

seasons

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**JUICING: GIVE YOUR
BODY WHAT IT NEEDS**
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featuring

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A HEALTHY OPTION
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YOGURT

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Prices effective
January 6, 2016 through
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by the Hy-Vee Test Kitchen food
technologists to guarantee that
they are reliable, easy to follow and
good-tasting.

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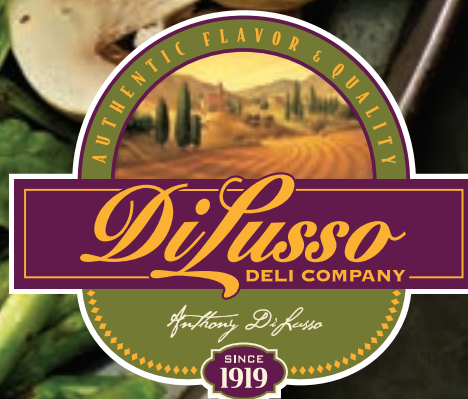


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London Greens Salad

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VIDEO

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- How to Juice
- How to Crack Open a Coconut
- How to Caramelize Onions
- How to Roll Sushi



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About Our Guest Editor:

Kari Paige is a store dietitian at the Hy-Vee in Johnston, Iowa. She graduated from the University of Central Missouri, where she earned a Bachelor of Science degree in nutrition and dietetics. She is one of Hy-Vee's 228 store dietitians.

DEAR HY-VEE READER,

When I think about being a Hy-Vee dietitian, I recall one client—a woman in her late 40s. She wanted to lose four dress sizes before her 25th wedding anniversary, which was a few months away. She tried every popular diet you can name, joined health clubs and followed all the weight-loss fads. This led to the same cycle every time: Lose a little, gain it back. Then she heard about Hy-Vee dietitian services and asked for help.

I encouraged her to try our 10-week begin™ weight-management program. It's more than a diet; it focuses on lifelong wellness. I took her on a store tour, teaching her how to shop. I showed her how to cook vegetables so she'd enjoy them—she never had before. I cheered her on. In the end, she lost the weight by her deadline and was pumped up about looking and feeling so good. Her husband loved the new look too. If you also want to lose weight or just want to improve your diet, see the dietitian at your local Hy-Vee store.

We hope you enjoy this annual Health edition of *Hy-Vee Seasons* magazine. If you want to increase your intake of fruits and vegetables, see "Juicing for Health," *page 50*. Another story, "The Scoop on Yogurt," *page 68*, shows you that including yogurt in pizza crust, lemon chicken and even snack cakes will add protein to your diet. Also, don't miss "Cold and Flu Season," *page 58*, to get helpful advice from a Hy-Vee pharmacist about selecting and using the best over-the-counter solutions.

Good health is one of the keys to happiness. So it's our hope that *Hy-Vee Seasons* helps you in your efforts to eat smart and maintain a healthy lifestyle.

Sincerely,
Kari Paige, Hy-Vee Dietitian
Johnston, Iowa

begin™

be healthy. be fit. be happy.

begin™ is a ten-week lifestyle management program with an emphasis on weight control, fitness and eating for good health.

Contact your local Hy-Vee dietitian for more information.



HyVee®

MANDARINS

Small, plump, sweet and sometimes tangy, mandarin oranges wear their vivid orange or red-orange skins loosely, making them quick to peel. Segments pull apart easily and offer a burst of healthy freshness with every bite. They add tasty pops of color to salads, cakes and pies. Mandarins got their name long ago from imperial Chinese officials, who wore orange coats.

SELECT

Choose mandarins that seem heavy for their size. Avoid any that have cuts or soft spots. A healthy mandarin may exhibit green patches on its skin. Mandarin oranges are in season from November through June.

STORE

They may be stored in a cool, dark spot for a few days. They will last about two weeks if refrigerated.

NUTRITION

Mandarin oranges boast a healthy nutrition profile. They are low in calories, fat-free, cholesterol-free and sodium-free. They are an excellent source of vitamin C and a good source of vitamin A.



MANDARIN MOUSSE

This fluffy dessert makes a delightful sweet finale to any meal. The mandarin can be substituted with regular orange or even grapefruit.

Prep: 15 minutes | Serves 8 (½ cup each)

½ cup Hy-Vee low-fat cottage cheese, drained

¼ cup Hy-Vee low-fat vanilla yogurt

3 tablespoons Hy-Vee orange juice

1 tablespoon Hy-Vee honey

Dash Hy-Vee salt

½ cup Hy-Vee egg whites (pasteurized liquid egg whites)

¼ cup Hy-Vee sugar

½ cup chopped fresh mandarins, plus additional orange segments

Fresh mint sprigs, for garnish

1. In a food processor or blender, combine cottage cheese, yogurt, orange juice, honey and salt. Cover and process until smooth; set aside.

2. In a large mixing bowl, beat egg whites with an electric mixer until soft peaks form (tips curl). Gradually add sugar and continue beating until stiff peaks form (tips stand straight).

3. Fold beaten whites into cottage cheese mixture. Fold in chopped mandarins and oranges.

4. To serve, top with orange segments. If desired, garnish with mint.

Nutrition facts per serving: 60 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 85 mg sodium, 10 g carbohydrates, 0 g fiber, 9 g sugar, 4 g protein. Daily values: 2% vitamin A, 10% vitamin C, 2% calcium, 0% iron.

THE BRIGHT TASTE OF MANDARIN ORANGES PAIRS WELL WITH YOGURT, COTTAGE CHEESE, APRICOTS, BANANAS, MELON, CHOCOLATE, CHICKEN, TURKEY OR SHRIMP AND JUST ABOUT ANY VINAIGRETTE. MANDARINS ALSO MAKE A SWEETHEART OF A MARMALADE OR JAM.

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Heart
Healthy

WOW! That's Genius

BLITZ MANGO PEELING

To peel a mango quickly, first cut the fruit in half along its pit. Place each half against the lip of a sturdy cup and press down on the mango until the fruit separates from the skin in one piece.



TEST KITCHEN TIPS

1. Replace half the butter in muffins by substituting an equal amount of applesauce, avocado or Greek yogurt.
2. Slice mushrooms, strawberries, and even mozzarella with an egg slicer. Press screen down and through food to cut perfectly even slices.
3. To give a pitcher of water pizzazz add fresh fruit, vegetables, and/or herbs. They infuse water with refreshing flavors.



DIET COLA BROWNIES

FOR A HEALTHIER TREAT, TRY THIS TRICK: STIR TOGETHER HALF A CAN OF DIET COLA (6 OUNCES) AND 1 BOX OF HY-VEE

FUDGE BROWNIE MIX. NO BUTTER, NO EGGS, NO OIL. BAKE AS DIRECTED IN A GREASED 8x8-INCH BAKING PAN.

USING DIET COLA INSTEAD OF BUTTER, EGGS AND OIL LIGHTENS BROWNIES CONSIDERABLY. THESE HAVE ONLY 110 CALORIES (INSTEAD OF 140) AND 1 GRAM OF FAT (INSTEAD OF 4 GRAMS).



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A HEALTHY LIFE

Anyone seeking a more balanced, healthy life can find a road map for getting there by talking to a Hy-Vee dietitian, says Julie McMillin, a leader of Hy-Vee dietetics. A dietitian herself, Julie says the name of the game for most individuals and families is learning to love food while enjoying a healthy lifestyle.



PHOTOS Tobin Bennett

Julie McMillin began dreaming of a health career as a teen living in Milan, Illinois. She thought about becoming a chiropractor or a doctor, but then she saw a registered dietitian (RD) at work and Julie was hooked.

"RDs make life-changing impact on a regular basis and see results that are visible," Julie says.

While serving an internship at a children's hospital in Alabama, Julie's future was sealed. Among her patients were obese children, and she knew she was going the right direction. "I really latched on after that," she says. "I became very passionate about working with people on food and nutrition, and living a healthy life."

In her early years as an RD, Julie discovered how important she could be in people's lives.

One morning, a distraught father approached Julie in the Milan store. His daughter had just been diagnosed with type 1 diabetes. What would she need to eat? "We walked the store and I showed him what to get for her. Later, I met the whole family. I still get a Christmas card from them every year. She's doing fine."

During Julie's first few years as a dietitian, she transferred to the Ankeny, Iowa, store, and the job proved to be all she had hoped. Hy-Vee hired more dietitians and the program grew.

"We were there to help the community and our shoppers, and the more we did for them, the more our jobs grew. Now, we are a resource for doctors who refer patients to us for help with nutrition. We also help companies with wellness programs for their employees. It's amazing how the program has grown. There are now 228 RDs at Hy-Vee," she says.

Though now in a supervisory role, Julie still spends part of her days helping customers

understand all that Hy-Vee dietitians offer. She suggests customers start by asking for a free store tour. You can take one alone or with a small group, such as friends or coworkers.

"One of our dietitians will take you through the store, even into the cereal aisle, and help you decide what are the best cereals for you. You can tell us what you like and don't like, and we will tell you what cereal will taste good to you and still be a healthier choice for you. You'll also learn to read nutrition labels, which helps you understand nutritional profiles of foods you buy," Julie says.

Dietitians also hold cooking classes to teach customers how to alter recipes for their new, healthier diets. They offer nutrition counseling and a 10-week weight management program called *begin™*. "I call *begin™* a lifestyle modification program," Julie says. (For more on the *begin™* program, see "*begin™* A New Life," page 56.)

Other RD services include health screenings that check vital health markers; community presentations at schools, work places and other venues; and events promoting wellness, kids' nutrition and more.

Though Hy-Vee dietitians have taught many people the keys to healthy living, Julie still finds some customers who don't understand that Hy-Vee dietitians work with everyone.

"A lot of customers believe if they don't have a disease like diabetes or hypertension, they don't need a dietitian. Not true. With obesity rates rising, helping everyone with healthy eating is going to make an impact," she says.

MEET JULIE MCMILLIN, RD, LD

Julie is the assistant vice president of retail dietetics for Hy-Vee. In 2015, Julie was named Retail Dietitian of the Year by the Retail Dietitians Business Alliance. Recognition was given for helping Hy-Vee create one of the nation's most innovative teams of retail grocery dietitians. Hy-Vee has led in this category by putting one or more dietitians in almost every store it operates. "Isn't that amazing? Who wouldn't want a job like this?" she says.



CUCUMBER ROLL-UPS

Quick and easy roll-ups packed with protein are filled with fresh veggies and goat cheese. Any soft, spreadable cheese can be substituted for the goat cheese.

Prep: 10 minutes | Serves 8 (about 3 rolls each)

1 English cucumber, sliced lengthwise into ⅛-inch thick slices about 7 to 8 inches long*

6 ounces goat cheese or Boursin cheese, divided

½ cup matchstick-cut carrot, divided

½ cup matchstick-cut red bell pepper, divided

Fresh arugula

1. Discard the outermost slices of cucumber. Pat slices dry with a paper towel.

2. Spread about 1 tablespoon cheese on each cucumber slice. Place carrot, bell pepper and arugula over cheese on one end of strip and roll up strip; place roll on a platter. Repeat with the remaining ingredients. If desired, garnish with fresh parsley.

*Note: Use a mandoline to make perfectly even slices.

Nutrition facts per serving: 90 calories, 6 g fat, 4.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 95 mg sodium, 2 g carbohydrates, 1 g fiber, 1 g sugar, 5 g protein. Daily values: 40% vitamin A, 25% vitamin C, 8% calcium, 4% iron.

Color Pop

Bring personality to the table with a casual arrangement of vibrant florals. Brightly hued blooms in a ceramic pitcher boast a fresh-picked feel, perfect for any gathering.



WHAT YOU NEED

- CERAMIC WATER PITCHER
- PURPLE STOCK BUNCH
- PINK CAMPANULA BUNCH
- 7 MINI MYRTLE STEMS

STEP 1: Wash, rinse and dry pitcher. Fill with cool water.

STEP 2: Hold flowers next to pitcher to determine height. Remove leaves that will be below waterline. Cut bottoms of stems on a diagonal while holding them underwater, which avoids trapping air in stems. Place stems in pitcher, arranging as desired.

clean & ready

Eating plenty of fruits and vegetables is vital to good health. But just as important is making sure you wash contaminants away before you peel, cut, eat or cook produce. A few basic tools and tips will prep you for food safety.



PHOTO Tobin Bennett

tips

Follow these tips for improving the safety of cooking and eating fruits and vegetables.

CHOOSE WISELY

Choose produce that's free of bruises, mold or other signs of decay. Purchase amounts usable in a few days.

AVOID CONTAMINATION

Store perishables in vegetable drawers or on shelves above raw meats, poultry or seafood to prevent cross-contamination.

START CLEAN

Clean countertops, cutting boards and utensils with hot soapy water before peeling or cutting produce. Most important, wash fruits and vegetables before peeling to reduce contamination.

WASH WITH CARE

Generally, hold fruit or vegetables under cold running tap water, gently rubbing with your hands as you rinse. For specific produce cleaning, see methods *right*.

HOW TO USE PREWASHED GREENS

Packaged greens are super for last-minute salads, and they're a quick way to pack more veggies into your meals. The good news is, there's no need to wash prewashed greens, including organics, because they are washed several times before packaging in a mild solution that's safe for humans but deadly to harmful bacteria.

washing 101

HERE ARE WAYS TO WASH DIFFERENT TYPES OF FRUITS AND VEGETABLES. A GOOD RULE OF THUMB IS TO WASH ANY PRODUCE JUST BEFORE USE.



BRUSH: For firm produce, such as melons, carrots and citrus, use a clean vegetable brush to scrub the surface as you rinse.




SOAK: To remove contaminants on produce with bumpy, uneven surfaces, such as fennel and leeks, soak for one to two minutes in cold water.



WIPE: To prep whole mushrooms, wipe them with a clean, barely damp paper towel. If you rinse them, do it lightly, then dry immediately and gently with paper towels. Never soak fresh mushrooms in water.



SPIN: Place berries, greens and herbs in a spinner and rinse for 30 seconds. Then spin for 15 seconds or until completely dry. To prevent berries from bruising, line the spinner with paper towels.



Sushi recipe,
page 46.

HEALTH '16

- FOOD FIGHT • READY, SET, GO • FIRST-RATE LUNCH AT THE OFFICE
- BEGIN A NEW LIFE • SUSHI AT HOME • JUICING FOR HEALTH
- COLD AND FLU SEASONS • COCONUT
- THE SCOOP ON YOGURT • CHAR•CU•TE•RIE

BOWL GAME

FOOD

ARE YOU READY TO RUMBLE? SIX SEASONED HY-VEE CHEFS AND DIETITIANS FACE OFF IN THE BATTLE OF THE BEST GAME-DAY SNACKS. THEY'VE SUBMITTED THEIR FAVORITE RECIPES FOR THIS HEAD-TO-HEAD COMPETITION. YOUR KITCHEN IS THE ARENA WHERE YOU DECIDE WHICH IS THE WINNING TEAM!



FIGHT





Chef Matthew Brinkman

Hy-Vee Carroll, Iowa

For Chef Matt, cooking is more than a profession, it's a lifelong passion. After a long career in professional kitchens, Matt made the move to Hy-Vee last year and has been creating culinary delights at his store ever since.



MINI PHYLLO TACOS

Little beef taco bites, created by Chef Matthew Brinkman, are not only addictive, they are also a cinch to make thanks to the phyllo tart shells. The prebaked shells only need to be reheated to use.

Prep: 15 min. | Bake: 6 min. | Serves 20
(about 3 taco shells each)

- 1 pound 93% lean ground beef**
- ½ cup finely chopped onion**
- 1 (1.25-ounce) packet Hy-Vee taco seasoning mix**
- ¾ cup water**
- 1½ cups Hy-Vee shredded Mexican cheese blend, divided**
- 4 (1.9-ounce) packages frozen miniature phyllo tart shells**
- Sliced jalapeños, optional**
- ½ cup pico de gallo or Hy-Vee fresh salsa**

1. Preheat oven to 350°F.
2. In a small skillet, cook beef and onion over medium heat until meat is browned; drain. Stir in taco seasoning and the water. Bring mixture to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Remove from heat. Stir in ½ cup of the cheese blend.
3. Place tart shells in an ungreased baking pan. Fill shells with taco mixture. Bake for 6 minutes or until heated through. Transfer to a serving platter and sprinkle with remaining cheese blend. Top with jalapeño slices, if desired. Serve with pico de gallo.

Nutrition facts per serving: 130 calories, 6 g fat, 2.5 g saturated fat, 0 g trans fat, 30 mg cholesterol, 220 mg sodium, 8 g carbohydrates, 0 g fiber, 1 g sugar, 10 g protein. Daily values: 6% vitamin A, 2% vitamin C, 6% calcium, 4% iron.

ASIAN BEEF LETTUCE WRAPS

Light and pleasing, these wraps are as tasty as any you might order when dining at a restaurant.

Prep: 10 min. | Cook: 15 min. | Serves 4

1 pound 93% lean ground beef
1 teaspoon Hy-Vee Select olive oil
1 cup chopped onion
4 cloves garlic, minced
½ cup chopped Hy-Vee water chestnuts
¼ cup hoisin sauce, plus additional for serving
¼ cup Asian peanut sauce
12 large Boston lettuce leaves (about 2 heads)
½ cup shredded carrot
½ cup chopped Hy-Vee unsalted peanuts
4 green onions, chopped

1. In a large nonstick skillet, cook beef over medium heat until browned, using a wooden spoon to break beef into small pieces. Drain. Transfer beef to a platter lined with paper towels; set aside.
2. In the same skillet, heat oil over medium heat. Cook onion and garlic for 3 minutes or until softened. Add browned beef, water chestnuts, hoisin sauce and peanut sauce. Cook until heated through.
3. To serve, divide beef filling among lettuce leaves. Top with shredded carrot, peanuts and green onions. If desired, serve with additional hoisin sauce.

Nutrition facts per serving: 470 calories, 24 g fat, 6 g saturated fat, 0 g trans fat, 100 mg cholesterol, 660 mg sodium, 27 g carbohydrates, 5 g fiber, 12 g sugar, 40 g protein. Daily values: 100% vitamin A, 15% vitamin C, 8% calcium, 30% iron.



Dietitian Susan Coe
Hy-Vee Omaha #11, Nebraska

Susan likes to push herself. She holds a Bachelor of Science degree in nutrition science and dietetics and a Masters of Public Health from the University of Nebraska. She is also certified to train adults in weight management. An avid cook, Susan teaches cooking classes at Hy-Vee, and she especially enjoys showing kids how easy it is to cook.

**“Choose lean beef.
It’s a naturally rich
source of 10 essential
nutrients needed for
an active life.”**

—Dietitian Susan Coe



“To keep meatballs from rolling around, bake them in a mini muffin tin.”

—CHEF JORGE DELGADO



Chef Jorge Delgado
Hy-Vee Owatonna, Minnesota

A native of Puerto Rico, Chef Jorge was born into the restaurant business, so to speak. His three uncles are all successful chefs on the Caribbean island and Jorge followed their lead into the kitchen almost 30 years ago. He moved to the U.S. in 2014 and has been with Hy-Vee since then. Chef Jorge specializes in French, Caribbean and Italian cuisine.



SWEET-AND-SPICY SEAFOOD MEATBALLS

Imitation crab and shrimp give meatballs a healthy makeover. The savory bites are smothered in a sweet apricot-Sriracha glaze, creating a tempting blend of contrasting flavors.

Prep: 10 min. | Bake: 18 to 22 min. |

Serves 12 (2 meatballs each)

Nonstick cooking spray

1 (8-ounce) package Hy-Vee Fish Market imitation crabmeat

½ pound medium shrimp, peeled and deveined

½ cup Hy-Vee panko bread crumbs

¼ cup chopped white button mushrooms

¼ cup chopped onion

1 Hy-Vee large egg

2 tablespoons chopped fresh cilantro

1 teaspoon plus 1 tablespoon fresh lemon juice, divided

⅓ teaspoon kosher salt

1 tablespoon Hy-Vee cornstarch

½ cup Hy-Vee apricot preserves

¼ cup Sriracha or Asian chili sauce

1. Preheat oven to 350°F. Line a baking pan with foil and spray with nonstick spray; set aside.

2. For meatballs, in a food processor combine imitation crabmeat, shrimp, bread crumbs, mushrooms, onion, egg, cilantro, 1 teaspoon lemon juice and salt. Cover and pulse several times until seafood is finely chopped and mixture is well combined. Form into 24 meatballs and place on prepared baking pan.

3. Bake for 18 to 22 minutes or until internal temperature reaches 160°F.

4. Meanwhile, for glaze, in a medium saucepan combine cornstarch and remaining 1 tablespoon lemon juice. Stir in apricot preserves and Sriracha. Bring to boiling, stirring constantly. Reduce heat and simmer for 5 minutes. Toss meatballs with sauce and serve immediately.

Nutrition facts per serving: 90 calories, 0.5 g fat, 0 g saturated fat, 0 g trans fat, 40 mg cholesterol, 330 mg sodium, 15 g carbohydrates, 0 g fiber, 7 g sugar, 5 g protein. Daily values: 2% vitamin A, 2% vitamin C, 2% calcium, 0% iron.



GRILLED SHRIMP AND PINEAPPLE SALSA

This simple salsa, served with crispy chips, is an irresistible yet healthy game-day snack that guests love.

Prep: 10 min. | Grill: 4 minutes | Chill: 30 min. |

Serves 12 (about ½ cup salsa each)

Nonstick cooking spray

8 ounces medium shrimp, peeled, deveined and rinsed

½ cup chopped red onion

½ cup chopped fresh pineapple

1 jalapeño pepper, finely chopped*

¼ cup fresh lime juice

¼ cup finely chopped cilantro

Kosher salt, to taste

Hy-Vee Select olive oil, optional

Tortilla or potato chips, for serving

1. Prepare a charcoal or gas grill for direct grilling over medium-high heat. Coat the inside of a grill basket with nonstick cooking spray.
2. In prepared basket, grill shrimp for 4 minutes or until shrimp are opaque, turning once. Cool slightly. Chop shrimp; set aside.
3. In a large bowl, combine red onion, pineapple, jalapeño, lime juice, cilantro and shrimp. Season with salt. If desired, drizzle with olive oil. Cover and chill at least 30 minutes or up to 1 day before serving. Serve with chips.

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

Nutrition facts per serving: 20 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 25 mg cholesterol, 110 mg sodium, 2 g carbohydrates, 0 g fiber, 1 g sugar, 3 g protein. Daily values: 2% vitamin A, 10% vitamin C, 2% calcium, 0% iron.

Dietitian Erin Good

Hy-Vee Waukee, Iowa

Erin is a fierce culinary competitor with a strong background in medical dietetics. After receiving a Bachelor of Science degree from Iowa State University, she interned at a hospital in Illinois affiliated with St. Jude Children's Research Hospital. Erin has worked with Hy-Vee clients seeking help for diabetes, heart disease and weight management.





Chef Lisa Hanks

Hy-Vee Lincoln #4, Nebraska

Chef Lisa started her culinary career in Nebraska, working at local restaurants before attending culinary school and earning certification as a sous chef. She's also a veteran of food competitions, with more than a few battles under her belt. Lisa took Top Chef awards in 2012 and 2013 at competitions sponsored by James Arthur Vineyards.



Cilantro COOKING TIP

To release extra flavor in any dish that calls for cilantro, chop up the stems and leaves.
—CHEF LISA HANKS



WHITE BEAN-CHICKEN CHILI

This easy one-dish Southwest chili is an ideal choice. Make it the day before the big game.

Prep: 10 min. | Cook: 23 min. | Serves 8 (about 1 cup each)

- 1 tablespoon Hy-Vee Select olive oil
- 1 pound ground chicken breast
- 3 medium poblano chile peppers, stemmed, seeded, finely chopped*
- 2 medium onions, finely chopped
- 4 garlic cloves, finely chopped
- 3 cups Hy-Vee 33%-less-sodium chicken broth
- ½ teaspoon cumin
- ½ teaspoon coriander
- 1 (8-ounce) package Hy-Vee cream cheese
- 2 (15-ounce each) cans Hy-Vee cannellini beans, rinsed and drained
- 1 cup finely chopped cilantro or fresh parsley (about 1 bunch), divided
- 1 cup crumbled Hy-Vee tortilla chips
- Kosher salt, to taste
- Shredded Monterey Jack cheese, for serving
- Lime wedges, optional

1. In a 4-quart Dutch oven, heat oil over medium heat. Add chicken, chile peppers, onions and garlic. Cook for 8 minutes or until chicken is brown, stirring occasionally.
2. Add broth, cumin and coriander to Dutch oven. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. Add cream cheese and beans. When cream cheese is melted, stir in ¾ cup cilantro and tortilla chips. Cook for 5 minutes more. Season to taste with salt.
3. Serve chili topped with cheese and remaining cilantro. If desired, serve with lime wedges.

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

Nutrition facts per serving: 370 calories, 17 g fat, 6 g saturated fat, 0 g trans fat, 65 mg cholesterol, 480 mg sodium, 32 g carbohydrates, 7 g fiber, 4 g sugar, 22 g protein. Daily values: 35% vitamin A, 6% vitamin C, 8% calcium, 15% iron.

BUFFALO CHICKEN SLIDERS

This healthier version of a favorite slider still maintains a buffalo sauce flavor. Poaching lean chicken breasts in orange juice keeps fat content low.

Prep: 15 min. | Refrigerate: 1 hour | Cook: 25 min. | Serves 12

½ cup crumbled blue cheese
1 (5.3-ounce) container Hy-Vee plain fat-free Greek yogurt
1 tablespoon olive oil mayonnaise
1 tablespoon fresh lemon juice
1 tablespoon Hy-Vee Select white wine vinegar
⅛ teaspoon Hy-Vee garlic powder
Hy-Vee black pepper, to taste
1 (12-ounce) package Hy-Vee coleslaw mix
1½ pounds skinless, boneless chicken breasts
2 cups Hy-Vee orange juice
½ cup Frank's Red Hot sauce
1 tablespoon Hy-Vee butter
1 tablespoon Hy-Vee Select olive oil
12 Hy-Vee whole wheat cocktail rolls, split and toasted

1. For blue cheese coleslaw, in a large bowl mash blue cheese and yogurt with a fork. Stir in mayonnaise, lemon juice, vinegar and garlic powder until well blended. Season to taste with pepper. Add coleslaw mix; toss to coat. Cover and chill for 1 hour before serving, or until chicken is ready.

2. In a large skillet, bring chicken and orange juice to boiling; reduce heat. Simmer, covered, for 15 minutes or until chicken is done (165°F). Transfer chicken to a platter. Reserve ½ cup poaching liquid; transfer to a small saucepan. Stir in hot sauce, butter and olive oil. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes or until slightly thickened, stirring occasionally. Set aside.

3. Use two forks to shred chicken. To assemble sliders, divide coleslaw mixture and chicken among rolls. Drizzle with sauce and serve immediately.

Nutrition facts per serving: 200 calories, 7 g fat, 2 g saturated fat, 0 g trans fat, 55 mg cholesterol, 510 mg sodium, 19 g carbohydrates, 2 g fiber, 6 g sugar, 19 g protein. Daily values: 15% vitamin A, 25% vitamin C, 6% calcium, 8% iron.



Dietitian Bridget Luff Hy-Vee Independence #2, Missouri

Bridget relishes challenges, especially showing individuals and entire families that healthy living is fun and achievable. She earned her Bachelor of Science degree in dietetics from the University of Central Missouri and is a member of the Academy of Nutrition and Dietetics.



“Some people are scared of fat in their diets, but a little fat is actually good for you.”

—DIETITIAN BRIDGET LUFF





Oscar Mayer Turkey or Ham:
select varieties 8 oz. 2/\$5.00



Oscar Mayer Deli Fresh Turkey or
Chicken Family Size:
select varieties 15 to 16 oz. \$5.98

Oscar Mayer Deli Fresh
Ham Family Size:
select varieties 16 oz. \$5.48



Breakstone Cottage Doubles:
select varieties 3.9 oz. \$0.88



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original 12 oz. or
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Oscar Mayer P3 Protein Pack:
select varieties 2 oz. 2/\$3.00



Philadelphia Soft Cream
Cheese: select varieties 16 oz.
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Planters NUTrity or
Sustaining Energy:
select varieties
7.5 to 10.25 oz. \$5.99



Claussen Pickles:
select varieties
20 to 32 oz. \$3.49

THE PARTY PICKLE

This is everything you need
in a party snack. Easy to
make, tasty and has a nice
snap. Plus, these yummy rolls
are nutritious.

Place a wrap open on a plate.
Layer on ingredients, placing
the pickle last. Roll, cut and
secure each Party Pickle with a
toothpick. Ready to serve.

Spinach wraps
Cream cheese
Deli meat (we used ham)



BRATS: FUN ON A BUN



Sea Cuisine Encrusted Fillets:
select varieties
8.5 or 10 oz. \$6.98



Weight Watchers Chicken:
select varieties
30 or 32 oz. \$7.49



Fast Fixin' Breaded Chicken:
select varieties
20 to 24 oz. \$4.28



Crunchables Coated
Vegetables: select varieties
10 oz. \$2.48



Flatout Flatbreads or Wraps:
select varieties
8.5 to 14 oz. 2/\$5.00



Wimmer's Natural Casing
Dinner Sausage or Little
Smokies: select varieties
13 or 14 oz. \$4.29



Land O'Frost Premium or
Simply Delicious Sliced
Lunchmeat: select varieties
10 or 16 oz. \$4.99



Honeysuckle White
Fresh Bratwurst, Italian or
Breakfast Sausage:
1 or 1.25 oz. \$4.48

BOWL SNACK

CHEFS

MINI PHYLO TACOS, PG. 20

HY-VEE KITCHEN BUFFALO WINGS

WHITE BEAN-CHICKEN CHILI, PG. 24

MINI GLAZED DOUGHNUTS+CRISPY BACON

CORN CHIPS+HY-VEE ARTICHOKE DIP

SWEET-AND-SPICY SEAFOOD MEATBALLS, PG. 22

BATTLE
IN THE
BRACKETS!

Vote for
your favorite
bowl-game snack for
a chance to
win a \$250 Hy-Vee
gift card! Visit
<http://hyv.vee/favsnack>
to get started.

GAME BRACKET

DIETITIANS

ASIAN BEEF LETTUCE WRAPS, PG. 21

SLICED APPLE+BRIE+HONEY+NUTS

SKIMMED MILK+BALSAMIC SYRUP

TOMATO-MOZZARELLA

BUFFALO CHICKEN SLIDERS, PG. 25

HY-VEE KITCHEN SWEET POTATO FRIES

GRILLED SHRIMP AND PINEAPPLE SALSA, PG. 23

Hy-Vee chefs and dietitians challenge each other in the Food Fight arena. Their recipes are teamed with snacks from the Hy-Vee Kitchen and several super easy-to-make alternatives.



HyVee®

KIDSFIT™

JUST PUSH PLAY™



Get to Know Your Online Trainer

Daira Driftmier has spent years getting ready to lead the Hy-Vee KidsFit program. A graduate of Central College in Pella, Iowa, she holds a degree in exercise science and health promotion. She is also certified as a personal fitness trainer by the American Council on Exercise. Prior to working at Hy-Vee, Daira was a personal trainer and owner of a health and fitness store for six years.

ready, set, go!

KIDSFIT ONLINE WITH DAIRA

FIT KIDS ARE SMART KIDS. THEY SCORE HIGHER ON TESTS AND DO BETTER IN SCHOOL. BUT NOT EVERY FAMILY CAN FIT A GYM MEMBERSHIP INTO THEIR BUDGET OR THEIR SCHEDULE. THAT'S WHY HY-VEE PARTNERED WITH YOUTH HEALTH SPECIALIST DAIRA DRIFTMIER TO CREATE KIDSFIT, AN ONLINE FITNESS PROGRAM.

Hy-Vee KidsFit is an online program helping kids ages 7 to 17 get moving in their own home and have fun doing it.

"The program is a great help for kids whose families may not be able to afford a membership at the Y or another fitness club. Also, faced with the growing epidemic of childhood obesity, we at Hy-Vee want to help turn that around," says Daira Driftmier, KidsFit online trainer and the program's designer.

Every step in joining and participating in KidsFit is done through the program's website www.hy-veekidsfit.com. Though videos and blog posts, Daira and Hy-Vee dietitians guide kids in exercise, eating and other healthy activities. "I designed the program so children can do everything at home without any extra equipment," says Daira, a youth health specialist for 10 years.

Signing up for the program is easy. Kids start the process at the KidsFit website, but parents' permission is required to complete enrollment. Once enrolled, kids choose a starting fitness level. They can sign up at the Rookie, Pro or All-Star level. Exercises and teaching about

health and nutrition are tailored for each level.

Participation is structured around five-week challenges. Short videos feature Daira teaching kids—and parents—proper exercise techniques. The website also offers healthy kids' recipes from Hy-Vee dietitians, advice on health and fitness, and games to play. Each challenge leads to badges and trophies marking progress.

"What works with kids is making it fun, so it doesn't even seem like a workout," Daira says.

Families are encouraged to participate on a weekly family day during each challenge. On these days, parents and older children may face some eager competition from a younger member of the family.

"We are continually adding new challenges and activities online to keep kids interested and involved," says Daira, who keeps kids informed through a blog at the website.

Hy-Vee KidsFit is also on Facebook, and parents often post comments and questions. "We've gotten a lot of positive feedback from moms," Daira says. She and Hy-Vee dietitians are also partnering to create special KidsFit events at local Hy-Vee stores. Check with your Hy-Vee dietitian to see what's happening in your area.



five steps TO HEALTHIER KIDS

How KidsFit Works

Hy-Vee KidsFit introduces kids to a health and fitness lifestyle. It touches on exercising, eating, cooking and fun. Guided through the program website, www.hy-veekidsfit.com, kids get help online whether they are unable to join a fitness club, obese or looking to exercise and eat well.

LOGIN

www.hy-veekidsfit.com



ONLINE FEATURES

- **CHALLENGE.** Kids get a five-week multifaceted program developed for their age and skill level.
- **PLAY.** Through videos, trainer Daira Driftmier teaches kids how to exercise at home without expensive equipment. Safety instruction is part of this package.
- **CONFIDENCE.** A blog by Daira gives kids inspiration, information and motivation needed to succeed. The blog also touches on such diverse subjects as getting enough sleep, bike riding and picnicking with family.
- **EAT.** Kid-friendly recipes are posted by Hy-Vee dietitians.
- **FAMILY.** Once a week, there will be a fitness day with challenges for the entire family.



get fit, he or she engage regularly in active physical play. Daira finds

that in this digital age, kids may need a little handholding when it comes to active games. She regularly posts instructions for fun games that get kids moving. [Check out the Hot Lava Game and Relay Race in Daira's blog at the Hy-Vee KidsFit website.](#)

"Give kids some ideas, and they'll go out and have fun,"

Daira says.



two

EAT
TO
WIN



Fit kids eat right, and Hy-Vee dietitians are the experts when it comes to good nutrition, Daira says. "That's what is so great about partnering with Hy-Vee dietitians. My passion is exercise and theirs is nutrition," she says.

Check out the EAT section of the KidsFit website for quick and easy recipes that kids will be eager to eat and can make themselves. All the recipes use five ingredients or less, and all are no-bake. Daira likes the *Berry-Laced Ice Cubes*. "These are a fun take on getting kids to drink water instead of pop or juice," she says. "It's a much healthier choice."



7
cups

Hydrate

Seven cups is the recommended daily water requirement for children ages 4 to 8 years. For girls 9 to 13 years, the need rises to 9 cups a day, and for boys 9 to 13, it is 10 cups a day, according to the U.S. Department of Agriculture.

3



RUN FOR OTHERS

The Hy-Vee Kids Triathlons & 5K Family Runs this summer are partnering again with the Pinky Swear Foundation to raise money for kids with cancer and their families. The runs are fun, noncompetitive races for kids of all abilities. In triathlons, kids from 6 to 18 run, bike and swim. "The runs are all about doing something active that makes you happy while helping others," Daira says. Get information about the runs at www.pinkyswear.org. Then visit the KidsFit website for 5k walk/run training guides for racers of every level.



60
minutes a day

Fitness for Kids

Every day, children should spend 60 minutes on physical activities, says the Centers for Disease Control and Prevention. One day make it aerobics, like a brisk walk or run; another strengthening muscles, like push-ups or monkey bars; and finally strengthening bones, like jumping rope.

4

FOOD 101 FOR KIDS Through the Hy-Vee begin™ 4 Kids program, children learn what to eat, how to eat and how to exercise. During each four-week lifestyle-management session, kids learn about eating for good health. Each session is led by a Hy-Vee registered dietitian. To find out more, ask the dietitian at your local Hy-Vee.

five

COOKING FOR KIDS

How do you get kids to eat right? That's where Hy-Vee dietitians, such as Beth Barber, shine. Once a month, Beth holds popular cooking classes for kids at Hy-Vee Waterloo #2, Iowa. "My passion lies in teaching children how to cook and balance meals," Beth says. Each month, she shows three recipes and gives kids a learning activity. "I hold stations where I teach children how to prepare food, and they each make their own." Beth encourages independence in her classes



and advises parents to involve kids in meal prep at home. "Kids love to design things. Make it fun for them, and kids will develop good habits," she says. Check with your local Hy-Vee dietitian for a schedule of creative cooking classes.

FIRST-RATE LUNCH

AT

THE OFFICE

PITAS, SALADS AND OTHER FRESH CHOICES NEVER TASTED SO GOOD. THE RECIPES HERE OFFER YOU AN ABUNDANCE OF NUTRIENTS AND HEALTH BENEFITS. WITH THIS VARIETY, YOU HAVE COMPLETE CONTROL! YOU KNOW EXACTLY WHAT YOU'RE EATING. WORDS Lois White PHOTOS Tobin Bennett



COOK EXTRA SHRIMP FOR A GRAIN BOWL.

SHRIMP-FETA SALAD PITAS

Get a jump start on the afternoon with this astoundingly good Greek-style sandwich. The secret is to poach the shrimp in orange juice, a gentle cooking technique that adds flavor without extra calories.



SALMON NIÇOISE FLATBREAD SALAD

Served on whole grain flatbread, this artful salad showcases omega-3-rich salmon, fresh veggies and a homemade vinaigrette. The protein-rich offerings will energize you all afternoon.



CITRUS CHICKEN SALAD PITAS

Here's another light, protein-packed lunch that's guaranteed to energize you at even the most stressful times. Blueberries and almonds are rich sources of antioxidants, which may help prevent disease.



TURKEY-STRAWBERRY TORTILLAS

Balance your carb intake with lean protein, fresh berries and a spread of goat cheese to stabilize your blood sugar throughout the afternoon.



TEX-MEX PORK AND HUMMUS PITAS

Hummus, a simple ready-made dip of chickpeas, olive oil, lemon juice and garlic, adds protein and fiber to this satisfying midday pick-me-up.

MIXED GRAINS-AND-VEGGIE BOWL

Hearty and healthy, this tasty Asian-inspired bowl will pump up your energy when deadlines loom. Make extra grains to use for other meals.

Prep: 1 hour | Serves 2

¼ cup lentils

2 tablespoons farro

3 cups low-sodium vegetable stock, divided

¼ cup Hy-Vee long grain brown rice

1 tablespoon Hy-Vee Select olive oil, divided

1 large sweet potato, peeled and cut

into ¼-inch-thick slices

Hy-Vee salt and black pepper, to taste

½ pound Broccolini, ends trimmed

¼ cup brewed Hy-Vee green tea

2 tablespoons tahini

1 tablespoon Hy-Vee less-sodium soy sauce

1 tablespoon Hy-Vee Select 100% pure maple syrup

2¼ teaspoons rice vinegar

1 teaspoon grated fresh ginger

½ teaspoon sesame oil

Dash garlic powder

¾ cup shredded red cabbage

Chopped fresh cilantro, for garnish

1. Rinse lentils and farro; set aside. In a medium saucepan, bring 2½ cups stock to boiling. Add rice. Simmer, covered, for 10 minutes. Stir in lentils and farro. Simmer for 30 minutes more or until grains are tender. Drain and cool.

2. Preheat oven to 400°F. Line baking pan with foil. Brush foil with some of the oil. Spread sweet potatoes in pan, forming a single layer. Brush with remaining olive oil; season to taste with salt and pepper. Roast for 20 minutes or until tender, turning potatoes halfway through. Remove from oven and cool.

3. In a medium saucepan, steam Broccolini in remaining ½ cup stock for 5 minutes or until tender. Remove from heat and cool.

4. For sesame sauce, in a small bowl combine green tea, tahini, soy sauce, maple syrup, vinegar, ginger, sesame oil and garlic powder.

5. To assemble rice bowls, divide rice mixture between two bowls. Add sweet potatoes and Broccolini. Place each bowl along with red cabbage and sesame sauce in resealable plastic bags or airtight containers. Place in an insulated cooler with ice packs or chill all ingredients until assembly.

6. Just before serving, heat grains bowl in microwave on HIGH power until heated through. Add cabbage and pour sesame sauce over ingredients in bowl. If desired, garnish with cilantro.

Nutrition facts per serving: 530 calories, 17 g fat, 2.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 560 mg sodium, 81 g carbohydrates, 17 g fiber, 17 g sugar, 18 g protein. Daily values: 420% vitamin A, 230% vitamin C, 20% calcium, 35% iron.



SANDWICH IDEAS

CITRUS CHICKEN SALAD PITAS

Prep: 30 minutes | Serves 2
(2 stuffed pita halves each)

¼ cup Hy-Vee plain Greek yogurt
1½ teaspoons Hy-Vee Dijon mustard
1 teaspoon chopped fresh Italian parsley
½ teaspoon Hy-Vee honey
1 cup chopped cooked chicken breast (about 6 ounces)
1 medium clementine, mandarin or blood orange, peeled and chopped
½ cup blueberries
4 whole Bibb lettuce leaves
¼ cup toasted almonds
Lime wedges, for serving
2 (6-inch) whole grain or whole wheat pitas, cut in half

1. For dressing, in a small bowl combine yogurt, mustard, parsley and honey; transfer to an airtight container.
2. Toss together chicken, orange and blueberries. Transfer to an airtight container.
3. To tote, place lettuce, almonds and lime wedges in resealable plastic bags. Place bags and containers in an insulated cooler with ice pack. Carry pita bread separately.
4. To assemble sandwiches, line pita bread halves with lettuce leaves. Fill with chicken mixture. Sprinkle with almonds and top with dressing. Squeeze lime wedge over filling just before eating.

Nutrition facts per serving:
480 calories, 15 g fat, 1.5 g saturated fat, 0 g trans fat, 65 mg cholesterol, 430 mg sodium, 53 g carbohydrates, 8 g fiber, 13 g sugar, 34 g protein. Daily values: 10% vitamin A, 40% vitamin C, 15% calcium, 15% iron.

SHRIMP-FETA SALAD PITAS

Prep: 30 minutes | Serves 2
(2 stuffed pita halves each)

3 tablespoons plus ½ cup fresh orange juice, divided
3 tablespoons olive oil
1 tablespoon Hy-Vee honey
1 tablespoon Hy-Vee Select white wine vinegar
6 ounces shrimp, shelled and deveined
4 cups mixed salad greens
1 red bell pepper, thinly sliced
1 small red onion, thinly sliced
2 small tomatoes, thinly sliced
1 ounce Hy-Vee Select crumbled feta cheese
2 whole grain pita bread rounds, halved

1. Combine 3 tablespoons orange juice, olive oil, honey and vinegar. Transfer to an airtight container.
2. In skillet, simmer shrimp in ½ cup orange juice 5 minutes or until opaque. Pour mixture into a bowl filled with ice to cool quickly. Drain; discard orange juice. Transfer shrimp to an airtight container.
3. Toss together greens, bell pepper and red onion. Transfer to an airtight container.
4. To tote, place tomatoes and cheese in separate resealable plastic bags. Place bags and containers in an insulated cooler with ice pack. Carry pita bread separately.
5. To assemble sandwiches, fill pita bread rounds with salad ingredients and drizzle with vinaigrette.

Nutrition facts per serving:
570 calories, 12 g fat, 4.5 g saturated fat, 0 g trans fat, 115 mg cholesterol, 980 mg sodium, 64 g carbohydrates, 10 g fiber, 21 g sugar, 24 g protein. Daily values: 190% vitamin A, 190% vitamin C, 20% calcium, 15% iron.

SALMON NICOISE FLATBREAD SALAD

Prep: 15 minutes | Serves 2

4 ounces fresh green beans, steamed (1 cup)
1 medium tomato, cut into thin wedges
½ cup quartered artichoke hearts
¼ cup niçoise olives
1 hard-boiled egg, thinly sliced
¾ cup flaked cooked salmon (4 ounces)
1 cup spring salad greens mix
2 (6-inch) whole grain flatbreads, toasted
¼ cup bottled light balsamic vinaigrette

1. In a small bowl, toss together green beans, tomato, artichoke hearts and olives. Transfer to an airtight container.
2. Place egg, salmon and greens in resealable plastic bags. Place dressing in an airtight container. Place containers and bags in insulated cooler with ice pack. Carry flatbreads separately.
3. To assemble salads, spoon salad ingredients onto flatbread and drizzle with dressing.

Nutrition facts per serving:
480 calories, 21 g fat, 4.5 g saturated fat, 0 g trans fat, 125 mg cholesterol, 870 mg sodium, 48 g carbohydrates, 6 g fiber, 4 g sugar, 27 g protein. Daily values: 35% vitamin A, 35% vitamin C, 6% calcium, 15% iron.

TURKEY-STRAWBERRY TORTILLAS

Prep: 15 minutes | Serves 2

4 romaine lettuce leaves, chopped
½ cup green bell pepper strips
½ cup red onion slices
5 ounces sliced cooked turkey tenderloin
1 cup sliced strawberries
4 teaspoons herb-and-garlic soft unripened goat cheese
1 teaspoon balsamic glaze
Hy-Vee black pepper, to taste
2 (9-inch) sprouted grain tortillas

1. To tote, place lettuce, bell pepper, onion, turkey and strawberries in separate resealable plastic bags. Place goat cheese, balsamic glaze and black pepper in separate airtight containers. Place bags and containers in an insulated cooler with ice pack. Carry tortillas separately.
2. To assemble wraps, spread tortillas with goat cheese. Top with lettuce, bell pepper, onion, turkey and strawberries. Drizzle with balsamic glaze. Season to taste with black pepper. Roll up tortillas and cut in half for serving, if desired.

Nutrition facts per serving:
310 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 30 mg cholesterol, 240 mg sodium, 39 g carbohydrates, 9 g fiber, 8 g sugar, 27 g protein. Daily values: 70% vitamin A, 160% vitamin A, 8% calcium, 20% iron.

TEX-MEX PORK AND HUMMUS PITAS

Prep: 15 minutes | Serves 2

½ pound boneless pork loin chop, cut into strips
2 teaspoons Tex-Mex chipotle seasoning blend
1 tablespoon Hy-Vee Select olive oil
1 red bell pepper, seeded and cut into strips
½ cup thinly sliced red onion
1 cup arugula
2 tablespoons toasted pepitas
¼ cup Hy-Vee Select roasted garlic hummus, divided
2 large whole grain pita bread rounds

1. Season pork strips with chipotle seasoning blend. In a medium skillet, heat olive oil over medium heat. Add pork. Cook and stir until pork is tender and cooked through. Cool and set aside.
2. To tote, place pork, bell pepper, sliced onion, arugula and pepitas in separate resealable plastic bags. Transfer hummus to an airtight container. Place bags and container in an insulated cooler with ice pack. Carry pita bread separately.
3. Assemble pitas.

Nutrition facts per serving:
550 calories, 25 g fat, 5 g saturated fat, 0 g trans fat, 65 mg cholesterol, 700 mg sodium, 50 g carbohydrates, 8 g fiber, 7 g sugar, 33 g protein. Daily values: 45% vitamin A, 130% vitamin C, 10% calcium, 25% iron.



JAR SALAD LUNCHES

Colorful, portable salads chock-full of veggies, whole grains and protein are layered in jars to keep everything fresh and tasty. To assemble salads, see tip at bottom of page *opposite*.

½ cup BIBB
LETTUCE +
1½ teaspoons
CILANTRO +
½ teaspoon
MINT

¼ cup MANGO

2 tablespoons
GREEN
ONIONS

¼ cup
CARROTS

¼ cup
EDAMAME

½ cup ASIAN
CELLOPHANE
NOODLES

PEANUT
DRESSING
(*opposite*)



SUMMER ROLL PINT-JAR SALAD

Transform Vietnamese-style rolls served at restaurants into a colorful salad full of exotic flavors and textures guaranteed to give your afternoon a boost.

Nutrition facts per jar: 480 calories, 27 g fat, 2.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 480 mg sodium, 54 g carbohydrates, 6 g fiber, 15 g sugar, 8 g protein. Daily values: 130% vitamin A, 70% vitamin C, 6% calcium, 15% iron.

1 tablespoon
toasted PINE
NUTS

¾ cup KALE

RED ONION
SLICES

¼ cup
chopped RED
BELL PEPPER

½ cup
CAULIFLOWER

½ cup
CUCUMBER

⅓ cup cooked
QUINOA +
¼ cup CANNED
BLACK BEANS

LEMON-BASIL
DRESSING
(*opposite*)



BLACK BEAN-QUINOA PINT-JAR SALAD

Make your midday meal count with a protein-and-fiber-rich salad balanced with yummy flavors. Use the herb dressing on other salads too.

Nutrition facts per jar: 380 calories, 22 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 750 mg sodium, 38 g carbohydrates, 9 g fiber, 9 g sugar, 10 g protein. Daily values: 50% vitamin A, 160% vitamin C, 10% calcium, 20% iron.

HOMEMADE SALAD DRESSINGS

PEANUT DRESSING: Combine 1 tablespoon each Hy-Vee natural peanut butter and Hy-Vee canola oil, 1 teaspoon Hy-Vee soy sauce, $\frac{3}{4}$ teaspoon sesame oil, $\frac{1}{2}$ teaspoon rice wine vinegar and $\frac{1}{4}$ teaspoon crushed red pepper flakes.

Purchased alternative:
Hy-Vee Select Light Lemon
Ginger Sesame Vinaigrette

LEMON-BASIL DRESSING: Combine $1\frac{1}{2}$ teaspoons each fresh lemon juice, aged white balsamic vinegar and chopped fresh basil. Add $\frac{3}{4}$ teaspoon Hy-Vee Dijon mustard, 1 tablespoon Hy-Vee canola oil, $\frac{1}{8}$ teaspoon Hy-Vee salt and dash Hy-Vee black pepper.

Purchased alternative:
Balsamic Vinaigrette Dressing

PESTO DRESSING: In a food processor, combine $\frac{1}{4}$ cup fresh basil leaves; 1 clove garlic, peeled; $1\frac{1}{2}$ teaspoons Hy-Vee chopped walnuts and 1 tablespoon Hy-Vee grated Parmesan cheese. Cover and pulse until combined. Slowly add 1 tablespoon Hy-Vee canola oil. Cover; process until combined.

Purchased alternative:
Hy-Vee Light Italian Salad Dressing

$\frac{1}{2}$ cup BABY
SPINACH LEAVES

$\frac{1}{2}$ cup cooked
WHOLE WHEAT
PENNE PASTA

$\frac{1}{2}$ cup YELLOW
CHERRY
TOMATOES

$\frac{1}{2}$ cup RED
CHERRY
TOMATOES

$2\frac{1}{2}$ ounces FRESH
MOZZARELLA
CHEESE

PESTO
DRESSING
(right)

LAYERED CAPRESE PINT-JAR SALAD

A light sprinkling of salt on the salad just before eating brings out the tomato juices, which taste delicious with the sweet milky cheese and fragrant basil.

Nutrition facts per jar: 340 calories, 31 g fat, 10 g saturated fat, 0 g trans fat, 55 mg cholesterol, 230 mg sodium, 23 g carbohydrates, 5 g fiber, 5 g sugar, 19 g protein. Daily values: 80% vitamin A, 50% vitamin C, 50% calcium, 15% iron.

**TO
ASSEMBLE:**
Add the dressing first, then layers of veggies and grains and finally, top with greens. This way, everything stays separate and dressing-free until you empty the contents. Store jar salads for 1 to 2 days in the fridge.



FUEL
SAVER



PERKS™

**WITH A HY-VEE FUEL SAVER + PERKS CARD, YOU'LL
CONTINUE SAVING ON GASOLINE WHILE BENEFITING FROM
A STEADY FLOW OF EXCLUSIVE DEALS AND PERKS.**

WORDS Steve Cooper

Welcome to a more personalized way to shop, using the new black Hy-Vee Fuel Saver + Perks card. You get all the benefits of the red Fuel Saver card plus exclusive money-saving deals. “With Hy-Vee Perks, we offer weekly coupons for items we think you’ll like,” says Drew Holmes, vice president for direct shopper marketing.

PERKS FOR YOU

There’s no doubt Hy-Vee customers love their Fuel Saver cards. You know how it works: Purchase designated foods, drinks and other items, and you earn discounts for gas at the pump.

“When I asked our customers what they knew about the Fuel Saver program, they had a deep understanding of it,” says Brant Ausenhus of loyalty and customer insights. “That shows that awareness is really high.”

But if Fuel Saver is so popular, why offer Fuel Saver + Perks? That’s simple: Hy-Vee customers want and deserve more.

PERKS ADVANTAGES

If you already enjoy the benefits of a red Fuel Saver card, then you’ll love the improved Fuel Saver + Perks card. It’s simply a better option and upgrading from red to black is easily accomplished online at www.hy-vee.com/perks

In addition to fuel savings, the black card also provides numerous money-saving opportunities and perks, such as digital coupons. These are tailored to each consumer’s interests and pushed to your smartphone app.

“Bottom line: The new card creates an even better shopping experience,” says Drew. “It allows our customers to get discounts beyond fuel, which is what they have told us they wanted.”

Long-time Hy-Vee shopper Kevin Cox switched over to the black card soon after it premiered and said that he particularly appreciates the personalized digital coupons. He still uses paper coupons when shopping at his preferred store—the Johnston, Iowa, Hy-Vee—but increasingly relies on the app to save time and money.

“Now, finding the coupons I want is as easy as a few swipes on my smartphone,” Kevin said.

SAVE AT THE PUMP

All Fuel Saver rules are still in effect with a Hy-Vee Fuel Saver + Perks card. Keep looking for Fuel Saver discounts offered in Hy-Vee weekly ads and at your local Hy-Vee.



“Some of our customers make it a game to see how much they can save on fuel,” Brant says “We get photos daily from smiling customers showing us how low they got their fuel cost.”

Maximizing other savings is easy, too, if you plan ahead. Try these methods for earning discounts:

- **Get the app.** After downloading the Hy-Vee app to your smartphone, search for Fuel Saver digital coupons. Enable the app’s notifications and receive updates on when perks will expire.
- **Link accounts.** In families with multiple drivers, families can 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.
- **Scan ads.** Before you shop, always check for digital deals and weekly print ads at www.hy-vee.com/shop or easily in the mobile app.
- **Stay current.** Use your Hy-Vee app to keep track of your Fuel Saver savings. It takes only moments to check your smartphone for the current balance on your account and any expiration dates.
- **Buy in bulk.** Some items sold in bulk, such as a case of canned chili beans, carry a large payoff in Fuel Saver points. This is one of the best ways to lower fuel costs.
- **Watch for store specials.** Local Hy-Vee stores often make their own Fuel Saver offers.
- **Look for email offers.** Exclusive Fuel Saver deals will start landing in your inbox soon after you sign up for a Hy-Vee Perks account. Sign up by going to our website, www.hy-vee.com/my-hy-vee

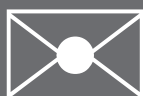
COMPOUND SAVINGS

By using coupons and other special offers that come with Fuel Saver discounts, you save money on your initial purchases at Hy-Vee while also receiving lower prices on gasoline by using Fuel Saver.

“I feel like I’m getting twice the value,” customer Kevin Cox says. “It’s always cool after shopping to see all the minus signs at the end of the receipt, as well as how much money I’m saving on gas.”



**MEMBERS OF
THE EXISTING
HY-VEE FUEL SAVER
PROGRAM SHOULD
UPGRADE TO HY-
VEE FUEL SAVER
+ PERKS. YOU
CAN EASILY LINK
EXISTING ACCOUNT
SETTINGS AND
FUEL SAVINGS
TO ONE OR MORE
NEW CARDS.**



Receive Alerts

Make sure to enable your Hy-Vee app's notifications under the smartphone's settings in order to receive updates on when your perks, such as fuel discounts and coupons, are about to expire.

how Perks works

The Fuel Saver + Perks card offers significant benefits, including savings on store products, special offers and deals, surprise savings, and automatic entry for a chance to win random prizes (see some of the winners to date, opposite).

+

As with the Fuel Saver card, the improved Fuel Saver + Perks card continues to offer fuel discounts earned on Hy-Vee purchases that are added electronically to your Fuel Saver account at checkout.

GETTING TO KNOW YOU

THE FUEL SAVER + PERKS CARD IS HELPING HY-VEE STRENGTHEN ITS RELATIONSHIP WITH CUSTOMERS BY TAILORING THE COUPONS AND OFFERS THE STORE PROVIDES TO WHAT ITS CUSTOMERS WANT BASED ON THEIR SHOPPING HABITS. THE RESULT IS AN IN-STORE EXPERIENCE THAT SAVES TIME AND MONEY, AND CAN BE ACCESSED THROUGH A SMARTPHONE VIA THE EASY-TO-USE HY-VEE APP.

PRESENT CARD

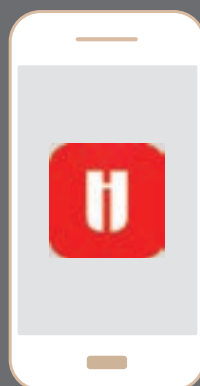
at checkout

When your Hy-Vee Perks card is scanned at checkout, it automatically links to your account, downloading savings from your digital coupons and special offers, plus updating your Fuel Saver discounts.

THE BEST PARTNER FOR YOUR HY-VEE FUEL SAVER + PERKS CARD IS THE

HY-VEE SMARTPHONE APP.

EACH WEEK, THE APP WILL BE LOADED WITH DIGITAL COUPONS FOR SOME OF YOUR FAVORITE PRODUCTS. YOU CAN ALSO RECEIVE FUEL SAVER OFFERS, WHICH LOWER GAS PRICES AT THE PUMP.



CLIP DIGITAL COUPONS

As you use your Hy-Vee Perks card regularly, you'll begin receiving digital coupons for products you prefer. The more you use your card, the better it works.

DON'T HAVE A FUEL SAVER + PERKS CARD?

PICK UP ONE AT YOUR LOCAL HY-VEE CUSTOMER SERVICE COUNTER OR HY-VEE GAS STATION. ACTIVATE IT ONLINE AT WWW.HY-VEE.COM/PERKS

CURRENT +PERKS WINNERS

SELECTED AT RANDOM, THESE HY-VEE SHOPPERS GOT A WELCOME SURPRISE!

\$25,000!

HOLLY—PELLA, IOWA



For Holly, who upgraded to the Fuel Saver + Perks card when it was first introduced, winning thousands of dollars was a chance to do some good for herself and her community. She says that she will use this most-welcome cash to pay off some bills and make a donation to her church.

DISNEY OR BUST!

MARY—DUBUQUE, IOWA

Winning a trip to Disney World in Florida came as quite a shock to Mary Theisen. She says that she's excited to go, even though she's been to visit Mickey Mouse before. This time she and her husband will use the Orlando trip to celebrate their 55th wedding anniversary. They'll take along their children and grandchildren, too, she says.

HOT RED CAMARO!

LETITIA—PERU, ILLINOIS



All it took was one swipe. The first time Letitia used her new Fuel Saver + Perks card after activating it, she hit the jackpot: a red 2016 Camaro. There was a cash option, but Letitia happily accepted the keys to the \$22,500 muscle car, instead.

ROOM MAKEOVER

LINDA—LAWRENCE, KANSAS



Linda's prize came at the perfect time. The retiree and her husband had just purchased a fixer upper, and the \$30,000 in Home Depot gift cards will go a long way toward addressing her extensive to-do list of repairs and upgrades.

ULTIMATE TAILGATE PARTY!

ERIC—COLONA, ILLINOIS

Before Eric won at Hy-Vee, he had never won anything big. "So honestly, I didn't believe it" when the call came from a store manager in mid-October, Eric says. His prize is an "Ultimate Tailgate Party" that includes a 60-inch flat screen TV, a fully catered game-day party for 25 people, and just in case he didn't have the requisite flip-down tailgate for his party, a shiny new, fire engine red 2016 Chevrolet Colorado pickup truck.

ALOHA ADVENTURE

JENNIFER—SPRINGFIELD, ILLINOIS



When a store manager called Jennifer about winning, she didn't believe him. "I thought I was being punked!" After all, it's not every day you win a trip for two to the beautiful island of Maui. It includes plane tickets, a posh hotel, a convertible to drive and a one-hour helicopter tour of the island. The hospital dietitian and her husband plan to go in April.

BILLS COVERED!

LIESA—AUDUBON, IOWA



Like other winners, Liesa was surprised by the prize because she hadn't entered any contests. "I just thought, *there's no way!*" The prize includes gift cards and a check for \$12,000 to cover her bills in 2016, so Liesa plans to celebrate with a motorcycle trip. The registered nurse and her husband are avid riders.

\$25,000!

CHERIE—CHARLES CITY, IOWA

Cherie was grocery shopping at Hy-Vee when she got the call about winning on her cell phone. "I thought it was one of my sons pulling a prank!" she says. But no, it was real and so was her prize, a check from Hy-Vee for \$25,000. After giving some money to charity, the retired teacher and her husband plan to travel and do some home improvements.



sushi

AT HOME





**THE BEST KEPT SECRET OF
SUSHI IS THAT WHILE IT LOOKS
SPECTACULAR, IT'S ACTUALLY EASY
AND FUN TO MAKE. YOU CAN
WHIP UP A SUSHI MEAL IN SHORT
ORDER WITH A FEW KEY INGREDIENTS
AVAILABLE AT HY-VEE. TO GET
STARTED, JUST FOLLOW THE
RECIPES HERE.**

WORDS Carlos Acevedo
PHOTOS Cameron Sadeghpour

Sushi used to be an exotic treat, but not anymore. This Japanese delicacy has gone mainstream in the U.S. and not only are sushi houses prolific these days, but sushi ingredients are readily available as well. It's time to make sushi at home!

Many believe sushi is raw fish or at least raw seafood. It can be, but sushi is actually the method for assembling the meal—and it's not limited to seafood. For our recipes, we've chosen shrimp, fake crab, smoked salmon and even avocado as main ingredients. Kids get excited about making their own sushi rolls too. They might include lunch meat or peanut butter and jelly. Fruit and chocolate fudge are in our recipe for Sweet Fruit Roll, *page 48*.

The popularity is not hard to understand. The combination of fragrant white rice, briny seaweed paper and zesty fillings produces

clean, vibrant flavors that are addictive, whether for an enticing snack or a light dinner.

The Japanese sushi tradition is centuries old, and takes years to master. But many types of sushi are so simple, anyone can make them. An easy type is maki-zushi, which is rolled. It only requires a sushi mat and a few ingredients, which are available at Hy-Vee.

The first ingredient is a short-grained sushi rice that's sticky—but not gummy—when cooked properly. The stickiness helps bind the roll. To boost flavor, the rice gets tossed with a seasoned vinegar.

The other component is nori, a processed and edible green seaweed paper. Rice is spread on the nori, which is generally toasted until crisp to make it less chewy. Nori has a rough side and a shiny side. Because the shiny side is prettier, it always faces out.

CALIFORNIA ROLL

This iconic sushi was invented by a Japanese chef living in Los Angeles in the 1950s. It remains one of the most popular rolls to this day.

Prep: 15 minutes | Serves 4

4 sheets nori

1 recipe Sticky Sushi Rice (see page 49)

½ cup toasted sesame seeds or toasted panko bread crumbs*, divided

1 picolino cucumber (small cucumber), cut into ¼-inch strips, divided

½ medium avocado, peeled, pitted, and cut into ¼-inch-thick slices, divided

4 ounces Hy-Vee imitation crabmeat (surimi), divided

Unagi (eel) sauce, optional

Pickled ginger, wasabi paste and soy sauce, for serving

1. Trim nori sheet to make a 5x8-inch rectangle and lay shiny side down on sushi rolling mat**. Wet your fingers with water and spread ½ cup of the rice evenly onto the nori. Sprinkle the rice with 2 tablespoons sesame seeds. Turn the sheet of nori over so the rice side is down.
2. Arrange ¼ of the cucumber, avocado and crabmeat in a horizontal line across the middle of the nori sheet. Grab the edge of the mat closest to you, keeping the fillings in place with your fingers, and roll the nori and ingredients into a tight cylinder, using the mat to help shape the cylinder. Pull away the mat and cover the roll with plastic wrap. Repeat with remaining ingredients.
3. When ready to serve, remove plastic wrap. Cut each roll in half, then cut each half into three pieces. Wipe the knife with a moistened towel as necessary to prevent sticking. Carefully place pieces on a platter. If desired, drizzle with unagi sauce. Serve with ginger, wasabi and soy sauce.

PHILADELPHIA ROLL: Instead of crabmeat, use an equal amount of smoked salmon. Instead of the avocado, use an equal amount of cream cheese.

VEGETARIAN ROLL: Instead of crabmeat, use an equal amount of cooked crisp-tender asparagus. Add shredded carrot.

*TIP: To toast panko, in a skillet over medium heat, warm 1 tablespoon vegetable oil, add panko and stir with a wooden spoon until panko is thoroughly coated. Cook, stirring constantly, until panko begins to brown, about 4 minutes. Transfer to a platter and set aside.

**TIP: To keep the sushi rolling mat clean, place it in a gallon size plastic bag. Discard bag when done preparing sushi.

Nutrition facts per serving: 310 calories, 16 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 420 mg sodium, 28 g carbohydrates, 5 g fiber, 5 g sugar, 9 g protein. Daily values: 50% vitamin A, 25% vitamin C, 4% calcium, 150% iron.

WASABI
AND PICKLED
GINGER ADD A
POP OF EXTRA
FLAVOR TO
THE ROLLS.





CRISPY SHRIMP ROLL

Ready-to-bake shrimp works just fine in this roll and saves effort.

Prep: 15 minutes | Serves 4

1 (8-ounce) bag Hy-Vee frozen crunchy popcorn shrimp, divided

4 sheets nori

1 recipe Sticky Sushi Rice (see page 49), divided

½ medium mango, peeled, seeded and cut into ¼-inch strips, divided

1 picolino cucumber (small cucumber), cut in ¼-inch strips, divided

1 small carrot, peeled, thinly sliced and cut into matchsticks, optional, divided

Dynamite Sauce, pickled ginger, wasabi paste, soy sauce, for serving

1. Prepare shrimp per package directions.
2. Trim nori sheet to make a 7x8-inch rectangle and lay shiny side down on the sushi rolling mat*. Wet your fingers with water and spread about ½ cup of the rice evenly onto the nori.
3. Arrange one-fourth each of the shrimp and mango, and if desired, cucumber and carrot, in a horizontal line across the middle of the rice. Grab the edge of the mat closest to you, keeping the fillings in place with your fingers, and roll nori and ingredients into a tight cylinder, using the mat to shape the cylinder. Pull away the mat, and cover with plastic wrap. Repeat with remaining ingredients.
4. When ready to serve, remove the plastic wrap. Cut each roll in half, then cut each half into three pieces. Wipe the knife with a moistened towel as necessary to prevent sticking. Carefully place pieces on a platter. Drizzle with Dynamite Sauce and serve with pickled ginger, wasabi and soy sauce.

DYNAMITE SAUCE: In a small bowl, combine ¼ cup mayonnaise, ¼ cup Sriracha hot sauce, and 1 tablespoon sesame seed oil.

MUSHROOM ROLL: Preheat oven to 425°F. Line a baking sheet with aluminum foil. In a large bowl, gently toss 2 cups sliced mushrooms, ¼ cup sesame oil and ¼ cup unagi (eel) sauce or teriyaki sauce. Place on prepared baking sheet and spread to form an even layer. Roast mushrooms 15 minutes; cool. Use in place of shrimp in roll.

FRIED CURD ROLL: Use sliced fried bean curd or extra firm tofu in place of shrimp.

*TIP: To keep sushi rolling mat clean, place in a gallon-size plastic bag. Discard bag when done preparing sushi.

Nutrition facts per serving: 270 calories, 7 g fat, 1.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 520 mg sodium, 43 g carbohydrates, 4 g fiber, 16 g sugar, 10 g protein. Daily values: 120% vitamin A, 70% vitamin C, 6% calcium, 8% iron.



THIS FUN
RECIPE IS A
GREAT WAY TO
GET KIDS IN THE
KITCHEN. THEY'LL
BE SUSHI-ROLLING
PROS IN NO
TIME!

SWEET FRUIT ROLL

This sweet roll contains a fruit filling. Drizzled with fudge sauce, it makes an excellent dessert.

Prep: 15 minutes | Serves 4

4 sheets spring roll wrapper (rice paper)

1 recipe Sticky Sushi Rice (see opposite)

½ cup chopped praline nuts

8 medium strawberries, cored and sliced, divided

1 mandarin orange, peeled and segmented, divided

1 mango, thinly sliced and cut into matchsticks, divided

Chocolate fudge sauce, optional

1. Soak wrapper in cold water until it softens, about 2 to 3 seconds; remove from water and place flat on a plate or small cutting board. Wet your fingers with water and spread ½ cup of the rice evenly onto the wrapper. Top the rice-covered wrapper with the sushi rolling mat* and flip the mat and platter over so that the sushi rice-side is down on the rolling mat. Remove the platter.

2. Arrange one-fourth each of the strawberries, orange and mango in a horizontal line across the center of the wrapper. Grab the rolling mat edge closest to you, keeping the fillings in place with your fingers, and roll the rice-covered wrapper up and over the filling into a tight cylinder, using the mat to shape the cylinder. Pull away the mat and cover finished roll with plastic wrap. Repeat with remaining ingredients.

3. When ready to serve, remove the plastic wrap. Cut each roll in half, then cut each half into three pieces. Wipe the knife with a moistened towel as necessary to prevent sticking. Carefully place pieces on a platter. Drizzle with fudge sauce and serve immediately.

*TIP: To keep sushi rolling mat clean, place it in a gallon-size plastic bag. Discard bag when done preparing sushi.

Nutrition facts per serving: 230 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 220 mg sodium, 38 g carbohydrates, 3 g fiber, 15 g sugar, 6 g protein. Daily Values: 15% vitamin A, 90% vitamin C, 4% calcium, 6% iron.

HOW TO ROLL SUSHI

AS WITH ANYTHING, SUSHI TAKES PRACTICE SO DON'T WORRY ABOUT BEING PERFECT YOUR FIRST TIME OUT. THE ROLL WILL TASTE GOOD REGARDLESS. SAVOR IT AND THEN MAKE ANOTHER!



STEP 1: Empty the hot rice into a casserole dish, and sprinkle with seasoned rice vinegar, then give it a stir with a bamboo spatula until all the rice has been coated by the vinegar.



STEP 2: For more delicate nori, try this trick: After trimming the nori, place the sheets on a baking sheet and broil 6 to 8 inches from the heating element for about five seconds.



STEP 3: Now you're ready to roll! Place a nori sheet on your bamboo mat shiny side down. Using damp fingers, spread $\frac{1}{2}$ cup of the cooled rice on the rough side in an even layer.



STEP 4: Work like a sushi chef and have all the filling ingredients prepared and laid out on a platter before you start assembling the sushi. This will make rolling go quickly and smoothly.



STEP 5: Add your fillings—not too much!—then use your thumbs to lift the front of the mat up and over the rice and filling. As you roll, the edges of the nori should meet, forming a cylinder.



STEP 6: To cut each roll into six even pieces, first cut them in half with a sharp chef's knife. Wipe the blade with a moistened towel to prevent sticking, then cut each roll half into three pieces.

STICKY SUSHI RICE

In a mixing bowl, combine 1 cup uncooked sushi rice with enough cool water to cover. Stir the rice briskly until the water becomes cloudy, then pour off water and repeat two more times with fresh water. Drain rice into a colander. In a medium saucepan, combine the rice with $1\frac{1}{2}$ cups cold water and bring to a boil over high heat. Reduce heat to low and cook for 20 minutes. Remove from the heat and let stand, covered, for 5 minutes. Fluff with a bamboo spatula or fork. In a 9x13-inch casserole dish, add rice and sprinkle with 2 tablespoons seasoned rice vinegar. Fold and fluff mixture with a bamboo spatula or fork until there are no more clumps and rice grains are all coated with vinegar mixture. Spread rice evenly in casserole and cover with a damp towel; allow rice to cool at room temperature. Use immediately.

NO MAT, NO PROBLEM

The bamboo mat traditionally used to prepare sushi is an ideal tool. It is firm but flexible and doesn't stick to the sushi rice. However, if you don't have a mat, there's an easy replacement. Improvise by using a gallon-size resealable plastic bag. Lay the bag out flat, place the nori on the bag and proceed as you would with a bamboo mat. The rice will roll beautifully without sticking.



*** Bonus feature:** Watch our how-to video to learn the technique for rolling sushi. The video is in the free digital version of *Hy-Vee Seasons*.


Downloading information on page 5.



Juicing for health

EXTRACTING FRESH JUICE FROM RAW PRODUCE IS ONE OF THE EASIEST WAYS TO GET MORE FRUITS AND VEGGIES INTO YOUR DIET. IT'S CALLED JUICING. DISCOVER THIS HEALTHFUL WAY TO GIVE YOUR BODY WHAT IT NEEDS. OUR RAINBOW OF DRINK RECIPES WILL NOURISH YOU WITH AN ABUNDANCE OF NUTRIENTS.

WORDS Lois White PHOTOS Cameron Sadeghpour



Many of us struggle to eat enough fruits and veggies, not realizing we can get the nutrition boost we need in a glass of juice. Even picky eaters, who routinely pass on superfoods like beets or kale, can find juicing a good way to incorporate more fresh produce into their diets. Because the nutrients in juices quickly absorb into the body, proponents believe juicing can put anyone on the road to better health.

The essential tool is an electric juicer. Feed it produce and it will extract most of the vitamins, minerals and phytonutrients found in the whole fruits or vegetables. But as the juicer works, insoluble fiber is removed. On one hand, this allows you to get the fruits and vegetables you need, even if you have difficulty consuming whole foods. On the other hand, you won't get the fiber you need.

"For a balanced approach, include a little of both in your healthy eating plan. Drink a glass of juice, but include a few raw veggies in your meals, as well," says dietitian Charlyn Fargo Ware of Hy-Vee in Springfield, Illinois. "When you combine juice and raw veggies, you'll get the most nutrition."

Not all juices are low calorie, especially fruit juices. An 8-ounce glass of orange juice may contain 180 calories, the equivalent of four medium oranges. If you juice mainly vegetables, the calories are a lot less, even if you throw in an apple or kiwi for flavor.

Juices are often thought of as a total solution for weight loss. But health experts and dietitians caution against limiting your diet to juices. Because juice digests quickly, it can cause extreme hunger, which could lead to overeating and bingeing. "When you are juicing, your body is falling short on a number of nutrients, including fiber and protein," Charlyn says.

Consult a health professional before you start juicing to prevent potential drug and nutrient interactions. For example, dark, leafy greens such as kale and spinach commonly used in juice concoctions are high in vitamin K, which could interfere with certain blood-thinning drugs.



* Bonus feature:
Check out the
how-to video about
juicing in the free
digital version of
Hy-Vee Seasons.

Downloading information
on page 5.

TIPS FOR JUICING

- Use juicing as an opportunity to not only clean out the fridge, but also to stock up regularly on fresh produce.
- Always wash fruits and vegetables before juicing so they're clean and free of bacteria, pesticides and dirt.
- Play around with your own combos. For starters, try juicing the same produce that you would put in a salad.
- Complement fibrous ingredients, such as kale or root vegetables with soft, juicy produce, such as cucumbers or citrus for a well-balanced juice.
- Drink juices immediately to do your body a big nutritious favor. When exposed to air, certain nutrients, such as vitamin C, quickly oxidize. "The longer you wait, the more nutrients are lost," Charlyn says.

Clean green juice



carrot crush juice

Spring fresh juice

Create your own

1.

SUNBURST
CONTAINS GINGER, WHICH
HAS BEEN SHOWN TO
RELAX AND SOOTHE THE
INTESTINAL TRACT.



1 CUP CUBED FRESH
PINEAPPLE
+
1 MEDIUM ORANGE,
PEELED AND
SECTIONED
+
¼ LEMON, PEELED
+
1-INCH PIECE FRESH
GINGER, PEELED
+
1 PINK LADY APPLE,
CORED AND
QUARTERED



2.

CARROT CRUSH
CONTAINS BETA-CAROTENE
AND LUTEIN, WHICH HELP
PROTECT EYESIGHT.



4 MEDIUM CARROTS,
PEELED
+
1 SWEET POTATO,
PEELED AND
CHOPPED
+
¼ GRAPEFRUIT,
PEELED
+
FEW SPRIGS PARSLEY
OR CARROT TOPS
+
2 STALKS CELERY



3.

SPRING FRESH
ASPARAGUS CONTAINS
FOLATE, AN ESSENTIAL
B VITAMIN VITAL FOR
CARDIOVASCULAR HEALTH.



1 CUP TORN
LEAF LETTUCE
+
15 SPEARS
ASPARAGUS,
ENDS TRIMMED
+
1 SMALL SEEDLESS
CUCUMBER
+
½ LEMON, PEELED
+
1 GRANNY SMITH
APPLE, CORED
AND QUARTERED



Try these colorful combinations in an electric juicer. If you don't have a juicer, blend the ingredients in a high-speed blender, starting with the greens and juiciest produce, and drain in a fine-mesh strainer.

4.

CLEAN GREEN

CALCIUM-RICH KALE HELPS MAINTAIN HEALTHY, STRONG BONES. IT'S AN EXCEPTIONAL SOURCE OF VITAMIN K AND CONTAINS ANTIOXIDANTS, WHICH HAVE STRONG CANCER-FIGHTING ABILITIES.

5.

RED ZINGER

CAPSAICIN, THE COMPONENT THAT GIVE CHILES THEIR INTENSITY, HELPS SPEED DIGESTION AND BURN CALORIES.

6.

PURPLE POWER

COMPOUNDS FOUND IN BOTH BEETS AND RED CABBAGE ARE THOUGHT TO PLAY AN IMPORTANT ROLE IN THE PREVENTION OF CERTAIN CANCERS.



2 CUPS TORN
KALE LEAVES

2 CUPS SPINACH
LEAVES

2 GRANNY SMITH
APPLES, CORED
AND QUARTERED



2½ CUPS CHOPPED
TOMATOES

1 STALK CELERY

1 SMALL SEEDLESS
CUCUMBER

1 SMALL JALAPEÑO
PEPPER, HALVED

¼ WHITE ONION,
CUT INTO WEDGES

½ TEASPOON
HY-VEE SEA SALT



1 CUP SHREDDED
RED CABBAGE

1 MEDIUM ORANGE,
PEELED AND
CHOPPED

1 FRESH LIME WEDGE,
PEELED

1 MEDIUM BEET,
PEELED AND
CHOPPED



beginTM

A NEW LIFE

Michelle Carson lost significant weight through a popular diet last year, but the day came when she plateaued and stopped losing. That's when she signed up for the Hy-Vee beginTM Healthy Lifestyle and Weight Management Program. Follow Michelle's progress this year in *Hy-vee Seasons* and watch her lose another 100 pounds through beginTM.

WORDS Steve Cooper PHOTOS Tobin Bennett

Michelle Carson is a very social person who holds back little about her life, including the fact that she struggles with her weight.

"I put up a Facebook page called *Just Weight and See*, and I show some of my before and after pictures there. Anyone can go there to see how I am doing," Michelle says.

An engaging 54-year-old educational consultant from Topeka, Kansas, Michelle decided to try out a national weight-loss program about a year ago.

"I can't say what motivated or inspired me, I just knew I needed to do something," she says. "My mom had been nagging me—in a nice way—about joining a nutrition program. So I started eating their prepackaged food."

For months she followed the routine and steadily lost weight.

She also became more active, starting with the purchase of a fitness device that counted her steps. Her strategy worked—up to a point. She was steadily losing for months, but the decline stopped for no apparent reason.

"In the last four months, I've been in a holding pattern, more or less. Before that I had lost 85 pounds, but I haven't been able to move forward since then. I was stuck and needed to take a different approach," she says.

A friend encouraged her to try Hy-Vee's beginTM Healthy Lifestyle and Weight Management Program. Instead of a replacement diet, the beginTM approach is all about education and tailoring meals around each person's particular needs. Working closely with a Hy-Vee dietitian, those in the program learn:

- How to shop smartly for foods that will meet personal nutrition goals as defined by the dietitian.
- How to prepare delicious meals that fit individual nutritional needs.
- What kinds of foods to eat and when to eat them for the maximum benefit to health and weight.
- How snacking and desserts can fit into a good diet.

For Michelle, that last point has been trouble through the years. Her work sometimes requires driving to other states, taking her as far afield from her home as New Mexico or Iowa.

Because she takes along food for her trips, Michelle often falls into the trap of eating too much of her food too soon.

"It's a challenge for me," she says. "It's one of the reasons for me to work with a dietitian. I need help developing a plan for

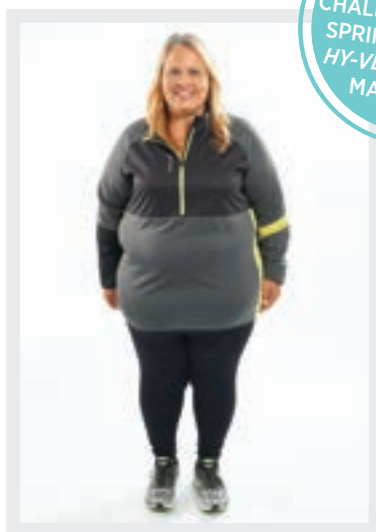
making sensible choices when I'm out there on the road."

Her hopes are high for success with her yearlong weight-loss commitment. She believes she will not only lose weight but learn how to change many bad food habits. She is at a stage in life where she has the motivation.

"I have two grandchildren and that was one of the big things in deciding to sign on to beginTM. I want to make sure that I am doing good healthwise so I am still here for them in the future."

Michelle also believes that appearing in *Hy-Vee Seasons* throughout 2016 will help her meet her goals.

"I'm so pumped about being in the magazine. I want to say that I have lost 100 more pounds. That will be awesome!" Michelle says.



MICHELLE CARSON

WEIGHT LOSS GOAL:
100 POUNDS

HEIGHT: 5 FEET, 2 INCHES

FOLLOW MICHELLE'S JOURNEY ON
HER "JUST WEIGHT AND SEE"
FACEBOOK PAGE:
[FACEBOOK.COM/JUSTWEIGHTANDC](https://www.facebook.com/justweightandc)



**"BEGIN IS
THE NEXT
STEP FOR ME
TO LIVING A
LIFE MORE
FULLY AND
ACTIVELY."**

— Michelle Carson

BEGIN: GETTING STARTED

Over the next year, Michelle Carson will be meeting regularly with Amber Groeling, a registered dietitian at Hy-Vee in Topeka, Kansas.

The begin™ Healthy Lifestyle and Weight Management Program lasts 10 weeks, but Michelle has also signed on for additional monthly progress sessions. These meetings will allow Amber to track how Michelle is doing and make adjustments where needed so she can achieve her weight-loss goal. Over the next year, Michelle wants to lose 100 pounds.

Here's how the first two meetings went:

FIRST WEEK: ESTABLISHING A BASELINE

To start, Amber needed a statistical picture of Michelle's body and health markers. She measured Michelle for her height, weight, waist size and fat percentage, plus Amber calculated Michelle's Body Mass Index. Michelle was also tested for her blood pressure and levels of cholesterol, triglycerides and glucose. Michelle's health history was also reviewed.

Amber says, "Her cholesterol, glucose and blood pressure are all very good. I attribute that to her having already lost 85 pounds and also the last eight months of her trying to eat healthier. All that has helped her. But her body fat percent is very high, so getting that down will become a goal for Michelle."

STAY AHEAD OF HUNGER

Many who diet are told to eat by the clock, usually every three hours hungry or not. Amber strongly disagrees. "I want Michelle to listen to her body as far as when she eats and not base it on the time. I want her to eat when her stomach is gnawing, but there's no headache yet and she's not ravenous."

SECOND WEEK: A GOOD REPORT

The second session was short because Michelle had to travel. But there was big news: After one week of begin™, she lost 5 pounds.

"That was good, but I don't expect her to continue at that rate. Generally, the weight will trend down, but week to week it will go up and down a little," Amber says.

And what about making the 100-pound goal? Amber says that if Michelle faithfully follows the plan for healthy eating and regular exercise, her body should reach it's healthy set point.

"She's set a very high goal, but she can make it," Amber says.

JOINING begin™

Getting healthy and staying healthy is the goal of the Hy-Vee begin™ Healthy Lifestyle and Weight Management Program. Dietitians from Hy-Vee educate and coach participants about eating nutritious meals and including physical activity in their daily lives.

Hy-Vee dietitian Amber Groeling says, "We help clients develop healthy, balanced eating plans that are sustainable and they will enjoy eating for the rest of their lives."

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 the specific needs of each person.

There are three begin™ options:

Individual Program: This one-on-one time with the dietitian meets for weekly sessions over 10 weeks at Hy-Vee. The first session lasts about an hour and others are 15 to 30 minutes.

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.

begin® Basics: For those on tighter schedules, sessions in this 10-week course are shorter and focus on education. There are no screenings and measurements.

**TO SIGN UP FOR ANY OF
THE THREE BEGIN OPTIONS,
SEE THE DIETITIAN AT YOUR
LOCAL HY-VEE STORE.**

UNDER THE WEATHER

When your head is pounding and your sinuses are clogged, let warm mint steam clear your nasal passages, or try a neti pot. If neither helps, how about an over-the-counter drug?

Not quite strong enough? Face it: A visit to your doctor and local Hy-Vee Pharmacy may be in order.



cold and flu Season



IT'S GOOD TO HAVE THE HY-VEE PHARMACY ON YOUR SIDE. IT IS
YOUR ONE STOP FOR FLU SHOTS, PRESCRIPTIONS AND
OVER-THE-COUNTER MEDICATIONS.

WORDS Steve Cooper

As nasty as flu can be, it's just one of many illnesses standing between you and good health this time of year. Any day may bring a fever, a sore throat, a cough or any number of symptoms. When you need a remedy and guidance from a knowledgeable source, turn to your local Hy-Vee pharmacist. These professionals are always ready to give assistance.

Generic vs. brand names

Occasionally, you find yourself standing in front of a row of over-the-counter (OTC) medications at a Hy-Vee Pharmacy wondering if you should get a name-brand drug or a lower-cost generic brand. Here are some general recommendations from Jessica Grassmann, Hy-Vee Pharmacy manager in Faribault, Minnesota.

Fever. To relieve moderate fever, choices include generic products containing acetaminophen (brand name is Tylenol) or ibuprofen (Advil or Motrin). "I usually recommend the generics for Advil. Ibuprofen lasts longer than acetaminophen, so you take it at bedtime and it lasts through the night. It's generally effective at lowering a fever," Jessica says.

Cough. Jessica says, "A pharmacist may ask, 'Do you have a productive cough or is it nonproductive?' A productive cough sounds wet, and you are coughing stuff up. You're just dry hacking." For a

dry cough, the best choices to help increase productivity is generic guaifenesin (Robitussin or Mucinex) or a generic product with guaifenesin and dextromethorphan (Robitussin DM or Mucinex DM), which makes your cough more productive and controls it so you can rest. For a productive cough, get generic dextromethorphan (Delsym) to help control your cough so you can rest.

Sinus congestion. Those battling sinus-related pressure and congestion may find relief using generic oxymetazoline (Afrin) nasal spray. Do not use the spray for more than three to five days because it can cause your congestion to rebound, Jessica says. If you have sinus congestion, pick up generic pseudoephedrine (Sudafed). Although pseudoephedrine is available without a prescription, it's sold from behind the counter as each state has different classifications. You must ask your pharmacist for it, show your ID and sign for it. Jessica also recommends using a neti pot for nasal congestion. It allows you to wash out nasal passages with a saline solution.

There are also OTC steroid nasal sprays that will reduce inflammation. These sprays include generic triamcinolone (Nasacort) or fluticasone (Flonase).

Runny nose. Pick up generic diphenhydramine (Benadryl) or loratadine (Claritin). These products can help dry up a constant drip.

IT'S NEVER BEEN EASIER TO GET YOUR FLU SHOT—PARTICULARLY IF YOU GET IT AT A HY-VEE PHARMACY. MORE INSURANCE PLANS ARE COVERING THE COST EACH YEAR. IF YOU HAVE TO PAY, IT'S ONLY \$25. NO APPOINTMENT IS NECESSARY AND IT TAKES ONLY A FEW MINUTES.

Stomach Flu vs the Real Thing

The flu vaccine protects against influenza, a viral infection of the respiratory system. However, a flu shot does not protect against what is called “stomach flu,” which can be caused by various viruses.

“As bad as stomach flu can be, the real flu—influenza—can be much more dangerous,” Hy-Vee pharmacist Jessica Grassmann says. “Influenza can be particularly bad if you have asthma or a chronic condition such as COPD [chronic obstructive pulmonary disease] or if you are in the population of those older than 65,” Jessica says. Flu signs include a high fever, aching muscles, chills and sweats, headache, a dry cough, fatigue, nasal congestion and a sore throat. Getting your flu shot is the most effective way to prevent influenza. If you believe you have influenza, antiviral medications can help shorten the duration of the flu, but these are only effective if taken during the first 48 hours you have symptoms.

Intestinal virus infection (stomach flu) symptoms include severe stomach ache, vomiting, diarrhea and low-grade fever. “It can make you really sick and, if you don’t stay hydrated, it can become a major problem,” Jessica says. There is no vaccine to prevent intestinal viral infections from developing.

Taking generic acetaminophen (Tylenol) can help lower fevers, but Jessica warns against taking combination over-the-counter drugs that are designed to fight a variety of symptoms. “I’m not a fan of these combo medications,” she says. “Many have acetaminophen in them, and you can take too much without realizing it. Also, you’ll be taking medications for symptoms you may not have.”

“If you aren’t sure what to do, call your pharmacist first. He or she can help you decide if your symptoms warrant a trip to the doctor. But try to avoid coming into the pharmacy. It’s better to call and not expose others to what you have.”

Staying Healthy

To stay healthy, Jessica recommends these simple, effective steps:

- Wash your hands frequently. Wash before you eat, after you go to the bathroom and before you touch your face.
- Cover your cough. Cough into the crook of your elbow.
- Wear a mask around other people if you’re coughing. Wear one when you are in a waiting room at a doctor’s office, clinic or hospital.

HOW HY-VEE PHARMACISTS CAN HELP

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

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

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

➤ **AUTOMATIC REFILLS** Get prescriptions refilled ahead of time and receive a call when they are ready. Any maintenance or repeat medications will be refilled automatically, so you never have to worry about running out of your medication. Ask a pharmacist about Hy-Vee Repeat Refills.

Drug Plans for Seniors

Standard Medicare coverage doesn't cover many medication costs. So a majority of seniors purchase Part D prescription drug insurance, which pays for a portion of the cost. Here's how the program works.

52.3 million
TOTAL NUMBER OF MEDICARE ENROLLEES IN 2013

Source: Centers for Medicare and Medicaid Services



Percentage of Medicare enrollees who purchased a Part D drug plan in 2014.

Source: Henry J. Kaiser Family Foundation

34%

Percentage of people who ask a pharmacist when they have questions about Medicare Part D. Fewer ask doctors, family or friends, or call the Medicare toll-free number.

Source: MedicareToday.org

\$41.46/month

THE AVERAGE PREMIUM PER MONTH FOR A PART D DRUG PLAN.

Source: Henry J. Kaiser Family Foundation

9 out of 10



Number of seniors on Medicare who are satisfied with their Part D drug plan.

Source: MedicareToday.org

A PLAN FOR YOU

The sign-up period for the 2016 Medicare Part D prescription drug program has closed for continuing enrollees. But those who are newly eligible to Medicare will be able to enroll outside of the open enrollment sign up period. "We have found that many new enrollees have trouble signing up online or difficulty understanding what the program does and does not cover," says Angie Danielson, a Hy-Vee Pharmacy manager in Davenport, Iowa.

Many plans are offered, each varying in what drugs are covered and their monthly premiums, co-pays and annual deductibles (capped at \$360 in 2016). During the annual enrollment period from mid-October to early December, it's not unusual for recent enrollees to switch to another Part D policy based on what they've learned after one or two years of paying for a policy.

"It's a good program," Angie says, "but signing up is pretty overwhelming for many people. They ask us a lot of questions. How do I sign up? Where do I go to sign up? What's the best plan for me? We can give them guidance but we can't make their decisions for them."

MORE ABOUT PART D A majority of Medicare enrollees purchase Plan D along with Plan B, which covers medical costs not included in the standard Medicare package. The average Part D premium in 2016 is about \$41 a month.

SIGNING UP To sign up for Part D, visit the www.medicare.gov website, click on the Find Health and Drug Plans link and use the Medicare Plan Finder feature to enroll. Among the questions asked are the names and dosages of the prescription drugs you take. This leads to details about the Part D plans that are most compatible with your current medical situation.

HELP FROM YOUR PHARMACIST Those overwhelmed by the sign-up process can find help through Hy-Vee's Medicare Part D information program. A pharmacist will ask a few questions, combine your answers with a list of medications you are currently taking and download a list of Part D plans for which you qualify. The list includes descriptions of costs, deductibles and co-pays. This information will be printed out for you.

Coconut





IT'S TIME TO GO NUTS FOR COCONUTS! THESE TROPICAL WONDERS PROVIDE THEIR SPECIAL KIND OF WHITE MEAT AND MILK THAT ARE DELICIOUS AND GOOD FOR YOU. THE DISTINCT FLAVORS ARE MILD AND SLIGHTLY SWEET, LIKE A WARM CARIBBEAN BREEZE.

You don't have to live on a tropical island to enjoy the delicious flavor and health benefits of coconut. Pretty much every edible part is available at Hy-Vee, including shredded meat, juice, milk, cream, oil, sugar and even gluten-free coconut flour.

As cooks in Thailand and India are well aware, coconut is a tasty and versatile cooking ingredient. The meat can be used in desserts, such as cookies and cakes, but also can create a crispy coating for seafood. The milk makes an excellent base for soups and sauces in providing a luxurious richness and intense coconut flavor.

Coconut also offers positive healthful properties when eaten in moderation. Although it is high in saturated fat, it is a plant-based fat that provides antioxidants. It is thought to help protect the body from infections and viruses.

A VARIETY OF USES

Coconut cream is a good choice for making sauces. Many bakers prefer substituting coconut oil for butter in cookies, muffins and cakes. Coconut sugar and coconut flour are becoming fairly common ingredients in baked goods. Because refreshing coconut water contains electrolytes, such as sodium and potassium, many people consider it nature's sports drink (see "10 Uses for Coconut Water," *page 67*).

WHAT'S COCONUT MILK?

Coconut milk is the richest and creamiest dairy-free milk option. It's made by steeping shredded coconut in boiling-hot water. The result, when strained, is a buttery alabaster-white "milk" loaded with healthy fats and proteins. Like cow's milk, some of the fat in coconut milk rises to the top and can be skimmed off as coconut cream. When using canned coconut milk, shake it well before opening to ensure the cream and liquid are recombined.

There are other alternative milk options—soy, rice, hemp, almond, cashew and hazelnut—that are becoming more popular, especially for those who are lactose intolerant or simply prefer a plant-based alternative. Look in the store refrigerator section for unsweetened milk options, which have fewer calories and less saturated fat than other alternative milks. Each product has its own nutrition benefits, flavor and consistency. When incorporating these into your eating plan, make sure you acquire the essential nutrients found in dairy from other food sources.

WORDS Carlos Acevedo PHOTOS Tobin Bennett

COCONUT FISH BITES WITH ASIAN AVOCADO DIP

When the mood for something tropical strikes, enjoy crisp-textured coconut flakes on oven-baked fish. Before using, rinse the coconut and let dry. This is an effective way to cut sugar and calories.

Prep: 20 minutes | Cook: 8 minutes | Serves 4

Hy-Vee nonstick cooking spray

2 cups Baker's Angel Flake Sweetened Coconut

2 medium avocados, seeded, peeled and chopped

¼ cup coconut milk, plus additional as needed

2 tablespoons lime juice

2 tablespoons finely chopped cilantro

1 tablespoon wasabi paste

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

2 Hy-Vee large eggs

2 tablespoons water

2 teaspoons paprika

½ cup Hy-Vee cornstarch

4 sole fillets, thawed if frozen,
cut into 1-inch-thick strips

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 spray. Set aside.
2. Place coconut in a colander. Rinse with water. Spread coconut on a baking sheet lined with paper towels and let dry.
3. For dip, in a medium bowl combine avocado, coconut milk, lime juice, cilantro, and wasabi paste until smooth. Whisk in additional coconut milk, if needed, to reach dip consistency. Season to taste. Cover and chill until serving.
4. For fish bites, in a shallow dish whisk together egg, the water, kosher salt and paprika. Place coconut in another shallow dish. Place cornstarch in a large resealable plastic bag. Add fish to bag; seal and shake until fish is coated. Add fish to egg mixture, coating well. Dip into coconut, coating all sides.
5. Place fish on rack on baking sheet. Bake for 8 minutes or until fish begins to flake when tested with a fork and coconut is toasted. Serve fish with dip.

Nutrition facts per serving: 680 calories, 49 g fat, 29 g saturated fat, 0 g trans fat, 165 mg cholesterol, 590 mg sodium, 36 g carbohydrates, 14 g fiber, 5 g sugar, 28 g protein. Daily values: 20% vitamin A, 20% vitamin C, 8% calcium, 20% iron.



Baker's Angel Flake Coconut: select varieties 14 oz. \$2.99



*** Bonus feature:**
Follow along
with our how-to
video about cracking
open a coconut in the
free digital version of
Hy-Vee Seasons.

Downloading information
on page 5.

TOASTED COCONUT ICE CREAM

Get the best flavor by toasting the flakes until golden brown. Their pleasant crunch and nutty flavor make this frozen treat irresistible.

Prep: 10 minutes | Chill: 4 to 24 hours |

Serves 6 (about $\frac{1}{2}$ cup each)

3 (13.5-ounce each) cans unsweetened coconut milk, chilled

$\frac{1}{2}$ cup granulated sugar

2 cups Baker's Angel Flake Sweetened Coconut, toasted, divided

$\frac{1}{2}$ cup agave nectar

$1\frac{1}{2}$ teaspoons Hy-Vee vanilla extract

Pinch of Hy-Vee salt

Pineapple wedges, for serving

Coconut shell, for serving*

1. In a large heavy saucepan, whisk together coconut milk, sugar, 1 cup shredded coconut and agave nectar. Bring to boiling. Remove from heat and let cool.
2. Strain mixture through a fine-mesh sieve into a large bowl and discard solids. Stir in vanilla and salt. Cover and chill for 4 to 24 hours.
3. Pour chilled mixture into an ice cream maker and

process according to the manufacturer's instructions. Transfer to a loaf pan. Sprinkle with remaining coconut. Cover and freeze until firm.

Suggestion: Serve ice cream with pineapple wedges in a coconut shell.

***Note:** To crack a coconut, use the back of a chef's knife to tap along the equator of the coconut. When the shell cracks, pry it open a bit and drain the coconut milk into a bowl. Continue to tap until the coconut splits open.

Nutrition facts per serving: 290 calories, 15 g fat, 14 g saturated fat, 0 g trans fat, 0 mg cholesterol, 230 mg sodium, 37 g carbohydrates, 1 g fiber, 36 g sugar, 1 g protein. Daily values: 8% vitamin A, 0% vitamin C, 25% calcium, 4% iron.



EASY CHICKEN COCONUT SOUP

For a weeknight twist on dinner, try this Thai-style soup with coconut milk.

Prep: 10 minutes | Cook: 20 minutes |

Serves 4 (about 2 cups each)

½ teaspoon Hy-Vee coconut oil

½ cup chopped onion

2 teaspoons minced fresh garlic

3 cups Hy-Vee 33%-less-sodium chicken broth

1 cup thinly sliced carrots

2 cups sliced mushrooms

1 cup chopped zucchini

1 tablespoon lime juice

2 teaspoons lemongrass paste

2 teaspoons grated fresh ginger

2 teaspoons Hy-Vee less sodium soy sauce

Fish sauce, optional

1 pound skinless boneless chicken breasts, thinly sliced

1 (13.5-ounce can) can unsweetened coconut milk

Sriracha hot sauce, for serving

Fresh cilantro, for serving

Lime wedges, for serving

1. In a 3-quart saucepan, heat coconut oil over medium heat. Add onion and garlic; cook for 3 minutes or until onion is tender, stirring occasionally.

2. Add broth and carrots. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. Add mushrooms, zucchini, lime juice, lemongrass paste, ginger, soy sauce, and, if desired, fish sauce. Cook for 5 minutes or until zucchini is tender. Add chicken and coconut milk. Return to a simmer and continue to cook for 5 minutes or until chicken is cooked.

3. Divide soup among bowls. Serve soup with Sriracha sauce, cilantro and lime wedges if desired.

Nutrition facts per serving: 220 calories, 6 g fat, 3 g saturated fat, 0 g trans fat, 85 mg cholesterol, 730 mg sodium, 10 g carbohydrates, 2 g fiber, 5 g sugar, 29 g protein. Daily values: 110% vitamin A, 20% vitamin C, 15% calcium, 6% iron.



10 USES FOR COCONUT *water*

COCONUT WATER CAN BE USED ANYWHERE YOU MIGHT
USE PLAIN WATER. YOU'LL TRADE A FEW EXTRA CALORIES FOR AN
INFUSION OF TROPICAL FLAVOR.

1. SMOOTHIE

Add coconut water, yogurt and fruit
to a blender and puree.

2. FISH

Choose coconut water as the liquid for
poaching fish.

3. VEGGIES

Steam vegetables with coconut water.

4. SOUP

Use half coconut water and half chicken
broth or vegetable broth as the base liquid
for your next Indian or Thai soup.

5. COCKTAILS

Mix a smooth drink with coconut water
and a splash of spirits.

6. RICE

Pick coconut water instead of
regular water to make rice.

7. ICE

Freeze coconut water with pulp in an
ice cube tray and use ice cubes to cool
down fruit juices.

8. COCONUT LEMONADE

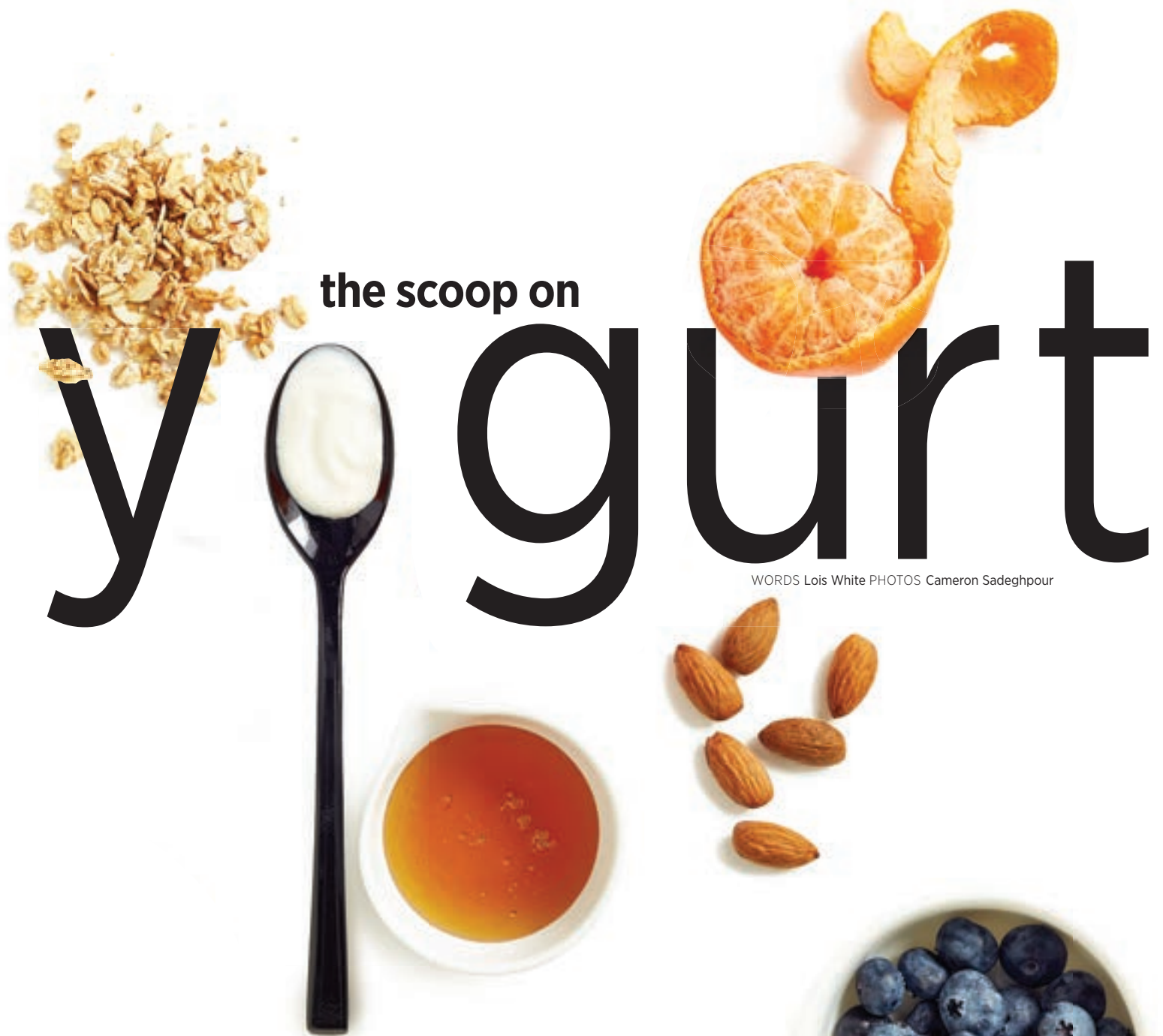
Make lemonade with coconut water.

9. TEA

Steep your herbal tea bag in heated
coconut water.

10. OATMEAL

Blend half coconut water and half milk to
make a potassium-enriched oatmeal.



WORDS Lois White PHOTOS Cameron Sadeghpour

PACKED WITH POWER-BOOSTING PROTEIN AND BONE-BUILDING CALCIUM, YOGURT HAS BECOME MORE THAN A MORNING RITUAL. IT'S A GO-TO FOOD FOR KIDS. THERE ARE LOTS OF YOGURT CHOICES—SOME BETTER THAN OTHERS. HERE'S THE SCOOP ON WHAT TO LOOK FOR SO YOU CAN CHOOSE SMARTLY. EASY EVERYDAY RECIPES THAT FOLLOW DEMONSTRATE THE HEALTHFUL PROPERTIES AND TASTY OPTIONS OF GREEK YOGURT.

There's so much to love about yogurt. Creamy, smooth and packed with protein, it's perfect for breakfast mix-ins, a quick afternoon snack or a savory sauce. Name any yogurt flavor or style and you're sure to find it in a Hy-Vee dairy aisle. Among the choices are traditional, Greek, fruit-flavored, organic, probiotic and even nondairy yogurt, made with soy, almond or coconut milk.

Greek yogurt is hotter than ever—for good reason. Straining out extra whey makes Greek the thick, creamy, tangy and nutritious yogurt so many love. It contains three to four times more milk and twice the protein compared to traditional yogurt. It's better for cooking, because it doesn't curdle when heated, as traditional will.

Many yogurts contain good-for-you bacteria, labeled "live and active cultures". They improve digestion and regulate your immune system. Vitamin D is also added to boost calcium absorption.

Whether you choose full-fat, low-fat or nonfat yogurt, they all have significant nutritional benefits. Yogurt made from whole milk seldom contains the thickeners and additives used to achieve proper consistency and flavor in yogurts made with reduced-fat or non-fat milk. While full-fat provides hefty doses of protein and fat that help you feel satiated, low-fat or nonfat yogurts allow you to add ingredients such as flaxseeds or chia seeds and fresh berries while keeping calories in check.

Fruit-flavored yogurts may sound healthy, but many add pureed

fruit with sugar and sweeteners. For a healthier choice, look for whole fruit yogurt or mix it yourself. "I like to use plain Greek yogurt as a snack and add berries and a small amount of orange zest to it," says dietitian Kaiti George of the Hy-Vee in Kearney, Nebraska. "I use strawberries or other berries. Berries are low in calories, rich in antioxidants, have a good amount of vitamin C and are an excellent source of fiber."

Mix-ins such as jam, nuts and candy are sometimes packaged separately with yogurt so you can control the amount. Gluten-free grains and oats also may be added, to fruit-flavored yogurts to boost nutrients.

Incorporate yogurt into your daily diet with these ideas:

- Drink smoothies containing yogurt for breakfast.
- Stir into oatmeal for a protein boost.
- Combine fresh herbs and a squeeze of lemon, then spread on a sandwich for lunch.
- Give chili, tacos or anything spicy a cool dollop.
- Add yogurt to chicken salad or deviled eggs.
- Swirl some into soups to lend body and creaminess.
- Offer even the pickiest kids fruit-flavored frozen yogurt treats.

You'll learn some surprising, delicious ways to use Greek yogurt on the pages ahead. Because it's mildly acidic, yogurt is a natural tenderizer for marinating meat or chicken. Its dense, creamy texture gives cakes a fine, moist crumb and lightens the texture of bread. With so much versatility, yogurt makes practically anything taste better.



quick breakfast yogurt bowl

In a bowl, add ½ cup Hy-Vee vanilla Greek yogurt, ¼ cup blueberries, 1 peeled and sectioned mandarin orange, 3 whole almonds and 2 tablespoons Hy-Vee toasted granola. Drizzle with 1 tablespoon Hy-Vee Select maple syrup.

LEMON CHICKEN OVER VEGGIE NOODLES

"You'll definitely get a great kick of probiotics from the Greek yogurt used in this sauce. During cold and flu season, the extra probiotics can help boost your immune system."

—DIETITIAN AYN PAVEK, HY-VEE FARIBAUT, MINNESOTA





TOMATO-MOZZARELLA PIZZA



LEMON CHICKEN OVER VEGGIE NOODLES

Prep: 20 minutes | Marinate: 2 hours |

Roast: 10 minutes | Serves 4

1 pound thin-cut skinless, boneless chicken breasts or ½-inch thick skinless, boneless chicken breasts

1 cup Hy-Vee plain Greek yogurt

1 teaspoon lemon zest

2 tablespoons fresh lemon juice

4 cloves garlic, minced

3 tablespoons Hy-Vee Select olive oil, divided

3 tablespoons finely chopped fresh

Italian parsley, divided

2 tablespoons paprika

1 teaspoon Hy-Vee dried oregano

½ teaspoon Hy-Vee salt

½ teaspoon Hy-Vee black pepper

2 medium zucchini

2 medium summer squash

2 large carrots

Lemon wedges, for serving

1. Place chicken breasts in a large resealable plastic bag set in a shallow dish. For marinade, in a bowl, whisk together yogurt, lemon zest, lemon juice, garlic, 1 tablespoon olive oil, 1 tablespoon parsley, paprika, oregano, salt and pepper. Add marinade to chicken in bag; seal bag. Turn to coat chicken. Marinate in the refrigerator for 2 hours, turning bag occasionally.
2. Use a mandoline or julienne peeler to slice zucchini, summer squash and carrots lengthwise into long thin strands. Transfer vegetables to a microwave-safe bowl; cover vegetables with wet paper towels to keep moist.
3. Preheat oven to 400°F. Remove chicken from marinade; discard marinade. Place chicken in a greased baking pan. Roast, uncovered, for 10 to 15 minutes or until internal temperature reaches 165°F.
4. Meanwhile, microwave vegetables, covered, on HIGH for 2 to 3 minutes or until tender, stirring halfway through cooking. Stir remaining oil and parsley into vegetables.
5. Serve chicken over vegetables with lemon wedges.

Nutrition facts per serving: 270 calories, 10 g fat, 1.5 g saturated fat, 0 g trans fat, 85 mg cholesterol, 280 mg sodium, 13 g carbohydrates, 4 g fiber, 8 g sugar, 33 g protein. Daily values: 120% vitamin A, 70% vitamin C, 10% calcium, 10% iron.



TOMATO-MOZZARELLA PIZZA

Prep: 20 minutes | Bake: 10 to 15 minutes |

Stand: 1 hour | Serves 4

1 cup heirloom tomatoes (any combination of halved cherry tomatoes or thinly sliced medium tomatoes)

1 tablespoon Hy-Vee Select extra virgin olive oil

Hy-Vee salt and black pepper, to taste

¼ teaspoon Hy-Vee salt, plus additional to taste, divided

1 tablespoon yellow cornmeal

½ cups Hy-Vee all-purpose flour*

1½ teaspoons Hy-Vee baking powder

1 tablespoon finely chopped fresh rosemary

1 teaspoon golden flaxseeds

1 cup Hy-Vee plain Greek yogurt

¼ cup Hy-Vee pizza sauce

1 (8-ounce) package fresh mozzarella cheese, sliced

2 ounces crumbled feta cheese

1. Combine tomatoes and oil; season to taste with salt and the pepper. Let stand for 1 hour.
 2. Preheat oven to 500°F. Lightly grease and coat a baking sheet with cornmeal; set aside.
 3. For crust, in a medium bowl combine flour, baking powder, rosemary, flaxseeds and ¼ teaspoon salt. Stir in yogurt. When mixture forms a soft dough, transfer to a lightly floured surface. Knead dough for 8 to 10 minutes, adding small amounts of flour at a time if dough is sticky.
 4. Roll dough into a 15x10-inch rectangle. Transfer to prepared baking sheet. Pour pizza sauce on crust, spreading to within 1 inch of crust edges. Arrange mozzarella slices down the center of the crust. Top with tomatoes and feta. Fold edges of crust over toppers.
 5. Bake for 10 to 15 minutes or until crust is golden and cheese is melted.
- *Note: If desired, use 1½ cups self-rising flour in place of the all-purpose flour. When using self-rising flour, omit baking powder and ¼ teaspoon salt.

Nutrition facts per serving: 370 calories, 17 g fat, 9 g saturated fat, 0 g trans fat, 55 mg cholesterol, 650 mg sodium, 46 g carbohydrates, 3 g fiber, 5 g sugar, 25 g protein. Daily values: 20% vitamin A, 10% vitamin C, 50% calcium, 15% iron.



CHOCOLATE-RASPBERRY SNACK CAKES

Prep: 20 minutes | Bake: 18 to 22 minutes |

Stand: 10 minutes | Serves 20

Hy-Vee nonstick cooking spray

1¾ cups Hy-Vee quick-cooking oats

1 cup Hy-Vee sugar

¾ cup Hy-Vee unsweetened cocoa powder

1½ teaspoons Hy-Vee baking powder

1½ teaspoons Hy-Vee baking soda

½ teaspoon cream of tartar

¼ teaspoon Hy-Vee salt

3 Hy-Vee egg whites

½ cup Hy-Vee unsweetened applesauce

½ cup Hy-Vee vanilla Greek yogurt

1 teaspoon Hy-Vee vanilla extract

1 cup hot water (165°F)

½ cup Hy-Vee semisweet chocolate chips

1 cup fresh raspberries

1. Preheat oven to 350°F. Line muffin-tin cups with paper bake cups and spray with nonstick cooking spray; set aside.
2. Process oats in a food processor or blender until finely ground. Transfer to a large mixing bowl. Stir in sugar, cocoa powder, baking powder, baking soda, cream of tartar and salt. Add egg whites (reserve yolks for another use), applesauce, yogurt and vanilla. Beat on medium. Gradually beat in the hot water until thoroughly combined. Let batter stand for 30 minutes.
3. Spoon batter into each muffin cup. Bake for 18 to 22 minutes or until a toothpick inserted in centers comes out clean. Cool snack cakes in pan for 10 minutes. Remove cupcakes from pan and cool completely on a wire rack.
4. To decorate, melt chocolate chips in a microwave-safe bowl on 50% power for 30-second intervals, stirring after each interval until smooth. Place a small dollop of melted chocolate in the center of each cake and top with a raspberry. Cover and store in the refrigerator.

Nutrition facts per serving: 110 calories, 2 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 180 mg sodium, 21 g carbohydrates, 3 g fiber, 14 g sugar, 2 g protein. Daily values: 0% vitamin A, 2% vitamin C, 2% calcium, 15% iron.



CHOCOLATE- RASPBERRY SNACK CAKES

"The extra protein in the yogurt can help you feel satisfied for longer after eating one of these snack cakes. It will also help the cakes maintain a longer-lasting lightness and great mouthfeel than if this recipe was made with oil."

—DIETITIAN AYN PAVEK, HY-VEE FARIBAULT, MINNESOTA



1. **PROSCIUTTO:** Salted and aged for up to two years, prosciutto has a flavor often described as sweet with a silky finish. In Italian cuisine, prosciutto is often served as a first course or as an ingredient in dishes such as chicken saltimbocca. Prosciutto goes well with fruits and vegetables.

COARSELY GROUND MUSTARD

2. **MORTADELLA:** This smooth-textured sausage is made of finely ground meat, which is about 15 percent fat and flavored with seasonings, peppercorns and pistachios. Think gourmet bologna. It's typically sliced paper-thin and makes excellent sandwiches.

ASSORTED OLIVES

3. **SOPRESSATA:** An Italian hard sausage, this spicy pork is like pepperoni but with an edible white bloom. In fact, sopressata is a popular topping among trendy pizzerias and goes with pickled vegetables and bold cheeses.

ONE OF TODAY'S HOTTEST FOOD TRENDS IS CHARCUTERIE (PRONOUNCED: SHAR-KOO-TUR-EE). THIS TERM INCLUDES MANY TASTY SPECIALTY MEATS—SMOKED HAMS, SAUSAGES, PROSCIUTTO, SALAMI AND OTHERS—THAT ARE EQUALLY AT HOME IN A SANDWICH OR ON A CHIC PARTY PLATTER WITH SPECIALITY CHEESES AND ARTISANAL BREADS.

WORDS Carlos Acevedo PHOTOS Greg Scheidemann

char·cu

PREPARING A CHARCUTERIE BOARD

Create an artfully arranged charcuterie board for your next party. Select cured meats and snacky sides that look and taste great. Build your collection on a wooden cutting board or platter. Add a variety of cuts, including firmer cuts such as sliced prosciutto and softer meats such as mortadella, which can be cubed. For nibbles, add tiny cornichon pickles and olives for a briny accent. Provide coarsely ground mustard for bite, as well as nuts—Marcona almonds are perfect. Include one or two familiar cheeses and a stack of sliced crostini or crackers so partygoers can assemble little sandwiches.

5. SALAMI: A hard pork sausage, salami has a rich, spicy flavor. Sometimes called pepperoni's milder cousin, salami has a slight tanginess that comes from a brief fermentation. It can be used anywhere pepperoni is used, such as on pizza, but is equally appealing on a sandwich or a party platter.

GRISSINI BREADSTICKS
WRAPPED IN PROSCIUTTO

CORNICHON PICKLES

4. COPPA:

Sometimes called capocollo, coppa is similar to prosciutto but comes from the shoulder of the pig rather than the leg. It is often seasoned with wine and garlic, then rubbed with paprika and aged for up to 6 months. It is sometimes roasted or smoked. Thinly sliced, coppa is an excellent filling for panini.

*A Finely
Crafted Food*
In a broad sense, *charcuterie* describes the practice of preserving meat and includes foodstuffs such as bacon, sausage, and prosciutto. Cooks have been practicing this craft for millennia. You can find charcuterie meats at any Hy-Vee, and some stores now have charcuterie departments.

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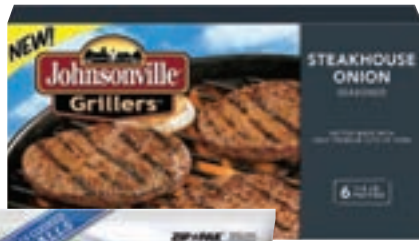
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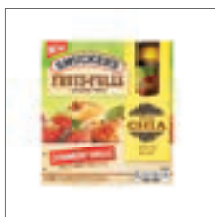
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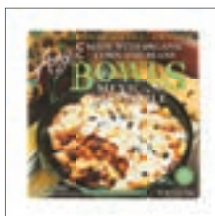


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SPRING 2016

COMING NEXT

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