

seasons

HyVee
EMPLOYEE OWNED

HELPFUL PRODUCTS AND IDEAS FOR HEALTHY LIVING

juice it up!
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refreshing NEW YEAR

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BODY-SMART
\$10 MEALS

GAME ON! FOOD FOR
FOOTBALL'S BIG DAY

HEALTH 2013
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LIVE HEALTHY: GOOD ADVICE FROM OUR CHEFS, DIETITIANS AND PHARMACISTS



There are foodies.

And then there are seafoodies.

At Hy-Vee, we're picky about our seafood. In fact, we're one of the only retailers in the nation with our own USDC Lot Inspector. That means we turn away a lot of seafood when it doesn't meet our standards. We inspect thoroughly because in our world "good enough" is not good enough. Now, that may make us seafood snobs, but it also makes sure you're getting the best seafood around.



HyVee
EMPLOYEE OWNED

One of the only retailers in the nation with our own USDC Lot Inspector.

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seasons

HyVee.

HEALTH 2013 • VOLUME 7 ISSUE 1

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Hy-Vee Seasons recipes are tested by the Hy-Vee

Test Kitchen food technologists to guarantee that they are reliable, easy to follow and good-tasting.

We value your opinion. To sign up to receive *Hy-Vee Seasons* magazine free or to offer ideas for future issues, visit www.hy-vee.com/seasons.

Please recycle after use.



Letter

Dear Hy-Vee reader,

Happy New Year! I hope you had a great holiday season and are excited about starting a new year. I'm sure you are a lot like me as I think of what is ahead for my family and me during the next 12 months.

Of course, there are things that we look forward to, such as changing seasons, holidays, birthdays and family gatherings. My husband, Matt, and I are most eager to welcome our second child into this world next June! As a full-time Hy-Vee dietitian and mom of a 2½-year-old son, I'm sure I'm like many moms who realize that some years go by faster than others.

I'm also working on my personal New Year's resolution, which is "Don't sweat the small stuff." With my boy growing so quickly, I've learned that family time is precious and should not be taken for granted. I plan to take more pictures, have more family meals together, go to church more often and enjoy all the little moments that life gives us. One of my favorite quotes is "Life is not measured by the number of breaths we take, but by the moments that take our breath away."

I plan to keep this quote and my New Year's resolution always on my mind as I welcome all the changes 2013 has in store. I'm sure many of you are thinking about and creating your own New Year's resolutions. I hope you find great success during the coming year!

There's certainly one good way to ensure success: Pay attention to the stories in this issue of *Hy-Vee Seasons*. The recipes are delicious, the information accurate and the shopping advice spot-on. Discover everything you need to know about better health and tangy fruits in "Citrus," *page 4*. Be sure to check out ideas for your annual bowl-game bash in "Big Game Blitz," *page 26*. And keep everyone in your household happy and well-fed with the flavorful dishes in "4 Meals Under \$10," *page 38*. There's more, too.

Wishing you all a blessed and prosperous 2013.

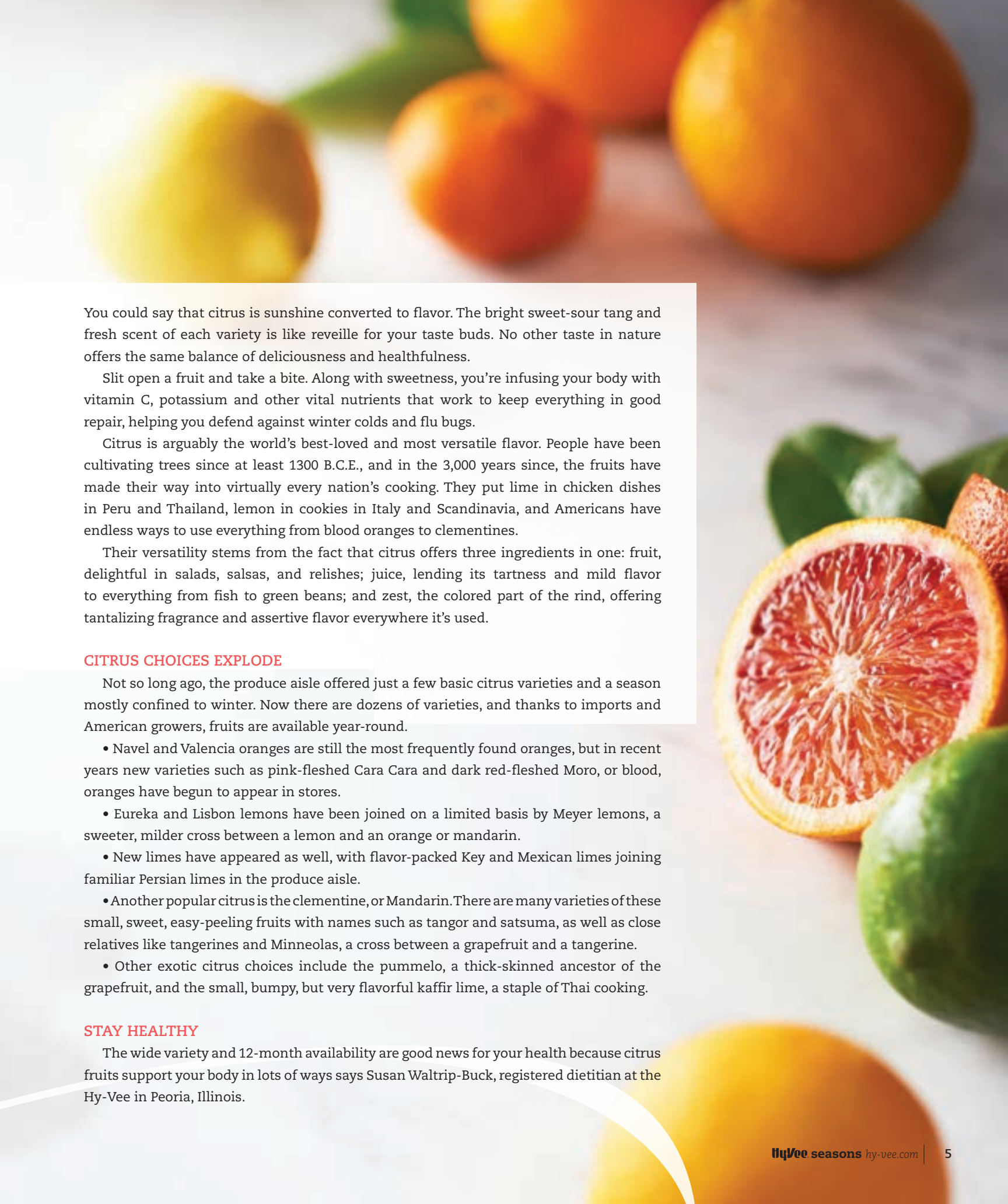
Sincerely,
Amanda Jochum, Hy-Vee Registered Dietitian, Omaha



Citrus

Almost a year's worth of sunshine goes into every lemon, lime and orange. Here's how to get that solar mojo into your meals.

TEXT RICHARD SWEARINGER PHOTOGRAPHY TOBIN BENNETT



You could say that citrus is sunshine converted to flavor. The bright sweet-sour tang and fresh scent of each variety is like reveille for your taste buds. No other taste in nature offers the same balance of deliciousness and healthfulness.

Slit open a fruit and take a bite. Along with sweetness, you're infusing your body with vitamin C, potassium and other vital nutrients that work to keep everything in good repair, helping you defend against winter colds and flu bugs.

Citrus is arguably the world's best-loved and most versatile flavor. People have been cultivating trees since at least 1300 B.C.E., and in the 3,000 years since, the fruits have made their way into virtually every nation's cooking. They put lime in chicken dishes in Peru and Thailand, lemon in cookies in Italy and Scandinavia, and Americans have endless ways to use everything from blood oranges to clementines.

Their versatility stems from the fact that citrus offers three ingredients in one: fruit, delightful in salads, salsas, and relishes; juice, lending its tartness and mild flavor to everything from fish to green beans; and zest, the colored part of the rind, offering tantalizing fragrance and assertive flavor everywhere it's used.

CITRUS CHOICES EXPLODE

Not so long ago, the produce aisle offered just a few basic citrus varieties and a season mostly confined to winter. Now there are dozens of varieties, and thanks to imports and American growers, fruits are available year-round.

- Navel and Valencia oranges are still the most frequently found oranges, but in recent years new varieties such as pink-fleshed Cara Cara and dark red-fleshed Moro, or blood, oranges have begun to appear in stores.
- Eureka and Lisbon lemons have been joined on a limited basis by Meyer lemons, a sweeter, milder cross between a lemon and an orange or mandarin.
- New limes have appeared as well, with flavor-packed Key and Mexican limes joining familiar Persian limes in the produce aisle.
- Another popular citrus is the clementine, or Mandarin. There are many varieties of these small, sweet, easy-peeling fruits with names such as tangor and satsuma, as well as close relatives like tangerines and Minneolas, a cross between a grapefruit and a tangerine.
- Other exotic citrus choices include the pummelo, a thick-skinned ancestor of the grapefruit, and the small, bumpy, but very flavorful kaffir lime, a staple of Thai cooking.

STAY HEALTHY

The wide variety and 12-month availability are good news for your health because citrus fruits support your body in lots of ways says Susan Waltrip-Buck, registered dietitian at the Hy-Vee in Peoria, Illinois.

Citrus offers a host of nutrients besides vitamin C. There are folates and potassium, which help maintain healthy blood pressure. Citrus also offers vitamin A and fiber, plus other phytonutrients that work together and may help keep your immune system healthy, reduce your risk of colon cancer, may help reduce asthma symptoms and osteo- and rheumatoid arthritis and even prevent plaque buildup on artery walls.

Scientific evidence continues to build that you have to eat the fruit to get the benefit. "Vitamin C tablets are good," says Susan, "but whenever you eat food, it's going to be better for you than taking a pill."

The government recommends eating five servings of fruits a day—one medium orange or half a grapefruit is considered a serving. All citrus fruits have similar amounts of vitamins. Oranges claim the highest amount of C at 70 mg, about 117 percent of your suggested daily intake in a medium orange, followed by lemons and clementines.

It's not hard to get the servings you need when you consider how many delicious ways there are to use citrus. See *page 7* and *pages 10–15* for our recipes.

COOKING WITH CITRUS

Recipes with citrus generally rely on either the zest or the juice to add flavor. Juice, providing tang and sweetness plus mild citrus flavor, is delicious with fish, shellfish, chicken, pork and lamb, and vegetables such as Brussels sprouts and spinach. To extract the most juice, microwave fruit a few seconds just until warm and roll on the counter under your hand. There are countless varieties of juicing tools. A handheld wooden reamer is the least expensive and easiest to store, but other tools work equally well.

For maximum citrus flavor, use the colored part of the peel called the zest. You want to avoid the white pith, which turns bitter when cooked. A vegetable peeler does a good job if you use a light hand, but a zester or a zester-grater is foolproof and produces ready-to-use zest. Handheld zesters cost between \$3 and \$15 and are found with others kitchen utensils at your local Hy-Vee.

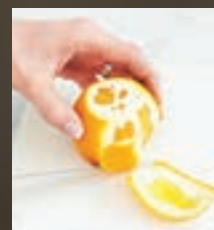
ZESTING, PEELING AND SEGMENTING

Whether you're zesting the rind, peeling fruit for eating or cutting it into segments, there's a technique that makes it easier.

Zesting: The zest or outermost colored layer of citrus is full of intense flavor and can be used in many ways. Before zesting, scrub the fruit with soapy water, rinse and dry. Using a microplane, traditional zester or vegetable peeler, carefully remove the zest without removing any of the bitter pith. Chop large pieces before using.



Cutting/Removing Rind: Cut off the top and bottom of the fruit. Then carefully remove segments of the rind and pith, using short swift sawing motions to follow the curve of the fruit. Once the rind is removed, carefully cut between the segments, removing the inner pith. Or, cut off the top and bottom, score the fruit in segments, then peel the rind.



Segmenting: Run a paring knife or a grapefruit knife (slightly curved at the tip) around the outer circle, cutting the fruit away from the rind. Then cut each segment away from the inner pith. Remove segments with the tip of the knife, if desired.



Learn to zest, peel and section citrus like a pro. View the video at www.hy-vee.com/resources/videos



BLOOD ORANGE MASCARPONE TART

The citrusy sweetness of the fruit is the siren song in this tempting dessert.

Prep time: 30 minutes

Cook time: 60 minutes

Serves 8.

Pastry:

1¼ cups Hy-Vee all-purpose flour

⅓ cup Hy-Vee sliced almonds,
finely chopped

¼ cup Hy-Vee granulated sugar

¼ teaspoon Hy-Vee salt

½ cup Hy-Vee unsalted butter, cold, cubed

1 Hy-Vee large egg, separated

1 teaspoon water

Filling:

⅓ cup Hy-Vee granulated sugar

¼ cup water

1 medium blood orange, very thinly sliced

4 ounces mascarpone cheese

4 ounces Hy-Vee cream cheese, softened

1 Hy-Vee large egg

½ teaspoon grated orange zest

¼ teaspoon almond extract


Preheat oven to 350°F. For pastry, in a medium bowl combine flour, almonds, sugar and salt. Cut in butter until evenly distributed. Stir in egg yolk and water. Dough will be crumbly. Mix with hands until dough holds together. Evenly press dough into 9-inch tart pan with removable bottom, forming neat edges. Beat egg white and brush over bottom, sides and top edges of crust. You will not use entire egg white. Place on baking sheet and bake about 20 minutes or until light golden brown. Allow to cool completely.

For filling, in a medium saucepan stir together sugar and water; add orange slices. Bring just to a boil over medium-high heat, gently stirring to dissolve sugar. Remove from heat. With a slotted spoon, remove oranges to a paper towel-lined plate and top with another

paper towel to absorb excess liquid. Pour sugar syrup into a liquid measuring cup, straining if necessary; cool slightly.

Beat mascarpone and cream cheese with electric mixer until smooth. Beat in egg, zest and extract. With mixer running, gradually beat in reserved sugar syrup. Pour into cooled pastry shell. Bake for 22 to 25 minutes or until almost set. Arrange orange slices over filling; bake 5 minutes more. Cool on a wire rack. Serve at room temperature, using a serrated knife to cut wedges. Cover and chill to store.

Nutrition facts per serving: 400 calories, 26 g fat, 14 g saturated, 0 g trans, 110 mg cholesterol, 150 mg sodium, 34 g carbohydrates, 1 g fiber, 17 g sugar, 7 g protein. Daily values: 15% vitamin A, 20% vitamin C, 6% calcium, 8% iron.



NAVEL ORANGE Great in salads, but can turn bitter when cooked or allowed to stand. Use zest when milder flavor is needed. Keeps: 4 to 5 days on counter, 2 weeks in fridge.

PUMMELO Mild grapefruit flavor, sweet and easy to peel. Usually eaten by themselves or sectioned in salads, wraps, salsas or other dishes needing a quick pop of bright flavor. Keeps: 1 week on counter, 2 weeks in fridge.

GRAPEFRUIT Strong flavor, new varieties are sweeter. Segments can be added to salads or grilled with kabobs. Keeps: 4 to 5 days on counter, 3 weeks in fridge.

Sustainably Delicious

When you see the Zeal label on a navel orange expect fruit at its juicy and flavorful best. Rest assured that it has been grown according to strict, environmentally sound standards.

Those standards cover everything from how carefully pesticides and fertilizers are used to whether or not farmers provide nesting boxes for local birds and bats.

"We do it because it's the right thing for the environment, the farmers and the consumer," says Doug Sankey, vice president of marketing for Sunwest, the managing partner of the Zeal brand.


There are 14 pages of standards that cover such details as whether growers use natural or synthetic fertilizer, how carefully they use irrigation water and even how orchard roads are paved to control dust.

"It shows you that the people growing these oranges are not only interested in making a profit, they want to be good stewards of the land," says Cliff Ohmart, board member of Protected Harvest, a nonprofit organization that audits the company to make sure it is farming sustainably.

Zeal citrus is grown on 3,500 acres by the Britz family, third-generation farmers who have been working the land for more than 60 years.

Zeal is available exclusively through Hy-Vee in the towns and cities where our stores are located.

LEMON Zingy with a fresh tang, it goes well with chicken, beef, pork, vegetables and fish. Use zest in baked goods. Keeps: up to 2 weeks in the fridge.



MEYER LEMON Mild, slightly sweet lemon-orange flavor, use zest with rice. Put slices under poultry skin before roasting. Not tart enough for recipes calling for regular lemon. Keeps: 10 days in fridge.

MORO OR BLOOD ORANGE Deep crimson in color, it has intense bright orange flavor with a hint of raspberry or strawberry. Juice makes striking drinks, and flesh can be substituted for Valencia oranges. Pairs well with fennel. Keeps: 3 to 4 days on counter, 2 weeks in fridge.

LIME The most sour of all the citruses, it wakes up the flavor of chicken, fish, pork and vegetables. Splash on tropical fruit or avocados. Toss zest with blueberries, into plain pasta with herbs, or sprinkle zest over food as it comes off the grill. Keeps: 6 to 8 weeks in the fridge.

CLEMENTINE OR MANDARIN

Among the sweetest citrus, sprinkle zest over salads or into chocolate cake batter. Goes well with poultry and seafood. A kids' favorite, clementines are easy to peel. Keeps: 3 days on counter, 2 weeks in fridge.

CARA CARA ORANGE

An exceptionally sweet red-fleshed naval orange, it's low in acid. Complex flavor with notes of cherry, rose petal and blackberry. Juice is sweet, with a tangy zing that works well in drinks. Use segments and zest in salads, goes well with fish. Keeps: 3 to 4 days on counter, 2 weeks in fridge.



COD WITH CITRUS SALSA

The mild flavor of white ocean fish needs the saucy presence of citrus salsa to wake it up.

Prep time: 25 minutes

Cook time: 10 minutes

Serves 6 (1 fillet, $\frac{1}{3}$ cup salsa).

2 medium oranges

2 medium limes

2 medium kiwis, peeled and cut into $\frac{1}{2}$ -inch pieces

$\frac{1}{4}$ cup chopped fresh cilantro

2 tablespoons minced red onion

$\frac{1}{4}$ teaspoon Hy-Vee crushed red pepper flakes

$\frac{1}{8}$ teaspoon Hy-Vee salt

3 tablespoons Hy-Vee all-purpose flour

1 teaspoon ground cumin

$\frac{1}{2}$ teaspoon Hy-Vee salt

$\frac{1}{2}$ teaspoon Hy-Vee black pepper

1 $\frac{3}{4}$ pounds fresh cod fillets,
cut into 6 portions

1 tablespoon Hy-Vee vegetable oil

To prepare salsa, cut peel and white pith from oranges and limes. Cut oranges and limes in half from top to bottom. Use a knife to cut sections from membranes. Discard peel, pith and membranes. Place in small bowl. Stir in kiwi, cilantro, red onion, red pepper flakes and $\frac{1}{8}$ teaspoon salt. Set aside.

Combine flour, cumin, $\frac{1}{2}$ teaspoon salt and black pepper. Lightly dredge cod fillets in flour

mixture. In a large nonstick skillet, heat oil over medium-high heat. Add cod; cook 2 minutes per side or until lightly browned and fish flakes easily with a fork. Serve with citrus salsa and, if desired, with long grain and wild rice blend.

Nutrition facts per serving: 160 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 50 mg cholesterol, 580 mg sodium, 16 g carbohydrates, 3 g fiber, 7 g sugar, 18 g protein. Daily values: 4% vitamin A, 110% vitamin C, 4% calcium, 4% iron.

FETA-CITRUS SALAD

The sweet tanginess of feta and citrus served on a bed of crunchy romaine is complemented with a honey Dijon dressing.

Prep time: 20 minutes

Serves 6 (1½ cup each).

3 tablespoons Hy-Vee orange juice

2 tablespoons Hy-Vee vegetable oil

2 tablespoons Hy-Vee cider vinegar

1 tablespoon Hy-Vee Dijon mustard

1 tablespoon Hy-Vee honey

1 teaspoon grated orange peel

¼ teaspoon Hy-Vee salt

¼ teaspoon Hy-Vee black pepper

1 medium ruby red grapefruit, sectioned

1 medium navel orange, sectioned

1 (12 ounce) bag Hy-Vee romaine garden blend

¾ cup shredded red cabbage

½ cup crumbled feta cheese

1 green onion, sliced

In a medium bowl, whisk orange juice, vegetable oil, vinegar, mustard, honey, orange peel, salt and black pepper to make dressing.

Cut peel and white pith from grapefruit and orange. Cut grapefruit and orange in half from top to bottom. Use a knife to cut sections from membranes. Discard peel, pith and membranes. Place salad blend and cabbage in a salad bowl or on salad plates. Top with grapefruit sections, orange sections, feta and green onion. Serve with dressing.

Nutrition facts per serving: 160 calories, 10 g fat, 3 g saturated fat, 0 g trans fat, 10 mg cholesterol, 310 mg sodium, 16 g carbohydrates, 3 g fiber, 11 g sugar, 3 g protein. Daily values: 60% vitamin A, 100% vitamin C, 10% calcium, 4% iron.

Beautiful jewel-toned citrus segments contrast with fresh romaine in this *lovely salad* that will remind you of spring.



SUSAN WALTRIP-BUCK

REGISTERED DIETITIAN • PEORIA, ILLINOIS, HY-VEE

"JUST A SQUEEZE OF CITRUS JUICE OR A BIT OF ZEST WILL HELP FLAVOR YOUR MEALS SIMILAR TO SALT. CITRUS BRINGS OUT FLAVOR. THIS IS HELPFUL FOR PEOPLE ON SALT-RESTRICTED DIETS."

dietitian

She's all about foods that are the best for you. Hand her an orange, and she's captured by its bounty of vitamin C, folate and other vital nutrients.



ORANGE-AND-SAGE-GLAZED PORK OVER QUINOA PASTA

One ingredient in making the pasta used in this recipe was ground quinoa. It adds a strong boost of nutrition without affecting the flavor.

Prep time: 30 minutes

Cook time: 45 minutes

Serves 4 (1 pork chop, 2 ounces pasta and about ¼ cup sauce each).

- 4 (4 ounces each) boneless top pork loin chops
- 2 tablespoons Grand Selections olive oil, divided
- 2 teaspoons ground coriander
- ¼ teaspoon Hy-Vee salt
- ⅓ teaspoon Hy-Vee ground black pepper
- 2 cups brewed Hy-Vee chai tea
- 1 cup Hy-Vee orange juice
- 2 oranges, unpeeled, quartered

- 2 medium shallots, coarsely chopped
- 4 large garlic cloves, quartered
- 2 tablespoons shredded fresh sage leaves
- 1 (8 ounce) package quinoa spaghetti
- 1 tablespoon chopped fresh sage leaves
- 1 tablespoon grated orange zest

Preheat oven to 350°F. Brush pork chops with 1 tablespoon oil. Combine the coriander, salt and pepper and rub onto both sides of each pork chop.

Pour brewed tea and orange juice into a 13×9-inch baking dish. Add half the oranges, shallots, garlic and shredded sage. Add seasoned pork chops and top with remaining oranges, shallots, garlic and shredded sage. Cover with foil and bake for 30 to 35 minutes or until internal temperature reaches 145°F. Remove pork chops from pan, cover and keep warm.

Strain cooking liquid into a saucepan, discard solids and bring to a rolling boil over medium-high heat. Boil until cooking liquid is reduced to 1 cup, about 10 minutes. Meanwhile, prepare spaghetti according to package directions.

Heat remaining tablespoon oil in a small skillet over medium heat. Sauté chopped sage leaves until slightly crisp, 1 to 2 minutes. Toss with hot cooked spaghetti and orange zest. Divide spaghetti among 4 plates. Cutting at an angle, slice each pork chop into five pieces. Arrange pork next to spaghetti and drizzle with reduced cooking liquid.

Nutrition facts per serving: 460 calories, 15 g fat, 3.5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 190 mg sodium, 53 g carbohydrates, 5 g fiber, 6 g sugar, 26 g protein. Daily values: 2% vitamin A, 60% vitamin C, 2% calcium, 15% iron.

vs. chef

He's on a mission and it's all about taste. When it's time to sauté, sear, smoke or simmer, he'll deliver a recipe that will make you look brilliant.

BRANDON ZAWADA

CHEF • MILAN, ILLINOIS, HY-VEE

"WHEN YOU ARE ZESTING, JUST SHAVE OFF THE COLOR. IF YOU GET DOWN TO THE WHITE, THAT'S THE PITH. IT WILL ADD A BITTER TASTE AND YOU DON'T WANT THAT."



GREEK PASTA WITH SHRIMP, GARBANZO BEANS AND LEMON

Herb, garlic and olive oil flavors come to life when tangy lemon zest is added at serving time.

Prep time: 20 minutes

Cook time: 15 minutes

Serves 6 (1½ cups each).

8 ounces dry Hy-Vee bow-tie pasta

¼ cup Grand Selections extra virgin olive oil

Oregano leaves from 8 fresh sprigs

Thyme leaves from 8 fresh sprigs

5 cloves garlic, sliced

1 pound fresh shrimp, peeled and deveined

1 (15 ounce) can Hy-Vee garbanzo beans, drained

1 large handful baby spinach

Kosher salt and Hy-Vee cracked

black pepper, to taste

Hy-Vee plain Greek yogurt,

optional, for serving

Additional Grand Selections olive oil,

optional, for serving

Zest and wedges from 1 lemon,

optional for serving

Prepare bow-tie pasta according to package directions. Drain and rinse; set aside. Heat a large Dutch oven over medium-high heat. Add olive oil, herbs and garlic and sauté 15 to 30 seconds. Add shrimp; sauté about 1 to 2 minutes or until shrimp just turn pink. Fold in garbanzo beans and pasta; heat through. Remove from heat, fold in spinach and season to taste with salt and black pepper.

Turn out onto a large platter to serve. If desired, top with dollops of Greek yogurt, olive oil and freshly grated lemon zest and wedges.

Nutrition facts per serving: 340 calories, 11 g fat, 1.5 g saturated fat, 0 g trans fat, 95 mg cholesterol, 630 mg sodium, 40 g carbohydrates, 5 g fiber, 3 g sugar, 19 g protein. Daily values: 8% vitamin A, 2% vitamin C, 8% calcium, 15% iron.



Citrus Vinegars & Sugars

Homemade infused vinegars are easy to prepare and give your dishes a subtle depth of flavor. Try them in salad dressings, marinades for meats or fish, or to brighten vegetables. Citrus-infused sugars add a touch of elegance and an enticing aroma to baked goods and teas.

ROSEMARY-ORANGE VINEGAR

Use this fragrant vinegar to create a sauce for baked chicken, to pour over fresh fruit or to use as an ingredient in a salad dressing.

Prep time: 15 minutes

Serves 24 (1 tablespoon each).

Place **3 single sprigs fresh rosemary**, **2½ tablespoons freshly grated orange zest** and **1 tablespoon Hy-Vee black peppercorns** in clean glass jar; add **1½ cups Grand Selections white wine vinegar**. Cover the top of the jar with plastic wrap and cover with lid. The vinegar should not come in contact with metal. *Scrub citrus fruits well. *Do not eat the peppercorns.

CITRUS VINEGAR

Combine with olive oil and add to rice and pasta dishes.

Prep time: 10 minutes

Serves 16 (1 tablespoon each).

Bring **1 cup Grand Selections white wine vinegar** to a boil in the microwave or in a small saucepan. Place **6 (¼×2-inch) strips lemon zest**, **6 (¼×2-inch) strips lime zest**, and **8 (¼×2-inch) strips orange zest** in clean glass jar; add vinegar. Cover the top of the jar with plastic wrap and cover with lid. The vinegar should not come in contact with metal. *Scrub citrus fruits well. Use a vegetable peeler to remove citrus zest. Cut zest into ¼-inch wide strips. *Do not eat the zest.

CITRUS-INFUSED SUGAR

Use infused sugar in place of sugar in baked goods, to sweeten hot tea or sprinkle it on cookies, pies and cakes.

Prep time: 15 minutes

Makes 2 cups.

Serves 96 (1 teaspoon each).

Using a citrus zester, remove the zest of **3 scrubbed lemons, limes or small oranges**, being careful to avoid the pith. Reserve whole lemons, limes and oranges for another use. Pulse zest and **1 cup sugar** in a food processor until incorporated. Pour into a bowl and stir with an additional **1 cup sugar**.

Evenly spread sugar on a rimmed baking sheet and let sit in a cool, dry area away from drafts until dry, about an hour. Break up any clumps with a fork or pulse again in a food processor, transfer to an airtight container and store in the refrigerator for up to 3 months.



ICED LEMON BREAD

Lemon in the batter, syrup and icing gives this bread its bright, distinct flavor. Lacking butter, shortening or oil, its moist, dense texture falls somewhere between sponge cake and pound cake.

Prep Time: 35 minutes

Bake Time: 50-60 minutes

Serves 12 (one $\frac{1}{3}$ -inch slice).

1½ cups Hy-Vee all-purpose flour

1⅓ cups Hy-Vee granulated sugar, divided

2 teaspoons Hy-Vee baking powder

½ teaspoon Hy-Vee salt

1 cup Hy-Vee sour cream

3 Hy-Vee large eggs

2 tablespoons grated lemon zest

1 tablespoon freshly squeezed lemon juice

2 tablespoons water

1 teaspoon lemon extract, divided

1 cup Hy-Vee powdered sugar

1½ tablespoons Hy-Vee skim milk

Preheat oven to 350°F. Grease and flour a 9×5-inch loaf pan. In a medium bowl,

stir together flour, 1 cup sugar, baking powder and salt. Set aside.

In a small bowl, whisk together sour cream, eggs, lemon zest and lemon juice.

Pour sour cream mixture into flour mixture, stirring just until combined. Pour batter into prepared loaf pan and bake 50 to 60 minutes or until golden and thin skewer inserted in center of loaf comes out clean.

Meanwhile, in a small saucepan, stir together remaining $\frac{1}{3}$ cup sugar, water and $\frac{1}{2}$ teaspoon lemon extract. Cook and stir over medium heat until sugar dissolves and syrup is clear. Set aside. Cool bread in pan 10 minutes. Loosen edges of loaf with a knife, invert loaf onto cooling rack to remove bread and turn

right-side up on rack. With thin skewer, poke holes in bread; slowly pour syrup over bread and allow it to soak in. Cool completely.

For icing, whisk together powdered sugar, milk and remaining $\frac{1}{2}$ teaspoon lemon extract. Pour over bread, allowing it to run down sides.

Nutrition facts per serving: 240 calories, 4.5 g fat, 2.5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 220 mg sodium, 46 g carbohydrates, 0 g fiber, 33 g sugar, 4 g protein. Daily values: 4% vitamin A, 0% vitamin C, 6% calcium, 6% iron.

super SIPS

APPLE, PEAR & GRAPE JUICE

Brain and body booster. Antioxidants help fight aging and disease. Grapes feed the brain to aid short-term memory. High potassium in pears may promote healthy blood pressure.


Serves 4.

1 Braeburn apple, core removed

1½ Bosc pears, core removed

1 cup stemmed red seedless grapes

Juice all ingredients in juicer.



It's no secret that fruits and vegetables are good for you. But getting the nine daily servings you need is often a challenge. Enter juicing—a delicious and nutritious way to “eat your veggies.”

TEXT MARYGRACE TAYLOR

PHOTOGRAPHY ADAM ALBRIGHT AND TOBIN BENNETT

What if there was an easier way to get your nine daily servings of fruits and veggies—a way that made them even more nutritious? Welcome to the world of freshly squeezed fruit and vegetable juices, where eating healthy is fast, simple and seriously delicious.

ALL THE JUICY BENEFITS

Low in calories and high in potent vitamins, minerals and disease-fighting phytochemicals, fruits and vegetables are some of the healthiest foods around. The problem? Thanks to busy schedules and a tendency to gravitate toward foods higher in sugar, fat and salt, most of us don't eat nearly as many as we should.

“Juicing makes getting fruits and vegetables—and their important nutrients—easier,” says Elizabeth Pohlman, a registered dietitian at Hy-Vee's Urbandale, Iowa, store. That's because you can pack more produce into a glass of juice than you'd be able to eat whole, and in a form that might be easier for the body to absorb. Case in point: You'll get the nutrients from five cups of chopped carrots in just a single cup of carrot juice.

Because of the nutrition profiles of fruits and vegetables, many people are turning to juicing to successfully lose weight. A juice diet can be effective, but keep in mind that it lacks important proteins, fats and fiber needed for a balanced, healthy body. Many juicing fans add protein powders and other supplements or other select foods to compensate.

HOW TO GET STARTED

In less time than it takes to make a green salad or roast a tray of cauliflower, a juice machine can help you whip up a glass of fresh juice by squeezing out the pulp, yielding a smooth, nutrient-packed drink.

You'll find two major types: Pricier masticating juicers are quieter, easier to clean and leave behind very little pulp, making them a good choice for serious juice drinkers. But if you're a beginner, don't worry. You can get delicious juice from less-expensive centrifugal juicers, which make slightly pulpier juice and take up less space.

MAKING THE MOST OF YOUR JUICE

The best thing about juice? It's a healthy choice for everyone—and can be customized to meet your individual needs. Plain fruit and vegetable juice make a nutritious, low-calorie drink to serve with a meal. If you add extras like whey or soy protein powder, juice can double as a refreshing on-the-go breakfast or lunch.

Three more ways to squeeze all the goodness you can out of fresh juice:

- **Fill up on fiber.** Since it doesn't contain much pulp, fresh juice contains much less fiber than whole fruits or vegetables. Boost your drink's fiber content by adding some of the pulp back in, or stir in a few spoonfuls of chia or ground flaxseeds, suggests Pohlman.
- **Stabilize the sugar.** Juices rich in fruit and starchy vegetables (like carrots or beets) can be high in sugar, leading to blood sugar spikes. An easy solution: “Keep sugar levels in check by adding low-sugar veggies like spinach, kale or wheat grass to your juice, and stick to a four- to six-ounce portion,” Pohlman says.
- **Drink it right away.** Nothing good lasts forever: Juice's beneficial nutrients start to deteriorate shortly after it's been pressed. Drink yours right after making it, or refrigerate for no more than a day or two.

GO GREEN JUICER

Serves 4.

2 cucumbers

1 cup fresh spinach

1 bunch flat-leaf Italian parsley

4 celery stalks

1 (2 ounce) container wheatgrass

Juice cucumbers, spinach,
parsley and celery.
Add wheatgrass.

› CLEANSE AND REBUILD.

Plant sterols and antioxidants help prevent heart disease and cancer. Parsley's chlorophyll detoxifies kidneys, liver and urinary tract.

› IMMUNE SYSTEM BOOST.

Vitamin A fights off infection and disease.

Vitamin C helps reduce the risk of cancer, hypertension and free radicals.

FULL-SQUEEZE CITRUS DRINK

Serves 4.

5 oranges, peeled

½ grapefruit, peeled

1 tangerine, peeled

½ lemon, peeled

Juice all ingredients in juicer.



>health BENEFITS

There are many reasons to drink for flavor, but the big draw for juicing is the nutrition. Each glassful can be a step toward better health.

apples

reduce cholesterol, cleanse digestive system, help to boost the immune system, aid in digesting fats

beets

inhibit blood clots by increasing blood flow, lower blood pressure, may help improve mental function

berries

rich in antioxidants; provide protection against many diseases, including cancer, heart disease and dementia

carrots

great for skin, brain, fighting cancer, protecting arteries, fighting infections and boosting the immune system; help to eliminate bacteria in the colon and to get rid of intestinal parasites

kiwis

high in vitamin C, help heal wounds, increase iron absorption and boost the immune system

leafy greens

kale, collards, spinach and Swiss chard reduce risk of heart disease, help repair and renew skin

pineapples

anti-inflammatory, antiviral and antibacterial; help to dissolve blood clots

tomatoes

lower risk of cancer (especially testicular cancer in men), good for the heart

4-inch Wheatgrass, Sunflower Sprouts
and Pea Sprouts \$2.00

Juicing makes getting fruits
and vegetables—and their
IMPORTANT NUTRIENTS—
easier and more enjoyable.





>strawberry
JUICE

>apple
JUICE

>beet
JUICE

>leafy
greens
JUICE

>carrot
JUICE

>pineapple
JUICE

>tomato
JUICE

>berry
JUICE

>kiwi
JUICE

POTENT PAIRINGS

SPINACH + APPLE + CARROT You know carrots are good for your eyes, but they're not the only member of the produce family that can help support your sight. Spinach is high in lutein while apples boast tons of vitamin C. Both nutrients protect sensitive eye tissue and help fight cataracts and macular degeneration.

KALE + BERRY + ORANGE Leafy greens and brightly colored fruits have both been shown to protect against a range of cancers. Try a combination of kale, oranges and berries (raspberries, blueberries and/or strawberries) to get a big boost of good-for-you antioxidants with a pleasantly sweet taste.



Bertolli Classico Olive Oil: 25.5 oz. \$9.49

Creamette Pasta: elbow or spaghetti 32 oz. \$2.49

Del Monte Tomatoes or Contadina Pizza Sauce: select varieties 14.5 or 15 oz. 3/\$3.00

Jolly Time Microwave Pop Corn: select varieties 3 or 4 pk. \$1.89

Minute Rice: regular, ready to serve or success 4.4 or 14 oz. \$1.99

Bush Variety or Chili Beans: select varieties 15 to 16 oz. \$.89



Perfect Pantry

Keeping a well-stocked pantry is one of the secrets to making life less complicated. While staples vary from one household to another, our list works for many and can be adjusted according to your preferences.

PHOTOGRAPHY TOBIN BENNETT

A full pantry helps you avoid those frantic nights when someone—or everyone—is complaining, “There’s nothing to eat.” Well, there can be. It’s in the pantry. Meals at your house may include hearty breakfasts, pastas, fresh salads, soups and rice or grains on the side or as entrées. You may also make baked cookies, cakes and other goodies. Get a start on your storage needs with this pantry list. If your household includes vegetarians, those with tastes developed in other countries or someone with special dietary needs, make some adjustments. Keep your pantry well-stocked and you’re always ready.

Top Pantry Must-Haves

- | | |
|--------------------|---------------------------------|
| 1 Bread | 14 White & brown sugar |
| 2 Onions | 15 Chocolate chips |
| 3 Potatoes | 16 Baking powder & baking soda |
| 4 Pasta sauce | 17 Coconut |
| 5 Pasta | 18 Oatmeal |
| 6 Canned tomatoes | 19 Popcorn |
| 7 Olive oil | 20 White & brown rice |
| 8 Salt | 21 Canned soups |
| 9 Pepper | 22 Canned beans |
| 10 Favorite spices | 23 Veggie, chicken & beef broth |
| 11 Vinegars | 24 Dried grains |
| 12 Cooking oils | 25 Dried beans |
| 13 Flour | |



Campbell's Canned Pasta: select varieties 14.75 or 15 oz. \$.89



Campbell's Slow Kettle Soups: select varieties 15.3 oz. \$2.99



Swanson Aseptic Broths: select varieties 48 oz. \$3.98



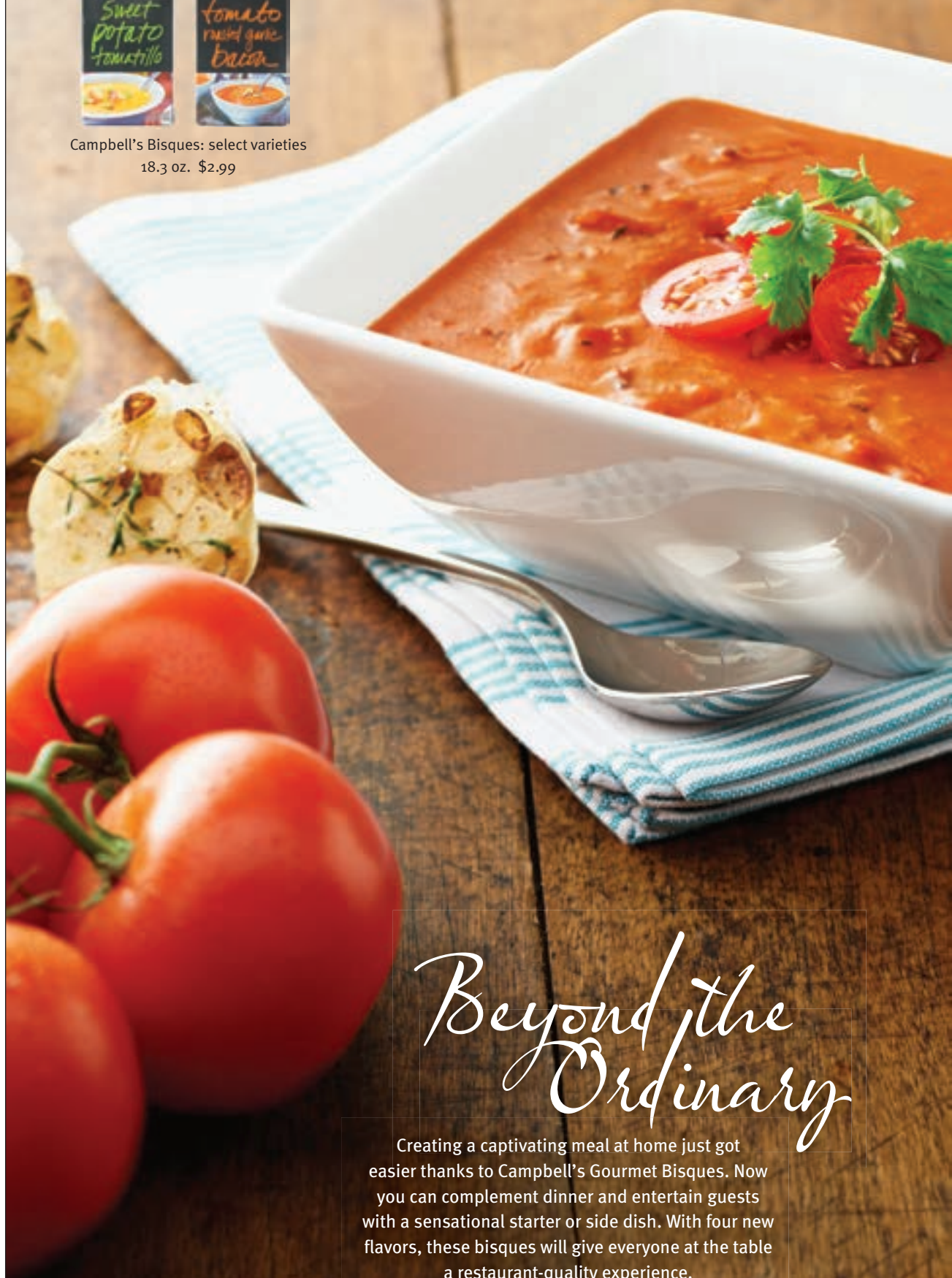
Swanson Flavor Boost: select varieties 1.4 to 1.96 oz. 2/\$3.00



V8 V-Fusion Beverages: select varieties 36 to 46 oz. or 4 to 8 pk. \$2.99



Campbell's Bisques: select varieties 18.3 oz. \$2.99



Beyond the Ordinary

Creating a captivating meal at home just got easier thanks to Campbell's Gourmet Bisques. Now you can complement dinner and entertain guests with a sensational starter or side dish. With four new flavors, these bisques will give everyone at the table a restaurant-quality experience.

Grab and Go

After a race with friends, a bike ride across the neighborhood or an afternoon of soccer, it's time to replenish and refuel. It's time for Capri Sun—a blend of natural fruit juices and light, sweet flavors. These wholesome drinks will help replenish the body and kick-start another round of activities.



Capri Sun SuperV or 100% Juice:
select varieties 6 oz. or 10 pk. \$2.77



Planters NUT•rition Nuts: select varieties
8.5 to 10.25 oz. \$4.99



Planters NUT•rition Peanut Butter:
select varieties 12 oz. \$2.99



Kraft String Cheese: select varieties
9 to 12 oz. \$3.99



Claussen Pickles: select varieties
20 to 32 oz. 2/\$6.00



Oscar Mayer Deli Fresh Family Size:
select varieties 11.5 or 16 oz. \$5.69



Oscar Mayer Turkey Bacon: regular or low
sodium 11.5 or 12 oz. \$2.68



Crystal Light: select varieties 6 to 8 qt.
or 10 pk. \$2.29

BIG ITTZZ

BIG GAME



Super Bowl Sunday! Surely, this is the best holiday we've ever invented (except you don't get Monday off). We're allowed to overeat, overheat ("Waddaya mean holding! Are you kidding me!"), over-imbibe and overnight (friends don't let friends...). Best of all we get to do it with commercial interruption. It just doesn't get any better than this!

TEXT STEVE SLACK

PHOTOGRAPHY TOBIN BENNETT

The Super Bowl is big. For diehard fans it's the excitement of the World Series, college basketball's March Madness and the Olympic women's gymnastics finals distilled into one game of heart-pumping, fist-pounding football.

It's the day of the year when 111 million of us crowd into the national living room and nobody wants to change the channel. The best part is you get to party instead of play, so there's no blown-out knees, groin injuries or concussions. Well, to be honest, there is always the possibility of a concussion when the boys get together, but the odds are low.

Nothing about the Big Game is super-serious or expensive, except tickets to it. So set up your party for fun—no persnickety rules, TSA pat downs or mother-in-laws.

Your Super Bowl gathering should have an atmosphere similar to an afternoon at your favorite sports bar, without that obnoxious guy in the back. Whether you choose an elaborate affair—the sort that people will talk about for years, tricked out with flags, banners and pom-poms—or watch with a couple of close pals, you're going to need a game plan. Here's how to pull together your super day:

- **Invite guests.** Last minute invites cause chaos, so two weeks before the game send out digital invitations. This is easy through websites such as www.evite.com or www.punchbowl.com.

- **Plan food and drink.** You can't go wrong with all-American sports bar favorites—wings, ribs, potato boats, chili, subs, chips and salsa, a few styles of beer and soda. You get the picture. You'll find everything you need at your local Hy-Vee, including disposable tableware in team colors.

- **Serve snacks with shelf life.** It's a long time from pregame to the final whistle. Celebrate with slow-cookers (where are your outlets?) and keep the buffet clear of aging vittles. When the lettuce gets five o'clock shadow, it's time to deep-six the subs.

- **Provide plenty of comfortable seating.** Scatter some cushy, rump-friendly floor pillows and ditch the bun-bruising dining room chairs.

- **Plan a back-up activity in case the game's a real snoozer.** If the commercials become the only memorable moments, check out the free app ADBOWL that lets you watch Super Bowl ads and vote thumbs up or down.

- **Liven things up with a Super Bowl trivia tournament.** Start with some of the trivia questions scattered throughout this story. If these questions don't put enough snap on the ball, you may download some quiz apps, such as the free Super Bowl Quiz or Super Bowl Know It All (\$0.99).

If all else fails, make sure you've recorded Animal Planet's Puppy Bowl during halftime. There's nothing quite as exciting as a frisky Boston Bull Terrier who...may...go...all...the...way!

TRIVIA:

1. WHAT LEGENDARY QUARTERBACK MOVED TO THE NFL FROM HIS JOB AS A HY-VEE STOCK BOY IN CEDAR FALLS, IOWA?

2. WHO WON THE VERY FIRST SUPER BOWL AND WHERE WAS IT PLAYED?

Lunch Crock \$17.99



TRIVIA:

3. THE SUPER BOWL IS THE BUSIEST DAY OF THE YEAR FOR THE TAKE-OUT PIZZA BUSINESS. MILLIONS OF PIES ARE DELIVERED TO COUCH-BOUND FANS NATIONWIDE. WHO WAS THE FIRST PIZZA RETAILER TO ADVERTISE DURING A SUPER BOWL?

HALFTIME CHILI

This is the good stuff. Flavors from deep in the heart of Texas and a consistency that's thick, rich and saucy.

Prep time: 20 minutes

Cook time: 6 to 8 hours

Serves 12 (1½ cups each).

2 pounds ground chuck
2 large onions, chopped
3 garlic cloves, minced
3 (15.5 ounces each) cans Hy-Vee chili-style beans in chili gravy
1 (15 ounce) can Hy-Vee light red kidney beans
1 (28 ounce) can Hy-Vee crushed tomatoes
1 (14.5 ounce) can Hy-Vee diced tomatoes
1 (14.5 ounce) can Hy-Vee beef broth
1 (6 ounce) can Hy-Vee tomato paste
1 tablespoon Hy-Vee chili powder
1 teaspoon Hy-Vee dried oregano

½ teaspoon ground cumin
¼ teaspoon Hy-Vee black pepper
Hy-Vee shredded cheddar cheese, optional
Hy-Vee corn chips, optional
Hy-Vee sour cream, optional
Sliced green onion, optional

Brown ground chuck with onion and garlic until onion is tender; drain and transfer to a greased 5- to 6-quart slow cooker. Stir in chili beans, kidney beans, crushed tomatoes, diced tomatoes, broth, tomato paste, chili powder, oregano, cumin and black pepper. Cover and cook on low heat setting for 6 to 8 hours. Serve with optional toppings, if desired.

Nutrition facts per serving: 380 calories, 17 g fat, 6 g saturated fat, 1 g trans fat, 55 mg cholesterol, 920 mg sodium, 36 g carbohydrates, 10 g fiber, 8 g sugar, 23 g protein. Daily values: 15% vitamin A, 30% vitamin C, 10% calcium, 30% iron.

Answer: 3) Domino's Pizza

WHOOPIE FOOTBALLS

These may look as tough as footballs, but they are light as air. With spongy chocolate cookies and a filling of whipped cream, these treats score an extra point for flavor.

Prep time: 90 minutes

Bake time: 60 minutes

Serves 32 (1 football each).

1 (18.25 ounce) package Hy-Vee devil's food cake mix

1 (3.9 ounce) package Hy-Vee instant chocolate pudding mix

3 Hy-Vee large eggs

$\frac{3}{4}$ cup water

$\frac{1}{2}$ cup Hy-Vee vegetable oil

3 cups whipped vanilla frosting

White decorator frosting with writing tip, for decorating

Preheat oven to 350°F. Line cookie sheets with parchment paper. Print football template from <http://www.hy-vee.com/seasons/downloads.aspx>; slide template under parchment as a guide for piping batter.

Beat cake mix, pudding mix, eggs, water and vegetable oil with an electric mixer on low speed until just mixed. Beat on medium speed for 2 minutes. Fill a resealable sandwich bag $\frac{2}{3}$ full with batter. Snip one corner. Squeeze batter out of bag to outline and fill in football shapes on parchment paper, mounding slightly in the center. Refill sandwich bag with batter as needed. Bake 12 to 13 minutes or until tops are firm. Let cookies stand on cookie

sheet for 2 minutes before sliding parchment paper onto a wire rack to cool completely. Carefully remove cookies from parchment when they are cool.

Spread about 1½ tablespoons frosting on the flat side of half of the cookies; top with remaining cookies, flat side down. Pipe decorator frosting on footballs to resemble football laces.

Nutrition facts per serving: 200 calories, 9g fat, 2.5g saturated fat, 1g trans fat, 20mg cholesterol, 230mg sodium, 27g carbohydrates, 0g fiber, 19g sugar, 1g protein. Daily values: 0% vitamin A, 0% vitamin C, 2% calcium, 4% iron.



Frito-Lay Baked and Simply Natural: select varieties 8 to 11.50z 2/\$6.00



Pagoda Express Egg Rolls, Appetizers and Single Serve Entrees: select varieties 4.8 to 14 oz. 2/\$5.00



Red Baron Classic, Fire Baked and Thin Crust Pizza: select varieties 14.76 to 23.45 oz. 3/\$10.00

CRUNCHY BUFFALO WINGS

*If you want your buffalo crunchy, this is the recipe.
An NFL center doesn't have any more snap than this.*

Prep time: 20 minutes

Cook time: 45 minutes

Serves 7 (3 wings each).

4 cups Snyder's of Hanover Hot Buffalo Wing
Pretzel Pieces, finely crushed

4 egg whites

¼ cup Frank's Original RedHot sauce

21 chicken wingettes

Preheat oven to 425°F. Line a rimmed baking sheet with foil; place a wire rack on top of foil and spray with nonstick cooking spray. Pour pretzel crumbs into a pie plate or similar container. In a small bowl, whisk egg whites and hot sauce. Dip wingettes in egg white mixture, then roll in crumbs; firmly pat crumbs to adhere. Place on rack on baking sheet. Bake 45 minutes or until crispy and golden.

CRISPY CHEESY WINGS

The gourmands in your group will find these irresistible. Buttermilk and Parmesan pack a one-two punch of flavor.

Prep time: 35 minutes

Cook time: 50 minutes

Serves 7 (3 wingettes each).

2 cups low-fat buttermilk
2 teaspoons Hy-Vee garlic powder
2 teaspoons Hy-Vee ground mustard
2 teaspoons Hy-Vee cayenne pepper,
or to taste

1 teaspoon Hy-Vee salt

1 teaspoon Hy-Vee black pepper

21 chicken wingettes

½ cup Hy-Vee bread crumbs

½ cup Hy-Vee panko bread crumbs

1 cup shredded fresh Parmesan cheese

2 teaspoons crushed Hy-Vee dried thyme

2 teaspoons crushed Hy-Vee dried rosemary

1 teaspoon Hy-Vee garlic powder

1 teaspoon Hy-Vee black pepper

Hot sauce, Hy-Vee buffalo wing sauce,

Hy-Vee barbecue sauce or Hy-Vee ranch
dressing, for serving

Combine buttermilk, garlic powder, ground mustard, cayenne pepper, salt and black pepper in a gallon-size resealable plastic bag. Add wingettes, seal tightly and shake gently to coat. Place in a bowl. Refrigerate at least 2 hours to marinate.

Remove wingettes from bag, letting excess buttermilk drip off and discard bag and marinade. Meanwhile, preheat oven to 425°F. Line a rimmed baking sheet with foil. Place a wire rack on top of foil and spray with nonstick cooking spray.

Toss together bread crumbs, Parmesan, thyme, rosemary, garlic powder and black pepper in a pie plate. Thickly coat each wingette with bread crumb mixture. Pat coating to adhere. Place on rack on baking sheet. Bake 45 to 50 minutes, until wingettes are golden brown and crisp. Serve plain or with hot sauce, buffalo wing sauce, barbecue sauce or ranch dressing, if desired.

SPICY BARBECUE WINGS

*There's quite a little kick in each bite of these wings.
Serve them while they're hot.*

Prep time: 20 minutes

Cook time: 45 minutes

Serves 7 (3 wings each).

½ cup Frank's RedHot Kickin' BBQ Sauce

½ cup Frank's Original RedHot sauce

21 chicken wingettes

¼ cup Magic Barbecue Seasoning

Place oven rack in lowest position. Preheat oven to 500°F. Line a rimmed baking sheet with foil and spray well with nonstick cooking spray. In a large bowl stir barbecue sauce and hot sauce; set aside. Rub wingettes evenly with barbecue seasoning and arrange on prepared baking sheet. Bake 20 minutes, turn and bake another 20 to 25 minutes or until crispy. Toss hot wingettes with barbecue sauce mixture to coat.

* For nutrition information, go to www.hy-vee.com/seasons



4. WHO WAS THE FIRST
SUPER BOWL LEGEND TO WIN THE
MIRROR BALL TROPHY ON TV'S
"DANCING WITH THE STARS"?

Answer: 4) Emmitt Smith

TRIVIA:

5. AFTER EVERY SUPER BOWL, THE GAME'S MOST VALUABLE PLAYER ANNOUNCES WHERE HE'S TAKING A VACATION. WHERE IS IT?



NOW THAT'S A SUPER BOWL

When you throw a party for the game of the year, a mere bowl of dip isn't up to the occasion. Instead, go long and score by opening up a large loaf of Football-Shaped Pumpernickel from Hy-Vee. This Baking Stone Bread is made from the same formula as all other pumpernickel breads made fresh daily at Hy-Vee. The lacing is white bread. Display the bread as shown here—filled with dill-spiked sour cream and surrounded with carrots, tomatoes, cucumbers and other veggies as dippers.

Football-Shaped Pumpernickel Bread Bowl 20 oz. \$3.99
(dip and vegetables not included)

DILL DIP

Prep time: 10 minutes

Serves 16 (2 tablespoons each).

- 1 cup Hy-Vee sour cream
- 1 cup Hy-Vee mayonnaise
- 2 tablespoons finely chopped onion
- 1½ tablespoons Hy-Vee dried parsley flakes
- 1½ tablespoons dried dill weed
- ½ teaspoon Hy-Vee garlic salt
- ½ teaspoon onion salt
- ¼ teaspoon celery salt
- 1 Hy-Vee pumpernickel bread bowl, hollowed-out, optional
- Fresh vegetables, optional

In a medium bowl, stir together sour cream, mayonnaise, onion, parsley, dill weed, garlic salt, onion salt and celery salt. Cover and chill until serving time. If desired, serve dip in hollowed-out bread bowl with vegetables or bread cubes.

Nutrition facts per serving: 130 calories, 14 g fat, 3.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 190 mg sodium, 1 g carbohydrate, 0 g fiber, 1 g sugar, 1 g protein. Daily values: 2% vitamin A, 0% vitamin C, 2% calcium, 0% iron.

TRIVIA:

6. WHO PLAYED IN THE BIGGEST BLOWOUT IN SUPER BOWL HISTORY?

7. THE SUPER BOWL CHAMPIONSHIP TROPHY IS NAMED FOR WHAT LEGENDARY COACH?

8. WHICH TEAM HAS WON THE MOST SUPER BOWLS?

SALTY SNACK MIX

The peppery zip of this crunchy mix will get the attention of your guests faster than a missed call that tilts the game.

Prep time: 20 minutes

Bake time: 60 minutes

Serves 40 (about ½ cup each).

4 cups Hy-Vee Krunch-Eze

2 cups Hy-Vee toasted corn cereal

2 cups bagel chips

2 cups Hy-Vee oyster crackers

2 cups Hy-Vee pretzel rings

2 cups shoestring potatoes

1 (15 ounce) container Hy-Vee less-than-50%-peanuts mixed nuts

10 tablespoons Hy-Vee butter, melted

2 tablespoons Hy-Vee Worcestershire sauce

4 teaspoons Cajun seasoning

2 teaspoons hot pepper sauce

Arrange oven racks in the top and bottom thirds of the oven. Preheat oven to 250°F. Lightly coat two large rimmed baking sheets with nonstick cooking spray.

In a large bowl combine Krunch-Eze, cereal, bagel chips, oyster crackers, pretzels, shoestring potatoes and nuts. Whisk together butter, Worcestershire sauce, Cajun seasoning and hot pepper sauce. Pour over cereal mixture and stir well to coat. Divide between prepared baking sheets and spread evenly. Bake about 60 minutes or until crisp, stirring every 15 minutes and rotating baking sheets halfway through baking time. Cool completely, stirring occasionally. Store in airtight container up to 2 weeks.

Nutrition facts per serving: 170 calories, 12g fat, 4g saturated fat, 0g trans fat, 10mg cholesterol, 220mg sodium, 13g carbohydrates, 1g fiber, 1g sugar, 4g protein. Daily values: 2% vitamin A, 2% vitamin C, 2% calcium, 8% iron.

Answers: 6) San Francisco 49ers beat the Denver Broncos 55-10 in XXIV 7) Vince Lombardi Trophy 8) The Pittsburgh Steelers have won six Super Bowls and the Dallas Cowboys and San Francisco Giants have each won five.



SUPER BUFFET TRAYS

Making life easier for you, your local Hy-Vee is standing by to create all or part of your super-game party buffet.

From top to bottom: the Piccolo Panino Sandwich Tray offers Di Lusso top round, turkey and ham on white or wheat rolls; the Pick 3 Boneless Wing Tray comes with your choice of Buffalo, BBQ, General Tsao, Honey-Roasted Garlic or Honey Mustard chicken; and the Messicano Mexican Dip Tray is a platter layered with refried beans, sour cream, ripe olives, fresh tomatoes, green onions and cheeses from Di Lusso.

To place an order, contact the Hy-Vee Catering Department at the store nearest you. To see the makeup of each platter and the serving sizes available, go to www.hy-vee.com.



Piccolo Panino Sandwich Tray—serves 12 \$15.00



Pick 3 Boneless Wing Tray—serves 15 to 20 \$24.95



Messicano Mexican Dip Tray—serves 10 (2.5 lb.) \$13.00





Fast Classics Breaded Chicken:
select varieties 20 to 25 oz. \$5.99



Flatout Wraps or Foldit's: select
varieties 5 to 12 ct. \$2.39



Land O'Frost Breakfast Cuts: select
varieties 7 or 8 oz. 2/\$5.00



Sea Cuisine Crusted Fish Fillets:
select varieties 8.5 or 10 oz. \$5.49



Land O'Frost Wrap or Sub Kits: select
varieties 14.5 to 24.2 oz. \$4.99



Land O'Frost Premium Lunch Meats:
select varieties 10 or 16 oz. \$3.99



Reser's Main St. Bistro:
select varieties 20 oz. \$4.49

There's Fast Food And Faster

Hot and ready after 60 seconds in a microwave oven, this is fast food that will get you out of the kitchen and back to the game in a hurry. Enjoy a Cheeseburger, Bacon Cheeseburger, Spicy Chicken or Breaded Chicken. Dress it up any way you want. Look for these in Hy-Vee frozen-food aisles.



Pierre Drive Thru Sandwiches: select
varieties 4.6 to 5.7 oz. \$1.49



★ GAMEDAY PLAYBOOK ★

Don't get called for illegal procedure. Here are a dozen ways to stay in the game.

1. Keep the eats, drinks and TV in the same room. Nobody wants to lose their seat on the sofa while trekking to the kitchen for guacamole refills.
2. Avoid spillage by setting out side tables and trays. Unless you're a master at Twister (or some kind of circus freak), it's impossible to reach for a beer while balancing a bowl of chili on one knee and a brownie on the other.
3. Purge the guest list of anyone with a dog small enough to fit into a fanny pack. They tend to bark at doorbells or anything threatening—like a potted plant. That goes for cats, too. Hair in the dip ... yuck!
4. Salt your guest list with some folks who are allergic to alcohol. Enlist them for pick-up and delivery; let other guests know rides are available.
5. Don't go nuts if a plate of hot-wings slips from a pair of greasy hands. Just smile: "Oh, that's OK. It's only a \$2,100 chair upholstered in Casanova silk."
6. Consider splurging for a limo if your gathering is small. It's fun and eliminates driving concerns.
7. For the buffet, put out baked chips and crackers, a fruit bowl and/or crudité's. (Oh, and don't call them crudité's. They're veggies to your chums.)
8. And speaking of chips, mix 'em up—some multigrain, kettle-cooked, white and yellow corn. Buy 'em brawny enough to handle oversized loads. Nobody wants to fish a chip out of the cheese dip.
9. Spills happen. Accept it. Keep a damp cloth handy (tucked in your pants, like a center), and casually blot a mishap. Do the deep scrubbing later.
10. Ban all Tim Tebow jokes. They are stale by now and the poor guy's got enough troubles.
11. Go easy on the cutesy décor, but if you must have cheese-ball busts of favorite players or a playbook piped onto a cake, go crazy. By the way, tabletops of artificial turf are really cool. Just sayin'.
12. You may like chilli hot as magma, but it's not all about you. Tone down the fire, but set out jalapeños, Tabasco, Sriracha and other hotties for those with cast-iron stomachs.

A Centerpiece For Your GAME PLAN

Another fun way to create a football-shaped hors d'oeuvre for your big bash is with this party cheese ball. Combine cream cheese, Mexican blend cheese and bacon bits. Shape it to resemble a football, then carefully roll it across a sheet covered with chopped and roasted nuts. Make laces from red peppers. Serve with Nabisco Triscuit crackers and some veggies.



belVita Breakfast Wafers: select varieties
8.8 oz. \$2.99

Nabisco Large Box Snack Crackers:
select varieties 12 to 16 oz. \$2.99

Snackwell's Cookies and Snacks: select
varieties 3.7 to 7.75 oz. 2/\$5.00

Nabisco Newtons and Honey Maid Grahams:
select varieties 7.04 to 14.4 oz. \$3.49



Friends don't let friends exercise alone, if the goal is losing weight. That's the message of Live Healthy America, a program that encourages people to lose weight—and a lot of it—together.

TEXT STEVE COOPER PHOTOGRAPHY TOBIN BENNETT

Losing Is Winning

In its first decade, a fitness program called Live Healthy America (LHA) has achieved some impressive numbers, helping Midwesterners to improve their overall health.

More than 400,000 participants have lost more than 1½ million pounds while logging about a million minutes of activity in pursuit of health.

TEAM EFFORT

Teams are the secret to the success of LHA. When men and women join the program, they come as part of a team, encouraging one another as they accept a variety of challenges aimed at getting them fit. There are two to 10 adults on a team.

Many start by signing up for the LHA “100-day Wellness Challenge.” Each team in the challenge keeps track of members’ progress through the organization’s website. Participants note such things as how many miles they walk and how close they are to meeting fitness goals.

There’s also a program called “Lifestyle Challenge” that encourages competitors to eat more healthful foods, reduce stress and get adequate sleep.

WINNER'S CIRCLE

Those whose lives have been improved by taking part are not shy about promoting their success through LHA. The program website includes these testimonials from participants:

- A 31-year-old mother of three says she has lost 24 pounds and wants to shed 60 pounds over time.
- Coworkers once called him Mr. Chocolate. He lost 35 pounds and is now Mr. No Thanks.
- A woman seeking to lose 20 to 25 pounds says she has made such a good start, “None of my clothes fit me! What a great problem to have!”

SIGN UP

Join in by forming a team with friends, coworkers or neighbors. Designate one person as the captain of the team. Everyone then joins the LHA program by signing up at www.livehealthyamerica.org.

Once your team is active, follow individual progress in your account at the LHA website. Your team will support you, and everyone is eligible for prizes. Mostly, it's a good time and you'll feel like a whole new you.



Ocean Spray Craisins:
select varieties
5 oz. or 6 ct. \$1.77



Quaker Cereals: select
varieties 12.3 to 14.5 oz.
2/\$5.00



Cascadian Farm Frozen
Vegetables: select
varieties 10 or 16 oz.
\$2.48



Horizon Organic Milk:
select varieties 128 oz.
\$6.29



Smart Balance
Margarine: select
varieties 2 to 15 oz.
2/\$5.00



Dole Chia Canister and
Packets: 9.5, 16 oz.
or 15 ct. \$9.48



Vitamin Water or Powerade: select varieties
20 oz. 8 pk. or 500 ml. 6 pk. \$4.99



25% off Simple Items: select varieties 1.7 to 6.7 oz. or 25 ct.



DiLusso Premium Thin Sliced Reduced Sodium Ham & Turkey: \$5.99 lb.



Oscar Mayer Selects or Carving Board Meats: select varieties 7 to 9 oz. \$3.68



Kellogg's Special K cereals: select varieties 11.2 to 19.5 oz. 2/\$5.00



Special K Bars or Crackers: select varieties 4 to 8 oz. 2/\$5.00



Activia or Dannon Kids' Yogurt: select varieties 4 to 8 pk. 2/\$4.00

4 Meals Under \$10

Spend less than \$10 at the store and fewer than 30 minutes in the kitchen when you serve a satisfying dinner for four from our menu for busy households. See recipes on pages 40-41.

TEXT JILL JOHNSON


PHOTOGRAPHY ADAM ALBRIGHT

Stuff baked russets to overflowing with garden goodies for Ham and Broccoli-Topped Micro-Baked Potatoes. The hot veggies and potatoes melt the cheese just enough.



There's no need to chop ingredients when you start with a bag of frozen, stir-fry-ready veggies. The other sleight of hand for this Quick Chicken-Vegetable Soup is using canned chunk chicken. The meat is pleasingly flavorful and the chunks hold together nicely without shredding.





Here's a nutritious pasta dish that lives up to its name. Easy Pasta Skillet starts with a hearty whole-grain rotini. Choose a jarred Italian sauce that earns low numbers for salt and fat. How quick is it to whip up a panful? You'll be serving it in about 25 minutes.

If you long for an uncomplicated, down-to-earth meal, Black Bean and Corn Quesadillas are just what you need. Mix together canned beans, frozen corn and cheese, spread it on an 8-inch tortilla, fold over and heat. The secret is in the cheese, which holds everything together. It's best served with a spicy salsa.



HAM AND BROCCOLI-TOPPED MICRO-BAKED POTATOES

Though softer skin results, potatoes cooked in a microwave oven taste about the same as oven-baked. For either method, insides turn out fluffy and light.

Prep time: 10 minutes

Cook time: 16 minutes

Serves 4 (1 potato each).

4 medium Hy-Vee russet potatoes

1 (12 ounce) bag Hy-Vee Steam Quick broccoli florets

1 cup Hy-Vee diced cooked ham

$\frac{3}{4}$ cup Hy-Vee shredded 2% sharp cheddar cheese

Hy-Vee cracked black pepper, to taste

Hy-Vee light sour cream, optional

1 pound Cara Cara oranges

Scrub potatoes; prick several times with a fork. Place on a microwave-safe plate. Cook in microwave oven on high power 5 minutes; flip potatoes and cook another 5 minutes or until potatoes are soft. Remove and set aside. Microwave broccoli according to package directions.

In a medium bowl, stir together hot broccoli, ham and shredded cheddar. Season with black pepper to taste. Cut potatoes in half lengthwise and mash the insides slightly with a fork. Divide broccoli mixture evenly among each potato. If desired, top with sour cream. Serve with orange slices.

Nutrition facts per serving: 380 calories, 7 g fat, 2.5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 760 mg sodium, 57 g carbohydrates, 9 g fiber, 17 g sugar, 20 g protein. Daily values: 10% vitamin A, 170% vitamin C, 25% calcium, 10% iron.

Potatoes	\$1.99
Hy-Vee Steam Quick broccoli florets	\$1.50
Hy-Vee Shredded 2% sharp cheddar cheese	\$1.67
Diced ham	\$2.79
Cara Cara oranges	\$1.18

TOTAL: \$9.13



QUICK CHICKEN-VEGETABLE SOUP

With its nutty flavor, brown rice is a good choice for this easy soup. If you want to boost the nutritional value, use quinoa in place of rice.

Prep time: 5 minutes

Cook time: 10 minutes

Serves 4 (about $\frac{1}{4}$ cups each).

2 teaspoons Grand Selections olive oil

1 (12 ounce) package Dole Stir Fry Medley, coarsely chopped

1 (10 ounce) can Hy-Vee premium chunk chicken breast, drained

1 cup Hy-Vee instant brown rice

1 (32 ounce) container Hy-Vee 33%-less-sodium chicken broth

4 kiwis, peeled and sliced

In a large saucepan, heat olive oil over medium-high heat. Add chopped stir-fry medley, and sauté for 3 minutes. Stir in chicken and brown rice, and sauté for 1 minute. Add chicken broth and bring to a boil. Cover and simmer for 5 minutes or until rice is tender. Remove from heat and let stand for 5 minutes before serving with kiwi slices.

Nutrition facts per serving: 190 calories, 4.5 g fat, 1 g saturated fat, 0 g trans fat, 25 mg cholesterol, 820 mg sodium, 30 g carbohydrates, 5 g fiber, 12 g sugar, 11 g protein. Daily values: 90% vitamin A, 220% vitamin C, 80% calcium, 6% iron.

Olive oil	pantry staple
Dole Stir Fry Medley	\$2.00
Hy-Vee premium chunk chicken breast	\$2.79
Hy-Vee instant brown rice	\$1.99
Hy-Vee 33%-less-sodium chicken broth	\$1.99
Kiwis	\$1.00

TOTAL: \$9.77

Note: Prices given are estimated based on the time and location recipes were created. Prices may vary slightly.



BLACK BEAN AND CORN QUESADILLAS

When made with 8-inch multigrain tortillas, two folded quesadillas can be heated together in an average skillet. Cheese should be just melted when done.

- Prep time: 15 minutes
Cook time: 8 minutes
Serves 4 (1 quesadilla each).
1 (15 ounce) can reduced-sodium black beans, drained and rinsed
1 cup frozen Hy-Vee corn, thawed
¾ cup Hy-Vee finely shredded 2%-milk Mexican-blend cheese
4 Hy-Vee multigrain tortillas
2 teaspoons Grand Selections olive oil, divided
1 chopped tomato, optional
Hy-Vee salsa, optional
Hy-Vee light sour cream, optional
1 (12 ounce) bag Hy-Vee romaine garden blend
Salad dressing of your choice

In a medium bowl, stir together beans, corn and cheese. Spread about ¾ cup bean mixture on half of each tortilla. Fold in half, pressing gently to flatten. In a large nonstick skillet, heat 1 teaspoon olive oil over medium heat. Place 2 quesadillas in hot skillet; cook for 1½ to 2 minutes per side or until golden. Transfer to a cutting board. Repeat with remaining oil and quesadillas. Cut quesadillas into wedges and, if desired, garnish with chopped tomato, salsa and sour cream. Serve with romaine lettuce salad and dressing of your choice.

Nutrition facts per serving: 320 calories, 10 g fat, 3.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 660 mg sodium, 49 g carbohydrates, 10 g fiber, 6 g sugar, 14 g protein. Daily values: 90% vitamin A, 10% vitamin C, 20% calcium, 15% iron.

1 (15 ounce) can reduced-sodium black beans.....	\$1.89
1 bag frozen Hy-Vee corn	\$1.19
1 bag Hy-Vee finely shredded 2%-milk Mexican-blend cheese ..	\$2.00
Hy-Vee multigrain tortillas	\$1.79
1 (12 ounce) bag Hy-Vee romaine garden blend	\$0.99

TOTAL: \$6.86



EASY PASTA SKILLET

Accompany this one-dish meal with the sweet taste of apple slices or a garden salad sprinkled with a sassy vinegar-laced dressing.

- Prep time: 10 minutes
Cook time: 15 minutes
Serves 4 (1 cup pasta and about ¾ cup sauce each).
8 ounces Hy-Vee whole wheat rotini
½ pound 85%-lean ground beef
½ small onion, finely chopped
½ small green bell pepper, seeded and finely chopped
1 (26 ounce) jar Prego Heart Smart Traditional Italian Sauce
1 teaspoon Hy-Vee Italian seasoning
Hy-Vee finely shredded Parmesan cheese, for serving
2 large Granny Smith apples, cored and sliced

Prepare rotini according to package directions; drain and set aside. Meanwhile, in a large skillet over medium-high heat, cook ground beef, onion and green pepper until ground beef is browned and vegetables are soft. Drain and return to pan. Add pasta sauce and Italian seasoning and heat through. To serve, place cooked pasta on each plate, top with meat sauce and sprinkle with Parmesan cheese. Serve with apple slices.

Nutrition facts per serving: 470 calories, 10 g fat, 2 g saturated fat, 0 g trans fat, 35 mg cholesterol, 550 mg sodium, 77 g carbohydrates, 12 g fiber, 28 g sugar, 21 g protein. Daily values: 15% vitamin A, 30% vitamin C, 6% calcium, 25% iron.

Hy-Vee whole wheat rotini	\$0.80
85%-lean ground beef	\$2.15
Small onion	\$0.79
Small green bell pepper	\$0.79
Prego Heart Smart Traditional Italian Sauce	\$1.99
Hy-Vee Italian seasoning	pantry staple
2 large Granny Smith apples	\$0.99

TOTAL: \$7.51

You may shop at Hy-Vee several times a week. But do you know how our smartphone app can make your life easier? Or where to find gluten-free foods? Healthy snacks? Bulk bins? Read on for the ways we help you shop smart and stay healthy.

TEXT DEBRA LANDWEHR ENGLE PHOTOGRAPHY TOBIN BENNETT

Shop Smart

STAY HEALTHY

Every time you stop at the store, you make choices that impact your family's health and your own. To help you shop smarter, Hy-Vee has developed online tools offering healthy menus and recipes, and a new smartphone app. In many stores, registered dietitians and health professionals offer personalized services. And that's just the beginning of how we're working to help you live healthy.

PREPARE BEFORE YOU GO

"Our 'Weekly Menus' online feature helps you plan smarter menus with ingredients from all the food groups," says Amanda Jochum, dietitian at Hy-Vee in Omaha. Menus and recipes change each Wednesday, incorporating items that will be on sale. In addition to a general menu for average households, there are heart-healthy, diabetic-friendly and weight-loss menus, too.

When unsure what to fix, go to www.hy-vee.com and click on the "Meal Solutions" drop-down box on the red navigation bar, then click on "Weekly Menu" to get a full menu and shopping list of ingredients for the week's recipes. "You can buy just what you need," Amanda says. "It's less expensive and great for weight control."

EXPLORE THE STORE

With list in hand, follow these basic guidelines:

- Don't shop when you're hungry. Otherwise you may give in to impulse buys, Amanda says. Right after work is the worst time.
- Shop the perimeter. That's where you'll find fresh produce, meat, dairy and fewer foods that are highly processed.
- Check the NuVal rating on the shelf price tag for each item. Foods are scored on a scale from 1 to 100. The higher the number, the more nutritious the food. Amanda says the system is simple for all ages and helps you get the most value from the calories you consume.

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Skim Milk Milk helps strengthen bones, maintain healthy blood pressure, repair tissue and generate energy. Drinking milk regularly has been shown to help with weight loss. If you're lactose intolerant or want organic or lower-fat versions, ask a Hy-Vee dietitian to recommend a kind for you.



Tomatoes How do you protect your skin against the sun, strengthen your bones and guard against high blood pressure and stroke? Eat a tomato. One serving gives you 2 grams of fiber; plus potassium; folate; vitamins A, C, K; and plenty of other nutrients. They're also low in calories, sodium and saturated fat.

Almond Butter A great alternative to its peanut-y cousin, almond butter is low in saturated fat and cholesterol. It's higher in calories than other butters made from nuts, but it has no trans fats and can help decrease risk of heart disease. Plus, $\frac{1}{4}$ cup has more protein than an egg.

Tofu A staple of vegetarian diets, tofu has won over carnivores who appreciate its low-fat, high-protein profile. Made from dried soybeans, it absorbs flavors. Use crumbly silken tofu for dressings and desserts and regular tofu for stir frying or baking.

Bananas The ultimate fast food, they're easy to carry, come in their own wrapper and pack more than 400 mg of potassium in a single serving—with no fat or cholesterol. At just 110 calories, they're the perfect snack if you're watching your weight.

Peppers There's a lot of fat-burning power in one bell pepper, thanks to high fiber and water content. A single bell pepper has about 20 to 50 calories, depending on the size. And it's free of fat, sodium and cholesterol.



Apples

Eating an apple a day not only keeps the doctor away, it can help you keep the weight off, too. Apples provide 14 percent of the daily value of vitamin C and 4 grams of soluble fiber—all for just 95 calories.

Whole Grain Bread

This type of grain is absorbed more slowly than white, refined flour, preventing a spike in glucose and insulin. It lets you feel fuller longer. Make sure the first ingredient on the package says “100 percent whole wheat” or “100 percent whole grain.”

Steel Cut Oats Less processed than rolled oats, steel-cut oats retain more nutritional benefits. Cut from the whole grain, they're low in fat. A 100-gram serving provides one-third of an adult's daily required protein. They'll also help keep your digestive system working properly.



Weight Watchers Cheese: select varieties
6.5 to 12 oz. \$3.48



Johnsonville Breakfast Links, Patties
and Ground Sausage: select varieties
12 or 16 oz. \$2.99



Kind Bars: select varieties
1.4 oz. 3/\$4.00



Eggland's Best Grade A Eggs:
1 dozen \$1.88



Camelback water bottle \$15.00



Baking Stone Bread Honey, 100% Whole
Grain & Seeds Flute 8 oz. \$2.29



O2 For You Premium Foliage 6" \$15.00

continued from page 42

- Read the ingredients list on the back of products. The shorter that list is the better. A short list indicates the food isn't highly processed and is less likely to include allergy-aggravating ingredients.
- Select in-season items to save money in the produce aisle, and to get fruits and vegetables at their peak nutritional values.
- Consider buying organic produce if you're concerned about chemical use on food. You get the cleanest, best-for-you foods when you purchase pesticide-free organic apples, celery, sweet bell peppers, peaches and strawberries, according to the Environmental Working Group. It publishes Dirty Dozen and Clean 15 lists of what to buy at www.ewg.org and offers a Dirty Dozen app.
- Get familiar with Hy-Vee's bulk bins, where you can buy just the amount you need of everything from grains and beans to nuts, granola and trail mix.
- Explore the Hy-Vee HealthMarket, with its selection of natural and organic foods, prepackaged and bulk, plus a growing list of gluten-free, low-sodium and heart-healthy items high in flavor and nutrition.

MAKE IT PERSONAL


Hy-Vee makes it easy to customize food plans. Start by contacting your store's dietitian and scheduling an appointment to talk about health or nutrition concerns. Your dietitian can give you a free tour of the store, pointing out foods that will satisfy a picky eater, add variety to your menu or become new favorites. "With your dietitian, you'll see products you never saw before," Amanda says. While you're at it, ask about nutrition and health classes and browse a variety of brochures on everything from organic foods to managing diabetes.


Finally, check with your store's pharmacy about health screenings, such as blood sugar, cholesterol and shingles tests. These services make it simple for you to stop in while you shop.


Your Hy-Vee is a one-stop site for all your food and health needs. Take advantage of the programs and services. And if you have questions, contact your store's dietitian.

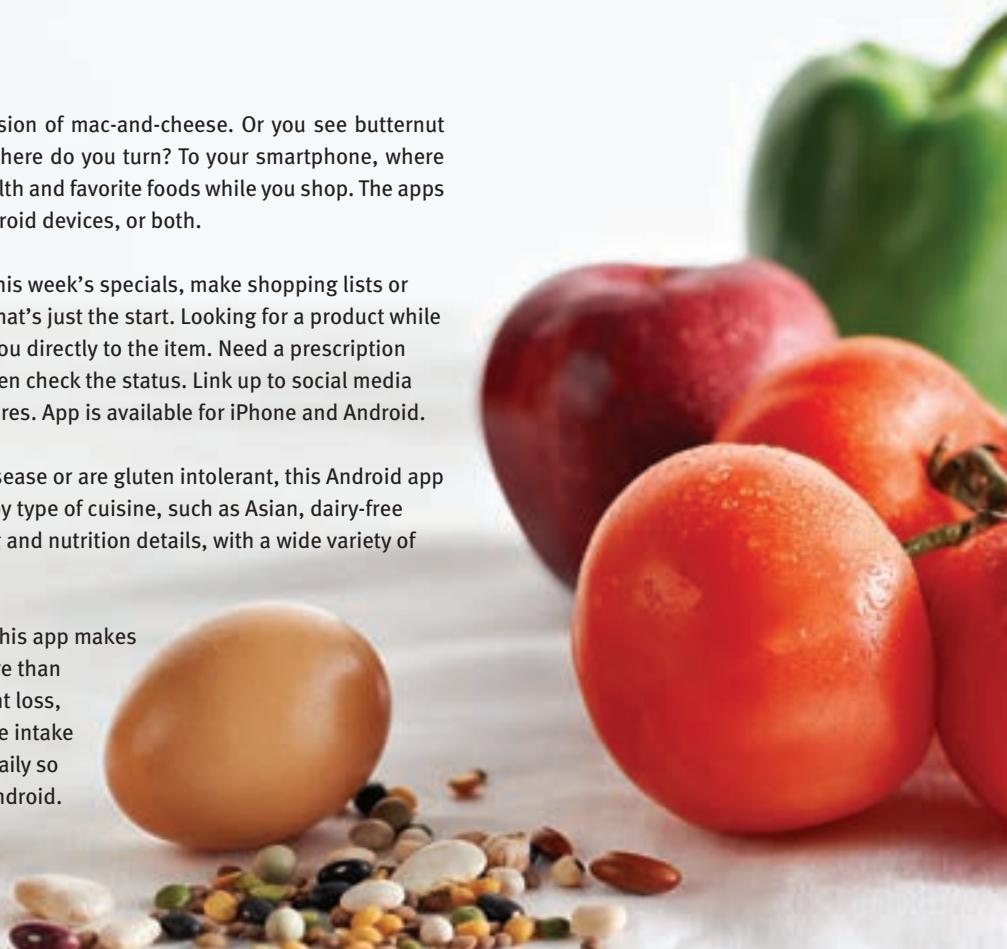
SMART SHOPPING GOES MOBILE

You walk into the store and wonder if there's a low-cal version of mac-and-cheese. Or you see butternut squash on sale and need a recipe for a hearty side dish. Where do you turn? To your smartphone, where endless apps make it simple to search your way to better health and favorite foods while you shop. The apps listed here are all free and available for either iPhone or Android devices, or both.

 **Hy-Vee Mobile App.** With this app, you can check out this week's specials, make shopping lists or find a recipe and add its ingredients to your list. And that's just the start. Looking for a product while shopping? The product locator, customized by store, leads you directly to the item. Need a prescription refill? Scan the barcode or enter the prescription number, then check the status. Link up to social media and view Hy-Vee's popular recipe videos or locate Hy-Vee stores. App is available for iPhone and Android.

 **Gluten-Free Recipes 1000.** Whether you have celiac disease or are gluten intolerant, this Android app allows you to search nearly 1,000 gluten-free recipes by type of cuisine, such as Asian, dairy-free and make-ahead. Each recipe shows the calories per serving and nutrition details, with a wide variety of ingredients to suit every palate.

 **CalorieCount.com.** Designed to help you lose weight, this app makes it simple to search calorie and nutrition details for more than 250,000 foods and activities, log your food intake and weight loss, and access nutritional analysis. You can compare your calorie intake to how many calories you've burned, and track your weight daily so you can see your progress. App is available for iPhone and Android.



A Healthy Tradition

Morning brings the sun and, if you're fortunate, a bowlful of organic, whole grain little O's topped with straight-from-the-garden berries. The cereal is from Cascadian Farm. Gene Kahn, a Washington farmer, was just 24 years old in 1972 when he committed his new company to keeping its foods free of pesticides, chemical fertilizers and genetically engineered ingredients. That will still be true this morning as you sit down to breakfast.

Cascadian Farm Cereal or Granola: select varieties 9 to 15 oz. \$3.49

Cascadian Farm Bars: select varieties 6.2 to 7.4 oz. \$3.49

Larabar: select varieties 1.6 to 1.8 oz. 4/\$5.00

Muir Glen Tomatoes: select varieties 14.5 or 15 oz. 2/\$3.00



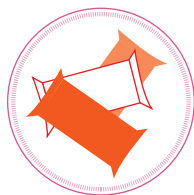
Best Bets

No matter how much planning you do, reality intervenes. Sometimes you need a quick meal, and who doesn't want snacks when family and friends get together? Here are Hy-Vee dietitian Amanda Jochum's picks for smart choices in your favorite everyday categories.



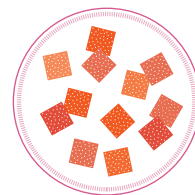
Healthiest Condiments

- **HEINZ NO SALT TOMATO KETCHUP** This low-sodium version of America's favorite condiment doesn't sacrifice tomato taste. At just 20 calories per serving, it has no fat, and the zero sodium makes it ideal for those on a heart-healthy diet.
- **BOLTHOUSE FARMS EXTRA VIRGIN OLIVE OIL VINAIGRETTE-RASPBERRY MERLOT** Sweet and savory, this dressing can be used on salads, but also use it as a marinade for chicken, pork and fish. It's low in sodium and has less than half the fat and calories of other brands.



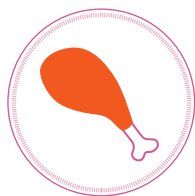
Healthiest Sweet Treats

- **ANNIE'S CHOCOLATE BUNNY GRAHAMS** When you have a chocolate craving, these fill the bill—at just 130 calories per serving. A favorite of vegans, they're made with organic wheat, plus they're a good source of calcium.
- **PLANTERS NUT•RITION HEART HEALTHY BARS** Made with peanuts, almonds and cranberries, these bars provide a healthy serving of nuts, which are good for your heart. Each bar also provides 3 grams of fiber and 5 grams of protein at just 160 calories.



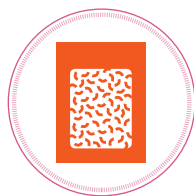
Healthiest Salty Snacks

- **KETTLE BRAND BAKED SEA SALT POTATO CHIPS** What's a football game or favorite movie without some chips? These have 120 calories per serving, and they offer 2 grams of fiber and 2 grams of protein, with just 3 grams of fat.
- **TRISCUIT ORIGINAL** You don't have to visit the Health Market section to find healthy snacks. Original whole wheat Triscuits have 120 calories per serving, with 3 grams of fiber and 3 grams of protein.



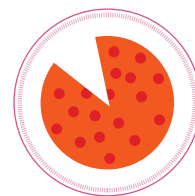
Healthiest Frozen Entrées

- **KASHI PESTO PASTA PRIMAVERA** With just 290 calories, this frozen entrée is low in sodium but has 11 grams of protein to keep you satisfied. It's made with yellow carrots, sweet red peppers and peas served over a 7-grain penne pasta, with a basil pesto sauce and shredded Parmesan cheese. This dish will please even picky eaters.
- **HEALTHY CHOICE SPICY CARIBBEAN CHICKEN** Rich in color and flavor, this favorite is made with pineapple, black beans, corn and chicken tenderloins, with a piquant jerk sauce on a bed of whole-grain rice. It provides 30 grams of whole grains and 15 grams of protein for a quick but healthy main dish.



Healthiest Boxed Sides

- **ROLAND QUINOA-GARDEN VEGETABLE** Known as the "mother grain," quinoa is a good source of protein and fiber, and it's naturally gluten-free. This dish includes carrots, onions, tomatoes, celery, garlic and spices for 130 calories per serving.
- **BACK TO NATURE 100% WHOLE WHEAT MACARONI & WHITE CHEDDAR** Your kids' favorite dish comes in a healthy 100% whole-wheat version with natural white cheddar cheese. It's an excellent source of fiber, whole grain protein and calcium. And with just 230 calories per serving, adults love it, too.



Healthiest Pizzas

- **ANNIE'S RISING CRUST UNCURED PEPPERONI PIZZA** Natural ingredients and an organic whole grain crust spread an irresistible aroma while cooking. Topped with organic tomato sauce and uncured pepperoni, mozzarella and provolone, it's preservative-free and big enough for the family. At 320 calories per serving, it's also low in fat and high in protein.
- **KASHI ROASTED VEGETABLE THIN CRUST PIZZA** This wood-fired vegetarian pizza is a great stand-in for your favorite restaurant version. Broccoli, artichoke hearts, roasted red peppers, onions and garlic combine with mozzarella, provolone and tomato pesto sauce on a whole-grain crust. Yet it's 250 calories per serving, with 4 grams of fiber and 14 of protein.



- Sara Lee Delightful Multi-Grain Bread: 20 oz. \$2.99
- Sara Lee Deluxe Bagels: select varieties 20 oz. \$2.99
- Sara Lee Whole Grain White Bread: 20 oz. 2/\$5.00
- Thomas' English Muffins: select varieties 12 oz. \$2.79

Mi Italiano

Thomas' may call them English muffins, but these chewy, yeasty little bread rounds can be coaxied into beating with an Italian heart. Split one in half, slather both sides with some pizza sauce and top with mushrooms, shredded basil and mozzarella. Bake or toast. Is that taste London or is it Rome?

THE NEW YOU

The problem with dieting is it's no fun. Wouldn't it be easier and more effective if someone would just come up with a rich, chocolaty beverage to control weight? They could call it Slim-Fast!



Slim-Fast 200 Calorie Meal Bars: select varieties 5 ct. \$4.99

Slim-Fast 100 Calorie Snack Bars: select varieties 6 ct. \$3.49

Slim-Fast Ready To Drink Shakes: select varieties 4 ct. \$4.99

IT'S THE TASTE

There's a good reason to chew Wrigley's Extra Spearmint Gum: Research has shown sugar-free gum can help fight tooth decay. That's a benefit, sure. But most of us have been chewing it for years simply to enjoy the fresh-mint flavor.



Extra or Wrigley's Gum: select varieties 3 or 8 pk. 2/\$4.00

Extra or Wrigley's Gum: slim pack 10 or 15 pc. \$.78



NOT YOUR AVERAGE grocery store

The future of Hy-Vee is on display in Urbandale, Iowa. The newly opened store is all about more—more choices, more convenience and more of what your family needs. Come for a walk around the store with us and get a glimpse of where you'll be shopping in the near future.

TEXT STEVE COOPER PHOTOGRAPHY TOBIN BENNETT

Until you've been there, it's hard to imagine the sheer fun you'll have shopping at the newly built Hy-Vee in Urbandale, Iowa. Prepare yourself to be wowed, enticed and most certainly pleased.

The store appeals to the senses. The cavernous expanse of the 95,000-square-foot store grabs you visually from the moment you enter. Colorful fruit beckons to be squeezed. Aromas from the Chef's Creations kitchen draw shoppers toward the food service area. The hustle and bustle in the store is energizing.

As you get your bearings, you'll realize that the layout puts the shopping aisles in the center of the store, displaying the expected canned goods, frozen foods, cereals, household cleaners, dairy and such. But a second layer has been added to the layout. A surprising number of small boutique shops and counters are located around the perimeter, adding an almost-European flourish.

About the shops-within-the-store design, store director Josh Asche says, "This store has departments and features that are brand new at Hy-Vee. We have a gelato shop, a sit-down sushi bar, an expanded cheese department and a huge department of bulk foods that is second to none. Our beauty department

with its softer lighting and look is like something special that you'd find in your favorite department store."

The reimagined store is a window into the future of Hy-Vee. In the coming years, similar stores will be seen throughout the Midwest. The best parts of this store may also be replicated at existing locations.

"This store is really a test case that will help us learn what will work and what won't," says Greg Frampton, Hy-Vee assistant vice president, food service. "After a short time here, we're already learning and applying those things to other Hy-Vee stores."

After the final pieces of the project open—a convenience store and a 9,000 square-foot indoor/outdoor garden center—the shopping center will have more than 100,000 square feet of space. With only the main store open in mid-August, there were already 620 employees. The previous Hy-Vee on this site was 66,000 square feet and employed 310 people, Josh says.

In its first month, the new facility attracted record crowds and lured visitors from as far away as Omaha and Kansas City. Their reaction was unanimous, Josh says, "They love it!"



NEW & IMPROVED FEATURES

Spend some time exploring the Urbandale Hy-Vee. Lots of things are new and different. You'll notice wall signage for major departments around the perimeter, with smaller product-identifier signs hanging above each aisle. A few layout maps are displayed around the store on tablet map stands. Don't forget to download the Hy-Vee app to your smartphone. In the Product Locator, type in the name of an item and up pops the aisle number where it is located.

10. DAIRY AND FREEZER CASES All the state-of-the-art dairy and freezer cases have doors to save energy while controlling temperature. Also, case lights come on as you approach and dim as you walk away.



9. WINE & SPIRITS You'll pick from 1,200 wine varieties from the U.S. and the world, 800 kinds of beer and 500 different spirits. Ask our expert staff if you need help finding just the right selection.

8. FLORAL DEPARTMENT The full-service floral shop will help you with design and delivery, whether the flowers need to be sent nearby or to the other side of the country.



7. INFORMATION STANDS Can't find what you need? Ask an employee, they're eager to help. Or check one of the tablet map stands positioned around the store. One is near the restaurant entrance.



6. SPECIALTY FOODS The Kitchen salad bar becomes an oatmeal and yogurt bar each day at 6 a.m. Italian, Asian and sushi is also served at the Kitchen service counters.





1. SEAFOOD Staffers work diligently to deliver the finest swordfish, salmon, shellfish and other ocean delicacies. Ask about seafood cooking demonstrations.

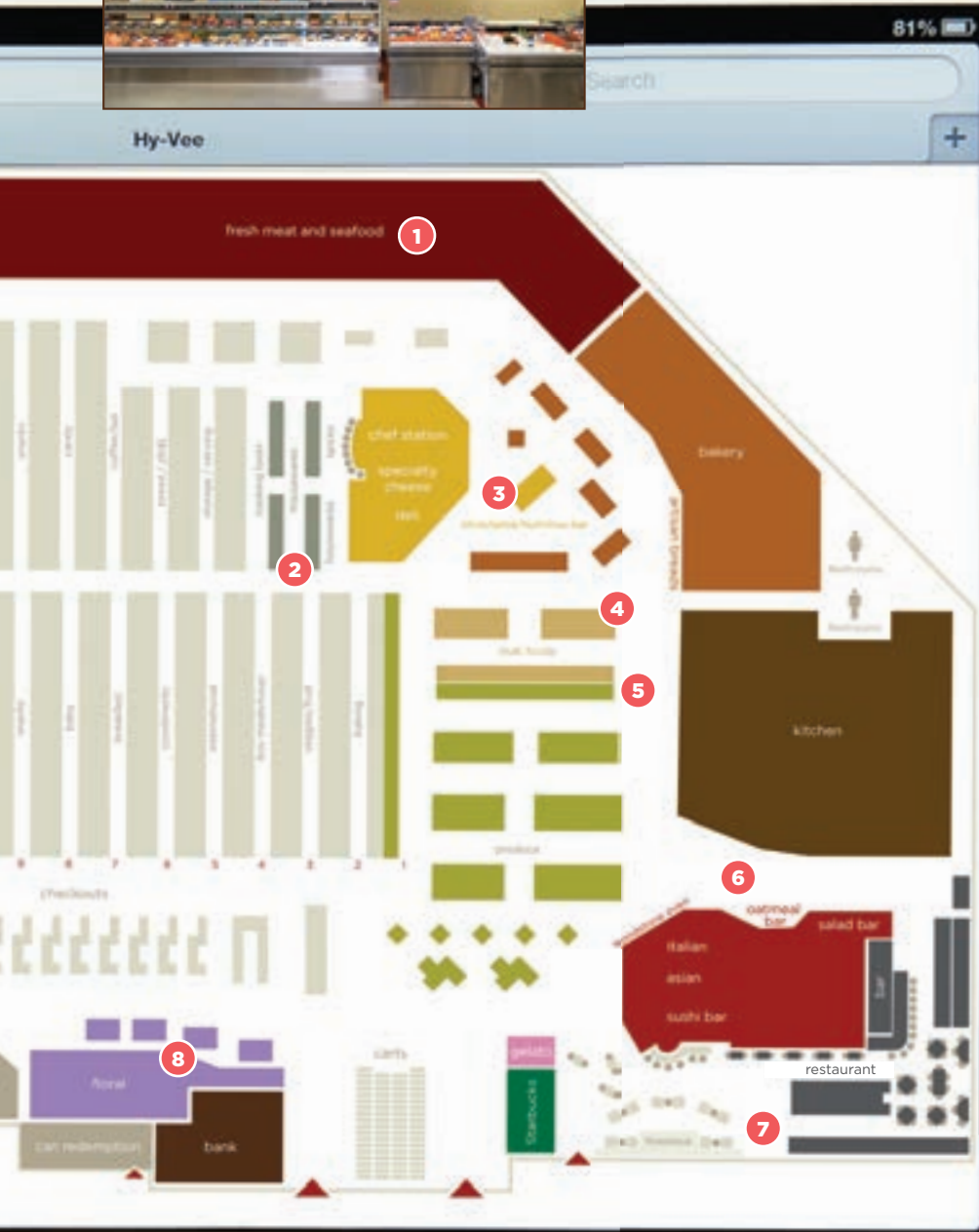
2. HOUSEWARES Need kitchen and serving basics, flatware, glassware, cookware or small appliances? You'll find well-crafted, name-brand selections that will last for years.



3. ANTIPASTO BAR With 16 types of olives, marinated artichoke hearts and a variety of salsas and hummus, from roasted salsa tomatillo to cilantro poblano hummus, there's something to please every taste.



4. BULK BINS You'll find a complete selection of whole grains, dried beans, granola, trail mix and more in our new bulk bins. But don't stop there. You can select fresh coffee beans, gourmet chocolates, maple syrup and even grind your own nut butters.



5. FRESH JUICE Use of the term "fresh" is not hype. Look for a cold case of fresh, pure juices near the Produce Department. Each is absolutely refreshing.





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1. There's fun and food inside the restaurant. At night, discover a deeply varied menu that includes tasty appetizers, healthy salads, freshly made pastas, aged Amana steaks, Iowa chops and more.
2. Try Italy's version of ice cream at Gusto Bello Café. It's low in fat, but high in flavor. Flavors include Lemon, Butterfinger and Café Latte.
3. Experienced Hy-Vee chefs keep serving cases filled with mouthwatering choices at Chef's Creations. Choose from entrées, side dishes and sensational desserts. Every morsel is created with care.
4. Dine-in, carry-out and take-and-bake pizzas are here. They include Meat Cravers, Tomato Margherita and Italian Sting—or choose from a variety of toppings and create your own.
5. Bell peppers never looked so lovely or delicious. Check out the Pepper Patch in produce.
6. You can watch your food being made at the Asian Kitchen. Pick from the menu or buy heat-and-serve or freshly packaged sushi items from the case.



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FROM THE GARDEN

Islands of oranges, mountains of potatoes, stacks of melons, displays of apples, baskets of peppers, mounds of lettuce and more greet you as you walk in the store's main entrance.

Prepare to be a little overwhelmed when you first see such an incredible variety of fruits and vegetables gathered together. The rainbow of enticing colors that flood your vision is breathtaking. The space is awash in vivid reds, blues, greens, yellows, browns and oranges. And yes, eggplant fans, there is some of that midnight purple to be seen.

Want an apple? Will that be Braeburn, Honeycrisp, Fuji, Gala, Granny Smith, Jazz, Jonathon . . . need we go on? How about something exotic? A Hatch chile pepper—the best from the West? More exotic? Some prickly pear cactus? A Buddha's hand citrus fruit? The horned, spiked, melonlike fruit called kiwano? You can get all these and more.

Significant space has been allotted to an impressive selection of organically grown produce. But if you prefer nothing-fancy bagged lettuce and common tomatoes, you can get those, too.





1. Whether you are looking for breakfast grains, nut snacks, sweet munchies, rice, beans and even such liquids as olive oil and honey, you can buy in bulk.
2. An oven-ready roast complete with garnish is available at the Butcher Shop.
3. A party is going on in the Bakery with fluffy, fruity, fun cupcakes, cakes and other yummys.
4. Artisanal bread fans will enjoy the bakery's loaves, baguettes and rounds, which are made daily. Pick from sourdough, French, pumpernickel and more.
5. Over 125 varieties of cheeses from 16 countries are offered. The expert staff can recommend just the right wine and cheese pairings. On the deli side, you can get salami, Italian meats and more.
6. Let the experts in the Butcher Shop help you prepare dinner. They offer an array of tasty, precooked specialties, such as twice-baked potatoes and bacon-wrapped steak filets. Need a smoked ham cut just-so? They can do it for you.



AN ISLAND OF FLAVOR

The Cheese Shop and the Deli share an island of delicious flavors floating between the produce and meat departments.

At the cheese counter, you'll find just about every variety you can name. There is white, dark yellow, chopped, shaved and creamy. Try the cheddar, Gouda, Havarti, Gruyère, Muenster, Parmesan, blue cheese and many more. One cheese is so sharp it can cut through a cracker; another so smooth it spreads effortlessly across a delicate crisp. Also, hundreds of delicious pounds of cheese wheels fill the refrigerator case.

The full-service Deli is another wonderland of enticing tastes. From paper-thin prime roast beef to melt-in-your-mouth smoked turkey, you will find all you need for gourmet sandwiches. Or go for something more exotic, such as fresh-cut pastrami, a slice of Braunschweiger or tasty corned beef.

Don't miss the cooking stage on the back of the Cheese Shop/Deli island. Each day you can see how simple it is to put new recipes on your table. Hy-Vee chefs put on demonstrations at the stage daily. Come watch and learn.

Cheese Shop

specialty
cheese

IMPORTED
ITALY
KING
OF
CHEESE
PARMESAN
PEQUANO
\$14.99/lb

IMPORTED
SPECIALTY
CHEESES
17 CANTON

MADE IN MICHIGAN
WATCH
CHILE
PEPPER \$8.99



BEST-FOR-YOU FOODS

The HealthMarket is not a new concept. Most Hy-Vee stores devote space to organic and best-for-you foods, and these sections have been expanding steadily. But the Urbandale store expands every aspect of the HealthMarket experience.

It is a major section within the store—displaying aisle-after-aisle of food, drinks, snacks, dairy, bulk items and more. If you want products that are made with organic, gluten-free, sugar-

free, chemical-free ingredients, you'll find a broader range of selection here than you'll see in many health-food stores.

Gluten-free choices alone include such items as flour, bread crumbs, brownie mix, cookie mix and bagged chips.

If you want a substitute sweetener, you'll find stevia, organic sugar and coconut palm sugar. And organic coffees and teas? Do you prefer bulk or bagged? If you need it, it's here.





1. The Bath & Beauty Department is a store within the store. Give yourself a treat with such products as perfume from Faith Hill, cosmetics from L'Oreal or organic, all-natural cleansers, oils, creams and soaps from Zum, Jenuinely Pure and many others.

2. Gumballs, licorice, chocolate and gummi worms? Look for a candy fantasyland in aisle eight.


3. More like a pet store than a mere pet section, you'll find an extensive selection of name-brand foods and other products for dogs, cats and other pets.

4. A recent find for Bath & Beauty is the b•lève line of luxurious bath, hair and eye-care products.

5. When shopping the HealthMarket, check out the organic dairy case. You'll be dazzled by the selection of milks, yogurts, frozen dinners and more.

6. Make the night festive with a bottle of champagne or sparkling wine from the Wine & Spirits Department.





RED QUINOA

A beautiful mahogany color, this variety has a nuttier flavor and is slightly chewier than white. It holds its shape well in stews, soups and other long-cooking recipes.

TRICOLOR QUINOA

An attractive combination of red, white and black, with the mild nutty flavor of all three. Use in pilafs and salads to add color and texture.

BLACK QUINOA

With an earthy flavor and the firmest texture of the three, it has an almost seedlike crunchiness that works particularly well with Asian-inspired dishes.

WHITE QUINOA

Mild and neutral enough to take on flavors of other ingredients, this is the most common variety and a good place to start. Its texture is light and it can be slightly firm to soft, depending on how long it cooks and how much liquid is added.

amazing GRAIN

*Light, nutty and delicious,
quinoa (keen-wah) is a nutrition powerhouse.
A great source of protein, it has plenty of heart-healthy omega-3s.
Hot or cold, it makes many good dishes better, any time of day.*

TEXT COURTENAY WOLF PHOTOGRAPHY ADAM ALBRIGHT

Move over rice and oats, an extraordinarily nutritious grain called quinoa (keen-wah) is replacing other staples in breakfast, lunch and dinner recipes. Easy to prepare—it's ready in just 20 minutes—and mild in flavor, quinoa is more versatile than rice. If you've been hesitant to try this popular ancient grain—the focus of over a dozen cookbooks in the past few years—we'll help you get started.

"If you're not quite sure how to use quinoa, try it out in different dishes," says Heather Ilig, a Hy-Vee registered dietitian in Urbandale, Iowa. Quinoa's mild flavor and fluffy texture, with just a slight hint of crunch, pairs well with a variety of fruits, vegetables, meats, fish and seasonings.

At breakfast, use it in place of warm oats and serve with cinnamon, nuts and your favorite berries. The toasty grain takes on the sweetness of the fruit. Its high protein content and healthy fats boost concentration through the day. For lunch, stir cold quinoa into a mango black bean salad, topped with cilantro and a citrus dressing, and watch it take on a Latin flavor. At the end of the day, try serving savory herbed salmon topped with dill over a bed of warm quinoa pilaf. Delicious.

"It takes time to figure out how to incorporate an unfamiliar food into your lifestyle, but quinoa is definitely worth the effort," says

Heather. "Don't be scared off by the unusual name. It's easy to fix—the fastest cooking of the whole grains—super for busy moms like me."

She suggests cooking up a batch of white quinoa (cooking instructions, *page 60*) and trying it out in many recipes. It keeps in the refrigerator for up to a week after cooking. "It will become a go-to favorite," she says.

GREAT FOR YOU

Light and heart-healthy, with plenty of omega-3s and monounsaturated fats, it's hard to go wrong with this ancient South American staple. "It has more antioxidants than some berries, and it's one of the few foods in the plant kingdom that provides a complete protein with all 8 essential amino acids," says Heather. "These are fundamental to our health, supporting muscles, repairing cells, performing so many functions, and our bodies can't produce them. We can only get them through the foods we eat."

Quinoa is also rich in minerals such as potassium, which helps regulate blood pressure and heart rhythm, and calcium, important for keeping electrolytes balanced, as well as maintaining strong bones.

THE BASICS

A little quinoa goes a long way because it is a small gluten-free seed that swells to three times its size when cooked. You'll find it in colors ranging from white to black in the HealthMarket at your local Hy-Vee. White has the mildest flavor, red is slightly nuttier and black has an earthy flavor. Purchase it from the bulk bins or prepackaged. Store the raw grain in your pantry as you would rice, for up to 3 months. To protect healthy oils, store sealed in a cool, dry place.

Available in ready-to-eat hot and cold cereals, precooked quinoa bowls, pastas, granolas, sprouted quinoa, frozen meals, flakes and a gluten-free quinoa flour. Mixed with other flours, it will boost the nutritional value of your baked goods. So give this centuries-old staple a try. It's perfect for busy cooks looking for easy, nutritious meals.

PREPARING QUINOA

- Use 1 part dry quinoa to 1½ to 2 parts liquid. Makes 3 times the dry quantity. Refrigerate up to 1 week.
- Briefly rinse quinoa in a fine-mesh sieve under running water, gently stirring. Quinoa has a bitter outer shell that has been removed by prewashing. Rinsing removes any residue.
- Combine quinoa and liquid (use stock for more flavor) in a saucepan with a tight-fitting lid. Bring to a boil, cover, reduce heat and simmer for 15 minutes for white and 18 to 20 minutes for red or black. For a softer texture, use more liquid. Turn the burner off and let pan sit for 5 minutes without removing lid. Fluff with a fork. Serve warm, cold or at room temperature.
- To bring out the nutty flavor, before cooking, toast quinoa in a frying pan over low heat for a few moments, shaking it gently as it heats up.





easy QUINOA IDEAS

Whether you cook it in advance, make it on the spot or buy one of the many ready-to-eat products, quinoa is a winner. Here are a few easy-meal suggestions:

BEET AND WALNUT QUINOA SALAD (above)

Prep time: 15 minutes. Serves 4 (about 1 cup each). In a medium bowl, combine **1½ cups cooled, cooked red quinoa**. Stir in **1½ cups cut up, cooked beets**, **8 bias-sliced baby carrots**, **1 (2 ounce) cup walnut pieces**, **¼ cup frozen peas** and **2 sliced green onions**. Cover and chill at least 2 hours. Drizzle **1 tablespoon lite balsamic vinaigrette** over each serving.

PUMPKIN BREAKFAST QUINOA (left)

Prep time: 5 minutes / Cook time: 15 minutes. Serves 4 (about 1 cup each). Prepare **1 cup dry white quinoa** as directed, left. While still warm, stir in **½ cup Hy-Vee pumpkin**, **¼ cup packed Hy-Vee brown sugar**, **½ teaspoon Hy-Vee ground cinnamon**, **¼ teaspoon ground ginger** and **⅛ teaspoon ground nutmeg**. Top each serving with **1 tablespoon each Hy-Vee low-fat vanilla yogurt**, **Hy-Vee chopped pecans** and **Hy-Vee dried cranberries**.

QUINOA TUNA SALAD (not shown)

Prep time: 15 minutes. Serves 4 (about 1¼ cups each). In a medium bowl, stir together **2 tablespoons Grand Selections olive oil**, **2 teaspoons fresh lemon juice**, **¼ teaspoon Hy-Vee salt** and **several dashes Hy-Vee black pepper**. Add **1½ cups cooled, cooked white quinoa**, **2 (5 ounce each) cans drained Hy-Vee chunk light tuna**, **1 cup diced fresh tomatoes**, **1 drained (2.25 ounce) can Hy-Vee sliced ripe olives** and **1 sliced green onion**. Gently stir in **2 cups baby spinach**. Serve immediately.



Chef Dave Jensen, Urbandale, Iowa, Hy-Vee

VEGETARIAN QUINOA MUSHROOM SOUP

Don't rush. Ingredients need time to blend for full flavor. Chef Dave Jensen says, "For instance, after adding saffron, you want to let it fully blossom before adding another component."

Prep time: 50 minutes

Cook time: 35 minutes

Serves 14.

¼ cup Grand Selections extra-virgin olive oil

5 large shallots, chopped (8 ounces)

1 cup chopped celery

¾ cup chopped carrot

¾ cup chopped red bell pepper

1 pound white button mushrooms, sliced

8 ounces baby bella mushrooms, sliced

8 ounces shiitake mushrooms, sliced

8 ounces oyster mushrooms,* sliced

20 saffron threads

1 teaspoon Hy-Vee dried thyme

5 fluid ounces white wine, such as Chardonnay

2 ounces Knorr vegetable bouillon

9 cups hot water

1½ cups uncooked quinoa, rinsed

Kosher salt and Hy-Vee ground black pepper, to taste

Heat olive oil in a 6-quart stockpot over medium-high heat. Add shallots, celery, carrot and bell pepper. Sauté until shallots are translucent, about 5 minutes.

Stir in white button mushrooms; cook and stir for 2 minutes. Add baby bella mushrooms; cook and stir for 2 minutes. Add shiitake mushrooms; cook and stir for 2 minutes. Add oyster mushrooms; cook and stir for 2 minutes. Add saffron threads and thyme and cook,

stirring constantly until fragrant, about 2 minutes. Stir in wine and simmer for 3 minutes.

Mix vegetable bouillon with hot water and add to pot. Stir in quinoa and simmer 15 to 20 minutes or until quinoa blossoms. Season with salt and pepper to taste.

*If fresh oyster mushrooms are not available, substitute two (1 ounce each) packages dried oyster mushrooms and rehydrate according to package directions. Drain well before slicing.

Nutrition facts per serving: 160 calories, 6 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 710 mg sodium, 21 g carbohydrates, 3 g fiber, 5 g sugar, 6 g protein. Daily values: 30% vitamin A, 20% vitamin C, 4% calcium, 10% iron.

SOUTHWEST QUINOA

Chef Norma Reni likes to bake two at a time—one to eat now and one to freeze for later. To freeze, cover with plastic wrap, letting the wrap lay right on the food so no frost will form.

Prep time: 30 minutes

Cook time: 50 minutes

Serves 6.

2½ cups Hy-Vee 33%-less-sodium
chicken broth, divided

¾ cup dry quinoa

2 tablespoons Grand Selections olive oil

1 cup diced onion

1 cup diced carrot

1 cup diced red bell pepper

½ cup diced celery

1 (4 ounce) can Hy-Vee diced
chilies, drained

1 tablespoon Hy-Vee chili powder

2 teaspoons ground cumin

½ teaspoon ground coriander

½ teaspoon Hy-Vee black pepper

2 tablespoons minced garlic

1 (14.5 ounce) can Hy-Vee diced tomatoes
with green chilies, drained

2 cups diced, cooked chicken

1 cup Hy-Vee finely shredded 2%-milk
Mexican cheese blend

Preheat oven to 350°F. Bring 1½ cups chicken broth to a boil in a 2-quart saucepan. Add quinoa; return to a boil, cover and cook over medium heat 12 minutes or until quinoa has absorbed all the broth. Remove from heat, fluff, cover and set aside.

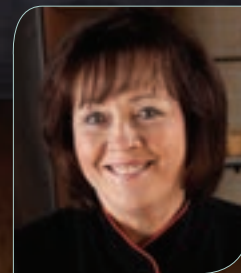
Heat olive oil in a large skillet over medium heat. Add onion, carrot, red bell pepper, celery and chilies; sauté until tender, about 3 minutes. Add chili powder, cumin, coriander and black pepper; sauté 2 minutes. Add garlic and sauté 1 minute. Add remaining 1 cup chicken broth, diced tomatoes with green chilies, chicken and prepared quinoa. Stir to combine.

Pour mixture into a greased 13x9-inch baking dish. Top with shredded cheese. Bake 30 minutes or until heated through.

Nutrition facts per serving: 310 calories, 12 g fat, 4.5 g saturated fat, 0 g trans fat, 50 mg cholesterol, 740 mg sodium, 27 g carbohydrates, 5 g fiber, 7 g sugar, 23 g protein. Daily values: 110% vitamin A, 70% vitamin C, 20% calcium, 15% iron.

"This is actually a pretty light dish—**HAVE IT WITH CHIPS AND DIP.** Or you can add more vegetables to it to fill it out more."

Chef Norma Reni, Independence, Missouri, Hy-Vee





Fuel Up with Food

The hectic pace of contemporary life only seems to increase. So it's no surprise that energy drink sales are soaring. But is a caffeinated drink the best solution if you fall into an energy slump during your day? There's a better answer in the food you eat.

TEXT ALICE LARSEN PHOTOGRAPHY TOBIN BENNETT

People have long sought energy boosters to help them through their exhausting days of deadlines and demands. A cup of coffee has often been the favored fuel. But in the last decade or so, many seeking a jolt have turned to energy drinks with kicky names and significant doses of caffeine and other stimulants.

Millions of gallons of Red Bull, Monster, Rockstar, Donkey Kick, Venom Energy, Dr. Dogg, Ram Jam and others with hip labeling are now sold each year. In the past six years, consumers have purchased \$8.9 billion worth of these products.

BENEFICIAL EFFECT

Energy drinks, as well as smaller concentrates and capsules, are generally formulated with caffeine, an amino acid called taurine, and various sugars and herbs. These will boost mental performance in a minor way, effectively improving attention and verbal reasoning—though memory doesn't seem to be affected.

Repeated tests in healthy young adults show that energy drinks increase muscle endurance. The formulas, with added caffeine and sugar glucose, also increase the body's ability to recover from activities. In one experiment, for example, 11 tired people were given a glucose-based energy drink, then tested in a driving simulator. Measurements of lane drift and reaction time showed significant improvement.

NOT FOR CHILDREN

At first glance, research into energy drinks appears positive, but there are concerns, too. The problem is seductive packaging that lures youthful buyers, though most of these products are labeled "Not Recommended for Children."

The Food and Drug Administration (FDA) is taking a closer look at energy drinks. New regulations may tighten controls on labeling and restrict how some ingredients are used.

HOW MUCH CAFFEINE?

Comparing the amounts of caffeine in coffee, soda and energy drinks gives perspective. Here are the amounts:

- **Coffee.** An 8-ounce cup of generic brewed coffee has about 133 mg of caffeine.
- **Coca-Cola Classic.** There are 35 mg of caffeine in a 12-ounce Coke.
- **Energy drinks.** *Consumer Reports Magazine* tested for caffeine levels in 8-ounce energy drinks, finding these levels: Rockstar Energy Drink Double Strength, 80 mg; Red Bull Energy Drink, 83 mg; Monster Energy, 92 mg; Venom Energy, 110 mg; Monster X-presso, 221 mg; and Rockstar Energy Shot, 229 mg.

Adverse effects associated with high caffeine intake include nervousness, irritability, sleeplessness, increased urination, abnormal heart rhythms and digestive problems. Testing has shown that people who consume 360 mg of caffeine have significantly increased blood pressure and anxiety.

A BETTER WAY

Instead of quick-fix drinks, changes to your diet will build the reserves you need when challenged throughout the day. Better-for-you foods are nature's way of energizing your body.

Oats offer complete carbs, which provide long-lasting energy. The ancient grain quinoa, for example, is not only a complete protein, but also offers fiber, magnesium and iron. Greek yogurt offers a carb and protein boost with added probiotics that assist your body in making the most of the foods you eat. If morning slumps are a problem, add protein-rich eggs to power you through until lunchtime.

Add some of the high-energy foods on the following pages for a healthier way to fuel your body. Alter your thinking and substitute long-term health for the lure of a quick fix.

Foods & Drinks to Rev You Up!

Fueling your body with nutritious foods will produce much healthier results than loading up on caffeine. Here are some of the best choices you can make.

1. **NUTS** Walnuts, almonds and peanuts combined with dried fruits and granola offer a balance of protein, healthy fats and grains, which boost energy and contribute to a healthier body.

2. **WATER** When working out, water is your best choice to stay hydrated. Sip throughout your workout.

3. **PASTA** Loaded with carbohydrates, pasta is a good choice for a meal prior to a big race. Carbs are stored in your body as glucose, which is the fuel that muscles need. So pasta can play a role as you speed down the home stretch.

4. **QUINOA** A rich source of complete carbohydrates, quinoa offers fuel your body uses for hard training. Because complex carbs burn slowly, you get longer-lasting effects from them.



Kashi GoLean bars: select varieties
1.59 to 1.94 oz. 4/\$5.00

Special K Shakes or Bars: select
varieties 9.5, 11.10 oz., 4 or 6 ct.
2/\$10.00

Kashi GoLean Bars

Classic flavor combinations like peanut butter & chocolate, oatmeal raisin, and chocolate malt promote a feeling of fullness by increasing intake of protein and fiber. Less than 5 mg fat per bar.



5. GREEK YOGURT While most yogurt has only 5 to 10 grams of protein, the Greek variety has up to 20 grams. Protein helps build muscle mass. This is the one you want.

6. EDAMAME This is a great combo food—high in protein, carbs and fiber. This immature soybean helps transform the food you eat into energy for your body.

7. FRESH FRUIT Fruits contain potassium for muscle and nerve function, and they give you ready-to-use energy for a quick boost.

8. EGGS Eggs are a nutrient-dense food containing protein and 13 vitamins and minerals. Dragging by late morning? Eat an egg for breakfast.

9. GREEN TEA High in the amino acid L-theanine, green tea has a calming effect and aids with concentration.

10. FRUIT SMOOTHIES To help energize your body, Naked 100% Fruit & Veg Juice Smoothies contain vitamin B12 and potassium. Rebounding from a workout? Naked Juice also contain fruit sugars that will help you put that intense workout in your past.

Naked Juice: select varieties 15.2 oz. 2/\$5.00





HyVee.

INSTANT Rx

At the swipe of a mouse or the tap of a smartphone, you check the weather, update friends on daily events, even order plane tickets. Now it's time to add filling prescriptions and managing medications to that list, thanks to new Hy-Vee online and mobile apps that offer convenience at your fingertips.

TEXT KELLY ROBERSON PHOTOGRAPHY TOBIN BENNETT

It's a common refrain: Life is busy. Between school and work, sports and activities, it's nearly cause for celebration when the whole family sits down to dinner all at once. Some weeks, it probably seems as though your to-do list never gets done.

That includes prescriptions: When you think of it—usually when they are due for a refill—you're not at your local Hy-Vee.

Fortunately, technology has come to the rescue with two new options for managing the prescriptions that are taken care of through your local Hy-Vee pharmacy.

EASY ONLINE UPDATES

If you've got access to the Internet, then you've got access to your medications. At www.hy-vee.com/health/pharmacy, you'll find methods for transferring and renewing medications.

The "Express Refills" option asks only for the 6- or 7-digit prescription number and the 4-digit store number on your medication's bottle. Then, you can refill, check order status and transfer medications from other pharmacies to Hy-Vee—a huge convenience for people with meds at multiple locations. "You simply go online, enter information on our site to request the transfer to your pharmacy. Then we complete the process," says Ben Mundt, pharmacist at Hy-Vee in West Des Moines.

If you have more than one prescription, you may also want to try the second online option, "Refill From Account." Using this feature requires that you set up a "My Hy-Vee Account," which also enables you to view, sort and print your prescription history, as well as submit multiple prescriptions and review refills. To create an account, stop by your Hy-Vee

pharmacy to provide staff with an email address (this must be done in-person). Then, use online prompts to quickly set up your account and manage your medications. For annual tax preparations, you can even print out a year-end summary showing how much you've spent.

SMARTS FOR YOUR SMARTPHONE

In addition to online access, a medication's status is instantly accessible from a free Hy-Vee mobile app. Use your smartphone camera to take a photo of the prescription bar code, which is automatically sent to the pharmacy to check the status of medications and receive notifications when refills are complete. Or, enter a prescription number to take care of the same tasks.

"People who use the mobile app love the alerts," says Ben. "Customers are often busy and don't have time to call and see if medications are ready."

The free Hy-Vee app is easy to use. Features are quite clear, making navigation simple, even for a first-time user. Get money-saving coupons instantly or use the locator feature to find specific products in your local store.



NATURE MADE

For 40 years, we've been obsessed with quality. When you purchase Nature Made products, you're getting supplements made from the purest ingredients and found by scientific research to be safe and beneficial.



50% Off Nature Made: Fish Oil, Flaxseed, CoQ10 or CholestOff: select varieties 30 to 300 ct.

JUST WHAT THE DOCTOR ORDERED (and more!)

HY-VEE PHARMACIES OFFER ONLINE SERVICES TO HELP YOU BETTER MANAGE YOUR PHARMACY AND HEALTHCARE NEEDS. HERE ARE THE WEBSITE OPTIONS. FOR SMARTPHONE CONVENIENCE, CHECK OUT OUR MOBILE APP.

2. CONVENIENT WAYS TO REFILL

Click here to learn about two convenient options: Express Refills or Prescription Account. The Express is a quick refill option with no need for a Prescription Account. Creating a Prescription Account allows you to maintain your prescription history, Easily manage multiple prescriptions, access helpful information and print your file.

3. REFILL FROM ACCOUNT

To use this option you will first need to create a "My Hy-Vee" account. This gives access to the pharmacy page where you can manage your Hy-Vee prescription account. This service offers the greatest benefits. Setting up an account is easy but it requires you to make a personal visit to your Hy-Vee pharmacy. Ben Mundt, a West Des Moines Hy-Vee pharmacist, encourages Hy-Vee customers to use this service. "You are able to see your patient profile and print that list, which includes medications, as well as see where you are in the process, if you are refilling something," says Mundt.

"The Hy-Vee mobile app allows us to **SERVE CUSTOMERS EFFICIENTLY AND SEAMLESSLY**, which means they get what they want **WHEN THEY NEED IT.**"

—Ben Mundt, Hy-Vee Pharmacist, West Des Moines, Iowa



1. AT YOUR FINGERTIPS

It's easy to manage your prescriptions, find helpful information on medications and learn about health and wellness online. Simply type in the URL www.hy-vee.com/health/pharmacy or go to www.hy-vee.com and click on "pharmacy."

1



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4. EXPRESS REFILLS

Manage your prescriptions faster and easier with the Express Refill option. No account login is required. With this option you can refill, transfer or check the status of one or more prescriptions.

5. PRESCRIPTION SAFETY VERIFICATION

Each prescription handled by Hy-Vee goes through a safety check to make certain it is filled accurately and with the professional oversight required to guard against drug interactions, allergic responses and improper dosage.

6. PHARMACY SOLUTIONS

Here you'll find a complete source for specialized pharmacy services offered at Hy-Vee. This includes high-quality clinical care with support, care and counseling for treating specific chronic, complex medical conditions.



Abreva: tube or pump 2 or 2.2 gr. \$14.99



Advil, TheraCare or Children's Advil: select varieties 2 to 50 ct. \$5.49



Afrin or Coricidin: select varieties .05 to 20 oz, 16 to 24 ct. \$4.99



Robitussin or Dimetapp: select varieties 4 oz. or 20 ct. \$4.99

DIY QUICK CURES

ADVICE FROM
HY-VEE PHARMACIST
BEN MUNDT

IF YOU'VE GOT A

TUMMY ACHE...

No two stomach upsets are the same, so what relieves pain for one person won't work for another. With each situation, the pharmacist can help analyze what's actually going on.

IF YOU HAVE A MILD CASE OF INTESTINAL GAS OR CONSTIPATION ...

Try a fiber supplement such as Metamucil or an over-the-counter laxative such as Dulcolax. A heating pad may help, too. For pain, steer clear of aspirin or ibuprofen, which may make a tummy ache worse. Instead, look for an acetaminophen product, such as Tylenol.

IF YOU HAVE AN ACIDIC STOMACH ...

Intestinal acid or heartburn requires a diet of bland food that's neither greasy nor acidic—think crackers. You may also try an antacid such as Tums or an H2 blocker such as Zantac.

Pepto-Bismol may also be effective. It coats the esophagus, acting as a barrier to stop reflux. It has been linked to Reye's syndrome, so do not give to children with flu-like symptoms.

IF YOUR HEAD IS STUFFY ...

Try an over-the-counter product, such as Mucinex, that helps to combat and clear the mucus. Visit a doctor if you've had sinus congestion lasting more than 10 days or if congestion is accompanied by fever or pain in sinuses or teeth.

IF YOUR AIRWAYS ARE CLOGGED ...

Read product labels and look for an over-the-counter remedy that contains pseudoephedrine. It opens up your airways. These include Sudafed Decongestant products.

Only treat a cough if it is dry—not bringing up mucus. If a cough is productive, it will loosen and expel mucus. That's a good thing.

(ahh-choo!)

IF YOU'VE GOT CONGESTION, COUGHING, SNEEZING...

Winter colds typically present two troublesome symptoms: stuffy noses and blocked airways. Although related to one condition, they are treated differently. A combination of products, such as those listed above, may be needed to help you breathe easier and get rid of some of that congestion.

Might want to call
in sick, you're in for
a rough day.

the double whammy ...

Instead of taking one product to remedy a headache and tummy ache, it's best to treat each individual symptom, even if it means two or more products. "It really is patient specific, so ask your pharmacist to help you find the right product," says Ben. "It's best to get the individual components."

IF YOUR HEAD IS POUNDING ...

Unless you have a condition that contraindicates it, aspirin products such as Bayer are OK to help relieve headaches. Children and people under 20 years with the flu or an undiagnosed illness should not take aspirin products due to the risk of Reye's syndrome, a deadly disease that can strike without warning. Acetaminophen products, including Tylenol, are fine for headaches, too.

IF YOUR TUMMY IS UPSET ...

Try products listed for either gas or indigestion. Always read labels carefully and follow dosage requirements. When in doubt, consult both your Hy-Vee pharmacist and your doctor.

HEADACHES
+
TUMMY ACHEs

WHEN TO CALL THE DOCTOR...

A fever that is very high—over 100 degrees—and persists for more than a day or two should trigger a call to your doctor. For tummy aches, if any of your symptoms last for more than a day or two, are accompanied by a hard or tender stomach or other symptoms, or include pain elsewhere such as your chest, neck or shoulders, see your doctor.

"Symptoms such as stomach aches can be more serious than just heartburn, and if colds are not responding to over-the-counter products after a day or two, this may be because of sinus infections," says Ben. "Then it's time to go see your doctor."

New *at* Hy-Vee

Crystal Light Liquids

Introducing new Crystal Light Liquid drink mix! Six delicious flavors, all with no calories, let you customize your Crystal Light any way you want it. Convenient bottles gives you 24 servings that you can take with you wherever you go.

Crystal Light Liquid
Coming Soon!



Here's a mix of promising delicious, nutritious and easy-to-fix snacks, meals and beverages you'll love. Look for these great buys at Hy-Vee.

PHOTOGRAPHY TOBIN BENNETT

Campbell's GO Soups

There are six bold and unexpected flavors in the new GO soups lineup from Campbell's. Included are Creamy Red Pepper with Smoked Gouda, Spicy Chorizo & Pulled Chicken with Black Beans and other daring, restaurant-quality tastes.

Campbell's GO Soups: select varieties 14 oz. 2/\$4.00



Velveeta Cheesy Casseroles

A quick and easy way to make cheesy comfort food for dinner. Enjoy classic family favorites in Velveeta Cheesy Casseroles in 3 great flavors: Chicken Pot Pie, Chili Cornbread and Shepherd's Pie. All our new Cheesy Casseroles are made with the Liquid Gold of Velveeta.

Velveeta Cheesy Casseroles
Coming Soon!



Hy-Vee 100% Fruit Strips and Pieces

These aren't just any strip of fruit. Each is all natural with no sugar added. Plus, each is compatible with a vegan diet. Of course, that's secondary to the taste—incredibly yummy!

Hy-Vee 100% Fruit Strips and Pieces:
select varieties 5 or 6 ct. \$2.99

Maxwell House & Gevalia Single Serve Cups

New Maxwell House and Gevalia single serve cups offer trusted, sought-after brands and provide a broadly appealing range of roast and flavor profiles! Available in 6 new flavors.

Maxwell House & Gevalia single serve cups
for use in Keurig K-Cup brewers: select varieties
3.7 or 4.12 oz. \$7.49



Oscar Mayer Pulled Meats

Slow-smoked using natural hardwood, Oscar Mayer Carving Board meats bring you a delicious way to enjoy pulled pork without all the hassle. Just needs sauce, heat and a bun.

Oscar Mayer Pulled Meats:
select varieties 11.5 oz. \$5.99



APPLE CINNAMON

CHOCOLATE NUT



HONEY NUT

Planter's Nut•rition

Get the energy you need to take on your day. Sustaining Energy blends come in three delicious flavors—Chocolate Nut, Honey Nut and Apple Cinnamon. Each serving provides 10 grams of protein. It's a hearty snack that keeps you satisfied between meals while giving your body everyday energy.

Planters Sustaining Energy:
select varieties 8.6 oz. \$4.99



MiO FIT

Comes in two great-tasting, refreshing tastes—Berry Blast and Arctic Grape. MiO FIT allows consumers to flavor a hydrating electrolyte beverage to their taste. Each convenient, pocket-sized bottle makes approximately 18 servings. Each serving of MiO FIT contains electrolytes and B vitamins, and has no calories.

MiO FIT or MiO: all varieties 1.62 oz. \$3.99

Kraft Fresh Take

Here's everything you need to spice up your chicken, fish, pork or beef! Each refrigerated bag has real Kraft cheese and expertly seasoned breadcrumbs so you can coat and, in just minutes, bake amazing dishes such as Italian Parmesan Chicken. Available in 9 varieties, including Southwest Three Cheese, Cheddar Jack & Bacon, Spicy Chipotle Cheddar, Classic Four Cheese and more.

Kraft Fresh Take Shredded Cheese and Breadcrumb Coating: select varieties
6 oz. 2/\$4.00



Cracker Barrel Cheese

Award-winning Cracker Barrel cheese is now available in even more flavors, including Natural Extra-Sharp Cheddar and Aged Reserve Vermont Sharp White. Cracker Barrel is perfect for entertaining guests at home or as a guilt-free, indulgent snack for yourself.

Cracker Barrel Chunks & Cracker Cuts: select varieties
7 or 8 oz. \$3.49





Aleve: select varieties 80 to 130 ct. \$9.99



Alka Seltzer Plus: select varieties 20 ct. \$4.99



Bayer Aspirin: select varieties 50 to 150 ct. \$6.49



Citracal: select varieties 60 to 200 ct. \$9.99



One A Day or Flintstones Vitamins: select varieties 50 to 160 ct. \$6.99



Phillips' Colon Health: 30 ct. \$10.98

SOOTHING THE SAVAGE THROAT

When your throat is scratchy and sore, pop in a Ricola Herb Throat Drop to calm it down. Drops come in such flavors as Green Tea and Lemon Mint. For a sweeter taste, try Cherry Honey, which is seasoned with Ricola's mixture of 10 medicinal Swiss mountain herbs.



Ricola Natural Herb Throat Drops: select varieties 19 to 24 pc. \$1.77

Purex Liquid Fabric Softener or Purex Dryer Sheets:
44 oz. or 120 sheets \$2.99

Purex Liquid or Ultra Packs: 150 oz. or 54 ct. \$6.99

Cottonelle bath tissue 18 roll, or Viva paper towels
8 roll: select varieties \$12.99

Kleenex Facial Tissue: 4 pk. \$6.29



Extra Power FOR EVERYDAY LAUNDRY



Ideal for everyday use, Purex liquid detergent penetrates deep down into fabric fibers, removing ground-in dirt and stains. Purex liquid detergent is specially formulated with stain-fighting ingredients, and it comes in soft scents, so clothes are always clean and fresh!



For a Healthier New Year.



Tampax Pearl, Always Infinity or Radiant 24 to 54 ct. \$7.49

Prilosec: Regular or Wild Berry 14 ct. \$10.99

Vicks Twin Packs: select varieties 12, 24 oz. or 48 ct. oz. \$12.99

ZzzQuil 21 ct. or 6 oz. \$4.99



Healthy Choice Dinners, Café Steamers or Greek Yogurt: select varieties
9.5 to 12 oz. \$2.48



Healthy Choice Entrées: steaming, natural, baked or select 8 to 9.9 oz.
2/\$4.00



Egg Beaters: 15 oz. 2/\$5.00



Hebrew National Franks: select varieties
11 or 12 oz. 2/\$7.00



Healthy Choice Soups: select varieties
14 or 15 oz. 10/\$10.00



Rosarita Refried Beans: 16 oz. 5/\$5.00



ACT II Microwave Popcorn: select varieties 6 or 8 pk. 2/\$5.00



Banquet Boxed Chicken: select varieties
12 to 15 oz. \$2.29

Sweet Sesame Chicken

Healthy Choice

Healthy and nutritious meals made simple.



HealthyChoice GREEK FROZEN YOGURT

In the
FROZEN AISLE
by Healthy Choice®
Meals

Try delicious Greek Frozen Yogurt, the ideal anytime treat.



Bruschetta Chicken Skillet

Hunts.
Signature
RECIPE
COLLECTION™

*Chicken breast with diced tomatoes, cheese and basil cooked in tomato sauce, then topped with croutons just before serving for the flavor of bruschetta. For this recipe, visit **hunts.com**.*



Hunt's or Ro*Tel Tomato Sauce:
select varieties 8 oz. 2/\$.88



Hunt's Tomatoes: diced, crushed, whole
or petite 28 oz. 2/\$3.00



Banquet Family Entrées: select varieties
24 to 28 oz. \$2.77



Swiss Miss Pudding: select varieties
6 pk. 2/\$4.00



Orville Ready-To-Eat Popcorn:
select varieties 5 oz. 2/\$5.00



Kid Cuisine Dinners or Snack Stix: select
varieties 7 to 10.6 oz. 2/\$4.00



La Choy Bi-Packs or Creative Creations:
select varieties 21 to 43.5 oz. \$2.88



Wolf Brand Chili: select varieties
15 oz. 2/\$3.00

Chicken and Vegetable Stir-Fry



*Stir up something **tasty**.*





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Next Issue

SPRING 2013

As the sun warms the earth and gardens turn green, the next issue of *Hy-Vee Seasons* will turn your thoughts to spring. Our round-up of recipes will include smokin' good meats, food for a Cinco de Mayo party and a cupcake collection. You'll discover a world of berries, too. We'll even visit the Henry Doorly Omaha Zoo and find a connection to Hy-Vee. Look for our Spring issue on April 4, 2013. Sign up for free home delivery by visiting us at our website, www.hy-vee.com/seasons.





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View weekly Fuel Saver products
And more

See store for details. Restrictions apply. Fuel savings are limited to 20 gallons of fuel per purchase, per vehicle.