March

Prices good March 1-31, 2019

HY-VEE SEASONS

FOOD | LIFE | HEALTH

march

Prices good March 1-31, 2019
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.

---

SCORE BIG TIME

GO FOR 3

---

WHAT YOU’RE SAYING...

YOU SAID:
“Strawberries make me happy!!!”
@Smallschooltea1

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

---

CONNECT WITH
@Hy-Vee.com
Hormel Natural Choice Snacks: select varieties 2 to 2.7 oz. $2.49

Hormel Natural Choice Luncheon Meat: select varieties 5 to 6 oz. $3.56

Hormel Natural Choice Bacon: select varieties 12 oz. $5.99

Hormel Natural Choice Flatbread Kits: select varieties 4.4 or 4.5 oz. $3.68

Hormel Natural Choice Italian Meats: select varieties 4 oz. $2.98

**PILE ON THE TASTE WITH 100% NATURAL**

**MAKE THE NATURAL CHOICE**

“I guess that’s the gift I have. I can choose to find something funny.”

Actress Judy Greer

“I’ll be doing the SKIT series on Comedy Central.”

**MARCH INTO SPRING**

34 THROW THE BEST MARCH MADNESS WATCH PARTY

42 GET TO KNOW AMERICA'S FAVORITE CO-STAR, JUDY GREER

50 GRILL UP THE PERFECT BURGER

80 CELEBRATE ST. PATRICK’S DAY THE RIGHT WAY

98 MAKE MORE OF YOUR TIME OFF
MARCH 2019

food
9 BASICS
Find out the best ways to use sweet potatoes.
13 WINE & SPIRITS
Fill your glass with one of three Irish-themed cocktails.
17 COOKING 101
Learn the proper way to tear a steak from home.
25 BETTER EATS
Breakfast just got better with our healthier breakfast pizza.
50 BREAK OUT THE GRILL
Grill the perfect burger. It’s easy with Hy-Vee’s new line of ready-to-grill Wahlburgers.
54 THE UNSTOPPABLE Pursuit of the Best
When it comes to meat, Hy-Vee is unstoppable.
56 FAST EATS
Start your day with a quick and satisfying breakfast to go.
62 SEA TO SHORE
Hy-Vee’s commitment to sustainably raised seafood.
72 TRULY AMazing
Hy-Vee’s better-for-you line of True meats.

life
19 THINGS
Give your pup the food he or she needs to live a healthy life.
21 BLOOMS
Make a promposal—or simply brighten someone’s day—with a spring flower arrangement from Hy-Vee.
34 MAD ABOUT HOOPS
Find out what all the hoopla is about. Then host a watch party as the best basketball teams go head-to-head this month.
42 THIS IS REAL LIFE: Judy Greer
One of America’s favorite co-stars explains why laughter is part of her make-up.
69 THE FINAL COUNTDOWN
Graduation day is just around the corner. Time to get started with party planning. Our tips make it simple.
80 31 WAYS TO CELEBRATE St. Patrick’s Day
There are 31 days in the month and 31 Irish ideas on how to bring out the Irish in everyone.
123 WHAT THE HACK?
Alternative ways to use a coffee grinder.

health
27 DIETITIAN TIPS
Taking a car trip this spring? A Hy-Vee dietitian explains how to leave bad eating habits by the side of the road.
29 EXERCISE
See how a simple plyometric box can help with strength and conditioning.
30 BODY
Load up on the protein, fiber and healthy fats found in hempseeds.
76 FOODS THAT PROMOTE HEALING
Nature has her own medicine cabinet. It’s called good nutrition. See how it works.
90 TOUGH SPOT
Acne affects everyone at some point. See how to treat it for the long-term health of skin.
94 LEG DAY
Kick up your metabolism and boost muscle growth with these lower-body exercises.
98 BREAK FREE
Taking a break—a vacation or staycation—offers physical and emotional benefits.
basics

SWEET POTATO

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.

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).

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

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

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
1 tsp. kosher salt
1/2 tsp. black pepper
1 Tbsp. water
1 cup Hy-Vee all-purpose flour
1 tsp. garlic powder
2 Tbsp. grated Parmesan cheese
1 cup diced jalapeño pepper
3/4 cup frozen corn, thawed
3/4 cup Hy-Vee low-moisture, part-skim mozzarella string cheese sticks, each cut into 5 (1/2-in.) pieces, or 13 Hy-Vee mild Cheddar cheese cubes
1/2 cup Hy-Vee nonstick cooking spray

1. Preheat air-fryer to 350°F according to manufacturer’s directions.
2. Place sweet potatoes in a microwavable-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 mg cholesterol, 220 mg sodium, 7 g carbohydrates, 1 g fiber, 3 g sugar (0 g added sugar), 2 g protein.

Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 2%
NEW!

MEET OATMILK

CREAMY & CRAVEABLE

Silk Oat Yeah:
select varieties
64 oz.
1.99

Silk Cold Brew Coffee:
select varieties
48 oz.
4.99

So Delicious Organic Almond Milk:
select varieties
48 oz.
3.99

Silk Almond Milk:
select varieties
96 oz.
3.99

Stōk Cold Brew Coffee:
select varieties
48 oz.
4.99

So Delicious Frozen Pints:
select varieties
16 oz.
4.49

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.

Finagren’s is a traditional Irish whiskey perfect for drinking straight or mixing in cocktails. Comparable to top-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

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 top-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
Green Bloody Mary
with Pickled Green Beans

Hands On 25 minutes
Total Time 25 minutes
Serves 4

Ingredients:
- 1½ lb. tomatillos, husked and chopped
- 3 cups yellow cherry tomatoes
- 1 cup peeled and chopped cucumber
- ⅔ 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

Instructions:
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, ½ 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.
TASTES GRILLED. BECAUSE WE GRILLED IT.

Johnsonville Flame Grilled Sausage Links: select varieties 1.89

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.

**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.

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.

HOW TO SEAR STEAK
This simple steak-cooking technique builds caramelized flavor with tender, juicy results.

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

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

Find us in the juice aisle
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.

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

Whitewater Mixed Bouquet
each
35.00
(vase not included)

Calla Lily
4" pot
12.00

Spring Bulb Bouquet
each
35.00
Sheer Gathering Vase
6.00

Gerbera Daisy
6" pot
15.00

Rose Plant in Spring Wrap
6/10.00

Ferrero Rocher
Hollow Squirrel
3.1 oz.
4.49

Ferrero Rocher
Spring Bulb Bouquet:
select varieties
3.0 oz.
3.59

Ferrero Grand Rocher
4.4 oz.
5.99

Ferrero Hazelnut or Cocoa Egg:
select varieties
2.0 oz.
5.99

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

Ferrero Rocher
Hollow Squirrel
3.1 oz.
4.49
MARCH MADNESS SALE!

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

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

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

**LIGHTER BREAKFAST PIZZA**

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

Per serving: 270 calories, 14g fat, 20g carbs, 450mg sodium

**Hands On: 30 minutes**

**Total Time: 2 hours**

**Serves: 8 (1 slice each)**

1. **COMBINE** 1 cup plus 1 Tbsp. Hy-Vee 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 ⅛ 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 push 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.

7. 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, 14g fat, 20g carbs, 450mg sodium, 2g protein, 1g fiber

**Daily Values:** 0% Vitamin D, 20% Calcium, 10% Iron, 2% Potassium

**PHOTO** Greg Scheidemann

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

Better eats

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

ON THE ROAD

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

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.
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.

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, TRICERAS, 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.

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

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.
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.

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.

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.

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.

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

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.
Armour Summer Sausage
20 oz.
5.49

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

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

Curly’s Coney Island Dogs
3 oz.
2.99

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

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

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

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

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
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.

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

Mad About Words

Luke Miller

Mad About Photos

Tobin Bennett

EXPLAINED

The NCAA Division I tournament 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.

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

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

MARCH 23-24 ROUND OF 32 64 teams play in four regions.

MARCH 25-26 SWEET 16 32 teams play in regional semis.

MARCH 28-29 ELITE EIGHT 16 teams play in regional finals.

MARCH 30-31 NATIONAL CHAMPIONSHIP 8 teams play in national semifinals.

APRIL 6 FINAL FOUR 4 teams play in national finals.

APRIL 8 NATIONAL CHAMPIONSHIP 2 teams play in national finals.

Sources: printableteamschedules.com/NCAA/marchmadness.php
smithsonianmag.com/history/when-did-filling-out-march-madness-bracket-become-popular-180950162/

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.
SLAM DUNK COOKIES

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!

ARTICHOKE DILL DIP
Preheat oven to 350°F. Bake for 13 to 15 minutes or until cheese is melted and petals and chopped. Transfer mixture to prepared baking dish. Sprinkle with ¼ tsp. Hy-Vee grated Parmesan cheese. Bake 20 to 25 minutes or until bubbly and lightly brown on top. Serve with pita chips or Hy-Vee Short Cuts.

CHEESY PIZZA BITES
Pre heat oven to 400°F. Lightly spray 1 (17.3-oz.) pkg. Pepperidge Farm frozen puff pastry sheets (2 sheets) in refrigerator overnight. Preheat oven to 425°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 ⅛ 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 petals and chopped. Garnish with additional Hy-Vee grated Parmesan cheese and fresh parsley. If desired. Cool for 5 minutes before serving. Serves 18 (1 each).

CRUNCHY RANCH OYSTER CRACKERS
Combine ¾ cup Hy-Vee ranch dressing and seasoning mix, 1½ tsp. Hy-Vee dried dill weed and 1½ 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. Serve 20 (½ cup each).

Hy-Vee Grated Parmesan Cheese: select varieties 8 oz. 2.99
Hy-Vee Can Artichoke Hearts: 14 oz. 2.28
Hy-Vee Select Pita Chips: select varieties 10 or 8 oz. 2.99
Kitchen Fresh Mixed Pizza Sauce: 16 oz. 1.28
PepsiCo’s Mini Tide Chips: 2.5 oz. 1.40

3-Point Play
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.

PLAN
1. Decide on the scope of the party. It is for multiple games in the early rounds or a single big game?
2. Set the stage with basketball-themed decorations, including streamers in your team’s colors.
3. Plan the menu. Stick with foods you can make in advance and refrigerate. Or let Hy-Vee Catering do the heavy lifting.

PREPARE
• Involve 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.

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!).

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

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.

HOW TO HOST A GREAT PARTY

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 5 minutes more or until chicken is done (165°F). Place wings in a 5-qt. slow cooker set on warm-heat setting.

2. Buffalo or BBQ Boneless Wings: select varieties 6.99 lb.

MEATY WINGS

Cookies Wings ‘n’ Things Hot Sauce: 16 fl. oz. 2.88 ea.

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

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

Scotcheroos Tray
24 ct.
19.99

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

High Cheese

You Choose!

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.
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!’”
Whether the famous horses spurned on Greer’s innate comfort in the spotlight isn’t clear. Somewhere deep inside her was a desire to perform. That’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 was no limit to what you could do,” she 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 really about the horse trainer who sent his horse away to Budweiser Clydesdales 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.”

Jennifer Garner—13 Going on 30
Jenifer 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
Judy Greer—Arrested Development
Jim Carrey—Showtime’s Kidding

My wife and I met in Chicago, where she was 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, “They’re a constant reminder of our marriage and each other a priority. I think it’s the most precious thing you could have.”
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 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’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 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 humor in a world that is kind of terrifying?
A. I guess that’s the gift I have. I can choose to find something funny. It’s not going to necessarily be about the topic that is horrific, but it’s a magical quality and I try to surround myself with people who have it.
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-down shirts and blazers. More importantly, she worked so everyone’s part mattered—even the bit players.

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!’”

**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!’”*

**WHEN IN DOUBT, SING LOUD,** she said, which I think about every day of my life.

**IF YOU’RE GOING TO FAIL, FAIL BIG,** says Greer, who credits an acting teacher, Miss Pat Hutchinson, with giving her advice.

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.*

**WHEN IN DOUBT, SING LOUD,**” she said, which I think about every day of my life.

**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.
THE GRILL

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.

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. These fast-casual restaurants feature family-friendly service, great-tasting comfort foods and chef-inspired dishes.

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.

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!
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 bake 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 times for desired doneness (about 10 minutes for a 6-oz. burger to reach medium doneness). Flip burgers only once, either through the grilling process, to avoid overcooking the outside edges.

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

MORE TO GRILL

Gourmet Bacon-Wrapped Sudan Pepper Patties: select varieties 5 oz. 2/3.99
Gourmet Brisket Burgers: select varieties 1.33 lb. 7.99
Gourmet Ground Chuck Sliders: select varieties 1.875 lb. 12.00
Gourmet Brisket Burgers: select varieties 4 oz. 2/6.00
Gourmet Ground Turkey Patties: select varieties 3.7 oz. 3/3.00

TOPPERS & SIDES

Make a good burger even better with toppings 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.

Fresh Ground Turkey Patties
93% lean, 7% fat
5 oz. 2/3.99

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

Gourmet Brisket Burgers: select varieties 4 oz. 2/6.00

Poblano Peppers
5.99 lb.

Toppings & Side Dishes

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

Gourmet Brisket Burgers: select varieties 4 oz. 2/6.00

Gourmet Turkey Patties: select varieties 3.7 oz. 3/3.00

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.

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.

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

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

Hy-Vee Choice Reserve Bacon-Wrapped Beef Sirloin Fillet
5 oz. 2/3.99
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.

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.”

Hy-Vee Prime Reserve-grade beef is in a class all its own, with heavy marbling and very rich flavor. It’s a stand-out 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
**Keto Sausage, Egg & Cheese Sandwich**

**Hands On: 5 minutes**
**Total Time: 15 minutes**
**Serves: 1**

- **1** low-carb bagel, split and toasted
- 1 Tbsp. Hy-Vee Select Hy-Vee black pepper
- Hy-Vee salt
- 1 Hy-Vee large egg
- 1 slice Hy-Vee turkey bacon, Hy-Vee nonstick cooking spray

**Total Time: 10 minutes**
**Hands On: 10 minutes**
**Serves: 2**

- 3 large Swiss chard leaves
- 1 Tbsp. Gustare Vita olive oil
- 1 cup chopped yellow potatoes
- 1 Tbsp. Gustare Vita olive oil
- 3 large Swiss chard leaves
- 1 (0.5-oz.) slice Hy-Vee cracker-bread
- 1 Hy-Vee large egg
- 1 slice Hy-Vee turkey bacon, 
- 1 cup Hy-Vee Short Cuts chopped onions
- 1 cup Hy-Vee Short Cuts chopped red bell peppers
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. fresh Italian parsley

**Total Time: 10 minutes**
**Hands On: 4 minutes**
**Serves: 1**

- 1 Tbsp. Hy-Vee Select Hy-Vee salt and black pepper
- ¼ tsp. chopped Italian parsley
- ¼ tsp. chopped fresh basil
- 1 Hy-Vee large egg
- 1 slice Hy-Vee turkey bacon,
- 1 Tbsp. Hy-Vee Select Hy-Vee black pepper
- 1 Tbsp. Hy-Vee Select Hy-Vee salt
- 1 Tbsp. Hy-Vee Select Hy-Vee turmeric

**Total Time: 4 minutes**
**Hands On: 2 minutes**
**Serves: 1**

- 1 Tbsp. water
- 2 Tbsp. tahini
- 2 Hy-Vee Short Cuts garlic
- ½ cup Hy-Vee Short Cuts chopped onions
- 1 Tbsp. Gustare Vita olive oil
- 3 large Swiss chard leaves

**Per serving:**
- Calories: 300
- Fat: 18 g
- Saturated fat: 0 g
- Trans fat: 4.5 g
- Cholesterol: 0 mg
- Sodium: 170 mg
- Carbohydrates: 20 g
- Dietary fiber: 5 g
- Sugar: 0 g
- Protein: 15 g

**Vegan Breakfast Burrito**

**Hands On: 4 minutes**
**Total Time: 10 minutes**
**Serves: 1**

- Hy-Vy-nomick cooking spray
- 1 slice Hy-Vee turkey bacon, cat 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

**Per serving:**
- Calories: 250
- Fat: 15 g
- Saturated fat: 0 g
- Trans fat: 0 g
- Cholesterol: 0 mg
- Sodium: 220 mg
- Carbohydrates: 18 g
- Dietary fiber: 2 g
- Sugar: 0 g
- Protein: 4 g

**California-Style Bagel Sandwich**

**Hands On: 5 minutes**
**Total Time: 15 minutes**
**Serves: 1**

- Hy-Vy-nomick cooking spray
- 1 slice Hy-Vee turkey bacon, cat lengthwise in half
- 1 Hy-Vee large egg

**Per serving:**
- Calories: 120
- Fat: 15 g
- Saturated fat: 0 g
- Trans fat: 0 g
- Cholesterol: 0 mg
- Sodium: 220 mg
- Carbohydrates: 18 g
- Dietary fiber: 2 g
- Sugar: 0 g
- Protein: 4 g

**Boost your BREAKFAST**

ADD PROTEIN TO AUGMENT BREAKFAST STAPLES

Keep hard-boiled eggs in the fridge for a speedy morning protein boost. Scramble some eggs in a skillet for breakfast or make prep-ahead egg bites (page 58).

ADD MILK TO YOUR MORNING ROUTINE FOR A PROTEIN-PULLED 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.

KEEP HARD COOKED EGGS IN THE REFRIGERATOR. EGGS MAKE A GREAT PROTEIN SOURCE FOR LUNCH OR DINNER (PAGE 52).

CHEESE, PLEASE! 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 eggs for an easy, low-protein boost.
Grab-and-Go Egg Bites

Hands On: 20 minutes
Total Time: 32 minutes
Serves: 4 (2 each)

Hy-Vee nonstick cooking spray
6 Hy-Vee large eggs
1 tsp. Hy-Vee salt
1 tsp. Hy-Vee black pepper
2 tbsp. 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 (1¾-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: 6% Vitamin D, 2% Calcium, 6% Iron, 2% Potassium.

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

*Chobani® Less Sugar Greek Yogurt: 8g sugar; other yogurts: 18g sugar per 5.3 oz serving. ©2019 Chobani, LLC
Committed to Sustainability

B

eing 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’s 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! seafoodsbyhyve.com has recipes and information about all the seafood offered at Hy-Vee.
**Honey-Sriracha Sockeye Salmon**

**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.

**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
- 1 ½ tsp. Hy-Vee salted butter
- 1 Tbsp. Hy-Vee honey
- 1 Tbsp. Hy-Vee Sriracha
- 1 Tbsp. fresh lime juice
- 1 Tbsp. 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%

**Honey Sriracha Sockeye Salmon**

**Seared Ahi Tuna with Sesame-Ginger Dressing**

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

- 10 oz. small red potatoes
- 4 oz. fresh green beans, trimmed
- 1 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%
Seared Scallops & Asparagus Risotto

Total Time 50 minutes  Serves 4
1 lb. fresh asparagus, trimmed
4 cups Hy-Vee 33%-less-sodium chicken broth
1 cup Hy-Vee salted butter, divided
1 cup Hy-Vee Short Cuts chopped white onions
1 tsp. unseasoned Arbois rice
1 cup dry white wine, such as Chardonnay
1 cup Hy-Vee shredded Parmesan cheese
1½ cups uncooked Arborio rice
1½ cups Hy-Vee salted butter, divided
4 cups Hy-Vee 33%-less-sodium chicken broth
1 lb. fresh asparagus, trimmed
cut into 2-in. lengths
1 lb. Fair Trade fresh sea scallops
Lemon wedges, for serving
Lemon zest, for garnish

1. CUT 1 Tbsp. water
1 Hy-Vee large egg, lightly beaten
¼ cup Hy-Vee all-purpose flour
2 Tbsp. Hy-Vee spicy brown mustard
½ cup Hy-Vee light mayonnaise
1 Tbsp. Hy-Vee Dijon mustard
½ tsp. celery seed
¼ tsp. Hy-Vee salt and black pepper
1 (1-lb.) pkg. Paul Piazza E-Z Peel Wild Caught Gulf Shrimp (16 to 20 ct.), peeled and deveined
2 medium tomatoes, sliced
1 (1-oz.) pkg. Hy-Vee Spicy Seafood Seasoning
1 (10-oz.) can Hy-Vee Spicy Seafood Sauce
2 Tbsp. Hy-Vee brown sugar, packed
1 cup Hy-Vee apple cider vinegar

Serves 4

1. MELT ¼ cup butter in a 4-qt. saucepan over medium heat. Simmer, covered, while working on the next steps.

2. COMBINE 1 Tbsp. water and a dash each of salt and pepper, if desired. Add shrimp; toss to coat. Combine mayonnaise, brown mustard and hot sauce in a small bowl; set aside.

3. PAT shrimp dry with paper towels. Combine flour and Old Bay seasoning in a medium bowl. Add shrimp; toss to coat. Combine mayonnaise, brown mustard and hot sauce in a small bowl; set aside.

4. CRISPY SEASONED SHRIMP PO’ BOY

30 minutes  Hands On
40 minutes  Total Time

QUICK-AND-EASY SHRIMP PO’ BOY

40 minutes  Hands On
40 minutes  Total Time

5. HEAT oil in a heavy skillet over medium-high heat. Add scallops and sear about 4 minutes or until opaque, stirring frequently until the broth is absorbed each time. Stir in remaining broth, ½ cup at a time, and continue cooking until liquid is absorbed, stirring frequently. Continue adding broth, ½ cup at a time, and stirring frequently until the broth is absorbed each time. Stirring constantly, let risotto rest for 10 minutes


7. “Seafood Made Easy” Find helpful recipes for deep sea eats at hy-vee.com/recipes-ideas

8. RESPONSIBLY SOURCED 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.

“Seas the Day” Learn how to assemble this Shrimp Po’ Boy at HSTV.com

Add shrimp to toss. 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 buns with salt and pepper, if desired.

“CUT” baquettes crosswise in half to make buns. Drizzle coleslaw mixture among buns; top with tomatoes and crispy shrimp. Dizzle with mayonnaise mixture. Serve immediately.

Add shrimp to toss. 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 buns with salt and pepper, if desired.

“CUT” baquettes crosswise in half to make buns. Drizzle coleslaw mixture among buns; top with tomatoes and crispy shrimp. Dizzle with mayonnaise mixture. Serve immediately.

Add shrimp to toss. 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 buns with salt and pepper, if desired.

“CUT” baquettes crosswise in half to make buns. Drizzle coleslaw mixture among buns; top with tomatoes and crispy shrimp. Dizzle with mayonnaise mixture. Serve immediately.

Add shrimp to toss. 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 buns with salt and pepper, if desired.

“CUT” baquettes crosswise in half to make buns. Drizzle coleslaw mixture among buns; top with tomatoes and crispy shrimp. Dizzle with mayonnaise mixture. Serve immediately.

Add shrimp to toss. 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 buns with salt and pepper, if desired.

“CUT” baquettes crosswise in half to make buns. Drizzle coleslaw mixture among buns; top with tomatoes and crispy shrimp. Dizzle with mayonnaise mixture. Serve immediately.
“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 no no” time to get busy!

THE final countdown

Give your grad the ultimate party. Order everything you need, from eats to decorations, in store or at hy-vee.com

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.

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.
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 toppings: chocolate chips, candies, nuts, granola, fruit and jammed hot fudge, caramel and other toppings.

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

DIY Bar ideas

Flowers: Go simple! A wall display of plants behind your serving table makes a cool statement. A tray of oversized basketballs made from carnations set atop a hoop-inspired cake can be anything in between. Hand them out as take-home party favors.

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 gifts. Order from your Hy-Vee Floral department.

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.

Shopping list

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.
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
1 tsp. Hy-Vee salt
1 tsp. Hy-Vee black pepper
1 Tbsp. Gustarita Vida olive oil
1 cup finely chopped shallots
2 cloves Hy-Vee Short Cuts garlic, minced
1 cup Hy-Vee 33%-less-sodium chicken broth
1 tsp. 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米饭, for serving

1. PATTY dry chicken 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. Add flour to the skillet; add chicken broth and almon. Return skillet to heat and cook over medium-high heat, scraping up any browned bits from skillet. Add all broth, rosemary, and milk, stirring until well combined; add to broth mixture. Cook over medium heat for 3 to 4 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, 45 g protein, 45 g carbohydrate, 15 g saturated fat, 0 g trans fat, 65 mg cholesterol, 45% sodium, 35% totalfat, 5% satfat/sfat, 4% fiber, 0% sugar, 10% added sugar, 2% saturated. Daily Values: Vitamin A 0%, Vitamin C 2%, Calcium 2%, Iron 0%, Potassium 2%

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.

true-fresh

Boneless Chicken Breasts
4.99 lb.

true

If 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 deer 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.

“Raisied 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.
Southwest Pork Chop Salad

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

1 Tbsp. Hy-Vee nonstick cooking spray  
1 tsp. Hy-Vee paprika  
1/2 tsp. Hy-Vee garlic powder  
3 cups Hy-Vee Italian blend salad greens  
1 avocado, peeled, seeded and cut into wedges  
1 Tbsp. fresh lime juice  
1/2 cup Hy-Vee light sour cream  
1 Tbsp. Hy-Vee cayenne pepper  
1 tsp. Hy-Vee salt  
1 tsp. Hy-Vee black pepper  
1/2 tsp. Hy-Vee ground coriander  
1/2 tsp. Hy-Vee ground cumin  
1/4 tsp. salt  
1/4 tsp. Hy-Vee paprika  
1/4 tsp. Hy-Vee white pepper  
1 Tbsp. Hy-Vee white vinegar  
2 Tbsp. Hy-Vee olive oil  
2 cups Hy-Vee Mixed Greens  
2 cups Hy-Vee Black Bean Salsa  
Garnish:
- additional cilantro, if desired.

**Ingredients**
- Center Cut Pork Chops, 1 in. thick  
- Hy-Vee True Boneless top loin pork chops, 1 in. thick  
- Hy-Vee True Choice Boneless top loin pork chops, 1 in. thick

**Instructions**
1. **PREHEAT** oven to 450°F. Place a wire rack on a large rimmed baking pan. Spray rack with nonstick spray; set aside.

2. **MEANWHILE,** for dressing, combine sour cream, lime juice and 1/2 tsp. cumin in a small bowl. 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. For salad, cut pork into slices; arrange on greens. Add avocado wedges. Drizzle with dressing and serve with tortilla strips. Garnish with additional cilantro, if desired.

**Nutritional Information**
- Calories: 312
- Fat: 20 g
- Saturated Fat: 3 g
- Cholesterol: 690 mg
- Sodium: 85 mg
- Carbohydrates: 11 g
- Fiber: 3 g
- Sugars: 0 g
- Protein: 17 g
- Vitamin D: 0 IU
- Calcium: 255 mg
- Iron: 15 mg
- Potassium: 610 mg

**Nutritional Facts**
- Per serving: 39 g total fat, 10% calories from fat; 640 mg sodium; 34 g carbohydrate; 7 g fiber; 27 g protein; Daily Values: Calcium 8% (250 mg), Iron 15% (6 mg), Potassium 6% (1500 mg)

**Additional Information**
- 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—we believe to bring the very best pork from our farm to your table.”

- Lynch Livestock raises Duroc pork, an heirloom breed that promises rich, mouthwatering flavor and superior tenderness and juiciness in all crudo around the world without any added water or ingredients.
**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.

**Vitamin A, C, & K-Rich 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.

**Vitamin K**: Helps blood to clot normally.

**Zinc**: Develops collagen, fights bacteria and viruses and helps wounds heal.

---

**WHAT YOU NEED**

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

**FOODS**

include whole grain cereals, breads, rice and pasta.

---

**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

---

**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

---

**WHAT YOU NEED**

Aims wound healing and controls inflammatory response.

**FOODS**

those with significant levels of vitamins A, C and K, right.

---

**WHAT YOU NEED**

The Dietary Guidelines recommends 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

---

**WHAT YOU NEED**

Get at least the recommended daily amount: 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

---

**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

---

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

Serves 4

Total Time 40 minutes

Hands On 15 minutes

Ingredients

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

Dressings

- ½ cup Hy-Vee re-salt-added black beans, drained and rinsed
- 1 medium tomato, cut into slices
- 1 recipe Fresh Carrot Vinaigrette, right

Healing Buddha Bowl:

1. PREHEAT oven to 450°F. Pat steaks dry and 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, 2 tsp. ginger, 1 tsp. mustard, 2 tsp. vinegar, 1 Tbsp. carrot, 3 Tbsp. Gustare Vita olive oil, 2 Tbsp. honey, 1 tsp. thyme and 1 tsp. salt until well combined. Makes ½ cup.

3. HEAT 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, tomatoes and remaining dressing. Drizzle with Fresh Carrot Vinaigrette and sprinkles with pearled barley and green onion.

Fresh Carrot Vinaigrette:

Place ½ cup chopped sweet potatoes, 3 Tbsp. garlic, 1 Tbsp. honey, 1 tsp. salt, ½ cup reserved poaching liquid and 1 Tbsp. fresh lime juice in a blender. Cover and blend until well combined.Makes ½ cup.

Per serving:

- 640 calories
- 39 g fat
- 21 g saturated fat
- 10 g trans fat
- 9 g cholesterol
- 60 mg sodium
- 47 g carbohydrates
- 9 g fiber
- 30 g added sugar
- 47 g protein
- 20 g iron
- 35% daily value for iron
- 15% daily value for vitamin C
- 10% daily value for calcium
- 10% daily value for potassium
80 SEASONS | March 2019

WAYS TO CELEBRATE ST. PATRICK’S DAY

YOU’RE IN LUCK!

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.

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

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

3. CARAMELIZED BRUSSELS SPROUTS
Indulge in these classic St. Patrick’s Day menu staples, Great food is at the heart of a memorable celebration.

4. BREAD WITH SOUP, STEW OR A LAYER OF CREAMY BUTTER

5. Irish Cheeses: Variety pack
Irish Cheeses: Variety pack

6. Biscuits
Butter Sticks: Kerrygold Irish

7. Pan-Fried Bangers & Irish Cheddar

8. Cheese and Butter in a Biscuit

9. Irish Soda Bread

10. Shortcuts to Success

11. Caramelized Brussels Sprouts

12. Hands On 15 minutes
Total Time 40 minutes
Makes 10 biscuits
6 oz. Kerrygold Irish Cheddar cheese, finely shredded
6 Tbsp. Kerrygold Irish unsalted butter, cut into 1/2-in. pieces
2 cups Hy-Vee all-purpose flour
11/2 tsp. Hy-Vee granulated sugar
2 Tbsp. Hy-Vee baking powder
1 tsp. Hy-Vee baking soda
1 tsp. Hy-Vee salt
1 cup cold buttermilk
1 Hy-Vee large egg
1 tsp. vanilla
1. PREHEAT oven to 400°F. Line a 10x15-in. jelly roll pan with parchment paper. Set aside. Place shredded cheese and cut-up butter in a freezer for 10 minutes.

2. WHISK together flour, baking powder, baking soda, sugar, salt and pepper in a large bowl.

3. ADD cooled and chilled buttermilk and egg to the dry mixture. Using a fork, stir just until the dough holds together. Gently press until dough moistens. 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 10x15-in rectangle. Cut rectangle crosswise into thirds. Stack the pieces to form three layers. Pat roll to 1/8- to 1/4-in. thickness. Using a 21/2-to 3-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.

6. Combine Brussels sprouts, red onion, olive oil, garlic, brown sugar, salt and pepper in a medium bowl. Toss to coat.

7. 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.

8. Pan-Fried Bangers & Irish Cheddar

9. Irish Cheddar

10. Kerrygold Irish Cheddar

11. Kerrygold Irish Cheddar

12. Kerrygold Irish Cheddar

13. Kerrygold Irish Cheddar

14. Kerrygold Irish Cheddar

15. Kerrygold Irish Cheddar

16. Kerrygold Irish Cheddar

17. Kerrygold Irish Cheddar

18. Kerrygold Irish Cheddar

19. Kerrygold Irish Cheddar

20. Kerrygold Irish Cheddar

21. Kerrygold Irish Cheddar

22. Kerrygold Irish Cheddar
**Expert Tip:**

**Sweet Spot**

Make a creamy, cheesy potato soup to celebrate St. Patrick’s Day.

**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.

**12 Apple Tarts**

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

**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.**

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

**15 Corned Beef**

The traditional Irish meal includes cabbage, potatoes, carrots, onions and a dinner roll.

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

---

**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.

---

**11 Bakery Fresh Deli Cookie:**

Select varieties
12 ct.
1.99

**12 Mint Cheesecake:**

28 to 32 oz.
9.99

**13 Hot Reuben Dip**

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

**Ingredients:**
- 1 (8-oz.) pkg. Hy-Vee cream cheese, softened
- 1 cup Hy-Vee sour cream
- 2 cups Hy-Vee finely shredded Swiss cheese
- 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

**Instructions:**
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%

---

**14 Apple Tart**

These apple tarts are a tasty, traditional Irish treat to enjoy.

---

**17 Corned Beef**

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

---

**Hy-Vee Deli Harvest Refried Black Beans**

20 oz.
4.00

---

**Hy-Vee Deli Harvest Reuben Sandwich**

8 oz.
4.00

---

**Hy-Vee Deli Harvest Reuben Sandwich**

8 oz.
4.00

---

**Hy-Vee Deli Harvest Reuben Sandwich**

8 oz.
4.00

---

**Hy-Vee Deli Harvest Reuben Sandwich**

8 oz.
4.00
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.

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

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

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

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.

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.

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

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

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!

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
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.

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 8.8 oz. or 25 ct. 5.49

Dove Body Wash, Body Polish, Mousse or Bath Bombs: select varieties 3.8 to 11.5 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

Results you can believe in

©2019 Unilever

Axe and Final Four are trademarks of the National Collegiate Athletic Association.

©2019 Unilever

@JENNY

MY FAMILY LOVES THIS STUFF

©JENNY

THIS STUFF

©2019 Unilever HYV18007
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.** 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.

**Q & A with Dr. Christopher Huert, Head of Dermatology, Catholic Health Initiatives Omaha, Nebraska**

**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.

**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.
The Iowa Clinic, West Des Moines, Iowa

Q: What’s the first step for managing acne?
A: It’s 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 then get 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-acycrogenic 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 it 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.

Q: Are there any ways to remove excess bacteria and oil?
A: Yes they can. I recommend women look for oil-free, noncomedogenic (does not form blackheads or whiteheads) or non-acycrogenic formulations when looking for certain makeups and foundations.

Q: What’s the first step for managing acne?
A: It’s 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 then get 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-acycrogenic formulations when looking for certain makeups and foundations.

WHAT IS ACNE?

Acne and pimples are common skin conditions that result from the shedding of dead skin cells and the oil is produced by glands under the skin. When the glands produce more oil than the skin is able to absorb, the oil becomes trapped in the skin and can cause inflammation. This inflammation can cause redness, swelling, and even scarring. Acne can be mild, moderate, or severe. Mild acne may only cause a few small, whiteheads or blackheads. Moderate acne may cause larger, red, inflamed nodules and cysts. Severe acne may cause large, red, inflamed nodules and cysts, as well as scarring.

Acne can be controlled through the use of proper skin care and treatment. It is important to wash your face at least twice a day to remove excess oil and bacteria. It is also important to use products that are non-comedogenic (does not clog pores) and non-acycrogenic (does not cause acne). Some acne treatments may include the use of salicylic acid or benzoyl peroxide. These products can help unclog pores and kill bacteria on the skin. It is also important to use sunscreen to protect your skin from the sun’s rays and to avoid the formation of new acne.

Acne can be challenging to treat and it is important to work with a dermatologist to find the best treatment plan for your skin. It is important to remember that acne is a chronic condition and it may take time to see results. It is also important to be patient and consistent with your treatment regimen.

The Iowa Clinic, West Des Moines, Iowa

Q: What’s the first step for managing acne?
A: It’s 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 then get 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-acycrogenic 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 it 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.

Q: Are there any ways to remove excess bacteria and oil?
A: Yes they can. I recommend women look for oil-free, noncomedogenic (does not form blackheads or whiteheads) or non-acycrogenic formulations when looking for certain makeups and foundations.
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.”

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.

LUNGES ARE HIGHLY EFFECTIVE AT ACTIVATING THE GLUTEUS

Lunges are highly effective at activating the gluteus maximus and hamstring muscles.

**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.

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

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

**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

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

May SEASONS | March 2019
**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 dumbbell 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 2 seconds, 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.

6. **Dumbbell Romanian Deadlift (RDL)**
   - Stand, holding a dumbbell in each hand in front of your thighs. Slowly hinge at the hips sitting your butt back with a slight bend in the knees, and lower weight 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.

“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

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

**Kettlebell**

**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.

**Check Your Local Hy-Vee HealthMarkets for These Items and More to Up the Challenge of Your Next Leg Workout.**

Perform your best with dietitian tips and recipes at Hy-Vee.com/recipes-ideas/advice-how-tos/cooking-guides/

**Sports Nutrition Guide**

Perform your best with dietitian tips and recipes at Hy-Vee.com/recipes-ideas/advice-how-tos/cooking-guides/

**Journal of Strength and Conditioning Research Found**

That squats generate more growth hormone than machine leg presses.

**Testosterone and Gluteus Maximus**

Gluteus maximus is the largest muscle in the body. Along with the other two gluteal muscles, it supports proper posture and hip movement.
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.

T ime 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!

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

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.

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).

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

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.

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.
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.

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!

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’VE HAN'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. **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.

10. **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.

**Sources:**
- alzinfo.org/articles/reading-alzheimers-bay
- academia.edu/19753044/Volunteering_is_prospectively_associated_with_health_care_use_among_older_adult
- ncbi.nlm.nih.gov/pubmed/21281471
- ahealthiermichigan.org/2013/04/19/benefits-of-spa-treatments-for-stress-awareness-month/
- health.harvard.edu/blog/learning-new-skill-can-slow-cognitive-aging-201604279502
Land O’ Frost Premium or Bistro Favorites Sliced Lunchmeats: select varieties 6 to 16 oz.

Wimmer’s Wieners, Dinner Links or Smokies: select varieties 7 oz.

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

On The Border Zesty Ranch, Nacho Cheese or Tajín Tortilla Chips: select varieties 8 oz or 9.5 oz.

NEW! ON THE BORDER FLAVORED CHIPS

NOW AVAILABLE AT HyVee

Try your Favorite Flavor Today!
Cracker Barrel Macaroni and Cheese: select varieties 12 or 16 oz. 3.99

Gevalia or McCafé Premium Coffee or Pods: select varieties 1-46 to 12 oz. or 6 to 12 pk. 6.99

Planters Nut-rition Bags: select varieties 5.5 oz. 3.49

Dear Mayer Slider, Delimex Frozen Snacks, TGIF Frozen Snacks or Velveeta: select varieties 7.75 to 24 oz. 5.49

Kellogg’s Pop-Tarts: select varieties 13.1 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 5.5 to 10.4 oz. 2.99

Check out the latest addition to Kashi® by Kids, our new Super Food Bites! Co-created with our Kashi® Kids Crew, these delicious Super Food Bites are Certified Organic and perfect for on-the-go snacking.

© 2019 Kashi Company
**PERFECT CAKE**
HAS NEVER BEEN SO EASY!

**FOR THE LOVE OF CAKE**
- New flavors
- Ready in about 1 minute with no mess
- No artificial flavors
- No colors from artificial sources
- Perfect portion
- Simple ingredients

**TWO NEW PERFECT VARIETIES!**

- **Chocolate Peanut Butter Cake**
  - 4 individual pouches
  - Made with real peanut butter in every bite
  - Naturally flavored with other natural flavors
  - Naturally sweetened with real sugar
  - Ready in about 1 minute with no mess
  - 8.5 to 11.2 oz.
  - 2.58

- **Chocolate Chip Cookie Cake**
  - 4 individual pouches
  - Naturally flavored with real chocolate
  - Made with real chocolate chips
  - Naturally sweetened with real sugar
  - Ready in about 1 minute with no mess
  - 8.5 to 11.2 oz.
  - 2.58

**Trusted brands that you love! Find them all at Hy-Vee!**

---

**Hunt’s Manwich**
- Variety Pack: 28 oz.
- Select varieties
- 1.00

**Marie Callender’s Pies**
- Variety Pack: 28 to 42 oz.
- Select varieties
- 6.99

**Snack Pack Pudding or Gel**
- Variety Pack: 6 oz.
- Select varieties
- 2.38

**Hunt’s Tomatoes**
- Variety Pack: 28 or 29 oz.
- 1.88

**Marie Callender’s Plat**
- Variety Pack: 28 or 42 oz.
- 6.99

**Duncan Hines Perfect Size for 1**
- Variety Pack: 8.3 to 11.2 oz.
- 2.58

**Birds Eye Veggie Made Meals**
- Variety Pack: 21 oz.
- 5.99

**Udi’s Bread**
- Variety Pack: 20 to 24 oz.
- 7.99

**EVOL or Gardein Single-Serve Bowls**
- Variety Pack: 7.5 oz. to 9 oz.
- 3.99

**Mrs. Butterworth or Log Cabin Syrup**
- Variety Pack: 24 fl oz.
- 2.99

---

Because breakfast only happens 7 days a week.

Made with real cream, Reddi-wip just took the most important meal of the day to the next level.
NO FUSS VEGGIE CRUST

CAULIFLOWER PIZZA CRUST IS HERE

Add more veggies to your next pizza night with Green Giant™ Cauliflower Pizza Crust!

Made with over 80% cauliflower, this veggie-packed crust has half the calories* of traditional pizza crust and is so convenient—just add your favorite toppings, heat and eat!

*Green Giant Cauliflower Pizza Crust contains 40 calories per 53g serving. All leading brands of popular bone pizza crust contains 120 calories per 53g serving.

Mama Mary’s 12-in. Pizza Crusts: select varieties 2 ct.
2 for $4.99

Old Orchard Frozen 100% Grape or Pineapple Juice:
select varieties
12 oz.
$1.99

Old Orchard Frozen 100% Apple or Blends:
select varieties
12 oz.
$1.88

Old Orchard Frozen 100% Grape or Pineapple Juice:
select varieties
12 oz.
$1.99

Why Buy frozen?
- More Economical
- Convenient to store
- Leak Proof can (microwavable)
- Environmentally Friendly
- Fresh Picked Taste
- Simple to Make
- Broad Variety of Flavors

March is Frozen Food Month!

Old Orchard frozen juice concentrates are fresh when you make them and taste great!

Find your flavor at oldorchard.com
This spring, don’t just clean, protect* with Lysol®

**WHAT IT TAKES TO PROTECT™**

*Help Protect from the spread of germs
**Kills germs on surfaces when used as directed

© 2019 Henkel Corporation. All Rights Reserved.
Frito Lay Lay’s: select varieties 5 to 8 oz. 2.77

Frito Lay Simply or Off the Eaten Path: select varieties 4.5 to 8.5 oz. 3.68

Stacy’s Cheese Petites: select varieties 4 oz. 3.99

Stacy’s Pita Chips: select varieties 18 oz. 5.99

Frito-Lay Wavy: 18 oz. **3.99**

Lipton and Pure Leaf: select varieties 12 or 6 pk., 16.9 to 18.5 oz. 5.49

Babybel Mini Cheese: 18 oz. **7.99**

Laughing Cow Cheese Wedges, Dippers, Cups, and Bel Brand Mini & Crackers: select varieties 2.89 to 5 oz. or 4 pk. **2.99**

Babybel Mini Cheese: 18 oz. **7.99**

Noosa Balance: select varieties 7 or 8 oz. **1.88**

Laughing Cow Cheese: select varieties 5 to 10 oz. **2/9.99**

Hy-Vee’s shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### TEA TIME

Whether you drink it hot or cold, tea is a delicious, soothing beverage. It’s not only free of calories, it also takes kindly to other flavors, such as lemon, mint or honey. Try a refreshing glass of iced tea and see!

### fridge & freezer

Hy-Vee’s shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### TEA TIME

Whether you drink it hot or cold, tea is a delicious, soothing beverage. It’s not only free of calories, it also takes kindly to other flavors, such as lemon, mint or honey. Try a refreshing glass of iced tea and see!

### fridge & freezer

Hy-Vee’s shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### TEA TIME

Whether you drink it hot or cold, tea is a delicious, soothing beverage. It’s not only free of calories, it also takes kindly to other flavors, such as lemon, mint or honey. Try a refreshing glass of iced tea and see!

### fridge & freezer

Hy-Vee’s shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### TEA TIME

Whether you drink it hot or cold, tea is a delicious, soothing beverage. It’s not only free of calories, it also takes kindly to other flavors, such as lemon, mint or honey. Try a refreshing glass of iced tea and see!

### fridge & freezer

Hy-Vee’s shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### TEA TIME

Whether you drink it hot or cold, tea is a delicious, soothing beverage. It’s not only free of calories, it also takes kindly to other flavors, such as lemon, mint or honey. Try a refreshing glass of iced tea and see!

### fridge & freezer

Hy-Vee’s shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### TEA TIME

Whether you drink it hot or cold, tea is a delicious, soothing beverage. It’s not only free of calories, it also takes kindly to other flavors, such as lemon, mint or honey. Try a refreshing glass of iced tea and see!

### fridge & freezer

Hy-Vee’s shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### TEA TIME

Whether you drink it hot or cold, tea is a delicious, soothing beverage. It’s not only free of calories, it also takes kindly to other flavors, such as lemon, mint or honey. Try a refreshing glass of iced tea and see!

### fridge & freezer

Hy-Vee’s shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### TEA TIME

Whether you drink it hot or cold, tea is a delicious, soothing beverage. It’s not only free of calories, it also takes kindly to other flavors, such as lemon, mint or honey. Try a refreshing glass of iced tea and see!

### fridge & freezer

Hy-Vee’s shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### TEA TIME

Whether you drink it hot or cold, tea is a delicious, soothing beverage. It’s not only free of calories, it also takes kindly to other flavors, such as lemon, mint or honey. Try a refreshing glass of iced tea and see!

### fridge & freezer

Hy-Vee’s shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### TEA TIME

Whether you drink it hot or cold, tea is a delicious, soothing beverage. It’s not only free of calories, it also takes kindly to other flavors, such as lemon, mint or honey. Try a refreshing glass of iced tea and see!

### fridge & freezer

Hy-Vee’s shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### TEA TIME

Whether you drink it hot or cold, tea is a delicious, soothing beverage. It’s not only free of calories, it also takes kindly to other flavors, such as lemon, mint or honey. Try a refreshing glass of iced tea and see!

### fridge & freezer

Hy-Vee’s shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### TEA TIME

Whether you drink it hot or cold, tea is a delicious, soothing beverage. It’s not only free of calories, it also takes kindly to other flavors, such as lemon, mint or honey. Try a refreshing glass of iced tea and see!

### fridge & freezer

Hy-Vee’s shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### TEA TIME

Whether you drink it hot or cold, tea is a delicious, soothing beverage. It’s not only free of calories, it also takes kindly to other flavors, such as lemon, mint or honey. Try a refreshing glass of iced tea and see!

### fridge & freezer

Hy-Vee’s shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### TEA TIME

Whether you drink it hot or cold, tea is a delicious, soothing beverage. It’s not only free of calories, it also takes kindly to other flavors, such as lemon, mint or honey. Try a refreshing glass of iced tea and see!

### fridge & freezer

Hy-Vee’s shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### TEA TIME

Whether you drink it hot or cold, tea is a delicious, soothing beverage. It’s not only free of calories, it also takes kindly to other flavors, such as lemon, mint or honey. Try a refreshing glass of iced tea and see!

### fridge & freezer

Hy-Vee’s shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### TEA TIME

Whether you drink it hot or cold, tea is a delicious, soothing beverage. It’s not only free of calories, it also takes kindly to other flavors, such as lemon, mint or honey. Try a refreshing glass of iced tea and see!

### fridge & freezer

Hy-Vee’s shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### TEA TIME

Whether you drink it hot or cold, tea is a delicious, soothing beverage. It’s not only free of calories, it also takes kindly to other flavors, such as lemon, mint or honey. Try a refreshing glass of iced tea and see!
**Mezzelune Pasta with Alfredo Shrimp Sauce**

Cook 1 (9-oz.) pkg. Gustare Vita refrigerated back 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.
**take home the GOODNESS OF KEMPS FROZEN YOGURT & ICE CREAM**

**March is FROZEN FOOD Month**

**Kemps Ice Cream**
- Select varieties: 2.9 oz. 5/5.00
- Kemps Sour Cream
- Kemps Sour Cream
- Kemps Sour Cream

**Sweet Me Creamery Ice Cream**
- Select varieties: 16 oz. 3.88

**Kemps IttiBitz Ice Cream**
- Select varieties: 2.9 oz. 5/5.00

**Kemps Sour Cream**
- Kemps Sour Cream

**Kemps Ice Cream Sandwich or Sherbet**
- Select varieties: 12 ct. or 54 oz. 3.88

**RM Palmer Easter**
- Select varieties: 1.5 oz. 2/3.00

**Brach’s Classic Jelly Bird Eggs**
- 33 oz. 4.99

**Hallmark Cards**
- Select varieties: each
- Buy 3, Save 3.00

**Easter Reese’s or Cadbury Eggs**
- Select varieties: 4 ct. 2/7.00

**Roseart LaurDIY Craft Kit**
- Select varieties: each
- 15% off

**Hot Wheels Disney Cars**
- Each 2/3.00

**The LEGO Movie 2 Minifi gures**
- Each 4.48

**Hot Wheels Monster Trucks**
- Each 3.99

**The LEGO Movie 2 Toys**
- Each 4.48

**Barbie 60th Anniversary Career Doll**
- Each 9.97

**Boys and Girls Figural Bubbles**
- Select varieties: 8 oz. 4.48

**Bubble Blaster**
- Select varieties: each
- 6.97

**Uno Card Games**
- Select varieties: each
- 5.99

**Paper Craft Coloring Books**
- Select varieties: each
- 1.48

**Bubbles 4th Anniversary Career Doll**
- Each 9.97

**Personalized Baskets**
- Surprise every “bunny” in your family with colorful, custom-filled Easter baskets.
- Chocolate bunnies, toy cars, card games, bubbles and coloring books are simple yet thoughtful items to nestle into baskets for your family to enjoy.

**PERSONALIZED BASKETS**

**Lindt Gold Bunny**
- 3.5 oz. 3.69
A Refreshing Taste of Tropical Paradise

**The Tropics**

Prep: 10 min.  Makes: 2 servings

1 DOLE® Banana
1 cup fresh pineapple, diced
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 (1g sat.), 0mg cholesterol, 130mg sodium, 630mg potassium, 30g carbohydrate (5g dietary fiber, 19g sugars), 3g protein; 80% Vitamin C, 6% calcium, 6% iron, 20% Vitamin B6, 60% Manganese

For more information visit Dole.com

©2018 Dole Fresh Fruit, Inc. TM & ® Trademarks of Dole Food Company, Inc.
ORDER YOUR
PRE-MADE EASTER MEAL TODAY!
Meals available for order in-store or online through April 19, 2019.
hy-vee.com

SAVE MORE WITH $4
Generics as low as $4
See your Hy-Vee pharmacist for details. A complete list is available at Hy-Vee.com.
Hy-Vee complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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)
• Free language services to people whose primary language is not English, such as:
  • Qualified interpreters
  • Information written in other languages, upon request

If you believe that Hy-Vee has failed to provide these services or discriminate 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).


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.

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.

Smoothie Topper

Toss in bits of your favorite freeze-dried fruit for a finely ground smoothie topper.
EXPLORE OUR FLAVORS
Taste your way through Hy-Vee every Friday and Saturday through the month of March.

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:
Prime Reserve Salmon, 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 Sauces
Hickory House:
Cheese Crowns
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 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 Sauces
Hickory House:
Mini Cheesecakes
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 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:
Butterfli, Chicken & Spinach Arugula Ice-Cap
Italian:
Single-Topping Pizza
Chinese:
NORI Sushi Platter
Bakery:
Gourmet Cinnamon Rolls

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 Ribeye Steaks with Dobby 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 Sauces
Hickory House:
Mini Cheesecakes
Italian:
Calzones
New!
Chinese:
Family-Style Vegetable Lasagna
Bakery:
Mini Cinnamon Roll Tray
Pantry:
Hormel - Di Lusso, Honey BBQ Chicken

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

FRIDAY, MARCH 7:
4 P.M. TO 7 P.M.
SATURDAY, MARCH 8:
11 A.M. TO 2 P.M.
Produce:
Honey Sunset Plums
Meat:
New York Strip Steaks with Cookie Flavor Enhancer
Seafood:
Lobster Mac & Cheese Gremolata
Charcuterie:
Ve Roni Sampler
Cheese:
Carl’s Irish Cheddar with Porter Beer Cheese
Deli:
Di Lusso Sweet Heat Chicken
Hickory House:
Brownie 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

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

FRIDAY, MARCH 23:
4 P.M. TO 7 P.M.
SATURDAY, MARCH 24:
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:
Butterfli, Chicken & Spinach Arugula Ice-Cap
Italian:
Single-Topping Pizza
Chinese:
NORI Sushi Platter
Bakery:
Gourmet Cinnamon Rolls

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

FRIDAY, MARCH 10:
4 P.M. TO 7 P.M.
SATURDAY, MARCH 11:
11 A.M. TO 2 P.M.
Produce:
Honey Sunset Plums
Meat:
New York Strip Steaks with Cookie Flavor Enhancer
Seafood:
Lobster Mac & Cheese Gremolata
Charcuterie:
Ve Roni Sampler
Cheese:
Carl’s Irish Cheddar with Porter Beer Cheese
Deli:
Di Lusso Sweet Heat Chicken
Hickory House:
Brownie 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

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

FRIDAY, MARCH 17:
4 P.M. TO 7 P.M.
SATURDAY, MARCH 18:
11 A.M. TO 2 P.M.
Produce:
Honey Sunset Plums
Meat:
New York Strip Steaks with Cookie Flavor Enhancer
Seafood:
Lobster Mac & Cheese Gremolata
Charcuterie:
Ve Roni Sampler
Cheese:
Carl’s Irish Cheddar with Porter Beer Cheese
Deli:
Di Lusso Sweet Heat Chicken
Hickory House:
Brownie 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

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

FRIDAY, MARCH 24:
4 P.M. TO 7 P.M.
SATURDAY, MARCH 25:
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:
Butterfli, Chicken & Spinach Arugula Ice-Cap
Italian:
Single-Topping Pizza
Chinese:
NORI Sushi Platter
Bakery:
Gourmet Cinnamon Rolls

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

FRIDAY, MARCH 31:
4 P.M. TO 7 P.M.
SATURDAY, MARCH 31:
11 A.M. TO 2 P.M.
Produce:
Honey Sunset Plums
Meat:
New York Strip Steaks with Cookie Flavor Enhancer
Seafood:
Lobster Mac & Cheese Gremolata
Charcuterie:
Ve Roni Sampler
Cheese:
Carl’s Irish Cheddar with Porter Beer Cheese
Deli:
Di Lusso Sweet Heat Chicken
Hickory House:
Brownie 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

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

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

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

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

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