

seasons

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35 HEALTHY & DELICIOUS RECIPES

- STIR-FRY BASICS
- GAME DAY SNACKS
- GRAB-AND-GO MEALS
- HEART-FRIENDLY FOODS

PEPPERS

SWEET OR SIZZLING,
WE HELP YOU PICK

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ADVICE YOU
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RASPBERRY-POMEGRANATE
SORBET, PAGE 36

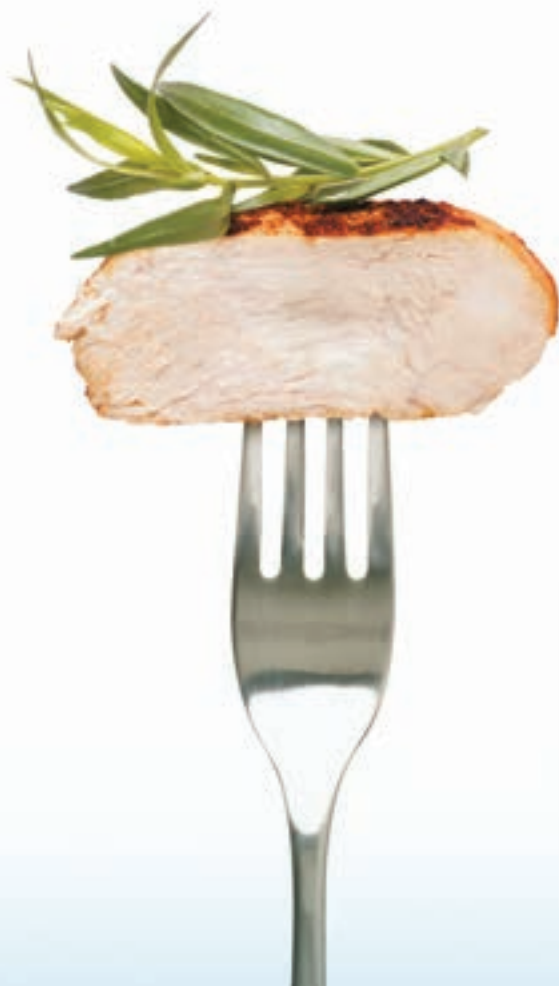
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HY-VEE SEASONS VOLUME 8, ISSUE 1

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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.



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- Stir Fry
- Selecting the Best Fruit
- Fit-for-You Bars
- Oatmeal Toppings



Digital

Become a subscriber to the new free e-magazine version of *Hy-Vee Seasons* for your tablet. Get details about instant delivery of all upcoming issues on *pages 64-65*.

The Hy-Vee website remains a hub for information. Don't miss these features at www.hy-vee.com

- New "Simple Fix" recipes each week.
- Browse our weekly ad for specials.



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WATCH US

For cooking tips, information about Hy-Vee programs and more, check out the Hy-Vee Channel on youtube.com



About Our Editor: The most important fact about Chef Andrew Kintigh these days is that he and his wife have become parents. You can tell by his smile. A 2006 graduate of culinary school, he worked in restaurants and as a corporate chef before starting at Hy-Vee in Ankeny, Iowa, about four years ago.

DEAR HY-VEE READER,

With our busy lives, people are more focused on health than ever. We all want to eat fresh foods, we don't want our foods highly processed, we want more organics and the whole farm-to-table movement is huge. I'm really fortunate to be working at a place like Hy-Vee when Americans are so focused on how and what we eat.

At Hy-Vee, we're looking for the balance people want between quick-and-easy foods and meals made with ingredients that were just picked at a farm a few days ago.

Part of my role is developing recipes. I love it. I'm working with the store dietitians to create dishes that are healthy and nutritious. A couple of my granolas are now being sold in the bulk

food bins. I've also had the chance to show customers ways they can use Greek yogurt in recipes instead of sour cream. I like to contribute in this way. What I am doing is just a small example of how we at Hy-Vee interact with our customers.

This is the annual Health issue of *Hy-Vee Seasons*, and we hope that you benefit from what you learn here. Concerns about diet and health are put into focus in "Healthy Heart" on *page 40*. As a chef, I highly recommend the story "Pick a Peck of Peppers" on *page 16*. And be sure to try some of the delicious dessert recipes in "Fresh and Lovely" on *page 34*. All these treats are made with good-for-you fresh fruit.

Everyone at Hy-Vee is happy to serve you and we all wish you good health!

Sincerely,

Chef Andrew Kintigh
Hy-Vee store #1
Ankeny, Iowa

ASK US

"Everyone is concerned about good health. What are you doing to maintain or improve yours?" For answers, we turned to Hy-Vee department managers.



WHETHER YOU WALK, RUN, LIFT, OR IMPROVE YOUR DIET, JOIN THESE HY-VEE STAFF MEMBERS IN GETTING HEALTHIER.

A: I recently started developing my own salad dressings, pairing oil and vinegar with different fruits or basil and garlic. This has helped me eat more salads and maintain control of the calories I consume. Also, I am on my feet a lot at work and have calculated that I walk an average of 5 miles a day here at Hy-Vee. Still, I try to add some exercise into my schedule to stay active.

Andrew Hansen, Italian Express Manager, Albert Lea, Minnesota



A: BACK IN SEPTEMBER I STARTED WEIGHT LIFTING AND DOING A LITTLE CARDIO FOR MY BLOOD PRESSURE. I'M LIFTING UP TO 220 POUNDS NOW. I STARTED AT 150, SO THAT'S GOING GOOD!

Ryan Goode, Assistant Manager Produce, Windsor Heights, Iowa



A: The winter is a tough time for me because I really enjoying biking to stay fit. Once it gets too cold, I try to keep moving by walking around the shopping mall. I usually go in the early morning and walk for about 45 minutes. At home, I also try to do some yoga or light exercise. Other than that I just eat lots of vegetables!

Allen Su, Chinese Express Manager, Milan, Illinois



A: I went through the 10-week Naturally Slim program here at Hy-Vee and was able to lose 40 pounds. Since then, I have continued walking and exercising as much as possible. I also gave up sugar for the program and I have maintained that rule in my diet.

Lisa Morgan, Health & Beauty Manager, Lawrence, Kansas

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Refreshingly juicy citrus fruits add life and lightness to dishes and help the body defend against everything from the common cold to heart disease and cancer.

JUICY CITRUS

GRAPEFRUIT

Eating this sweet-tart fruit on its own can be highly satisfying, or toss it in salads, salsas and pan sauces to add juicy bright flavor notes. A twist of grapefruit zest makes a nice change from lemon or lime in drinks where a little bitterness is welcome.

LEMONS

The fragrant zest and tangy juice of lemons add spark to all kinds of dishes. Besides vitamin C, lemon juice contains citric acid, making it a natural for slowing the browning, or oxidation, of fresh raw foods, including apples, avocados and bananas.

PUMMELOS

This giant citrus fruit is native to Southeast Asia and thought to be an ancestor to the grapefruit. Pummelos have a refreshingly sweet and mildly tart flavor. Use them to liven up the flavor of a basic fruit salad. For a snack, sprinkle segments with salt and chile powder; for a refreshing dessert, drizzle with a light, simple syrup.

CLEMENTINES

Among the more well-known members of the mandarin-orange family are clementines, which are small, seedless citrus that are very sweet and easy to peel. A ham, Swiss cheese and clementine wrap makes a welcome surprise in your child's lunch box. A few clementine sections and lemonade ice cubes whirled in a blender make a healthy refresher.

BLOOD ORANGES

Slice open a blood orange and you'll see a dramatic and beautiful bright red to deep maroon interior. Take a bite and you'll become a fan of the intense orange taste with hints of fresh raspberry. Toss slices into salads, salsas or chutneys. The sweet-tart flavor is wonderful with roasted or grilled meat or poultry.

NAVEL ORANGES

These are easy to spot in your produce aisle. They're the ones with the button indentation opposite the stem end. Considered the world's finest eating oranges, navels are seedless and they peel and segment easily. One variety, Cara Cara, has reddish-pink flesh and an exceptionally sweet flavor with a tangy cranberrylike zing. Toss sections on your favorite cereal, pancakes and waffles. Add fresh-squeezed navel juice to beverages and vinaigrette salad dressings. These oranges also make healthy snacks that pack and travel well.

GOOD AND FRESH

REAP THE HEALTH AND FLAVOR BENEFITS OF A VARIETY OF ORANGES IN A SALAD THAT'S SENSIBLY DRESSED WITH A LOW-FAT VINAIGRETTE.

SELECTING THE BEST CITRUS

Citrus fruits are at their best and most abundant in the winter. Look for fruit that feels heavy for its size, promising more juice. Select those with plump, glossy skins—indications that the rinds will be rich in flavorful oils. Store the fruit in a refrigerator crisper and use within several weeks for best flavor and nutrient value. Rinse and thoroughly scrub citrus fruit before cutting it up or shredding the peel.

* Navigate with ease through bonus content in our new free Tablet Version. See pages 64-65 to download today.



CITRUS SALAD WITH CLEMENTINE-AVOCADO VINAIGRETTE

Prep: 5 minutes | Serves 6

4 cups baby arugula leaves

2 medium mandarins, clementines or other kind of oranges, peeled and cut into wedges

2 medium blood oranges, peeled and cut crosswise into slices

Clementine-Avocado Vinaigrette (see recipe *right*)

1. To serve, arrange arugula leaves, orange sections and slices on a serving platter or 6 salad plates. Drizzle with Clementine-Avocado Vinaigrette.

CLEMENTINE-AVOCADO VINAIGRETTE: Place 1 peeled and seeded avocado in a food processor. Add 1 fresh seeded and chopped jalapeño pepper, 3 tablespoons freshly squeezed lime juice; 1 cup freshly squeezed orange juice (from clementines or mandarins); ½ cup cilantro leaves and 1 clove minced garlic. Cover and process until dressing consistency. Season to taste with Hy-Vee kosher salt and Hy-Vee ground black pepper.

Nutrition facts per serving: 110 calories, 5 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 17 g carbohydrates, 4 g fiber, 10 g sugar, 2 g protein. Daily values: 15% vitamin A, 110% vitamin C, 6% calcium, 4% iron.

herb PLANTER

Fresh herbs brighten the kitchen counter and deliver wonderful flavor to foods.

WHAT YOU NEED

- ROCKS AND POTTING SOIL
- WOOD CONTAINER WITH WATERPROOF LINER
- POTTED HERBS FROM HY-VEE (MINT, BASIL, CHIVES, THYME AND OREGANO)

STEP 1: Place a few rocks in the bottom of the waterproof container. Pour in potting soil.

STEP 2: Remove herbs from their original pots. Loosen the roots and place the plants into the soil, arranging them so taller plants are at the back. Water daily.

STEP 3: Harvesting herbs: Clip leaves or sprigs and use immediately in soups, stews, sauces, sandwiches, salads and on meats.



PHOTO Tobin Bennett

LIFE CHANGERS

A pair of award-winning Hy-Vee dietitians give guidance to customers seeking to improve their diets—and lives.



PHOTOS Tobin Bennett



Kaitlin Anderson, Hy-Vee Dietitian, Rochester, Minnesota



Michelle Arasim-Diekmann Hy-Vee Dietitian, Lee's Summit, Missouri

Dietitian Kaitlin Anderson of Hy-Vee in Rochester, Minnesota, was on her second day back after maternity leave last September when she found out that she had won a major award from the company—the Legendary Customer Service Award. She was one of only 10 Hy-Vee employees honored with the annual award. Dietitian Michelle Arasim-Diekmann was surprised in April when she was named one of the Best of Kansas City for Hy-Vee dietitians in the KC area. She works at the Lee's Summit West store in Missouri.

Hy-Vee Seasons spoke with Kaitlin and Michelle about helping people make smart choices with food.

Q: TELL US ABOUT YOUR CAREERS AS DIETITIANS.

A: Kaitlin: I've been a dietitian since 2008. I did an internship at Mayo Clinic and as soon as I finished that, I came right to work at Hy-Vee.

When I was an intern in a hospital setting, I thought I had chosen the wrong career and I would have to go back to school to start over. But once I started at Hy-Vee, I knew I had chosen right. In my whole time at the hospital, I could count on two hands the times I really helped somebody to change. But at the store, I help people every single day.

Michelle: I graduated in 2006 and started at Hy-Vee two weeks later. If you ask me what my hobby is, I'd say that it's nutrition and health. I'm in a job where I can practice every day what I live and preach. I have a great tool, Hy-Vee grocery store, to make a difference in people's lives and it feels really good. I love it.

Q: WHAT DO YOU DO DURING A TYPICAL DAY AT WORK?

A: Kaitlin: No two days are ever the same. I do grocery store tours, I write a newspaper column,

I speak in the community. I do health screenings for employees. I help write menus for Catering. I do a million different things and I love all of them.

Michelle: I work in the HealthMarket section a lot of the time, educating people about eating and answering their questions. I might engage with 20 or 30 people a day there. Sometimes when I'm in the aisles, it is just one person after another who is looking for information. Typically, people ask about going gluten-free and I get a lot of questions about supplements. I give free shopping tours focused on how people can eat healthier foods. I work with a lot of people who have just come from their doctor with a diagnosis and they need help with a diet to address it. I also work with 130 employees in a healthy lifestyle program. Every day at work brings excitement and something different.

Q: HOW DO CUSTOMER SHOPPING TOURS WORK?

A: Kaitlin: Anyone can request a tour. We make an appointment and meet to walk through the store. I ask customers about what they eat and get an understanding of their budget so I can fit my advice into how they already shop and eat. If they aren't familiar with it, I teach them how to use the NuVal system. We spend a lot of time in Produce talking about fruits and vegetables. Then we visit other parts of the store, always including the HealthMarket and the Pharmacy. The tour usually takes about an hour.

Michelle: I would encourage everyone to do this. I get a clear picture of what customers eat and I can help them. It starts out with a customer guiding me through the aisles so I can see what they're eating. Funny, people think that they are doing really badly. But then I see it's not really that bad—they just need some information.

HEALTHY EATING TIP

If you need to make better food choices, learn to use the NuVal Nutritional Scoring System. Thousands of foods have been analyzed for their nutritional values and have been given one to 100 points based on how good the foods are for you. You'll find the best-for-you foods by comparing NuVal points of like products—the highest score is the most nutritious. For instance, pick the tomato soup scoring 80 instead of 55. You will find NuVal scores posted along with prices on shelf fronts at all Hy-Vee stores.



HOW SWEET IT IS

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*Try all
8 varieties*



how to make STIR-FRY

Stir-frying is a traditional Asian method for quickly frying small pieces of food over very high heat while stirring constantly. Try this healthful cooking technique with chicken or tofu (as featured on *page 47*) for a meal that sizzles with heat and pops with bold flavor.

WHAT YOU NEED

Prep: 15 minutes |
Rest: 10 minutes | Cook:
about 15 minutes | Serves 5

4 tablespoons Hy-Vee light soy sauce
1 tablespoon rice vinegar
1 tablespoon grated fresh ginger or 1 teaspoon Hy-Vee ground ginger
2 teaspoons minced garlic
1 teaspoon toasted sesame oil
½ teaspoon Hy-Vee crushed red pepper
1 pound boneless, skinless Hy-Vee Cool Chicken breasts
6 cups assorted vegetables (such as thinly sliced carrots, broccoli florets, red onion wedges, red bell pepper strips and sugar snap peas) or 1 (16-ounce) bag Hy-Vee frozen stir-fry vegetables
4 teaspoons Hy-Vee canola oil, divided
2 teaspoons Hy-Vee cornstarch
¾ cup Hy-Vee 33%-less-sodium chicken broth
2 cups hot cooked quinoa
1 tablespoon sesame seeds, toasted

For marinade:

Whisk together soy sauce, rice vinegar, ginger, garlic, sesame oil and crushed red pepper.

Nutrition facts per serving:

260 calories, 6 g fat,
1 g saturated fat, 0 g trans fat,
60 mg cholesterol,
650 mg sodium,
25 g carbohydrates, 5 g fiber,
4 g sugar, 25 g protein.
Daily values: 10% vitamin A,
25% vitamin C, 4% calcium,
10% iron.



PHOTOS King Au and Tobin Bennett



STEP 1: Cut the chicken into chunks or strips. Make sure the pieces are uniform so they cook at the same rate.



STEP 2: Marinate the chicken pieces in refrigerator for 30 minutes, turning once. Drain, reserving marinade. While the chicken is marinating, cut the vegetables. You'll want to have everything near the stove beforehand, as the cooking goes quickly.



STEP 3: Heat a large heavy skillet over medium-high heat. Get your skillet as hot as possible before adding the oil. Add 3 tablespoons of canola oil and get the oil searing hot before adding the chicken. Once you've added the chicken, toss and stir it rapidly so it acquires a seared exterior. When done, remove it from skillet and keep the chicken warm.



STEP 4: Before stir-frying the vegetables, add a little more oil to the skillet. Be sure to allow your skillet to fully reheat before adding the vegetables. Stir the vegetables fairly often so they cook through quickly in 2 to 3 minutes. When vegetables are done, add the cooked chicken back into the skillet.



STEP 5: Prepare the sauce. Many stir-fry recipes call for adding cornstarch to a sauce for thickening. First, whisk the cornstarch into the broth in a small bowl until dissolved. Then whisk in the reserved marinade.



STEP 6: Add the sauce mixture only after everything is more or less finished cooking. Continue to cook just long enough for the sauce to lightly coat the ingredients and thicken into a glaze. Serve over quinoa topped with sesame seeds.

STIR-FRYING OPTIONS

VEGETABLES

4 cups = 4 servings

Good vegetables for stir-frying include fresh asparagus, bok choy, broccoli, cabbage, carrots, green onions, mushrooms, pea pods, sweet bell peppers, spinach, zucchini, and yellow, white or red onions. Frozen stir-fry vegetables are a good prechopped option for any stir-fry.

MEAT, POULTRY AND SEAFOOD

$\frac{3}{4}$ to 1 pound = 4 servings

Choose tender, quick-cooking cuts of meat and chicken, such as lean boneless pork, sirloin steak, lean boneless lamb and skinless, boneless chicken breasts. For seafood, choose shrimp or scallops.

MEATLESS

A 14-ounce package of extra-firm tofu yields enough protein to serve five. Adding more vegetables and scrambled eggs to the mix also boosts protein.

OIL

Canola oil is high in heart-healthy fats. Peanut oil is good too because it can reach a higher temperature than other oils before it starts smoking. High heat is the key to keeping the vegetables crisp and flavorful.

SAUCE

For the most healthful sauce, make your own using minimal fat and low-sodium ingredients with fresh additions, such as minced garlic, fresh ginger and citrus. When crunched for time, use moderate amounts of purchased sauce.

TOPPERS

For extra flavor and crunch, try herbs, such as chopped fresh basil or cilantro. Or sprinkle on peanuts, cashews, sliced or slivered almonds or toasted sesame seeds.

STIR-FRYING BRINGS OUT THE CREATIVE CHEF HIDING WITHIN. IT'S A TECHNIQUE THAT REWARDS EXPERIMENTATION AND INSPIRATION.



View "Stir-Fry" video at www.hy-vee.com/resources/videos

HEALTH'14

PICK A PECK OF PEPPERS • HEALTHY ON THE GO
• FRESH AND LOVELY • HEALTHY HEART • ASK THE
DIETITIAN • GAME DAY PICKS • ORGANIC LIVING
• STAY HEALTHY ALL WINTER



PHOTO King Au



PICK A PECK OF

Peppers

THERE'S A COLORFUL ABUNDANCE OF PEPPER VARIETIES. SOME ARE HOT, SOME ARE NOT, BUT EACH PUNCHES UP FLAVOR AND NUTRITION IN YOUR MEALS. OUR HANDY PEPPER GUIDE AND NEW RECIPES WILL HELP YOU MAKE THE MOST OF THIS DELICIOUS FRUIT.

WORDS Lois White PHOTOS King Au



With their glossy-smooth skins, curvy shapes and intense colors from deep green to bright orange and red, peppers are beautiful. But it's their range of flavors and heat levels that captivate cooks. While some varieties hit the palate like a bolt of lightning, others are mild-mannered and sweet, offering hints of spice and fruitiness. Health-conscious cooks have long embraced peppers for nutrients that help fight disease and, in some cases, aid in weight control.

A HOST OF HEALTH BENEFITS

Beyond good looks, peppers are packed with vitamins and antioxidants. Yellow and red bells are a great go-to source of vitamin C, which is vital in maintaining healthy tissues and a strong immune system. A half cup of raw red sweet pepper contains 142 milligrams of vitamin C. "That's more than twice the amount found in an orange," says Tonya Huenink, Hy-Vee dietitian.

What about green bells? You won't get as much vitamin C—just 60 milligrams per half cup—but one pepper provides enough dietary fiber to help you feel full without adding calories.

All bell peppers start out green. As they continue to ripen on the vine and become yellow, then orange and red, they pack in more nutrients. Brighter bells contain high amounts of carotenoids, which help boost immunity, and fight cancer and heart disease. Two of the these, lutein and zeaxanthin, are powerful antioxidants that help protect eyes from damaging light that leads to cataracts and macular degeneration.

The hotter chiles contain many of the same nutrients as bell peppers, but in smaller doses. They're terrific for boosting flavor in recipes without adding extra sodium or fat. The hot and spicy flavors also encourage slower eating, which can help dieters stay on track with their weight-loss goals. Capsaicin, the potent chemical responsible for their heat, even offers a few other health benefits. Eating hot peppers ramps up the metabolism, switching the body into fat-burning mode. Newer studies indicate that capsaicin may help lower triglyceride and cholesterol levels and may even stop the growth of cancer cells.

WHICH PEPPERS TO PICK

For many cooks, picking the right peppers is something of a mystery. Here's the key: You have to taste them to know them! "Get one of each pepper, then start with the sweet bell pepper and work your way up to the hot," says Chef Tracy Tinning.

The basic thing to know is that the hotter the pepper, the more capsaicin it has. Pepper heat is measured in Scoville Heat Units (SHU), with 0 units being the mildest and 2 million units the hottest. Sweet bell peppers and mini-sweets have no capsaicin and rate 0; the hottest pepper in the world, the Trinidad Scorpion, averages 1.2 million. Every year or two there's a new "hottest" pepper, and the competition is fierce among amateur and professional plant breeders to earn the title.

If you want the chile flavor without the mouth-scorching fire, remove the seeds and ribs before cooking. Try blending a hotter pepper with a bell. "You'll get a variety of heat levels, and your tolerance of heat will increase each time," says Chef Tracy. Always use rubber gloves and be careful to avoid touching your eyes. When sampling fiery flavors, stay within arm's reach of milk, yogurt or sour cream to soothe the chile afterburn.

Other forms of chiles worth seeking out include canned smoky chipotles and dried chiles, which add complex flavor to dishes. Chipotle flavor is wildly popular, found in everything from snack chips to brownies. Vegetarians love the pepper for its rich meaty bacon flavor. Pickled peppers are a tasty condiment for adding extra zip to a sandwich or sub. But that's only half the pleasure. You can also use its vinegar to intensify flavors and add a nice amount of heat to salad dressings and marinades.

Chef Tracy makes his own flavor-boosting seasoning blend by grinding dried guajillo chiles and blending them with kosher salt. He uses the pepper-salt combo to season pastas and salsas, and he rubs it on steaks before grilling. Tracy says, "Vary the amount of peppers to whatever tastes good to you. It's about experimenting."



Roast A PEPPER

Slow roasting in the oven is a great way to coax the most flavor from peppers, allowing their sharpness to fade and natural sugars to intensify. As peppers lose their crunch, they become juicy and develop a wonderful velvety texture.

Place whole peppers on a rimmed baking sheet. Brush with oil and roast in a 450°F oven, turning occasionally until the skins blister on all sides. Transfer peppers to a bowl; cover tightly and let stand for 15 minutes. Steaming peppers helps the skin slip off easily. Discard the skin along with seeds and stems. Cut peppers in half; reserve juices. Use peppers and juices immediately. Store up to five days in the refrigerator or freeze for up to 6 months.

* Watch a pepper-roasting video—bonus content in our new free Tablet Version.

See pages 64-65 to download today.



ROASTED SWEET PEPPER, SAUSAGE AND GOAT CHEESE PIZZA

Simple, fresh ingredients on a thin whole wheat crust make this a truly tasty pizza. A peppery watercress topping adds vitamins and antioxidants.

Prep: 15 minutes | Cook: 12 to 15 minutes | Serves 6

8 ounces ground Italian sausage

2 tablespoons Hy-Vee Select olive oil

2 cloves garlic, minced

1 tablespoon chopped fresh basil or 1 teaspoon

Hy-Vee dried basil

1 teaspoon chopped fresh oregano or ½ teaspoon

Hy-Vee dried oregano

1 large red bell pepper, roasted and peeled*

1 large yellow or orange bell pepper, roasted and peeled*

½ cup red onion slices

1 (12-inch) prepared fully baked thin and crispy whole wheat pizza crust

⅓ cup Hy-Vee pizza sauce

1 (4-ounce) package soft unripened goat cheese, sliced

Fresh watercress leaves, optional

1. Preheat oven to 425°F. In a large skillet cook sausage until brown; drain. In a medium bowl, combine olive oil, garlic, basil and oregano. Chop bell peppers and toss with onion slices into olive oil mixture.

2. Place pizza crust on a large baking sheet. Spread pizza sauce evenly over crust. Top with sausage and bell pepper mixture. Add goat cheese.

3. Bake until heated through and cheese begins to brown, about 12 to 15 minutes. Sprinkle pizza with watercress.

***Note:** See "Roast a Pepper" for roasting directions, opposite.

Nutrition facts per serving: 410 calories, 24 g fat, 8 g saturated fat, 0 g trans fat, 30 mg cholesterol, 820 mg sodium, 32 g carbohydrates, 5 g fiber, 3 g sugar, 17 g protein. Daily values: 20% vitamin A, 110% vitamin C, 4% calcium, 6% iron.





THAI

HABANERO

ANAHEIM

MINI SWEETS

POBLANO

YELLOW
HUNGARIAN
WAX

SERRANO

Pick a Pepper

When purchasing peppers, look for firm glossy fruits that are brightly colored and feel heavy for their size. Store whole unwashed peppers in a plastic bag in the refrigerator for up to five days. Scoville Heat Units (SHU) are given in order of heat level for each pepper to help you choose what's hot enough for you. The heat of peppers ranges depending on weather conditions, soil, etc.

BELL These come in a rainbow of colors and offer distinctive sweetness; they have no heat. They add sweet, juicy flavors to everything from pizza to sauces. Perfect for stuffing. SHU: 0

MINI SWEETS Served plain or stuffed with dip, mini sweets make a great low-calorie appetizer. They are very mild with a satisfying crunchy bite, and have only 25 calories. SHU: 0-100

ANAHEIM This long, narrow, pale-to-medium green chile hails from Southern California. It has a sweet, bell pepperlike flavor with a little bit of heat. Anaheims have thick outer walls good for stuffing and are a good heat level for chiles rellenos. Dice them for salsa or add them to a stir-fry for a little extra heat. SHU: 500-2,500 🔥

POBLANO Because of its naturally thick walls and relatively mild flavor, poblanos are excellent for stuffing with beef, chicken, rice, cheese and other ingredients for a full meal. When dried, the peppers become the wrinkled and dark brown ancho chiles, which add complex flavors to cooked sauces such as Mexican moles. SHU: 1,000-2,500 🔥

JALAPEÑO This fleshy, thumb-sized fruit has a crisp outer shell and adds a bright, forward heat to any dish, particularly if the seeds are not removed during preparation. Add to salsa for an extra kick, slice and use as a topper for a sub or salad or add to baked, grilled or fried fish. When dried and smoked, jalapeños become the complex and flavorful chipotle. SHU: 2,500-8,000 🔥🔥

YELLOW HUNGARIAN WAX Often mistaken for the banana pepper, this creamy yellow chile generally ranges from medium to hot. Serve it in salads and salsas. Use pickled as a tasty topper for burgers and subs. SHU: 5,000-15,000 🔥🔥🔥

YELLOW CARIBE Intensely hot, this chile is named after an Indian tribe who inhabited the Caribbean during the 15th century. Use it to add warmth to salads, soups, meat and sautéed vegetables. SHU: 5,000-15,000 🔥🔥🔥

SERRANO These dark green and red peppers are about twice as hot as jalapeños. Commonly used in salsas and sauces. SHU: 10,000-25,000 🔥🔥🔥

THAI Slightly curvy, Thai peppers are typically bright red or deep green, and end in a sharp point. They're extremely hot! Chop them up for a spicy salsa, sauces or soups. SHU: 50,000-350,000 🔥🔥🔥🔥

HABANERO A few slivers of this dazzling hot pepper add a splash of spectacular color and extremely spicy notes to fresh salsas and hot sauces. The chiles are commercially grown on Mexico's Yucatan Peninsula. SHU: 350,000-850,000 🔥🔥🔥🔥🔥

JALAPEÑO

YELLOW
CARIBE

BELL

CHEF VS.

Having trained in formidable kitchens in New Orleans and Kansas City, he loves to create dishes with intense, robust flavors. Many include peppers.



“With so many chiles to choose from, it’s fun to **experiment** and come up with new flavor combinations. These days, you can find peppers in pretty much anything, including brownies.”

Tracy Tinning, Hy-Vee Chef
Iowa City #1

RIGATONI WITH PEPPER CHORIZO CREAM SAUCE

The combination of hot, sweet and spicy from the peppers and chorizo creates a whole new dimension that you won't find in any other sauce.

Prep: 10 minutes | Cook: about 65 to 70 minutes |
Serves 8 (about 1 cup each)

2 medium tomatillos, husked, rinsed and quartered
2 large red or yellow bell peppers, seeded and chopped
1 poblano chile pepper, seeded and diced
1 medium white onion, peeled and chopped
2 cloves garlic, minced
4 tablespoons Hy-Vee Select olive oil, divided

Hy-Vee salt and Hy-Vee ground white pepper, to taste

1 (16-ounce) box Hy-Vee rigatoni pasta
½ pound chorizo

2 cups heavy whipping cream
Fresh chopped cilantro, for garnish

1. Preheat oven to 350°F.
2. In a 9×13-inch pan, toss tomatillos, bell peppers, chile pepper, onion, garlic and 2 tablespoons olive oil. Season with salt and pepper. Roast, uncovered, for 1 hour or until the mixture is slightly browned, stirring occasionally.
3. Meanwhile, cook pasta according to package directions; drain and set aside. Remove casing from

chorizo, if present. In a large Dutch oven, cook chorizo in 2 tablespoons olive oil until chorizo is cooked through. Remove from heat; do not drain. Add roasted pepper mixture, including liquid. Cool mixture slightly, then puree in a food processor or blender. Return mixture to Dutch oven. Stir in cream; cook and stir until sauce starts to thicken. Add rigatoni and heat through. Garnish with cilantro, if desired.

Nutrition facts per serving: 630 calories, 41 g fat, 9 g saturated fat, 0.5 g trans fat, 105 mg cholesterol, 380 mg sodium, 50 g carbohydrates, 4 g fiber, 6 g sugar, 16 g protein. Daily values: 45% vitamin A, 70% vitamin C, 6% calcium, 15% iron.

DIETITIAN

As a busy mom, she whips up simple, one-dish meals that are big on nutrition. She often adds fresh peppers instead of salt and fat to boost flavor.



“Eating different colors of peppers will give you a **variety** of nutrients.”

Tonya Huenink, Hy-Vee Dietitian
Le Mars, Iowa

HUEVOS RANCHEROS

Using scrambled eggs instead of traditional fried eggs on this Mexican classic saves time.

Prep: 5 minutes | Cook: about 10 to 15 minutes | Serves 4

- 1 tablespoon Hy-Vee Select olive oil
- 1 large yellow bell pepper, seeded and chopped
- 1 jalapeño pepper, seeded and finely chopped
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 (14.5-ounce) can Hy-Vee diced tomatoes
- 1 (15-ounce) can Hy-Vee dark red kidney beans, drained and rinsed
- 2 teaspoons red wine vinegar
- 1 teaspoon ground cumin
- 4 Hy-Vee large eggs
- 2 tablespoons Hy-Vee skim milk
- 1 tablespoon Hy-Vee butter
- 4 corn tostada shells, warmed
- ½ cup Hy-Vee finely shredded Colby Jack cheese

1. In a large skillet heat oil over medium-high heat. Sauté peppers, onion and garlic until onion is soft, 3 to 5 minutes. Stir in undrained tomatoes, beans, vinegar and cumin. Cook for 5 minutes, stirring occasionally.

2. In a small bowl, whisk eggs and milk. In a large skillet melt butter over medium-high heat. Add egg mixture to skillet. Cook, folding gently and stirring until cooked through but still glossy and moist.

3. Top each warmed tostada shell with one-fourth of tomato-bean mixture, eggs and cheese.

Nutrition facts per serving: 390 calories, 19 g fat, 7 g saturated fat, 1 g trans fat, 205 mg cholesterol, 770 mg sodium, 35 g carbohydrates, 8 g fiber, 7 g sugar, 18 g protein. Daily values: 25% vitamin A, 120% vitamin C, 25% calcium, 25% iron.



Pop A PEPPER

ROAST THEM, STUFF THEM OR PICKLE THEM. LET PEPPERS PLAY A FLAVORFUL ROLE IN YOUR FAMILY MEALS WITH THESE EASY-TO-LOVE RECIPES.



1.



3.



2.



4.



5.

1. FENNEL-PEPPER SLAW Trim stalks from two small heads of fennel; reserve fronds for garnish. Using a mandoline slicer, cut heads into paper-thin strips. Toss fennel with 3 orange bell peppers, seeded and thinly sliced. Combine 2 tablespoons tarragon vinegar and 2 tablespoons Hy-Vee Select olive oil; toss into pepper mixture gently to coat. Garnish with fennel fronds. Serves 12 (about ½ cup each).

2. CHILE PEPPER BUTTER Seed and chop a jalapeño chile pepper. Combine with ½ cup softened Hy-Vee unsalted butter, 2 cloves minced garlic, ¼ teaspoon cayenne pepper and a dash of lemon juice. Serve with veggies, sweet corn or on corn bread. Serves 10 (about 1 tablespoon each).

3. MINI-PEPPER MOZZARELLA BITES Toss ½ cup mozzarella pearls with 1 tablespoon Hy-Vee Select olive oil and 3 teaspoons chopped fresh basil. Fill 4 halved and seeded mini bell peppers with pearls. Sprinkle with Hy-Vee ground black pepper. Serves 8 (½ half pepper each).

4. STUFFED POBLANO PEPPERS Preheat the broiler. Halve and seed 6 poblano peppers. Place on broiler pan. Broil, skin side up, for 5 minutes. Turn peppers over and fill with a mixture of 1½ cups cooked Hy-Vee brown rice, ¾ cup drained and rinsed Hy-Vee canned black beans, and 1 cup Hy-Vee salsa. Sprinkle with 1½ cups Hy-Vee finely shredded Mexican cheese blend. Broil for 1 to 2 minutes more or until cheese is melted. Sprinkle chopped fresh cilantro over top. Serves 6.

5. BELL PEPPER BRUSCHETTA In a skillet, heat ¼ cup Hy-Vee Select olive oil over medium heat. Add 2 seeded and chopped bell peppers, 1 chopped small yellow onion and 2 cloves minced garlic. Cook and stir until soft and lightly caramelized, about 10 minutes. Transfer pepper mixture to a food processor; add ½ cup Hy-Vee part-skim ricotta cheese, ½ cup chopped fresh basil and a few dashes of hot pepper sauce. Cover and puree until smooth. Spread on toasted baguette slices. Serves 18 (about 2 tablespoons each).

6. PICKLED PEPPERS Heat 2 tablespoons Hy-Vee Select olive oil in Dutch oven over medium heat. Add 1 small white onion, thinly sliced; 1 carrot, thinly sliced, and 1 clove minced garlic. Cook until tender, about 3 minutes. Add 10 assorted chile peppers, pricked with a paring knife; cook and stir for 4 minutes. Add 2 cups white wine vinegar, 1 tablespoon Hy-Vee kosher salt and 1 tablespoon chopped fresh oregano. Bring to boil; remove from heat. Cool. Store peppers and vinegar in a covered glass jar or bowl in refrigerator for up to 2 weeks. Serve on hamburgers, subs and hot dogs. Makes 10 servings.

Note: Best varieties for making pickled peppers are mini sweets, jalapeño, freso, serrano, banana and Anaheim peppers.

6.





FINDING TIME TO FIX A HEALTHY BREAKFAST OR LUNCH CAN BE TOUGH WHEN YOU ARE RACING TO GET OUT THE DOOR IN THE MORNING. HERE'S THE SOLUTION: OUR SIMPLE TIPS FOR QUICK BALANCED MEALS THAT WILL KEEP YOUR FAMILY FUELED.

Good health for you and your family is as close as the kitchen. With planning, you can avoid such traps as skipping breakfast or ordering high-salt, high-fat lunches at a drive-through restaurant.

There are endless ways for putting together quick and easy meals that will satisfy your appetites and provide the nutritional balance needed throughout the day.

With the convenience of wraps, smoothies, yogurt parfaits, fresh fruits, vegetables, nuts and leftovers from the previous night, you can boost your energy, clear your thinking and charge through the day without feeling unfocused, tired and jittery. Eating well is essential for maintaining a healthy weight and well-being.

PAYING A PENALTY

When you make the mistake of skipping meals or choosing such nutrient-poor foods that you aren't giving your body what it needs, you pay a price. You may actually gain weight because your body goes into starvation mode. Your metabolism slows down to conserve energy, which means fewer calories will be burned.

"When you go for long periods without a meal or snack, you feel a drop in energy, a reduced ability to concentrate, irritability and even some shakiness," says Adrienne Hartley, dietitian at the Hy-Vee in Springfield, Missouri.

The cure is simple. Prep fresh, wholesome food ahead of time for grab-and-go meals.

MORNING LINEUP

Jump-start your household with these easy take-along breakfast ideas.

- Make enough homemade Maple-Almond Granola, *page 28*, for your family by layering yogurt, granola and fresh fruit into small canning jars. Wrap a folded napkin around each jar, secure with tape and slip in a plastic spoon. These yogurt parfaits are so convenient they can be eaten on the way to school or work.

- Make eat-and-go wraps by stuffing tortillas with scrambled eggs and herbs, *page 29*. Wrap each in parchment paper and secure with a string.

SPEEDY LUNCHES

- Try a lunchtime wrap filled with fresh veggies and cheese, peanut butter and fruit, or chicken salad with walnuts and dried cranberries, *page 29*.

- Stock your kitchen with a selection of prepackaged foods, such as baby carrots, string cheese, individual servings of hummus or cottage cheese, whole grain crackers or fresh fruit. Just toss these into lunch containers and go.

- Energize quick noodle bowls by adding no-hassle ingredients, such as cooked shrimp, rotisserie chicken or frozen stir-fry vegetables, *page 30*.

- Pack leftovers from dinner or a weekend barbecue for a hearty microwavable meal. Increase the amounts you make of pastas, casseroles and other dishes for next-day lunches.

TIP: Lunch bags with good insulation allow you to feast on a chilled asparagus salad. Carry homemade vegetable soup or other hot foods in a thermal container.



MAPLE-ALMOND GRANOLA

Add an unexpected flavor to your granola crunch by using dried apricots instead of raisins. Banana chips, dried cherries and dark chocolate pieces are other fun ways to vary this recipe.

Prep: 5 minutes | Cook: 30–35 minutes |

Serves 28 (¼ cup each)

4 cups Hy-Vee quick oats or 4 cups Hy-Vee old-fashioned rolled oats
1 cup coarsely chopped Hy-Vee whole natural almonds
¼ cup toasted wheat germ
¼ cup ground flax seed
¾ teaspoon Hy-Vee ground cinnamon
¼ teaspoon Hy-Vee salt
½ cup Hy-Vee 100% pure maple syrup
¼ cup Hy-Vee honey
¼ cup Hy-Vee canola oil
¾ cup chopped dried apricots

1. Preheat oven to 325°F. Lightly grease a large rimmed baking sheet with nonstick cooking spray.
2. In a large bowl, combine oats, almonds, wheat germ, flax seed, cinnamon and salt. In a small bowl combine maple syrup, honey and oil; pour over oat mixture, stirring to coat evenly.
3. Spread evenly on prepared pan. Bake for 30 to 35 minutes or until dry and lightly browned, stirring every 10 minutes. Cool to room temperature. Stir in apricots. Store in an airtight container at room temperature for up to 1 month.

Nutrition facts per serving: 140 calories, 7 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 20 mg sodium, 18 g carbohydrates, 3 g fiber, 8 g sugar, 3 g protein. Daily values: 2% vitamin A, 0% vitamin C, 2% calcium, 6% iron.

more breakfast ideas

- Enjoy granola with milk as you would a bowl of cereal. If you're under a time crunch, grab a handful of granola to eat on the run.
- Top halves of a whole grain bagel with cream cheese and let kids cover it with favorite veggies and fruits.
- Break out the panini grill and make a ham and egg sandwich on whole grain bread. Or skip the egg and add low-fat cheese.
- Layer fresh berries, nuts or granola and unsweetened yogurt in a parfait glass. Drizzle the top with honey.

That's a Wrap!

Eat better starting tomorrow with these incredible tastes. Just roll 'em up!

HERBED OMELET WRAPS

For each wrap, whisk together 2 Hy-Vee large eggs, 2 tablespoons water, 1 teaspoon chopped fresh chives, 1 teaspoon parsley, ¼ teaspoon salt and ¼ teaspoon pepper in a small bowl. Add 1 teaspoon Hy-Vee canola oil to a 10-inch nonstick skillet placed over medium heat. Pour in egg mixture and cook until eggs just begin to set, about 1 minute. Using a heatproof spatula, gently stir eggs around the skillet, letting any uncooked egg run onto bottom of skillet. When done, place egg mixture on a 10-inch spinach tortilla. Sprinkle with 3 tablespoons Hy-Vee 2% milk shredded cheddar cheese. Roll up tortilla and cut in half to serve. Serves 2 (½ wrap each).

VEGGIE-CHEESE WRAPS

On a 10-inch spinach tortilla, spread 1 tablespoon Hy-Vee Lite Party Vegetable Dip. Top with baby spinach leaves, 3 slices Hy-Vee pepper Jack cheese, ½ cup zucchini or summer squash slices, ¼ cup shredded carrots and ¼ cup chopped red onion. Roll up tortilla and cut in half to serve. Serves 2 (½ wrap each).

CHICKEN SALAD WRAPS

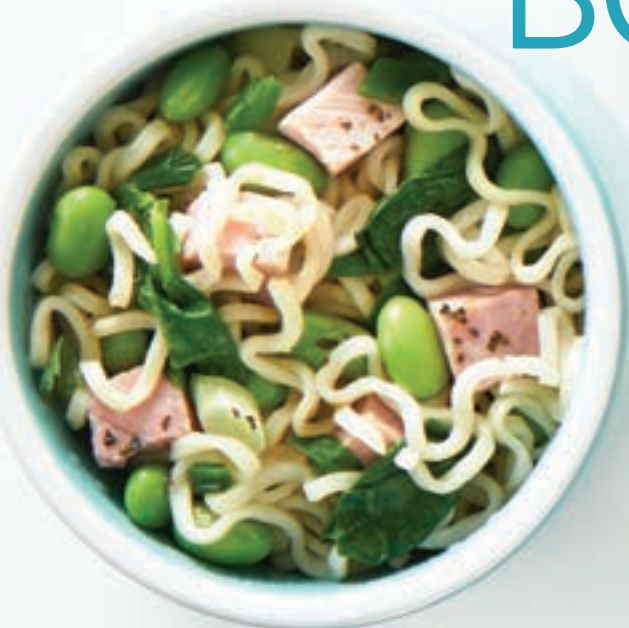
For each wrap, combine ½ cup finely chopped celery, ¼ cup chopped cooked chicken, 1 tablespoon chopped toasted Hy-Vee walnuts, 1 finely chopped green onion, 1 tablespoon Hy-Vee dried cranberries, 1 tablespoon Hy-Vee plain Greek yogurt and 1 tablespoon Hy-Vee light mayonnaise in a bowl. Season to taste with Hy-Vee salt and Hy-Vee ground black pepper. To serve, line a 10-inch Hy-Vee tortilla with butter lettuce leaves. Spoon salad on top, roll up tortilla and cut in half to serve. Serves 2 (½ wrap each).





Chinese Shrimp
and Cabbage
Noodle Bowl

6 RAMEN NOODLE BOWLS



Ham, Spinach
and Edamame
Noodle Bowl

Inexpensive and tasty, these noodles are a go-to hunger fix for busy people. Here are ways to increase flavor and nutrition.

Basic Instructions: In a medium saucepan, bring 1½ cups Hy-Vee 33%-less-sodium chicken broth to a boil. Stir in 1 (3-ounce) package ramen noodles (any flavor) and cook 3 minutes, stirring occasionally. (Discard ramen flavor packet or use ½ teaspoon, if desired).

Chinese Shrimp and Cabbage Noodle Bowl: Prepare ramen noodles according to Basic Instructions. When noodles are cooked and tender, stir in 2 cups Hy-Vee coleslaw mix, 2 ounces fully cooked shrimp and 1 tablespoon sliced green onion.

Ham, Spinach and Edamame Noodle Bowl: Prepare ramen noodles according to Basic Instructions, adding ½ cup frozen shelled edamame to boiling chicken broth. When noodles are cooked and tender, stir in 1 cup fresh spinach leaves, ¾ cup chopped cooked ham, 1 sliced green onion, ½ teaspoon Hy-Vee dried thyme and Hy-Vee black pepper, to taste. Heat through.

Saucy Meatball Noodle Bowl: Prepare ramen noodles according to Basic Instructions, adding 1 cup sliced, quartered zucchini to boiling broth. Drain mixture. Return to saucepan and stir in 6 Hy-Vee frozen meatballs, cooked according to package directions and ½ cup Hy-Vee spaghetti sauce. Serve with Hy-Vee grated Parmesan cheese, if desired.

Beef Fajita Noodle Bowl: Prepare ramen noodles according to Basic Instructions, adding 1 cup Hy-Vee Select frozen Baja roasted corn blend vegetables and 2 tablespoons canned Hy-Vee chopped green chilies to boiling broth. Top with 4 ounces cooked beef strips and 1½ tablespoons chopped fresh cilantro.

Cheese Sauce Broccoli Noodle Bowl: Prepare ramen noodles according to Basic Instructions, adding 1 cup fresh or frozen broccoli florets to boiling mixture. Drain mixture, reserving 2 to 3 tablespoons cooking liquid. Return noodle mixture to saucepan and stir in 2 ounces Hy-Vee ½-less-fat cream cheese and reserved cooking liquid until smooth. Serve with 1 tablespoon Hy-Vee grated Parmesan cheese and 1 teaspoon chopped fresh basil.

Thai Veggie Noodle Bowl: Prepare ramen noodles according to Basic Instructions, adding 1 cup Hy-Vee frozen stir-fry vegetables, ½ cup lite coconut milk and 1 teaspoon curry powder to boiling broth. When noodles are cooked and tender, stir in 1 tablespoon chopped fresh basil and top with 1 tablespoon chopped Hy-Vee peanuts.

Saucy
Meatball
Noodle Bowl



Beef Fajita
Noodle Bowl



Cheese Sauce
Broccoli
Noodle Bowl



Thai Veggie
Noodle Bowl





ICELANDIC YOGURT

THOUGH INGREDIENTS ARE FEW AND THERE'S NOT A LOT OF SUGAR, SIGGI'S YOGURT IS SMOOTH AND RICH. IT'S AN INDULGENCE.

Siggis's Yogurt Line: select varieties
5.3 oz. 4/\$5.00

Siggis's Drinkable Yogurt: select varieties
32 oz. 2/\$6.00

Siggis's Squeezable Tubes: strawberry
or blueberry 8 oz. 2/\$7.00



Irresistible Kids' Lunches

1. APPLE SURPRISE Tell your kids they'll find a hidden treasure in their lunches. Cut apples in half, scoop out the centers, mix peanut butter with Maple-Almond Granola, *page 28*, fill centers with mix and put halves back together. To prevent browning, spread a small amount of lemon juice on the apple's exposed interior.

2. TACKLE BOX Feed imaginations with pretzels (fishing poles), string cheese (line), raisins (bait) and Goldfish crackers.

3. DIPPERS TO GO A favorite vegetable dip is a good starter along with a small bag of baby carrots, another filled with cherry tomatoes and a bag of bell pepper slices.

4. PITA PACKERS Stuff presliced pita bread with hummus and veggies. Or, to cut prep time, stuff the pita bread with leftovers from the night before.

5. FRUITY ROLLER Spread peanut butter or another nut spread on a tortilla and add halved strawberries, slices of banana or other fruits. Roll up.

6. YOU-NAME-IT KABOBS Go savory with deli meat or cubed rotisserie chicken with cheese cubes, or sweet with fruit and bite-sized squares of whole grain waffles. Slide your choices onto wood mini-skewers.

7. STRAWBERRY BITES Hull strawberries so kids can dunk them into a cream cheese dip. Serve with whole grain crackers.



Engage your kids by dividing colorful lunch items into separate containers. Kids love containers that are animal shaped, compartmentalized or stack together as a unit.



Kashi Go Lean Bars:
select varieties
1.59 to 1.94 oz.
4/\$5.00



Special K Shakes or
Bars: select varieties
9.5 oz. or 4 to 5 ct.
\$5.99

COMPLETELY NOURISHING

Granola bars, crackers and other foods from Kashi are made with whole grains, nuts and other natural ingredients. The tastes are real because the foods are real.

Kashi Bars: select varieties 6.7 to 8.4 oz. \$2.99



Keebler Caddies or Big Packs: select varieties 8.88 to 20.8 oz. \$4.88



Kashi Cookies or Crackers: select varieties 6 to 9 oz. 2/\$6.00



Zesta or Cheez It: select varieties 6 to 16 oz. 2/\$4.00



Kellogg's Kashi Cereals: select varieties 9.8 to 16.3 oz. or 14 ct. \$2.99



Kellogg's Bear Naked Granola: select varieties 12 or 12.4 oz. \$3.99



Kellogg's Cereals: select varieties 17 to 24 oz. \$3.48



Kellogg's Pop-Tarts or Powders: select varieties 4.9 to 22 oz. \$2.88



Fresh and LOVELY

Bright, juicy fruits are easy to love. They're irresistible when eaten fresh and even more tempting when showcased in a scrumptious dessert mingling with spices, herbs or even chocolate. These sweet recipes, *page 38* are rich in vitamins, fiber and other essential nutrients so you can feel good about splurging.

WORDS Lois White PHOTOS King Au



* Learn to make a crostata. Find helpful videos in our free digital *Hy-Vee Seasons*. See pages 64-65 to download today.

IRRESISTIBLY DELICIOUS

Tangy, succulent blackberries and blueberries make a stunning filling for a super flaky almond pastry. With a single crust, this crostata has about 50 percent less fat than a comparable berry pie. Full of vitamins, fiber and other nutrients, the deep blue and rich purple berries counter cell damage in the body, potentially reducing risks of cancer and cardiovascular disease. Almonds also amp up the nutrition with vitamins, minerals and healthy fat.

MIXED *berry* CROSTATA

RASPBERRY-*pomegranate* SORBET



COOL & FRUITY

Beauty, sublime taste and superior health benefits are all part of the package with this light fruit sorbet. Pairing frozen raspberries with pomegranate juice results in a bright sweet-tart flavor. The dessert looks as stunning as it tastes when presented in a thin, crispy homemade cookie bowl. Pomegranates reduce the risk of heart disease and help prevent cancer and dementia, while raspberries provide an abundance of fiber, vitamins and other nutrients.

TANGY & SIMPLE

You'll be in for a surprise when you try this perfect combo: orange slices simmered in a cinnamon caramel sauce spooned over Greek yogurt. The combination of flavors, textures and temperatures is magnificent. So are the health benefits. Eating oranges strengthens your immune system.



CARAMELIZED *oranges* AND CREAM

recipes

MIXED BERRY CROSTATA PAGE 35

Prep: 20 minutes |

Cook: 50 to 55 minutes | Serves 12

1 recipe Almond Pastry (below)

½ cup plus 1 tablespoon Hy-Vee granulated sugar, divided

2 tablespoons quick-cooking tapioca

3 cups blackberries and blueberries

Hy-Vee skim milk

1 tablespoon sliced almonds

1. Preheat oven to 375°F. Prepare Almond Pastry. On a large piece of lightly floured parchment paper, roll pastry into a 13-inch circle. Slide paper with pastry onto baking sheet; set aside.

2. For filling, in a large bowl stir together ½ cup sugar and tapioca. Add berries and toss until coated. Mound filling in center of pastry, leaving the outer 2 inches uncovered. Fold uncovered pastry up over filling, pleating as necessary and using paper to lift pastry border. Lightly brush pastry edges with milk and sprinkle with sliced almonds and remaining 1 tablespoon sugar.

3. Bake for 50 to 55 minutes or until filling is bubbly and crust is golden. If necessary, to prevent overbrowning, cover edge of tart with foil during the last 5 to 10 minutes of baking. Cool for 30 minutes on baking sheet on a wire rack.

ALMOND PASTRY: Stir together 1¼ cups Hy-Vee all-purpose flour, ¼ cup ground toasted Hy-Vee almonds and ½ teaspoon Hy-Vee salt. Using a pastry blender, cut in ¼ cup Hy-Vee shortening and ¼ cup Hy-Vee cold butter until pieces are pea-size. Sprinkle 1 tablespoon ice water over part of the flour mixture; toss with a fork. Push moistened pastry to side of bowl. Repeat moistening flour mixture, using 1 tablespoon of the water at a time, until flour mixture is moistened, about 3 to 4 tablespoons total. Gather flour into a ball, kneading gently until it holds together.

Note: Serve this with frozen yogurt, if desired.

Nutrition facts per serving:

200 calories, 10 g fat, 3.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 100 mg sodium, 26 g carbohydrates, 2 g fiber, 12 g sugar, 2 g protein. Daily values: 4% vitamin A, 8% vitamin C, 2% calcium, 4% iron.

RASPBERRY-POMEGRANATE SORBET PAGE 36

Prep: 20 minutes | Cook: 5 minutes |

Rest: 20 minutes | Serves 6

(about ½ cup each)

½ cup Hy-Vee sugar

½ cup water

1 (12-ounce) package Hy-Vee frozen unsweetened raspberries

1¼ cups pomegranate juice, divided
Fresh mint leaves, raspberries and/or pomegranate seeds, to garnish

1. In a small saucepan, combine sugar and water. Bring to boiling; reduce heat. Simmer for 5 minutes, stirring occasionally, until sugar has dissolved. Remove pan from heat and let cool for 20 minutes.

2. Place frozen raspberries and 1 cup pomegranate juice in a food processor and puree. Press the raspberry puree through a fine mesh strainer to remove the seeds. Combine raspberry juice mixture with remaining pomegranate juice and sugar mixture, stirring well. Pour juice mixture into an ice cream maker and process according to the manufacturer's instructions. Transfer to a freezer-safe container; cover and freeze until firm. Sorbet will appear soft but will firm up after freezing.

3. Garnish with mint leaves, raspberries and/or pomegranate seeds.

Nutrition facts per serving:

120 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 5 mg sodium, 31 g carbohydrates, 2 g fiber, 27 g sugar, 1 g protein. Daily values: 0% vitamin A, 15% vitamin C, 2% calcium, 2% iron.

MINIATURE COOKIE BOWLS

Prep: 10 minutes | Cook: 5 to 6 minutes per batch | Makes 10 bowls

2 egg whites

¼ cup Hy-Vee granulated sugar

¼ cup packed Hy-Vee brown sugar

½ cup Hy-Vee all-purpose flour

2½ tablespoons Hy-Vee butter,

melted and cooled

1½ tablespoons Hy-Vee skim milk

½ teaspoon Hy-Vee vanilla extract

1. Preheat oven to 400°F. Line a baking sheet with parchment paper. Using a pencil, trace around a 5½- to 6-inch-diameter bowl three times on parchment paper. Turn paper over on baking sheet; set aside.

2. In a mixing bowl, beat egg whites and sugars with an electric mixer on medium until foamy, about 1 minute. Beat in flour on low just until combined. Add butter, milk and vanilla; beat until combined.

3. Drop 2 tablespoons of batter in the center of each circle on parchment paper. Using a spatula, spread batter into a thin, even layer onto circle shapes. Bake until pale golden, 5 to 6 minutes. Using a metal spatula, immediately loosen cookie and press onto an inverted mini-size dessert cup. Quickly repeat with remaining cookies. If cookies harden, return to oven for 30 seconds to soften. Repeat process, baking 3 cookies at a time.

Nutrition facts per serving:

90 calories, 3 g fat, 2 g saturated fat, 0 g trans fat, 10 mg cholesterol, 15 mg sodium, 15 g carbohydrates, 0 g fiber, 11 g sugar, 1 g protein. Daily values: 2% vitamin A, 0% vitamin C, 0% calcium, 2% iron.

CARAMELIZED ORANGES AND CREAM PAGE 37

Prep: 10 minutes | Cook: about

5 minutes | Serves 4

5 medium mandarin oranges

2 tablespoons Hy-Vee butter

½ cup packed Hy-Vee brown sugar

¼ teaspoon Hy-Vee

ground cinnamon

2 cups Hy-Vee vanilla Greek

yogurt (18 ounces)

Fresh mint leaves, to garnish

1. Cut one orange in half. Squeeze juice from orange, yielding about 2 tablespoons juice. Set aside.

Peel remaining oranges; cut each crosswise into 4 (¼-inch thick) slices.

2. In a medium skillet, melt butter over medium heat. Stir in reserved 2 tablespoons orange juice, brown sugar and cinnamon. Continue cooking until brown sugar dissolves. Add orange slices and cook 2 minutes more, spooning caramel mixture over orange slices.

3. To serve, place orange slices over yogurt, generously spooning with warm caramel sauce. If desired, garnish with mint leaves.

Nutrition facts per serving:

300 calories, 6 g fat, 3.5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 65 mg sodium, 51 g carbohydrates, 2 g fiber, 47 g sugar, 12 g protein. Daily values: 4% vitamin A, 80% vitamin C, 15% calcium, 2% iron.

DARK CHOCOLATE SAUCE PAGE 39

Prep: 5 minutes | Cook: under

5 minutes | Serves 10

(2 tablespoons each)

½ cup light agave nectar

¼ cup Hy-Vee baking cocoa

2 tablespoons Hy-Vee skim milk

¾ cup Hy-Vee semisweet chocolate chips

2 ounces bittersweet

chocolate, chopped

Assorted fresh fruit: strawberries, blackberries and/or pineapple slices

1. In a medium saucepan, combine agave nectar and baking cocoa. Stir in milk until combined. Add semisweet and bittersweet chocolate. Cook over medium-low heat until chocolate is just melted, stirring continuously. Serve warm with fruit.

Nutrition facts per serving for

sauce only: 130 calories, 6 g fat, 3.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 21 g carbohydrates, 2 g fiber, 18 g sugar, 1 g protein. Daily values: 0% vitamin A, 0% vitamin C, 0% calcium, 4% iron.

DARK & SWEET

A thick and glossy chocolate dip—without any butter or cream—smoothes out an array of fresh fruits, and offers a boost to your health. While bittersweet chocolate adds depth and richness to the sauce, it also contains antioxidants that help lower blood pressure and raise levels of good cholesterol.



DARK *chocolate* SAUCE



HEALTHY HEART

Love your heart with every bite and step you take. Possible bonuses: looking better, feeling healthier and enjoying life more.

WORDS Marsha McCulloch, RD PHOTOS Tobin Bennett

Heart health is not a mystery. It's attainable for most people who follow a cardio-smart lifestyle. For adults, this can cut the risk of heart disease by more than 80 percent. That's not just significant—it's stunning, since heart disease is the leading cause of death for men and women in the U.S. There is good news for heart attack survivors too. Simply eating healthy could help reduce risk of future fatal heart events by 40 percent.

Too often people tackle heart health by focusing on what they should cut out of their diets rather than what they should add into their lifestyles. Most realize that things like smoking, drinking too much alcohol and consuming artery-clogging trans fats have no place in a heart-healthy lifestyle. But if you want to make great strides

toward improving your cardiovascular health, focus on getting the good things your body needs. These include tasty, nutritious foods, regular physical activity and stress management.

EAT WELL

Some of the best fighters against heart disease are found in grocery store aisles. If you enjoy scrumptious berry smoothies, crunchy kale chips, chewy steel cut oats or toasty roasted almonds, you're already headed in the right direction. Maybe you just need to shift the balance to eat nutrient-rich foods like these more often. Fruits, vegetables, whole grains, nuts, fish and beans are naturally packed with cardio-smart goodies, such as antioxidants, omega-3 fats, potassium and fiber.

SALMON, AVOCADO AND MANGO SALAD

Delicious and easy, this salad is filled with heart-healthy antioxidants and omega-3 fats.

Prep: 10 minutes | Cook: about 8 minutes | Serves 4

3 tablespoons plus 2 teaspoons Hy-Vee Select olive oil, divided

2 tablespoons Hy-Vee Select white wine vinegar

2 tablespoons Hy-Vee orange juice

1 tablespoon grated red onion

2 teaspoons Hy-Vee honey

1 teaspoon Hy-Vee Dijon mustard

½ teaspoon Hy-Vee salt, divided

4 (5 ounces each) skinless salmon fillets

¼ teaspoon Hy-Vee black pepper

6 cups mixed salad greens

1 small avocado, seeded, peeled and cut into chunks

1 medium mango, seeded, peeled and cut into chunks

1 blood orange, peeled and sectioned

2 medium kiwi, peeled and sliced

1. For dressing, in a small bowl whisk together 3 tablespoons of the olive oil, vinegar, orange juice, red onion, honey, mustard and ¼ teaspoon salt; set aside.

2. In a large skillet, heat remaining 2 teaspoons olive oil over medium-high heat. Season salmon with remaining ¼ teaspoon salt, and pepper. Sear salmon until browned, about 4 minutes. Turn and cook 3 to 4 minutes more or until fish flakes easily with a fork.

3. Arrange mixed greens, avocado, mango, blood orange and kiwi on a platter or individual plates. Place salmon over salad; drizzle with dressing.

Nutrition facts per serving: 610 calories, 39 g fat, 7 g saturated fat, 0 g trans fat, 80 mg sodium, 440 mg sodium, 36 g carbohydrates, 9 g fiber, 24 g sugar, 33 g protein. Daily values: 80% vitamin A, 180% vitamin C, 6% calcium, 10% iron.







TOP HEART HEALTHY FOODS AT HY-VEE

The American Heart Association recommends eating a minimum of 4½ cups of fruits and vegetables in a range of colors every day, along with plenty of whole grains, beans and fish.

	HEALTH BENEFITS
AVOCADOS	Rich in healthy monounsaturated fat and antioxidants that may aid in reducing inflammation and blood vessel narrowing.
BEANS	Supply fiber, which helps lower cholesterol. One daily serving has been linked to a 40 percent lower heart attack risk.
BELL PEPPERS	Offer twice as much vitamin C as an orange. Vitamin C helps protect blood vessels from harmful free radicals.
BERRIES	High in heart-healthy antioxidants, including flavonoids, and packed with fiber. Eating regularly could significantly cut heart attack risk.
CRANBERRIES	Full of antioxidants, including flavonoids, which may help prevent LDL cholesterol from being oxidized and damaging arteries.
DARK CHOCOLATE	May help reduce inflammation that damages blood vessels, lower LDL (bad) cholesterol and raise HDL (good) cholesterol.
DARK LEAFY GREENS	Loaded with folate, a heart-healthy B vitamin. Linked with reduced risk of high blood pressure and lower LDL cholesterol.
GARLIC	May help lower blood pressure 5 to 8 percent, slow development of atherosclerosis and reduce risk of heart attack by thinning the blood.
GRAPES	Packed with resveratrol in grape skin. May help protect against atherosclerosis and inflammation, and provide anticlotting effect.
NUTS	Help lower levels of LDL (bad) cholesterol most likely to damage blood vessels. Rich in antioxidants, including vitamin E and selenium.
OILY FISH	Rich in omega-3 fats, which help lower triglyceride levels and blood pressure. Includes salmon, herring, sardines, anchovies and trout.
OLIVE OIL	Heart-healthy monounsaturated fat linked with reduced heart disease. High in calories. Substitute olive oil for other fats.
ONIONS	Abundant quercetin and other plant nutrients linked with lowering high blood pressure and reducing risk of heart attack.
SWEET POTATOES	Pack more potassium than a banana. Potassium helps lower blood pressure by blunting the effects of sodium.
TOMATOES	Full of lycopene. Cooking helps the body absorb it. In a study, eating two tomatoes daily for a month boosted HDL (good) cholesterol.
WHOLE GRAINS	May help reduce cholesterol and blood pressure. The bran and germ house most of the fiber and antioxidants.
WINTER SQUASH	Contains the antioxidant beta-carotene. Butternut squash and pumpkin are highest in this cardio-protective nutrient.



LEMON PEPPER SHRIMP SCAMPI

Low in saturated and trans fat, shrimp eaten in moderate amounts is compatible with guidelines for a heart-healthy diet.

Prep: 15 minutes / Cook: about 10 minutes / Serves 4
8 ounces Hy-Vee omega-3 multigrain angel hair pasta
1 pound fresh large shrimp (16- to 20-count size)
Hy-Vee salt, to taste
Hy-Vee ground black pepper, to taste
1 tablespoon Hy-Vee Select olive oil
4 cloves garlic, minced
½ cup dry white wine
2 tablespoons fresh lemon juice
1½ tablespoons Hy-Vee butter
1 cup cherry tomatoes, halved
2 tablespoons chopped fresh Italian parsley

1. Prepare pasta according to package directions; drain, reserving 1 cup of the pasta water.
2. Meanwhile, peel, devein and rinse shrimp; pat dry with paper towels. Season shrimp with salt and pepper.
3. In a large skillet, heat olive oil over medium-high heat. Add garlic and shrimp; cook and stir for 2 to 3 minutes or until shrimp begin to turn pink. Transfer shrimp to a plate. Add to skillet wine, lemon juice and reserved 1 cup pasta water; cook and stir 1 to 2 minutes until reduced by half. Stir in butter. Return shrimp to skillet. Stir in cooked pasta, tomatoes and parsley. Heat through.

Nutrition facts per serving: 360 calories, 10 g fat, 3.5 g saturated fat, 0 g trans fat, 155 mg cholesterol, 650 mg sodium, 43 g carbohydrates, 9 g fiber, 2 g sugar, 26 g protein. Daily values: 15% vitamin A, 20% vitamin C, 8% calcium, 15% iron.

CHICKEN MINISTRONE SOUP

Barley makes a fiber-rich stand-in for pasta in this nutritious makeover of a hearty Italian soup. The amazing flavor-power of fresh herbs keep you from missing traditional bacon or the salt of regular chicken broth.

Prep: 15 minutes | Cook: about 20 minutes | Serves 9 (1 cup each)

1 tablespoon Hy-Vee Select olive oil
1 medium onion, chopped
2 stalks celery, chopped
2 cloves garlic, minced
1 medium sweet potato, peeled and cubed
1 (28-ounce) can Hy-Vee crushed tomatoes
1 (15-ounce) can Hy-Vee cannellini beans, rinsed and drained
3 cups Hy-Vee 33%-less-sodium chicken broth
1 cup chopped cooked chicken
 $\frac{1}{3}$ cup quick-cooking barley
1 tablespoon chopped fresh oregano or 1 teaspoon Hy-Vee dried oregano
1 tablespoon chopped fresh basil or 1 teaspoon Hy-Vee dried basil
Hy-Vee salt, to taste
Hy-Vee ground black pepper, to taste
Fresh basil leaves, optional

1. In a large saucepan, heat oil over medium heat. Add onion, celery and garlic. Cook until onion is tender, about 3 minutes. Add sweet potato and continue to cook for 2 minutes. Add tomatoes, beans, broth, chicken, barley, oregano and basil; cover and simmer for 15 minutes. Season to taste with salt and pepper. Garnish with basil leaves.

Nutrition facts per serving: 160 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 10 mg cholesterol, 460 mg sodium, 25 g carbohydrates, 6 g fiber, 8 g sugar, 11 g protein. Daily values: 80% vitamin A, 25% vitamin C, 8% calcium, 15% iron.





BENEFITS OF TOFU

You don't have to be a vegetarian to enjoy the heart benefits of tofu. A good source of protein, tofu provides a low-fat alternative to meat a few nights a week. It's made a bit like cheese. Soybeans are soaked, crushed to release milk and heated. Curds, which develop in the milk, are formed into tofu products that range from soft to extra firm. Soft and silken tofu works well in smoothies, pudding and dips, while extra-firm tofu is a great meat replacement in noodle bowls, stir-fries and casseroles. Tofu is bland and porous, so it easily absorbs flavors in recipes. Eating less animal protein, in itself, may help lower blood cholesterol. Beyond that, eating 25 grams of soy protein daily—the amount in 1½ cups of tofu—may help directly lower LDL (bad) cholesterol levels by 3 to 6 percent. For those worried about cancer risks, the American Cancer Society says moderate amounts of tofu appear safe for the general population.

T

OFU AND VEGETABLE STIR-FRY WITH GINGER AND SESAME

Want to streamline preparation? Use a thawed 16-ounce bag of frozen stir-fry vegetables and toast sesame seeds ahead of time in a skillet over medium heat about 5 minutes until golden.

Prep: 15 minutes | Rest: 10 minutes |

Cook: about 15 minutes | Serves 5

14 ounces firm or extra-firm tofu, drained

4 tablespoons Hy-Vee light soy sauce

1 tablespoon rice vinegar

1 tablespoon grated fresh ginger or

1 teaspoon Hy-Vee ground ginger

2 teaspoons minced garlic

1 teaspoon toasted sesame oil

½ teaspoon Hy-Vee crushed red pepper

4 teaspoons Hy-Vee canola oil, divided

6 cups assorted vegetables (such as thinly sliced carrots, broccoli florets, red onion wedges, red bell pepper strips and sugar snap peas) or 1 (16-ounce) bag Hy-Vee frozen stir-fry vegetables

2 teaspoons Hy-Vee cornstarch

¾ cup Hy-Vee 33%-less sodium chicken broth

2 cups hot cooked quinoa

1 tablespoon sesame seeds, toasted

1. Cut tofu into ¾-inch cubes; place in a shallow baking dish. In a small bowl, whisk together soy sauce, rice vinegar, ginger, garlic, sesame oil and crushed red pepper. Pour over tofu. Cover and marinate for 10 minutes. Drain, reserving marinade.

2. In a large skillet, heat 3 teaspoons canola oil over medium-high heat. Add tofu to skillet. Cook 3 minutes without stirring or until tofu begins to brown. Using a spatula, stir tofu and cook 3 minutes more. Remove tofu from skillet; keep warm.

3. Add remaining 1 teaspoon canola oil and assorted vegetables to skillet; cook and stir for 2 to 3 minutes or until crisp-tender. In a small bowl, whisk cornstarch into chicken broth, then whisk in reserved marinade; add to skillet. Cook and stir about 2 minutes or until thickened. Stir in tofu; heat through. Serve over quinoa. Sprinkle with toasted sesame seeds.

Nutrition facts per serving: 260 calories, 10 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 560 mg sodium, 28 g carbohydrates, 5 g fiber, 6 g sugar, 13 g protein. Daily values: 10% vitamin A, 20% vitamin c, 15% calcium, 10% iron.



A HELPING HAND

A photograph of a glass of water on a white tray. Water is being poured into the glass from above, creating a splash. In the foreground, a white pill bottle cap lies on the tray. The cap has the Hy-Vee logo in red, with the text "push down & turn" and "open-close" around it. A single white pill is also on the tray.

If you are ever diagnosed with a heart condition or suffer a heart attack, you're going to need trusted advisers regarding medications. Put Hy-Vee Pharmacy Solutions on your team.

Pharmacy Solutions is a program designed to make life easier for medical patients in need of specialized services.

Program goals are reducing the stress associated with chronic illnesses and ensuring that focus remains on the patient's well-being, while making certain all medications are properly handled. In addition to clinical expertise, Hy-Vee staff provide condition-specific programs and resources designed to support prescribed therapies for improved health and faster recovery.

One of the services offered is Side-Effect Management and Adherence Checks. Our experienced pharmacists work closely with patients and provide counseling on how to use, store and administer their medication. For more information about Hy-Vee Pharmacy Solutions, call 877-794-9833 or go to www.hy-vee.com/health/pharmacy

DAILY DOSE The American Heart Association recommends that many people who are at high risk for a heart attack take an over-the-counter low-dose aspirin daily. It may help prevent an attack. But the AHA also warns that this therapy is not for everyone.

Aspirin should not be taken by those with an aspirin allergy or those at risk for gastrointestinal bleeding or hemorrhagic stroke. Also avoid if you drink alcohol regularly or are undergoing any simple medical or dental procedures.

You should take a daily aspirin only if your doctor advises you to do so.

Low-dose aspirin is available at all Hy-Vee pharmacies.

A close-up, low-angle shot of a person's legs and feet as they walk on a paved path. The person is wearing purple leggings and bright pink sneakers with white soles and blue accents. The background is a blurred green field with some yellow flowers, suggesting an outdoor setting.

MOVE MORE

No one would dispute that exercise is important for heart health, but many people don't realize just how powerful it is. In a recent review of more than 300 studies on exercise and disease, scientists found that regular physical activity can work just as well as medications in battling heart disease. Though medications play a role in the treatment of cardiovascular disease, routinely getting your heart pumping can go a long way toward strengthening your ticker. The easiest exercise: a brisk walk daily. Good technique will help you get the most benefit. Keep your head up, your shoulders relaxed and your back straight. Swing your arms with a slight bend in the elbows, tighten your stomach muscles slightly and walk smoothly. Find a buddy to keep you motivated. You'll both feel happier and healthier.

ASK THE DIETITIAN

Hy-Vee dietitians are on a mission to improve customers' health by helping them make better-informed food choices. We also asked dietitians about their personal favorites in go-to healthy foods.

WORDS Kalsey McCall PHOTOS Tobin Bennett

GREEK YOGURT

It's full of protein as well as calcium and it makes a great addition to a sandwich meal or a soup. I like to add fruit and nuts to vanilla Greek yogurt.

—Amanda Yochum,
Omaha, NE

AVOCADO

I eat it because it's full of healthy monounsaturated fats, and it tastes great. Eat it with a spoon or in recipes or on a sandwich. Healthy fats are good for our skin and hair, and they nourish our bodies.

—Courtney Kruse,
Overland Park, KS

**NATURAL
PEANUT BUTTER**

It's full of protein and healthy fats, and it's just easy. You can travel with it. I typically eat it on whole wheat toast in the morning. For a snack, I put it on an apple or celery sticks.

—Whitney Larson,
Plattsmouth, NE

**ROASTED
BUTTERNUT SQUASH**

To roast, I brush olive oil on it and season with Mrs. Dash. I love it even more than sweet potatoes. It has great health benefits, including that it's high in beta-carotene, which is good for your eyes.

—Jamie Jarvis,
Independence, MO

NUTS

I especially like pistachios and almonds. They are portable and you can mix them with dried fruit and whole grain cereal for snacks. I like that they are full of protein, fiber, healthy fats and vitamins.

—Anne Cundiff,
Des Moines, IA

KALE

It's amazingly high in antioxidants, vitamins and minerals. You can put it in smoothies, sauté it with onions and garlic, or mix it with rice. It has incredible flavor once you learn how to use it.

—Linda Wetzel,
Norfolk, NE

DISHING OUT EXPERT ADVICE

They say knowledge is power, and Hy-Vee dietitians certainly agree. By employing in-store registered dietitians, Hy-Vee has opened an important dialogue with its customers—one that has lifelong effects.

Dietitians are food experts, making them part clinician, part detective and part counselor. Each has gone through years of training and must keep current in their knowledge about nutrition. Providing benefits that go beyond nutrition education, they equip customers with knowledge that they can use throughout the store.

To arm shoppers with information, Hy-Vee offers complimentary shopping tours aimed at teaching you about food labeling and new choices in the aisles. These walk-and-learn sessions give you about an hour with a store dietitian. They will address your specific health concerns, such as diabetes, food allergies or gluten restrictions, or teach you how to shop smarter and eat wiser.

“A large part of my job is correcting misinformation and demonstrating that having a special diet doesn’t mean that you

Where can you go if you have a question about nutrition or food safety? Ask a Hy-Vee dietitian. When it comes to health, they’re the experts.

are confined to only eating certain foods,” says Jennifer Dunavan, Hy-Vee dietitian. “You can shop the whole store even if you have a restricted diet. It’s about understanding how to make food work for you.”

In addition to free tours, Hy-Vee dietitians offer health screenings, which assess cholesterol, blood pressure, blood sugar, body fat and body mass index. Dietitians help you decipher what your test results mean and

show you how to make food choices that will help correct health issues you may have. Or they may discover a condition that needs attention from your doctor.

Working with a doctor is part of every dietitian’s mission. If you need a nutritional plan following a diagnosis, an individualized plan for nutrition therapy and counseling can be tailored for you.

“We help our customers take the information that they receive at the doctor’s office and put it into practice in the aisles of our store,” says Hy-Vee dietitian Alexandria Economy. “We really set them up for success and empower them with information.”

In addition to in-store service, you can reap the benefits of your dietitian connection at home by visiting the Hy-Vee website. Sign up for “Healthy Bites,” an online monthly newsletter that provides health and nutrition information and dietitian-approved recipes.

Customers have online access to a weekly menu with easy recipes and a shopping list, which takes into account store specials. There is specialized menu planning and a selection of great-tasting, good-for-you recipes for those who have diabetes, who are seeking to be heart healthy or watching their weight.

In addition to individualized assistance, dietitians also share their knowledge with community groups and businesses. Services include employee health fairs, cooking demonstrations, luncheon presentations and health screenings.

Whatever your health goal, Hy-Vee dietitians are available to answer your questions and share one common objective—a healthier and happier you!

To arrange for a store tour or personalized nutrition program, ask for the dietitian at the Customer Service counter. Some program fees may apply.

For online programs, click on the Health tab and select “Hy-Vee Dietitians” at www.hy-vee.com

MORE SERVICE

YOU CAN TRUST ADVICE FROM HY-VEE DIETITIANS ABOUT THE FOODS YOU EAT. HERE ARE A FEW ADDITIONAL SERVICES THEY OFFER.

BEGIN HEALTHY LIFESTYLE AND WEIGHT LOSS PROGRAM

“Begin” is a 10-week lifestyle management program that emphasizes eating for good health and weight loss, while also becoming physically active. Participants learn how to control hunger, increase movement, eat healthy portions and shop for healthier foods.

ONLINE HEALTH FORUM Visit the Health and Wellness Forum at the Hy-Vee website for information and a range of health topics. Hy-Vee dietitians answer questions posted on the forum by customers. Topics include vegetarian eating, food allergies, going gluten-free, feeding babies, effective parenting and a multitude of other concerns.

MY PICKS For foods offering nutritious eating, look for “My Pick” signs next to dietitian-recommended products on Hy-Vee shelves.

SPECIAL EVENTS Cooking classes, wellness workshops and healthy-kid events are offered at many stores. These events vary with each Hy-Vee dietitian.

YOUR QUESTIONS Store dietitians can often be found in the HealthMarket. If you see one, feel free to ask your questions. You may want help understanding the NuVal Nutritional Scoring System, interpreting food labels or getting answers to your health questions. Dietitians are ready with answers.



WELLNESS HITS THE ROAD

Decked out in colorful signage declaring “Healthy You,” the new Hy-Vee Wellness Bus is headed your way. The bus brings basic health-and-wellness services to people across the eight states served by Hy-Vee. During its store stops, local staff pharmacists and dietitians will offer flu shots and other basic health-care services. A \$45 health screening will be available at many locations. These checkups include testing for blood glucose, cholesterol, triglycerides and blood pressure.

Health festivals with games, cooking demonstrations and more are planned at many stores. “Sending out the bus was one of those ideas that came up in brainstorming,” says Helen Eddy, Hy-Vee vice president for health and wellness. “It’s something we grabbed onto as a great way to promote health.” Store managers grabbed on, too. The bus calendar of events is filling up fast.

FUN FACTS ABOUT THE BUS



- 1. Manufacturer:** Winnebago.
- 2. Size:** 38 feet long—parking requires five parking spaces.
- 3. Engine:** Ford V10 gas.
- 4. First official appearance:** Hy-Vee Triathlon on Sept. 1, 2013.
- 5. Two TVs:** One inside for patients as they wait. Also, a large flat screen mounted on exterior. Shows videos from the *Hy-Vee Seasons* collection!
- 6. Patient rooms:** Two, separated by a sliding privacy wall.
- 7. Medical equipment includes:** Blood analyzers and more gear to come.
- 8. For summer:** Awning pops up, festival tents in the back.
- 9. Exterior signage:** By Hy-Vee advertising and marketing teams.
- 10. Drivers:** Five retired Hy-Vee truck drivers. They LOVE the new bus.

GAME DAY PICKS



IMPRESS YOUR PARTY PALS WITH FAN-TASTIC NIBBLES THAT TAKE GAME-DAY EATING TO A HEALTHIER LEVEL. THIS STARTING LINEUP PACKS IN THE EATS THAT EVERYONE CRAVES, FROM CHEESE POPPERS TO WINGS. SIMPLE TWEAKS LIKE OVEN-FRYING AND UPPING FRESH INGREDIENTS SCORE BIG ON FLAVOR AND NUTRITION.

WORDS Lois White PHOTOS Tobin Bennett

CHEESE POPPERS

Double dipping the cheese in egg whites and a bread crumb mixture creates an extra crunchy coating.

*Prep: 15 minutes | Cook: 9 to 10 minutes | Serves 8
(3 poppers and 2 tablespoons sauce each)*

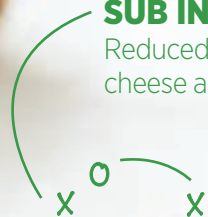
½ cup Hy-Vee plain bread crumbs
2 tablespoons Hy-Vee panko bread crumbs
2 teaspoons chopped fresh thyme
2 Hy-Vee large eggs, lightly beaten
1 tablespoon Hy-Vee all-purpose flour
8 Hy-Vee light mozzarella string cheese
Hy-Vee non-stick cooking spray
1 cup Hy-Vee pizza sauce, warmed

FUMBLE

Full-fat cheese
and deep frying

SUB IN

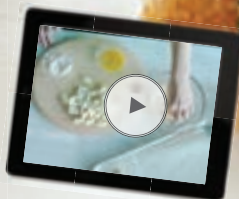
Reduced-fat
cheese and baking



1. Preheat oven to 350°F. Line a baking sheet with parchment paper; set aside.
2. In a shallow dish, combine both types of bread crumbs and thyme. In two separate bowls, place eggs and flour. Cut each cheese stick into three pieces. Dip each piece into flour, then egg, then crumb mixture. Repeat dipping in egg and crumb mixture a second time. Arrange coated pieces on prepared baking sheet. Spray cheese poppers with nonstick cooking spray.
3. Bake for 9 to 10 minutes or until cheese is softened. Serve with pizza sauce.

Nutrition facts per serving: 120 calories, 4.5 g fat, 2 g saturated fat, 0 g trans fat, 55 mg cholesterol, 430 mg sodium, 11 g carbohydrates, 1 g fiber, 2 g sugar, 10 g protein. Daily values: 10% vitamin A, 4% vitamin C, 20% calcium, 4% iron.

* Learn to make poppers by watching our video—bonus content in the new free Tablet Version. See pages 64-65 to download today.



CAJUN BURGER BITES

Mini versions of your favorite sandwich score big. If it's mini, it's easier to eat and healthier too. Play it safe by using an instant-read thermometer to check doneness.

Prep: 15 minutes | Cook: about 20 minutes | Serves 16

1 pound 93%-lean ground turkey
¼ cup chopped green onions
2 teaspoons Cajun seasoning
1 teaspoon hot pepper sauce
½ teaspoon Hy-Vee salt
¼ teaspoon Hy-Vee black pepper
2 teaspoons Hy-Vee Select olive oil
16 waffle-cut sweet potato fries
½ cup lite sour cream party dip
½ cup prepared fresh salsa

1. In a large bowl, lightly mix turkey, green onions, Cajun seasoning, hot pepper sauce, salt and pepper. Shape mixture into 16 patties.

2. In a large nonstick skillet heat oil over medium heat. Add half of the patties and cook until browned and cooked through (160°F), about 5 minutes per side. Remove the patties to a platter; cover and keep warm. Repeat with remaining patties.

3. Meanwhile, cook sweet potato fries according to package directions. To serve, spread party dip onto sweet potato fries; top with burger bites and salsa.

Nutrition facts per serving: 80 calories, 4.5 g fat, 1.5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 270 mg sodium, 5 g carbohydrates, 1 g fiber, 2 g sugar, 6 g protein. Daily values: 15% vitamin A, 4% vitamin C, 4% calcium, 4% iron.

X X

FUMBLE

80% lean ground beef, the usual party dip and white potato fries

SUB IN

Ground turkey, reduced-fat party dip and sweet potato fries





FUMBLE

Chicken tenders and beef tenderloin steak strips

SUB IN

Skinless chicken breast strips and sirloin steak strips

BEEF AND CHICKEN SATAY WITH PEANUT-CURRY DIPPING SAUCE

An absolute winner! Tender and juicy skewers with a low-fat dipping sauce that has a nice hint of spicy heat.

Prep: 15 minutes | Chill: 1 hour | Cook: 10 to 12 minutes | Serves 12

½ pound boneless Hy-Vee Angus Reserve beef sirloin steak

2 skinless, boneless chicken breast halves (about ¾ pound total)

½ cup Hy-Vee 33%-less-sodium chicken broth

½ cup lite coconut milk

2 tablespoons plus 2 teaspoons Hy-Vee light soy sauce

1 clove garlic, minced

1 tablespoon packed Hy-Vee brown sugar

1 tablespoon grated fresh ginger

½ teaspoon lime zest

Cilantro for garnish, optional

Peanut-Curry Dipping Sauce, recipe below

1. Cut steak across the grain into 1-inch-wide, thin strips. Pound chicken breasts slightly and cut into 1-inch-wide strips. Place beef and chicken strips in a resealable plastic bag set in a shallow dish. For marinade, whisk together broth, coconut milk, soy sauce, garlic, brown sugar, ginger and lime zest. Pour marinade over beef and chicken. Seal bag; turn to coat beef and chicken. Marinate in the refrigerator for 1 hour. Remove meat from marinade; discard marinade.

2. Preheat broiler. Thread beef and chicken strips accordion-style onto twelve 6-inch skewers. Place skewers on rack of a broiler pan. Broil 6 to 7 inches from the heat for 10 to 12 minutes or until beef and chicken are no longer pink, turning once halfway through broiling. Garnish with cilantro, if desired. Serve skewers with Peanut-Curry Dipping Sauce.

PEANUT-CURRY DIPPING SAUCE: Place ½ cup Hy-Vee creamy peanut butter in a food processor. Add ½ cup Hy-Vee 33%-less-sodium chicken broth, 3 tablespoons Hy-Vee light soy sauce, 1½ tablespoons packed Hy-Vee brown sugar, 1½ tablespoons minced fresh ginger, 2 tablespoons fresh lime juice, 1 minced garlic clove, 1 teaspoon red curry paste and ½ teaspoon Hy-Vee red pepper flakes. Cover and blend until smooth.

Nutrition facts per serving: 150 calories, 9 g fat, 2.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 400 mg sodium, 7 g carbohydrates, 1 g fiber, 5 g sugar, 11 g protein. Daily values: 2% vitamin A, 2% vitamin C, 2% calcium, 4% iron.



X

FUMBLE

Sour cream, lots of cheese and purchased chips

X

OO

SUB IN

Hummus, yogurt, fresh veggies and homemade chips

GREEK SIX-LAYER DIP

Scoop the dip with homemade flatbread chips that add crunch to every bite.

Prep: 5 minutes | Serves about 45 (2 tablespoons each)

- 1 (6-ounce) container Hy-Vee plain Greek yogurt
- 1 clove garlic, minced
- 1 tablespoon chopped fresh dill
- 2 teaspoons fresh lemon juice
- ¼ teaspoon Hy-Vee kosher salt
- 2 (8-ounce each) containers Hy-Vee roasted red pepper hummus
- 1 cup chopped cucumber
- 1 cup quartered cherry tomatoes

- ½ cup sliced Greek olives
- ½ cup Hy-Vee crumbled feta cheese
- Fresh dill for garnish, if desired
- Lemon-Basil Garlic Chips, recipe below

1. In small bowl, combine yogurt, garlic, dill, lemon juice and salt; set aside. Spread hummus onto a 12-inch platter. Layer yogurt mixture over hummus. Top with cucumber, tomatoes, olives and cheese. Garnish with dill, if desired. Serve the dip with flatbread chips.

Nutrition facts per serving: 25 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol,

70 mg sodium, 2 g carbohydrates, 0 g fiber, 1 g sugar, 1 g protein. Daily values: 2% vitamin A, 2% vitamin C, 0% calcium, 0% iron.

LEMON-BASIL GARLIC CHIPS: Preheat oven to 350°F. Combine mixture of 3 tablespoons Hy-Vee Select olive oil, 2 tablespoons melted Hy-Vee unsalted butter, 1 teaspoon Hy-Vee dried basil and ½ teaspoon Hy-Vee garlic salt. Brush 1 teaspoon of mixture onto one side each of 12 multi-grain flatbread. Finely shred lemon zest over top. Cut flatbreads into chips, about 20 per flatbread, and arrange in single layer on foil-lined baking sheets. Bake for 5 to 7 minutes or until golden. Cool chips on wire rack to crisp.

OUR KILLER LINEUP OF HOT WINGS!

Whether you like them crispy or saucy, jazz up wings in ways that will have guests clamoring for more.

FOR BASIC BAKED WINGS:

For each recipe, start with 12 chicken wingettes (about 1½ pounds total). Preheat oven to 425°F. Line a rimmed baking sheet with foil; place a wire rack on top of foil and spray with nonstick coating. Prepare wings according to recipes *below*, then place on rack on baking sheet. Bake for 35 to 45 minutes or until chicken is tender and no longer pink, turning halfway through baking.

SMOKY MAPLE-CHIPOTLE WINGS:

Place 2 tablespoons Hy-Vee all-purpose flour, 1 teaspoon Hy-Vee salt and 1 teaspoon ground sage in a large resealable bag. Add chicken and toss to coat. Bake as directed *above*. While chicken is baking, whisk together 2½ tablespoons Frank's Original RedHot Cayenne Pepper Sauce, 2 tablespoons melted Hy-Vee butter, 2 tablespoons Hy-Vee Select 100% pure maple syrup and 1 canned chipotle pepper, minced. Add baked wings to the sauce and toss to coat before serving.

CRISPY HERB-PARMESAN WINGS:

Place ½ cup Hy-Vee panko bread crumbs, ½ cup Hy-Vee grated Parmesan cheese and 2 tablespoons no-salt herb seasoning in a large resealable bag; shake to combine. Place 4 beaten egg whites in another resealable bag; add wingettes. Seal bag and turn several times to coat wingettes. Add wingettes, a few at a time, to bag of crumb mixture; shake bag to coat. Bake as directed *above*.

ZESTY APRICOT-GLAZED WINGS: Brush wings with 1 tablespoon Hy-Vee canola oil; sprinkle with Hy-Vee salt and Hy-Vee black pepper before baking. For glaze, combine ¼ cup Southwestern barbecue sauce and ¼ cup Hy-Vee apricot preserves. Bake wings as directed *above*, brushing with glaze several times after 15 minutes. Sprinkle with chopped fresh basil.

SMOKY MAPLE-CHIPOTLE WINGS

CRISPY HERB-PARMESAN WINGS

ZESTY APRICOT-GLAZED WINGS

FUMBLE

Deep-frying and bottled sauce

SUB IN

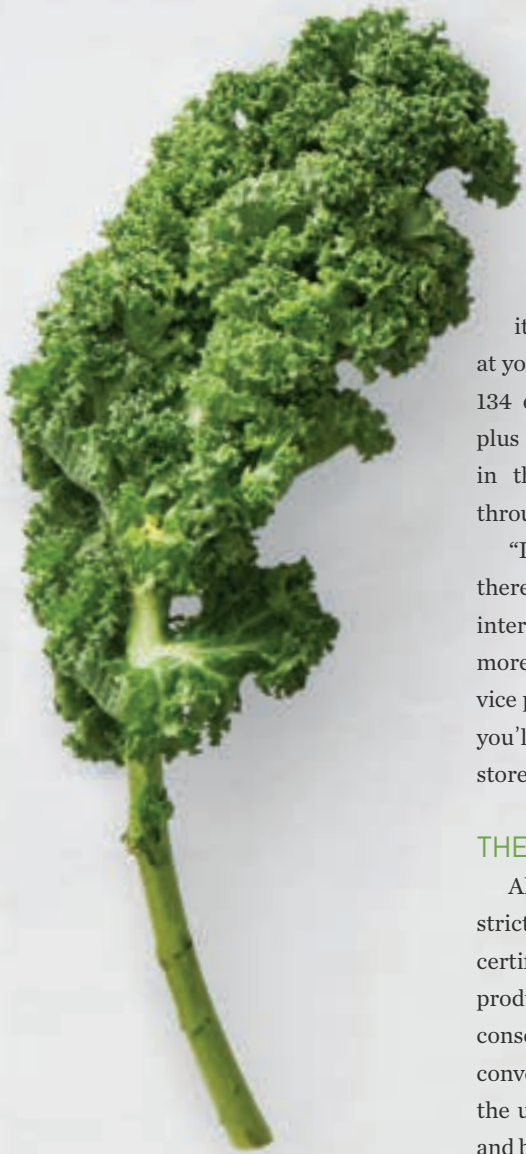
Oven-baking and homemade sauce

>>SOME PEOPLE SELECT ORGANIC FOODS AS A MATTER OF HEALTH AND SAFE EATING. BUT YOU SHOULD BUY THEM FOR THEIR TASTE, TOO, BECAUSE THESE FOODS HAVE BEEN GROWN WITH CARE.

WORDS Lisa Waterman Gray PHOTOS Tobin Bennett

ORGANIC LIVING





Firm, plump organic apples, pears and oranges; vibrant-hued organic radishes, romaine and fennel; and dark-gilled organic portabella caps—it's never been easier to find organics at your neighborhood Hy-Vee. We counted 134 organic produce items at one store, plus many additional organic products in the HealthMarket and more sprinkled throughout the store.

"It's not really accurate to say that there's been an arc of growth in customer interest in organics. Growth has been more of a rocket," says Tom Hobt, Hy-Vee vice president. "That sounds dramatic, but you'll find organics throughout the entire store in just about every aisle."

THE ORGANIC ADVANTAGE

All foods labeled organic must meet strict government standards. To be certified organic by the USDA, food must be produced with renewable resources while conserving soil and water. Use of most conventional pesticides is forbidden as is the use of synthetic fertilizers, irradiation and bioengineering.

Buying organics also makes it likely you are supporting local and regional farmers. These farmers manage pests and diseases by utilizing safe natural pesticides, beneficial insects and birds.

In addition to food safety, flavor is a big reason consumers choose organics. The robust, sweet flavor of an organic tomato

from a small Midwestern farm may far surpass that of tomatoes grown on large farms using agricultural methods aimed first at maximizing production.

"Sources for organics are often closer to home," Tom says. "For example, we work with Heavenly Organics in Fairfield, Iowa. Their products are terrific."

MAKING EACH DOLLAR COUNT

While conventionally grown food may generally cost less, there are ways to work organics into your budget. Purchase seasonal products whenever possible, and ask your Hy-Vee produce manager what day organic produce arrives to assure maximum freshness for the price.

There's good news about price in the months and years ahead. "As farmers gain more experience with growing methods and the demand for organics increases, the price gap is closing," Tom says.

READING LABELS

Get to know the words used on the labels of organic foods.

- **100 Percent Organic.** All ingredients in the product are USDA-certified organic. Also, ingredients used in processing organic foods must be organic.

- **Organic.** At least 95 percent of all the ingredients must be certified organic by the USDA. The remaining ingredients are not available organically, but have been approved by the government.

- **Made with Organic Ingredients.** At least 70 percent of the product must be USDA certified organic. These products do not bear the USDA Organic seal, but they may state “Made with Organics” and name up to three organic ingredients that were used.

BEYOND PRODUCE

Hy-Vee HealthMarket dairy cases stock organic yogurt, milk and cheeses. It's also easy to find organic soy milk and rice milk, as well as cereal and breakfast bars. Pick up organic meats, including ground beef and chicken, in the HealthMarket. There's even a growing selection of organic wines.

Bulk food sections in some Hy-Vee stores may include many organic options, from roasted sunflowers and popcorn to basmati rice, quinoa and almonds. Organic free-range chicken broth and marinara sauce are just a few prepared foods that fill the shelves.

Organic laundry supplies and body care products are also available. Because “all natural” and organic items mingle on Hy-Vee shelves, check labels carefully.

Adding organics to your life promotes good health, reduces exposure to toxins and treats the environment gently. It's an easy change—and the pay-offs are all positive.

KEEP IT CLEAN

Most fruits and vegetables need a good bath before they are eaten, whether they are grown organically or not. Here are proper handling and preparation steps recommended by the Centers for Disease Control and Prevention.

- **CLEAN ALL SURFACES AND UTENSILS.** Using soap and hot water, clean cutting boards, peelers, countertops and knives that will touch fresh produce. Wash hands with soap and warm water for at least 20 seconds before and after handling.
- **RINSE WELL.** All fresh fruits and vegetables, including produce with rinds or skins that are not eaten, should be cleaned under running water. Do not use detergents or bleach. Remove the outer leaves of leafy vegetables such as lettuce and cabbage before washing. Removing soil from produce with firm skin such as potatoes may require scrubbing with a vegetable brush while rinsing under clean running water.
- **DRY AFTER CLEANING.** Fruits and vegetables should be dried with a clean paper towel before cooking or eating.
- **AVOID CROSS-CONTAMINATION.** Keep produce separate from raw foods such as meat, poultry and seafood in your shopping cart, grocery bags and refrigerator. Throw away any produce that will not be cooked if it has touched raw meat, poultry, seafood or eggs.



TYPES OF ORGANIC PRODUCTS AT HY-VEE

You'll find organic products in most aisles at your local Hy-Vee. If you don't see what you want, ask an employee. Here are types of organic products stocked and where to find them.

	WHAT TO LOOK FOR	WHERE TO FIND
BABY FOODS	Baby food, baby snacks and squeezies	Baby section
DAIRY/ SUBSTITUTES	Milk, yogurt, eggs, cheese, butter, and milk and cheese substitutes	HealthMarket and dairy case
DRY/CANNED BEANS	Kidney, pinto, black, turtle, navy, garbanzo, adzuki beans and others	Bulk foods, HealthMarket and canned beans section
FLOUR/ WHOLE GRAINS	Rye, whole wheat, white and rice flours, oats, rice, millet, quinoa, lentils, granola and others	Bulk foods, HealthMarket and baking, cereal and rice sections
FROZEN	Prepared meals, pizzas, ravioli, veggies, bread, ice cream and assorted products	HealthMarket freezers and regular freezers
MEAT/POULTRY	Ground beef, frozen burger patties, sausages, chicken	Meat Department, HealthMarket refrigerators and freezers
NUTS	Variety of fresh and roasted nuts	Bulk foods, HealthMarket and baking section
OILS	Olive, grape seed, almond and canola oils and cooking sprays	HealthMarket and oil section
PASTA	Wheat and gluten-free pastas and pasta sauces	HealthMarket, pasta and sauce sections
PERSONAL CARE/CLEANING	Soaps, shampoos, conditioners, lotions and household cleaning products	HealthMarket and personal care, laundry and cleaning products sections
VEGETABLES/ FRUITS	Dark leafy greens, carrots, onions, celery, broccoli, sweet potatoes, apples, oranges, pears, berries, pineapple, tomatoes and more	Produce Department
SNACKS	Crackers, chips, tortilla chips, popcorn, cookies, chocolate and candy	HealthMarket and snack food, cookie and candy sections
OTHER	Wraps, pesto, canned soups, easy-prep foods, condiments, pickles, peanut butter, jams, jellies, teas, coffee and much more	HealthMarket and throughout the store

MORE REASONS TO LOVE SEASONS

EXCLUSIVE CONTENT • VIDEOS • TOUCH NAVIGATION

Introducing the new tablet version of *Hy-Vee Seasons*. This FREE e-magazine is available now. Don't miss out! In moments, you'll be gliding from one brilliant page to another, scanning recipes and checking out cooking videos. You're going to love it! And the best part is—it's fun, free and full of great recipes. Set up instant delivery today.

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- Email recipes to friends
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Get the *Hy-Vee Seasons* app today by scanning the QR code, *left*, or by visiting the App Store or Google Play online.



seasons

Hy-Vee
EMPLOYEE OWNED

35 HEALTHY & DELICIOUS RECIPES

- STIR-FRY BASICS
- GAME DAY SNACKS
- GRAB-AND-GO MEALS
- HEART-FRIENDLY FOODS

PEPPERS
SWEET OR SIZZLING,
WE HELP YOU PICK

**HY-VEE'S
HEALTH PROS
ADVICE YOU
CAN TRUST**

fabulous
FRUIT DESSERTS

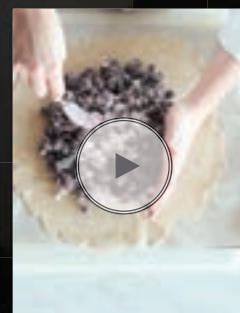


RASPBERRY-POMEGRANATE
SORBET, PAGE 36

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STAY HEALTHY ALL WINTER

Don't let colds and flu gain the upper hand on your health this season. Outsmart germs with our expert-approved prevention strategies and time-tested treatments.

WORDS Maria Gifford PHOTOS Tobin Bennett



MAYBE YOUR CHILD CAME HOME FROM SCHOOL LOOKING FEVERISH AND PALE. OR MAYBE YOU'VE BEEN FEELING A SCRATCHY THROAT COMING ON. WHATEVER THE SYMPTOMS, HY-VEE PHARMACIES HAVE MANY EFFECTIVE OVER-THE-COUNTER COLD AND FLU REMEDIES.

Hy-Vee pharmacists are ready to help you fight off the common cold, the flu or other health challenges this season. Turn to these professionals for your prescriptions and knowledgeable advice about over-the-counter (OTC) drugs that might ease your symptoms.

OTC AND GENERIC

From a decongestant to cough drops to nasal spray, Hy-Vee brand OTC products offer you cost savings in your quest to overcome illness, says Hy-Vee Pharmacy manager Lisa Linder in West Des Moines.

"There are a lot of different over-the-counter medications that target different symptoms," Lisa says. "Check with the pharmacist about which one is best for your symptoms. An example is a runny nose. There are good antihistamines on the shelves. But if you have nasal congestion, you're better off with one of the decongestants that's kept behind the counter and you have to sign for."

When ordering prescriptions, ask about the generic medications Hy-Vee offers for \$4 for a 30-day supply or \$10 for a 90-day supply. With hundreds of generics available, you can save money while receiving expert guidance from your local Hy-Vee pharmacists.

COLD OR FLU?

A cold is a mild respiratory illness. Symptoms usually begin with a sore throat that goes away after a day or two. Congestion and runny nose follow, along with a cough developing a few days later. Low-grade fevers are another common symptom. With a cold, you can feel sick for a few days, and you generally improve each day.

Flu symptoms are usually more severe and come on quickly, hitting full force within two to three hours. You may have a sore throat, fever, headache, muscle aches and soreness, congestion and cough. With the flu, it's not uncommon to feel quite ill and run-down for a number of days or even weeks.

HOW HY-VEE PHARMACISTS CAN HELP

Look to Hy-Vee pharmacists for individualized assistance with cold and flu remedies and all your other medication and treatment needs.

➤ **DRUG INTERACTIONS** Reduce your risk of harmful medication errors and drug interactions by communicating closely with your doctor and pharmacist. Take an ask-and-tell approach to your medications: Ask your local Hy-Vee pharmacist about potential drug interactions before you take any new medicine, and be sure to tell him or her about all other medications and herbal supplements you use before you take a new OTC or prescription drug. Pharmacists at Hy-Vee can advise you on medication safety.

➤ **EXPRESS REFILLS ONLINE** Hy-Vee's online express features make it quick and simple to refill, check status and transfer prescriptions. No account login is required, but if you have multiple prescriptions, consider creating a My Hy-Vee prescription account to save time and access additional benefits.

➤ **AUTOMATIC REPEAT REFILLS** Get your prescriptions refilled ahead of time and receive a call when your order is ready to be picked up. Your maintenance or repeat medications will be refilled automatically for you so you never have to worry about running out of medication. Ask a pharmacist about Hy-Vee Repeat Refills.

ACHY?

ALEVE THE PAIN.



JUST TWO
ALEVE HAVE
THE STRENGTH
TO RELIEVE
PAIN ALL DAY.



Aleve: select varieties
80 to 130 ct. \$8.98



One A Day or Flintstones Vitamins:
select varieties 50 to 160 ct. \$6.98

BEST REMEDIES

For the treatment of common conditions and to provide for your overall well-being, a variety of over-the-counter remedies are available at your local Hy-Vee pharmacy. Here are just a few:

SORE THROAT

Over-the-counter: Throat lozenges and sprays

How it helps: Moisturizes, soothes or medicates the throat for relief from pain, swelling and irritation of coughing and other cold and flu symptoms. Medicated throat lozenges or sprays often contain lidocaine, a topical anesthetic that temporarily numbs the throat.

SNEEZING & RUNNY NOSE

Over-the-counter: Antihistamine

How it helps: Relieves symptoms of hay fever and other allergies and may help reduce some cold symptoms such as sneezing and runny nose. Common antihistamines include diphenhydramine, promethazine and bromodiphenhydramine.

NASAL CONGESTION

Over-the-counter: Decongestant

How it helps: Narrows blood vessels in the lining of the nose to reduce swelling of nasal passages and clear congestion for easier breathing. Common decongestants include ephedrine, phenylephrine and pseudoephedrine.



Afrin or Coricidin Cold and Flu: select varieties 15 to 24 ct. or .5 to 12 oz. \$5.88

MULTIPLE SYMPTOMS

Over-the-counter: Multi-symptom cold and flu medicines

How it helps: Contains more than one drug or ingredient, often an antihistamine, a decongestant, a pain reliever and/or a cough suppressant. Be sure to select a product that best fits your symptoms so you only take the medicines you really need.



Alka-Seltzer Plus:
select varieties
20 to 30 ct. \$4.48

ACHES, PAINS & PRESSURE

Over-the-counter: Heating pad/pack or cold compress

How it helps: A moist-heat compress can help ease sinus pain and pressure. Use a cold pack on the forehead or neck to cool the skin and help reduce fever, or use as a facial compress to reduce swelling of nasal passages.

FOR YOUR WELL-BEING

Over-the-counter: Vitamin and mineral supplements

How it helps: When you need additional vitamins or minerals in your diet, there is a remedy. Supplements will supply you the needed calcium, iron, magnesium, folates or any other mineral.



Centrum, Caltrate or Centrum Silver: select varieties
24 to 130 ct. \$7.99

COUGH

Over-the-counter:

Cough suppressant (antitussive)

How it helps:

Dextromethorphan acts directly on the "cough center" of the brain to lessen the sensation to cough to help relieve coughing and ease throat irritation.

Ricola Cough Drops: select varieties
19 to 24 ct. 3/\$5.00

Robitussin or Dimetapp: select
varieties 4 oz. or 20 ct. \$5.48



PAIN & FEVER

Over-the-counter:

Nonsteroidal anti-inflammatory drugs (NSAIDs)

How it helps: Reduces fever, decreases nasal swelling, relieves aches and pains of cold or flu. Medications include aspirin, ibuprofen and naproxen sodium. (Note: Acetaminophen reduces pain and fever, but does not reduce swelling.)

Advil Liqui-Gels, Tablets or Caplets:
select varieties 6 or 20 ct. \$3.88

Bayer Aspirin: select varieties
50 to 150 ct. \$5.88



PREVENTION IS KEY

For your health, Hy-Vee pharmacist Lisa Linder recommends:

> KEEP STRESS IN CHECK

Too much stress weakens your immune system and increases risk of illness.

> **GET A FLU SHOT** These are available from the staff at most Hy-Vee pharmacies.

> **EAT WELL** Boost your immune system by eating whole grains, lean meats, low-fat dairy products and colorful fruits and vegetables.

> GET ENOUGH SLEEP

Without proper rest, you compromise your body's ability to fight off sickness.



**YOUR BEST
SPOT
FOR THE
FLU SHOT.**

NO APPOINTMENT NECESSARY.

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SAFE CLEANING

Because life can get messy, cleaning up dirt, grime and germs is a battle that never ends. Fortunately, there are many tools available for your cleaning tasks. These range from environmentally benign all-purpose cleansers formulated with gentle ingredients to chemical cleansers labeled with strongly worded safety warnings. Some jobs require more power than others. If killing bacteria or viruses is the goal, look for products labeled as either “disinfectant” or “antimicrobial.” These solutions destroy all germs, according to the American Cleaning Institute. Products called sanitizers are good, too, and kill more than 99 percent of germs. Read labels very closely when purchasing cleaning products. Because some are harsh, follow all manufacturer recommendations. Most accidents occur because of improper handling, use or storage. Mixing up your own nontoxic cleaners is another choice. These use vinegar, baking soda and other nontoxic ingredients recommended by the Environmental Protection Agency. For a few cleaners you can make, see the chart, *opposite*.

DIY NONTOXIC CLEANERS

Put vinegar and other nontoxic ingredients to work cleaning your house, say Environmental Protection Agency experts.

TYPE	BEST USE	FORMULA
TUB CLEANER	Removes grime from smooth surfaces, such as porcelain. Cleans well without leaving any grit.	½ cup baking soda Dishwashing liquid Stir detergent into a bowl with baking soda until the mix has a consistency like cake frosting. To keep it from drying, add 1 teaspoon of vegetable glycerin and store in a sealed glass jar.
WINDOW CLEANER	Cleans glass effectively without leaving streaks.	¼–½ teaspoon dishwashing liquid 3 tablespoons white distilled vinegar 2 cups water Combine ingredients in a spray bottle and shake gently to mix.
ALL-PURPOSE CLEANER	Works on spills and light dirt on hard surfaces.	½ teaspoon washing soda Dab of liquid soap 2 cups hot tap water Combine ingredients in a spray bottle and shake to dissolve washing soda.
MOLD IN SHOWER OR GROUT	Disinfects surfaces and kills mold	White distilled vinegar Water Combine 1 to 1 for general use. Use straight vinegar on mold.
DRAIN MAINTENANCE	Cleans drains and keeps them open when used every other week (or more often, if needed).	½ cup baking soda 1 cup white distilled vinegar Flush drain with hot water. Pour in baking soda. Let sit for a few minutes. Pour in vinegar and cover drain (solution foams up quickly). Foaming subsides in 10 minutes, flush with hot water again.
RUG DEODORIZER	Keeps rugs smelling fresh, particularly if you have pets.	Baking soda To get rid of odors, sprinkle baking soda on your rugs regularly and vacuum after 15 minutes.

Note: If you get vinegar or washing soda in your eyes or if it causes irritation on your skin, rinse thoroughly with water.



Lysol Disinfecting Wipes or Spray: select varieties 12 or 12.5 oz. or 75 or 80 ct. \$3.99

Finish Autodish: select varieties 6.76 to 75 oz. or 10 or 20 ct. \$3.48

Lysol Home Cleaning: select varieties 3.66 to 40 oz. or 2 or 35 ct. \$1.98



SIP YOUR
WAY SLIM



Slim-Fast 100-Calorie Bars: select varieties 6 ct. \$3.68

Slim-Fast 200-Calorie Bars: select varieties 5 ct. \$4.98

Slim-Fast Ready-To-Drink Shakes: select varieties 4 ct. \$5.97



SOLUTIONS: MAKING MENUS

EASY MEAL PLANNING

Singles. Couples. Families. Empty nesters. Perhaps you've gone through a lifestyle change and it's time to rethink your approach to menu planning. Not long ago, you were setting out dinner for five and now it's just the two of you. Or perhaps you are living alone for the first time and figuring out how to cook for one. If you feel like you're spinning your wheels in coming up with the next meal, you're not alone.

Make a smooth transition with the timesaving tricks below, which will help you double the efficiency of your shopping and kitchen duties. You'll enjoy delicious meals with less effort, giving you more time to reflect on the day or bond with family at the table.

SINGLES...SOLO COOKING AND DINING

Most singles say it's a challenge to shop and cook for one. Recipes are usually designed for four or more people. We buy bread in sizable loaves, cereal in large boxes and eggs by the dozen. On the other hand, frozen entrées, yogurt and some frozen desserts are available in single servings. Fresh, ready-to-eat produce at the salad bar offers another way of buying just the amount needed for a meal or two.

Canned soup is an easy meal for one. Find soups you like and keep some in your pantry. Then embellish soups by adding frozen or fresh veggies, or topping with green onions, low-fat sour cream or freshly shredded Parmesan cheese.

When purchasing bread, rolls or sandwich buns, take out what you need for the next few days and freeze the rest. The freezer also keeps frozen fruit handy to pair with yogurt for a last-minute smoothie.

Pasta is a perfect entrée for singles. If you use fresh-packaged tortellini or ravioli, boil what you need and freeze the rest. Another option is to make two servings and have the leftovers for lunch the next day. Cold pasta salad makes a lovely lunch, or you can microwave leftover pasta for a hot meal. For easy sauces, try bottled marinara, store-bought pesto or just a drizzle of flavored olive oil and some shredded Parmesan.

Tossing a dinner salad is quick and can be quite nutritious. Buy a bag of mixed greens and add one or more of the following: fresh or dried fruit, roasted nuts, ready-to-go veggies, canned and rinsed beans, or presliced, shredded or cubed cheese. If desired, include cooked shrimp, or sliced turkey or roast beef from your Hy-Vee deli. Use a light salad dressing or drizzle olive oil and balsamic vinegar over the top.

NEWLYWEDS...TILL DINNER DO US PART

The first years of married life often coincide with hard-charging years in a career. But at the end of each workday, the best is yet to come. Take the time to talk, laugh, cook and dine together into the evening and you'll nourish each other in so many ways.

When preparing food for two, consider halving recipes that yield four to six servings or freeze leftovers. You'll appreciate having a home-cooked meal ready to quickly reheat in the microwave.

However, should you run into a good buy on meat, poultry or fish, make the purchase. Divide what you buy into perfect-for-two portions and freeze any meat you won't use within the next two days. Your freezer can also store extra bread or loose-pack vegetables. That way, you can use just what you need and return the rest to the freezer.

If you don't use an entire can of tomatoes, broth or spaghetti sauce, freeze the remainder for up to three months. Always label food with the date it was frozen.

When cooking for two, use smaller-size saucepans and skillet to keep the food from cooking too quickly and burning.

FAMILIES...ON THE GO

Rushing between work and school often leaves parents scrambling for time to prepare nutritious, good-tasting meals for their families. But good-for-everyone meals are possible, no matter how much or how little time you have.

Pull out a variety of recipes—soups, salads, sandwiches, casseroles, skillet meals and whatever your family prefers. Choose recipes that utilize a timesaving appliance, such as a slow cooker or grill. One night have a slow-cooked stew; another night, a 20-minute stir-fry.

Oven-roasting meats is a great habit to get into on weekends. During the week, use the leftovers in sandwiches, on top of pizza or as a flavorful addition to a spaghetti sauce. There are dozens of other ways to whip up quick meals with leftover roasts.

Pasta, eggs and potatoes are versatile foods for quick meals. Set up a baked potato bar with toppers so family members can assemble their own. Omelets are also great for dinner. You can poach, fry or scramble eggs to add to salads, stir-fries and even sandwiches. Pastas will pair with just about anything you have on hand, including sauce, fresh produce and cheese. Toss cooked, cooled pasta with leftover meats and vegetables and your favorite dressing for a main-dish salad.

EMPTY NESTERS...SIMPLIFYING

One would think that after the last child goes to college or moves out, mealtime would become less stressful. In truth, cooking for two—or one—sometimes is just as trying as cooking for a crowd. Still, the transition needn't be rough, you just need a new rhythm for cooking and shopping.

You can enjoy many of the same foods you enjoyed as a family. Pull out a few of your favorites and pare them down to serve one or two. You'll find that many recipes are highly flexible. Reducing a recipe may mean adjusting the cooking time, though not usually the temperature. For example, a mini meat loaf might be done 10 to 15 minutes sooner than a meat loaf cooked in a regular-size loaf pan, but both will likely cook in a 350°F oven.

When meat or poultry are the main ingredient, there are multiple ways to cook without the new dish resembling leftovers. Top grilled steaks or chicken breasts with a sauce one night, then use them in salads, pasta or quesadillas on other nights.

Stash extras in the freezer. Freeze meat in individual portions. If you made a half batch of turkey chili and still have leftovers, freeze the extras in pint-size containers for easy defrosting. You'll feel good knowing you have another meal ready to go.

Shop the Hy-Vee salad bar for smaller amounts of salad greens, fruits and veggies. Also, use this new life stage to try dishes and cuisines you haven't tasted in a while because of the picky palates of your children.



A New Spin on Lunch

CRANBERRY TURKEY WRAPS

Spread a flour tortilla with cranberry relish. Layer leaf lettuce on top of relish and finally, top with a generous helping of **Land O'Frost Premium Oven Roasted Turkey Breast** premium deli meat. Roll up the tortilla, tucking in fillings as you go. Cut each rolled tortilla into 2-inch sections to create pinwheels.

Land O'Frost Premium Lunch Meats:
select varieties 16 oz. \$3.98

Wimmer's Summer Sausage: select varieties
20 oz. \$4.98

Wimmer's Sausage: select varieties 13 oz. \$3.49



6 STEPS TO MEAL PLANNING

1. PLAN A WEEK'S WORTH OF MEALS.

Create a master list of meals that your family enjoys and include a few new recipes from your favorite cookbooks, magazines or online sources. Go for simple recipes that fit your time frame. At least one recipe should yield leftovers that can be used in other meals. For example, roast a chicken on Sunday and use leftovers for chicken tacos later in the week.

2. MAKE A SHOPPING LIST.

Check your pantry and fridge for ingredients you already have on hand. Create a shopping list categorized by sections at the store to help cut down on shopping time and to ensure you won't forget anything.

3. PREP IN ADVANCE.

Go through the list of meals that you've chosen for the week and set aside an hour or two to do some of the prep work. This can also be turned into a family session where everyone participates. Clean and prep vegetables, and chop onions and herbs. Store all these ingredients in the fridge or freezer until needed.

4. INVEST IN A SLOW COOKER.

A slow cooker allows for easy prep when you have less time than usual. In many instances, your slow cooker is great for the "cook once, eat twice" mealtime strategy. Cooking a large roast one day cuts your work in half another day, when you can toss leftovers with pasta and a simple sauce.

5. THINK OUTSIDE THE BOX.

Instead of the usual meatballs and spaghetti, incorporate salads and sandwiches or even traditional breakfast options like scrambled eggs and whole wheat pancakes. Serve with fruit and yogurt smoothies for the added nutrients.

6. LOVE THOSE LEFTOVERS.

You can create a range of dishes by adding fresh ingredients to leftover foods. Try tossing lightly cooked green vegetables with fresh salad veggies and vinegar to create a light salad. Stewed or oven-roasted vegetables puree nicely in a food processor to use as a sauce base for a meat or pasta dish. Cooked rice and other grains can easily be incorporated into stir-fries, stews or even grain-and-vegetable burgers.

GO-TO INGREDIENTS

BESIDES THE USUAL STAPLES, STOCK UP ON A FEW MORE ITEMS AND YOU'LL HAVE A WEALTH OF MEALTIME OPTIONS.

REFRIGERATOR

- Cheeses, semi-firm and hard
- Deli meats
- Eggs
- Fresh vegetables, presliced
- Mashed potatoes, premade
- Salad green mixes

FREEZER

- Chopped cooked chicken
- Fruits, unsweetened
- Meatballs
- Pasta, tortellini (whole wheat or spinach)
- Vegetables

PANTRY

- Beans, canned
- Broth, beef and chicken
- Brown rice, quick-cooking
- Crackers, whole grain
- Garlic, jarred minced
- Diced tomatoes, canned
- Natural peanut butter
- Salad dressing
- Spaghetti sauce





Sara Lee 100% Whole Wheat
or Multi-Grain Bread:
24 oz. 2/\$5.00

Sara Lee Delightful Wheat Buns:
12 oz. \$2.68

Sara Lee Deluxe Bagels: \$2.98

Sara Lee Honey Wheat Bread:
20 oz. \$2.68



HAPPY BREAKFAST

Say "Good Morning!" with this joyful twist on a classic breakfast.

1. At medium heat, melt butter/margarine in a skillet.
2. Cut heart-shape from bread. Place bread and cutout into skillet and toast until bread is light brown on one side.
3. Before toast is done on one side, crack an egg into a bowl. Whisk to scramble egg, if desired.
4. Turn over bread to uncooked side and pour egg into heart-shaped hole. After egg cooks, turn bread again to cook yolk, if desired.

Campbell's Canned Pasta
with Meat: select varieties
14.75 or 15 oz. 10/\$10.00

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

V8 V-Fusion: select
varieties 4 to 8 pk. or
36 to 46 oz. \$2.88

Good takes time

Campbell's Slow Kettle Style soups are crafted by our chefs with high-quality ingredients combined creatively, then simmered patiently to perfection for an indulgent taste experience.

Campbell's Slow Kettle Soups or Bisques: select varieties 15.3 to 15.5 oz. 2/\$5.00

GET THE GOODS

Great deals abound at your local Hy-Vee. Save by picking up the foods, drinks and household items shown here and throughout *Hy-Vee Seasons*.

SNACKS



Nabisco Snackwells or 100 Calorie Cookies or Crackers: select varieties 3.7 to 7.75 oz. 2/\$5.00



Ocean Spray Craisins Pouches or Snack Packs: select varieties 6 ct. or 5 oz. 3/\$5.00



Food Should Taste Good Tortilla or Kettle Chips: select varieties 4.5 or 5.5 oz. \$2.88



Jolly Time Microwave Popcorn: select varieties 4.8 to 10.5 oz. 2/\$4.00



Frito Lay Baked or Simply Natural: select varieties 4.5 to 11.5 oz. 2/\$6.00



Nabisco Family Size Cookies or Crackers: select varieties 12 to 20.6 oz. \$3.68



FRIDGE AND FREEZER



8th Continent Soymilk: select varieties 64 oz. \$2.98



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



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

STACK
UP
THE
FUN



Pillsbury Cookies: select varieties 16 or 16.5 oz. \$2.68



Cascadian Farm Frozen Vegetables: select varieties 7 to 16 oz. 2/\$5.00



Daisy Sour Cream: regular or light 24 oz. \$2.98

PHARMACEUTICAL



Citracal: select varieties 60 to 230 ct. \$9.98



Abreva Tube or Pump: 2 or 2.2 g. \$14.97



Emergen-C: select varieties 30 ct. \$9.49



Miralax: 45 dose 26.9 oz. \$22.99

BEVERAGES



Old Orchard Healthy Balance or Cranberry Naturals: select varieties 64 oz. \$1.88



Sparkling Ice: select varieties 17 oz. 10/\$10.00

TAKE
ONE
FOR THE
ROAD

Camelbak Water Bottle: \$15.00



FOR A COLD DAY

Crackers & Soup Combo Bowl: \$7.99



Minute Rice, Ready to Serve Rice or Success Rice: select varieties 4.4 or 14 oz. \$1.88



Bertolli Olive Oil: extra virgin, extra light or classico 25.5 oz \$8.98



Del Monte Tomatoes or Contadina Pizza Sauce: select varieties 14.5 or 15 oz. \$.98



Dakota Style Sunflower Kernels 16 oz. \$2.99



Cascadian Farm Cereal, Granola or Granola Bars: select varieties 6.2 to 17 oz. \$3.77



SMOOTH AND CREAMY NEW TASTES HAVE ARRIVED.

You're going to love **Hershey's Spreads**. This line of rich spreadables includes chocolate, chocolate with almond and chocolate with hazelnut. Use them as dips for graham crackers, toppers for bananas or fillings for cookie sandwiches. Spread the possibilities.

Hershey Spreads: chocolate, chocolate almond or hazelnut 13 oz. \$3.77

NEW



HoneySuckle White Turkey
Bratwurst or Italian Sausage:
1.25 lb. \$3.68



HoneySuckle White Marinated
Turkey Tenderloins: \$3.99 lb.



HoneySuckle White Boneless Turkey
Breast Cuts: \$4.48 lb.



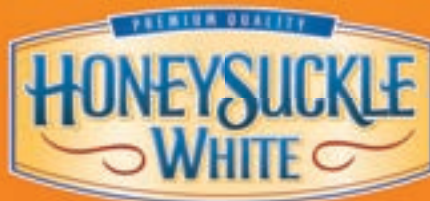
HoneySuckle White Ground Turkey
Breast 99% Fat Free: 1.2 lb.
\$4.29

**LET NOBODY
SAY YOUR BARBECUE
LACKS IMAGINATION.**



**DELIGHT YOUR GUESTS WITH DELICIOUS, JUICY TURKEY BURGERS
THAT ALSO HAPPEN TO HAVE MORE PROTEIN THAN GROUND BEEF BURGERS.***

**FOR TIPS AND RECIPES VISIT
TURKIFY.COM**



*Source: USDA National Nutrient Database for Standard Reference, Release 22-
Update: 2010, Ground Turkey contains more protein than 80/20 Ground Beef.
Turkify is a trademark of Cargill Meat Solutions Corporation.

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EVERY DAY**

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Orville Redenbacher's Popcorn or
Pop Crunch: select varieties
5 or 6 oz. 2/\$4.00



ACTII Microwave Popcorn: select
varieties 6 pk. \$2.48



Wolf Chili: select varieties
15 oz. 3/\$3.00



Hebrew National Franks: select
varieties 11 or 12 oz. \$3.78



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

Banquet Boxed Chicken: select
varieties 12 to 24 oz. \$2.18



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



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

All Natural All Delicious



Healthy Choice®
Tortellini Primavera Parmesan

Heart
Healthy

Italian Pasta Skillet

- PAM® Original No-Stick Cooking Spray
- 1 pound Italian turkey sausage, casings removed if necessary
- 1 can (14.5 oz.) Hunt's® Diced Tomatoes with Basil, Garlic & Oregano, undrained
- 1 can (8 oz.) Hunt's® Tomato Sauce-No Salt Added
- 1¼ cups hot water
- 8 ounces dry multigrain farfalle pasta, uncooked (8 oz. = about 3½ cups)
- 1 pkg (6 oz.) baby spinach leaves
- ½ cup shredded part-skim mozzarella cheese

Spray large skillet with cooking spray; heat over medium heat. Add sausage; cook until crumbled and no longer pink, stirring occasionally. Drain. Stir in undrained tomatoes, tomato sauce, water and pasta. Bring to a boil. Reduce heat; cover and simmer 15 minutes or until pasta is tender, stirring occasionally. Add spinach; cook and stir until spinach wilts. Sprinkle with cheese.

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The faster, smarter way to dinner.

For this Heart Healthy recipe and more, visit
ReadySetEat.com/HeartHealthy



Healthy Choice Entrées: select varieties 8.5 to 9.8 oz. 2/\$4.00



Healthy Choice Dinners, Café Steamers or Frozen Yogurt: select varieties 9 to 12.5 oz. \$2.79



Healthy Choice Soups: select varieties 15 oz. 2/\$3.00



Egg Beaters: select varieties 15 oz. \$2.68



Marie Callender's Easy Sides: select varieties 4 to 4.2 oz. 3/\$4.00



Hunt's Tomato Sauce: select varieties 8 oz. 2/\$0.88

Hunt's Tomatoes: select varieties 28 oz. 2/\$3.00



La Choy Bipacks or Creative Creations: select varieties 21 to 43.5 oz. \$2.97

SPRING 2014

These *homemade marshmallows* give you a glimpse of the good times in store when the Spring issue of *Hy-Vee Seasons* arrives. There will be a bounty of recipes, including 10 easy dishes that can each be prepared in 20 minutes or less. Have a little more time? Discover a mouthwatering brand called Hy-Vee Cool Chicken, which is chilled rather than frozen to deliver farm-fresh flavor. Look for the Spring issue in stores on April 16, 2014. For free home delivery of our print edition or for downloading the new free digital version for tablets, visit our website at www.hy-vee.com/seasons





perfect portions

Hy-Vee dietitians are here to help with all of your health and nutrition needs. We offer personalized nutrition counseling, advice on special dietary needs, food allergies and more. Stop by today to set up an appointment with your Hy-Vee dietitian.

HyVee.

Where there's a helpful smile in every aisle.