Eat!

PAGE 18

Our dietitians

solve your biggest food dilemmas.



featuring

6 EASY RECIPES TO GET YOUR GREENS

BIG GAME FLAVORS

JALAPEÑO-POPPER **CRAB DIP**

AGAVE-CHIPOTLE-GLAZED WINGS

> CHOCOLATE-**BACON CHIPS**

> > PAGE 56

OUR FAVORITE PROTEIN

PASTA

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Download the digital version of *Hy-Vee Seasons* for tablets today. Each free issue has the same engaging content as the magazine's print edition, plus more. Enhanced bonus features include added recipes, **instructional cooking videos** and a cooking mode that displays instructions in enlarged, easy-to-read text. You can email **recipes to friends** and link to Hy-Vee's social networks. Plus more ideas and tips for better living.









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HOMEMADE PASTA CAN BE INFUSED WITH FRESH HERBS AND VEGGIES TO CREATE A VARIETY OF DELICIOUS FLAVORS. FOR **NUTRITIOUS IDEAS** SEE PAGE 1.3.



Look for this icon to find how-to videos in the Hy-Vee Seasons digital magazine.

VOLUME 9, ISSUE 1

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All products shown in Hy-Vee Seasons are available from local Hy-Vee stores. Please ask our helpful employees if you need assistance locating these products.

Prices effective December 31, 2014, through January 28, 2015 (while quantities last).

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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.

Please recycle after use.



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VIDEO

Become a better cook while having fun. Learn helpful kitchen tricks by watching Hy-Vee videos. Find the titles below and more at www.hy-vee.com/resources/videos

- Pan Roasting Pork Chops
- Mixed Berry Crostada
- Fresh Pea Asparagus Risotto



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

- Find low-sodium dishes in "Recipes"
- Nutrition info at the "Health Forum"



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Join our FB community and discover ideas for better health from Hy-Vee dietitians. facebook.com/hy-vee



PIN US

Give kids a laugh by making desserts that look like animal faces. They're pinned at pinterest.com/hyvee



WATCH US

Watch wrestling legend Dan Gable and NBA star Harrison Barnes sing the Hy-Vee jingle at the Hy-Vee Channel on youtube.com



About Our Editor:

Kelli Wessels was born and raised in Dyersville, Iowa. She earned a degree in culinary arts and restaurant management from Kirkwood Community College. Two years ago, Kelli became a Hy-Vee Kitchen chef in Dubuque, Iowa.

DEAR HY-VEE READER,

My goal as a Hy-Vee chef is to serve our customers healthy, great-tasting dishes. If you're looking for ways to add more fresh fruits and vegetables to your diet, come see us.

In the Hy-Vee Kitchen, a couple of the tasty new salads I created have become big hits with shoppers. I developed a Farro Salad made with barley, blueberries, mangos, red pepper and naturally sweet salad dressing. The taste is very fresh and light. I also came up with a new Asian Quinoa Salad.

Naturally, I cook a lot at home for my girls. They are 3 and 8, so they are in the chicken nugget phase. When serving them, I include plenty of fresh veggies and sometimes freshly whipped mashed potatoes. We experiment with a lot of veggies. Our rule is they don't have to like every new food, but they have try it. It seems to be working. It certainly worked when I gave them asparagus. They love it!

Because this is the Health issue of *Hy-Vee Seasons*, most stories focus on health and fitness. Check out the story "Get More Greens," *page 38*, to learn ways to include more vegetables in your meals. For a way to improve your health, read "begin® a New You," *page 18*, about a weight-management and healthy lifestyle program called begin®, led by Hy-Vee dietitians. Also learn about running for fitness in "On the Run," *page 50*.

If you've never made pasta from scratch, flip over to "Delightful & Bountiful," page 28. Discover pastas made from whole grain flour, gluten-free corn flour, spaghetti squash and more. Also go to "Homemade Pasta," page 13, for detailed instructions on making pasta.

This issue of *Hy-Vee Seasons* puts you in the race to good health. Enjoy the journey.

Sincerely, Kelli Wessels, Chef Dubuque #3, Iowa

ASK US

With the growing number of healthy choices at Hy-Vee, serving nutritious meals has never been easier. Tell us about a healthy pick from your department.









IN EVERY
FOOD AISLE
AT HY-VEE,
YOU'LL FIND
GOODTASTING
INGREDIENTS
THAT CAN
ALSO GIVE
YOUR HEALTH
A BOOST!

A: Hy-Vee's Select Chicken Sausage is a good alternative to pork sausage if you want to limit your fat intake. This chicken is easy to fix and tastes really good because it comes already seasoned with herbs and other flavors. I'm a runner, so I like to put chicken sausage in with pasta—the chicken gives me protein and the pasta supplies the carbs I need.

Angela Williams Meat Service Manager Blue Springs, MO A: Mushrooms are a rich source of vitamin D. Most Hy-Vee locations carry multiple varieties that can be used on all different types of dishes. I like some of the smaller kinds, like shiitake and porcini, because of the complex flavors. They are great in risottos and on gourmet pizzas.

Chris Neal Asst. Produce Manager Waukee, IA A: SIGGI'S
YOGURT
HAS A REAL
FOLLOWING
AMONG OUR
CUSTOMERS.
THEY
DEFINITELY
LIKE THAT
IT'S MADE
WITH FRESH
INGREDIENTS
AND IS LOW
IN SUGAR.

Erica Weirich HealthMarket Manager Madison #2, WI

A: Avocados have become really popular in the last few years. Check out our Hass avocados next time vou're in the store. The buttery texture and great taste of the Hass make them a worldwide favorite. They're oval shaped. ranging in size from 5 to 12 ounces and have a small- to mediumsized seed. Their distinctive skin turns from green to purplishblack when ripe.

Harper Higgins Produce Manager Kirksville, MO

A SAMPLING OF RECIPES IN THIS ISSUE

GLUTEN-FREE PASTA AND ROASTED SHRIMP PAGE 30 • FRESH SPINACH-AND-CHEESE-STUFFED RAVIOLI PAGE 32 • ONE-PAN MEDITERRANEAN CHICKEN PASTA PAGE 34 • PISTACHIO-CRUSTED CHICKEN WITH GREEN BEANS PAGE 39 • TROPICAL KALE SMOOTHIES PAGE 42 • SAUTÉED CHARD AND EGGS PAGE 43 • JALAPEÑO-POPPER CRAB DIP PAGE 59 • CRISPY-FRIED BUFFALO WING BLASTS PAGE 60 • BLACKBERRY-BOURBON BURGER SLIDERS PAGE 61

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Wake-Up Call

Welcome to the McCafé family of premium coffee. Our unique flavorful blends are made with 100% Arabica Beans and carefully harvested from the rich soils and mountainous regions of the foremost coffee-growing areas of the world.

Delicious starts right here. Enjoy the discovery! Now available at your Hy-Vee.



MANGOES

Cut open a ripe mango and out wafts a spicy, peachy aroma as inviting as a tropical breeze. The tender, tangy fruit is an alluring blend of pineapple and peach, but it's sweeter than either.

SELECT

When buying mangoes, rely on your eyes and nose.

Look for undamaged, smooth-skinned fruit that yields
to gentle pressure. A ripe mango feels soft to the
touch and gives off a floral scent.

STORE

You can ripen mangoes on a counter for a few days. To speed up the process of getting them ready to eat, place them in a paper bag with an apple; apples emit ethylene, a gas that promotes ripening. Store your ripe mangoes in the refrigerator.

PREP

Use a paring knife or peeler to peel the skin off a mango. Set the fruit on its base and look at the shape from above. The fruit has two rounded sides and two flatter sides. In one slice, carefully cut off one of the rounded sides, avoiding the seed. Cut off the other rounded side, then the flatter sides.



Scan this QR code to watch the "Slicing a Mango" video on a smartphone or tablet device.

DID YOU KNOW?

AND COLORFUL, MANGOES ARE LOADED WITH GOOD

USES FOR MANGOES

- Get to know the fruit by eating it raw in the same way as a peach or papaya. A firmer mango usually tastes slightly more tart and citrusy. A riper mango has a softer texture and sweeter taste.
- · Blend mango with other fruits, such as strawberries, kiwi, oranges, peaches and pineapple.
- Slice a mango and serve over mixed greens splashed with bottled raspberry vinaigrette.
- Grill mango slices to pair with fish, pork or poultry. Skewer several spears together and place on grill rack during the last few minutes of grilling.

MANGO SMOOTHIES

Fresh, ripe mango is luscious pureed in drinks with low-fat yogurt. When fresh isn't available, substitute frozen mango chunks, which may result in a thicker smoothie.

Prep: 15 minutes | Serves 2 (about 1½ cups each)

- 1 medium mango, peeled, seeded and chopped
- 1 banana, peeled and halved
- 1 (5.3 ounce) container Hy-Vee vanilla Greek yogurt
- 1 cup Hy-Vee low-fat milk
- 2 teaspoons Hy-Vee honey
- ½ teaspoon Hy-Vee vanilla extract
- 1 cup ice cubes
- 1 tablespoon unsweetened coconut
- Additional chopped mango, for garnish

1. Place mango, banana, yogurt, milk, honey, vanilla and ice in a blender. Cover and blend until smooth and frothy. Pour into glasses. Sprinkle each with coconut. If desired, garnish with additional chopped mango.

Nutrition facts per serving: 300 calories, 3 g fat, 2 g saturated fat, 0 g trans fat, 10 mg cholesterol, 90 mg sodium, 59 g carbohydrates, 5 g fiber, 50 g sugar, 13 g protein. Daily values: 40% vitamin A, 110% vitamin C, 25% calcium, 2% iron.



New Yoplait Greek 100 Calories Whips!: select varieties 4 oz. 10/\$10.00





















Some Hy-Vee HealthMarket shoppers want to eat healthier, others have medical concerns. Regardless, you'll be eating better after just one visit.

When the first Hy-Vee HealthMarket opened in the year 2000, it wasn't a full department or even a full aisle. It was just a small corner tucked out of the way.

Times have changed. Today's HealthMarkets are more like a store-within-a-store with their own brands, foods, buzzwords and growing clientele.

"It's huge now. It's become a leading area within the store," says Gayle Semple, *opposite center*, Hy-Vee HealthMarket manager in Olathe, Kansas.

Everything about the HealthMarket seems familiar—yet somehow different. Like any department, there are long aisles of neatly displayed boxes, cans, bags and bottles. These look similar to the products lining shelves throughout the store, but they are specialty products.

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. You can even pick up organic meats, including ground beef and chicken, in the HealthMarket.

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

To be labeled "100 percent organic," a product must be certified by the United States Department of Agriculture as free of harmful pesticides and other toxins. If labeled "organic," 95 percent of ingredients must be organic and the remaining ingredients cannot be available as organic.

Another HealthMarket term you'll see is "gluten-free," which is a common phrase on packaging in the department. There are gluten-free cereals, gluten-free frozen pizzas and microwavable chicken dinners, gluten-free veggie chips and many more. The demand for gluten-free has skyrocketed with an increase in the number of people diagnosed with

celiac disease, a condition where a person can't tolerate consuming gluten, found in wheat and other grains.

The HealthMarket is a great resource for people with other diet restrictions too. "If you have diabetes, need a low-sodium diet or have some other condition, we also stock what you need. We have all the foods needed for weight-loss diets, as well," Gayle says.

STOCKING UP

Scanning the HealthMarket shelves is an education in healthy eating. Some examples are:

- Flours. Instead of the wheat flours seen in other aisles, gluten-free flours are available here, including varieties made from rice, corn, beans or other foods. General-purpose blends of gluten-free flour are also popular. Blends are formulated to improve baked goods made with gluten-free flour, instead of wheat flour.
- Organics. There are boxed organic soups and chicken broth, organic children's cereals in animal-character packaging, organic teas and more.
- Dairy and frozen. A wall of cold cases and freezers holds items such as organic eggs from cage-free chickens, organic milk, organic yogurt and a variety of organic and gluten-free frozen dinners.
- Bulk dry goods. These sections may include many organic options, from roasted sunflowers and popcorn to basmati rice, quinoa and almonds.

MEET A DIETITIAN

If you're new to the HealthMarket and have questions about healthy eating, ask a Hy-Vee dietitian. They are often available in the HealthMarket or ask for a dietitian at the Customer Service counter. Services offered by these nutrition experts include educational store tours and health screenings.

HEALTHMARKET REPORT

As Hy-Vee director of health and wellness, Julie McMillin keeps her fingers on the pulse of the 160 HealthMarkets now in operation.

"In just the last year, we expanded them into 50 more stores and we plan to put them in another 50 this year." she says.

Shelves in each location have been filled with products that are natural, organic and healthy. But higher standards are coming, and soon there will be no HealthMarket products containing artificial sweeteners, added flavors or anything that doesn't offer a health advantage.

In the face of increasing childhood obesity, there will also be a push for better nutrition for children.

"We want our HealthMarkets to help families pack healthy lunches and create healthy meals," Julie says.





CUT BACK ON SUGARY, HIGH-CALORIE DRINKS AND GRAB A HY-VEE ONE STEP BOTTLED WATER, INSTEAD. DRINK THE WATER PLAIN, INFUSE IT WITH FRESH FRUIT OR BUY IT IN FIVE FRUIT FLAVORS.



Buy Hy-Vee One Step Water and provide funds so others can have clean water too. Over the last two years, One Step Water sales have paid for digging 11 wells and water systems in Africa, the Middle East and the Caribbean.

Now in its third year, the pace of drilling is picking up as more water projects come on line. But the task is not an easy one.

"In all the countries we work, communications take time because of distances," says Brad Waller, Hy-Vee assistant vice president of community relations.

Water sales are just one way projects are funded through One Step. Other ways the fundraiser helps are:

One Step Russett Potatoes. Proceeds will help fund 500 community gardens this year. Money raised from One Step potato sales also goes to a nutrition education program for children.

"It's surprising how many kids think that food just comes out of a can they see on a shelf and don't make the connection to growing food," Brad says.

One Step Shredded Wheat. This cereal helps underwrite Meals from the Heartland, whose volunteers distribute nutritious meals to people in need in the

Midwest and around the world. More than 183,000 meals have been funded by One Step.

One Step Paper Towels. Funds from these towels—made from recycled materials—help pay for tree-planting projects in neighborhoods, parks and other public places. Hy-Vee has planted more than 14,000 trees in partnership with the Arbor Day Foundation.

WATER: ESSENTIAL FOR GOOD HEALTH

Drinking plenty of water is critical for good health. According to the Centers for Disease Control and Prevention water helps your body in five ways:

- 1. Maintains normal temperature
- 2. Lubricates and cushions joints
- 3. Protects your spinal cord and sensitive tissues
- 4. Rids the body of waste
- 5. Encourages weight loss

The health benefits of drinking water inspired a national campaign called Drink Up. As honorary chair of the Partnership for a Healthier America, First Lady Michelle Obama supports the water campaign and encourages everyone to increase their average intake of water by at least one glass a day.



PLAY WITH COLORS

Try other veggies or herbs in the Spinach Whole-Wheat Pasta Dough, below, to create other tastes and colors.

CARROT PASTA: Omit spinach and the water. Cook one medium carrot in a small amount of water until softened. Transfer to a food processor. Process and strain, reserving 2 tablespoons carrot puree and 3 tablespoons liquid; add to eggs.

BEET PASTA: Omit spinach and the water. Cook one red beet in a small amount of water until softened. Transfer to a food processor. Process and strain, reserving 2 tablespoons beet puree and 3 tablespoons liquid; add to eggs.

HERBED PASTA: Omit spinach and the water. Stir 3 tablespoons finely chopped fresh basil, thyme and/or sage into flour mixture. Add 3 to 4 tablespoons water to eggs.



HOMEMADE SPINACH WHOLE-WHEAT PASTA DOUGH

The mixture of soft- and hard-wheat flours give the dough a firm texture. Semolina flour, which adds creamy richness to a dish, can be found in the Hy-Vee HealthMarket. You can also substitute all-purpose flour for the semolina flour.

Prep:1hour | Rest: 25 minutes | Dry: 2 hours | Serves 8

1½ cups tightly packed spinach leaves,
stems removed and leaves torn into pieces

3 tablespoons water

1 cup semolina flour

¾ cup Hy-Vee whole wheat flour

³/₄ cup Hy-Vee all-purpose flour, divided

½ teaspoon Hy-Vee salt

3 Hy-Vee large eggs

1. Place spinach in a microwave-safe bowl; add water. Cover and microwave on high for 1 to 2 minutes or until steamed. Transfer spinach mixture to a food processor. Cover and process until the puree has a pastelike consistency. Strain mixture, reserving 2 tablespoons spinach puree and 3 tablespoons spinach cooking liquid; set aside.

- 2. In a large bowl, stir together semolina flour, whole wheat flour, ½ cup all-purpose flour and salt. Pour mixture onto a clean work surface and make a deep well in the center with your fist.
- **3.** In a small bowl, whisk together eggs, 2 tablespoons spinach puree and 3 tablespoons spinach cooking liquid. Add egg mixture all at once to well in center of flour mixture.
- **4.** Gradually mix the egg mixture into the flour mixture, using your hands to form a firm dough.
- **5.** Use the remaining ¼ cup flour, as needed, to dust the work surface while kneading the dough until smooth and elastic, 8 to 10 minutes total. Cover and let rest for 10 minutes. Divide dough into four equal portions.
- **6.** Feed one portion through the widest setting of a pasta machine.* As dough sheet comes out of the machine, fold it into thirds and feed it through again. Repeat four more times to knead the dough, ensuring

the pasta will be silky smooth. Lightly dust dough with all-purpose flour as needed to prevent sticking.

- 7. Pass the dough through the machine again, starting at the widest setting, and gradually reduce the settings, one pass at a time, until pasta is %6 inch thick. Lightly dust pasta sheet with flour and place on a clean kitchen towel. Let rest for 15 minutes to make cutting easier. Repeat with the remaining portions.
- **8.** Pass each pasta sheet through the chosen cutters of pasta machine or cut by hand into desired shapes.
- **9.** Hang cut pasta on a pasta drying rack or spread on a wire cooling rack. Let dry for up to 2 hours. Place in an airtight container and chill for up to 3 days or freeze for up to 1 month.
- *Note: If you do not have a pasta machine, on a lightly floured surface, roll one portion of dough into a 12-inch square about $\frac{1}{16}$ inch thick. Lightly dust both sides of the square with additional flour. Let stand, uncovered, about 20 minutes and cut as desired.



STEP 1: Transfer steamed spinach to a food processor. Cover and process until it is a pastelike consistency. Strain mixture, reserving 2 tablespoons spinach puree and 3 tablespoons spinach cooking liquid; set aside.



STEP 2: In a large bowl, stir together semolina flour, whole wheat flour. ½ cup all-purpose flour and salt. Pour mixture onto a clean work surface and make a deep well in the center with your fist.



STEP 3: In a small bowl, whisk together eggs, 2 tablespoons spinach puree and 3 tablespoons spinach cooking liquid. Add egg mixture all at once to well in center of flour mixture.



STEP 4: Gradually mix the egg mixture into the flour mixture, using your hands to form a firm dough.



STEP 5: Use the remaining \(\frac{1}{2} \) cup flour, as needed, to dust the work surface and knead the dough until smooth and elastic, 8 to 10 minutes total. Cover and let rest for 10 minutes. Divide dough into four equal portions.



STEP 6: Feed one portion through the widest setting of a pasta machine. (See note about pasta machine at bottom of recipe, opposite.)



STEP 7: After kneading the pasta dough, pass it through the pasta machine a second time, starting at the widest setting. Gradually reducing the setting, continue passing the dough through the machine, until dough is 1/16-inch thick. Repeat with the remaining portions.



STEP 8: After letting pasta sheets rest, pass sheets, one at a time, through the chosen cutters of pasta machine or cut by hand.



STEP 9: Hang cut pasta on a pasta drying rack or spread on a wire cooling rack. Let dry for up to 2 hours.

HOW TO COOK THE PASTA

For tender, tasty homemade pasta, start by tossing the pasta into a large pot of boiling salted water. You need about 4 quarts water and 3 tablespoons of salt for every 13 to 18 ounces of fresh pasta. Using a large volume of water prevents the pasta from sticking together. Stir the pasta only once or twice.

Quickly bring the water back to a boil; stir and continue to boil, uncovered, until pasta is al dente, or firm to the bite, 2 to 4 minutes, depending on the size and freshness of the pasta. Immediately drain the pasta. Serve the hot pasta immediately with your favorite sauce. Or drizzle olive oil or melted butter over the pasta and toss in fresh herbs.



* Bonus feature: See how to roll homemade pasta by watching a step-by-step video in the free digital version of Hy-Vee Seasons.







Crunchtables Coated Vegetables: select varieties 10 oz. \$2.28



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Flatout Wraps or Foldit's Flatbread: select varieties 8.5 to 14 oz.



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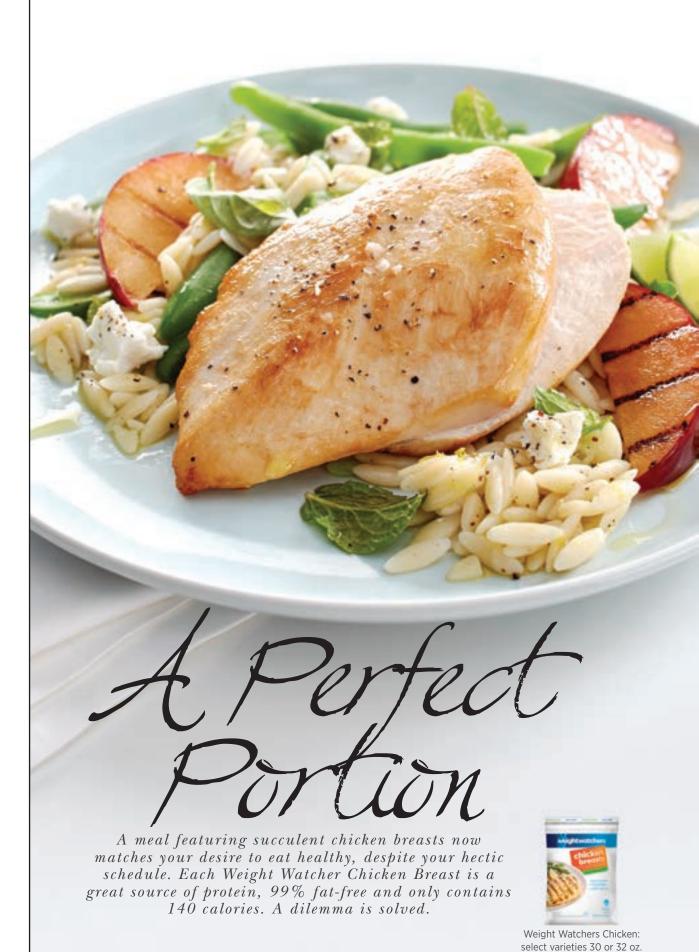
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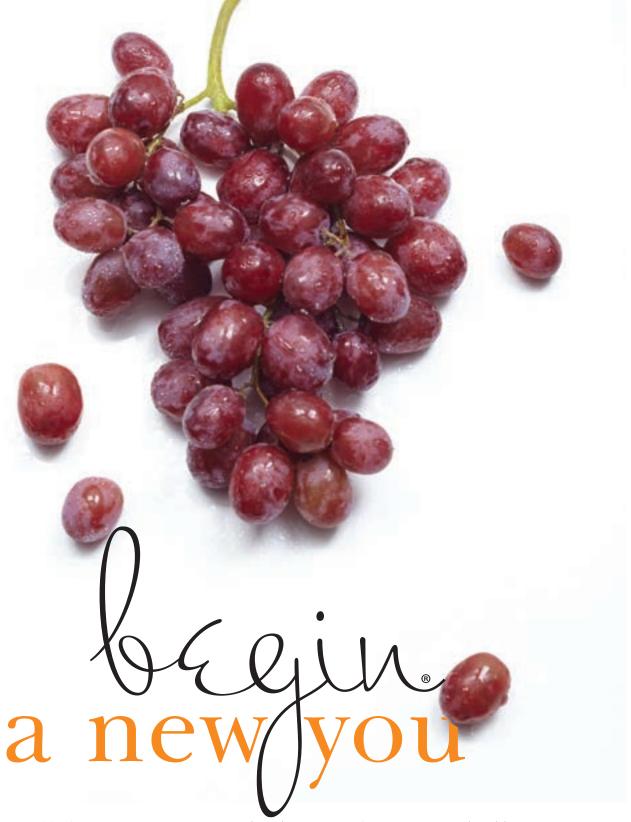


Wimmer's Natural Casing Dinner Sausage and Little Smokies: select varieties 13 or 14 oz. \$3.88



\$6.99





Ready...set...go. It's time to up your game and make a commitment to your health. Hy-Vee dietitians created the begin® program to help you develop a winning strategy.

WORDS Courtenay Wolf PHOTOS King Au and Cameron Sadeghpour

Grab a healthy breakfast each day and you could lose weight this year. But skip breakfast and you're likely to overeat at lunch, plus you'll probably snack more, says dietitian Elisa Sloss, a Hy-Vee retail dietetic supervisor. She answers questions, below, about the begin® weight management program.

What is the begin® program? It's a 10-week healthy lifestyle and weight management program led by a Hy-Vee registered dietitian. We focus on healthy eating, weight control, exercise and overall good health. Each class is held in a local Hy-Vee and lasts about an hour.

How do you measure success? I meet with people individually first to help them set their own goals; success for one person may be losing weight while for someone else it could be lowering their blood sugar. At the beginning and end of the program, we offer a biometric screening that measures cholesterol, blood sugar, blood pressure, weight and body measurements. People see the impact of the changes they are making on their health.

As a professional dietitian, why do you think the begin® program is so successful? We talk about whole health, not just dieting. So there's the healthy eating portion, but also exercise, wellness and emotional well-being. All of these parts work together to make you a healthy person. The 10-week begin* program gives me

time to work with people individually and help each of them improve holistically.

Do you give people practical tips? Sure. We talk about what healthy food portions look like and explore ways to control hunger. I demonstrate how to prepare healthy foods that taste great—like grapes and oranges— and where to find them in the store. We explore ways to become more active.

Can anyone join? Yes, we have group classes and individual classes in all our stores. In our group classes, each participant meets individually with a dietitian at the beginning and end of the program to set personal goals and measure success.

Do classes always meet at a store? Group sessions can be held in-store or in the community, such as in a workplace as part of an employee wellness program. Packages include nutrition education, weekly weigh-ins, personal goal setting and support with a registered dietitian.

During begin* sessions you will learn:

- how to control hunger
- · how to move more
- · what healthy portions look like
- how to prepare healthy foods
- what makes a healthy shopping tour

What does it cost? There are several options. Check with your local Hy-Vee dietitian.

changing their ways

Justin Reker, a young husband and father of two small children, has cancer that is now in remission. When he found out about begin*, he joined an Omaha group led by Hy-Vee dietitian regional supervisor Elisa Sloss. "I'm very active in sports, and we eat pretty healthfully." he says.

What does an active guy like Justin get out of the program? "When you're busy, you let things THE CALORIES YOU'D HAVE TO

SOURCE: U.S. DEPARTMENT

slip and slide, and you need a wake-up call. In the classes Elisa showed us things and I thought 'Whoa, I didn't know that.'" Justin cooks most meals himself at home, and one change he's made is applying the MyPlate approach to how he plates meals. Learn about MyPlate at www.choosemyplate.gov

Emily Dunn, an active mom, is also in the Omaha group. She hit her goal weight and has maintained it for two years with the help of the begin® program. "Before it was so much easier to buy frozen convenience foods. Now I shop the perimeter of the store more, in produce and meats."



THE AMOUNT
OF POUNDS THE
AVERAGE ADULT
GAINS PER YEAR

SOURCE: HARVARD







Quit standing still. Get physical. Always take the stairs. Park in the farthest corner of the lot. Walk, jog, or run—around the block or at a field. Move it, move it!

YOU WANT TO GET FIT AND HEALTHY?

The research is in. Find a buddy and set a goal to see your chances of success soar. Turns out, when you make yourself accountable to someone else, your commitment is stronger. Exercise with your best friend or your partner. Or pursue fitness with a neighbor or a work buddy. Couples who go to the gym together exercise more regularly. Join the begin® program or a group training for a marathon. Try a sports league or a Zumba class.

• Make a plan together. You need 30 to 60 minutes of exercise every day, but you can mix it up. Meet with a partner a few times a week. Download a helpful fitness app or friend each other on social media to track progress and celebrate your successes together. When you manage a 20-minute walk over a lunch hour, your partner will cheer you on and be encouraged too. When you hit that slump, he or she will help you get back on track. Together you'll accomplish more than you'd manage alone. The payoff? You'll both feel and look better, and you did it together.

- Double your weight loss. People who keep food diaries to track their weight lose twice as much weight as those who don't record what they eat, according a study reported in the American Journal of Preventative medicine.
- Have a smartphone? Download MyFitnessPal to easily track daily food intake. Once you're in the begin[®] program, friend your Hy-Vee dietitian on social media and she'll help you get big results.
- Get physical. People who successfully lose weight and keep it off get 30 to 60 minutes of physical activity every day. Elisa encourages those in the begin® program—and everyone—to pursue activities in short bursts to reach daily goals.
- Log activities to stay on track. Invest in a fitness device to track your workout stats or jot it down the old-fashioned way in a notebook.
- Change it up. People who vary their workout routines twice a month are less likely to burn out or get bored and more likely to stick to their plans.
- Attend the begin® program. State your goals and how you plan to reach them, and you're far more likely to follow through on putting in the work.

quick exercise!

TOO BUSY TO HIT THE GYM SOME DAYS? SET A REMINDER ON YOUR PHONE TO TRY THESE MOVES.

1/ Sneaky Leg Raise

Sit up straight in your chair and raise both legs. Hold for 5 seconds, then slowly lower without touching the floor. Do three sets of 15 reps.

2/ Meeting Marathon

Take the long way. Run up and down stairs and power walk the halls. Then wow 'em with your energy.

3/ Face Time

Walk the halls with vigor, checking in with the boss and your whole team.

4/ Willing Waiter

Stuck in a line? Try a calf stretch. Stand with feet shoulder-width apart and press up onto your toes, pause, then lower back down. Try for three sets of 15 reps.

5/ Standing Tall

Stand to sort mail, organize your desk or talk on the phone. Standing is good for your heart and it burns calories.

6/ Let's Make a Deal

Sit in a chair with your feet on the floor. Shake your own hand, one thumb pointing up and one down. Then pull, resisting with both arms. Hold for 15 seconds, release and repeat five times or more.

7/ Highway Hipster

Stuck in traffic? Crank the music up and do the car dance. Let your inner dancer shine.

bonus points!

TV Weights

Store a set of weights next to the sofa. Do bicep curls, squats and lunges while you watch TV.

Jump Rope

Skipping rope is great for cardio, bone health and balance. Jump as long as you can. Think it's too easy? Try it. We guarantee you'll be surprised.

Push Up and Hold

From a floor or landing, lean at an angle over a couple of rising stair steps, planting your hands on a step with your arms out straight. Push out with your arms and hold your body at full extension away from the steps for a minute or more. This weightbearing exercise builds bone strength in arms and shoulders.



THE PERCENTAGE OF AMERICAN ADULTS WHO ARE OBESE.

Source: Center for Diseas

a cartful of good foods

Fat calories add up fast, even when they come from healthy foods. Here are dietitian recommendations.

1/ NUTS: All types of nuts are hearthealthy. Look for unsalted raw or dryroasted nuts. Avoid oil-roasted varieties, which contain extra fat. Nuts help curb your appetite. A small handful is all you need to reap health benefits.

2/ AVOCADOS:

High in good monounsaturated fat, heart-healthy avocados help lower bad cholesterol and raise the good. They increase absorption of antioxidants. Use mashed avocados as a condiment in place of sour cream.

3/ OLIVE OIL:

Besides its beneficial effect on cholesterol, olive oil may help blood clotting. One tablespoon has 14 grams of fat and 119 calories. That's about 20 percent of the daily fat calories for an average-sized woman.

4/ PEANUT

BUTTER: Choose natural nut butters without hydrogenated fats and trans fats. The fewer the number of ingredients, the more beneficial a nut butter will be for your health.

5/ SUNFLOWER

seeds: The type of fat found in seeds and nuts helps you feel full and satisfied. Seeds are rich in essential fatty acids that can't be made by the body. A small handful is plenty.

6/ SOY MILK:

Soy milk has 4.2 grams of fat per cup. It offers more protein than almond milk.

7/ TOFU:

When eaten in moderation, tofu can be used to replace less healthful choices. Tofu contains 6 grams of fat per serving, plus healthy protein.

8/ TUNA AND

salmon: The best source of omega-3 fatty acids are these fatty fish. These health-food superstar help curb inflammation, lower blood fats called triglycerides, slow plaque buildup in arteries and lower blood pressure.

9/ CANOLA

OIL: Even better than olive oil for health, canola has less saturated fat than any other commonly used oil. A monounsaturated fat, it works well for cooking at high heat.

→ Fat is listed on food labels in grams. One gram of fat equals 9 calories. You need 44 to 78 grams a day, mostly unsaturated fats, according to the Mayo Clinic.



20 to 35 percent of your recommended daily calories. Without fat your body can't function, says Martha Harrouff, a dietitian at Hy-Vee drugstores in Cedar Rapids and Marion. But not just any fats will do. Most of your fat should come from plant-based sources. These are poly- and monounsaturated fats that can improve your cholesterol levels and overall health. One rule of thumb is that if a fat is liquid at room temperature, it's probably better for you. If it's solid, it's a saturated fat, usually animalbased or from coconut. Saturated fats have been implicated in multiple diseases. Martha recommends limiting saturated fats to less than 10 percent of your daily fat total. Read food labels and limit your intake of products with saturated fats, trans fats and hydrogenated oils. What about products that claim to burn fat? While there's no evidence they are harmful, most studies find them ineffective.

IUST FOR KIDS

→ Kids aren't miniature adults. Their bodies have different requirements.



chocolate-raspberry smoothies

This high-protein drink tastes like a refreshing milkshake. Almond milk contains plenty of B vitamins, such as B12 and riboflavin, both important for muscle growth and healing.

Prep: 10 minutes | Serves 4 (about 3/4 cup each)

1 cup Hy-Vee unsweetened vanilla almond milk

11/2 cups fresh raspberries

1/2 tablespoon agave nectar

1 scoop Hy-Vee 100% chocolate whey protein powder

1 cup ice cubes

Chocolate shavings, for garnish

1. In a blender, combine almond milk, raspberries, agave nectar, protein powder and ice. Cover and blend until frothy. Pour into glasses. If desired, garnish with chocolate shavings.

Nutrition facts per serving: 70 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 15 mg cholesterol, 65 mg sodium, 9 g carbohydrates, 3 g fiber, 5 g sugar, 6 g protein. Daily values: 4% vitamin A, 20% vitamin C, 10% calcium, 4% iron.



Silk Almond Milk: select varieties 64 oz. \$3.28

begin® 4 Kids

About a year ago, 13-year-old Wessyn Robinson stepped on her scale and said, "Mom, what can we do to change this?" It was the opening her mother had hoped for.

After a trip to the doctor, Wessyn signed up for begin® 4 Kids and started working with dietitian Lindsay Nelson at Hy-Vee in Liberty, Missouri. "I got to learn

about portion sizes changing over the years. It opened my eyes about different kinds of foods and health," Wessyn says.

Now her whole family makes healthier choices. "I've lost over 35 pounds, and the only change is we eat more fresh fruits and vegetables," says Wessyn's mother, Tammy Travis.

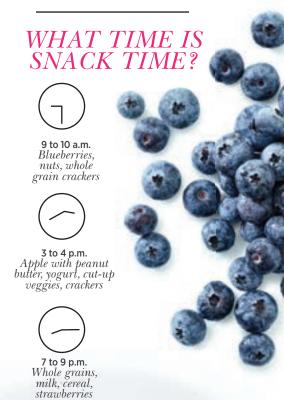
After working with

Lindsay, Wessyn has become more active. "Now I cheer for football and basketball at school, and I'm going to try out for track," says the confident teen.

Talk to your Hy-Vee dietitian about begin® 4 Kids. It's a four-week interactive program designed especially for children and teens, ages 3 to 18. Classes are grouped by age.

should kids snack?

Snacks can boost nutrition and increase energy. Choose wisely, keep portions small and stick to a schedule. Avoid snacks an hour before and after meals.





In your daily race, get out of the blocks fast with Dole Fruit & Oatmeal. Each comes in three flavors and is ready when you are.





Dole Garden Soups: select varieties 26 oz. \$2.48



Dole Frozen Fruit Dippers: select varieties 6 ct. \$3.48



Dole Smoothie Shakers: select varieties 3.75 or 4 oz. 2/\$4.00



→ Sign up for begin® as an individual or become part of a group. It's your choice.

Get healthy and stay healthy. That's the goal of the begin® weightloss management program. Dietitians from Hy-Vee educate and coach participants to eat for good health and become active.

"Most of the people who sign up need to lose weight and keep it off, or have a problem with high cholesterol," says Elisa Sloss, Hy-Vee retail dietetic supervisor. During begin® sessions, a Hy-Vee dietitian teaches:

- How to control your hunger.
- Why activity is essential.
- What healthy portions look like.
- How to prepare healthy foods.

Attendees will go on a healthy shopping tour at Hy-Vee, walking the aisles with a dietitian and getting shopping tips tailored for your specific needs.

There are three begin® options.

The begin® Individual Program Participate in 10 one-on-one weekly sessions with a dietitian at Hy-Vee. The first session lasts about an hour and others are 15 to 30 minutes.

The process starts with a cholesterol test and a discussion about your health history, eating habits and health goals.
Blood sugar, blood pressure and measurements are taken to track your progress with begin[®].

Elisa says, "We put together an individualized plan so we start with an overall goal and then establish a lot of smaller goals to meet as we go along."

The begin® Group Program For those who prefer a group experience, there are seven group classes (plus three

individual sessions). Each session is 1 hour. Groups usually meet at Hy-Vee with a dietitian, but some are held at other sites. Many of these are businesses offering the program to employees.

"Some people like to be in a group. They bond and encourage others in their classes," Elisa says.

This option covers the same topics as the individual program. It also includes the same testing and measurements of health markers for tracking.

begin® Basics

For those on a tight schedule, sessions in this 10-week course are shorter and focus on health education. Screenings and measurements are not part of this course.

"This is focused on nutrition education for a healthy lifestyle," Elisa says.

To sign up for begin®, see your local Hy-Vee dietitian.



CONTINUOUSLY **FUEL YOUR BODY THROUGHOUT THE** MORNING.

Specially baked to release energy regularly, belVita Bites can help you power through your morning. A good source of whole grain, fiber and B vitamins, they also contain no high fructose corn syrup or artificial flavors.









belVita: select varieties 8.8 or 8.81 oz. 2/\$6.00 Nabisco Family size crackers: select varieties 12 to 16 oz. \$3.99 Honey Maid Grahams: select varieties 7 to 14.4 oz. \$3.49 Nabisco Toasted or Popped Chips: select varieties 5.5 to 8.1 oz. \$2.99

* FIVE REASONS DAY WITH FAVE®

1 Energy from all-natural 100% fruits and vegetables. 2 Three full servings of veggies in each 8-ounce glass. 3 Very low sodium. 4 Only 60 calories. 5 Smooth, lightly sweet taste that will fuel your smile.







ABOUT THE PAIRINGS

- 1

CABOT WHITE OAK CHEDDAR + BERRIES

This aged cheddar offers subtle caramel sweetness with delicate hints of oak, reminiscent of an oaky chardonnay. Its sharpness and smooth milky texture are a good match for fresh berries, which add fruitiness and sweet acidity.

-9

KERRYGOLD IRISH WHISKEY CHEDDAR + PLUMS

Infused with whiskey, this buttery, nutty cheese has an acidity that rides up the sides of your tongue, almost into your nose. Puckery-sweet plums stand up to the cheese's robust flavor.

-3

JARLSBERG

CHEESE + GRAPES

Mild, nutty and buttery Jarlsberg and grapes are a natural complement. The grape's sweetness cuts through the buttery richness of the cheese.

_4

GORGONZOLA + PEARS & HONEY

Gorgonzola, a sharp, creamy cheese with slightly salty, rich, earthy flavors is heavenly served with crisp, juicy pears and fragrant honey.

Piave is a nutty cow's milk cheese from northern Italy. Aged for 12 months, it has a slightly granular texture and sweet flavor with floral notes. Crisp, fruity apples are a natural complement to this cheese.

6

RICOTTA FRUIT COMBO

Soft ricotta cheese naturally brings out the tangy sweetness of berries and citrus. Low-fat ricotta is your best option for healthy eating. Add a spoonful to layered raspberries and orange slices. Sweeten to taste with orange preserves.





LIGHTER, MORE NUTRITIOUS PASTA ALTERNATIVES ABOUND IN TODAY'S WORLD. THE MAIN INGREDIENTS IN THESE PASTAS MAY BE VEGGIES OR FLOURS MADE WITH RICE, CORN, QUINOA OR OTHER NONWHEAT GRAINS. VERSATILE AND EASY TO PREPARE, THESE NEW PASTAS OFFER THE SAME COMFORT-FOOD APPEAL AS YOUR FAVORITE NOODLES, WHILE YOU SNAG A WINDFALL OF VITAMINS AND NUTRIENTS IN EVERY BITE.



SATISFYING lusciously sauced pasta might not be first in mind when you are looking to reduce the risk of chronic health problems. Yet Hy-Vee dietitian Kimberly Proctor often sends customers to the pasta aisle for multigrain noodles when they come to her for nutrition advice.

Also making a splash on the pasta shelves are a new generation of products designed for those who are gluten-intolerant and gluten-sensitive. Anchored by ingredients such as brown rice, corn rice and quinoa, these pastas allow gluten-free diners plenty of ways to partake in the great taste and easy-on-the-cook pleasures.

MORE GOOD NEWS

New formulas are reinventing nontraditional noodles so the flavors of pastas made with gluten-free grains and veggies are just right. Because today's new varieties offer improved blends of ingredients and better texture when served all dente, these pastas are no longer dismissed as good-for-you foods that you tolerate but don't really love.

"When people want healthy makeovers for their recipes, I advise them to trade up and go for a whole grain pasta," says Kimberly, who works in Cedar Rapids, Iowa. She explains that the whole grains contain beneficial antioxidants and nutrients, including B vitamins, vitamin E, magnesium, iron and fiber.

"Studies show that eating whole grains in place of refined grains can help lower a person's risk of chronic diseases," she adds. Such health issues include diabetes, heart disease, obesity and some cancers.

"While some people love the nutty flavor of whole wheat pasta, I prefer my pasta to taste like what I grew up with," Kimberly says. If you are in that camp, she suggests starting with a multigrain (rather than whole wheat) pasta, such as the Hy-Vee Omega-3 Multigrain Pasta. "When used in your favorite pasta recipes, it will produce the same dishes you always enjoyed, but with much better nutrition," Kimberly says.



GLUTEN-FREE PASTA AND ROASTED SHRIMP

GLUTEN-FREE CORN PASTA PAIRS WELL WITH SEAFOOD AND VEGETABLE MIXTURES. FOR THE BEST FLAVOR AND TEXTURE, AVOID OVERCOOKING THE PASTA.

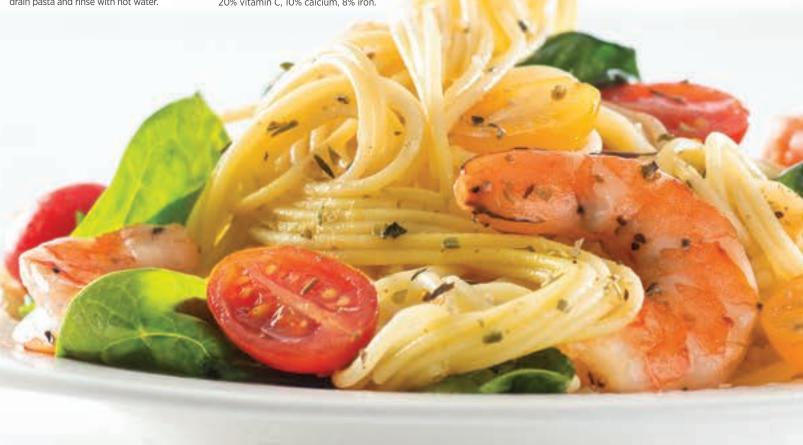
Prep: 10 minutes | Cook: 15 minutes | Serves 4
8 ounces dry gluten-free, corn linguine
or fettuccine

1½ pounds raw shrimp, peeled and deveined 2 tablespoons Hy-Vee Select olive oil, divided Hy-Vee salt and black pepper, to taste 3 cloves garlic, thinly sliced ¼ cup dry white wine 1 teaspoon Hy-Vee Italian seasoning, crushed 4 cups fresh baby spinach 1½ cups halved cherry tomatoes

- 1. Preheat oven to 400°F.
- 2. In a large pot, cook pasta according to package directions, stirring frequently to keep pasta from sticking. Watch the cooking time; gluten-free pastas can go quickly from al dente to mushy. Reserve 1 cup pasta cooking liquid; drain pasta and rinse with hot water.

3. In a medium bowl, toss shrimp with
1 tablespoon olive oil and season with salt and
pepper. Spread shrimp in a single layer on a
baking sheet. Bake, uncovered, for 6 to
8 minutes or until shrimp are opaque.
4. In a large skillet, heat remaining olive oil over
medium heat. Add garlic and cook for 1 minute.
Add cooked pasta to skillet along with wine and
Italian seasoning. Stir in some of the reserved
pasta cooking water until saucy. Add cooked
shrimp, spinach and cherry tomatoes; toss to
combine. Season to taste with salt and pepper.

Nutrition facts per serving: 410 calories, 9 g fat, 1 g saturated fat, 0 g trans fat, 215 mg cholesterol, 1,010 mg sodium, 52 g carbohydrates, 4 g fiber, 2 g sugar, 28 g protein. Daily values: 35% vitamin A, 20% vitamin C, 10% calcium, 8% iron.







THE DIFFERENCE IN THIS FAMILY-PLEASING DISH. PREPARE THE HOMEMADE HERBED PASTA, PAGE 13, AND FOLLOW THE EASY STEPS BELOW FOR CUTTING, FILLING AND CRIMPING RAVIOLI.

Prep: 90 minutes | Cook: 5 to 6 minutes per batch | Serves 8 (about 5 filled ravioli each)

1 cup Hy-Vee part-skim ricotta cheese

1/4 cup Hy-Vee finely shredded Parmesan cheese

1 clove garlic, minced

1/4 teaspoon Hy-Vee salt

1/8 teaspoon Hy-Vee ground black pepper

½ cup chopped spinach leaves

1 Hy-Vee large egg, lightly beaten

1 tablespoon water

1 recipe Homemade Whole Wheat Spinach Pasta Dough, Herbed Pasta variation, see recipe, page 13 Hy-Vee marinara sauce, heated, optional

Fresh thyme sprigs, for garnish

1. For filling, in a medium bowl combine ricotta cheese, Parmesan cheese, garlic, salt and pepper. Stir in spinach leaves; set aside. In a small bowl, combine egg and water; set aside.

2. Prepare Homemade Whole Wheat Spinach Pasta Dough, Herbed Pasta variation. After passing pasta through final round of pasta machine (or rolling to 1/16 inch thick), cut rolled dough into 2-inch-wide strips. Do not allow pasta to dry.

3. To shape ravioli, brush strips lightly with egg mixture. Place about 1 teaspoon filling at 1-inch intervals on one strip of dough. Lay a second strip of dough, brushed side down, over the first. Using your fingers, press the dough around each mound of filling so the two moistened strips stick together. Cut dough between filling to make individual ravioli. Repeat with the remaining dough and filling.

4. To cook ravioli, in a large pot, bring a large amount of salted water to boiling. Gently drop one-fourth of the ravioli, one at a time, into the boiling water; stir to prevent from sticking to the bottom of the pan. Simmer gently for 5 to 6 minutes or until tender. Using a slotted spoon, transfer ravioli to a serving dish.

5. Serve ravioli topped with marinara sauce and garnish with thyme, if desired.

Nutrition facts per serving: 270 calories, 6 g fat, 3 g saturated fat, 0 g trans fat, 110 mg cholesterol, 460 mg sodium, 37 g carbohydrates, 3 g fiber, 3 g sugar, 14 g protein. Daily values: 45% vitamin A, 2% vitamin C, 15% calcium, 15% iron.





COOKED AND PUREED CAULIFLOWER
ADDS CREAMY DELICIOUSNESS TO
MACARONI AND CHEESE. PAIR THE
NUTRIENT-RICH SAUCE WITH WHOLE
GRAIN PASTA FOR A HEALTHY SPIN
ON A FAVORITE.

Prep: 40 minutes | Broil: 2 to 3 minutes |

Serves 6 (1 cup each)

2 slices turkey bacon

2 tablespoons Hy-Vee butter, divided

1/4 cup Hy-Vee panko bread crumbs

- 2 tablespoons Hy-Vee finely shredded Parmesan cheese
- 3 cups whole grain medium shell or elbow macaroni (about 16 ounces)
- 3 cloves garlic, minced
- 3 cups fresh cauliflower florets
- 1 cup Hy-Vee chicken broth
- 1/8 teaspoon cayenne pepper
- 1 cup shredded aged white cheddar cheese
- 1/2 cup Hy-Vee skim milk
- Fresh chopped parsley, for garnish
- Hy-Vee salt and Hy-Vee black pepper, to taste
- 1. For topping, in a medium skillet cook bacon over medium heat for 7 to 9 minutes or until brown. Remove bacon from skillet; crumble and set aside. Add 1 tablespoon butter to skillet; heat until melted. Stir in panko, Parmesan cheese and crumbled bacon; set aside.
- 2. Preheat broiler. In a large pot, cook pasta in boiling salted water according to package directions. Drain; do not rinse.
- 3. Meanwhile, in a 3-quart saucepan, melt 1 tablespoon butter. Cook garlic in butter until softened. Add cauliflower, broth and cayenne pepper. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes or until cauliflower is tender. Transfer mixture to a food processor. Cover and process until smooth.
- 4. Transfer pureed mixture back to same saucepan. Stir in cheddar cheese and milk. Cook over medium heat until cheese is melted. Stir in hot, cooked pasta. Spoon mixture into 2-cup ramekins or casserole dishes. Sprinkle with prepared topping. Broil on top rack 2 to 3 minutes or until crumbs are golden. If desired, garnish with parsley. Season to taste with salt and black pepper.

Nutrition facts per serving: 340 calories, 12 g fat, 7 g saturated fat, 0 g trans fat, 35 mg cholesterol, 390 mg sodium, 46 g carbohydrates, 6 g fiber, 2 g sugar, 16 g protein. Daily values: 8% vitamin A, 45% vitamin C, 20% calcium, 10% iron.

ONE-PAN MEDITERRANEAN CHICKEN PASTA

AS THE TITLE IMPLIES, YOU ONLY NEED ONE PAN TO COOK THIS 30-MINUTE FAMILY-STYLE DISH. A GARLICKY LEMON-AND-CAPER SAUCE ADDS MEDITERRANEAN FLAVOR TO THE CHICKEN AND GLUTEN-FREE PENNE. BE SURE TO INITIALLY SIMMER THE PASTA ABOUT 2 MINUTES LESS THAN THE TIME GIVEN IN PACKAGE INSTRUCTIONS; WITH MORE COOKING TIME TO FOLLOW, IT WILL TURN AL DENTE.

Prep: 30 minutes | Cook: 30 minutes | Serves 4 or 5 1 (14-ounce) can quartered artichoke hearts, drained ¼ cup Hy-Vee Select extra-virgin olive oil

2 large chicken breasts, cut into 1-inch chunks

1 teaspoon Hy-Vee salt, divided

1/4 teaspoon Hy-Vee black pepper, divided

4 cloves garlic, minced

2 cups Hy-Vee chicken broth

3/4 cup water

Pinch crushed red pepper flakes

 $\frac{1}{2}$ pound gluten-free penne pasta

2 tablespoons lemon juice

2 tablespoons drained capers

1 cup cherry tomatoes, halved

1 cup Hy-Vee finely shredded Parmesan cheese ½ cup lightly packed fresh basil leaves, chopped

- 1. Halve artichoke heart quarters; set aside.
- 2. In a large nonstick skillet, heat oil over medium-high heat. Season chicken with ½ teaspoon salt and ½ teaspoon black pepper; add to skillet. Cook and stir for 2 to 3 minutes or until golden brown yet slightly undercooked. Stir in garlic; cook for 30 seconds more.
- **3.** Add chicken broth, water, artichoke, red pepper flakes, ½ teaspoon salt and ½ teaspoon black pepper to skillet. Bring mixture to boiling. Stir in pasta, making sure it's fully immersed in the liquid. Cook mixture, covered, on medium heat until bubbly; simmer for 2 minutes less than package directions.
- 4. Remove lid. Stir in lemon juice, capers and tomatoes. Bring mixture to boiling; continue to boil for 2 to 3 minutes or until sauce is slightly reduced. Remove skillet from heat. Stir in Parmesan cheese and basil. Let stand for 2 to 3 minutes before serving.

Nutrition facts per serving: 640 calories, 25 g fat, 8 g saturated fat, 0 g trans fat, 100 mg cholesterol, 1,740 mg sodium, 66 g carbohydrates, 12 g fiber, 3 g sugar, 39 g protein. Daily values: 20% vitamin A, 30% vitamin C, 35% calcium, 8% iron.



MEET IOWA GIRL EATS

Although she has an incorrigible sweet tooth and confesses to a weakness for nacho chips and mint cookies, Kristin Porter has become passionate about cooking healthful and gratifying meals for her busy family. She shares her recipes, along with her exercise tips and travel stories, on her runaway-hit blog, *lowaGirlEats.com*.

A recent diagnosis of celiac disease has brought a new angle to Kristin's food-loving life. "Going gluten-free has forced me to rethink everything I eat," she says. "I'm more aware of the impact that food has on our bodies, and as a result I now enjoy more fresh produce, seafood and high-quality protein, and less sugar and processed foods than ever before."

When it comes to pasta, Kristin continues to partake with gusto.

"I don't miss regular pasta at all," she says. "Pizza? Maybe. Pasta? I haven't had to miss out because of all the great gluten-free options available today."

She enjoys switching in spaghetti squash as a healthy alternative to traditional pasta. But when she's craving real pasta, she reaches for Barilla gluten-free pasta. "It's nearly indistinguishable from the real thing," she says

For a taste of how Kristin uses a healthful pasta choice to make a quick and satisfying gluten-free meal, try her *One-Pan Mediterranean Chicken Pasta* recipe, *left*.



ZUCCHINI RIBBONS

HERE'S A FRESH, LOW-CAL TWIST ON PASTA. SAUTÉ RIBBONS OF ZUCCHINI AND YELLOW SUMMER SQUASH, AND TOP THEM WITH A BOLD SPINACH-KALE PESTO.

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

11/4 cups firmly packed fresh spinach

1 cup torn fresh kale, stems removed

 $\frac{1}{2}$ cup Hy-Vee finely shredded Parmesan cheese

 $\frac{1}{2}$ cup Hy-Vee slivered almonds, toasted

1/3 cup firmly packed fresh basil

3 tablespoons Hy-Vee Select olive oil

1 tablespoon white balsamic vinegar

1 clove garlic, minced

½ teaspoon kosher salt

1/8 teaspoon Hy-Vee black pepper

2 small zucchini squash

2 small yellow summer squash

1. For pesto, in a food processor, combine spinach, kale, Parmesan cheese, almonds, basil, olive oil, balsamic vinegar, garlic, salt and pepper. Cover and process until completely smooth.

2. Using a vegetable peeler, slice zucchini and summer squash into ribbons. In a large skillet, cook ribbons in hot canola oil until tender. Stir in garbanzo beans; heat mixture through. Serve mixture topped with pesto.

Nutrition facts per serving: 250 calories, 17 g fat, 3 g saturated fat, 0 g trans fat, 10 mg cholesterol, 510 mg sodium, 16 g carbohydrates, 5 g fiber, 3 g sugar, 10 g protein. Daily values: 35% vitamin A, 40% vitamin C, 20% calcium, 10% iron.



COOK with CARE



Mazola corn oil 40 oz. \$3.48



MORE PLANT STEROLS

than olive oil

Plant sterols are plant-based substances naturally present in fruits, vegetables, nuts, cereals, seeds, legumes and corn oil.†

For more information on how corn oil can help lower your cholesterol, visit **MAZOLA.COM**



*Based on analysis of corn oil and 2013 USDA comparison of other cooking oils: Corn oil has plant sterols content of 135.6 mg/serving vs. 30.0 mg/serving for olive oil. † USDA and USDHHS 2010.





Prep: 10 minutes | Chill: 30 minutes | Makes 11/3 cups or 20 (1-tablespoon) servings

1/3 cup white wine vinegar

1 tablespoon TONE'S Vanilla Extract

1 teaspoon honey

1 teaspoon grated orange zest

1/4 teaspoon TONE'S Ground Ginger

Dash TONE'S Ground White Pepper

Dash salt

1 cup MAZOLA Corn Oil

Combine all ingredients except oil. Gradually whisk in oil. Cover and chill for 30 minutes for flavors to blend. Store in the refrigerator up to 1 week.

Tones Spices: selected varieties .05 to 1.55 oz. \$.88

Tones Vanilla Extract: 2 oz. \$4.48



1/4 teaspoon TONE'S Ground Nutmeg

1/4 cup skim milk

1/4 cup egg substitute

1 tablespoon + 1 teaspoon MAZOLA Corn Oil, divided

2 tablespoons chocolate hazelnut spread

1 cup sliced fresh strawberries

Additional chocolate hazelnut spread, optional Powdered sugar, optional

 Sift flour, sugar, cinnamon and nutmeg. Combine milk, egg substitute and 1 tablespoon oil; add to flour mixture and combine well.

2. Heat an 11-inch nonstick skillet and $\frac{1}{2}$ teaspoon oil over medium-high heat. Add $\frac{1}{2}$ cup batter; turn and tilt skillet to coat bottom evenly with batter. Cook 1 minute or until top of crêpe appears set. Flip crêpe; cook 30 seconds or until light golden brown. Transfer to a plate and cover. Repeat with remaining oil and batter.

3. Spread each crêpe with 1 tablespoon hazelnut spread. Fold and fill as desired with strawberries.

4. If desired heat additional hazelnut spread and drizzle over crepes. If desired, sprinkle with powdered sugar. Serve immediately.

HONEY GINGER SALMON WITH BROCCOLI AND BOW TIES

Prep: 30 minutes |

Marinate: 30 minutes | Serves 2

8 ounces fresh salmon fillets, skinned if desired

1/4 cup + 1 tablespoon MAZOLA Corn Oil, divided

1/4 cup honey

1/4 cup soy sauce

2 tablespoons orange juice

2 tablespoons lemon juice

1½ teaspoons TONE'S Ground Ginger

½ teaspoon + ½ teaspoon TONE'S Garlic Powder

1/8 teaspoon TONE'S Cayenne Pepper

1 cup bow tie pasta

2 cups broccoli florets

½ teaspoon TONE'S Sweet Basil Leaves

Salt and pepper, to taste

Lemon wedges

1. Line baking pan with foil. Rinse fish; pat dry with paper towels and measure thickness. Place fish in a shallow dish. Combine ¼ cup oil, honey, soy sauce, orange and lemon juice, ginger, ½ teaspoon garlic powder and cayenne; pour over fish. Cover and marinate at room temperature for 30 minutes.

2. Preheat oven to 450°F. Transfer fish to baking pan; discard marinade. Bake fish for 4 to 6 minutes per ½-inch thickness or until fish flakes easily with a fork. If desired, remove and discard skin.

3. Meanwhile, cook pasta according to package directions, adding broccoli during the last 5 minutes of cooking. Drain; return to saucepan. Combine remaining oil, 1/8 teaspoon garlic powder and basil; toss into pasta mixture. Season to taste with salt and pepper.

4. Serve salmon with broccoli and pasta. Squeeze juice from lemon wedges over top.

*Find nutritional information for all recipes at www.hy-vee.com







GODDESS Dressing

Crunchy, mild-flavor greens such as romaine and spinach tossed with Granny Smith apples stand up beautifully to this thick and creamy herb dressing. Greek yogurt makes a tasty low-fat foundation for the dressing. Another time, serve this as a dip for your favorite crudités.

Prep: 20 minutes | Serves 5 (2 tablespoons each)

1 cup loosely packed fresh basil

 $\frac{1}{2}$ cup loosely packed fresh Italian parsley

½ cup Hy-Vee plain low-fat Greek yogurt

2 tablespoons sliced green onion

2 tablespoons Hy-Vee Select extra-virgin olive oil

2 teaspoons lemon juice

2 cloves garlic, sliced

1/4 teaspoon Hy-Vee kosher salt

1/2 teaspoon Hy-Vee black pepper

1. In a food processor or blender, place basil, parsley, yogurt, green onion, olive oil, lemon juice, garlic, salt and pepper. Cover and process until smooth. Cover and refrigerate for up to 1 week.

Nutrition facts per serving: 70 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 110 mg sodium, 2 g carbohydrates, 1 g fiber, 1 g sugar, 3 g protein. Daily values: 20% vitamin A, 20% vitamin C, 6% calcium, 4% iron.



tropical KALE SMOOTHIES

One of the easiest ways to incorporate kale into your diet is in a smoothie. Rich in vitamins, kale also contains healthy doses of fiber, iron and calcium. Adding sweet fruits, such as pineapple and banana, helps tame its bitter, peppery flavor.

Prep: 15 minutes | Chill: at least 2 hours |
Serves 4 (6 ounces each)
3 cups loosely packed chopped kale leaves*
1 medium banana, peeled and sliced
1½ cups pineapple chunks
½ cup peeled, sliced cucumber
1 cup unsweetened coconut water
Cucumber slices, for garnish

1. In a blender, combine kale, banana, pineapple, cucumber and coconut water. Cover and blend until smooth. Cover and chill for several hours or up to 3 days. If desired, garnish with cucumber slices.

*Note: Stash a bag of kale leaves in the freezer for a nicely chilled drink anytime.

Nutrition facts per serving: 90 calories, 0.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 30 mg sodium, 22 g carbohydrates, 3 g fiber, 12 g sugar, 3 g protein. Daily values: 100% vitamin A, 150% vitamin C, 10% calcium, 6% iron.





sautéed CHARD AND EGGS

Fresh Swiss chard is a delightful leafy green with an earthy, slightly salty taste and crisp, crunchy texture. Cook the eggs sunny-side up and the yolk creates a luscious dipping sauce for the chard.

Prep: 15 minutes | Cook: 15 minutes | Serves 2

1 pound fresh chard, stemmed

1 cup chopped red onion

1 cup sliced mushrooms

2 cloves garlic, minced 2 tablespoons Hy-Vee Select olive oil

½ teaspoon Hy-Vee salt

½ teaspoon Hy-Vee black pepper

1 tablespoon aged balsamic vinegar

2 Hy-Vee large eggs

2 slices Hy-Vee bacon, crisp-cooked and crumbled

- **1.** Cut chard leaves crosswise into 1-inch ribbons: set aside.
- 2. In a small bowl, combine onion, mushrooms and garlic. In a large nonstick skillet, heat olive oil over medium-high heat. Add onion mixture. Cook for 4 to 5 minutes or until onions are softened. Add chard to skillet. Using tongs, turn to coat with olive oil. Sprinkle with salt and pepper. Drizzle with vinegar.
- **3.** Push chard mixture to sides of skillet; crack eggs into the center. Cook for 3 to 4 minutes or until whites are cooked. Use a spatula to gently transfer eggs and chard mixture to dinner plates. Sprinkle with bacon. Serve immediately.

Nutrition facts per serving: 330 calories, 22 g fat, 4.5 g saturated fat, 0 g trans fat, 195 mg cholesterol, 1,280 mg sodium, 20 g carbohydrates, 6 g fiber, 8 g sugar, 16 g protein. Daily values: 280% vitamin A, 130% vitamin C, 15% calcium, 30% iron.



CREAMYBROCCOLIBASIL SOUP

Pureed potato and broccoli create a hearty, full-bodied soup. Broccoli is an excellent source of dietary fiber, vitamins and minerals.

Prep: 10 minutes | Cook: about 25 minutes | Serves 4 (1 cup each)

2 teaspoons Hy-Vee Select olive oil ³/₄ cup finely chopped onion 1 stalk celery, finely chopped

4 cups fresh broccoli, chopped

1 medium Yukon gold potato, peeled and cubed 2½ cups Hy-Vee 33%-less-sodium chicken broth 1 teaspoon Hy-Vee garlic powder ½ teaspoon Hy-Vee ground nutmeg ½ cup lightly packed fresh basil leaves Hy-Vee salt, to taste ¼ cup crumbled feta cheese Additional basil leaves, for garnish

1. In a large pot, heat oil over medium heat; add onion and celery. Cook and stir for 3 to 4 minutes or until onion is softened. Add broccoli and potato. Stir in broth, garlic powder and nutmeg. Bring to boiling; reduce heat. Simmer, covered, for

20 minutes or until vegetables are tender.

2. Remove from heat; let cool slightly. Stir in ½ cup basil leaves. Transfer mixture in batches to a blender. Cover and blend until smooth. Return soup to pot and keep warm until ready to serve. Season to taste with salt. Serve topped with feta cheese. If desired, garnish with basil leaves.

Nutrition facts per serving: 130 calories, 4.5 g fat, 2 g saturated fat, 0 g trans fat, 10 mg cholesterol, 500 mg sodium, 18 g carbohydrates, 4 g fiber, 3 g sugar, 6 g protein. Daily values: 50% vitamin A, 120% vitamin C, 10% calcium, 8% iron.



modern MOTHERHOOD

BRINGING HOME A NEW BABY IS BOTH EXCITING AND OVERWHELMING. PREPARE YOUR FAMILY AND YOUR HOME FOR THE BUNDLE OF JOY THAT WILL BE ARRIVING SOON.

WORDS Andrea Cooley PHOTOS Tobin Bennett

Forty weeks may seem like a long time to wait for a baby to be born, but it offers parents a chance to get ready for the newest addition to your family. Make the most of it!

HFIP AT HY-VFF

Look to Hy-Vee for help as your everyday partner in providing the necessities for you, your family and your new baby. Here are a few ways we offer support.

Dietitians: Hy-Vee dietitians are available to help expectant moms make the best choices in healthy foods, whether your focus is supporting your baby or dietary restrictions you may have due to gestational diabetes or other conditions. One of the most valuable dietitian services is a Hy-Vee store tour, during which you learn how to select the most nutritious foods for your family's health. After your baby is born, ask your dietitian for guidance about what to eat while breastfeeding and what to eat while working to get your pre-pregnancy body back.

Pharmacists: The staff at your Hy-Vee Pharmacy is there for you before and after delivery. Look to this department for items needed to care for your pre- and post-delivery body. Reduce the number of errands your first week with the new baby by getting items you need beforehand, such as a baby thermometer or pediatrician-advised pain relievers. As baby grows, the Pharmacy offers a host of prescription and nonprescription products needed, as suggested by your pediatrician.

Baby Savings Program: Shopping and saving just got easier. A new Hy-Vee program saves money on all baby-related purchases while working in tandem with the Fuel Saver program. No additional sign-up is needed; simply make sure your Fuel Saver account's contact information is current. When you purchase baby items, you may receive offers in the mail or

via email for additional discounts. These may include gift cards, special pricing, coupons or extra Fuel Saver incentives.

Mother's Rooms: Need a few minutes in private to nurse your baby or to take care of a toddler's needs? Mother's Rooms, see *opposite*, are available in many Hy-Vee stores.

New Mom Parking: Easy access to the store makes life a little easier, especially with a newborn in tow. Look for signs marking the New & Expectant Mom parking spots at most Hy-Vee stores. Once your baby comes, take the heavy lifting out of shopping by picking up your groceries at store drive-throughs.

BEFORE BABY ARRIVES

Stock up on healthy snacks to help curb hunger and supply good nutrition when you're too busy to eat. Focus your nesting instinct on filling the freezer and pantry with heat-and-serve meals.

Learn about time-saving heat-and-serve meals you can make and freeze. See the story "Freeze Frame" in *Hy-Vee Seasons* Holiday 2013, which can be downloaded at *www.hy-vee.com/seasons/past-issues.aspx*

Stock up on diapers and wipes; bottles and formula, if needed; baby lotion and soap; and baby-safe laundry detergent.

Big ticket items such as a must-have car seat, stroller or crib require research. These items are critical to ensure the safety of your child, so spend time checking websites for government safety guidelines, product recall information and advice for new parents. Ask your doctor and knowledgeable parents you know for their suggestions. Purchase items ahead of your delivery date and install the car seat following the manufacturer's instructions three weeks before your due date. Because about 75 percent of car seats are not installed correctly, fire stations will inspect care-seat installation for free.



IN THE BABY AISLE

Because a baby's needs only begin with food and diapers, Hy-Vee has greatly expanded the types of products stocked for growing families.

- •For feeding time, new parents will find baby food in jars, foods in squeeze bottles, boxes of creamy baby cereals and bags of nutritious snack foods for little ones. Parents will also find an array of bottles and bottle nipples.
- •To keep babies dry and happy, all major brands of diapers and wipes are offered, along with diaper covers, rash ointments and bed pads.
- For bath time, there are quality soaps, shampoos and lotions to keep babies clean and comfortable.
- Should your baby seem fussy or ill, Hy-Vee stocks thermometers in the baby aisle. There are also over-the-counter medications in the Hy-Vee Pharmacy for every age group.



Scan this QR code to watch the "DIY Baby Food" video on a smartphone or tablet.









Additional baby supplies include items such as video monitors, bottle washers and a plethora of specialized baby gear. Purchasing these items is always a personal choice. Healthy, happy children have long been raised by caring parents who can only afford the essentials.

After baby arrives, ask for help from friends and family. Plan for your own daytime naps to make up for lost nighttime sleep and to speed recovery.

SAFETY FIRST

Get your home ready for curious little hands and feet by installing baby-proofing devices. Keep baby out of danger from doors and heat by using appliance safety locks around stoves, refrigerators and dishwashers. To prevent other injuries, put plugs in electrical outlets and install locks on cabinet doors and drawers. Be sure cleaning supplies are securely locked away or stored beyond a baby's reach.

If you have pets, it's a good idea to prepare pets for an infant. Create a quiet place where pets can hide when the baby cries. If you think your pet may not react well to a baby, work with a trainer.

BABY'S FIRST BITES

Just like you, babies crave a variety of tastes, textures and colors in food. Follow your doctor's advice for feeding your baby. Here's a general timeline for a child's eating changes during the first 18 months. By about 6 months, introduce soft cereals, starting with rice or oatmeal. Progress onto pureed fruits and vegetables a few months later. Breastmilk or formula will remain a baby's main source of protein for about 12 to 18 months, but begin adding other sources of protein at about 6 to 9 months. Hy-Vee has a selection of baby foods, including organic varieties. You can also make your own baby food.

Learn how to make baby food by watching "DIY Baby Food." Scan QR code, opposite, or go to our website at www.hy-vee.com/resources/videos/



DARK CHOCOLATE OATMEAL LACTATION COOKIES

A mother can boost her milk supply and support her and her baby's health with these cookies. Nutrition includes iron from oatmeal, B-complex vitamins from brewer's yeast, and fiber and omega-3s from flax. Recipe created by chef Andrew Kintigh, chef Gina Luu and dietitian Jenny Norgaard, all of the Hy-Vee Ankeny #1, lowa.

Prep: 25 minutes | Bake: 9 to 11 minutes | Serves 26 (2 cookies each)

3/4 cup Hy-Vee all-purpose flour

3/4 cup Hy-Vee whole wheat flour

½ cup milled flax

½ cup milled chia

3 tablespoons brewer's yeast

1 (3.4-ounce) box Hy-Vee vanilla pudding mix

13/4 cups Hy-Vee old-fashioned oats

1 teaspoon Hy-Vee salt

1 teaspoon Hy-Vee baking soda

1 teaspoon Hy-Vee ground cinnamon

½ cup Hy-Vee butter, softened

½ cup natural peanut butter, softened

½ cup Hy-Vee granulated sugar

½ cup packed Hy-Vee brown sugar

3 Hy-Vee large eggs

½ cup water

1 tablespoon Hy-Vee vanilla extract

1 cup chopped Hy-Vee walnuts

1 (10-ounce) bag Hy-Vee Select 60% dark chocolate chips

- 1. Preheat oven to 350°F.
- 2. In a large bowl, combine flours, milled flax and chia, brewer's yeast, pudding mix, oats, salt, baking soda and cinnamon; set aside.
- 3. In a mixing bowl, beat butter, peanut butter, granulated sugar and brown sugar until smooth and creamy. Add eggs, water and vanilla; beat until thoroughly combined. Gradually beat in flour mixture. Stir in walnuts and chocolate chips; do not overmix.
- **4.** Drop dough by rounded tablespoons on a cookie sheet and press lightly with a fork. Bake for 9 to 11 minutes or until light brown and centers appear set. Transfer to wire racks and cool.

Nutrition facts per serving: 240 calories, 13 g fat, 5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 190 mg sodium, 26 g carbohydrates, 4 g fiber, 14 g sugar, 5 g protein.

Daily values: 2% vitamin A, 0% vitamin C, 2% calcium, 8% iron.



The last time Ashley Tollakson ran in competition was at the 2012 Olympic Marathon Trials. She didn't make the team but was happy to find out soon after the race that her first baby was on the way. Then her second baby arrived last summer.

Ashley, an attorney in Des Moines, plans to put on her racing shoes again this summer at age 31. Barring any unexpected problems during the coming months, she will compete in June at Grandma's Marathon in Duluth, Minnesota.

"I'm so looking forward to it. Some people look at all I go through for a race and think I'm delusional. But it's so much more than a hobby to me. It's who I am. I love competing and pushing myself. It relieves stress for me," she says. "And it's so easy. Just slip on a pair of shoes and you can run anywhere."

In high school, she ran but set it aside at graduation. During her junior year at the University of Iowa, she realized how much she missed the challenge of competition and started running again. Soon, her interest turned into her passion.

"I wanted to get back in the race, even though I had gotten older, lost some speed and hadn't been training much," she says. "So I shook off the cobwebs and jumped back into it. I thought, why not start my comeback with a marathon?"

Ashley admits her approach to training for the 26-mile race wasn't the best. "I was kind of naive," she says. "I just googled 'marathon training plans' and felt like I could make it work. Well, I stuck with it and, amazingly, it paid off."

Through the years, she has competed in about a dozen marathons. In 2009, she formed a team with two other athletes and entered the Hy-Vee Triathlon. She raced in the event's running leg while her teammates handled the legs for swimmers and cyclists.

Starting in January, Ashley will increase her running distance to 80 to 84 miles a week to get ready for the June marathon. She also gives her body the nutrition, liquids and sleep it needs for a distance race, including:

- Healthy eating. "I eat a lot of oatmeal, yogurt and English muffins with peanut butter and jelly. For dinner, I'll have fish and vegetables. Make sure you always try the foods you will eat before a race. You don't want any surprises," Ashley says.
- Staying hydrated. Ashley encourages athletes to drink plenty of water. "It's a must."
- Getting adequate sleep. With small children, this can be challenging for Ashley, but it's critical for all athletes.

GET STARTED

One morning you wake up determined that this will be the day you'll start getting fit and healthy. But you look in the mirror and you don't see an athlete. You see someone who enjoys dessert and sitting in front of a TV. So how will you ever reach your goal?

Stay motivated by setting smaller, attainable goals rather than a large dream-sized goal. Don't focus on your future as an Olympian. Instead, train for this spring's Hy-Vee 5K Road Race. Set realistic weekly goals so you build up to the distance. Your confidence will soar as you improve week by week.

Need more motivation? Running is more fun if you hit the track with a partner. You can encourage each other and see that friendly competition can be very motivating. You'll quickly discover that there's a direct link between a healthier body and a healthier outlook on life.

If motivation hits an all-time low, add different kinds of training to your routine. On off days, switch to:

- Suspension training to build core strength.
- Rock climbing to tone arm and back muscles.
- Push-ups, and jumping jacks for equipment-free aerobic excercise.

By targeting muscles that aren't often affected by running, you are challenging your mind and body with something new that feeds into your overall fitness for the 5K only weeks away.

EXERCISE ON SCHEDULE

Smart athletes run on a schedule, never leaving exercise to chance. Book your calendar with exact times, days and locations for training, and follow your workout plan. To track your training, use a fitness app such as MapMyRun, Runtastic or RunKeeper. Each app keeps a record of your speed, distance traveled, calories burned and routes traversed. Using this data helps to tailor your fitness plan to your specific goals.

FUELING UP

The rise in obesity indicates that many of us need to start training for our first race. Healthy eating is a key to victory. "Fueling the body is important before and after training, as well as for the competition itself," says Anne Hytrek, dietitian at Hy-Vee Ankeny #2, lowa. "One of the best aspects of my job is watching the impact that sound sports nutrition has on an athlete's mental and physical pursuit of optimal performance."

Hy-Vee wants to get you in the race toward a healthier you. Go for your goal!

"THE VALUE OF NUTRITION CAN'T BE UNDERESTIMATED WHEN IT COMES TO AN ATHLETE'S PERFORMANCE."

-ANNE HYTREK, HY-VEE DIETITIAN, ANKENY, IOWA

DRINK MORE WATER!

Water does the body good, ridding it of toxins, keeping hunger in check, easing muscle cramps and aiding in digestion. Your body requires about 64 fluid ounces of $\rm H_2O$ a day when training; always keep a water bottle on hand so you can stay hydrated. Choose a portable bottle that's large enough to hold a day's worth in two or three fillings.

6 SMART SNACK IDEAS FOR AFTER YOUR RUN

After pounding the pavement, refuel with these easy go-to snacks.

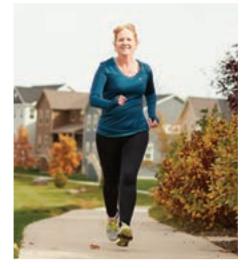
1. CHOCOLATE MILK "This is one of the best recovery snacks to re-fuel the muscles due to its perfect carbohydrate to protein ratio," says Hytrek. "It is an affordable snack that is relatively easy to 'grab and go."

- 2. BANANAS Loaded with good carbs and B6 vitamins, this fruit helps manage protein metabolism. Eat one for quick recovery.
- 3. STRING CHEESE Runners need calcium for strong bones and protein for muscle building. String cheese provides both.
- 4. GREEK YOGURT WITH FRUIT Protein is the fuel that drives an athlete. With twice as much protein as regular yogurt, Greek yogurt is an easy choice. A 6-ounce container of Greek provides up to 17 grams of protein. You'll feel the difference during your run and while recovering.
- 5. TURKEY, CHEESE AND APPLES Here's protein, healthy fat, and carbs in one simple snack. Layer sliced cheddar on apple wedges and wrap with turkey deli meat.
- 6. SALTED NUTS Boost electrolytes after sweating by eating a handful of salted nuts. It's a better option than most sports drinks.

RUNNER PROFILE

RUNNER PROFILE

In her late 40s, she made her first race a half marathon, rather than the typical 5K and 10K races preferred by beginners.



CHRISTINE BRANDENBURG

was not always an athlete. But at midlife she decided to get fit and began with a bevy of boot camps and dance classes, none of which produced the promised "new you." Then four years ago, when asked by a friend to partner up for a half-marathon walk, she found her athletic calling: running.

"Walking wasn't enough; I found I wanted to run," says Christine, who works for a large insurance company. "Having the race as an end goal really motivated me to get off the couch."

Her goal has never been winning a race. Her aim is to be fit, active and healthy.

"When I look back to when I started running, I can see that I have a completely different mind-set now. Four years ago, I would have said, 'No, I can't do that. I can't be a runner.' But now it has made me more confident in myself. I have gained a lot."

"I'M NOT IN THIS TO FINISH FIRST; I'M RACING AGAINST MYSELF. IT'S ALL ABOUT REACHING MY OWN GOALS."

> - CHRISTINE BRANDENBURG, URBANDALE, IOWA

HANNAH HIGGINS

There is no minimum age when it comes dedication and goal setting.

Hannah Higgins, age 14, and Kal Hoppe, age 10, regularly compete in Hy-Vee's Road Race events, which are staged late spring through early fall throughout the Midwest. Both competitors began pounding the pavement when they were 6 years old. Now they're hooked on sports and fitness.

"Running is what motivates me," Hannah says. "I get a feeling of accomplishment and that keeps me going and trying my best. I find running relaxes me when I'm stressed or energizes me when I'm tired."

Kal also loves to run and trains every chance he gets. Impressively, he has already completed his first marathon (26.2 miles).

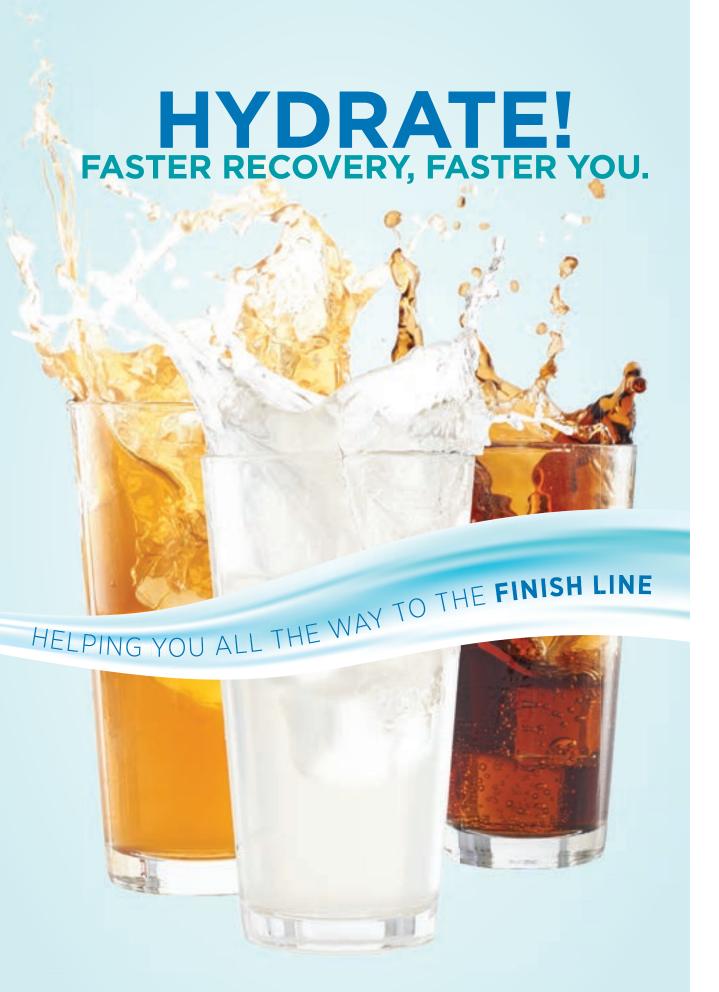
The two youth are training for the 2015 Hy-Vee Kids Road Race Championship during the Drake Relays and won't let winter slow them down. Both brave the elements for training or switch to indoor treadmills when Mother Nature is just too harsh. Crosstraining is part of their workout plans. Kal plays basketball while Hannah builds strength with downhill skiing and sledding with her sister and friends.



Hannah Higgins, *above*, raced at the 2014 Hy-Vee Kids Fit Triathlon in Des Moines last July. In August, Kal Hoppe, *right*, was in Omaha for another 2014 Hy-Vee Kids Fit Triathlon.









Zico: select varieties 14 oz. 2/\$4.00



Coke Core Power: select varieties 11.5 oz. 2/\$5.00



Gold Peak Tea: select varieties 18.5 oz. 4/\$5.00

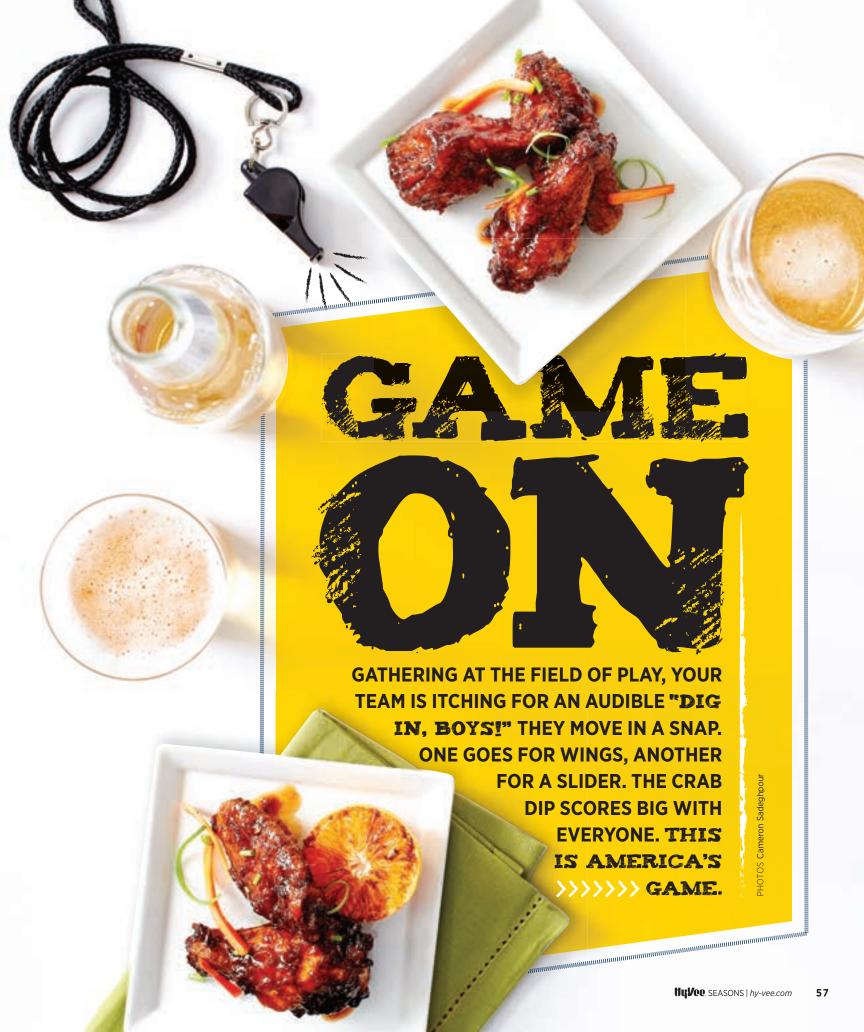


Diet Coke, Caffeine Free Diet Coke or Coke Zero: 500 ml. 6 pk. 3/\$8.88 deposit where required



Dasani Water: 500 ml. 6 pk.





AGAVE-CHIPOTLE-GLAZED WINGS

With a good Midwest level of heat, these sweet, succulent, crispy wings deliver a flavor kick. Keep them warm in a slow cooker during the party.

Prep: 10 minutes | Bake: 40 minutes | Serves 12 (2 wings each)

½ cup agave nectar

3 chipotle chiles in adobo sauce

1 tablespoon adobo sauce

2 tablespoons fresh lime juice

2 tablespoons Hy-Vee soy sauce

24 chicken wingettes (about 2½ pounds total)

1 tablespoon Hy-Vee all-purpose flour

1 tablespoon ancho chili powder

1 teaspoon Hy-Vee garlic powder

1 teaspoon kosher salt

Orange halves, bell pepper strips and chives, for garnish

- 1. Preheat oven to 400°F. Line a rimmed baking sheet with foil; place a wire rack on top of foil and spray with nonstick cooking spray; set aside.
- 2. For glaze, in a blender combine agave nectar, chipotle chiles, adobo sauce, lime juice and soy sauce. Cover and blend until smooth; divide in half between two bowls; set aside.
- 3. Pat chicken wings dry with paper towels. Place the wings in a large resealable bag. Combine flour, chili powder, garlic powder and salt; add to wings and toss to coat. Arrange wings, in a single layer on baking sheet rack. Bake for 30 minutes. Brush with half the glaze. Continue baking for 10 minutes more or until chicken is tender and no longer pink. Transfer chicken to a serving platter; pour remaining bowl of glaze over top. If desired, garnish with orange halves, bell pepper strips and chives.

Nutrition facts per serving: 330 calories, 20 g fat, 6 g saturated fat, 0 g trans fat, 95 mg cholesterol, 490 mg sodium, 13 g carbohydrates, 1 g fiber, 11 g sugar, 24 g protein. Daily values: 10% vitamin A, 4% vitamin C, 2% calcium, 8% iron.



JALAPEÑO-POPPER GRAB **DIP**

Don't fumble your chance to dig into this seafood dip, where jalapeño peppers and fresh crab create winning flavors. Offer a range of dippers—chips, crackers or toasted baguette slices—that complement the dip and add a pleasing crunch to every bite.

Prep: 30 minutes | Cook: 1½ to 2 hours |
Serves 28 (2 tablespoons each)
2 tablespoons Hy-Vee butter
½ cup chopped onion

½ cup chopped red bell pepper

1 clove garlic, minced

1 (8-ounce) package Hy-Vee cream cheese, softened 1 cup shredded Hy-Vee Mexican blend or cheddar cheese ½ cup Hy-Vee sour cream

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2 jalapeño chile peppers, seeded and chopped*

1 teaspoon sriracha hot sauce

½ teaspoon Old Bay* seasoning 2 cups fresh crabmeat

2 tablespoons Hy-Vee grated Parmesan cheese Jalapeño pepper, for garnish

Pita chips, optional

1. In a medium skillet, heat butter over medium heat until melted. Add onion, bell pepper and garlic; cook about 5 minutes or until tender. Set aside.

2. Meanwhile, in a medium bowl combine cream

cheese, shredded cheese, sour cream, chile peppers, hot sauce and Old Bay seasoning. Stir in crabmeat. Add onion mixture and stir until combined.

3. Transfer mixture to a $1\frac{1}{2}$ -quart slow cooker. Cover and cook on low-heat setting for $1\frac{1}{2}$ to 2 hours or until bubbly. Sprinkle with Parmesan cheese. If desired, garnish with sliced and/or chopped jalapeño pepper. Serve with pita chips if desired.

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

Nutrition facts per serving: 80 calories, 6 g fat, 3.5 g saturated fat, 0 g trans fat, 30 mg cholesterol, 150 mg sodium, 1 g carbohydrate, 0 g fiber, 1 g sugar, 6 g protein. Daily values: 6% vitamin A, 8% vitamin C, 6% calcium, 0% iron.



CRISPY-FRIED BUFFALO WING BLASTS

Score extra points when you take wing lovers outside of their comfort zone by packaging traditional flavor in a whole new way. Stuff wontons with a cheesy chicken and buffalo sauce filling, then fry them up extra crispy.

Prep: 45 minutes | Cook: 1 minute per batch | Serves 10 (2 each)

2 ounces Hy-Vee cream cheese, softened ¼ cup crumbled blue cheese ¼ cup Hy-Vee Hickory House buffalo wing sauce 1¼ cups shredded Hy-Vee rotisserie chicken 3 Hy-Vee large eggs, divided 1 tablespoon water
20 wonton wrappers
Canola oil for deep-frying
1½ cups Hy-Vee panko crumbs
¾ cup Hy-Vee all-purpose flour
Additional Hy-Vee buffalo wing sauce, for serving

- For filling, in a medium mixing bowl combine cream cheese, blue cheese and buffalo wing sauce. Beat with an electric mixer until smooth. Stir in chicken; set aside.
 For egg wash, in a small bowl whisk together 1 egg
- and water; set aside.

 3. Line a baking sheet with parchment paper. Place
- 3. Line a baking sheet with parchment paper. Place wonton wrappers on a flat surface. Add 2 teaspoons chicken mixture to center of each wrapper. Brush egg wash on edges to moisten. Fold edges together to form a triangle, pressing to seal. Place filled wontons on prepared baking sheet. When all are filled, loosely cover with a kitchen towel to keep from drying out.
- 4. Place a wire rack on a baking sheet; set aside. Pour oil to a depth of 1½ inches into a wok, deep skillet or 5-quart Dutch oven and heat over medium-high heat to about 325°F on a deep-fry thermometer. (If you don't have a deep-fry thermometer, stick a dry bamboo chopstick into the oil; if it takes about 2 seconds for bubbles to rise and encircle the chopstick, the oil is ready.)
- **5.** Place panko crumbs, flour and remaining eggs in three separate shallow bowls; lightly whisk the eggs. Dip wonton triangles, one at a time, into flour, then egg; coat with panko. Return to parchment-lined pan.
- **6.** Working in batches of 4 to 6, slide dipped wontons into the hot oil and fry for 20 to 30 seconds on each side or until golden brown. Use a skimmer to transfer to the wire rack to drain. Serve hot with additional buffalo wing sauce.





TOUCHDOWN

SOMETIMES THE WINNING DRIVE IS THE EASIEST PLAY. WITH HY-VEE PARTY TRAYS, YOUR GAME DAY PARTY CAN BE EFFORTLESS TOO. **SCORE BIG ON FLAVOR AND LET HY-VEE CARRY THE BALL**. HY-VEE PARTY TRAYS FEATURE CROWD-PLEASING GOURMET APPETIZERS. CUSTOM ORDER TRAYS AT YOUR LOCAL HY-VEE.

CAJUN SHRIMP

BACON-WRAPPED SCALLOP

> BOURSIN-STUFFED MUSHROOMS

MARGARITA FRUIT SALSA

A fresh tasting fruit salsa infused with tequila is sure to gain a fan base. Swap typical tortilla chips for thin, crisp jicama slices to maintain a strong defensive line against empty calories.

Prep: 30 minutes | Chill: 2 hours | Serves 32 (about 2 tablespoons each)

1⅓ cups chopped mango

11/3 cups chopped strawberries

11/3 cups chopped fresh pineapple

1/3 cups chopped fresh phileapple

1/4 cup tequila or Hy-Vee orange juice

2 tablespoons agave nectar

1/2 teaspoon lime zest

2 tablespoons lime juice

Jicama slices, for dipping

Mint leaves, for garnish

Lime zest and wedges, for garnish

- 1. In a medium bowl, toss together mango, strawberries and pineapple.
- 2. In a small bowl, combine tequila, agave nectar, lime zest and lime juice. Stir into fruit mixture. Cover and chill for 2 hours.
- **3.** Serve with jicama slices. If desired, garnish with mint, lime zest and wedges.

Nutrition facts per serving: 20 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 4 g carbohydrates, 0 g fiber, 3 g sugar, 0 g protein. Daily values: 2% vitamin A, 15% vitamin C, 0% calcium, 0% iron.



CARAMEL-PECAN BROWNIES

* Bonus feature: Check out the Caramel-Pecan Brownies how-to video on the free digital version of *Hy-Vee Seasons*.

Melted caramel, chocolate chips and spicy pecans form ooey-gooey richness between fudgy brownie layers. A cinnamon and cayenne blitz kick up the flavor with unexpected but welcome heat.

Prep: 30 minutes | Bake: 30 to 35 minutes |

Chill: 2 hours | Serves 16 (1 square)

1 tablespoon + ½ cup Hy-Vee butter, melted; divided

½ teaspoon + ¼ teaspoon Hy-Vee ground

cinnamon, divided

 $\frac{1}{4}$ teaspoon Hy-Vee salt

 $\frac{1}{4}$ teaspoon cayenne pepper

1 cup Hy-Vee chopped pecans

1 (18.25 ounce) box Hy-Vee German chocolate cake mix

1/3 cup + 1/2 cup Hy-Vee evaporated milk, divided

60 Hy-Vee caramels, unwrapped (about 18 ounces)

1/3 cup Hy-Vee semi-sweet chocolate chips

2 tablespoons Hy-Vee powdered sugar

2 tablespoons Hy-Vee cocoa powder

1. Preheat oven to 350°F. Line a cookie sheet with foil; set aside. Line a 9x9-inch baking pan with foil, extending foil over the edges of the pan. Grease foil; set pan aside.

2. In a medium bowl combine 1 tablespoon melted butter, ½ teaspoon cinnamon, salt and cayenne pepper. Stir in pecans. Spread coated pecans on prepared cookie sheet. Bake for 8 minutes or until lightly toasted. Cool on a wire rack

3. In a large bowl, combine cake mix, ½ cup evaporated milk and ½ cup melted butter. Stir until thoroughly combined for dough-like consistency. Press half of dough in prepared baking pan. Bake for 8 to 10 minutes or until toothpick inserted into the center comes out clean.

4. Meanwhile, in a medium saucepan, combine caramels and remaining ½ cup evaporated milk. Cook and stir over medium-low heat until melted. Pour caramel mixture over baked brownie layer in pan; sprinkle chocolate chips and toasted pecans over top. Roll remaining dough between two sheets of parchment paper into a slightly-smaller-than-9-inch square. Place dough on top of caramel layer.

5. Bake for 20 to 25 minutes or until center is just set. Cool in pan on a wire rack. When thoroughly cooled, cover and refrigerate for 2 or more hours before serving. Just before serving, use foil to lift uncut brownies out of pan. Combine powdered sugar, cocoa powder and remaining ¼ teaspoon

Nutrition facts per serving: 390 calories, 19 g fat, 9 g saturated fat, 0 g trans fat, 25 mg cholesterol, 420 mg sodium, 55 g carbohydrates, 2 g fiber, 41 g sugar, 5 g protein. Daily values: 6% vitamin A, 0% vitamin C, 15% calcium, 8% iron.

cinnamon. Sift mixture over brownies. Cut and serve.









THE RASHID TRIPLETS OF OMAHA, *OPPOSITE*, SAVE ABOUT \$20 PER FILL-UP USING THEIR HY-VEE FUEL SAVER CARD. DISCOVER HOW THE RASHIDS AND OTHER SMART SHOPPERS PAY LITTLE TO ALMOST NOTHING FOR THEIR GASOLINE.

WORDS Steve Cooper PHOTOS Cameron Sadeghpour

Jeanne Rashid shares a Mini Cooper with her 17-year-old triplet daughters, Isabell, Lily and Annaliese. As part of the deal, Jeanne also splits refueling with the girls.

"My husband and I pay for the gas when we refill and when the girls put in the gas, they get to use the Fuel Saver card," Jeanne says. "They usually save about \$20 on a \$40 tank of gas."

The girls also take care of the shopping sometimes and always watch for Fuel Saver bargains when they do.

JEANNE RASHID: "THE GIRLS
WALKED IN LOADED DOWN WITH
CANDY AND WE ASKED, 'WHY'D YOU
BUY SO MUCH?' WELL, THEY LIKE
CANDY, BUT THAT WASN'T IT. THE
CANDY WAS ALSO A GOOD FUEL
SAVER DEAL."

The Rashid story is similar to thousands of other stories. They shop as they have always shopped, but scan aisles for Fuel Saver shelf tags announcing special deals that come with Fuel Saver points. The offer is simple: Purchase a Fuel Saver product and lower your cost for gas. Savings range from a couple of cents off a gallon to savings that nearly cover the cost per gallon of fuel.

FILL UP FOR PENNIES

Sara Lewis, of Greenwood, Missouri says, "I look for Fuel Saver deals on what my family will use, and for items I can donate to the community."

In the year since she started using Fuel Saver, she has purchased about 40 tanks of gas. For half of those, she paid 20 cents a gallon. For the other 20 fill-ups, she said the total bill was only a few cents!

Her strategy for saving? Three simple steps:

- Look for Hy-Vee buys that come with Fuel Saver rewards. In addition to buying what her family needs, Sara makes bulk buys of items such as soap and shampoo, then donates them to local programs for the needy. "I'm going to donate to them anyway, Fuel Saver is a bonus."
- Make room in the freezer when good deals are offered. Recently, Sara spent nearly \$20 for 10 bulk packs of brand-name vegetables. The deal came with Fuel Saver points, an irresistible discount at the store and additional savings because she had a manufacturer's coupon. In the end, she got more than \$2 off per gallon of gas and the veggies were practically free.
- Pay attention to all the Hy-Vee stores near you. Sara lives near three. "I keep up with the sales and offers at all three of them. When the points are there, I make the drive."



"THE OTHER
DAY HY-VEE
HAD APPLES
FOR 68 CENTS
A POUND, PLUS
FUEL SAVER!
I SAVED ON
GAS, PLUS GOT
PIE FILLING FOR
THANKSGIVING
DINNER."

Sara Lewis

SAVE \$60 A MONTH

John and Christi Anne Miceli of Waukee, Iowa, have been playing the Fuel Saver game since March. When he spoke about the program, John was celebrating another victory.

"For the twelfth time since we started, we just put gas in the car and it cost us virtually nothing. We've got it down to a science," he says.

The couple shop for their usual items. But they also watch for Fuel Saver deals on the foods they prefer and would buy anyway.

"We buy what we normally buy, like fresh bread. But we look for the choices that come with a Fuel Saver discount," he says.

By paying attention to the Fuel Saver shelf tags, the Micelis save as much as \$60 dollars a month on gas for their three cars.

USE THE HY-VEE APP

Stretching her dollars as far as she can draws Teresa Dekker of Owatonna, Minnesota, to the program. With a family of four, Teresa appreciates the savings.

"I typically save between \$1 a gallon and \$2.80 a gallon when I use Fuel Saver," she says.

Like many regular Fuel Saver users, she scans weekly Hy-Vee ads for Fuel Saver specials. Using the Hy-Vee app on her phone, she can also sort ads for Fuel Saver rewards.

She insists her savings have nothing to do with the fact that she is employed at the Hy-Vee Convenience Store in Owatonna.

"Using Fuel Saver is no different for me as an employee. Hy-Vee makes all the information available about Fuel Saver deals. Everyone gets an equal shot at lower-priced gas," she says.

COLLECTING DISCOUNTS

Maximizing Fuel Saver rewards is easy if you plan ahead. Try these methods for earning discounts.

• One account. In families with multiple

drivers, some families choose to link all individual cards to one account. This builds rewards faster, allowing the person with the greatest need for savings to use the card at the pump. If you have a son or daughter away at college, pooling rewards may help pay for trips home. Any group—a church, a business, a nonprofit group—can link accounts.

- Scan ads. Before you shop, always check for Fuel Saver discount coupons and weekly print ads at www.hy-vee.com/shop
- Get the app. Using the Hy-Vee app, go to Digital Coupons and clip those you want. You can also filter ads to see all current Fuel Saver offers. Clip what you want. Clipped coupons are saved to your Fuel Saver account, then savings are automatically deducted when your card is scanned at checkout. Fuel Saver rewards are applied when you scan your card at a pump.
- Stay current. Use your Hy-Vee app to keep track of your Fuel Saver account balance. It takes only moments to check your current status.
- Facebook exclusives. Check the Hy-Vee Facebook page for exclusive offers.
- Follow Twitter. More savings can be found when you follow Hy-Vee on Twitter. Many stores have their own accounts, so make sure you also follow the stores near you.
- Email offers. Exclusive Fuel Saver deals will start landing in your inbox soon after you sign up for a My Hy-Vee account and check the box to receive email news. Sign up at our website, www.hy-vee.com/my-hy-vee

COMPOUND SAVINGS

By using coupons and other offers, you are saving two ways with Hy-Vee. You are saving money on your initial purchases and Hy-Vee Fuel Saver is giving you discounts when you pump gas.



POMEN PROTEIN

THE TICKING CLOCK DOESN'T ALWAYS ALLOW MUCH TIME TO EAT, BUT THERE'S A SOLUTION. GET REVVED UP IN A HEALTHFUL WAY WITH A HIGH PROTEIN ENERGY BAR. PROTEIN HELPS CURB CRAVINGS AND BOOST METABOLISM, ALL WHILE STRENGTHENING YOUR BODY.

WORDS Carrie Anton PHOTOS King Au and Tobin Bennett



CHOCOLATE-PEANUT BUTTER PROTEIN BARS

These no-bake bars combine the goodness of high-quality whey protein and dark chocolate in one bite. The protein powder helps refuel your body after workouts with critical amino acids and nutrients you need to maintain good health.

Prep: 20 minutes | Chill: 30 minutes | Serves 16

1 cup chopped dried pitted dates

1 cup Hy-Vee creamy peanut butter

1 cup chocolate-peanut butter whey protein*

½ cup flaxseed meal

½ cup unsweetened coconut flakes

1/3 cup coconut oil, slightly melted

2 tablespoons Hy-Vee honey

2 teaspoons Hy-Vee vanilla extract

3/4 cup Hy-Vee 60% cacao bittersweet chocolate baking chips Additional dark chocolate, melted; optional

- 1. Line an 8x8-inch pan with foil, extending foil about 1 inch over edges of pan; set aside.
- 2. Place dates, peanut butter, whey protein. flaxseed meal, coconut flakes, coconut oil, honey and vanilla in a food processor. Cover and process until thoroughly combined.
- 3. Transfer mixture to prepared pan, pressing evenly in pan. Cover and chill.
- **4.** Meanwhile, in a small saucepan melt baking chips over medium-low heat until smooth. Spread onto uncut bars in pan. Cover and chill for 30 minutes or until chocolate is set.

5. Using the edges of the foil, lift uncut bars out of pan; turn over and remove foil. If desired, drizzle additional dark chocolate over top. Cut into 16 square bars. If storing bars, chill again until chocolate sets up. Wrap individual bars in plastic wrap and store in the refrigerator for up to 1 week.

*Note: Nutrition varies among different brands of whey powder. For this recipe we used the brand New Solutions Nutrition.

Nutrition facts per serving: 270 calories, 17 g fat, 8 g saturated fat, 0 g trans fat, 10 mg cholesterol, 85 mg sodium, 22 g carbohydrates, 4 g fiber, 15 g sugar, 11 g protein. Daily values: 0% vitamin A, 0% vitamin C, 4% calcium, 4% iron.

PICK A PROTEIN BAR

An athlete needs a rush of strength and everyone needs the energy to beat back the yawns around 2 p.m. The cure is here.

MET-RX PROTEIN PLUS

Packed with 32 grams of protein, MET-RX bars support muscle growth and an active lifestyle. This Chocolate Chocolate Chunk bar has 310 calories and more than 25 percent of your daily need for such nutrients as vitamins A, C and E, plus calcium.

DETOUR

Here's another powerhouse—a whey energy bar with 30 grams of protein. Very efficient at building and maintaining muscle, this bar has 340 calories and about 30 percent of your daily need for vitamin B⁶.

NUGO STRONGER

Rich in antioxidants, this snack gives you 25 grams of protein, enough to support a good workout. Stats include 320 calories and 25 percent of the calcium you need each day.

QUEST BAR

Sweetened with stevia, this Strawberry Shortcake bar contains almonds and a protein blend that includes whey isolate. A strong 20 grams of protein and 160 calories, it offers tasty support for a busy day.

LUNA PROTEIN BAR

This chocolate-almond-coconut bar promises positive snacking when you need a slight boost. It has 12 grams of protein in a 180-calorie bar. It also has 3 grams of fiber, which will help your waistline and heart.

THINK THIN BAR

A flavorful chocolate-coconut-almond, this has an energy-boosting 13 grams of protein—about right to shake off afternoon sluggishness. This bar also has 180 calories and fights hunger with 5 grams of fiber.

POWER CRUNCH

With 13 grams of protein and 200 calories, this protein energy bar will help you survive the daily doldrums. Available in seven different flavors.

CARB CONSCIOUS SUPREME PROTEIN

Offering a middle-of-the-pack 15 grams of protein, this bar is good for athletes or to eat before a stressful task. Protein supplied by whey isolate. The bar contains 180 calories.



10 REASONS WE LOVE PROTEIN

Protein is fuel for work, play and everything you do. Make yourself a professor of protein with these facts.

01. ON-THE-GO FUEL

There's no denying the convenience of energy bars. These pocket-sized snacks are easy to keep in a gym bag or purse, and have a much longer shelf life than other on-the-go options, such as a whole-wheat bagel or a ripe banana.

02. LOADED WITH FLAVOR

Looking for something sweet? Satisfy your craving in a smarter way with a dessert inspired protein bar. Modeled after candy bars, many protein bars are flavored with creamy peanut butter, fruit, chocolate or nuts. These bars taste like a treat but keep blood sugars and calories in check.

03. HOLDS OFF HUNGER

Skipping a meal is the quickest way to kick your hunger into high gear. Once your stomach starts rumbling, good food choices are a challenge. With nutrition bars, it's easy to keep tasty, vitamin- and mineral-packed snacks on hand. For a normal busy day, seek a bar that has a calorie count of about 200 and at least 15 grams of protein. These amounts are close to what you would find in a light breakfast, lunch or dinner. Athletes need higher counts. Meal replacement bars should contain a balance of protein, carbohydrates and fat to help sate your appetite.

04. HEALTHY BALANCE

Many fad diets suggest stripping your diet of anything other than protein. However, protein does best for your body when it's balanced with two other macronutrients: carbohydrates and fats. Look for bars with all three for the best results on your overall health and energy levels.

05. SAY "YAY" FOR WHEY!

A low-fat protein rich in amino acids, whey helps delay fatigue. Look for bars that list "whey protein isolate" or "hydrolyzed whey protein" at the beginning of their ingredients list. Avoid high amounts of "whey protein concentrate," which is often used as filler.

06. MILK AND EGGS

These do a body good when it comes to protein. Bars made with milk and eggs offer high-quality protein.

07. MAKE THE MOST OF YOUR SNOOZE TIME

Eat protein bars high in casein before you hit the hay. Amino acids in casein, a protein that makes up about 80 percent of milk, are absorbed slowly by the body. This makes nighttime a prime time to speed up metabolism and shed fat.

08. GO NUTS FOR BARS WITH NUTS

Almonds, walnuts, pecans and other shelled favorites offer powerful protein, as well as "good fats," which can reduce the amount of bad cholesterol and increase the good.

09. A TASTY UNDERSTUDY

Eat your oats. While not offering a complete protein source, bars containing this grain are a healthy choice and the slow-digesting fiber will keep you feeling full longer.

10. "Protein is key for weight loss because it takes a long time to digest in our stomachs. Eating foods high in protein and fiber provides a feeling of fullness that leaves us satisfied and energized throughout the day."

-Nicole Arnold, Hy-Vee dietitian at Ames #1, Iowa



MEDICATION MUST HAVES

A VARIETY OF OVER-THE-COUNTER REMEDIES ARE AVAILABLE AT YOUR LOCAL HY-VEE PHARMACY. KEEP YOUR MEDICINE CABINET STOCKED WITH ALL THE ESSENTIALS.

Multi-Symptom Cold and Flu Medicines

Contain an antihistamine, a decongestant, a pain reliever and/or a cough suppressant.

Vitamins & Supplements

Designed to complement your diet by supplying key nutrients to support your overall health and well being.

Cough Suppressants

Help relieve coughing and ease lung and throat irritation by lessening the sensation to cough.

Anti-Inflammatories

Reduce fever and relieve minor aches and pains with these drugs.

Moisturizers & Lotions

Help to protect healthy skin and heal dry, rough and problem areas. If prone to rash or break out, seek lotions specially formulated for the face or sensitive skin.

Cold Sore Medications

Speed up the healing of sores and protect healthy cells from infection.

Calcium Carbonate Tablets

Help defend against constipation, diarrhea, gas and bloating.

Antacids

Offer fast relief for acid indigestion, indigestion and an upset stomach.



- 1. Citracal: select varieties 60 to 230 ct. \$9.98
- 2. Aleve: select varieties 80 to 130 ct. \$8.99
- 3. Bayer Aspirin: select varieties 100 to 150 ct. \$6.49
- 4. One A Day, Flintstones and Berocca vitamins: select varieties 10 to 160 ct. \$6.88
- 5. Phillips Colon Health: 30 ct. \$10.98
- 6. Alka Seltzer Plus: select varieties 6 to 26 ct. \$4.99

A BRAND YOU CAN TRUST





Stock your medicine cabinet with these types of over-the-counter medications, supplements, lotions and other items.





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- 1. Tylenol Adult and Children's: select varieties 1 to 4 oz., or 24 to 225 ct.
- 2. Emergen C: select varieties 30 ct. \$9.99
- 3. Gold Bond Ultimate Lotion: select varieties 13 to 14.5 oz. \$7.99
- 4. Theraflu: select varieties 6 or 12 ct. \$5.99
- 5. Abreva Tube and Pump Cold Sore Medication 2 or 2.2 gr. \$15.99
- 6. Centrum and Caltrate: select varieties 60 to 200 ct. \$10.99



COLD AND

DON'T LET THIS WINTER GET THE BEST OF YOU. TAKE STEPS NOW TO AVOID GETTING SICK SO YOU CAN RING IN THE NEW YEAR FEELING HEALTHY.

As a way to stay healthy during the cold season, keep stress in check. Stress weakens your immune system and increases your risk of illness any time of year, says Hy-Vee pharmacist Lisa Linder.

Remember that your body needs rest and care, and ignoring that fact will leave you vulnerable to sickness and may prolong your recovery time.

Here are a few steps you can take to protect against illness:

Get a vaccination. The Center for Disease Control and Prevention recommends getting the annual flu shot as the best way to avoid the disease. Those at highest risk for the disease are

V8 Protein Bars and Shakes:

select varieties 6 ct. or 10 oz. \$5.99

children, pregnant women, those 65 years and older and those with chronic health conditions.

Wash your hands. Frequent, thorough hand washing is one of the most effective ways to stav healthv.

Disinfect your home. Wipe down doorknobs, scrub bathrooms and kitchens, wash bedding and more.

Avoid close contact. Steer clear of people who exhibit coldlike symptoms.

Soothing tea. For a cough or sore throat, drink a cup of hot tea with honey in it.

Vitamin C. When your throat is scratchy and getting worse, take vitamin C to give your immune system a boost.

V8 V-Fusion: select varieties 6 or 8 ct. 2/\$6.00

ASK YOUR PHARMACIST

Should a sickness knock you down, the pharmacists and staff at your Hy-Vee Pharmacy are ready to help.

They can fill prescriptions from your doctor or help you select the most effective over-thecounter medications available for your condition.

Refill prescriptions and check medication status online by establishing a My Hy-Vee account at www.hv-vee.com or get these same services through the free Hy-Vee app for smartphones.

The Pharmacy also offers flu shots, hundreds of generic medications for \$4, help with a medical Flexible Spending Account and more.



Campbell's® Healthy Request® soups

Variety of delicious flavors that fit into a heart healthy lifestyle.



Campbell's Healthy Request Soups: select varieties 10.5 to 11.5 oz. \$1.28

EAT HEALTHY

SEVEN STEPS TO A HEALTHIER, HAPPIER YOU!

START THE DAY RIGHT Energize your day by eating a breakfast that has at least 4 grams of protein. Also eat at least 4 grams of fiber, which helps you maintain a healthy weight and lowers risk of diabetes and heart disease. Oatmeal with fruit is a good choice, and even some grab-and-go breakfast bars and other prepared foods offer good numbers.

2 SNACK SENSIBLY Snacking between meals has its benefits, but only if you snack smart. Be mindful of how much you are eating. Keep healthy snacks handy so you aren't lured to a poor substitute. Nuts and dried fruits are good choices.

3 DITCH EMPTY CALORIES Sugary drinks are loaded with empty calories. Limit liquid calories by swapping sodas and sports drinks for fruit and vegetable juices or water.

4 FRESH-PICKED DIET Fill half of your plate with fruits and vegetables at every meal. These foods will help you feel full while providing heaps of vitamins and nutrients.

5 SUGAR IS NOT THE ENEMY Put a limit on how much sugar you consume, but don't cut out sweets entirely. Satisfy your craving for sweets with fresh fruits!

6 ADD ACTIVITY Good health is more than the meals or snacks you eat. A healthy body also requires activity. You were made to move. For ideas about putting your body in gear, see "begin® A New You," page 18, and "On the Run," page 50.

7 SHOP THE PERIMETER Changing your shopping habits is an easy way to improve your diet. Instead of spending so much time in the middle of the store where most processed foods line the shelves, shop around the store perimeter. This is where you'll find the fruits, vegetables, lean meats, dairy and other foods that are processed only a little or not at all.



-THEGOODS

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.

FRIDGE AND FREEZER



Just BARE **Boneless Skinless** Chicken Breast: 14 oz. \$4.99



Johnsonville Meatballs: select varieties 24 oz. \$5.99



Eggland's Best Large or Extra Large Eggs: dozen \$2.48



Weight Watchers Cheese: select varieties 6.5 to 12 oz. \$3.68



Screamin' Sicilian Pizza: select varieties 20.8 to 25 oz. \$7.99



Atkins Frozen Entrees: select varieties 7 to 9.03 oz. 3/\$10.00



SeaPak Shrimp: select varieties 9 to 18 oz. \$6.48



Sargento All Natural Cheese Sticks: select varieties 8 to 12 oz. \$3.99





Sargento All Natural Shredded Cheese and Tastings: select varieties 3.25 to 8 oz. \$2.88





KEURIG 2.0: BOLDER COFFEE

Enjoy the same ease and convenience of brewing a single cup but on a smarter, stronger machine that lets you brew an entire carafe, when you choose. Designed to produce a bolder coffee, the programmable 2.0 has brewing stength control and a color touch display.



Keurig 2.0 Brewer: \$119.99



APPLIANCES PANTRY



NUTRIBULLET Food Extractor; grey or red \$89.99



Dakota Sunflower Kernels: 16 oz. \$2.99



Frito Lay SunChips, Oven Baked, Simply & Smartfood Popcorn: select varieties 5.5 to 10.5 oz. 2/\$6.00



Sun-Maid Raisins: original or seedless 6 ct. \$1.98



Minute and Success Rice: select varieties 4.4 to 14 oz. \$1.98

BEVERAGES



Jolly Time Pop Corn: select varieties 6 ct. or 30 oz. jar \$2.99



Bush Variety Beans: select varieties 15 to 16 oz. 5/\$5.00



Atkins Bars and Shakes: select varieties 4 or 5 ct. or 5 to 8 oz. \$5.48



Old Orchard Healthy Balance: select varieties 64 oz. \$1.98



Vita Coco Water: select varieties .5 L 2/\$4.00

HEALTH 3



Colgate Toothbrush, Toothpaste and Mouthwash: select varieties 1 ct., 250 ml., 3.5 to 8 oz. \$2.99



Miralax 45 day dose 26.9 oz. \$22.99



Afrin and Coricidin Cold and Flu items: select varieties 15 or 20 ml., 1 or 12 oz., and 16 to 24 ct. \$5.88

CLEANING 2



Lysol Spray and Wipes: select varieties 12 or 12.5 oz. or 80 ct. \$4.58



Lysol Household Cleaners: select varieties 22 to 40 oz. or 35 ct. \$1.98



Finish and Jet Dry: select varieties 6.76 to 75 oz. and 12 to 20 ct. \$2.99

ALL NATURAL ALL DELICIOUS



Healthy Choice Entrees: select varieties 8.5 to 9.7 oz. 2/\$4.00



Banquet Family Entrees: select varieties 24 to 28 oz. \$2.88



Banquet Boxed Chicken: select varieties 12 to 15 oz. 2/\$5.00



Egg Beaters: select varieties \$2.98



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Hunt's Tomato Sauce: select varieties 8 oz. 2/\$.88 Hunt's Tomatoes: select varieties 28 oz. 3/\$5.00



ACTII Microwave Popcorn: Butter or Butter Lovers 6 ct. 2/\$5.00



La Choy Bipacks: select varieties 42 to 43.5 oz. \$2.99

Italian Pasta Skillet

Healthy Choice®

Chicken & Spinach Alfredo

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
- 11/4 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.

Heart



SPRING 2015

Hy-Vee Seasons Spring 2015 is coming soon and you'll learn the secret of a most delectable breakfast sandwich—an asparagus omelet inside a fresh-from-the-oven Hy-Vee Bakery croissant. We'll also talk about Mother's Day with some well-known people from the Midwest. Look for the Spring issue in stores in mid-April. For free home delivery of our print edition or to download the new free digital version for tablets. visit our website at www.hy-vee.com/seasons

