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FOOD | LIFE | HEALTH

seasons®



march
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YOU SAID:
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-@Smallschooltea1

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YOU SAID:
"Made them on Sunday, were fantastic. We used cod instead of tilapia and really liked the dish!"
-@barry_mead



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editor's letter



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

Welcome to a familiar face with a new look. This March issue of *Hy-Vee Seasons*—back by popular demand—offers timely, practical solutions to everyday problems across three basic areas: food, life and health. Our goal is to empower you to become the hero in any situation, whether it's planning a party, cooking a last-minute meal, trying to exercise or striving to be your best. Think of this magazine as a launch into the new season!

In this issue we sit down with America's favorite co-star, Judy Greer, whose Midwestern upbringing and off-beat sense of humor have propelled her to a longtime career in movies and television, *page 42*.

Keep flipping and you'll learn how to grill the best burger, *page 50*; score big with a March Madness watch party, *page 34*; and maintain a healthy complexion, *page 90*. Also find helpful tips from Hy-Vee dietitians, pharmacists and other experts along the way.

We hope you enjoy our refresh of *Hy-Vee Seasons* and look forward to making your life easier, happier and healthier.



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serving suggestion



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^aMinimally processed. No artificial ingredients. © 2019 Hormel Foods, LLC

the lineup

MARCH 2019

MARCH
INTO
SPRING

“

I guess that's the gift I have. I can choose to find something funny.

”

Actress
Judy Greer

PHOTO Gareth Cattermole/Staff/Getty Images



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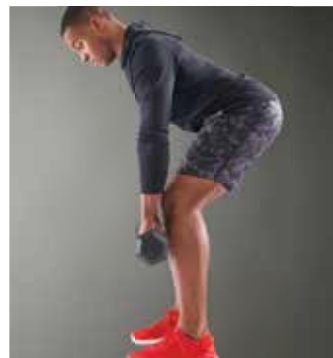
Graduation day is just around the corner. Time to get started with party planning. Our tips make it simple.

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NEW ALMONDMILK

Frappuccino®

chilled coffee drink



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Starbucks Singles:
select varieties
10 to 15 fl. oz.
2/5.00



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Hy-Vee Seasons is a product of Hy-Vee, covering food, lifestyle and health issues, while featuring Hy-Vee products, services and offers, along with advertisements from suppliers of Hy-Vee.

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30
minutes
or less

30 MINUTES
OR LESS

GF
option

GLUTEN FREE

V
option

VEGETARIAN
DISH

Healing Buddha Bowl
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Hy-Vee Seasons recipes are tested by test kitchen
food technologists to guarantee that they are
reliable, easy to follow and good tasting.

Please recycle after use.



Sugardale Natural
Uncured Lunchmeats:
select varieties
8 oz.
3.68



Sugardale Simple
Carve Ham
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3.99



Sugardale Ham Steaks
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Sugardale Hot Dogs
16 oz.
3/5.00



Nabisco Toasted Chips:
select varieties
7.1 oz. to 8.1 oz.
3.28

SNACK ATTACK

basics

SWEET POTATO

Earthy, buttery sweet potatoes gain complex flavor with spices and other add-ins. Bonus: They're low-calorie and stuffed with nutrition.

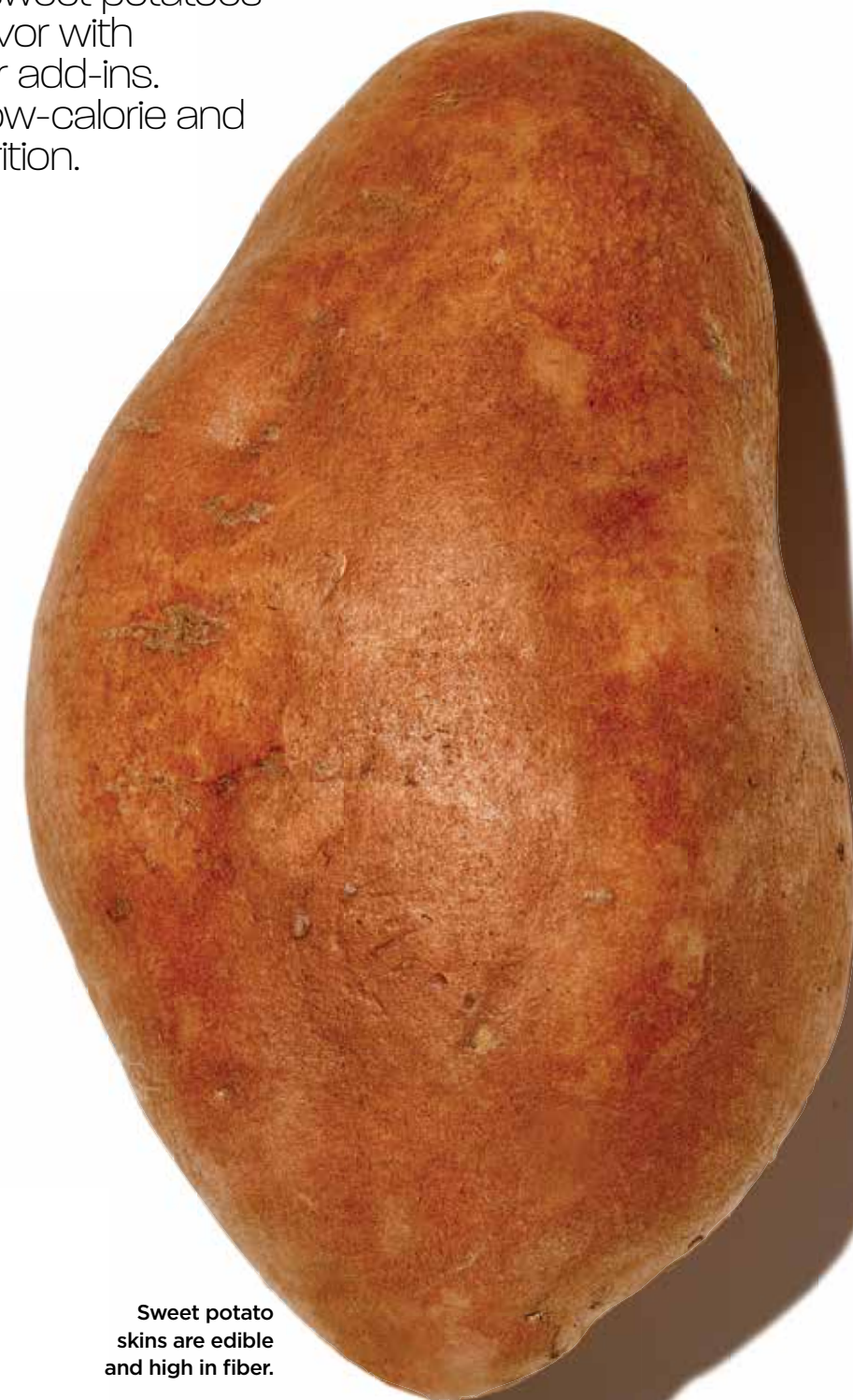
One of the most versatile foods, sweet potatoes earn their spot in main dishes, sides, desserts and more. Recipes abound for enjoying their vitamins A and B, potassium and fiber:

- Swap with white baked or french-fried potatoes.
- Add cubes to soups and stews (use cumin or paprika for smoky-savory flavor).
- Bake and add cinnamon, pecans and a drizzle of maple syrup.
- Use in cupcake or pancake batter or as pie filling.
- Combine with chickpeas for flavorful hummus.

BUY small to medium spuds with smooth, unblemished, evenly colored skins and no sprouts. Large potatoes can be starchy and less creamy when cooked.

STORE in a cool, dry, dark place up to 1 month or at room temperature for 1 week. High sugar content causes them to spoil more quickly than other potatoes. Don't refrigerate raw spuds; it quickens spoilage.

PREP by washing under cold water. Scrub gently; skin is thin and scrubs off easily.



Sweet potato skins are edible and high in fiber.

food

WAYS TO COOK

bake

Cut in strips or wedges, bake and eat with dipping sauce. Coat slices with olive oil and seasonings and bake. Prick whole spuds with a fork to allow steam to escape, wrap in foil and bake.

sauté

Peel, chop and sauté with garlic in olive oil, then add Parmesan, or sauté with spinach, kale and bacon. Sauté cubes and add to cooked rice or pasta. Or pan-fry slices in 1 Tbsp. oil and season with salt, pepper and chile powder.

boil/steam

Boil or cook chunks in a steamer until soft. Add other veggies, butter and seasoning for a side dish. Or mash the chunks similar to regular mashed potatoes, and add butter plus herbs (thyme, chives or sage).

HERB CHEESE-STUFFED SWEET POTATOES Prepare recipe as directed, but stuff sweet potato mixture with 1 tsp. garlic-and-herb cheese spread.

SWEET POTATO CASSEROLE BITES Prepare recipe as directed, but add ½ tsp. Hy-Vee ground cinnamon to mashed sweet potato mixture. Use 2 Tbsp. mixture for each ball and stuff each with a halved Hy-Vee marshmallow. Coat the balls with coarsely ground pecans instead of panko, and air-fry in batches for 3 to 4 minutes or until golden. Serves 10.

SWEET POTATO JALAPEÑO POPPERS
Recipe at right.

Sweet Potato Jalapeño Poppers

Hands On 20 minutes
Total Time 40 minutes
Serves 13 (1 popper each)

2 cups Hy-Vee Short Cuts cubed sweet potatoes
½ tsp. kosher salt
1 Hy-Vee large egg, lightly beaten
2 Tbsp. water
½ cup Hy-Vee all-purpose flour
½ cup Hy-Vee plain panko crumbs
1 medium jalapeño pepper, thinly sliced and seeded*
3 Hy-Vee low-moisture, part-skim mozzarella string cheese sticks, each cut into 5 (¾-in.) pieces, or 13 Hy-Vee mild Cheddar cheese cubes
Hy-Vee nonstick cooking spray
Desired dipping sauce, for serving

- 1. PREHEAT** air-fryer to 350°F according to manufacturer's directions.
- 2. PLACE** sweet potatoes in a microwave-safe bowl. Cover with vented plastic wrap; microwave on HIGH for 5 to 7 minutes, stirring once halfway through. Mash sweet potatoes until smooth. Stir in salt; set aside.
- 3. COMBINE** egg and water in a shallow dish. Place flour in a second shallow dish and panko in a third dish.
- 4. HALVE** larger slices of jalapeño pepper. Scoop a rounded Tbsp. of sweet potato mixture into a small ball. Stuff 1 cheese piece and 1 pepper piece into the center and seal sweet potato mixture well. Repeat with remaining sweet potato mixture, cheese and pepper pieces to make 13 poppers.
- 5. ROLL** sweet potato balls in flour. Coat with egg mixture and roll in panko crumbs. Spray coated balls with nonstick spray and air-fry in batches for 4 to 5 minutes or until crisp and golden. Let stand for 2 to 3 minutes. Serve with dipping sauce, if desired.

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

Per serving: 50 calories, 1.5 g fat, 1 g saturated fat, 0 g trans fat, 10 mg cholesterol, 120 mg sodium, 7 g carbohydrates, 1 g fiber, 1 g sugar (0 g added sugar), 2 g protein.
Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 2%

PHOTO Greg Scheidemann



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So Delicious
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Silk Almond Milk:
select varieties
96 oz.
3.99



So Delicious
Frozen Pints:
select varieties
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wine & spirits THREE CHEERS

Soak up the spirit of St. Patrick's Day, and fill your glass with these Irish-themed cocktails that are sure to be crowd-pleasers.



expert tip: THE PERFECT PAIR



“Finagren's is a traditional Irish whiskey perfect for drinking straight or mixing in cocktails. Comparable to big-name brands, this whiskey is an affordable, high-quality spirit. Notes of toffee

and pear will complement the lime and mint perfectly in the Irish Mojito. This cocktail will be a hit at your St. Patrick's Day celebration!”

—Kara Schultz
Wine & Spirits Manager
Madison, Wisconsin



Finagren's
Irish Whiskey
750 ml.



Master of
Mixes Simple
Syrup:
select varieties
375 ml.
2.99

IRISH MOJITO

Muddle 2 oz. fresh lime juice, 2 oz. Master of Mixes simple syrup and 1 Tbsp. fresh mint leaves in a cocktail shaker; add 1½ oz. Finagren's Irish whiskey and ice. Cover and shake well. Strain into a 12-oz. ice-filled rocks glass. Top with 6 oz. Hy-Vee club soda. Garnish with additional fresh mint, if desired. Serves 1.



Green Bloody Mary with Pickled Green Beans

Hands On 25 minutes
Total Time 25 minutes
Serves 4

1½ lb. tomatillos, husked and chopped
3 cups yellow cherry tomatoes
1 cup peeled and chopped cucumber
½ cup chopped fresh cilantro
2 Tbsp. Rose's sweetened lime juice
2 Tbsp. Hy-Vee Worcestershire sauce
1 Tbsp. fresh lemon juice
2 tsp. seeded and chopped jalapeño pepper*
1 tsp. prepared horseradish
1 tsp. bottled hot sauce
½ tsp. cracked black pepper
¼ tsp. Hy-Vee garlic powder
6 oz. Ketel One vodka, divided
Pickled Green Beans, below; for garnish
Celery sticks, for garnish

1. COMBINE half of the tomatillos and tomatoes in a blender. Cover and blend until smooth. Strain mixture into a medium bowl; discard solids. Repeat with remaining tomatillos and tomatoes. Return juice to blender.

2. ADD cucumber, cilantro, lime juice, Worcestershire, lemon juice, jalapeño pepper, horseradish, hot sauce, black pepper and garlic powder to blender. Cover and blend until combined.

3. FOR EACH DRINK, add 1 cup blended mixture and 1½ oz. vodka to an ice-filled cocktail shaker. Cover and shake well. Strain into a 10-oz. glass. Garnish with Pickled Green Beans and/or celery sticks, if desired.

Pickled Green Beans: Combine 1 cup Hy-Vee apple cider vinegar, ¾ cup Hy-Vee granulated sugar, 2 Tbsp. Hy-Vee Dijon mustard, 2 tsp. kosher salt and ½ tsp. Hy-Vee black pepper in a medium bowl; set aside. Cook 8 oz. trimmed fresh green beans in a small amount of boiling water for 5 minutes or until crisp-tender. Quickly plunge beans into ice-cold water. Drain. Pack beans; ½ medium red onion, thinly sliced; and 5 radishes, trimmed and thinly sliced, in a quart jar. Add vinegar mixture. Cover and refrigerate for 8 hours or overnight.

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



VODKA IRISH COFFEE

Add 3 oz. cold brewed coffee, 1 oz. Ketel One vodka, 1 oz. Baileys Irish Cream and a dash Angostura aromatic bitters to an ice-filled cocktail shaker. Cover and shake well. Strain into a 6-oz ice-filled glass. Sprinkle with Hy-Vee ground nutmeg, if desired. Serves 1.



Baileys Irish Cream
750 ml.



Angostura Aromatic Bitters:
select varieties
4 fl. oz.
8.99



Ketel One Vodka
750 ml.



Rose's Sweetened Lime Juice or Grenadine:
select varieties
12 fl. oz.
2/6.00

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Johnsonville Flame Grilled Sausage Links: select varieties 14 oz. 3.99



At Johnsonville, we've been making sausage for 73 years. So yeah, we've grilled more than a few. Doing it right takes time you don't always have. Our new Flame Grilled Sausage is for those moments. Ready in less time than it takes to heat your grill, it tastes Made the Johnsonville Way, every time.

Johnsonville
- SINCE 1945 -

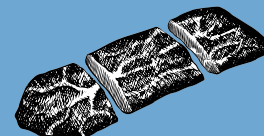
MAKE THE CUT

There's a steak for every appetite and every occasion. Here are the best choices for pan-searing.



Tenderloin

A tender boneless steak with a mild flavor and relatively little fat.



Flat Iron

Lean and flavorful; less expensive and not as tender as other cuts.



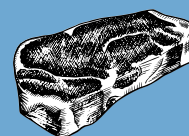
Ribeye

Generous marbling makes the ribeye especially tender and juicy when cooked.



Sirloin

Larger in size, this versatile boneless steak is great for a family.



Top Loin

Also called a New York Strip. This lean, tender steak is full-flavored.



T-Bone

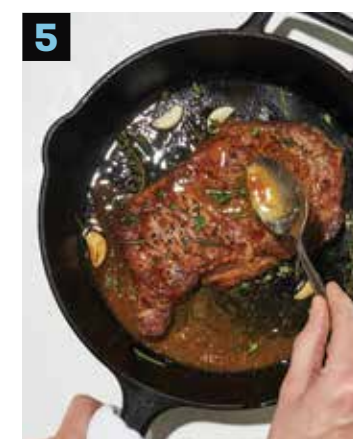
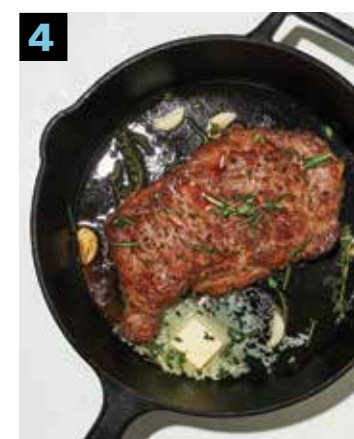
This well-marbled cut consists of two lean, tender steaks—the strip and tenderloin—connected by a T-shaped bone.

food

cooking 101

POWER SEARING

Savor a sizzling restaurant-quality steak at home any night of the week. It's so easy!



HOW TO SEAR STEAK

This simple steak-cooking technique builds caramelized flavor with tender, juicy results.

1. PREP

Use a cast-iron skillet—once it gets hot, it stays hot. Before searing, let the steak stand at room temperature for 30 minutes, then pat it dry with paper towels.

2. SEASON

Keep it simple. Lightly season both sides of the steak with salt and pepper right before searing.

3. HEAT

Heat the skillet over high heat, then add 1 to 2 Tbsp. vegetable oil. Swirl the oil in the pan and heat until the oil simmers. Do not use butter with high heat—it will burn.

4. SEAR

Add the steak to the hot skillet. Cook for 2 to 3 minutes on each side or until a crisp crust forms. Reduce heat; add 1 Tbsp. butter and desired fresh herbs.

5. BASTE

Tilt pan so juices pool on one side. Spoon juices over steak continuously to baste. Cook steak to desired doneness. Allow 130°F for medium-rare, 140°F for medium or 150°F for medium-well.

6. REST

Transfer steak to a platter and loosely cover with foil; let rest 5 minutes.

WORDS Lois Carpenter PHOTOS Tobin Bennett



**Feed Them More of
the Meat They Crave**



MEAT-RICH ~ HIGH PROTEIN ~ GRAIN-FREE



life

things

PAMPERED PET

Everyone knows Rover rules the roost. Give your pup the food he wants and needs to go the extra mile (or lap around the yard).

The quality of food your dog eats plays a major role in his growth, development and energy level. Blue Buffalo puts real ingredients first to ensure pets get their fill of proteins, fats, carbs and essential vitamins and minerals without using nutritional byproducts or fillers.

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all other pet
needs at
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Ocean Spray 100% Juice,
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select varieties
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2/6.00



Ocean Spray Craisins:
select varieties
1 or 6 oz.
2.19



Ocean Spray Craisins
Fruit Splash Variety Pack
8 ct. pkg.
3.99



Light, Refreshing Taste.



**Yes, pink cranberries exist.
And yes, they're delicious!**

NEW

Find us in the juice aisle

life

blooms

POP THE QUESTION

Craft a perfect
promposal with
colorful blooms from
Hy-Vee Floral.



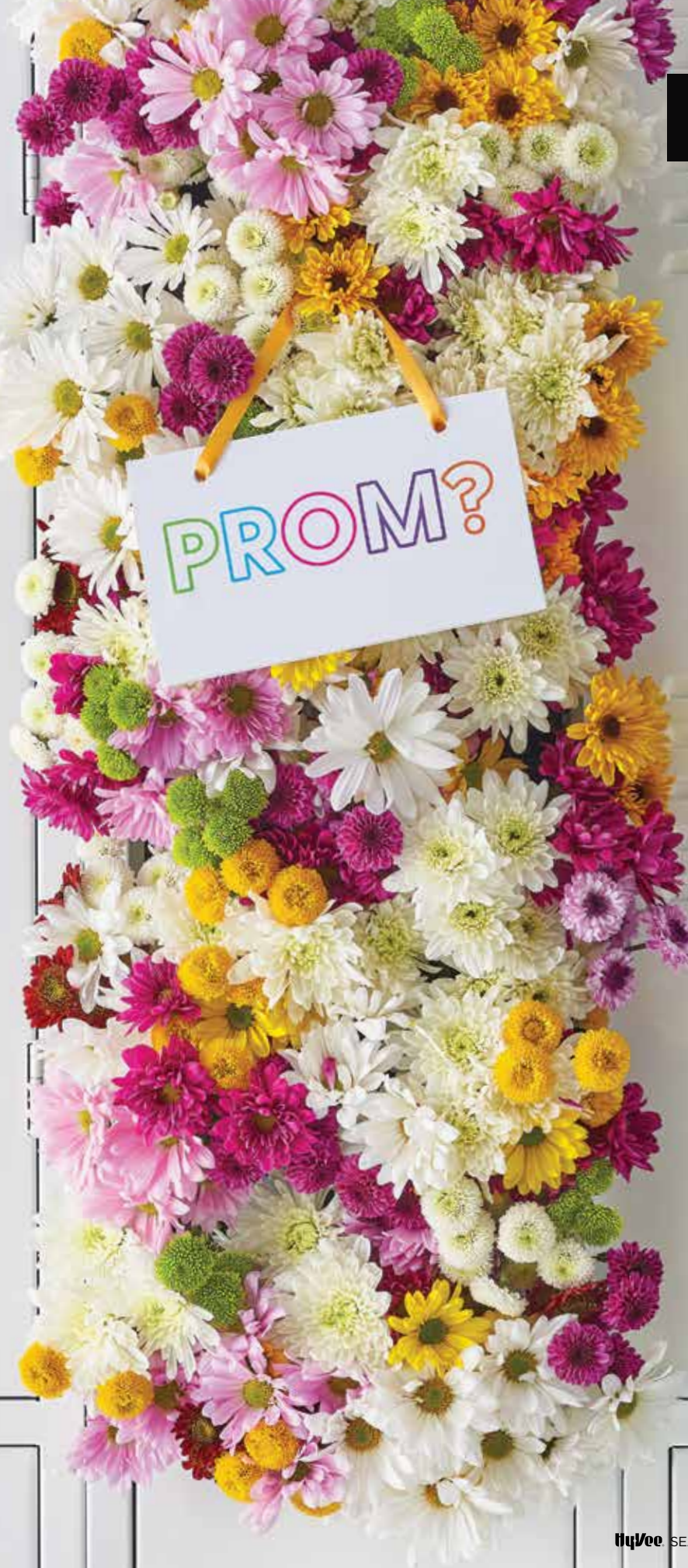
Rainbow
Prom Bouquet
"Prom Posal"
14 stems
20.00
(vase not included)



HEARTS & FLOWERS

After they've said
"Yes!" dazzle your date
on prom night with a
custom-made Hy-Vee
corsage or boutonniere.
Choose from a variety
of romantic wristbands,
flowers, greenery and
accessories to perfectly
match their style.
Preorder a Glamour
Petite Rose Corsage
or other Hy-Vee
corsage today.

PHOTOS Greg Scheidemann





California Cut
Gerbera Daisies
each
5/5.00
(vase not included)



Wildflower Mixed
Bouquet
each
35.00
(vase not included)



Calla Lily
4" pot
12.00

SPRING BLOSSOMS

Fresh flowers make
the days a little
brighter. Stop in at
your local Hy-Vee
Floral Department
and bring the sights
and scents of the
season to your home
or office.



Spring Bulb Bouquet
each
25.00
Sheer Gathering Vase
each
6.00



Gerbera Daisy
6" pot
15.00



Rose Plant in
Spring Wrap
4" pot
2/10.00

FERRERO ROCHER®

CELEBRATION HAS ARRIVED

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Ferrero Rocher
Hollow Squirrel
3.1 oz.
4.49



Ferrero Rocher
Bunny or Eggs:
select varieties
5.7 oz.
8.99



Ferrero Hazelnut or
Cocoa Eggs:
select varieties
3.5 oz.
3.99



Ferrero Grand Rocher
4.4 oz.
5.99



Screamin' Sicilian, Urban Pie or King Cheese: select varieties 14.6 to 26.45 oz. **6.99**



Palermo's Primo Thin: select varieties 14.2 to 19.1 oz. **4.99**



Connie's or Palermo's Breakfast Pizza: select varieties 20.36 to 25.49 oz. **5.49**



A Family of Brands
— Since 1964 —

MARCH MADNESS SALE!



better eats

LIGHTER BREAKFAST PIZZA

Lean ground turkey and whole wheat crust cut the calories and carbs found in convenience-store slices.

270
calories

14g
fat

20g
carbs

450mg
sodium



Hands On 30 minutes
Total Time 2 hours
Serves 8 (1 slice each)

- 1 cup plus 1 Tbsp. Hy-Vee all-purpose flour, divided**
- ½ cup whole wheat flour**
- ¼ tsp. plus ½ tsp. salt**
- 1 tsp. active dry yeast**
- ¾ cup warm water (100°F to 105°F)**
- 1 Tbsp. Gustare Vita olive oil**
- 1 Tbsp. Hy-Vee unsalted butter**
- ¼ cup Hy-Vee 33%-less-sodium chicken broth**
- 2 Tbsp. Hy-Vee 2% reduced-fat milk**
- Dash Hy-Vee garlic powder**
- Dash Hy-Vee black pepper**
- 2 Tbsp. plus ½ cup Hy-Vee shredded sharp Cheddar cheese**
- 2 Tbsp. Hy-Vee plain Greek yogurt**
- 7 oz. lean ground turkey**
- breakfast sausage**

- 2 Hy-Vee large eggs, lightly beaten**
 - 1½ cups Hy-Vee shredded mozzarella cheese**
- 1. COMBINE** 1 cup all-purpose flour, whole wheat flour and ¼ tsp. salt in a large bowl. Dissolve yeast in warm water; let stand for 5 minutes or until foamy. Add yeast mixture and oil to flour mixture. Using a wooden spoon, stir to form a dough. Turn dough out onto a lightly floured surface. Knead until smooth and elastic, using additional flour if necessary.
- 2. PLACE** dough in a lightly greased medium bowl, turning to grease surface of dough. Cover and let rise in a warm place for 45 minutes or until dough doubles in size.
- 3. MEANWHILE,** for cheese sauce, melt butter in a small saucepan. Whisk in remaining 1 Tbsp. flour; cook and stir for 1 minute. Whisk in broth, milk, remaining ¼ tsp. salt, garlic powder and pepper.

- Cook and stir until thickened and bubbly; stir in 2 Tbsp. Cheddar cheese until melted. Cool for 10 minutes. Stir in yogurt. Set aside.
- 4. PREHEAT** oven to 425°F. Cook sausage in a medium skillet over medium-high heat for 6 to 8 minutes or until cooked through, stirring occasionally to break into crumbles; drain and set aside.
- 5. WIPE** out skillet with paper towels. Add eggs. As eggs begin to set, use a spatula to gently pull the eggs across the pan to form large, soft curds. Continue cooking

- until thickened and cooked through. Remove from heat; set aside.
- 6. ROLL** dough on a lightly floured surface to a 12-in. circle; transfer to a pizza pan. Bake for 8 minutes; remove from oven. Spread with cheese sauce. Top with cooked sausage, eggs, mozzarella cheese and remaining ½ cup shredded Cheddar cheese. Bake for 15 to 20 minutes or until cheese is melted and crust is lightly golden. Remove from oven; let stand for 10 minutes before serving.
- Per serving:** 270 calories, 14 g fat, 6 g saturated fat, 0 g trans fat, 90 mg cholesterol, 450 mg sodium, 20 g carbohydrates, 1 g fiber, 1 g sugar (0 g added sugar), 16 g protein. **Daily Values:** Vitamin D 0%, Calcium 20%, Iron 10%, Potassium 2%

What's Your Pizza Mood? | Visit palermospizza.com/mood

PHOTO Greg Scheidemann

THE SMOOTHEST WAY TO P.B. & J!™

With 7g of protein per serving, hunger doesn't stand a chance.



© 2019 Hormel Foods, LLC

health

dietitian tips

EAT HEALTHY

ON THE ROAD

Taking a trip? Hy-Vee Dietitian Julie McMillin tells you how to bypass fast food while en route.

Q
AND
A



Julie McMillin, RD, LD
Assistant Vice President,
Retail Dietetics

Q: What's a good overall plan to keep a regular, healthful diet on a road trip?

A: Plan ahead. Before your trip, stop at Hy-Vee for portable, nutritious foods like cut-up fresh produce, string cheese, nuts and whole grain crackers. Pick up airtight, spill-proof containers plus disposable bowls, plates and cutlery and freeze packs for ice coolers. If you'll stay in a hotel, reserve a room with a kitchenette or at least a mini fridge, if possible, to store your own foods plus extras from the hotel breakfast buffet—such as fruit, cereal, granola and hard-boiled eggs. Replenish the cooler from the hotel ice machine.

Q: How best to pack?

A: It depends on how long your road trip is and how much space you have in the vehicle. Whether they're glass, stainless steel or BPA-free plastic, storage containers should be stackable for cooler or car. Stow some nonperishables in your suitcase if you can.

Q: How about nutritious lunch ideas?

A: Premade salads from the produce aisles are fresh, low-calorie and nutritious—pick up packets of dressing there as well. Pouches of tuna and packets of jerky are convenient for protein and don't need cooler space; add fresh veggies and mini hummus cups for a meal. Always include a sweet treat—a dark chocolate kiss or chocolate-covered almonds—to end your packed lunch. It tricks your body into thinking you're having dessert and tells your brain the meal is over.

Q: Any snack suggestions?

A: The right snacks stave off hunger and augment nutrition without adding empty calories. Pack single-serve bags of apple slices and nut butter, or carrots, sugar snap peas and/or celery sticks with single-serve dippers like guacamole, hummus and low-fat ranch dressing. Hy-Vee Short Cuts are perfect on the go—they're washed and ready to eat. Some of my favorites are jicama, red peppers, cucumbers and watermelon (the things I hate to cut up). Don't forget dairy—cheese cubes, mini wedges and yogurt provide protein and calcium. Other snacks: nutrition bars; dried fruit; fresh, easy-to-eat fruit like bananas, grapes or berries; pretzels; and nuts.

Q: What else should we know?

A: March travel coincides with National Nutrition Month. The campaign by the Academy of Nutrition and Dietetics aims to reinforce smart food choices and increase public awareness of registered dietitians and their authority in guiding a healthy diet.

PHOTO Tobin Bennett



HILLSHIRE FARM® TURKEY
IS SLOW ROASTED FOR HOURS.
AND DEVoured IN SECONDS.



Aidells Pulled Chicken:
select varieties
12.5 oz.
7.99



Tortilla Land
Fresh Tortillas:
select varieties
20 oz.
3.49

Right after we carve our delicious Hillshire Farm® seasoned turkey, we double seal every slice for freshness. Which leads to the best Turkey, Arugula & Tomato Sandwich you've ever tasted. Visit <http://HillshireFarm.com> for more sandwich inspiration.

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health

exercise

BOXED IN

Get a jump on full-body strength and conditioning by using a plyometric box to perform push-ups, lunges and jumps.



1 BOX PUSH-UPS PECTORALS, TRICEPS, DELTOIDS

Place both hands on a plyometric box, feet extended on the floor and hip-width apart. Lower your chest to nearly touch the top of the box. Push your upper body back to starting position. Repeat.



2 SINGLE LEG GET-UPS GLUTES, ABDUCTORS, QUADRICEPS, HAMSTRINGS

Sit on a plyometric box, one leg lifted and straightened in front of you. Push off from opposite foot to standing, one foot extended. Return to starting position and alternate.



3 TOE TOUCHES GLUTES, ABDUCTORS, QUADRICEPS, HAMSTRINGS

Stand in front of a plyometric box, feet shoulder-width apart. Quickly raise one foot to tap toes once on edge of box. Return foot to floor and quickly raise opposite foot to tap toes once on edge of box. Alternate in exaggerated running motion.



4 BOX JUMPS GLUTES, ABDUCTORS, QUADRICEPS, HAMSTRINGS

Stand in front of a plyometric box, feet shoulder-width apart. Bend knees and sit hips back as in high squat position. Push off the balls of your feet and swing your arms forward, jumping up and landing softly on the box. Step down on the opposite side, turn around and repeat.



5 LATERAL STEP-UPS GLUTES, ABDUCTORS, QUADRICEPS, HAMSTRINGS

Stand to the right of a plyometric box. Step onto the box sideways with left foot. Push off left foot, bring right knee up and place right foot on box next to left foot. Step down on left side of box and repeat.



Tone your whole body with these five **Plyo Box Exercises** at HSTV.com

POWER PLAY

PLYO BOX MOVES LIKE THE BOX JUMP INCREASE MUSCLE POWER, WHICH HELPS STABILIZE TISSUE AND REDUCE THE RISK OF STRAINS OR SPRAINS.

PHOTOS Tobin Bennett

Sources: acefitness.org/education-and-resources/professional/expert-articles/5869/explosive-plyometric-workout acefitness.org/education-and-resources/professional/expert-articles/5623/7-reasons-to-introduce-power-training-exercises-to-your-clients

health

body

HEMPSEEDS

Power up the nutrient intake at your next meal with a healthy helping of hempseeds. They're loaded with protein, fiber and good-for-you fats.

25%

Nearly 25 percent of the calories in hempseeds come from protein. They're one of the few plant sources that contain all nine essential amino acids, which the body cannot produce on its own. The small seeds are also high in fiber to keep you feeling fuller.

The high levels of polyunsaturated fat and essential fatty acids in hempseeds, and especially hempseed oil, may aid in lowering cholesterol and high blood pressure. Hempseed oil has even proved effective at treating skin conditions like eczema.

HOW TO USE hempseeds

STORE-BOUGHT HEMPSEEDS ARE HULLED (MEANING THE OUTER SHELL HAS BEEN REMOVED) AND MAY BE CALLED HEMP HEARTS OR HEMP NUTS.



USE THEM TO:

- SPRINKLE INTO SMOOTHIES
- MIX INTO YOGURT
- TOP OATMEAL
- ENJOY RAW
- ADD TO BAKED GOODS

PHOTOS: Tobin Bennett

HEMPSEEDS HAVE BEEN USED AS MEDICINE IN VARIOUS PARTS OF THE WORLD FOR THOUSANDS OF YEARS. THE PLANT'S FIBROUS STALK IS ALSO USED TO CREATE TEXTILES AND SUCH GOODS AS LINENS, CLOTHES, CANVASES AND PAPER.

MEET OUR NEW BRACKET LEADER

Coca-Cola **ORANGE
VANILLA**



Coke Slek Can Singles:
select varieties
12 fl. oz.
.79



COCA-COLA® IS THE OFFICIAL FAN
REFRESHMENT OF NCAA® MARCH MADNESS®



Nathan's Pretzel or Bagel Dogs:
select varieties
6.25 oz.
7.99



Carando Meatballs or Ground Pork:
select varieties
16 oz.
4.48



Armour Summer Sausage
20 oz.
5.49



Curly's Pulled Beef, Pork or Chicken:
select varieties
12 or 16 oz.
4.99



Eckrich Smoked Ropes, Links, Smok-Y or Cocktails:
select varieties
8.3 to 14 oz.
2.99

FUELING THE MADNESS.

HOST LIKE A CHAMP WITH OUR
STARTING LINEUP OF SNACKS AND MEALS.

Nathan's
CONEY ISLAND
BEEF
PRETZEL DOGS

CURLY'S
PULLED PORK

ECKRICH
LIL' SMOKIES

CARANDO
MOZZARELLA RUSTICA
ITALIAN STYLE MEATBALLS

ARMOUR
Hickory Smoked SUMMER SAUSAGE

march

2019



Bakery Fresh
7" Single-Layer
Basketball Cakes:
select varieties
9.99

PHOTO Jay Wilde

MAD ABOUT HOOPS | THIS IS REAL LIFE: JUDY GREER | BREAK OUT THE GRILL
THE UNSTOPPABLE PURSUIT OF THE BEST | FAST EATS | SEA TO SHORE
THE FINAL COUNTDOWN | TRUE-LY AMAZING | FOODS THAT PROMOTE HEALING
31 WAYS TO CELEBRATE ST. PATRICK'S DAY | TOUGH SPOT | LEG DAY | BREAK FREE



PHOTOS: EPKS/Shutterstock, Wichita Eagle/Getty Images, Ronald Martinez/Getty Images, Andy HayU/Getty Images (this page)

WORDS: Luke Miller PHOTOS: Tobin Bennett

Mad About

HOOPS

THE BEST COLLEGE BASKETBALL TEAMS IN THE LAND ARE ABOUT TO SET UP RESIDENCE IN YOUR LIVING ROOM. THEIR THREE-WEEK STAY—KNOWN AS MARCH MADNESS—IS THE PERFECT EXCUSE TO HOST A WATCH PARTY.

Excitement is in the air, and it's not because spring is on the way. It's time for the NCAA Men's Basketball Tournament: 68 teams clawing for top honors in one of America's most cherished sporting events. Let the madness begin!

It all started innocently enough. Just eight college teams faced off for the right to be called NCAA champion in 1939. The field grew exponentially over the years—as did the country's fascination with the tournament.

There aren't many sporting events that last as long as the NCAA tournament—or that percolate through day-to-day life as insistently. Even if you can't tell a layup from a jumper, you've probably taken a shot at filling out an office or Internet bracket predicting which teams will live to fight another day. More than 60 million Americans do each year.

With so many teams, there's a good chance you'll find a few to root for. Put those cheerleading instincts to good use by hosting a watch party. Hy-Vee can provide everything you need—whether it's for a binge-worthy string of games in the early rounds or the winner-take-all title game at the very end.



MARCH MADNESS EXPLAINED

The NCAA Division I tourney has a sprawling schedule of 67 games played over three weeks. Teams square off in regional sites (this year includes Des Moines and Kansas City), with the national title game being played in Minneapolis.

What to Watch

MARCH 11
NCAA announces the 8 teams to play in the First Four.

MARCH 17
SELECTION SUNDAY
Tournament bracket and seedings announced.
CBS

MARCH 19-20
FIRST FOUR
8 lowest-ranked teams face off, with 4 winners joining the Round of 64.
truTV

MARCH 21-22
ROUND OF 64
64 teams play in four regions.
CBS, TBS, TNT, truTV

MARCH 23-24
ROUND OF 32
32 teams play in four regions.
CBS, TBS, TNT, truTV

MARCH 28-29
SWEET 16
16 teams play in regional semifinals.
CBS, TBS

MARCH 30-31
ELITE EIGHT
8 teams play in regional finals.
CBS, TBS

APRIL 6
FINAL FOUR
4 teams play in national semifinals.
CBS

APRIL 8
NATIONAL CHAMPIONSHIP
2 teams play in national finals.
CBS

Watch tournament games on CBS, TBS, TNT and truTV networks, as well as online at NCAA.COM/MARCHMADNESS

Who Will Watch

HALF THE FUN OF A WATCH PARTY IS SEEING WHAT ROLE YOUR GUESTS PLAY.

THE CHEERLEADER can pull a silver lining out of a muddy quagmire. "One more three-pointer and they'll only be down by 20!"

THE COACH likes to discuss X's and O's during time-outs (hey, it beats watching another commercial for financial planning).

THE PLAYER is fun to watch as they light up recalling how they sank a buzzer-beater in 7th grade intramurals.

THE FAIL-SAFE knows absolutely nothing about basketball. A few comments from them and you won't feel like the most ignorant person in the room.

Sources: printableteamschedules.com/NCAA/marchmadness.php, smithsonianmag.com/history/when-did-filling-out-march-madness-bracket-become-popular-180950162/, ncaa.com/news/basketball-men/ncaa-bracket-2019-printable-march-madness-tournament-bracket-pdf, ncaa.com/news/basketball-men/bracketiq/2018-10-10/what-march-madness-ncaa-tournament-explained



Be the MVP
of dessert
with these
Oreo Cookies
at HSTV.com

SLAM DUNK COOKIES

Prepare Royal Icing (find recipe at hy-vee.com/recipes-ideas). Tint icing with red and yellow food coloring. Coat Nabisco Oreos with icing and place on a parchment-lined baking sheet. Let icing dry. Pipe melted dark chocolate details on cookies and let dry.



Nabisco Party-Size Oreo or Chips Ahoy!: select varieties 25.3 to 26.7 oz. **4.98**

SLAM DUNK

YOU'LL SCORE BIG WITH THE CROWD ON GAME DAY
BY SERVING FUN, BASKETBALL-SHAPED DESSERTS THAT ARE
SURE TO HIT THAT SWEET SPOT. SWISH!

3-Point Play



1 ARTICHOKE DILL DIP

Preheat oven to 350°F. Spray a shallow 1-qt. baking dish with Hy-Vee nonstick cooking spray; set aside. Combine 1 cup Hy-Vee shredded Parmesan cheese, 1 cup Hy-Vee light mayonnaise, 1 tsp. Hy-Vee garlic powder, ½ tsp. Hy-Vee dried dill weed and ½ tsp. Hy-Vee Worcestershire sauce in a medium bowl. Stir in 1 (14-oz.) can Hy-Vee artichoke hearts, drained and chopped. Transfer mixture to prepared baking dish. Sprinkle with ¼ cup Hy-Vee shredded Parmesan cheese. Bake 20 to 25 minutes or until bubbly and lightly brown on top. Serve with pita chips or Hy-Vee Short Cuts California mixed vegetables. Serves 24 (2 Tbsp. each).



Soirée Shredded Cheese Cups: select varieties 5 oz. **2.99**



Hy-Vee Can Artichoke Hearts 14 oz. **2.28**



Freshly Made Tortilla Chips: select varieties 15 oz. **3.99**



Hy-Vee Select Pita Chips: select varieties 9 oz. **1.99**



Kitchen Fresh Pita or Wonton Chips 10 or 8 oz. **2.99**



Margarita's Salsa: select varieties 24 oz. **3.49**



2

CRUNCHY RANCH OYSTER CRACKERS

Combine ¾ cup Hy-Vee vegetable oil, 1 (1-oz.) pkg. Hidden Valley dry ranch salad dressing and seasoning mix, ½ tsp. Hy-Vee dried dill weed and ¼ tsp. Tone's garlic powder in a large airtight container. Add 2 (9-oz.) pkg. Hy-Vee soup & oyster crackers; toss to coat. Cover and let stand at least 2 hours, shaking container occasionally to distribute seasonings. Serves 20 (½ cup each).



Tone's Mini Spices: select varieties .05 to 1.55 oz. **5/5.00**



Hy-Vee Soup & Oyster Crackers 9 oz. **1.28**



Hy-Vee Vegetable or Canola Oil: select varieties 48 fl. oz. **2.28**



Hidden Valley Dry Ranch: select varieties .4 to 1 oz. **1.69**

3 CHEESY PIZZA BITES

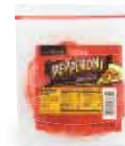
Thaw 1 (17.3-oz.) pkg. Pepperidge Farm frozen puff pastry sheets (2 sheets) in refrigerator overnight. Preheat oven to 400°F. Lightly spray 18 (2½-in.) muffin cups with Hy-Vee nonstick cooking spray; set aside. Unfold puff pastry sheets; cut each into nine squares. Press a dough square in each prepared muffin cup. Spoon 2 tsp. Hy-Vee pizza sauce into each pastry cup; top with ¼ tsp. Hy-Vee grated Parmesan cheese. Add 4 Hy-Vee pepperoni slices and 2 Midwest cheese cubes to each cup. Bake for 13 to 15 minutes or until cheese is melted and pastry is golden brown. Garnish with additional Hy-Vee grated Parmesan cheese and fresh parsley, if desired. Cool for 5 minutes before serving. Serves 18 (1 each).



Hy-Vee Jarred Pizza Sauce 14 oz. **1.29**



Hy-Vee Grated Parmesan Cheese: select varieties 8 oz. **2.99**



Hy-Vee Pepperoni: select varieties 6 or 7 oz.



Midwest Cheese Cubes: select varieties **6.99 lb.**



Pepperidge Farm Puff Pastry Sheets 17.3 oz. **3.77**

Our Special Recipe
Bratwurst Links,
Patties or Italian Sausage:
select varieties
3.75 oz.
10/\$10

MEAT & GREET
Welcome the game-day gang with a variety of lip-smacking sandwiches, including meatball, bratwurst and Italian sausage. Be sure to try our Special Recipe Bratwurst Links, Patties or Italian Sausage. They offer a real taste experience and lend themselves to many condiments.

**MAKE A
GOOD THING BETTER**
Offer several
garnishes to satisfy
everyone's taste.

HOW TO HOST A GREAT PARTY

1

PLAN

- Decide on the scope of the party. Is it for multiple games in the early rounds or a titanic title game?
- Set the stage with basketball-theme decorations, including streamers in your team's colors.
- Plan the menu. Stick with foods you can make in advance and refrigerate. Or let Hy-Vee Catering do the heavy lifting.

2

PREPARE

- Invite your guests several weeks beforehand and indicate the length of the watch party (e.g., one game or multiple).
- Buy food and beverages in advance to allow time for food preparation.
- Set up the buffet and tables beforehand. Give the house a good once-over.

3

ENJOY

- If you have a second TV, bring it in so you can keep an eye on other games.
- Keep the volume low enough to allow conversation with your guests.
- Cheer and commiserate, but avoid screaming, swearing and throwing things (no matter how tempting it may be!).



Toastmaster Slow Cooker
5 qt.
19.99 ea.

Every Wing's a Winner!



Deep Marinated
Chicken Wings:
select varieties
4.99 lb.

Meaty wings
in classic
Buffalo or
BBQ are a
game-day
mainstay.

Buffalo or BBQ
Boneless Wings:
select varieties
6.99 lb.

SLOW-COOKER WINGS

Preheat oven to 425°F. Place a wire rack on a large rimmed baking pan; lightly spray with Hy-Vee nonstick cooking spray. Arrange 12 Hy-Vee fresh chicken wings in a single layer on prepared rack. Bake for 30 minutes. Brush with desired wing sauce. Bake 15 minutes more or until chicken is done (165°F). Place wings in a 5-qt. slow cooker set on warm-heat setting.



Cookies Wings 'n'
Things Hot Sauce
16 fl. oz.
2.88



Hy-Vee Fresh Chicken
Wings 100% Natural
Value Pack
2.99 lb.



Lillie's Q BBQ Sauce:
select varieties
16 fl. oz.
6.99

BRACKETOLOG™



Diet Coke
8 pk.
2/5.00

CHARCUTERIE

Delight guests with an array of Veroni premade platters that feature spicy meats and flavorful cheeses.



Veroni Charcuterie Platter:
select varieties
7 oz.
8.99



Shrimp & Surimi Crab Tray
12", 40 oz.
25.00



Bakery Fresh 7" Single-Layer Basketball Cakes:
select varieties
9.99



Bakery Fresh 12" Assorted Cookie Tray:
select varieties
36 ct.
13.47

STARTERS

Asian-style appetizers include crispy chicken, veggie and pork egg rolls, creamy crab rangoons, plus sauce.



Egg Roll & Crab Rangoon Tray
24 ct.
9.99

YOU CHOOSE!

Choose three Di Lusso meats and three cheeses for a platter that's perfect for do-it-yourself sandwich-making.



Di Lusso Meat and Cheese Tray:
select varieties
36 oz.
25.00



DI LUSSO SUPER SUB

Choose from 3-foot and 6-foot subs filled with smoked ham or turkey breast, top round roast beef, Colby Jack and Swiss cheeses, red onion, lettuce, pickles and tomatoes. Requires 24-hour advance order.



Sushi Platter Tray
35 oz., 40 ct.
29.99

SAY SUSHI!

Includes choice of one mini roll (12 pcs.), one crispy roll (10 pcs.), one crunchy roll (10 pcs.) and one artisan roll (8 pcs.). Includes wasabi, soy sauce and ginger.



6 Pepperoni Pinwheels & 6 Sausage Rolls with Sauce Party Tray
12 ct.
9.99

SWEET TREATS

Everyone's favorite combination of chocolate, butterscotch, peanut butter and Rice Krispies.



Scotcharoo Tray
24 ct.
19.99



Party-Pleasing Snack Tray
32 oz.
25.00

CROWD FAVORITE

Cubed Di Lusso hard and Genoa salami; Colby, Jack, Swiss and Cheddar cheeses; grapes and more.



Short Cuts Hand-Packed Guacamole
5.99 lb.

Let Us Do the Work

Relax. Hy-Vee has your watch party covered! Choose from a wide variety of sandwiches, snacks and party trays. Or ramp up the roster with signature platters you can order in advance. Stop by your local Hy-Vee Catering Department, or order online at hy-vee.com/shop

NO NEED TO BE SHY

Guests may be reluctant to open your refrigerator. Eliminate the guesswork by placing beverages in an ice-filled cooler or a watertight bin.

PERISH THE THOUGHT

You can set out nonperishable foods early, but wait until guests arrive to serve perishable eats. Keep cold foods chilled (on a bed of ice) and hot foods heated (on a warming plate or in a slow cooker). Don't leave perishable food out of the fridge for more than 2 hours.

THIS IS REAL LIFE!

ACTRESS JUDY GREER HAS A MICHIGAN UPBRINGING THAT NURTURED HER SUCCESSFUL CAREER IN ACTING. TODAY, SHE'S RACKED UP A LENGTHY LIST OF CREDITS.

judy GREER

For many Midwestern kids, one of the highlights of summer is the carnival, which brings visitors and townspeople together for food, fellowship and games. In Judy Greer's hometown of Livonia, Michigan, a western suburb of Detroit, this annual event is Livonia Spree, a weeklong birthday party celebrating the city's founding. The name alone, Livonia Spree, gives local townsfolk an advantage when boasting about the merits of various community celebrations. To Greer, it was hands down the best place to

be while growing up, for two reasons: First, it was held in a field near her childhood home (how cool!); second, it featured supersize equines. No runt ponies for this festival—they brought in Budweiser Clydesdales! The field, she writes in her autobiography *I Don't Know What You Know Me From: My Life as a Co-Star*, "would morph into a magical carny wonderland. For one week I lived a block away from the Tilt-A-Whirl, the merry-go-round, the Matterhorn, game tents, a fun house, a

house of horrors and my favorite attraction, the Budweiser Clydesdales. I really looked forward to those horses coming to my town for a visit." For Greer, Livonia Spree was kid nirvana, and the horse celebrities left a hoofprint on her heart. "It was basically like if Tom Cruise came to town," she says. "Clydesdales are very interesting horses and we didn't have horses like that. We were very suburban. I was like, 'These are them! They're in commercials!'"

WORDS Wanda Ventling PHOTO Gareth Cattermole/Getty Images



Whether the famous horses spurred on Greer's innate comfort in the spotlight isn't clear. Somewhere deep inside her was a desire to perform. She's a self-described late-bloomer, though dance classes helped her mature. "Taking ballet class for so many years was really great as far as learning how to stand up straight and perform in front of people. I think all of that helped to build confidence," Greer says.

She was a smart kid, attending Gibson School for the Gifted in nearby Redfield until third grade. She liked how it didn't pigeonhole kids. "It was just such a creative atmosphere. Even with the actual school part, like math, we always felt like we were being creative. It felt like a place where there were no limits," Greer says. After Gibson, she moved to public schools close to home. She found them a letdown.

At Churchill High School in Livonia, she joined the Creative and Performing Arts program. "I wasn't a great dancer. I was okay but I wasn't great. But that made the transition to acting easier because I was already used to being on stage," she says. She liked dramas and had natural timing for comedic acting. "I really love making people laugh," says Greer. Yet high school for Greer felt like Molly Ringwald's character in *Pretty in Pink*. She wasn't in the popular crowd and even wore a vintage-look dress sewn from a '60s dress pattern to prom with her best friend. Detroit offered more urbanite experiences she loved—art museums, major league sports and music events—and a broader spectrum of people.

DePaul University suited her wanderlust and her parents' comfort. "I knew I wanted to be in a city and Chicago was the closest. My parents said they would pay for me to go to college, they didn't want me to go far away and there was a good acting school there that I got into," Greer says.

While in college, she was hesitant to fully pursue acting as a career. "I always assumed I'd leave the program at some point and go to a regular college, or that when I graduated I would get a master's degree in something that was more usable than acting," Greer says.

She's a content realist and a planner, akin to a helicopter pilot, taking calculated flights, knowing where safe landing spots are. "I was a pretty happy person. I never felt desperate going

into meetings and auditions starting my career. I was fairly confident, not so much that I would make it as an actor but that I would be okay whatever I ended up doing," she says.

Her break into professional acting came in Chicago, around the time she graduated from DePaul. It was raining and she was wearing a striking blue raincoat, which she still owns to this day. "I was walking to work at a restaurant in River North, a neighborhood near downtown. I would walk down different streets from the train because it was a cool neighborhood; you could look inside art galleries and stores," Greer says. "This woman across the street started yelling at me so I went over to her." The woman worked at a Chicago talent agency representing actors and models, and she told Greer she loved her look and thought Greer could be a model or actress. "I was like, 'yeah that would be great! I'm about to graduate from acting school and I need an agent,'" Greer says.

Getting an agent helped Greer land her 1998 debut film, the horror flick *Stricken*, followed the same year by *Kissing a Fool*, starring David Schwimmer. Since then, she's been steadily employed as a support actress in a range of movies and television shows and as the voice of animated characters. She claims she's most recognized for her role as Kitty Sanchez from the Netflix (originally on Fox) comedy *Arrested Development*.

She continues to act, prioritizing her time based on the project and people involved and to allow time to direct. "I really wanted to expand my brain," Greer says. "I also just wanted to see what it was like to tell a story in that way instead of just one character's view. As a director, I have to see everything at one time. It's made me a better actor."

Today, she balances career, marriage and being a stepmom. Greer met her husband, producer Dean E. Johnsen, on a blind date set up by a friend. "I just thought he was really funny. We fell in love and got married," she says. They wed in 2011, keeping separate houses so he could be close to his kids, now over 18. Recently, they moved in together in her home in Los Angeles. Greer says, "We try really hard to keep our marriage and each other a priority. I think it's the most precious thing you could have."

laugh track

Greer's memoir, *I Don't Know What You Know Me From: My Life as a Co-Star*, tracks her life and career through her comedic lens. Her writing includes this excerpt about her affinity for the Budweiser Clydesdales:

"I think that's why I cried so hard during that Super Bowl XLVII commercial. You know, the one about the horse trainer who sent his horse away to Budweiser once it was trained, then drove out to visit it during a nearby parade," she wrote. "In the end the horse broke loose and ran back to find his trainer. Now I'm crying again. I sobbed after seeing that commercial. Like, sobbed."



My husband was worried about me. I was worried about me: I wondered if people ever died of suffocation due to uncontrolled sobbing, because I thought I might. Anyway, as a kid I loved seeing those beer

horses and marveled at their size. I always wondered if they liked being on the local carnival circuit and was slightly disillusioned when I found out there was more than one team of Budweiser Clydesdales. For years I thought I was

meeting the stars of all those commercials. The day I found out differently was a real coming-of-age moment for me. Maybe that's why I cried so hard."

snap SHOTS

DURING HER 20-PLUS-YEAR CAREER IN MORE THAN 125 FILM AND TV ROLES, GREER HAS BEEN A CO-STAR TO:

Jennifer Garner—*13 Going on 30*

Jennifer Lopez—*The Wedding Planner*

Mel Gibson—*What Women Want*

Katherine Heigl—*27 Dresses*

George Clooney—*The Descendants*

Jennifer Aniston—*Love Happens*

Andy Serkis—*Dawn of the Planet of the Apes*

Chris Pratt—*Jurassic World*

Jamie Lee Curtis—*Halloween* sequel

Paul Rudd and Evangeline Lilly—*Ant-Man and the Wasp*

Jason Bateman—*Arrested Development*

Jim Carrey—Showtime's *Kidding*

the BIO

JUDY GREER'S MILESTONES

1975

BORN AN ONLY CHILD IN LIVONIA, MICHIGAN.

1997

Graduates from the prestigious Theatre School at DePaul University; makes TV debut in *Early Edition*.

1998

Film debut in horror flick *Stricken*. Years later, appears in reboots of *Carrie* and *Halloween*.

2011

Marries TV producer Dean E. Johnsen and becomes stepmother to his two children.

2012

Nominated by Screen Actors Guild for Outstanding Performance by a Cast in a Motion Picture for *The Descendants*.

2014

Writes memoir, *I Don't Know What You Know Me From: My Life as a Co-Star*.

2018

Makes directorial debut with dark comedy *A Happening of Monumental Proportions*.



Walking the red carpet for the premiere of *13 Going on 30* with Sam Ball, Jennifer Garner and Mark Ruffalo.



Appearing at the 2013 opening of the first *Arrested Development* Bluth's Original Frozen Banana Stand in Los Angeles.



Posing for a portrait with fellow cast members of the FX show *Archer* during Comic-Con 2017 in San Diego.

Judy Greer **MORE** than laughs

Q. When did you realize acting was your profession?

A. I didn't really feel like this was my career until I had been living in Los Angeles and working for a couple years and realized this is how I make a living. I felt like the odds of me continuing to be an actor were slim. I mean, so few people really make it, so I still believe and expect that it's going to end.

Q. Why do you find humor so important?

A. It's a really great equalizer. You can laugh with anyone and enjoy it, like with a stranger. It brings people together.

Q. What does healthy mean to you?

A. To be healthy is to take care of yourself in all avenues of your life. Yes, I want to be in good physical shape and put good things inside my body. I also want to take care of my brain and my heart and the people I love.

Q. What are some practical steps you use to overcome nervousness?

A. Primarily preparation. The more prepared I am, for anything, whether it's giving a speech or a scene at work, I know I've got that to fall back on.

Q. Favorite movie ever?

A. *Tootsie*.

Q. What's the most valuable lesson you've learned from being in the public spotlight?

A. I should shave my legs more than I think I need to.

Q. What's your favorite hidden talent?

A. I can make a fart noise with my throat.

Q. Favorite role you've played?

A. Pass, I love all of them. I can never answer this question. Usually the one I'm currently playing.

Q.
HOW DO
YOU FIND
HUMOR IN A
WORLD THAT
IS KIND OF
TERRIFYING?

A.
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CAN CHOOSE
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HORRIFIC, BUT
IT'S A MAGICAL
QUALITY
AND I TRY TO
SURROUND
MYSELF WITH
PEOPLE WHO
HAVE IT.

Q. Who's made you the most starstruck?

A. George Clooney. Now he's a pal, but years and years ago it was him.

Q. What accomplishment are you most proud of?

A. Probably my marriage.

Q. What does success mean to you?

A. Being as happy as I'm capable.

Q. Do you think you have achieved that?

A. Yeah, definitely. Yes.

Q. What did you want to be when you were a kid?

A. A fashion designer.

Q. Do you have plans to be a fashion designer in the future?

A. No, that's even harder to get into than acting.

Q. What motivates you?

A. Probably making other people feel something. I want to make people feel good or thoughtful. I'm motivated by making someone laugh or seeing the world from a different point of view.

Q. How do you find balance in your life?

A. I strive for it but I'm not great at balance. I'm trying to shift my thought from a vanity point of view into a health point of view. I try to eat really healthy, but when it's my friend's birthday, I don't think about what I'm eating, I'm just eating what I want for fun. If I come up on a busy week I'll get in all my workouts...because the next week is going to be harder. I get up early and do a workout before my day starts because it's never happening after work. And I walk my dog. A longer walk with her makes me feel really calm.

PHOTO: Roy Rochlin/Getty Images





GREER & HORMEL FOODS NATURAL CHOICE® DELI MEATS

Greer says she is happy to be in Hormel Foods' Make the Natural Choice® advertising campaign, promoting the company's no preservative Hormel® Natural Choice® line. They were making 100% Natural deli meats, which are minimally processed and have no artificial ingredients, "So, when Hormel reached out and explained the campaign, I was like 'Oh, cool!'"

“

**IF YOU'RE GOING TO FAIL,
FAIL BIG,”** says Greer, who credits an acting teacher, Miss Pat Hutchinson, with giving her advice. **‘WHEN IN DOUBT, SING LOUD,’** she said, which I think about every day of my life. ”

laughter

It's no coincidence that laughter—Judy's favorite quality—is claimed to be the best medicine:

- It works similarly to an antidepressant, activating the neurotransmitter serotonin, the feel-good brain chemical that antidepressants target.
- It's good for your heart. Laughter appears to foster the dilation of blood vessels to increase blood flow.
- It reinforces relationships—physical, social and psychological. A German study suggests that it encourages romantic relationships.

- It increases brain activity. Decoding various types of laughter makes the brain work to understand communication cues—for example, determining joyful vs. teasing, chuckling vs. snickering.
- It relieves stress. Laughter decreases the stress-causing hormone cortisol.
- It is contagious. Endorphins released in one person's brain when he or she laughs triggers the brains in others to also release endorphins.
- It builds connections, which makes social groups feel safe and connected.

that's a
WRAP

After years of being in front of the camera, Greer wanted to prove to herself she could direct, too. She did it with her debut as filmmaker for the movie *A Happening of Monumental Proportions* (released last September). The best part of the dark comedy is the ensemble cast that only she could gather—after years

of working alongside, or being pals with, the who's who of Hollywood for more than 20 years. Talent includes Jennifer Garner as lead, Keanu Reeves, John Cho, Katie Holmes, Bradley Whitford, rapper Common and comic Kumail Nanjiani.

Several plotlines tell the story of a career day gone

awry at an elementary school. Administrators struggle to hide the body of a dead gardener found just before parents and students arrive. Greer took her role as director seriously, even dressing the part in button-up shirts and blazers. More importantly, she worked so everyone's part mattered—even the bit players.

Sources: [jneurosci.org/content/early/2017/05/23/JNEUROSCI.0688-16.2017](https://www.jneurosci.org/content/early/2017/05/23/JNEUROSCI.0688-16.2017), [sciencedirect.com/science/article/abs/pii/S0092656618302551](https://www.sciencedirect.com/science/article/abs/pii/S0092656618302551), [sciencedaily.com/releases/2005/03/05030911444.htm](https://www.sciencedaily.com/releases/2005/03/05030911444.htm), [ncbi.nlm.nih.gov/pubmed/27439375](https://www.ncbi.nlm.nih.gov/pubmed/27439375)



PHOTO Gareth Cattermole/Getty Images

BREAK OUT

Whether you're passionate about grilling or just want to cook something over flame, Hy-Vee has what you need.

THE GRILL



WORDS Luke Miller PHOTOS Tobin Bennett (burger), Wahlburgers Corporation and A&E Network (opposite)

Grilled food tastes like the outdoors. You can't beat it. Grilling imparts a delicious smoky flavor to all kinds of meats, not to mention a mouthwatering aroma that totally sets the mood. Grill anything from hot dogs and brats to steaks and flanks, plus chicken, turkey, pork and the all-American hamburger.

GRILL THE BEST BURGER

What's your beef? Burger success starts with the ground beef. Hy-Vee has many options, including the incredible new line of ready-made Wahlburgers at Home, featuring a grind of 80 percent lean meat and 20 percent fat for ultimate juiciness.

Fire it up. Start the grill and let the grate heat up, then use a grill brush to remove old char. Wipe the grate with a light coating of vegetable oil.

Medium is the maximum. Cook at medium heat. To check temperature, carefully place your hand a few inches above the rack. You should be able to hold it there for 4 seconds at medium heat. Less than that, and the grill is too hot; more than 5 seconds, and you need to turn up the gas or add more charcoal.

Be gentle. Don't press down on the patties with a spatula—it forces out flavorful juices. Turn the patties just once because frequent turning can dry out meat. Use a meat thermometer to ensure the centers of the burgers reach a temperature of 140°F (medium), 150°F (medium-well) or 160°F (well done).

IN THE MIX

The fun in burger crafting lies in creating unique flavor. Mix ingredients: Add a little sausage, chunks of cheese, bits of sweet or hot peppers or diced onion to the ground beef. For robust, flavorful burgers, blend wheat flakes cereal, eggs, minced onion and Worcestershire sauce into the ground beef. Go beyond salt and pepper!

BRING HOME THE BEST!

Exceptional burgers are as close as your refrigerator. Hy-Vee introduces Wahlburgers at Home, ready-to-cook burgers made with the same signature Angus beef blend of brisket, short rib and chuck found in Wahlburgers restaurants across the country.

Find Wahlburgers at Home products in the Fresh Meat section of the Meat Department. The beef is never frozen, so your gourmet burgers, chili and other recipes will be deliciously fresh and flavorful.

Enjoy ultimate burger taste at your convenience.

Hy-Vee offers Wahlburgers at Home as preformed patties and sliders in stores across its eight-state region.



Wahlburgers Ground Beef Patties or Sliders 80% lean, 20% fat 1.33 lb. or 1.25 lb. 8.99

HOW TO BUILD YOUR OWN BURGER



Step 1 Start with chilled meat directly from the fridge. Keep your hands and work area clean. Place meat on a sheet of waxed paper and divide into equal-size portions.



Step 2 Form each portion of ground meat into a large meatball. Higher-fat mixes shrink more during cooking; you might want to make those larger. Uniform size helps ensure burgers cook evenly.



Step 3 Shape into patties without massaging or kneading; overworking the meat makes patties less tender and juicy. Form a slight impression in the center of each patty to keep burgers from puffing up in the middle as they cook.



ALL IN THE FAMILY

Wahlburgers restaurants, which started with just one location southeast of Boston in 2011, have come to the Midwest. Hy-Vee is partnering with the Wahlbergs—brothers Mark, Paul and Donnie, shown above with their mother, Alma—to open 26 restaurants. The fast-casual restaurants feature family-friendly service, great-tasting comfort foods and chef-inspired dishes.



wahlburgers
Our Family, Our Story,
Our Burgers

MORE TO GRILL

true hy-vee

Hy-Vee True Chicken is exactly as advertised—no antibiotics, added hormones, steroids, artificial ingredients or preservatives.



Hy-Vee True Fresh Boneless Chicken Breasts
4.99 lb.

Hy-Vee Choice Reserve Bacon-Wrapped Beef Sirloin Fillet
8 oz.
4.99

Gourmet Bacon-Wrapped Stuffed Jalapeño or Anaheim Peppers:
select varieties
5.99 lb.

Burgers not on tonight's menu? Hy-Vee offers plenty of other delicious options—foods that burst with flavor when cooked over an open flame. Grill bacon-wrapped filet mignon or poblano peppers, or cut up fresh boneless True chicken, then baste and season it before sliding it on a skewer. Or skip the preparation—Hy-Vee offers plenty of ready-to-grill options.

SLOW IT DOWN
If your charcoal grill doesn't have a top rack, reserve some grate space with no coals underneath so you can remove faster-cooking foods from direct heat.



expert tip: PERFECT DONENESS

“Start with a clean, hot grill, and determine the correct cook time for desired doneness (about 10 minutes for a 6-oz. burger to reach medium doneness). Flip burgers only once, halfway through the grilling process, to avoid overcooking the outside edges.”

—Brent Fjeldheim
Meat Market Manager,
Hy-Vee, New Hope,
Minnesota



Chef Kim's Gourmet Salmon Burgers:
select varieties
4 oz.
2/6.00



Fresh Ground Turkey Patties:
93% lean, 7% fat
5 oz.
2/3.00



Gourmet Ground Chuck Sliders:
select varieties
1.875 lb.
12.00



Chicken Griller Patties:
select varieties
6 oz.
2/5.00



Bakery Fresh Slider Buns or Hy-Waiian Buns
white or wheat
12 ct.
2.99



Gourmet Brisket Burgers
1.33 lb.
7.99



NOT JUST BEEF

Like a little variety in your burgers? Try ground turkey or chicken griller patties. Or, for seafood lovers, go with gourmet salmon burgers. Mix things up even more with your choice of bakery-fresh buns.

TOPPERS & SIDES

Make a good burger even better with toppers and side dishes from Hy-Vee. Pile your sandwich high with onions, tomatoes, greens and more. And load up on your choice of fries or onion rings.

expert tip: A MUST-TRY

“Brisket burgers are a fantastic and unique option for a barbecue. Grinding the brisket breaks down the highly flavorful connective tissues found in brisket that will give you a rich, juicy, buttery burger.”

—Brent Fjeldheim
Meat Market Manager,
Hy-Vee, New Hope, Minnesota



The best beef in the world arguably comes from the Midwest. Hy-Vee has strict criteria to hand-select beef so you can be assured that every cut meets the highest standards of tenderness, quality and flavor.

WORDS Anne Garry

QUALITY BEEF FOR EVERY BUDGET



WITH ABUNDANT MARBLING AND UPSCALE QUALITY FOUND IN FINE RESTAURANTS, ONLY THE TOP 8 PERCENT OF BEEF EARNS THE PRIME LABEL.

Hy-Vee
PRIME
RESERVE



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

Hy-Vee
CHOICE
RESERVE



LEANER, WITH LESS MARBLING OVERALL, OUR ANGUS BEEF OFFERS EVERYDAY VALUE FIT FOR ANY MEAL OR OCCASION.

Hy-Vee
ANGUS
RESERVE

Hy-Vee is proud to announce its Unstoppable Beef offerings in mouthwatering, USDA-certified Prime, Choice and Angus cuts.

"We work hard to bring our customers the very best quality and selection of beef you can find anywhere," says Jason Pride, Hy-Vee vice president, Meat/Seafood/Deli.

Hy-Vee Prime Reserve and Choice Reserve beef are hand-cut by in-store butchers. Hy-Vee Angus Reserve beef is graded USDA Select. This leaner cut is sourced within Hy-Vee's trade area by family-owned farms and is sold in airtight, leak-proof packaging that ensures a longer shelf life.

"At Hy-Vee, our full-service Meat Department can special order a variety of different cuts," says Pride. "Our knowledgeable chefs are always available to answer questions and share tips. We even have in-store dietitians who can offer nutritional advice or make recommendations about certain types of beef."

BEEF BASICS

Follow these tips to bring out the best in beef:

Pat dry

You'll get better browning on steaks and roasts if you pat the raw meat dry with paper towels before cooking.

Freeze slightly

Partially freeze steaks (about 30 minutes) before slicing for a stir-fry. It makes the meat easier to slice.

Use tongs to turn

Thrusting a fork into a steak while it's cooking releases its juices onto the grill grate or skillet. You want to keep the juices in the meat and on your plate! Use tongs to turn.

Let rest

Meat continues to cook after it's removed from heat. Let steaks rest about 5 minutes to redistribute juices. Let roasts rest up to 20 minutes, depending upon the size.



HY-VEE BEEF IS THE BEST!

Renowned Hall of Fame ring announcer Michael Buffer has teamed up with Hy-Vee to promote its Unstoppable Beef—offered in three USDA-awarded selections—Prime, Choice and Angus. For more information on Hy-Vee's top-quality beef, check with an associate in the Meat Department at your local store.

Steak Night

Find tips and tricks for the best steak dinner at hy-vee.com/recipes-ideas



expert tip: FIND THE BEST BEEF FOR YOU

Prime Reserve-grade beef is in a class all its own, with heavy marbling and very rich flavor. It's a fantastic option for those following a keto diet and is served in only the finest restaurants. Choice Reserve

has less marbling than Prime but is still rich in flavor and adds incredible tenderness and quality to any recipe. Hy-Vee Angus Reserve is a quality beef at an affordable price that also fits well into the meal plan of anyone

looking for a leaner beef that is flavorful but has a lower fat content."

—Justin Tesene
Meat Market Manager
West Des Moines, Iowa

fast eats

ARE YOU MAKING THE MOST OF YOUR MORNING MEALS? A DELICIOUS PROTEIN-FILLED BREAKFAST SATISFIES, ENERGIZES AND GETS YOU READY TO TAKE ON THE DAY. THESE QUICK, TASTY RECIPES MAKE IT EASY.



WORDS Hilary Braaksma PHOTOS Greg Scheidemann

Keto Sausage, Egg & Cheese Sandwich

Hands On 5 minutes
Total Time 15 minutes
Serves 1

1 Hy-Vee large egg
¼ tsp. chopped fresh basil
¼ tsp. chopped Italian parsley
Hy-Vee salt and black pepper
Hy-Vee nonstick cooking spray
1 (1.2-oz.) fully cooked turkey sausage patty
1 (0.5-oz.) slice Hy-Vee cracker-cuts sharp Cheddar cheese
1. WHISK together egg, basil and parsley in a small bowl; season with salt and pepper.

2. SPRAY a small skillet with nonstick spray; heat over medium heat. Spray a 2½-in. metal ring with nonstick spray; place in center of skillet. Pour half of the egg mixture into the ring. As egg begins to set, use a small silicon spatula to lift and fold cooked egg toward the center, allowing uncooked egg to flow underneath. Cover and cook for 3 to 4 minutes or until cooked through. Remove egg from skillet and from ring; cover to keep warm. Spray the ring with nonstick spray; repeat cooking with remaining egg mixture.

3. HEAT sausage patty according to package directions; top with cheese slice.
4. PLACE sausage patty, cheese side up, on an egg patty. Top with remaining egg patty. Serve immediately.

Per serving: 170 calories, 11 g fat, 4.5 g saturated fat, 0 g trans fat, 220 mg cholesterol, 370 mg sodium, 2 g carbohydrates, 0 g fiber, 0 g sugar (0 g added sugar), 15 g protein. **Daily Values:** Vitamin D 6%, Calcium 8%, Iron 6%, Potassium 2%

Vegan Breakfast Burrito

Hands On 10 minutes
Total Time 25 minutes
Serves 2

3 large Swiss chard leaves
1 Tbsp. Gustare Vita olive oil
1 cup chopped yellow potatoes
½ cup Hy-Vee Short Cuts chopped onions
½ cup Hy-Vee Short Cuts chopped red bell peppers
¾ cup fresh shiitake mushrooms, stems removed and sliced
2 Hy-Vee Short Cuts garlic cloves, minced
2 Tbsp. tahini
1 Tbsp. water

1 Tbsp. fresh lemon juice
2 (10-in.) spinach tortilla wraps
1. REMOVE and discard stems and ribs from Swiss chard. Cut leaves into ½-in. strips.
2. HEAT oil in a large skillet over medium-high heat. Add potatoes, onions and peppers. Cook for 8 minutes or until tender, stirring occasionally. Add mushrooms; cook for 3 to 5 minutes or until tender, stirring occasionally. Add garlic; cook and stir for 30 seconds. Remove mixture from skillet; keep warm.

3. ADD Swiss chard to skillet and cook for 2 to 3 minutes or until tender and slightly wilted, stirring occasionally. Remove from skillet; keep warm. Stir together tahini, water and lemon juice in a small bowl.
4. SPREAD each tortilla with tahini mixture. Place half of the Swiss chard mixture onto each tortilla near bottom edge. Top with potato mixture. Fold in sides of tortilla; roll up tightly, starting at bottom edge.

Per serving: 480 calories, 20 g fat, 3.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 600 mg sodium, 65 g carbohydrates, 5 g fiber, 7 g sugar (0 g added sugar), 12 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 15%

California-Style Bagel Sandwich

Hands On 4 minutes
Total Time 10 minutes
Serves 1

Hy-Vee nonstick cooking spray
1 slice Hy-Vee turkey bacon, cut lengthwise in half
1 Hy-Vee large egg
Hy-Vee salt
Hy-Vee black pepper
1 Tbsp. Hy-Vee Select original hummus
1 low-carb bagel, split and toasted

½ cup arugula
¼ avocado, seeded, peeled and sliced
1. SPRAY a skillet with nonstick spray; heat over medium-high heat. Add turkey bacon and cook until crisp. Remove and set aside.
2. BREAK egg into same skillet; season with salt and pepper. Reduce heat to low; cook egg for 3 to 4 minutes or until white is completely set and yolk starts to thicken.

3. SPREAD hummus on cut sides of bagel. Layer arugula, avocado slices, bacon and egg on bagel bottom. Add bagel top. Serve immediately.
Per serving: 330 calories, 18 g fat, 4 g saturated fat, 0 g trans fat, 195 mg cholesterol, 500 mg sodium, 31 g carbohydrates, 4 g fiber, 4 g sugar (0 g added sugar), 17 g protein. **Daily Values:** Vitamin D 6%, Calcium 8%, Iron 15%, Potassium 8%

boost your BREAKFAST

ADD PROTEIN TO AUGMENT BREAKFAST STAPLES.

Keep hard-boiled eggs in the fridge for an early morning protein boost, scramble eggs quickly for breakfast or make prep-ahead egg bites (page 58).

ADD MILK TO YOUR MORNING ROUTINE FOR A PROTEIN-FUELED DRINK PLUS AN EXTRA DOSE OF CALCIUM AND VITAMIN D.

Spread almond butter on whole-wheat toast to reap the protein benefits of nuts, or put it in a smoothie or drizzle over sliced bananas.

Stir protein powder into morning coffee. A cup of joe already gives an energy boost and a dose of healthy antioxidants—make it work harder (and taste better) with a spoonful of protein powder mix.

CHEESE, PLEASE! THIS PROTEIN-RICH DAIRY NATURALLY COMPLEMENTS EGGS.

Top Greek yogurt with fruit and granola for a breakfast parfait. Whip a spoonful into scrambled eggs, or blend some into a smoothie for more protein.

Add tofu to an omelet, blend it into a smoothie or scramble it with veggies for an egg-free protein boost.

MAKE-AHEAD tip

After cooling, store egg bites in a single layer in an airtight container. Refrigerate up to 3 days. Reheat by microwaving on high for 10 seconds or until heated through.

Grab-and-Go Egg Bites

Hands On 20 minutes
Total Time 32 minutes
Serves 6 (2 each)

Hy-Vee nonstick cooking spray
6 Hy-Vee large eggs
½ tsp. Hy-Vee salt
½ tsp. Hy-Vee black pepper
2 tsp. Gustare Vita olive oil
2 Tbsp. Hy-Vee Short Cuts chopped white onions
¼ cup Hy-Vee Short Cuts chopped red bell peppers
1 clove Hy-Vee Short Cuts garlic, minced
1 Tbsp. finely chopped fresh oregano
¼ cup chopped baby kale leaves
¼ cup crumbled goat cheese

1. PREHEAT oven to 350°F. Spray 12 (1¼-in.) muffin cups with nonstick spray; set aside.

2. WHISK together eggs, salt and black pepper in a large bowl; set aside.

3. HEAT oil in a small skillet over medium heat; add onions and cook for 3 minutes or until softened, stirring occasionally. Add red peppers and garlic; cook for 3 minutes more or until peppers are tender. Remove from heat; stir in oregano. Divide mixture among prepared muffin cups. Top each with 1 tsp. kale and 1 tsp. goat cheese.

4. USING a ladle, carefully divide egg mixture among partially filled muffin cups. Bake for 10 to 12 minutes or until egg is set. Remove egg bites from muffin cups and serve immediately.

Per serving: 100 calories, 7 g fat, 2.5 g saturated fat, 0 g trans fat, 190 mg cholesterol, 290 mg sodium, 2 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 7 g protein.
Daily Values: Vitamin D 6%, Calcium 2%, Iron 6%, Potassium 2%

ONE CARTON. ONE STEP.



BUY HY-VEE ONE STEP EGGS. GIVE A MEAL TO A HUNGRY CHILD.

With the Hy-Vee One Step program, you can do good simply by purchasing items that are already on your grocery list. For each carton of Hy-Vee One Step eggs you buy, we donate a meal to a hungry child through Meals from the Heartland, which provides nutritious meals to families in need. Plus, you can find full details about how the eggs were raised with the QR code on the label. Learn more about the Hy-Vee One Step program at hy-vee.com.

HyVee
ONE STEP

HOW DID THE CHICKEN CROSS THE ROAD? **ONE STEP** AT A TIME. SCAN FOR DETAILS.



<http://hyv.ee/2w2YGRO>

AVAILABLE EXCLUSIVELY AT HY-VEE.



Chobani Less Sugar:
select varieties
5.3 or 4.5 oz.
4/5.00

50% less sugar than other yogurts*
Only natural ingredients, no artificial sweeteners

*Chobani® Less Sugar Greek Yogurt: 9g sugar; other yogurts: 18g sugar per 5.3oz serving. ©2019 Chobani, LLC



We aren't just cereal.
We're beyond cereal.
The original. The ultimate.
The best thing that's
happened to cereal since cereal.



Great Grains:
select varieties
13.5 to 16 oz.
3.18



Honey Bunches
of Oats Giant Box:
select varieties
28 oz.
4.99



MOM's Best
Natural Cereal:
select varieties
13 to 24 oz.
2/5.00



Post Pebbles
Giant Boxes:
select varieties
20.5 oz.
3.99



Post Shredded Wheat:
select varieties
15 to 18 oz.
2.99

Pure, natural seafood from renewable, clean and healthy streams is making a big splash at Hy-Vee. It's all due to Hy-Vee's commitment to quality and sustainability. Now is the time to make seafood part of your healthy diet.

SEA to SHORE

WORLD SLIDE Carpenter PHOTOS Greg Scheldemann

Committed to Sustainability

Behind every fish or shellfish at Hy-Vee, there's a story worth telling. For example, Alaska's Bristol Bay sockeye salmon comes from one of the most pristine watersheds in the world. Fillets, flash frozen after harvest, are firm and rich-tasting. Paul Piazza wild-caught shrimp, noted for its firm texture, grow naturally in the nutrient-rich in-shore waters of Louisiana and the Gulf of Mexico. Hy-Vee seafood experts can tell where a type comes from or how it was caught or farmed. Hy-Vee only sells seafood that is rated "Best Choice" or "Good Alternative" by the Monterey Bay Aquarium Seafood Watch program, which keeps tabs on species that are sustainable. Last August, environmental organization Greenpeace ranked Hy-Vee second of the 22 largest supermarket chains in the country for its commitment to sustainability and its efforts to protect oceans and seafood workers.

Check This Out! seafoodies.hy-vee.com has recipes and information about all the seafood offered at Hy-Vee.



RESPONSIBLE CHOICE

Hy-Vee is the largest supplier of seafood in the Midwest. The Responsible Choice label on seafood packaging is your guarantee that species sold at Hy-Vee are abundant in the open sea or are farmed in an environmentally safe manner.



FISHWISE

Hy-Vee has teamed up with supplier Orca Bay Foods and FishWise, a nonprofit, sustainable seafood consulting firm, to ensure that a mahl-mahl product met Hy-Vee's commitment to responsible sourcing.



FAIR TRADE

Hy-Vee partners with Fair Trade USA, a nonprofit organization and the leading certifier of Fair Trade products in North America, to ensure that the seafood you buy is responsibly produced. The Fair Trade Certified seal recognizes first-rate seafood companies for their commitment to improve working and living conditions in fishing communities that provide responsibly sourced seafood.

REELING IT IN



Make seafood the centerpiece of two meals a week, as recommended by U.S. Dietary Guidelines. Seafood provides lean protein and, in some cases, omega-3 fatty acids, shown to protect against heart disease. Here are several fish available at Hy-Vee.



• **TILAPIA** Mild, sweet-tasting, lean tilapia from Costa Rica has a slightly firm, flaky texture. Bake, broil, steam or sauté the fillets. Or poach them in white wine or chicken stock seasoned with herbs or spices.



• **COD** Firm, flaky, moist and sweet Alaskan cod adapts to most cooking methods and pairs well with vegetable sauces. Sauté, steam, grill or fry the fillets.



• **CATFISH** Farm-raised catfish from the Mississippi Delta is mildly sweet, has moist, dense texture and is as versatile as chicken. Dress it up with a complex sauce, or season it with a range of flavorings. Bake, broil, fry, grill or sauté the fillets.



• **TROUT** Farm-raised rainbow trout from Idaho are firm and have a mild and nutty taste. A little butter, lemon and parsley are all that's needed to enhance the delicate flavor of this fish. Bake, broil, grill, poach or sauté the fillets.



• **HALIBUT** Alaskan halibut, a sweet-tasting lean fish with thick, meaty flesh, holds up to sauces and kabobs. Bake, broil, grill, poach, sauté or steam the fillets.

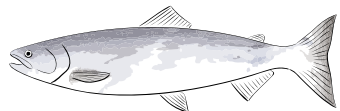


• **MAHI-MAHI** This lean, moist and moderately sweet fish comes from Ecuador. Bake, sear or grill the fillets.



HOW TO KNOW WHEN SALMON IS DONE

Sockeye salmon is a relatively lean fish and subject to drying out if cooked too long. To test for doneness, insert a cake tester or toothpick through the center of the fillet. When there is almost no resistance, the fish is ready to come out of the oven and rest a few minutes before serving.



Honey-Sriracha Sockeye Salmon

Hands On 5 minutes
Total Time 20 minutes
Serves 4

Hy-Vee nonstick cooking spray
1 (1-lb.) fresh sockeye salmon fillet, ½ to ¾ in. thick
Hy-Vee salt
Hy-Vee black pepper
1½ tsp. Hy-Vee salted butter
1 Tbsp. Hy-Vee honey
1 Tbsp. Hy-Vee Sriracha
1½ tsp. fresh lime juice
1½ tsp. Hy-Vee less-sodium soy sauce
1 clove garlic, minced
Lime slices, for garnish
Fresh cilantro leaves, for garnish

- 1. PREHEAT** oven to 450°F. Line a large rimmed baking pan with foil. Spray foil with nonstick spray.
- 2. PAT** salmon dry with paper towels. Place salmon, skin side down, on prepared pan. Season with salt and pepper. Set aside.
- 3. MELT** butter in a small saucepan. Stir in honey, Sriracha, lime juice, soy sauce and garlic. Bring mixture to boiling; reduce heat. Cook for 2 to 3 minutes or until slightly thickened. Brush glaze on salmon. Bake 4 to 6 minutes or until fish flakes with a fork (145°F). Garnish with lime slices and cilantro, if desired.

Per serving: 270 calories, 17 g fat, 4.5 g saturated fat, 0 g trans fat, 65 mg cholesterol, 200 mg sodium, 6 g carbohydrates, 0 g fiber, 5 g sugar (4 g added sugar), 23 g protein. Daily Values: Vitamin D 60%, Calcium 2%, Iron 0%, Potassium 10%



Bristol Bay Sockeye Wild Salmon

AHI TUNA DONE RIGHT

When seared correctly, ahi tuna is crispy on the outside and medium-rare on the inside. Because this is a low-fat fish, searing is the best way to bring out its distinct flavor. The key to getting a good sear is to cook the tuna at medium-high to high heat for a short time.



Seared Ahi Tuna with Sesame-Ginger Dressing

Hands On 50 minutes
Total Time 1 hour
20 minutes
Serves 4

10 oz. small red potatoes
4 oz. fresh green beans, trimmed
¼ cup Hy-Vee less-sodium soy sauce
3 Tbsp. rice vinegar
3 Tbsp. sesame oil
2 Tbsp. Hy-Vee honey
2 Tbsp. fresh lime juice

2 tsp. grated fresh ginger
2 cloves garlic, minced
2 (8-oz.) Fair Trade fresh ahi tuna steaks, 1 in. thick
1 Tbsp. Hy-Vee canola oil
1 Tbsp. white sesame seeds
1 Tbsp. black sesame seeds
Hy-Vee salt and black pepper
2 to 3 cups mixed salad greens
½ cup halved red and yellow cherry tomatoes
½ cup halved Kalamata olives
4 radishes, thinly sliced

- 1. COOK** potatoes, covered, in enough lightly salted boiling water to cover for 15 minutes. Add green beans and cook for 10 minutes more or until vegetables are tender. Drain vegetables. Cool potatoes and cut into wedges. Quickly chill beans in ice water; drain again.
- 2. COMBINE** soy sauce, rice vinegar, sesame oil, honey, lime juice, ginger and garlic in a blender. Set aside.
- 3. RUB** tuna steaks with canola oil. Combine sesame

seeds on a plate; coat tuna with seed mixture. Season with salt and pepper.

4. HEAT a heavy 12-in. skillet over medium-high heat. Add tuna steaks. Cook for 5 to 7 minutes or until browned but still pink in the center, turning once halfway through.

5. DIVIDE salad greens among four plates. Thinly slice tuna and place on top of greens. Arrange potatoes, green beans, tomatoes, olives and radish slices on top. Drizzle with dressing.

Per serving: 360 calories, 15 g fat, 2 g saturated fat, 0 g trans fat, 45 mg cholesterol, 430 mg sodium, 24 g carbohydrates, 4 g fiber, 7 g sugar (5 g added sugar), 32 g protein. Daily Values: Vitamin D 10%, Calcium 10%, Iron 20%, Potassium 20%



Responsible Choice
Previously Frozen
Handline Caught
Fair Trade Ahi
Tuna Steaks
8 oz.
\$5.99

Seared Scallops & Asparagus Risotto

Total Time 50 minutes
Serves 4

- 1 lb. fresh asparagus, trimmed
- 4 cups Hy-Vee 33%-less-sodium chicken broth
- ½ cup Hy-Vee salted butter, divided
- ½ cup Hy-Vee Short Cuts chopped white onions
- 1½ cups uncooked Arborio rice
- ½ cup dry white wine, such as Chardonnay
- ½ cup Hy-Vee shredded Parmesan cheese, plus additional for garnish
- 1 Tbsp. Gustare Vita olive oil
- 1 lb. Fair Trade fresh sea scallops
- Lemon zest, for garnish
- Lemon wedges, for serving
- Hy-Vee salt and black pepper, to taste

- CUT** asparagus spears lengthwise in half. Then cut into 2-in. lengths. Cook asparagus, covered, in lightly salted boiling water for 2 minutes. Drain. Quickly chill in ice water; drain again and set aside.
- BRING** broth to boiling in a 2-qt. saucepan; reduce heat. Simmer, covered, while preparing risotto.
- MELT** ¼ cup butter in a 4-qt. saucepan over medium heat. Add onions. Cook for 3 to 5 minutes or until onions are softened, stirring occasionally. Add rice to onions in saucepan; cook for 3 to 5 minutes or until rice is golden brown.
- REMOVE** saucepan from heat; add wine. Return saucepan to heat and cook until wine evaporates. Carefully stir ½ cup hot broth into rice mixture. Cook over medium heat until liquid is absorbed, stirring frequently. Continue adding broth, ½ cup at a time, and stirring frequently until the broth is absorbed each time. Stir in remaining ¼ cup butter, ½ cup cheese and asparagus; heat through.
- HEAT** oil in a heavy skillet over medium-high heat. Add scallops and sear about 4 minutes or until opaque, turning once halfway through.

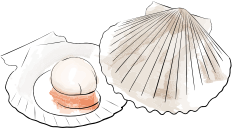
- DIVIDE** risotto among four serving plates. Top with scallops. Garnish with lemon zest and additional Parmesan cheese, if desired. Squeeze lemon wedges over scallops before serving. Season scallops to taste with salt and black pepper.
- Per serving: 680 calories, 31 g fat, 17 g saturated fat, 1 g trans fat, 100 mg cholesterol, 680 mg sodium, 69 g carbohydrates, 6 g fiber, 3 g sugar (0 g added sugar), 30 g protein. Daily values: Vitamin D 0%, Calcium 15%, Iron 15%, Potassium 10%



Responsible Choice Fair Trade Frozen Sea Scallops 12 oz. **13.99**

QUICK-AND-EASY SEARED SCALLOPS

Seared scallops are super versatile. Make them restaurant-worthy by serving over risotto. Or, for a quick weeknight meal, sear scallops and serve with mango salsa and mixed greens or steamed broccoli.



PAUL PIAZZA SHRIMP



Ever since Paul Piazza founded his family-owned fresh seafood business in 1892, four generations have continued his commitment to premium quality.

According to company President Kristen Baumer, “What sets us apart is that we sell only Wild Caught Gulf Shrimp. Unlike imported shrimp, ours are free-swimming and have an all-natural diet, which makes for firmer texture and better bite,” he says. “We’ve taken a leadership role in working with Louisiana fishermen to keep the species renewable by not overfishing or damaging other wildlife,” Baumer adds. Hy-Vee shares in this sustainability mission with 100 percent of its seafood responsibly sourced.

Crispy Seasoned Shrimp Po' Boy

Hands On 30 minutes
Total Time 40 minutes
Serves 4

- Hy-Vee nonstick cooking spray
- ¼ cup Hy-Vee apple cider vinegar
- 2 Tbsp. Hy-Vee honey
- ½ tsp. celery seed
- ¼ tsp. Hy-Vee Dijon mustard
- Hy-Vee salt and black pepper
- 2 cups Hy-Vee coleslaw mix
- ½ cup Hy-Vee light mayonnaise
- 2 Tbsp. Hy-Vee spicy brown mustard
- 2 tsp. Louisiana hot sauce
- 1 (1-lb.) pkg. Paul Piazza E-Z Peel Wild Caught Gulf Shrimp (16 to 20 ct.), peeled and deveined
- ¼ cup Hy-Vee all-purpose flour
- 1 tsp. Old Bay seasoning
- 1 Hy-Vee large egg, lightly beaten
- 1 Tbsp. water

- 1 cup Hy-Vee plain panko crumbs
- 2 Hy-Vee Bakery mini French baguettes, split
- 3 medium tomatoes, sliced

- PREHEAT** oven to 400°F. Place a wire rack on a large rimmed baking pan. Spray rack with nonstick spray. Set aside.
- COMBINE** apple cider vinegar, honey, celery seed, Dijon mustard and a dash each of salt and pepper in a medium bowl. Add coleslaw mix; toss to coat and set aside. Combine mayonnaise, brown mustard and hot sauce in a small bowl; set aside.
- PAT** shrimp dry with paper towels. Combine flour and Old Bay seasoning in a medium bowl.

Add shrimp; toss to coat. Combine egg and water in a small bowl. Dip flour-coated shrimp into egg mixture, then into panko crumbs. Place shrimp on prepared rack. Lightly spray shrimp with nonstick spray. Bake for 8 to 10 minutes or until shrimp turn opaque. Season to taste with salt and pepper, if desired.

- CUT** baguettes crosswise in half to make 4 buns. Divide coleslaw mixture among buns; top with tomatoes and crispy shrimp. Drizzle with mayonnaise mixture. Serve immediately.

Per serving: 600 calories, 13 g fat, 2 g saturated fat, 0 g trans fat, 240 mg cholesterol, 1,480 mg sodium, 89 g carbohydrates, 2 g fiber, 16 g sugar (11 g added sugar), 38 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 35%, Potassium 6%



Paul Piazza E-Z Peel Wild Caught Gulf Shrimp 16 to 20 ct.: 16 oz. **8.99**



Old Bay Seasoning **4.49**



Stonewall Kitchen Tartar Sauce 7.5 oz. **7.49**

“Seafood Made Easy”
Find helpful recipes for deep sea eats at [Hy-Vee.com/recipes-ideas](https://www.hy-vee.com/recipes-ideas)



Learn how to assemble this **Shrimp Po' Boy** at [HSTV.com](https://www.HSTV.com)



Graduation Photo Booth Props each 2.99

THE **final** countdown

GIVE YOUR GRAD THE ULTIMATE PARTY. ORDER EVERYTHING YOU NEED, FROM EATS TO DECORATIONS, IN STORE OR AT HY-VEE.COM

“Whoomp! (There it is)”!

You got the job of planning a great grad party (with work and about a million other things going on). Before the playlist rocks “Get the Party Started” and your kid thinks you’re the best parent ever, it’s “uh oh uh oh uh oh oh no no” time to get busy!

KEEP IT **simple**

Party planning should be fun and easy. It’s about getting organized well in advance, making lists and getting things ordered. This is where Hy-Vee can help. It’s a one-stop-shop with everything you need. You can even order everything online from the couch. The whole shebang can be delivered to your house—how easy is that!

Second, don’t wait to plan. It’s March and you may think there’s plenty of time to plan, but you know it’s only going to get busier. Besides, it’s probably cold outside, the perfect time to stay snug inside and plan. Start with basics—who’s coming (write an invite list), where to have it and when. Read on to get started.

TOP 10 THEMES

- ▶ SCHOOL SPIRIT
- ▶ TRAVEL
- ▶ EMOJIS
- ▶ COLLEGE MAJOR
- ▶ DECADE/ERA
- ▶ SPORTS
- ▶ MOVIE, TV SERIES FAVE
- ▶ SUPERHERO
- ▶ MEMORIES
- ▶ TRAVEL

PHOTOS Greg Scheidemann



Varsity Fondant Cake

PICK A **flavor**

After careful consideration, hand this important decision over to your grad. Piece of cake!

CAKE FLAVORS

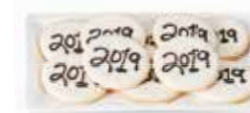
- Vanilla
- Chocolate Marble
- Red Velvet
- Carrot
- Strawberry
- Lemon
- Yellow

FROSTING FLAVORS

- Vanilla
- Buttercream
- Vanilla Whipped
- Chocolate Buttercream
- Chocolate Whipped
- Cream Cheese
- Double-Dutch Chocolate

PICK A THEME AND A COLOR PALETTE.

Cake can drive the party theme. Head to the Hy-Vee Bakery and check out options (just a few below) or custom design—give your grad decision rights. Choose different-flavor layers in a layer cake, or go for cupcakes in assorted flavors. Order from your Hy-Vee Bakery.



Bakery Fresh Cut-Out Cookies or Cupcakes: select varieties 6 ct. 5.99



Bakery Fresh Gourmet Mini Cupcakes: select varieties 9 ct. 12.99



1/2 Personal Graduate Cake starting at 9.99



Oh the Places You'll Go Cake



Bakery Fresh 12" Brownie Tray 24 ct. 19.97



Bakery Fresh Cupcake Cake: select varieties 21 ct. 19.99



7" Double Layer Cake starting at 19.99



Conversation Cake

PICK YOUR FOOD

Order sub, meat-and-cheese, appetizer and dessert trays, or a Hy-Vee food bar or buffet that's easy for you and fun for guests.

BARS



Pizza



Taco



NORI Sushi®

BUFFETS



Sliders



Chinese



Hickory House® Smoked Meats

TRAYS



Fruit Tray with Dip



Winging It Platter



Vegetable Tray with Dip

DIY BAR ideas

Nachos: Tortilla chips plus refried beans, guac, shredded cheese, salsa, jalapeños, sour cream and ground beef and/or shredded chicken.

Bagels: Assorted bagels alongside avocado wedges, sliced veggies, meats, mustards, nut butters and savory and sweet cream cheeses.

Sundaes: Ice creams plus toppers: chocolate chips, candies, nuts, granola, fruit and jarred hot fudge, caramel and other toppings.



ORDER ONLINE! CATERING

Turn to Hy-Vee Catering for everything you need from the first bite to the final course. Delicious party trays provide great appetizers or help round out the buffet table. Bakery-fresh treats come in every flavor and can be personalized. Visit your local Hy-Vee or order online at Hy-Vee.com

ORDER CAKE, CUPCAKES, COOKIES AND OTHER SWEETS AT YOUR HY-VEE BAKERY OR GO TO HY-VEE.COM AND CLICK ON "BAKERY" UNDER SHOP.

SHOPPING LIST

bakery

- ☐ Cake
- ☐ Cupcakes
- ☐ Cut-Out Cookies

beverages

- ☐ Ice
- ☐ Water
- ☐ Sodas
- ☐ Coffee
- ☐ Tea

food

- ☐ Bars (Brat, Slider, Asian, NORI Sushi)
- ☐ Specialty Bars (Taco, Potato, Pasta, Pizza)
- ☐ Coffee Bar
- ☐ Candy Bar
- ☐ Appetizer, Sub, Charcuterie and Dessert Trays

decor

- ☐ Flowers
- ☐ Balloons

other items

- ☐ Invitations
- ☐ Paper plates
- ☐ Paper napkins
- ☐ Plastic cutlery
- ☐ Disposable cups
- ☐ Beverage stir sticks
- ☐ Paper tablecloths
- ☐ Paper coasters
- ☐ Serving utensils
- ☐ Tags, bags and/or jars for candy station and favors



Graduation Tableware: select varieties 8 or 16 ct. 2/3.00

SEE MORE IDEAS AT HY-VEE.COM

flowers

Go simple (gerberas in small vases scattered on the buffet table), dramatic (oversize basketballs made from carnations set atop a hoop-inspired cake) or anything in between. Hand them out as take-home party favors.



Bakery Fresh 1/2 Sheet Cake starting at 36.99

plants

Go green! A wall display of plants behind your serving table makes a cool statement. Against an outdoor fence or on a blank garage wall it looks striking and is sure to be the talk of the party. Set plants on shelves or pop them into small buckets or baskets hung on evenly spaced nails. Again, hand out as take-away gifts. Order from your Hy-Vee Floral department.



balloons

Helium-filled foil or latex balloons add color and fun. Use them to mark the outside of your house or venue. Have Hy-Vee set up a balloon arch, wall or tunnel, or make huge groupings to place around the perimeter of the party space. Write messages on them with markers. Hand them out as take-away party favors.



TAKE-HOMES

A take-away makes a party memorable. A few ideas:

candy: Pour candy into small bags, jars or zip-close bags and dress each with a tag and message. Or custom-wrap candy bars or mini chocolates as tasty take-aways.

cork coasters: Paint or transfer fun illustrations or messages on them and hand them out as fun (and useful) reminders of your grad's party.





Hy-Vee True Fresh Boneless Chicken Breasts 4.99 lb.

Skillet Chicken With Herbed Pan Sauce

Hands On 10 minutes
Total Time 25 minutes
Serves 4

2 (8-oz.) Hy-Vee True boneless, skinless chicken breasts
½ tsp. Hy-Vee salt
¼ tsp. Hy-Vee black pepper
1 Tbsp. Gustare Vita olive oil
¼ cup finely chopped shallots
2 cloves Hy-Vee Short Cuts garlic, minced
1 cup Hy-Vee 33%-less-sodium chicken broth
½ cup dry white wine, such as Chardonnay
1 tsp. Hy-Vee finely chopped fresh rosemary, plus sprigs for garnish
1 Tbsp. Hy-Vee all-purpose flour
1 Tbsp. Hy-Vee 2% reduced-fat milk
2 Tbsp. finely chopped Italian parsley, for garnish
2 cups hot cooked Hy-Vee Select sprouted brown rice, for serving

1. PAT chicken dry with paper towels. Place one chicken breast on a cutting board. Using a sharp knife with its edge parallel to the cutting board, cut chicken horizontally to form two thin pieces. Repeat with remaining chicken breast.

2. PLACE chicken, one piece at a time, between two pieces of plastic wrap. Using the flat side of a meat mallet, flatten chicken to ¼-in. thickness. Season with salt and pepper.

3. HEAT oil in a large nonstick skillet over medium-high heat. Cook chicken for 4 to 6 minutes or until done (165°F), turning once halfway through. Remove chicken from pan; set aside.

4. ADD shallots and garlic to the same skillet. Cook over medium heat for 3 to 4 minutes or until softened, stirring occasionally. Remove skillet from heat; add chicken broth and wine. Return skillet to heat and cook over medium-high heat, scraping up any browned bits from skillet. Add 1 tsp. rosemary. Cook and stir for 3 minutes or until sauce is slightly reduced.

5. WHISK flour and milk together in a small bowl until well combined; add to broth mixture. Cook and whisk for 1 to 2 minutes or until thickened. Return chicken to skillet and heat through. Garnish with parsley and rosemary sprigs, if desired. Serve chicken and sauce over rice.

Per serving: 200 calories, 4.5 g fat, 0.5 g saturated fat, 0 g trans fat, 65 mg cholesterol, 490 mg sodium, 5 g carbohydrates, 0 g fiber, 0 g sugar (0 g added sugar), 27 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 2%

true-ly

Heirloom pork, cage-free chicken and gluten-free beef. Meet Hy-Vee's exciting line of True meats—all tender, tasty and delicious! Learn the label lingo that comes with these cuts.

amazing

true hy-vee

Often a meal's crowning glory is that perfect cut of meat—extra juicy chicken with rich golden pan sauce, spice-rubbed steak that arrives at the table sizzling or oven-roasted pork with superior tenderness. Experiences like these are the result of Hy-Vee True meat, which is a unique brand produced by Midwest family farms. They use precise production methods and controlled feeding of animals in order to meet special quality standards. The brand includes beef, pork, chicken, lamb and deli meats.

Read the labels on True meat for terms such as “all natural” or “raised

with no antibiotics ever.” What exactly do these mean and why do they matter?

“All natural” appears on all True meat labels. Under USDA regulations, it means that the meat has no artificial ingredients or preservatives and the ingredients are only minimally processed.

“Raised with no antibiotics ever,” another standard specification on this brand, means no antibiotics of any kind were used in raising the animal. It's also a good indicator that the animal was raised in a healthy environment.

“No added hormones” appears on True chicken and pork products. Federal regulations don't allow hormones or steroids to be used in poultry or pork. When the claim appears on a label, it must be followed by a statement that reads, “Federal regulations prohibit the use of hormones.”

“Vegetarian fed,” a term for True beef and chicken, means that the meat contains no meat or poultry by-products. Instead, the livestock feed is made up primarily of corn and soybean meal.

“Cage free” is specified on True chicken, which means that the broilers were raised in large, open barns. “Crate free” is a True pork standard, indicating that the sows were raised in group housing instead of gestation crates.

“Gluten free” is highlighted on True pork, but keep in mind that all plain, fresh meat cuts are gluten-free in their natural state because gluten is a plant protein rather than an animal protein.

By offering True meat as a unique brand, Hy-Vee is proud to support a network of local Midwest farmers who go the extra mile to bring you the finest-tasting meat.

WORDS Lois Carpenter PHOTOS Greg Scheidemann

Southwest Pork Chop Salad

Hands On 15 minutes
Total Time 40 minutes | **Serves** 4

- Hy-Vee nonstick cooking spray
- 1 Tbsp. Hy-Vee granulated sugar
- 1 Tbsp. Hy-Vee paprika
- 1½ tsp. Hy-Vee garlic powder
- 1½ tsp. That's Smart! onion powder

- 1 tsp. Hy-Vee salt
- 1 tsp. Hy-Vee cayenne pepper
- 1½ lb. Hy-Vee True boneless top loin pork chops, 1 in. thick
- ½ cup Hy-Vee light sour cream
- 1 Tbsp. fresh lime juice
- ½ tsp. finely chopped fresh cilantro, plus additional leaves for garnish
- 4 cups Hy-Vee Italian blend salad greens
- 1 avocado, peeled, seeded and cut into wedges
- Hy-Vee Santa Fe-style tortilla strips, for garnish



Hy-Vee True Boneless Center Cut Pork Chops



quality PORK FROM THE MIDWEST

Hy-Vee proudly supports Midwest family farms for its True pork. One such farm, Lynch Livestock in Waucoma, Iowa, has been active in pork production for more than 100

years. “We didn’t use additives and antibiotics then, and we don’t use them now,” says Gary Lynch, owner. “Everything we do here—from our focus on each animal’s health to

the strict quality standards—allows us to bring the very best pork from our farms to your table.” Lynch Livestock raises Duroc pork, an heirloom breed that

promises rich, mouthwatering flavor and superior tenderness and juiciness in its all-natural state without any added water or ingredients.

- 1. PREHEAT** oven to 450°F. Place a wire rack on a large rimmed baking pan. Spray rack with nonstick spray; set aside.
- 2. COMBINE** sugar, paprika, garlic powder, onion powder, salt and cayenne pepper in a small bowl. Pat pork chops dry with paper towels. Rub seasoning mixture evenly onto pork chops. Place chops on prepared rack. Bake for 15 to 20 minutes or until done (145°F). Transfer chops to a cutting board; cover loosely with foil and let stand for 5 minutes.
- 3. MEANWHILE,** for dressing, combine sour cream, lime juice and ½ tsp. cilantro in a small bowl. To assemble salads, divide greens among four serving plates. Cut pork into slices; arrange on greens. Add avocado wedges. Drizzle with dressing and serve with tortilla strips. Garnish with additional cilantro, if desired.

Per serving: 360 calories, 20 g fat, 6 g saturated fat, 0 g trans fat, 85 mg cholesterol, 690 mg sodium, 14 g carbohydrates, 5 g fiber, 6 g sugar (3 g added sugar), 31 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 15%

Fajita-Style New York Strip Steak and Veggies

Hands On 10 minutes
Total Time 25 minutes
Serves 2

- 2 (8-oz.) Hy-Vee True beef New York strip steaks, ¾ in. thick
- 1 tsp. Hy-Vee ground cumin
- 1 tsp. Hy-Vee ground coriander
- 1 tsp. Hy-Vee ground paprika
- 1 tsp. Hy-Vee black pepper
- 2 Tbsp. Gustare Vita olive oil, divided
- 3 cloves Hy-Vee Short Cuts garlic, minced
- 1 white onion, cut into thin wedges
- 1 cup Hy-Vee Short Cuts tricolor julienne bell pepper strips
- Sliced jalapeño pepper,* for garnish

- 1. PAT** steaks dry with paper towels; set aside. Combine cumin, coriander, paprika and black pepper in a small bowl. Rub seasoning mixture evenly onto steaks; set aside.
- 2. HEAT** 1 Tbsp. oil in a large nonstick skillet over medium-high heat. Cook steaks for 6 minutes for medium-rare (130°F), turning once halfway through. Transfer to two serving plates; cover and keep warm.
- 3. MEANWHILE,** heat remaining 1 Tbsp. oil in same skillet over medium heat. Add garlic and cook for 30 seconds. Add onion and bell pepper strips. Cook for 5 to 8 minutes or until crisp-tender, turning occasionally. Serve with steaks; garnish with jalapeño slices, if desired.
- *NOTE** Chile peppers contain volatile oils that can burn your skin and eyes. When working with jalapeños, wear protective gloves.

Per serving: 560 calories, 39 g fat, 12 g saturated fat, 0 g trans fat, 120 mg cholesterol, 640 mg sodium, 11 g carbohydrates, 3 g fiber, 4 g sugar (0 g added sugar), 44 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 30%, Potassium 6%



Hy-Vee True Choice Boneless New York Strip Steak

raising THE STEAKS
Hy-Vee True Angus beef is well known for its superior flavor. The cattle feed on pasture and hay, as well as grains (including corn and soybeans) for premium marbling.

Foods That Promote Healing

RECOVER FROM SURGERY OR ACCIDENT WOUNDS WITH A DIET OF HEALING NUTRIENTS: **PROTEIN** TO MEND DAMAGED TISSUE, **CARBS** FOR ENERGY, **VITAMINS A AND C** FOR NEW COLLAGEN AND IMMUNE SYSTEM HEALTH, **VITAMIN K** TO HELP BLOOD CLOT NORMALLY, AND **ZINC** TO FIGHT INFECTION.

protein

Repairs muscle and damaged tissue. You may need more protein than usual if you're recuperating after surgery or an accident. Get enough protein to supply both healing and normal energy.

WHAT YOU NEED
The *Dietary Guidelines for Americans 2015-2020* recommends a daily amount of 46 g for women and 56 g for men. Aim for a little more if you're recovering.

FOODS
red meat, poultry, fish, beans, eggs, milk, yogurt, cheese, soy, tofu

carbs

Make glucose to feed tissue and cells, including white blood cells to ward off infection. Carbs should be your main energy source when healing.

WHAT YOU NEED
The *Dietary Guidelines* recommends 130 g per day; increase the amount while you are recovering from a wound.

FOODS
those with significant levels of vitamins A, C and K, *right*. Include whole grain cereals, breads, rice and pasta.

vitamin a

Aids wound healing and controls inflammatory response.

WHAT YOU NEED
Get at least the recommended daily amount: 700 mcg (micrograms) for women and 900 mcg for men.

FOODS
dark leafy greens such as spinach, kale and Swiss chard; sweet potatoes; carrots; cantaloupe; red bell peppers

vitamin c

Stimulates and protects white blood cells; builds new collagen to heal skin and tissue.

WHAT YOU NEED
Aim for at least 200 mg of vitamin C daily—more than twice the normally recommended levels of 75 mg for women, 90 mg for men—during wound recovery.

FOODS
citrus, strawberries, cantaloupe, tomatoes, red bell peppers, broccoli, cauliflower, Brussels sprouts

vitamin k

Helps blood to clot normally.

WHAT YOU NEED
The *Dietary Guidelines* recommends 90 mcg of vitamin K for women and 120 mcg for men daily. Limit vitamin K if you take a blood-thinning drug such as warfarin (Coumadin). Try to get about the same amount of vitamin K every day.

FOODS
kale, asparagus, broccoli, Brussels sprouts, edamame, spinach, Swiss chard

zinc

Develops collagen, fights bacteria and viruses and helps wounds heal.

WHAT YOU NEED
Women need 8 mg a day and men 11 mg. Your doctor might suggest increasing levels slightly during recovery. Too much zinc—more than 40 mg per day—can cause loss of appetite, nausea, vomiting, diarrhea and headaches.

FOODS
oysters, beef, veal, fortified cereals, chickpeas, lentils

Note: All recommended daily amounts are based on 1,600–2,000 calories per day for women, 2,000–2,600 calories for men.

Sources: my.clevelandclinic.org/health/articles/11111-nutrition-guidelines-to-improve-wound-healing; advancedtissue.com/2015/07/nutrients-essential-for-wound-healing/; woundcarecenters.org/article/living-with-wounds/how-your-diet-can-aid-in-wound-healing; ods.od.nih.gov/factsheets/VitaminA-Consumer/; ods.od.nih.gov/factsheets/VitaminK-Consumer/; ods.od.nih.gov/factsheets/Zinc-Consumer/; ncbi.nlm.nih.gov/pubmed/7038579; ncbi.nlm.nih.gov/pubmed/29099763; health.gov/dietaryguidelines/2015/guidelines/

expert tip: THE BEST MEDICINE



“With wound healing, there are three areas of focus: fluids, energy (aka calories) and protein. It's important to get enough of each of these to promote proper healing. Maintaining the weight you were prior to a surgical

or accident wound is important. This is not the time to focus on weight loss.”

—Melissa Arnold, RD, LD
Hy-Vee Registered Dietitian
West Des Moines, Iowa

WHOLE-GRAIN VITAMINS

EAT PROTEIN TO REPAIR

VITAMIN A-, C- & K-RICH CARBS

* Eat several **small meals** and snacks throughout the day to slip in all needed food types during recuperation.

WORDS: Kristi Chew PHOTOS: Greg Scheidemann and Tobin Bennett

Healing Buddha Bowl

Hands On 15 minutes
Total Time 40 minutes
Serves 4

2 (8-oz.) Hy-Vee Choice Reserve beef New York strip steaks, ¾ in. thick
1 tsp. Hy-Vee salt, divided
¾ tsp. Hy-Vee black pepper, divided
½ cup uncooked pearled barley
1½ cups Hy-Vee Short Cuts cubed sweet potatoes, about 8 oz.
1½ cups Hy-Vee Short Cuts tricolor julienne bell pepper strips, about 8 oz.
2 Tbsp. Gustare Vita olive oil, divided
4 oz. fresh baby spinach
4 oz. baby arugula

½ cup Hy-Vee no-salt-added black beans, drained and rinsed
1 medium tomato, cut into slices
1 recipe Fresh Carrot Vinaigrette, right
4 tsp. unsalted roasted pepitas
4 tsp. thinly sliced green onion

1. PREHEAT oven to 450°F. Pat steaks dry with paper towels. Sprinkle with ½ tsp. salt and ½ tsp. black pepper; set aside.

2. COOK barley according to package directions. Line a large rimmed baking pan with foil. Combine sweet potatoes and bell peppers; toss with 1 Tbsp. oil, remaining ½ tsp. salt and remaining

¼ tsp. black pepper. Spread on prepared pan. Bake for 20 to 25 minutes or until tender.

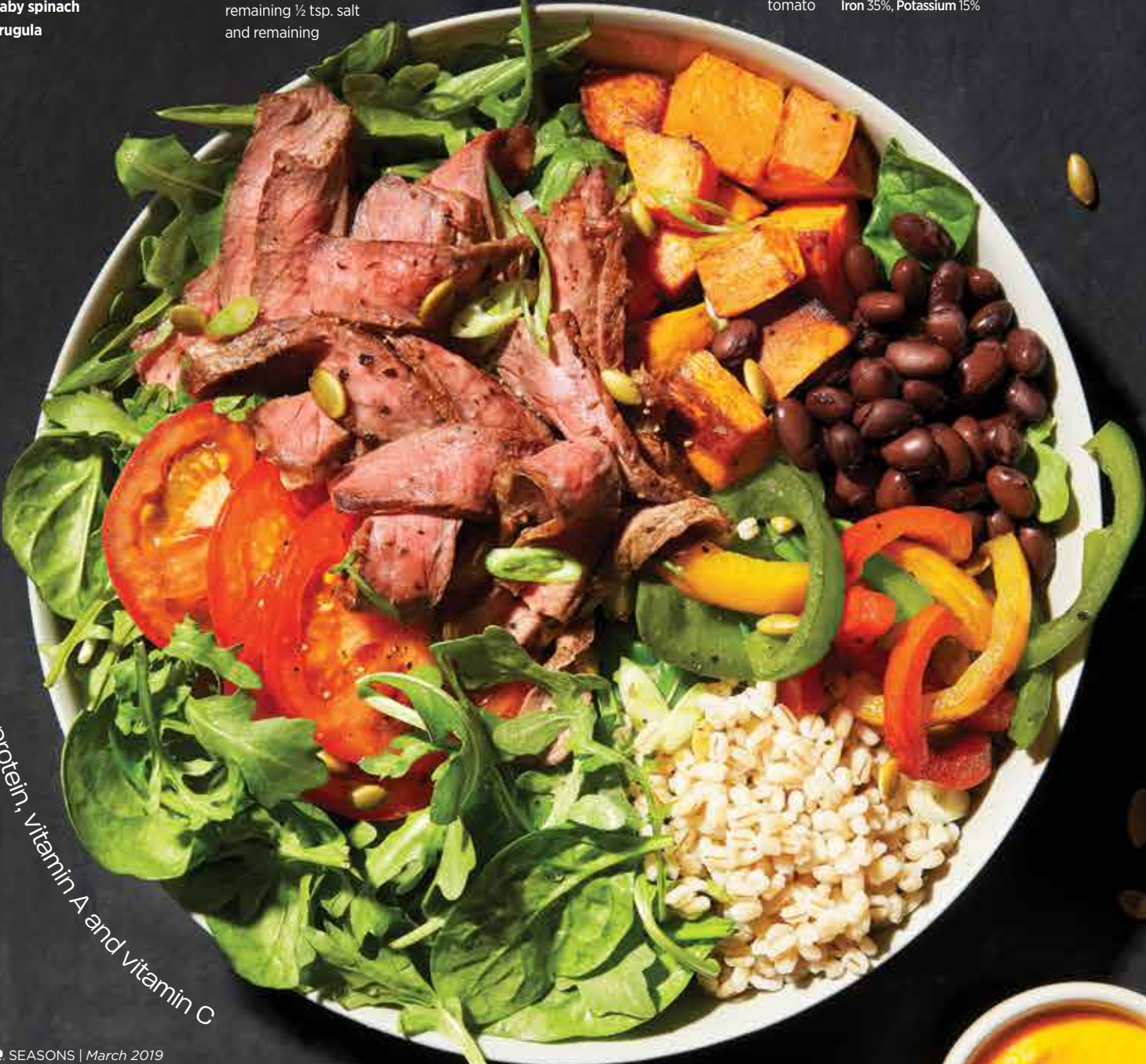
3. HEAT remaining 1 Tbsp. oil in a large skillet over medium-high heat. Cook steaks for 6 minutes for medium-rare (130°F), turning once halfway through. Let rest for 5 minutes. Cut steaks across the grain into strips.

4. COMBINE spinach and arugula; divide among serving bowls. Top with steak strips, barley, sweet potatoes, bell peppers, black beans and tomato

slices. Drizzle with Fresh Carrot Vinaigrette and sprinkle with pepitas and green onion.

Fresh Carrot Vinaigrette: Place ½ cup chopped peeled carrot, 3 Tbsp. Gustare Vita olive oil, 2 Tbsp. rice vinegar, 1 Tbsp. fresh lime juice, 2 tsp. Hy-Vee honey, 1 tsp. grated fresh ginger, 1 tsp. Hy-Vee Dijon mustard and 1 garlic clove in a blender. Cover and blend until well combined. Makes ½ cup.

Per serving: 640 calories, 39 g fat, 9 g saturated fat, 0 g trans fat, 60 mg cholesterol, 1,000 mg sodium, 47 g carbohydrates, 9 g fiber, 10 g sugar (3 g added sugar), 30 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 35%, Potassium 15%



→ Dig into protein, vitamin A and vitamin C

5 more ways to heal



***To feel the heal, take it easy and put these nourishing meals, bites and sips together in short time.**

- 1 chicken soup**

Poach a skinless chicken breast in Hy-Vee 33%-less-sodium chicken broth until cooked through (165°F). Shred chicken; reserve poaching liquid. Heat 1 Tbsp. Hy-Vee canola oil in a saucepan over medium-high heat. Add Hy-Vee Short Cuts chopped onions, chopped celery and minced garlic; cook until tender. Add chicken, poaching liquid, rinsed and drained canned Hy-Vee garbanzo beans and fresh spinach; sprinkle with fresh thyme leaves. Simmer for 20 minutes or until heated through.
- 2 beef stir-fry**

Heat 1 Tbsp. Hy-Vee canola oil in a wok or skillet over medium-high heat. Add beef strips; stir-fry for 3 to 4 minutes or until browned. Move beef to side of wok. Add Hy-Vee Short Cuts chopped tricolor bell peppers and chopped bok choy. Stir-fry for 2 minutes or until crisp-tender. Serve over hot cooked brown rice. Drizzle with desired amount of Hy-Vee less-sodium soy sauce.
- 3 veg scramble**

Whisk a small amount of Hy-Vee 2% reduced-fat milk into 2 or 3 Hy-Vee large eggs. Cook Hy-Vee Short Cuts chopped tricolor bell peppers and chopped fresh spinach in 1 Tbsp. Hy-Vee salted butter in a skillet; add egg mixture. Cook, lifting mixture with spatula to cook evenly, about 1 minute. Add chopped tomato and shredded Hy-Vee provolone or Cheddar cheese. Cook for 1 minute or until cheese is melted.
- 4 melon tumble**

HALVE OR QUARTER A RIPE CANTALOUPE; REMOVE SEEDS. TOP WITH BLUEBERRIES, BLACKBERRIES AND/OR RASPBERRIES. SPOON HY-VEE PLAIN GREEK YOGURT ON TOP; DRIZZLE WITH HY-VEE HONEY.
- 5 green smoothies**

(Photo, above) Place 2 cups loosely packed fresh baby spinach, 2 cups Hy-Vee frozen unsweetened pineapple chunks, 1 frozen cut-up peeled banana, 1 cup Hy-Vee unsweetened almond milk, ½ cup Hy-Vee plain Greek yogurt, ½ cup water and 1 Tbsp. agave nectar in a blender. Cover and blend until smooth. Pour mixture into two (16-oz.) glasses. Garnish with pineapple wedges, if desired. Serves 2.

31 ways to celebrate St. Patrick's Day

LOOKING FOR NEW WAYS TO CELEBRATE ST. PADDY'S?
YOU'RE IN LUCK!



1 Bakery Fresh St. Patrick's Cut-Out Cookies or Cupcakes
6 ct.
5.99

food

Great food is at the heart of a memorable celebration. Indulge in these classic St. Patrick's Day menu staples, below, or put a contemporary spin on traditional favorites.

2

PAIR FRESH, CRUSTY IRISH SODA BREAD WITH SOUP, STEW OR A LAYER OF CREAMY BUTTER.



Bakery Fresh Irish Soda Bread
16 oz.
2.99

3

SHEPHERD'S PIE
Make a traditional meat pie layered with vegetables and topped with a baked mashed potato crust.

4

BANGERS & MASH
This classic Irish meal is made of cooked sausages of pork, lamb or beef ("bangers") served with a side of mashed potatoes.



Short Cuts Sliced Brussels Sprouts
6.99 lb.



Bertolli Olive Oil:
select varieties
17 fl. oz.
6.98



Hy-Vee Chopped Pecans
8 oz.
5.99



5 Caramelized Brussels Sprouts

Hands On 10 minutes
Total Time 30 minutes
Serves 4

1 lb. Hy-Vee Short Cuts sliced Brussels sprouts
½ medium red onion, sliced and cut into pieces
3 Tbsp. Bertolli olive oil
2 cloves garlic, minced
1 Tbsp. packed Hy-Vee brown sugar
1 tsp. Hy-Vee kosher sea salt
½ tsp. Hy-Vee black pepper
¼ cup Hy-Vee chopped pecans

1. PREHEAT oven to 425°F. Combine Brussels sprouts, red

onion, olive oil, garlic, brown sugar, salt and pepper in a medium bowl. Toss to coat.

2. SPREAD onto a large rimmed baking pan. Bake for 15 to 25 minutes or until desired doneness, stirring occasionally. During the last 4 to 5 minutes of baking, sprinkle with pecans.

Per serving: 160 calories, 15 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 580 mg sodium, 6 g carbohydrates, 1 g fiber, 4 g sugar (3 g added sugar), 1 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 2%



Kerrygold Cheddar Butter Biscuits

Hands On 15 minutes
Total Time 40 minutes
Makes 10 biscuits

5 oz. Kerrygold Irish Cheddar cheese, finely shredded
6 Tbsp. Kerrygold Irish unsalted butter, cut into ½-in. pieces
2 cups Hy-Vee all-purpose flour
1 Tbsp. Hy-Vee granulated sugar
2½ tsp. Hy-Vee baking powder
½ tsp. Hy-Vee baking soda
½ tsp. Hy-Vee salt
1 cup cold buttermilk
1 Hy-Vee large egg
1 Tbsp. water

1. PREHEAT oven to 400°F. Line a baking sheet with parchment paper; set aside. Place shredded cheese and cut-up butter in freezer for 10 minutes.

2. WHISK together flour, sugar, baking powder, baking

soda and salt in a large bowl. Add cheese; toss to combine. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Make a well in the center of the flour mixture.

3. ADD buttermilk all at once. Using a fork, stir just until moistened. Turn dough out onto a lightly floured surface. Knead dough by folding and gently pressing until dough holds together.

4. ROLL dough on a lightly floured surface into a rough 10×8-in. rectangle. Cut rectangle crosswise into thirds. Stack the pieces to form three layers. Pat roll to ¼- to 1-in. thickness. Using a 2¼- to 2½-in. round cutter, cut dough into biscuits.

5. PLACE biscuits 1 in. apart on prepared baking sheet. Mix together egg and water in a small bowl; lightly brush biscuit tops with egg mixture. Bake for 12 to 15 minutes or until golden. Serve warm.

Per biscuit: 110 calories, 6 g fat, 4 g saturated fat, 0 g trans fat, 15 mg cholesterol, 230 mg sodium, 11 g carbohydrates, 0 g fiber, 1 g sugar (1 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 6%, Potassium 0%



Kerrygold Irish Cheeses:
select varieties
7 oz.
3.99



Kerrygold Irish Butter Sticks:
select varieties
8 oz.
3.99



7 POTATO SOUP:
MAKE A CREAMY,
CHEESY POTATO
SOUP TO
CELEBRATE ST.
PADDY'S DAY.

8 BEEF STEW:
IF YOU'RE
LOOKING
FOR CLASSIC
COMFORT FOOD,
THIS IS IT.

9 ROAST LAMB:
SEASON LEG
OF LAMB WITH
LEMON, THYME
AND ROSEMARY.

10 GO FOR THE GOLD

You don't need the luck of the Irish to find this pot of gold! Handcrafted by the Cahill family on their farm in County Limerick, Claddagh Bó Cheddar is made from the milk of grass-fed cows and aged 12 months for rich, sharp flavor that pairs perfectly with Irish beer and soda bread. And the hand-waxed packaging in the colors of the Irish flag makes it a must-have for any St. Patrick's Day cheeseboard.



expert tip:

SWEET SPOT

Take your cheeseboard to the next level by pairing Claddagh Bó with blueberry jam or fig chutney to make a decadent treat that will leave you and your guests wanting more."

—Sarah Buschkamp
Certified Cheese Professional
& Delicatessen Manager
Crosspark Road Hy-Vee
Coralville, Iowa



Claddagh Bó
Aged Irish
Cheddar Cheese
12.99 lb.



11
Bakery Fresh
Decorated
Chocolate
Chip Cookie:
select varieties
12"
13.99

12 Apple tarts are a tasty, traditional Irish treat to enjoy.



Blarney
Stones
4 ct.
5.99

13
THESE PASTRIES
ARE SOFTER
AND SWEETER
THAN THE REAL
BLARNEY STONE,
WHICH IS SAID TO
GIVE THOSE WHO
KISS IT THE GIFT
OF ELOQUENCE.



Mint Cheesecake
28 to 32 oz.
9.99

15
corned beef
This traditional Irish
meal includes cabbage,
potatoes, carrots, onions
and a dinner roll.

Corned Beef
and Cabbage
Dinner with
2 Sides
9.00



16 Try boxty, a traditional Irish potato pancake made with a mix of grated and mashed potatoes.

17

Hot Reuben Dip

Hands On 10 minutes
Total Time 35 minutes
Serves 28 (2 Tbsp. each)

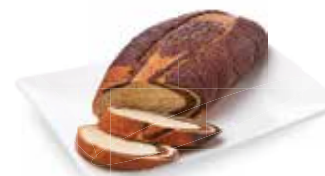
Hy-Vee nonstick cooking spray
1 (8-oz.) pkg. Hy-Vee cream cheese, softened
1 cup Hy-Vee sour cream
2 (6-oz.) pkg. Hy-Vee finely shredded Swiss cheese (3 cups)
1 (14.4-oz.) can Hy-Vee sauerkraut, drained
6 oz. Hy-Vee Deli corned beef, chopped
Hy-Vee Bakery Baking Stone marble rye bread, cut into slices and toasted

1. PREHEAT oven to 350°F. Spray a shallow 1½-qt. or an 11×7-in baking dish with nonstick spray; set aside.

2. COMBINE cream cheese and sour cream in a medium bowl. Stir in Swiss cheese, sauerkraut and corned beef.

3. TRANSFER mixture to prepared baking dish. Bake for 25 to 30 minutes or until bubbly and lightly golden on top. Serve with toasted bread slices.

Per serving: 100 calories, 8 g fat, 5 g saturated fat, 0 g trans fat, 30 mg cholesterol, 190 mg sodium, 2 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 5 g protein.
Daily Values: Vitamin D 0%, Calcium 10%, Iron 0%, Potassium 0%



Baking Stone
Marble Rye Bread
20 oz.
2.99



Cahill's Irish
Cheddar
with Porter
Beer Cheese
12.99 lb.



Hy-Vee Delish
Harvester Reuben
Sandwich
7 oz.
4.00

fun

Finding fun St. Patrick-theme goodies is easier than finding four-leaf clovers. Stock up on these “greens”: paper products, goofy glasses and graphic T-shirts.

18



St. Pat's Tableware: select varieties 8 or 16 ct. 2/3.00

19

St. Pat's Dollar Items: select varieties each 1.00



20 gold coins

Treat your tiny St. Paddy's Day celebrators to yummy chocolate gold coins. Little ones will love learning the legends of leprechauns and pots of gold.

21

green garb

Don't forget to dress in green on St. Patrick's Day to avoid those pesky pinches.

St. Pat's T-Shirt: select varieties each 5.00



George Killian's

drinks

You don't have to be Irish to toast to St. Patrick, the country's foremost patron saint. Try a craft beer, enjoy a glass of wine or pour a little Irish whiskey in your coffee.

22 SIPO'THE GREEN



Try Loaded Toad from Warped Roots brewing company—a deep golden lager with a subtle, smooth flavor. The green can makes it a perfect St. Patrick's Day pick.

Warped Roots

Pick up some of these tasty beer and cider options from Hy-Vee Wine & Spirits.

23 OR TRY THESE OTHER GREAT BEERS!



Deschutes



Odell



New Belgium



Guinness



Sam Adams, Angry Orchard, Truly or Twisted Tea

24 SERVE JAMESON IRISH WHISKEY ON THE ROCKS OR MIXED INTO YOUR FAVORITE COCKTAIL.

25 Spike your cup of coffee with Baileys Irish Cream, a smooth and sweet Irish whiskey and cream liqueur mixture.

RAISE A GLASS

Elegant yet durable glassware funnels aromas to the nose for the ultimate imbibing experience. Even better, they're dishwasher safe. We'll drink to that.

26



Libbey Craft Beer Glasses: select varieties 4 pk. 10% off



Libbey Wine Glasses: select varieties 4 pk. 10.88



Libbey Whiskey Glasses: select varieties 4 pk. 10.88

27

TOAST TO ST. PADDY

Legend maintains that Saint Patrick, a shepherd-turned-priest, drove all of the snakes out of Ireland. Whether you're Irish or not, celebrate his noble feat by raising a glass of wine from Hy-Vee Wine & Spirits in his memory this March 17.

28 GRAB THESE GREEN SHOT GLASSES TO MAKE YOUR HOLIDAY DRINKS FESTIVE.

29 BEADED NECKLACES ARE A FUN AND SIMPLE WAY TO SHOW YOUR ST. PADDY'S SPIRIT.

William Hill:
select varieties
750 ml.

Chloe:
select varieties
750 ml.

Prophecy:
select varieties
750 ml.

30

Whistle while you work up the energy for your next drink with this novelty St. Paddy's shot glass necklace.

31

OR TRY THESE OTHER GREAT WINES!

Bogle Winery:
select varieties
750 ml.

Gnarly Head:
select varieties
750 ml.

Yellow Tail:
select varieties
750 ml.

Black Box:
select varieties
3 L. box

DO WHAT MAKES YOU HOPPY.



Off the beaten path, a wild crew of party animals waits for you. If you're craving original craft beers and an awesomely good time, Warped Roots is calling your name.

Discover what's waiting at warpedrootsbeer.com

Brewed off the beaten path.

Exclusively at **HyVee**



Colgate Toothpaste,
Toothbrush or Mouthwash:
select varieties
3.5 to 16 oz. or
200 to 500 ml.
3.99



Irish Spring Body
Wash, Bar Soap or
Softsoap Refill:
select varieties
3.75 oz. or 18 to 56 fl. oz.
2/8.00



Ajax or Palmolive
Dish Detergent:
select varieties
20 or 28 fl. oz.
2.19



Fabuloso:
select varieties
56 fl. oz.
3.49



Suavitel:
select varieties
50 fl. oz.
2.99

SMELL ME, I'M IRISH.

Irish Spring®

CLEANS A MAN UP RIGHT®



Happy St. Patrick's Day



IMPROVE YOUR GAME EVERY DAY.

BE YOUR BEST WITH
PERSONAL CARE MADE FOR MEN.



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National Collegiate Athletic Association.
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Axe Shampoo, Conditioner,
Deodorant, Body
Wash or Axe Body Spray:
select varieties
2.7 to 4 oz. or 12 fl. oz.
4.79



Dove, Degree or
Axe Deodorant:
select varieties
2.6 or 3.8 oz. or 25 ct.
5.49



Dove Body Wash, Body
Polish, Mousse or
Bath Bombs:
select varieties
3.8 to 13.5 oz.,
13.5 to 22 fl. oz., or 2 ct.
5.99



Suave Body Wash,
Antiperspirant, Deodorant,
Shampoo or Conditioner:
select varieties
2.6 or 2.7 oz., or
12 to 30 fl. oz.
2/4.00

“MY FAMILY
LOVES
THIS STUFF”
@JENNY



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RESULTS YOU CAN BELIEVE IN



tough

spot

Nearly everyone suffers from acne at some point. Whether it's a minor pimple or major breakout, acne is more than a cosmetic inconvenience. Learn how to identify and manage the problem to avoid further flare-ups.

acne basics

**Q & A with
DR. CHRISTOPHER
HUERTER, HEAD OF
DERMATOLOGY,
CATHOLIC
HEALTH INITIATIVES
OMAHA, NEBRASKA**

Q. What, exactly, is acne?

A. It's an inflammatory skin condition that occurs on the face, typically in adolescents, although adults can have it as well. The strongest causative factor is heredity—acne has a tendency to run in families. The basis for acne is the blockage of oil gland pores on the face that can secondarily lead to inflammation.

Q. What areas of the body are primarily affected?

A. Mostly the face, but it also involves the chest and the back. Those are areas where you have a dense collection of oil glands.

Q. Why is it that some people get acne and some don't?

A. It's genetics for the most part. Some people will never get acne in their life and some people do. The single biggest factor is heredity and the other is abnormalities in hormones.

Q. What outside factors contribute to acne?

A. Stress is a factor. Then, as you move through adolescence, that's when the type of hormones your body produces for growth and development are also triggers for acne. There are fluctuations, and kids go through it at different levels.

Q. As far as diet goes, are there any foods that tend to cause or aggravate acne?

A. Two things: An excessive amount of dairy. Cows receive hormones, and these hormones sometimes end up in the milk. There have been studies that show excessive amounts of dairy can be a factor for some people. And the second dietary trigger is what's called high glycemic index foods—processed sugars and sweets. Soda pop is not good, particularly non-diet pop that has a lot of sugar in it.

**APPROXIMATELY
85 PERCENT
OF PEOPLE
BETWEEN THE
AGES OF 12 AND
24 EXPERIENCE
AT LEAST
MINOR ACNE.**

ACNE CAN OCCUR AT ANY STAGE OF LIFE. ACCORDING TO THE AMERICAN ACADEMY OF DERMATOLOGY, ADULT ACNE IS ON THE RISE AND AFFECTS UP TO 15 PERCENT OF ADULT WOMEN.

WORDS Beau Berkley
PHOTOS Tobin Bennett

kinds of ACNE

Blemishes come in different shapes and sizes. Learn the differences between each.

WHITEHEAD

A closed pore that is clogged with oil, dead skin cells or bacteria. Use salicylic acid to unclog pores.

BLACKHEAD

An open pore that is clogged with oil, dead skin cells or bacteria. May be mistaken for dirt, but resist scrubbing to avoid further damage. Treat with salicylic acid or benzoyl peroxide to remove excess bacteria and dead skin cells.

PAPULE

A small, red, tender bump that feels hard. Papules, or pimples, occur when the wall of the pore becomes irritated and breaks. Wash twice daily with benzoyl peroxide or salicylic acid.

PUSTULE

A pustule is similar to a papule, except pustules form a "head" on the surface of the skin. It is usually yellow or white in the center and can be treated the same as a papule. Avoid "popping" pustules.

NODULE AND CYST

Large, solid and painful lumps beneath the surface of the skin. Can lead to permanent scarring and may require treatment from a dermatologist.

management

Q & A with

**SUSAN RHYAN, PA-C, DERMATOLOGIST,
THE IOWA CLINIC, WEST DES MOINES, IOWA**

Q. What's the first step for managing acne?

A. If it's mild acne, you can usually start with a topical benzoyl peroxide or salicylic acid wash or gel.

Q. What if the acne persists?

A. I usually recommend making an appointment with your family practice doctor, and they can get you started on some basic prescription topical medication. If that isn't working, you might get a referral to a dermatologist, and we'll often prescribe topical medications or oral medications.

Q. How can you tell if you should see a doctor?

A. If you have a lot of deep, inflamed nodules and cysts that cause redness and scarring. Even if you have mild acne and you've tried some over-the-counter products and those aren't seeming to help, then I would recommend seeing a doctor.

Q. Can beauty products cause or aggravate acne?

A. Yes they can. I recommend women look for oil-free, noncomedogenic (does not form blackheads or whiteheads) or non-acnegenic formulations when looking for certain makeups and foundations.

Q. What are your suggestions for managing dry skin from acne treatments?

A. It's a little more challenging to use topical medication like creams or gels or washes in the winter. I'll recommend a thin layer of moisturizer first and then your acne gel. Or sometimes you can mix a little moisturizer with the product and use them at the same time. You can even skip a day if you get too dry and flaky.

Q. Are there any products that you would want to avoid while treating acne?

A. Sometimes toners and exfoliants can really irritate, especially if you have sensitive skin. I would talk to your provider or doctor to get their opinion. You don't want to add too many products at once because you can get overly dry.

Q. What happens to the skin when you pop a pimple?

A. Sometimes [pimples are] just inflammation and redness. So if you're squeezing on it, you may not get anything out but you're causing it to become more irritated and inflamed and to possibly scar more.

Q. Is there any way to avoid scarring?

A. If you have aggressive acne, go get checked out. Don't wait, because if you can calm down the acne, you'll have less scarring overall.

Q. Any advice for those struggling with acne?

A. Get in a habit of washing your face with a gentle acne cleanser twice daily. When you start treating acne, it takes patience and persistence. A cream is probably not going to work in one week. You have to give it a little time, and if something is not working in about six weeks or so, it might be time to try something different.

HAVE AN ACNE PROBLEM? HY-VEE HAS A SOLUTION. CHECK YOUR LOCAL HY-VEE FOR YOUR SKIN-CARE NEEDS TO STAY HAPPY AND HEALTHY.



wipes

Gently exfoliate to remove excess dead skin cells. Some contain benzoyl peroxide or salicylic acid.



differin

Previously available through prescription only, Differin Gel contains adapalene, a vitamin A derivative that clears acne and prevents clogged pores.



cleanser

A topical cleanser with either benzoyl peroxide or salicylic acid will help clear existing acne, unclog pores and kill bacteria that cause acne.

sunscreen

Acne treatment can cause affected skin to be more sensitive to ultraviolet rays. Use sunscreen that is noncomedogenic and won't clog pores.



moisturizer

Treating acne can cause or worsen dry skin, which may result in increased oil production. Lock in moisture by applying an oil-free or noncomedogenic moisturizer.



Active Ingredients

BENZOYL PEROXIDE

Fends off acne-causing bacteria and eliminates excess oil and skin cells from pores.

SALICYLIC ACID

Helps keep blackheads and whiteheads at bay by exfoliating skin and clearing pores of debris like dead skin cells and oil.

SULFUR

Can be used together with salicylic acid or benzoyl peroxide. Helps to unclog pores and suppresses acne-causing bacteria.

treatment

50 MILLION

AMERICANS ARE AFFECTED ANNUALLY BY ACNE, MAKING IT THE MOST COMMON SKIN CONDITION IN THE UNITED STATES.

LEG DAY



WORDS Beau Berkley PHOTOS Tobin Bennett

QUADRICEPS
MUSCLES STABILIZE THE KNEE JOINT TO PROTECT IT WHEN SQUATTING, LUNGING OR STEPPING DOWN STAIRS.

HAMSTRINGS
ARE THE PRIMARY MUSCLE GROUP CALLED ON TO BEND THE KNEE. THEY TAKE PRESSURE OFF HIP JOINTS WHEN BENDING AT THE WAIST.

THINKING OF SKIPPING YOUR LEG WORKOUT? THINK AGAIN. HITTING THE SQUAT RACK NOT ONLY KICK-STARTS THE METABOLISM, IT CAN INCREASE PRODUCTION OF HORMONES THAT BOOST MUSCLE MASS THROUGHOUT THE BODY—NOT JUST IN YOUR LEGS.



expert tip: SORENESS SOLUTION

“Get fully warmed up for large full-body movements. Stretching should be done following every workout. Most importantly, keep moving throughout the day and drink lots of water.”

—Daira Driftmier
Certified Personal Trainer
and Director of Hy-Vee KidsFit
and Hy-Vee Fitness

LUNGES ARE HIGHLY EFFECTIVE AT ACTIVATING THE GLUTEUS

The quadriceps (front of the thigh), hamstrings (back of the thigh) and glutes (buttocks) are three of the largest muscles in the body. They work in tandem every time we stand, bend down, walk, run, jump or shift direction.

These massive muscles exert more power and expend more energy than smaller muscle groups. Giving them a good workout means you're burning more calories than you would with smaller muscle groups. Also, stressing big muscle fibers heightens testosterone production, which spurs the repair and growth of muscles throughout the body.

“Increasing lower-body muscle mass can increase metabolism and might help release certain hormones

that can stimulate muscle growth in other areas of the body,” says Steve Ball, state fitness specialist and professor of nutrition and exercise physiology for University of Missouri Extension.

Ball recommends strength training each muscle group twice during a 7- to 9-day period. The primary focus, he says, should be on compound, lower-body movements like squats or deadlifts, which can improve functional daily activities—such as bending or getting out of a chair.

“Compound movements are more like how we move in real life,” Ball says. “I would focus on these and include isolation movements if time allows.”

Skip leg day? No way. Use lower-body workouts for overall mobility, balance and strength.

GOBLET FRONT LUNGE

Hold a kettlebell by the handle, close to your chest. With feet shoulder-width apart, take a step forward with right foot until thigh is parallel to the floor. Return to starting position. Alternate.

Sources: acefitness.org/education-and-resources/professional/prosource/september-2014/4975/best-exercises-for-great-legs-and-pain-free-knees
acefitness.org/education-and-resources/lifestyle/blog/3551/are-all-lunges-created-equal

MAXIMUS AND HAMSTRING MUSCLES.

GET A LEG UP

PERFORM EACH MOVE FOR 4 SETS OF 10 REPETITIONS WITH 1 MINUTE OF REST BETWEEN EACH SET.



1 RESISTANCE BAND SQUAT

Step on the center of the band, feet shoulder-width apart, a handle in each hand. Bring handles to shoulder height, palms forward. Bend knees until thighs are parallel to the floor. Push off from heels and return to starting position. Repeat.



2 GLUTE BRIDGE

Lie on your back, knees bent and feet flat on the floor. In a controlled motion, squeeze your glutes and raise your hips toward the ceiling. Do not arch your back. Slowly lower hips back to starting position.



3 SPLIT SQUAT

Stand with one leg stretched out in front, a dumbbell in each hand. Lower the front leg until thigh is parallel to the floor. Return to starting position.



4 CALF RAISES

With feet hip-width apart and hands to each side, slowly lift your heels up, standing on balls of feet. Hold for 1 second, then return to starting position.



5 KETTLEBELL SWING

With feet wider than hip-width apart, grab a kettlebell handle with both hands, palms down. Drive hips back, maintaining a slight bend in both knees. Drive hips forward, swinging kettlebell upward while engaging glutes and core.

“DO LIGHT JOGGING AND DYNAMIC STRETCHING BEFORE A LEG WORKOUT. TAKE TIME TO PERFORM EACH MOVEMENT THROUGH THE FULL RANGE OF MOTION, THEN ADD RESISTANCE TO THE MOVEMENT.”

—Daira Driftmier
Certified Personal Trainer
and Director of Hy-Vee KidsFit
and Hy-Vee Fitness

6 DUMBBELL ROMANIAN DEADLIFT (RDL)

Stand, holding a dumbbell in each hand in front of your thighs, feet hip-width apart. Slowly hinge at the hips, sitting your butt back with a slight bend in the knees, and lower weights to the knees. Slowly bring your hips forward and return to starting position.



7 SIDE-LYING LEG RAISES

Lie on your side, head resting on your palm. Slowly lift your top leg 45 degrees from the floor. Lower to starting position.

GLUTEUS MAXIMUS IS THE LARGEST MUSCLE IN THE BODY. ALONG WITH THE OTHER TWO GLUTEAL MUSCLES, IT SUPPORTS PROPER POSTURE AND HIP MOVEMENT.



GROWTH HORMONE THAN MACHINE LEG PRESSES.

A STUDY IN THE JOURNAL OF STRENGTH AND CONDITIONING RESEARCH FOUND

THAT SQUATS GENERATE MORE

TESTOSTERONE AND

CHECK YOUR LOCAL HY-VEE HEALTHMARKET FOR THESE ITEMS AND MORE TO UP THE CHALLENGE OF YOUR NEXT LEG WORKOUT.



HAND WEIGHTS

Use during squat or deadlift variations, or to add difficulty to lunges.



RESISTANCE BAND

Substitute as a lower-impact alternative to resistance exercises like barbell squats.

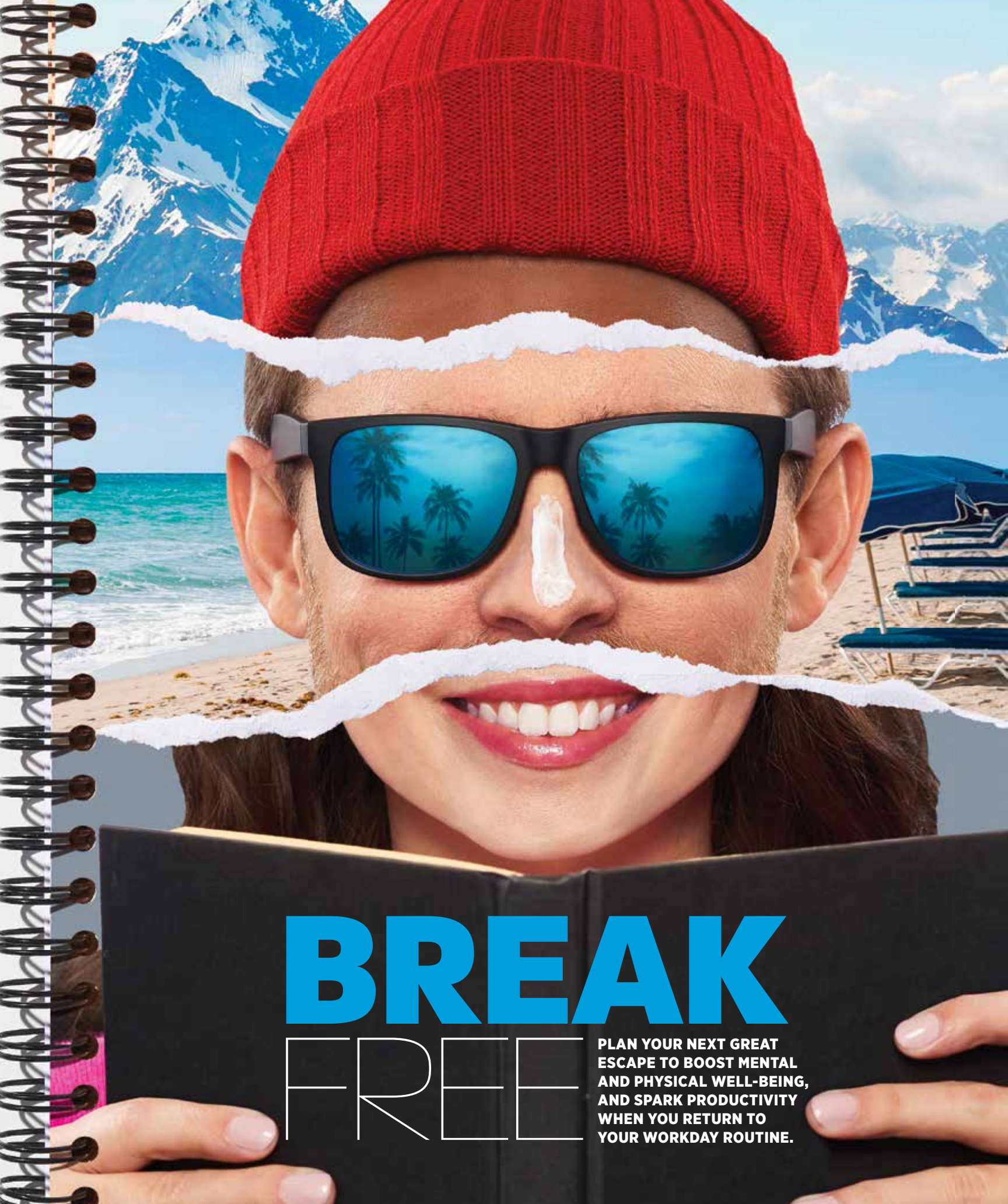


KETTLEBELL

Perform exercises like the kettlebell swing that focus on muscle endurance and the cardiovascular system.

Sports Nutrition Guide

Perform your best with dietitian tips and recipes at [Hy-Vee.com/recipes-ideas/advice-how-tos/cooking-guides/](https://www.hy-vee.com/recipes-ideas/advice-how-tos/cooking-guides/)



BREAK FREE

PLAN YOUR NEXT GREAT
ESCAPE TO BOOST MENTAL
AND PHYSICAL WELL-BEING,
AND SPARK PRODUCTIVITY
WHEN YOU RETURN TO
YOUR WORKDAY ROUTINE.

WORDS Beau Berkley PHOTOS Tobin Bennett; iamnong/Shutterstock (mountains); goodmoments/Shutterstock (beach); De Visu/Shutterstock (palm trees)

Time off from your routine can reduce worry and stress. No plans of being whisked to a sandy beach? No worries. Experience stress-free benefits even if you're homebound. In fact, the benefits of a little R & R go beyond peace of mind. A study in the *Journal of Nutrition, Health and Aging* found that those with high-stress jobs who take time off increase their chances of longevity. In addition, taking breaks has been associated with decreased depression, greater satisfaction in relationships and

a better diet while at work. Some workers may be hesitant to take time off. According to a recent study from the U.S. Travel Association, 52 percent of American workers do not use all of their vacation days, citing reasons such as fear of returning to too much work and the perception of disloyalty. However, research suggests that taking time off may improve your bottom line. In a 2016 study from the U.S. Travel Association, workers who took more than 11 days off were more likely to receive a raise or bonus. Cha-ching!

TIME AWAY FROM THE OFFICE IS GOOD FOR YOU AND THE ECONOMY. ACCORDING TO A STUDY FROM THE U.S. TRAVEL ASSOCIATION, AMERICANS TOOK AN AVERAGE 17.2 DAYS OF VACATION IN 2017, INJECTING \$30.7 BILLION INTO THE ECONOMY WHILE CREATING 217,000 JOBS.

THERE'S A VACATION FOR EVERY BUDGET. SPEND YOURS HOWEVER YOU WANT. HERE ARE FOUR WAYS TO TAKE TIME OFF:

STAYCATION Savor the comforts of home and time off all at once while saving on cash. Not sure what to do with all your free time? Check out our suggestions on *page 100!*

ROAD TRIP Pile friends and family in the van and head wherever! Save on gas by splitting the cost, and check out landmarks or monuments along the way.

CAMPING A night under the stars may help reduce cortisol, a stress hormone. You'll also avoid pricey hotel rooms, reducing stress when you check your bank account.

FLY AWAY Planes let you visit far-off places in a short(er) amount of time. Research suggests that visiting other countries may enhance creative thinking.

VACATION FORECAST PREDICTING SUNSHINE? MAKE A PIT STOP AT HY-VEE FOR ALL YOUR SUNSCREEN NEEDS TO KEEP SKIN SAFE AND HEALTHY.



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7.99



Banana Boat or
Hawaiian Tropic
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Sources: projecttimeoff.com/reports/the-state-of-american-vacation-how-vacation-became-a-casualty-of-our-work-culture/; eurekalert.org/pub_releases/2018-08/esoc-tav082318.php; wisconsinmedicalsociety.org/_WMS/publications/wmj/pdf/104/6/20.pdf; oxfordeconomics.com/my-oxford/projects/280061; projecttimeoff.com/reports/state-of-american-vacation-2018/; ncbi.nlm.nih.gov/pmc/articles/PMC2793341/; journals.aom.org/doi/abs/10.5465/amj.2012.0575



75%

of respondents to an *Oxford Economics* study working at the managerial level report feeling recharged and refreshed when returning from vacation, while 50 percent feel more focused (useful information for your next contract negotiation).

10

WAYS TO MAXIMIZE YOUR TIME OFF

1

HIT THE SPA

VACATION IS A TIME TO RELAX AND RECHARGE. SPA TREATMENTS LIKE MASSAGE THERAPY CAN LOOSEN TENSE MUSCLES, WHILE FACIALS AND MUD BATHS REMOVE WASTE AND BACTERIA FROM THE SKIN.

2

READ A BOOK

A day off is an opportune time to start (or restart) reading a new book. Reading has been shown to stave off neurological diseases like Alzheimer's and dementia, but only a quarter of Americans say they've read a book in whole or in part in the last year.

3

VOLUNTEER Investing in your community may mean investing in your health. Volunteering has been associated with improved mental and physical health, as well as better health behaviors like regular exercise.

4

MAKE A COCKTAIL

Sitting on the beach sipping a fruity cocktail is nice, but so is saving on tip money. Craft your own cocktail (recipe, *below*) at home!

FROZEN ORANGE MARGARITA SUNRISE

Freeze 1 cup Hy-Vee unsweetened orange juice in ice cube trays. Dip rim of a 10-oz. cocktail glass into water and then immediately into coarse salt. Fill bottom of glass with 1 Tbsp. grenadine; set aside. Combine 2 oz. tequila, 1 oz. triple sec, 1 Tbsp. fresh lime juice and orange juice ice cubes in a blender. Cover and blend until smooth. Spoon into prepared glass. Garnish with a strawberry, lime slice and/or cocktail umbrella. Serves 1.

5

LEARN A NEW SKILL

According to Harvard Health, learning a new skill can help slow age-related cognitive decline. The possibilities are nearly endless: Teach yourself to make sushi, start going to yoga or even learn a new language.

6

DISCONNECT

HEAVY CELL PHONE USAGE HAS BEEN ASSOCIATED WITH SLEEP DISTURBANCES, STRESS AND SYMPTOMS OF DEPRESSION. GIVE YOUR THUMBS A REST AND STASH YOUR PHONE AWAY.

7

EXPLORE LOCAL SURROUNDINGS

Check out a place you haven't been to or have always wanted to visit, like a museum, state park, art gallery, restaurant or shop.

8

CLEAN
TIDYING UP CLOSETS AND ROOMS OR WASHING SHEETS CAN BE CATHARTIC. PLUS, CLEAN SPACES CAN REDUCE STRESS ONCE YOU GET BACK TO YOUR ROUTINE.

9

EXERCISE

You've made time for yourself. Now make time for your health. Physically active adults are less likely to develop cardiovascular disease and some types of cancer. The Centers for Disease Control and Prevention recommend 2½ to 5 hours of exercise spread throughout the week.

10

VISIT FRIENDS OR FAMILY MEET AN OLD FRIEND FOR LUNCH OR VISIT WITH A RELATIVE YOU HAVEN'T SEEN IN A WHILE. STUDIES SHOW THAT PEOPLE WITH STRONG SOCIAL BONDS WITH FRIENDS AND FAMILY EXPERIENCE HIGHER RATES OF HAPPINESS AND FEWER HEALTH PROBLEMS.

Check your local Hy-Vee for all travel essentials. From eye-protecting sunglasses to nutritious snacks, Hy-Vee provides everything you need to conquer the road ahead.

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Land O' Frost Premium or Bistro Favorites Sliced Lunchmeats: select varieties 6 to 16 oz.



Land O' Frost Breakfast Cuts: select varieties 7 oz.



Land O' Frost Deli Shaved Lunchmeat or Canadian Bacon: select varieties 6 to 9 oz.



Wimmer's Wieners, Dinner Links or Smokies: select varieties 12 to 16 oz.



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NEW kids
Snack Bites



Kashi Cereal, Bars, Cookies or Crackers: select varieties 6.15 to 16.3 oz. 2/6.00



Kashi Frozen Entrees or Waffles: select varieties 9 to 10.1 oz. 2/6.00



Kellogg's Pop-Tarts: select varieties 13.5 to 14.7 oz. 2.48



Pringles Mega: select varieties 6.8 to 7.2 oz. 1.98



Kellogg's Nutri-Grain Bars: select varieties 5.3 to 10.4 oz. 2.99



Hunt's Tomatoes:
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Snack Pack
Pudding or Gel:
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Sloppy Joe:
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Green Giant
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Spirals, Protein Bowls
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Green Giant Cauliflower
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Made with over 80% cauliflower, this veggie-packed crust has half the calories* of traditional
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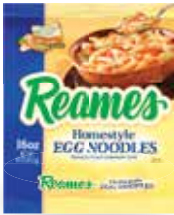
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Mezzelune Pasta With Alfredo Shrimp Sauce

Cook 1 (9-oz.) pkg. Gustare Vita refrigerated basil and mascarpone cheese mezzelune according to package directions; drain and keep warm. Melt 1 Tbsp. Hy-Vee unsalted butter in a large skillet over medium-high heat. Add 1 lb. Hy-Vee Fish Market shrimp and 2 cloves minced garlic. Cook for 2 minutes

or until shrimp turns opaque. Stir in ¾ cup Gustare Vita Alfredo sauce and ¼ cup Parmesan cheese; heat mixture through. Transfer mezzelune to a serving bowl. Top with shrimp and Alfredo sauce. Sprinkle parsley over top. Serve with additional Parmesan cheese and lemon wedges, if desired.



Hy-Vee Fish Market Raw Shrimp 51 to 60 ct., 16 oz. 6.99



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The Tropics

Prep: 10 min. Makes: 2 servings

- 1 DOLE® Banana
- 1 cup fresh pineapple, diced
- 1-1/2 teaspoon almond butter
- 1 cup coconut water
- 1 teaspoon chia seeds

Combine fresh pineapple and banana in an emulsifier blender. Cover; blend until smooth. Add almond butter, coconut water and chia seed, blend.

Per Serving: 150 calories, 3.5g fat (.5g sat.), 0mg cholesterol, 130mg sodium, 630mg potassium, 30g carbohydrate (5g dietary fiber, 19g sugars), 3g protein; 80% Vit. C, 6% calcium, 6% iron, 20% Vitamin B6, 60% Manganese

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hy-vee.com



Generics as low as \$4

See your Hy-Vee pharmacist for details. A complete list is available at Hy-Vee.com.

Hy-Vee pharmacy

Some restrictions may apply. Not applicable with all insurance plans. MN and WI state law restrictions apply.



BREAKFAST IS SERVED!



wrapped to go
— SEALED —
FRESH



DANISH



JUMBO DONETTES™



CINNAMON ROLLS

Find these breakfast pastries next to your other favorite Hostess® items!

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Hy-Vee provides:

- Free aids and services to people with disabilities to communicate effectively with us, upon request or when necessary, such as:
- Qualified language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
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- Qualified interpreters
- Information written in other languages upon request

If you need these services, contact your local pharmacist. If you believe that Hy-Vee has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Hy-Vee Civil Rights Coordinator, Attn: Legal Dept., 5820 Westown Parkway, West Des Moines, IA 50266, 515-267-2800, Fax 515-327-2162, legalnotices@hy-vee.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Hy-Vee Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave. SW, Room 509F, HHH Building, Washington DC 20201, 800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-874-3972.

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-866-874-3972.

PHOTOS: Tobin Bennett

what the hack?

GRIND IT UP

A coffee grinder can handle much more than beans. Explore new ways to utilize this handy countertop gadget.

SUPER SEASONING

COMBINE YOUR FAVORITE HERBS AND SPICES IN THE GRINDER TO CREATE A MOUTHWATERING DRY RUB.



quick clean

To clean your grinder—and prevent your next cup of joe from tasting funny—grind up dry rice and dispose of the pieces. Thoroughly wipe the inside with a damp paper towel.



DIY BREAD CRUMBS

Tear slices of bread into small pieces and grind for quick and easy bread crumbs.



Go for a spin with **Grind It Up** at HSTV.com

smoothie topper

Toss in bits of your favorite freeze-dried fruit for a finely ground smoothie topper.

FEED A CHILDHOOD WITH MILK

Milk's nutrition helps make summer playful. Unfortunately, millions of families may be missing out on it.



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DONATE WITH PURPOSE AT CHECKOUT

For every contribution of \$5, one half-gallon of milk or more based on local markets will be secured and delivered by Feeding America® on behalf of its national network of food banks. Valid April 2, 2018 – April 1, 2019. ©2018 America's Milk Companies®

samples

EXPLORE OUR FLAVORS

Taste your way through Hy-Vee every Friday and Saturday through the month of March.

FRIDAY, MARCH 1:
4 P.M. TO 7 P.M.
SATURDAY, MARCH 2:
11 A.M. TO 2 P.M.

Produce: Honey Sunset Plums
Meat: Hy-Vee True Choice New York Strip Steaks with Cookies Flavor Enhancer
Seafood: Lobster Mac & Cheese Entrées
Charcuterie: Veroni Sampler
Cheese: Cahill's Irish Cheddar with Porter Beer Cheese
Deli: Di Lusso Sweet Heat Chicken
Hickory House: Boneless BBQ or Buffalo Chicken Wings
Italian: Single-Topping Pizza
Chinese: NORI Crunchy or Crispy Sushi Roll
Bakery: Gourmet Cinnamon Rolls
Beauty: P&G Beauty Herbal Bio: Renew + Pantene Trial-Size Pack; Burt's Bees Sample Packs



Veroni Sampler

FRIDAY, MARCH 8:
4 P.M. TO 7 P.M.
SATURDAY, MARCH 9:
11 A.M. TO 2 P.M.

Produce: Fresh Ripe Mangoes
Meat: Prime Reserve Sirloin Steaks with Steak Butter
Seafood: Bristol Bay Salmon
Charcuterie: La Quercia Borsellino
Cheese: Claddagh Bó Aged Irish Cheddar Cheese
Deli: Tuna Salad Harvesters
Hickory House: New Orleans Seafood Salad
Italian: Gourmet Veggie or Crab Rangoon Pizza
Chinese: Buy-2-Get-1-Free NORI Sushi Single Rolls
Bakery: Pretzel Bread and Cheese
Frozen: Tyson - Any'tizers & Wings
Dairy: Chobani Less Sugar Greek Yogurt - Tote Bag Giveaway
Pantry: Mondelēz - Triscuit Wheat Berries; Kraft Kool-Aid Sours; Kraft Planters Nut Clusters; Hormel - Di Lusso Corned Beef; Hormel - Skippy PB & Jelly Minis

FRIDAY, MARCH 22:
4 P.M. TO 7 P.M.
SATURDAY, MARCH 23:
11 A.M. TO 2 P.M.

Produce: Fresh Ripe Mangoes
Meat: Choice Reserve New York Strips with A-Rent-a-Chef Seasoning
Seafood: Seared Fair Trade Ahi Tuna Steaks
Charcuterie: Columbus Charcuterie Sampler
Cheese: Wisconsin Fresh Cheese Curds
Deli: Di Lusso Chili Pepper Turkey
Hickory House: Buffalo Chicken & Spinach Artichoke Dip
Italian: Single-Topping Pizza
Chinese: NORI Sushi Platter
Bakery: Gourmet Cinnamon Rolls
Pantry: Coke - Orange Vanilla Singles; KDP - Snapple New Lemonade Flavor; B&G Protein Bowls

Mini Cinnamon Rolls

Fresh Ripe Mangoes

Boneless Buffalo Chicken Wings

FRIDAY, MARCH 15:
4 P.M. TO 7 P.M.
SATURDAY, MARCH 16:
11 A.M. TO 2 P.M.

Produce: Honey Sunset Plums
Meat: Angus Reserve Ribeye Steaks with Daddy Hinkle's Marinade
Seafood: Fish-and-Chips, Sea Cuisine Encrusted Tilapia, Salmon or Cod
Charcuterie: Prosciutto with Kerrygold Irish Butter on a Fresh Baguette
Cheese: Kerrygold Irish Cheeses
Deli: Di Lusso Corned Beef with Swiss
Hickory House: Mint Cheesecake
Italian: Calzones *New!*
Chinese: Asian Dips & Wonton Chips
Bakery: Texas Coffee Cakes/Dream Bars
Pantry: Post - New Cereal Flavors; Conagra - New Angie's White Cheddar Puffs; Hormel - Di Lusso Corned Beef

FRIDAY, MARCH 29:
4 P.M. TO 7 P.M.
SATURDAY, MARCH 30:
11 A.M. TO 2 P.M.

Produce: Honey Sunset Plums
Meat: Prime Reserve Sirloin with Deck Project Steakhouse Seasonings
Seafood: Shrimp Quesadillas
Charcuterie: Veroni Sliced Nuggets
Cheese: Sartori Black Pepper BellaVitano
Deli: Hy-Vee True Deli Meats
Hickory House: Cheesecake *New!*
Italian: Family-Style Vegetable Lasagna
Chinese: Asian Dips & Wonton Chips
Bakery: Mini Cinnamon Roll Tray
Pantry: Hormel - Di Lusso Honey BBQ Chicken

Boneless BBQ Chicken Wings

PHOTO Tobin Bennett



**THAT'S
GOOD!**

real, nutritious deliciousness

THIS COMFORT FOOD ALSO HELPS COMFORT HUNGRY CHILDREN.

WHEN YOU PURCHASE "O, THAT'S GOOD!"
PRODUCTS FEATURING THE HY-VEE ONE
STEP LOGO, A PORTION OF PROCEEDS GO
TO THE BACKPACK PROGRAM™, WHICH
HELPS KIDS SUCCEED BY MAKING SURE
THEY DON'T GO HUNGRY ON WEEKENDS.



HyVee
ONE STEP

For every purchase of any "O, That's Good" product at a Hy-Vee store, Hy-Vee will donate \$0.16 of the purchase price to the Backpack Program™. For more information on the Backpack Program™, visit OneStep.Hy-Vee.com/OThatsGood