tray with water, add food coloring as desired and place it in the 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.

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**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 pants when exploring wilderness areas to avoid cuts and poison ivy.

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

**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.

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**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

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

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

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

Frito Lay Smartfood: select varieties 4.5 to 10 oz. 2/3.00
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.

**SUNFLOWER POWER**

**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 cut 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.

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

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

HAPPY SIMPLE
NEW
Growing Goodness for a Mighty Tomorrow
CRAVE THE FLAVORS. LOVE THE BENEFITS.


NEW
Try Simply® Watermelon. It’s simply refreshing yet refreshingly simple.
Do More
For Your Whole Mouth

Colgate Toothpaste, Toothbrush or Mouthwash: select varieties
3.5 to 6.0 oz., ea. or
200 to 500 ml.
3.99

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.

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 fatter and fatter 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.

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.

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

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

Top Health Benefits of Walking

SWING

HEAD IS UP

STAND TALL

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The benefits of walking are not limited to just humans. 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!

1. **Take the Stairs**
   - Climbing stairs instead of riding an elevator or escalator may burn 8 to 11 calories per minute.

2. **Catch up with a Friend**
   - Walk and talk with friends on a regular basis to increase happiness and self-confidence and reduce stress.

3. **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.

4. **Ditch Email**
   - Move around the office to communicate with coworkers rather than send emails, when possible.

5. **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.

6. **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.

7. **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.

8. **Get Off the Bus or Train Early**
   - Hop off public transit a mile before your usual stop. You’ll gain around 2,000 steps.

9. **Walk During Commercial Breaks**
   - Challenge yourself by seeing how many steps you can fit in during a two-minute commercial break.

10. **Carry in Grocery Bags One at a Time**
    - Carrying 10 bags in one trip is impressive, but carry in one at a time to pump up your step count.

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

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.

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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!
Brain Health

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

Ways to Boost

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.
101 FOR BRAIN HEALTH.
and dementia.
of brain problems like stroke
healthy heart lowers the risk
to heart health. The federal
government says that a
10 MIND THE HEART
brain during sleep.
accumulate in Alzheimer’s
pathways for learning. Also,
form and maintain brain
Quality sleep is needed to
34 GET YOUR Z’s
DEFINITE DIVIDENDS
YOUR BODY PAYS
TAKING CARE OF
YOUR BODY PAYS
DEFINITE DIVIDENDS
FOR BRAIN HEALTH.
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
mental 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.
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,
benefiting both heart and brain.
22 INCLUDE SPICES
Studies show that spices—
such as cumin, caraway 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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A DELICIOUS WAY TO START YOUR DAY

Dunkin' Donuts K-Cups: select varieties 32 ct. 21.99

Folgers K-Cups: select varieties 36 ct. 18.49

Jif Peanut Butter: select varieties 42 oz. 5.88


Made with only natural ingredients, in a wide variety of delicious flavors.
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, mangos, 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, mangos, 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, tuna.

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 proteins, 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

BITES TO HEALTHIER HAIR

1. power salad

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.

BITES TO HEALTHIER HAIR

1. power salad

2. veggies & quinoa

3. fruit & nuts

4. salmon & bell peppers

5. asparagus eggs

**pro tip:**

**BALANCE IS KEY**

A balanced diet containing lean proteins, fruits, vegetables, whole grains, legumes, fatty fish and low-fat dairy should supply the necessary vitamins and minerals associated with healthy hair and scalp.

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

**SEASONS | June 2019**
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.

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.

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.”

Get Outside
Whenever 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

Sources:
mayoclinic.org/healthy-lifestyle/fi tness/in-depth/functional-fi tness/art-20047680
acefi tness.org/education-and-resources/lifestyle/blog/6360/get-out-5-benefi ts-of-outdoor-exercise

SEASONS | hy-vee.com
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.

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.

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.

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.

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

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.

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.

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.

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ALTERNATIVE ACTIVITIES

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

<table>
<thead>
<tr>
<th>SPORTS</th>
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<tr>
<td>RUNNING (12-MINUTE MILE)</td>
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<tr>
<td>TENNIS</td>
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<tr>
<td>GOLF (WALKING)</td>
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<td>FRISBEE</td>
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<td>BICYCLING (15-MPH)</td>
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<td>SOCCER</td>
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<td>HORSEBACK RIDING</td>
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<td>WALKING (15-MINUTE MILE)</td>
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<td>SNORKELING</td>
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<td>PADDLEBOARDING</td>
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Sources: next page, health.harvard.edu/diet-and-weight-loss/calories-burned-in-30-minutes-of-leisure-and-routine-activities
Sources: next page, ncbi.nlm.nih.gov/pubmed/21291246

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SEASONS | hy-vee.com | 111
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.

• 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.

“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

• 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

HY-VEE PHARMACY SERVICES

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

**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.

**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.

**ONE-LEG BALANCE**
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**DIY HEALTH TESTS**
7 THOSE COULD SAVE YOUR LIFE

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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

Kemps Sweet Me Creamery Ice Cream: select varieties 2.9 oz. 3.99

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

Smucker’s Strawberry Jam: select varieties 10 oz. 3.99

Heinz Mayonnaise: select varieties 12 to 30 oz. 5.99

McCormick Mexican Seasoning: select varieties 1 lb. 1.95 oz. 11.99

bottles

frigo & freezer

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

So Delish Ice Cream: pack, 1.5 gal. 12 oz. 4.49

Chili’s Ice Cream: select varieties 2 to 5 ct. or 16 fl. oz. 4.49

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

Ocean Spray Cran-Raspberry Pints, Novelties or SorBabes Pints: select varieties 2 to 5 ct. or 16 fl. oz. 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

Volk’s Fever-Tree Plain Single Serve: 13.7 fl. oz. 2.69

Ocean Spray 100% Juice 3 l. 4.49

Ocean Spray Juice: select varieties 3 l. 4.49

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

beverages

pantry

Blueberry or Dwarf Blueberry Organic Thin Sliced Bread: select varieties 12 ct. single serve or 10 to 12 oz. 3.99

Baja’s, Twisted or Frasier Woman Salad Dressing: select varieties 12 oz. 2.99

Hurm’s Mayonnaise: select varieties 12 oz. 3.99

McCormick Spices, Taco Seasonings, Mexican Seasoning, Hill’s Gravy or Pioneer Woman Gravy: select varieties 1 to 1.75 oz. 1.18

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

Ocean Spray Cran-Raspberry Pints, Novelities or SorBabes Pints: select varieties 2 to 5 ct. or 16 fl. oz. 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

Volk’s Fever-Tree Plain Single Serve: 13.7 fl. oz. 2.69

Ocean Spray 100% Juice: select varieties 60 fl. oz., 6 pk., 8.4 or 10 fl. oz. 2/6.00
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recipe index
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)

**Directions:**

1. Combine Spring Mix and basil leaves; arrange on serving platter.
2. 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.
3. 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.

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**For more information visit Dole.com**

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**GET MORE Delicious ANY TIME OF THE DAY**

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**Smartwater:**

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  - 2/7.00

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**Carando Meatballs or Ground Pork:**

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**Carando Snack Tray:**

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**Smithfield Bacon:**

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**Smithfield Premium Sausage Patties:**

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**Smithfield Fully Cooked Sausage or Breakfast Sandwiches:**

- select varieties
  - 12 oz. or 5 oz.  - 4.99
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 Brined 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 Sliced Ham, Deli-Licious - Garlic Turkey Lunch Meat
Hickory House: Rotisserie Chicken Breast
Italian: Bake & 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: Host - New Hostess Cereal Flavors - Donettes & Honey Bun & 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: Stone Mill Kitchen Jamb & Jellies
Cheese: Henning’s Cheddar Sampling Event
Deli: Di Lusso Fresh Sliced London Broil Roast Beef with Di Lusso Jalapeno Mustard
Hickory House: Hickory House Pulled Pork
Italian: Flatbread Pizza
Chinese: Small & Egg Single Entree Meat 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: Safi es Pickles & Condiments
Cheese: Bonfire Grilling Cheese
Deli: Hy-Vee True Turkey Breast; Di Lusso Fresh Sliced Italian Style Turkey with Di Lusso Pesto Pesto Aioli Sandwich Spread
Hickory House: Napa Valley Coleslaw 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: Stone Mill Prosciutto
Cheese: Fresh Stretchy Mozarella Event
Deli: Hy-Vee True Oven Roasted Turkey
Hickory House: Tortilla & Nacho Chips with Guacamole Antioque Dip and Buffalo Chicken Dip
Italian: Chinese & Pepperoni Pinwheels
Chinese: Wonton Chips and Asian Dips
Bakery: Brookies and Dessert Loaves
No baggage fees.

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