

seasons

HyVee
EMPLOYEE OWNED

HELPFUL PRODUCTS AND IDEAS FOR HEALTHY LIVING



Hello, Spring!

PARTIES WITH PANACHE: CAKES, FAVORS & FOOD

FRESH-FROM-THE-GARDEN SALADS

10 FAST AND EASY ROTISSERIE CHICKEN DISHES

SPRING 2012
~~\$4.95~~ FREE
Hy-Vee.com

OLIVE OIL: THE SECRET TO FLAVORFUL & SIMPLE COOKING



SIP RESPONSIBLY.

ALL CARIBOU COFFEE IS
100% RAINFOREST ALLIANCE CERTIFIED™.

- SUSTAINABLE FARMING METHODS
- WATER CONSERVATION
- PROTECTION FOR FORESTS AND WILDLIFE HABITAT
- THRIVING COMMUNITIES

Look for Caribou Coffee at your Hy-Vee

- Grocery Aisle
- Kitchen
- Kiosk (select locations)

Sign up to get the latest news and exclusive offers at cariboucoffee.com/me



Caribou
COFFEE™



Table of Contents

dishes

20 spring salads

Spring salads are full of surprises. Cherry tomatoes burst in your mouth, romaine crunches as you eat and strawberries add a sweet note.

32 olive oil

Olive oil is like liquid gold from the Mediterranean. It enriches every dish it touches. Let us help you become an olive oil insider and better cook.

52 1 rotisserie chicken, 10 quick & easy meals

Here's a guilt-free way to enjoy fast food. Start with a rotisserie chicken and one of our 10 recipes, including Asian, Mexican, Italian and American dishes.



Learn from
*Australian
celebrity chef
Curtis Stone*
as he shares his
expertise in Hy-Vee
Seasons magazine.

gatherings

4 party time

Dazzling pinks, buttery yellows and school colors will come alive as you celebrate weddings, births and graduations with friends.

42 breakfast is the new dinner

French toast swimming in a rich banana sauce. Omelets laden with cheese and veggies. Pancakes under berries. Is this dinner or is it heaven?

home

28 “growing” up with hy-vee

It's almost every parent's dilemma: How do you get kids to eat vegetables? A class at a Hy-Vee store has found a way. It starts with a seed and a small shovel.

62 spring cleaning

The annual cleaning frenzy is upon us. Time to polish up that messy kitchen (and the rest of the house). We have tips on how to accomplish the task.

4



42



20



seasons

Hy-Vee®

SPRING 2012 • VOLUME 6 ISSUE 2

HY-VEE, INC.

EXECUTIVE VICE PRESIDENT, SUPPLY CHAIN & MARKETING:

JON WENDEL

VICE PRESIDENT, BRAND IMAGE: **DONNA TWEETEN**

ASSISTANT VICE PRESIDENT, ADVERTISING: **BRETT BREMSER**

ASSISTANT VICE PRESIDENT, GRAPHIC DESIGN: **MATT NANNEN**

CREATIVE STAFF: BRITT BUSCH, SARA CANADY, MEGAN ELFERS,

LINDSEY FUNK, MINDY VAN GUNDY, HILLARY HALSTEN,

JENNY HUNTER, DAWN LAUER, RYAN NEVILLE, JESSICA SWIGART

GREY DOG MEDIA, LLC INTEGRATED MARKETING

DIRECTOR OF BUSINESS OPERATIONS: ADAM VENTLING

BUSINESS DIRECTOR: ANDREW VENTLING

EDITORIAL DIRECTOR: WANDA J. VENTLING

ART DIRECTOR: LAUREN NORTNESS

EXECUTIVE EDITOR: STEVE COOPER

MANAGING EDITOR: ALISON VENTLING

STYLE EDITOR: BRITNI VENTLING

PREMEDIA/IMAGING DIRECTOR: MICHAEL GOSHON

EDITORIAL ASSISTANT: KELSEY WOLFSWINKEL

FOOD EDITORS: JILL JOHNSON, LOIS WHITE

COPY EDITOR: M. PEG SMITH, COURTENAY WOLF

PROOFREADER: VICTORIA BRADY

FOOD STYLIST: SUSAN STRELECKI, JILL JOHNSON

HAIR AND MAKEUP STYLIST: MAURICE ADAIR, GRETCHEN TANCREDI

COVER PHOTOGRAPHER: KING AU

THIS AND OPPOSITE PAGE PHOTOGRAPHER: TOBIN BENNETT

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

Prices effective April 18, 2012, through May 16, 2012 (while quantities last).

© 2012 by Hy-Vee, Inc. All rights reserved. Printed in the U.S.A.

Hy-Vee Seasons recipes are tested by the Hy-Vee Test Kitchen food technologists to guarantee that they are reliable, easy to follow and good-tasting.

We value your opinion. To sign up to receive *Hy-Vee Seasons* magazine or to offer ideas for future issues, visit www.hy-vee.com/seasons.

Please recycle after use.



5th BIRTHDAY
Hy-Vee Seasons Magazine

Celebrating 5 years of memorable stories, recipes, decorating, gardening and more. Watch for special birthday features in the next three issues.

Letter

Dear Hy-Vee Friends,

Every spring when I was young, my dad picked a nice Saturday and declared it “spring garage-cleaning day.” There were seven of us kids (though only four actually pitched in to help), so the work was fairly easy.

More than six years ago, Dad died. Later, Mom decided to sell the house. All seven Hobt kids were summoned for one last spring cleaning at our childhood home. We hit the attic, basement and finally the garage. We were almost finished when we moved a cabinet, which had been in place since our folks bought the house. Behind it was my favorite baseball glove, which Dad gave me when I was 10. I lost it when I was 14.

The glove was dusty and tattered but definitely mine. It still had my name on it, faded but still visible. I love that glove and now I’ve got it back—a hidden treasure, once again found during spring cleaning. I’m not sure if this was a sign from Dad saying to clean more thoroughly or just his way of saying, “Hi.” Either way, it’s a treasure.

You’ll find some treasures in this issue, too. For starters, there’s a story that I hope turns out as good for you as it did for me. It’s called “Spring Cleaning,” *page 62*. If you have children who might enjoy gardening, read about a class just for them in “‘Growing’ Up with Hy-Vee,” *page 28*. There is a story on party-planning, “Party Time,” *page 4*.

The photos with this story are particularly colorful and dazzling. Other topics include quick-and-easy rotisserie chicken dinners, all about olive oil and a collection of tasty spring salad recipes.

Have a great spring. Go find your treasure, be it an old glove or, better yet, a memory you make with your family.

Tom Hobt,
Vice President,
Meat, Produce, Food Service, Bakery and Floral

Party Time



Spring is a season for celebration. Honor a bride-to-be with a shower.
Welcome a sweet newborn with gifts, treats and well wishes.
Send off a grad with an afternoon of friends, family and good food.
The best part? You can pull it off with panache and ease.

TEXT KIMBERLY STUART PHOTOGRAPHY TOBIN BENNETT



Bridal Shower

HERE COMES THE BRIDE

He asked...and she said yes! Surround the bride-to-be with love and friendship by hosting a celebratory shower. With a bit of planning and some help from Hy-Vee, you'll give the guest of honor a sweet stop on her way down the aisle.

SAVE THE DATE

Set the mood for your party by choosing an invitation that reflects the theme. For a traditional touch, mail your invitations. Many Hy-Vee stationery departments carry paper invitations. If you mail, etiquette suggests sending invitations four to six weeks before the event. If you prefer, use one of the many online invitation services. Provide clear instructions and contact information for the RSVP, and include gift registry options.

THEME AND VARIATIONS

Look to the bride and her unique personality when choosing a theme. Is she a globe-trotter? Map out a travel theme. Does she love to cook? Heat up the kitchen for a culinary affair. Other fun shower themes include advice for the happy couple, recipe collections, a favorite movie or "A Day in the Life," where each guest is asked to bring a gift that corresponds to a particular hour of the bride's day. Get creative when it comes to your decor, as well. "I find many people think they must limit their decorating to the wedding

colors," says Lisa Vulkoski, Hy-Vee florist in Omaha, Nebraska. "Don't be afraid to do something unexpected, allowing the bride to save her color scheme for the big day."

TREATS AND EATS

Make life easier by planning your menu well in advance. Consider the venue and the time of day when mapping out dishes and drinks for your party. Be on the lookout for finger-friendly recipes, knowing that guests will likely be holding their plates while enjoying their food. Have fun with your cuisine, choosing flavors that tie in with your theme, the bride's experiences and the joy of being together.

FINDING FAVOR

Send guests home with small gifts. Mini flower pots from Hy-Vee Floral Department look adorable wrapped in fabric or burlap and tied with ribbon. Apples, oranges and bananas are fresh fruit favors with celebration stickers, made on a computer using sticky-backed paper and cut with a paper punch, *page 17*. Candy-aisle finds or Hy-Vee Bakery cookies or cupcakes in charming packages are always a hit. Use your creativity and knowledge of the honoree to design a gift with special meaning. If the bride met her fiancé at the state fair, offer guests a container of taffy; if she's a coffee drinker, a box of chocolate-dipped candy straws, *opposite*.

Party like a Pro

Much of the preparation for any party can be accomplished with a visit to www.hy-vee.com and a trip or two to your local Hy-Vee. Here's how to do it.

Hy-Vee Floral Department. Hy-Vee florists can design or select elements for any setting. They can make centerpieces for the buffet or eating tables and gather balloon bouquets to place behind or on tables. Need help establishing party boundaries? They can add color to an entryway. They can also prepare party favors, such as mini plants or single flowers tied with ribbon.

Party planner tip: Hy-Vee florist Lisa Vulkoski recommends starting with the table. "Centerpieces should complement but not be overbearing. Consider the whole picture: How will the flowers fit with the theme, the linens, the pattern on the dishes?" Place prominent arrangements where the eye is most likely to travel. "We're happy to work with every budget," says Lisa. "Often, simplest is best."

Hy-Vee Kitchen. Check out www.hy-vee.com for ideas or let Hy-Vee Deli, Catering and/or Kitchen do the work. Stores offer the following three easy options:

- 1) fully catered meals for a sit-down affair, offering such entrées as Chicken Mediterranean, *page 9*
- 2) foods customized by Hy-Vee that allow guests to create their own mini plates, *page 12*
- 3) food platters, including fruits, veggies, cold cuts and seafood, *page 15 and 17*

Party planner tip: Take your own serving dishes to the Hy-Vee Kitchen and they will fill your trays, saving you time.

Hy-Vee Wine & Spirits. Serving a champagne cocktail or punch for the bride? Hy-Vee wine and spirits specialists can help you find the best for your event.

Party planner tip: Purchase enough wine for one to two glasses per person for a luncheon. A 750 ml wine bottle contains six 4-ounce servings.

Hy-Vee Bakery. Visit your local Hy-Vee baker to discuss options for cake, cupcake and cookie designs. Bring along photos saved from magazines or found online as inspiration to help convey your ideas. The cake decorator can personalize the designs to suit your decor and flower choices.

Party planner tip: Place cake, cupcakes or cookies on elevated stands for greater drama. Gather these as a centerpiece for your serving table.



Favors

It's a wrap. Favors are needed for every type of party. To wrap a single frosted cookie, choose a scrapbook paper complementing your color scheme, then fold to make an origami-inspired envelope. Line with decoratively edged parchment paper squares. Cut scrapbook paper with scalloped scissors or pinking shears, then form into a cone, staple together and glue on a ribbon. Fill with gourmet coffee beans, specialty tea bags or jelly beans, and give as a party favor.

More than words. Put your color printer to work and make labels with our templates. Affix the labels to small chocolates or gift boxes filled with chocolate-dipped stir straws. Customize your message with words of love, initials of the honoree or something equally appropriate.

Simple is good. Craft and paper stores can be treasure troves for inspired favor containers. Or make packaging yourself. Paper boxes offer sweet indulgence when they hold a beautiful cupcake or a handful of candy from Hy-Vee. Download templates for the packaging and gift labels, *shown here*, at www.hy-vee.com/seasons.

Bridal Shower IN THE DETAILS

Life of the party. Special occasion drinks, alcoholic or non, allow guests to savor the celebration. Offer fresh, fruity mimosas worthy of toasting. Pour rose champagne into sparkling flutes and add an equal amount of cranberry, raspberry or pomegranate juice and drop fresh raspberries or strawberries into the bubbly mix. Or make a delicious "Fruiti Tutti Sherbet Punch." See recipe at www.hy-vee.com/seasons.

Color pop with flowers. A dramatic display of roses, tulips and ranunculus can be prearranged for you, or arrange them yourself using a variety of clear vases and loose stems from Hy-Vee Floral. Gather flowers in the same color family or type, clip and clean the stems and group the blooms together in vases. Cluster vases on a dining table, sideboard or buffet. Putting a big burst of color into one spot gives your setting a fresh, modern look and offers the flexibility to be sized large or small to suit the space and budget.

Linens and Lace. White and lace-embellished linens dress the party space. The lace theme is continued from the serving tablecloth to the cake and cookie designs. The delicate lace finishes on the cookies and tiered cake, opposite, were made by a Hy-Vee cake decorator using fondant and fondant-lace molds. Cake offerings may differ at Hy-Vee locations. Ask your local Hy-Vee Bakery for ideas on how to add such custom detailing to your event.

Dinner is served. Inviting guests for a full lunch or dinner may sound like an overwhelming task. Not so. Call Hy-Vee Catering for help with the meal and the Bakery for the cake and lace cookies. It's like having your own private chef.





COLOR-HAPPY ROSES,
RANUNCULUS AND
TULIPS PAIR WITH
PRISTINE WHITE LACE-
EMBOSSSED FONDANT
COOKIES AND CAKE
FROM HY-VEE BAKERY.





Baby Shower

Little fingers, little toes... the perfect reason to celebrate!
Set the stage for a *joyful get-together*, surrounding the
mom-to-be with a bright, light style that will lift her spirits.
A few handmade happy touches will make all feel welcome.





Hawaiian Punch: select varieties
128 fl oz. \$2.48



Hi-C Box Drinks: select varieties
10 pk. \$2.18



Yoplait Frozen Smoothie:
select varieties 7.6 oz. \$2.77



Equal Sweetener Packets
115 ct. \$2.18



Bakery Fresh Angel Food Bar
8 oz. \$2.88



Cream Cheese Iced Red Velvet Cake
5 in. \$5.88



Brach's Bag Candy: select varieties
14 to 24 oz. \$2.77

Baby Shower IN THE DETAILS

Feast for the eyes. Design your table for beauty and pleasure. Offer a tempting selection of 8-inch cakes or smartly designed cupcakes, each decorated with pleasing shapes and patterns. The cakes, shown below and opposite, were created by Hy-Vee cake decorators, who were inspired by ribbon and fabric used in the shower decor. Cakes are showcased atop footed-and-domed cake stands. Trays and cake stands also serve up a beautiful display of fruit, vegetables, meats, cheeses and precooked shrimp from the Hy-Vee Kitchen. For ease, ask your local Hy-Vee Kitchen to create displays on your personal platters or stands, rather than on plastic trays. Look to the beverage aisle for special bottled drinks you can chill beforehand and serve with a straw. White balloons and flowers from the Hy-Vee Floral Department transform a room into a party place. Cover any clear container with fabric, paper, ribbon or trims to work with the color or motif of the party for a custom look. Pick up or have Hy-Vee deliver fresh foods and florals the day of the party.

How sweet it is. An attention-grabbing candy display, opposite right, is a showstopper for any event. Shop the candy aisle at Hy-Vee for colorful themed candies. Offer your friends other candies, such as mini candy bars and individual packaged pieces, in specially designed sleeves. Fill glass jars with candies in different shapes and colors. Add layers of detail, such as custom labels with coordinating ribbons and a "Candy Bar" sign made from heavy cardstock and a ribbon hanger. Templates for making the custom sleeves, labels and sign may be downloaded at www.hy-vee.com/seasons.





DELICIOUS FOODS
FOR MAKING MINI
PLATES, ENTICING
CUSTOM CAKES AND
A CHARMING CANDY
BAR MAKE THIS BABY
SHOWER MEMORABLE.





Graduation

Old-school favorites: stripe ties, argyle socks and matching sweaters, pinstripe shirts, khaki pants and web belts dress this *preppy-inspired graduation party*. Jolt the palette with bold orange, Caribbean blue, lemon yellow and grass green to keep the look fresh. Serve grab-and-go foods, such as packaged snacks, hand fruit and bottled drinks, along with a generous buffet and ice-cold lemonade.



**CURTIS STONE'S BARBECUE
CHICKEN QUESADILLAS**

These saucy Tex-Mex quesadillas will disappear in a hurry. They can be cooked on a griddle, then kept ready in a warm oven before cutting into wedges for serving.

Serves 4 to 8.

4 (10-inch-diameter) flour tortillas

3 cups (12 ounces) shredded

Monterey Jack cheese

**2 cups (10 ounces) coarsely shredded
roast chicken**

1 red Fresno chile, finely chopped

**1 green jalapeño chile, very thinly sliced
into rounds (optional)**

½ cup cilantro leaves, plus more for garnish

**½ cup barbecue sauce, plus
more for serving**

**Guacamole, Hy-Vee sour cream or Greek
yogurt, lime wedges, for serving**

Arrange tortillas on a work surface and
sprinkle half of cheese over the bottom

halves of tortillas. Top with chicken, chiles
and cilantro, then drizzle with ½ cup barbecue
sauce. Sprinkle with remaining cheese. Fold
uncovered tortilla over fillings to form a half-
moon shape.

Heat a large flat griddle pan over medium-
high heat. Place 2 quesadillas on griddle and
cook for about 3 minutes on each side, or
until tortilla is crisp and cheese has melted.
Transfer quesadillas to a baking sheet and
keep them warm in oven. Repeat with
remaining 2 quesadillas. Cut each quesadilla
into 4 wedges.

Transfer quesadilla wedges to plates. Top with
guacamole and sour cream or yogurt. Garnish
with cilantro leaves and serve immediately
with lime wedges and more barbecue sauce.





A FOOD STATION OF
HY-VEE CATERED TRAYS
CAN BE CREATED BY
COVERING A SMALL
TABLE AND HOMEBUILT
CANOPY STRUCTURE
WITH FABRIC.



Curtis Stone Bump'N Grind \$39.99



Reynolds Foil: select varieties
30 to 75 ft. \$3.99



Chinet White Plates or Bowls: select
varieties 12 to 36 ct. \$2.77



Famous Dave's BBQ Sauce or Marinades
12 to 20 oz. \$2.48



Thermopot 3.5 L. \$39.99



Old Wisconsin Beef, Turkey or Bold Beef
Sticks 28 oz. \$10.99



Sara Lee Deli Meats (excludes beef)
per lb. \$6.99

Graduation IN THE DETAILS

Amp up your spread. Set a finger- and appetite-friendly table loaded with deli sandwiches, barbecued short ribs and other foods from Hy-Vee Catering. In addition to your graduate's favorite homemade foods, set out Curtis Stone's quesadillas, opposite, and trays of fresh veggies and fruit, page 15. Fill out the meal by setting out large baskets of the graduate's favorite chips and snacks, page 15, and fresh fruit with custom grad stickers, below.

A sweet take. The cake, below left, was designed by the Hy-Vee Bakery so the graduate can have his cake and eat a cupcake, too! Cover foam sheets with paper and wrap the edges with belt webbing or ribbon. Stack them using hot glue and wood skewers to hold. Place a two-layer cake on top. Wrap Hy-Vee cupcakes with stripe sleeves.

Templates for stickers, signs and cupcake sleeves at www.hy-vee.com/seasons.





Kraft or Bullseye BBQ Sauce: select varieties 16.25 to 18 oz. 3/\$3.00



Planters or SnackWell's Bars: select varieties 6.15 to 8.10 oz. \$2.77



SnackWell's or 100 Calorie Cookies: select varieties 3.7 to 7.75 oz. \$2.77



Oscar Mayer Carving Board Sliced Meats: select varieties 7 or 7.5 oz. \$3.77



Oscar Mayer Deli Fresh Family Size: select varieties 16 oz. \$5.77



Oscar Mayer Fun Pack Lunchables: select varieties 8.5 to 11.7 oz. \$2.68



Philadelphia Cooking Creme: select varieties 10 oz. \$2.68



Country Time

Share the taste of good times with your graduate and friends by serving Country Time Lemonade drink mix. Offer the classic flavor or pink. Add lemon slices and ice for a cool refresher.



Country Time Lemonade: select varieties 6 to 8 qt. 2/\$5.00

BE READY FOR MAY'S **BIG** DAYS.

Mother's Day
is May 13.

© 2012 Hallmark Licensing, LLC



← Congratulate
your graduates.



Life IS
A SPECIAL
OCCASION.
expressions
from
Hallmark



ROMAINE

Sturdy leaves with a crunchy texture and celerylike flavor; welcomes any creamy or pungent dressing.



ICEBERG

Has a mild flavor and satisfying crunch; serve wedges topped with Thousand Island or another thick, creamy dressing.



BABY SPINACH

Mild, delicate with a slightly sweet earthy flavor; mingles well with fruits and vinaigrettes.



BUTTER LETTUCE

(includes Boston and Bibb) Soft, tender leaves with a sweet, delicate flavor; blends nicely with tangy cheeses, fruit and nut oils.

MILD GREENS



LEAF LETTUCE

(includes green, red and oak leaf)
A tender green, with a mellow, grassy flavor; lovely tossed with fresh herbs and simple vinaigrettes.



BELGIAN ENDIVE

Soft, satiny texture and slight bitterness; adds distinctive flavor notes to a blend of greens. Perfect for small appetizers; fill its tortillalike shape with Chinese-or Mexican-style fixings.

We're headed into the best time of year for salad lovers. Succulent baby greens are peaking, sweet pea pods have swelled and fresh berries are coming on. Now's the time to savor season-opening salads.

TEXT JILL JOHNSON PHOTOGRAPHY KING AU

SPRING

SALADS

As temperatures warm, crisp and energizing salads replace cozy comfort foods as the meal of choice. Ready to recharge bodies with light and sensible fuel, we crave the foods in nature's storehouse that pack maximum potency, gravitating toward fresh veggies that fill us up without weighing us down.

Confirming that spring and summer are the most popular seasons for salads, Marenda Easely, Hy-Vee salad-bar manager in Raytown, Missouri, says, "We see some regulars go through the salad bar once a day, some even twice."

Customers are following healthful trends, Marenda says, choosing vibrantly colored produce—berries, carrots, peppers and dark leafy greens—to get the most vitamins and antioxidants. High-carb salads soaked in mayonnaise dressings are out. Fresh tossed mixes and light dressings of healthful oils, vinegar and lemon are in. In response to customer requests for more meatless choices, Marenda stocks plenty of legumes, such as high-fiber, low-fat black beans and chickpeas.

NO-PRESSURE PREP

Fresh salads are wise meal choices that offer convenience and versatility. Shopping is a snap: Look for what's freshest and in season. Prewashed greens, ready-to-eat sprouts, nuts and crunchy packaged toppings from your Hy-Vee produce department speed prep. Chances are you already have other fixings for a hearty salad

or two in your fridge and pantry. With little or no cooking, a dinner salad can be served in the time it would take to heat the oven or grill for a hot dish.

Salads inspire creativity. Plan to vary ingredients according to season, what's on hand and your tastes. Then, whether following a recipe or your instincts, get adventurous with substitutions and add-ins. Bring together flavors that play off each other, such as berries with spicy greens. Combine contrasting textures—crisp snap peas and radishes with tender potatoes on a bed of greens. Team buttery avocado and Bibb lettuce with sharp citrus, or fleshy pears and leaf lettuce with slightly salty pecorino cheese.

LETTUCE IS THE STAR

The foundation for most salads is lettuce, and the options are growing. Salad bar patrons and produce shoppers are discovering such lettuces as Bibb, romaine, arugula, high-nutrition spinach and more for lively taste and colorful presentation.

For crisp salads, after washing greens, dry them in a salad spinner or with paper towels. Store greens in a sealed container or plastic bag with paper towels to absorb moisture.

GIVE IT PERSONALITY

Salad identity emerges with the addition of ingredients—from complementary to contrasting. For a salad that makes a meal,

STRONG GREENS

meat, poultry or fish are well-suited to hearty romaine or iceberg lettuces. Freshly shaved cheeses, sliced hard-cooked eggs or tender legumes nestle well on spinach, arugula or other tender leaves. Seasonal celebrities—asparagus, chives, new potatoes, wild mushrooms, snap peas and berries—make salads extraordinary. Add a crisp crunch or a little sweetness with toppings from radishes, seasoned tortilla strips and whole grain croutons to seeds and caramelized nuts.

When dressings are harmonious, they pull tastes together. For a lively vinaigrette, use high-quality oil, such as extra-virgin olive oil, prized for mellow flavor and healthful fats. (For more about olive oil, see page 32.) Canola oil, with similar benefits, contributes mild taste that carries bold or delicate flavors. Amber-color sesame oil (rather than dark-toasted sesame oil) lends a pleasant, nutty background, especially to Asian-style salads. Nut oils, such as walnut, almond, pistachio, hazelnut or roasted peanut oil, add distinctive flavors. If they seem too concentrated, they can be tempered with a mild-flavor oil.

The acidity in vinegars balances the smoothness of the oils, allowing vinaigrettes or dressings to cling to salad ingredients. Balsamic, wine, sherry, rice and fruit-based vinegars add sparkle and depth. For homemade versions of popular dressings, see page 39.

FROM CHEF CURTIS STONE



“Don’t add dressing until you are ready to serve. *Dressing draws water out* of the vegetables, causing the salad to wilt and become soggy.”

ARUGULA

(also called rocket or roquette)
Nutty, tangy and refreshingly peppery; tastes best in its immature form. Larger leaves are more pungent and have a firmer texture.

RADICCHIO

Deep, ruby-red leaves have a pleasantly bitter flavor that add good contrast to a mixed salad when used in small amounts.

MESCLUN

A combination of slightly bitter baby greens; traditionally early spring greens. Mix includes radicchio, endive and arugula.

CURLY ENDIVE

(also called frisée)
A mildly bitter green that blends with other greens; stands up well to a bold dressing such as ranch or even a hot bacon dressing.

ARUGULA SALAD WITH PARMESAN-CRUSTED CHICKEN, ASPARAGUS AND STRAWBERRIES

Served as a meal, this salad has an inviting balance of vegetable and fruit flavors that allow full enjoyment of the lightly crusted chicken.

Serves 4.

½ cup plus 1 tablespoon Grand Selections extra virgin olive oil, divided
2 tablespoons Grand Selections balsamic vinegar
2 tablespoons seedless raspberry jam
½ teaspoon Hy-Vee Dijon mustard
½ teaspoon Hy-Vee salt, divided
½ teaspoon freshly ground Hy-Vee black pepper
12 ounces fresh asparagus, trimmed and cut into 3-inch lengths
½ cup freshly grated Parmesan cheese
½ cup Hy-Vee whole wheat bread crumbs

½ teaspoon Hy-Vee dried thyme
2 Hy-Vee large eggs
2 skinless, boneless chicken breast halves (1 pound)
3 cups arugula
3 cups leaf lettuce
1 cup curly endive
1½ cups sliced fresh strawberries

For dressing, whisk together ½ cup olive oil, balsamic vinegar, raspberry jam, Dijon mustard, ¼ teaspoon salt and pepper; set aside. In a medium saucepan, bring 1 quart of water to boiling. Add asparagus and cook 2 minutes. Meanwhile, fill a large bowl halfway with ice water. Drain asparagus and plunge into ice water to cool.

In a shallow bowl, combine Parmesan cheese, bread crumbs, thyme and remaining salt; set aside. In a small bowl, beat eggs with a fork.

Cut chicken breasts in half lengthwise. Coat chicken pieces with bread crumb mixture, then beaten egg, and once again with bread crumb mixture. In a nonstick skillet, heat remaining 1 tablespoon olive oil over medium heat. Add chicken pieces. Cook on all sides until well-browned and cooked through, about 15 minutes, covering if needed. Remove to cutting board to cool slightly. Cut into ½-inch-thick slices.

Arrange arugula, leaf lettuce and curly endive on a serving platter or individual salad plates. Top with asparagus, strawberries and chicken. Serve with dressing.

Nutrition facts per serving: 480 calories, 30 g fat, 6 g saturated fat, 0 g trans fat, 140 mg cholesterol, 710 mg sodium, 27 g carbohydrates, 5 g fiber, 14 g sugar, 24 g protein. Daily values: 30% vitamin A, 80% vitamin C, 30% calcium, 20% iron.



ARUGULA

LEAF LETTUCE

CURLY ENDIVE

**SPRING SALAD WITH NEW POTATOES,
SNAP PEAS AND SHAVED FENNEL**

A garden of flavors fill this earthy salad. Such simple tastes as new potatoes, fennel and radishes combine in complex ways.

Serves 6.

½ pound small new red potatoes, scrubbed
½ pound small new yellow potatoes, scrubbed
4 ounces sugar snap peas
6 tablespoons Grand Selections extra-virgin olive oil
2 tablespoons Grand Selections white wine vinegar
1½ tablespoons stone ground mustard
2 teaspoons Hy-Vee yellow mustard

1 teaspoon dried dill weed
½ teaspoon Hy-Vee salt
¼ fennel bulb, cored and thinly sliced*
2 green onions, thinly sliced
3 radishes, thinly sliced
4 cups baby spinach leaves
4 cups torn romaine lettuce
Fresh dill for garnish, optional

Place potatoes in a large saucepan and cover with cold water. Bring to a boil and boil, uncovered, for 11 minutes. Add sugar snap peas to potatoes and boil for an additional minute or until potatoes are tender but still firm. Meanwhile, fill a large bowl halfway with ice water. Drain vegetables and plunge into ice water to cool for 5 minutes. Drain; set aside.

For dressing, whisk together olive oil, vinegar, mustards, dill weed and salt; set aside.

Cut potatoes into ½-inch pieces and place in a large bowl. Add peas, fennel, green onions and radishes. Reserve ¼ cup of the dressing; add remaining dressing to the potato salad, stirring well. Add spinach and toss lightly.

Divide romaine among 6 salad plates. Spoon potato salad on top and drizzle with reserved dressing. Garnish with fresh dill, if desired.

**To prepare fennel, cut off green stalk and base. Cut into quarters and carefully cut out core.*

Nutrition facts per serving: 210 calories, 14 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 320 mg sodium, 18 g carbohydrates, 3 g fiber, 2 g sugar, 3 g protein. Daily values: 30% vitamin A, 45% vitamin C, 8% calcium, 10% iron.





BUTTER LETTUCE

THAI TOSSED SALAD WITH LIME DRESSING

This subtly Asian salad brims with lively flavors of lime, mango, pepper and peanut.

Serves 6.

- ¼ cup Hy-Vee shredded coconut
- ¼ cup lime juice
- 2 tablespoons Hy-Vee canola oil
- 1 tablespoon Hy-Vee granulated sugar
- 1½ teaspoons fish sauce
- ½ teaspoon Hy-Vee crushed red pepper flakes
- 8 cups torn butter lettuce (from 2 heads)
- ½ cup chopped fresh basil
- ½ cup coarsely chopped Hy-Vee peanuts
- 1 small red bell pepper, cored and coarsely chopped

- 3 green onions, sliced
- 2 firm, under-ripe mangoes, peeled, pitted and shredded

In a small dry skillet, toast coconut over medium heat about 3 minutes or until fragrant and lightly browned, stirring continuously; remove from heat and cool. For dressing, whisk together lime juice, canola oil, sugar, fish sauce and crushed red pepper in a small bowl; set aside.

Combine lettuce and basil; divide half of mixture among six short, wide glass tumblers. Top each with peanuts, chopped red pepper, remaining lettuce, green onion, mango and coconut. Whisk dressing again and drizzle over salads. Serve immediately.

Nutrition facts per serving: 220 calories, 13 g fat, 3 g saturated fat, 0 g trans fat, 0 mg cholesterol, 160 mg sodium, 27 g carbohydrates, 4 g fiber, 20 g sugar, 5 g protein. Daily values: 90% vitamin A, 110% vitamin C, 6% calcium, 10% iron.



Amablu Blue Cheese Crumbles
5 oz. 2/\$6.00



Sartori Reserve or Bellavitano Cheeses
per lb. \$13.99



Walden Farms Dressings: select varieties
12 oz. \$2.99



Hidden Valley Dry Dips or Dressings:
select varieties .4 to 1 oz. \$1.48



Gulden's Mustard 12 oz. \$1.39



New York Texas Toast Croutons:
select varieties 5 oz. \$1.77

MINI WEDGE SALADS

This flavorful offering will fill your senses with garden-fresh tastes topped by a combination of tangy bleu cheese, buttermilk and crisp bacon.

Serves 8.

¾ cup Hy-Vee light mayonnaise
2 tablespoons buttermilk
1 tablespoon Grand Selections
red wine vinegar
½ teaspoon Hy-Vee salt
¼ teaspoon freshly ground Hy-Vee
black pepper

1 cup crumbled bleu cheese, divided
1 medium head iceberg lettuce
6 slices Hy-Vee bacon, cooked crisp,
crumbled and drained
½ cup chopped red onion
10 cherry tomatoes, halved

Whisk together mayonnaise, buttermilk, red wine vinegar, salt and pepper. Stir in ½ cup bleu cheese. Cover and chill.

Remove core from lettuce. Cut head of lettuce in half starting from cored end. Place halves

cut-side-down on cutting board. Cut each portion in half again. Cut quarters in half lengthwise. Arrange lettuce wedges on a serving platter. Drizzle mayonnaise mixture over lettuce. Top each with bacon, onion and additional bleu cheese. Serve with tomatoes.

Nutrition facts per serving: 160 calories, 13 g fat, 5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 700 mg sodium, 6 g carbohydrates, 1 g fiber, 2 g sugar, 7 g protein. Daily values: 15% vitamin A, 8% vitamin C, 10% calcium, 2% iron.



ICEBERG LETTUCE

DRESS IT UP

Up the flavor quotient with easy-prep homemade salad dressings. The fresh ingredients in these classic salad toppers offer added richness and depth. Whether it's the pinch of cayenne in Honey-Mustard Dressing, fresh chives and spices in Basic Ranch or a just-right level of sweetness in Lemon-Poppyseed Dressing, these recipes are pitch-perfect.

Basic Ranch Dressing

Serves 12 (about 2 tablespoons each).

- 1 cup Hy-Vee mayonnaise
- ½ cup Hy-Vee sour cream
- 1 tablespoon Hy-Vee lemon juice
- 2 teaspoons minced fresh chives
- ½ teaspoon Hy-Vee garlic powder
- ¼ teaspoon Hy-Vee onion powder
- ¼ teaspoon Hy-Vee salt
- ¼ teaspoon Hy-Vee pepper

In a bowl, whisk together all ingredients. Cover and chill at least 30 minutes before serving. Store, covered, in refrigerator for up to 5 days.

Nutrition facts per serving: 150 calories, 16 g fat, 3 g saturated fat, 0 g trans fat, 15 mg cholesterol, 150 mg sodium, 1 g carbohydrates, 0 g fiber, 0 g sugar, 0 g protein. Daily values: 2% vitamin A, 2% vitamin C, 2% calcium, 0% iron.

Best Balsamic Vinaigrette

Serves 10 (2 tablespoons each).

- ⅔ cup Grand Selections extra-virgin olive oil
- 6 tablespoons Grand Selections balsamic vinegar
- 2 teaspoons Hy-Vee Dijon mustard
- 1 clove garlic, minced
- ½ teaspoon Hy-Vee salt
- ¼ teaspoon Hy-Vee ground black pepper

In a small bowl, whisk together all ingredients. Store, covered, in the refrigerator for up to 3 days. Stir well before using.

Nutrition facts per serving: 140 calories, 15 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 140 mg sodium, 1 g carbohydrate, 0 g fiber, 1 g sugar, 0 g protein. Daily values: 0% vitamin A, 0% vitamin C, 0% calcium, 0% iron.

Honey-Mustard Dressing

Serves 13 (2 tablespoons each).

- 1 (6 ounce) container low-fat plain yogurt
- ½ cup Hy-Vee light mayonnaise
- ⅓ cup Hy-Vee honey
- 3 tablespoons Hy-Vee Dijon mustard
- 3 tablespoons Hy-Vee yellow mustard
- 1 tablespoon Hy-Vee cider vinegar
- Pinch cayenne pepper

In a medium bowl, whisk together all ingredients. Store, covered, in refrigerator up to 5 days.

Nutrition facts per serving: 70 calories, 3.5 g fat, .5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 210 mg sodium, 10 g carbohydrates, 0 g fiber, 8 g sugar, 1 g protein. Daily values: 0% vitamin A, 0% vitamin C, 2% calcium, 0% iron.

Lemon-Poppyseed Dressing

Serves 12 (about 2 tablespoons each).


- ⅔ cup Hy-Vee vegetable oil
- 1 teaspoon grated lemon peel
- ½ cup fresh lemon juice
- ⅓ cup Hy-Vee granulated sugar
- ¼ cup Hy-Vee mayonnaise
- 1 tablespoon poppyseeds
- 2 teaspoons fresh minced onion
- ¼ teaspoon Hy-Vee salt
- ¼ teaspoon Hy-Vee dry mustard

In a bowl, whisk together all ingredients. Store, covered, in refrigerator for up to 5 days.

Nutrition facts per serving: 160 calories, 16 g fat, 2.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 75 mg sodium, 6 g carbohydrates, 0 g fiber, 6 g sugar, 0 g protein. Daily values: 0% vitamin A, 6% vitamin C, 0% calcium, 0% iron.

A young boy with a joyful expression, wearing a bright orange polo shirt, holds a small tomato plant in a black plastic nursery pot. The plant has several green leaves and a small white tag that reads "SUPER BUSH" with a picture of a red tomato. The background is a soft-focus garden with green foliage and hints of yellow flowers. The overall lighting is warm and sunny.

‘Growing’ Up with Hy-Vee



Magic happens when kids garden. Common vegetables become the stuff of wonder and excitement when children bite into a bright orange carrot fresh from the earth or a juicy ripe tomato just snapped off a vine.

TEXT COURTENAY WOLF PHOTOGRAPHY ANDY LYONS AND KAREN DIAZ

When Darci Quanella signed up her three kids for a Hy-Vee summer gardening and cooking program, she knew they'd have fun. What she didn't expect was their ongoing enthusiasm for eating fresh vegetables and trying new foods—especially 9-year-old Eleanor, her pickiest eater.

"Eleanor is much more open now. We'll see a vegetable like Swiss chard in the grocery store and she'll say, 'Oh we've had that. Let's get it, Mom, and make that salad,'" says the Austin, Minnesota, mother. She's seen lasting changes in 7-year-old Natalie and 4-year-old Henry, too. "They're all more daring... especially when they're involved in preparations."

GET OUT AND GROW

The 12-week summer program, Hy-Vee Sprouts—Get Out and Grow, that triggered the Quanellas' interest in vegetables is the brainchild of Jen Haugen, a registered dietitian at the Austin Hy-Vee. Mother of two young children, avid gardener and cook, Jen set out to create an experience that would plant the seeds for lifetimes of healthful eating habits.

"It was a lot of fun creating it and doing it," she says. "We had

classes every week and kids were so excited to be there. Someone would discover a tomato beginning to ripen and they'd all be giddy. They'd run over to see it."

Because most research shows that healthful eating habits are easiest to establish in the very young, Jen focused *Sprouts* on kids 3 to 8 years old. She also worked in partnership with a school and community groups.

The 90-minute classes were limited to 10 to 12 kids and packed with activities. "Plants and Robbers" was a favorite for Natalie. "I like digging in the dirt and looking for robbers [weeds]." She wasn't alone. "They loved this game," says Jen. "I'd send them out to find five robbers and they'd come back with 10 or 15."

VEGETABLE OF THE DAY

The kids grew green beans, carrots, tomatoes, peppers, Swiss chard and zucchini in raised beds outside the Austin Hy-Vee. They planted, watered, weeded and harvested. Finally, it was time to sample and cook at a picnic table beneath a canopy. Taste-testing crops was a huge hit with these young gardeners.

Even the pickiest eaters were excited and proud to feast on vegetables they'd grown themselves. In the cooking area, kids described the vegetable of the day, holding it, smelling it, breaking off leaves. Then they'd taste and describe it before cooking.



Inspecting growth of the Swiss chard, *left*, Emma Haugen and other Sprouts discover that they have an abundant crop. It has taken about two months for the chard to reach maturity.

Andrew Keenan, *center*, gives the chard a taste test. He found that leafy chard is on the bitter side when eaten raw. It sweetens some as it is cooked.

Tomatoes are beginning to form where there were once buds, as Andrew and other Sprouts, *right*, saw when they took a close look. Tomatoes were a favorite for these young gardeners.

One of Jen's goals is to build positive attitudes toward healthful food, so "don't yuck my yum" was an inviolable rule. It meant that making faces, sticking out tongues or producing "yuck" noises was forbidden for kids (or parents) when trying new vegetables.

Each child kept a journal. Older kids would note date and weather for each session. They all drew pictures of what the garden looked like that day, then they rated the day's vegetable and recipe by circling an icon, one of three choices:

- I like it a lot
- I like it a little bit
- I don't like it yet

Darci reports that Henry still uses these phrases when he tries something new. "Sometimes he says 'I don't like it yet, Mom,' but he's willing to give it another try." That's an important change; research shows it can take 10 to 20 times before young children decide they like a food. Just adding the word "yet" to "I don't like it" opens the door to trying again. "Sometimes parents give up too soon," says Jen. "Give kids chances to try things. It will really make a difference."

COOKING UP SUCCESS

Jen used the six vegetables multiple times in different recipes. Some "aha" moments came as kids realized they liked a vegetable in one recipe, not another. Maybe they liked it raw, not cooked. Every other week, parents visited to cook with the kids. As harvest came, Jen sent home vegetables—some new to parents—and

recipes. "I'd heard of Swiss chard, but didn't know what to do with it," says Darci.


Eleanor, Natalie and Henry had so much fun cooking and trying new recipes that the Quanellas changed their dinnertime routine. "We no longer fix separate meals. When we saw the recipes from Hy-Vee—Swiss Chard Quesadillas, Chinese Green Beans, Strawberry Swiss Chard Salad—we realized our kids are more willing to try unfamiliar things."

That's true of most children. "All of them tried the food and most ate all of it," says Jen. Of the 10 recipes prepared, 90 percent were rated as "I like them a lot," 8 percent as "I like them a little."

CLOSING THE LOOP

As harvesting began, classes visited the store, searching produce aisles for the types of vegetables they had grown. To help them understand the food chain, the kids sold a basket of vegetables to the store and later purchased back the veggies. The payoff came over many months, as children showed parents around "their" produce aisle, suggesting familiar vegetables.

With the success of the first Sprouts program, Jen is eager to repeat it. This summer, about 40 Hy-Vee stores are getting involved in similar programs. Some Hy-Vee registered dietitians will partner with community garden projects; others with school garden programs. Some will have gardens outside the local Hy-Vee. If you're interested, visit with your local Hy-Vee dietitian to find out about this and other programs.



Plant an interest in gardening. It's easier than you may imagine. Follow these tips from Hy-Vee's Jerry Kluver, host of the *Get Growing* garden show.

- **Begin small.** Make it simple and fun. A few free-standing pots or a 4×4-foot raised bed allow plenty of space for first efforts. Kids will need direction and a few hours a week to bring in a crop.
- **Involve kids early.** With a little help, they can select a site, choose which veggies to plant, weed, water, harvest and cook.
- **Locate in a sunny spot.** Leafy veggies, including lettuces and spinach, will tolerate some shade. Root crops need at least 6 hours of sun daily. Tomatoes, green beans, squash and peppers need full sun.
- **Grow organic.** Eat produce fresh from the garden. Start with sterilized weed-free medium soil, then add organic compost and fertilizer (reapply as needed). Use only organic pest control.
- **Garden in plain sight.** If you have a choice, locate the garden where everyone can see it, whether they are in the house or passing by.
- **Plant small, easy-to-grow vegetables.** Long hot summers? Plant bush green beans, cherry tomatoes, sweet peppers, rainbow Swiss chard, carrots and bush zucchini. Cool, rainy location? Plant leafy green lettuces and spinach, quick-growing radishes, sugar snap peas and short-season green beans and tomatoes.
- **Include a few flowers.** Strong scented marigolds repel rabbits and insects. Nasturtiums have edible leaves and buds.
- **Water as needed.** While watering, inspect the plot for weeds or insects.
- **Eat right out of the garden.** You can cook meals together, too.

Need help with gardening or recipe ideas? Check with your Hy-Vee Garden Center and dietitian, or contact a local university extension.

Getting Kids to GARDEN at Home

Olive Oil



Splash olive oil onto a salad, toss it with vegetables or mix it with lemon as a steak marinade. Silky, smooth and wonderfully fragrant olive oil is the liquid gold of good cooking. Discover why there are different types of olive oil and how to best use them.

TEXT JENNIFER RUISCH AND LOIS WHITE
PHOTOGRAPHY TOBIN BENNETT

The deep, complex flavors of a high-quality extra virgin oil transform a simple plate of greens into a delicious culinary experience. Try it over tender shoots of steamed spring asparagus or summer's beloved tomatoes. With unheated oil, you reap the full benefits of its flavor and aroma, which range from fruity and nutty to herbal and grassy. Even cooking grades—those that can withstand heat—are great flavor enhancers for browning and stir-frying. Use these grades of oil to perk up roasted meats and vegetables. Add a couple bottles of flavor-rich olive oil to your pantry to encourage mealtime adventures.

A FRUITFUL HARVEST

More than 750 million olive trees are cultivated worldwide for oil extraction. Spain, Italy and Greece account for more than 75 percent of production. Tour an olive grove and you'll see row after row of graceful billowing trees with silvery-gray foliage, their branches gnarled and heavy with fruit. The trees can reach heights of 50 feet and may live for 500 to 600 years or more.

Olives start out yellowish-green and will become succulent green as they ripen. When fully ripe, most varieties are black or purple-black. Experts would tell you that the best-tasting olive oils use the highest-quality fruit, plucked at the optimal time and processed under ideal conditions. The peak time for harvesting the ripe olives lasts for only two to three weeks.

SELECTING THE RIGHT GRADE

Whether you use olive oil in salads, in cooking or as a condiment, Chef Curtis Stone believes home cooks need a better understanding of the various grades of oil so the correct grades will be used when cooking and eating. Each type of oil has best uses and sells at a different price. Here are the grades and how to use each.

- **Extra virgin:** This robust oil comes from the first pressing of the olives and has a golden-to-green hue. It is the highest quality oil, the most flavorful and the most aromatic. It also costs the most. The oil is best suited for fresh or already cooked foods, where it can be appreciated for its exquisite bouquet and fruity flavor. "Drizzle it over cooked fish or veggies, serve it with bread for dipping or whisk it into a vinaigrette or salad dressing. It adds such a wonderful flavor," Curtis says.

- **Virgin:** This oil comes from second and third pressings of the olives. It is graded "fine" and "medium-fine" and is above-average quality. It's less fruity and lighter with a slightly higher acidity than extra virgin. It's also less expensive than extra virgin but withstands heat beautifully for sautéing or stir-fries. To bring out





additional flavors in your cooking, brush it on meat, poultry or vegetables during roasting or grilling.

- Pure olive oil: Also labeled as “refined,” this low-cost oil is a blend of refined and virgin oil. It’s usually lighter in color and has a mild flavor. Use it interchangeably with vegetable oil in cooking and baking or when you want other flavors to dominate the dish.

- Light: This low-quality, tasteless oil has a high smoke point, so it is used for high-temperature cooking, even deep-frying. Still want a hint of olive? Add a bit of virgin oil to light oil for flavor.

THE HEALTH ADVANTAGE

A Mediterranean diet that includes olive oil has been shown to reduce the risk of heart disease, “Olive oil can lower bad [LDL] cholesterol while protecting good [HDL] cholesterol,” says dietitian Michelle Arasim-Diekmann of the Hy-Vee store at Lee Summit, Missouri. “It has anti-inflammatory properties that help fight heart disease and lower high cholesterol.”

Olive oil is different from other cooking oils because it is rich in heart-healthy monounsaturated fat. “Think of monounsaturated fat as the optimal type of fat,” says Michelle. “When people

increase their intake of this fat—replacing other types of fat with olive oil, for example—they experience a significant decrease in blood cholesterol.”

Studies also show that women whose diets are higher in monounsaturated fats are less likely to develop breast cancer. Extra virgin olive oil contains polyphenols, antioxidants that prevent damage to blood vessels and reduce high blood pressure.

One word of caution, however, all olive oil is very high in calories—about 120 calories per tablespoon. Avoid overuse.

STORAGE

Store olive oil in a tightly sealed bottle in a cool, dark place to prevent rancidity and preserve the oil’s flavor and aroma. When properly stored, an unopened bottle of olive oil lasts for about 15 months. Once opened, the oil should be used within about three months. After that, it begins to deteriorate in quality.

Avoid exposing oil to heat, light or air for any length of time. As tempting as it may be to display the bottle of oil on a windowsill—or even in a cabinet above the stove—these warmer and lighter environments will cause the oil to turn rancid quickly.

FROM CHEF CURTIS STONE



“Olive oil works well with oily foods. It pairs perfectly with *fish like salmon and tuna* and with citrus, which has oil in the peel. Olive oil also helps bring out the flavor in fresh herbs.”

LEMON AND GARLIC PASTA

Any dish featuring garlic and olive oil is a joy to eat. Buttressed by lemon and basil, this recipe is as inviting as a sidewalk café.

Serves 6.

1 pound uncooked Hy-Vee linguine

2 lemons

¼ cup plus 2 tablespoons Grand Selections
extra virgin olive oil, divided

1 clove garlic, minced

¼ cup heavy cream

¾ cup Hy-Vee shredded Parmesan cheese

Hy-Vee salt, optional

Hy-Vee cracked black pepper, optional

½ cup chopped fresh basil

Cook pasta according to package directions.
Meanwhile, zest and juice lemons; set aside.

When cooked, drain pasta, reserving 1½ cups of the pasta cooking water. Return pot to stove top and add 2 tablespoons olive oil and garlic. Over medium heat, sauté garlic until fragrant. Add remaining olive oil, cream, lemon zest and 1 cup of reserved pasta water and bring to a boil. Cook for 2 minutes or until thickened. Add pasta, cheese and ¼ cup lemon juice, tossing to combine. Add more pasta water and lemon juice, if desired. Season with salt and cracked black pepper, if desired. Divide into six portions and sprinkle with basil just before serving.

Nutrition facts per serving: 490 calories, 22 g fat, 7 g saturated fat, 0 g trans fat, 25 mg cholesterol, 210 mg sodium, 58 g carbohydrates, 2 g fiber, 3 g sugar, 15 g protein. Daily values: 6% vitamin A, 6% vitamin C, 15% calcium, 15% iron.





HERB-CRUSTED PORK ROAST WITH ROASTED SPRING ROOT VEGETABLES

Sage, rosemary and thyme add such pleasing tastes you'll believe the vegetables came straight from garden to table. Pork loin roast adds a slightly sweet flavor.

Serves 10 (about 4 ounces each).

- 1 (2½- to 3-pound) boneless pork loin roast
- 3 tablespoons plus 2 teaspoons olive oil, divided
- ½ cup Hy-Vee walnuts
- ½ cup packed fresh parsley
- 1½ tablespoons fresh thyme leaves
- 1½ tablespoons fresh rosemary leaves
- 1½ tablespoons chopped fresh sage leaves
- 2 cloves garlic
- ¼ teaspoon Hy-Vee salt
- ⅛ teaspoon Hy-Vee ground black pepper

Score fat on roast with a sharp knife ¼ inch apart. In a skillet, heat 2 teaspoons olive oil over medium-high heat. Add roast and brown on all sides, about 3 minutes per side, reducing heat if smoking occurs. Transfer to a wire rack in a rimmed baking sheet lined with foil. Preheat oven to 350°F.

Meanwhile, in a food processor, combine remaining 3 tablespoons olive oil, walnuts, parsley, thyme, rosemary, sage, garlic, salt and pepper. Process until smooth. Spread herb paste over top and down sides of roast. Bake for 60 to 75 minutes or until internal temperature reaches 145°F. Let meat rest 10 minutes to allow internal temperature to rise to 150°F before slicing.

Nutrition facts per serving: 240 calories, 13 g fat, 2.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 115 mg sodium, 1 g carbohydrate, 1 g fiber, 0 g sugar, 26 g protein. Daily values: 6% vitamin A, 8% vitamin C, 2% calcium, 6% iron.

ROASTED SPRING ROOT VEGETABLES

Serves 8.

- ¼ cup Grand Selections olive oil
- 1½ tablespoons chopped fresh rosemary leaves
- 1 teaspoon Hy-Vee salt
- ¼ teaspoon Hy-Vee ground black pepper
- 2 sprigs fresh rosemary
- 7 small golden potatoes, quartered
- 7 medium carrots, peeled and cut into 4-inch lengths

- 1 medium white onion, peeled and cut into 8 wedges
- 1 medium red onion, peeled and cut into 8 wedges
- 2 heads garlic, halved horizontally
- 2 small red beets, trimmed, quartered

Preheat oven to 450°F. On a 17×11-inch rimmed baking sheet, combine olive oil, chopped rosemary, salt and pepper. Use rosemary sprigs to stir seasonings into the oil; leave sprigs in the oil. Add potatoes, carrots, onions, garlic and beets. Stir vegetables to thoroughly coat with oil mixture. Roast for 65 minutes, turning halfway through cook time, or until tender and golden.

Nutrition facts per serving: 210 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 350 mg sodium, 35 g carbohydrates, 5 g fiber, 6 g sugar, 4 g protein. Daily values: 180% vitamin A, 30% vitamin C, 6% calcium, 6% iron.





Healthy Harvest or Garden Delight Pasta:
select varieties 12 or 13.25 oz. \$1.48



Bertolli Olive Oil: virgin, light or classico
25.5 fl oz. \$7.99



Mrs. Dash Seasonings or Marinades:
select varieties 2 to 12 oz. \$2.38



Colavita Balsamic Vinegar 2 L. \$3.99



Colavita Cooking Wine: red or white
17 fl oz. \$2.99



Smart Chicken Boneless Skinless
Breasts 1 lb. \$5.99



Sargento Shredded Cheese: select
varieties 5 to 8 oz. \$2.18



Oils from California
are light in color, fruity
in flavor.



Oils from France
are pale yellow and
mild tasting.



Oils from Spain
are often yellowish
with fruity, nutty
flavor.

(also shown right, below)



Oils from Greece
have a greenish
cast and strong,
bold flavor.



Oils from Italy are often
dark goldish green with
grassy herb flavors.

From Olives to Oil

It takes a lot of olives to make a little oil. A ton of the fruit may yield anywhere from 35 to 50 gallons of oil. A tree can yield anywhere from 10 to 500 pounds of olives, depending on its age, size, the olive variety and growing conditions.

During harvest, the olives need to be treated delicately because once they bruise, the beneficial oils within start to degrade. Many large-scale growers use a tree-shaking device, setting up nets beneath trees to catch the olives before they hit the ground.

After the olives are harvested, any leaves, twigs and stems are removed, and the olives are washed. Oil extraction begins when heavy stainless steel rollers crush the olives and pits, grinding them into a paste. The paste is slowly churned to allow oil droplets to concentrate. Once the oil is separated, it is filtered to remove impurities.

The first filtering yields extra virgin oil. After another round or two of filtering, virgin is ready. Refined and light oils are treated to remove bitter tastes, reduce acidity and other contaminants. Because of greater processing, refined and light oils have fewer nutrients than extra virgin and virgin oils.

ORANGE OLIVE OIL CAKE

Olive oil imparts a fruity aroma in cakes and pastries. Refrigerate extra virgin so it will solidify, then the oil can substituted for butter in pastry dough and sweets.

Serves 16.

Nonstick baking spray with flour
5 large navel oranges
3½ cups Hy-Vee all-purpose flour
1½ teaspoons Hy-Vee baking powder
1 teaspoon Hy-Vee salt
5 Hy-Vee large eggs
2 cups Hy-Vee granulated sugar
1½ cups Grand Selections extra virgin olive oil
2 cups Hy-Vee powdered sugar

Position oven rack in the middle position. Preheat oven to 350°F. Coat a 12-cup fluted tube pan with baking spray; set aside. Zest oranges, keeping the zest from one orange separate for icing; set aside. Juice oranges. Discard rinds and set juice aside.

In a medium bowl, whisk together flour, baking powder and salt; set aside. In a large bowl, mix eggs and granulated sugar on medium speed until thick and pale yellow, about 3 minutes. On low speed, alternately add flour mixture and olive oil, ending with the flour. Add 1½ cups orange juice (refrigerating remaining juice) and the zest from 4 oranges. Mix until well combined.

Pour batter into prepared fluted tube pan and bake until a skewer or cake tester comes out with a few moist crumbs, about 65 to 70 minutes. Remove from oven and place the pan on a wire rack to cool for 15 minutes. Turn cake out onto rack to cool completely.

Meanwhile, in a small bowl, combine powdered sugar, remaining zest and 3 tablespoons of remaining orange juice. Whisk until smooth. Drizzle over cake.

Nutrition facts per serving: 490 calories, 23 g fat, 3.5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 290 mg sodium, 67 g carbohydrates, 2 g fiber, 44 g sugar, 5 g protein. Daily values: 4% vitamin A, 45% vitamin C, 4% calcium, 10% iron.



Ciabatta Perfection



Baking Stone Ciabatta Bread 16 oz. \$2.99

Ciabatta bread from Baking Stone Breads is a feast disguised as a long, flat loaf. Fresh from the oven, each slice is a reward of sensations and tastes. The crust is crisp, bold and chewy and the porous softer interior yields easily with a smooth flavor that satisfies.

As a sandwich bread, this simple Italian creation is unrivaled. Its flavors mingle pleasantly with anything you care to pile onto a couple of slices. It is particularly inviting when served hot with pastrami, corned beef, ham or turkey and the cheese, pickle and condiments of your choice.

This bread is also a prime dipping partner for olive oil. Serve this tempting combination as a dinner starter the next time you fix Italian. The taste is rich and full, and it has a way of relaxing you and your dinner partners as you converse.

All Baking Stone Breads start with wholesome ingredients, staying true to old-world recipe formulations. Some breads, like the French baguette, use little more than flour, water and yeast. Others incorporate such flavorful ingredients as honey, cheese, sugar, raisins and seeds.

There are more than 20 varieties of fresh bread in the Baking Stone Bread line. These include Sourdough Boulé, Asiago Cheese Focaccia, Honey Whole Grain, Honey Raisin Pecan, Marble Rye, Fresh Pumpernickel Flute Topped with Oatmeal, Rosemary Garlic and Roasted Garlic breads. The list goes on.

With Baking Stone Bread—baked exclusively at Hy-Vee—you can count on a satisfying meal every time. Nothing's quite as good as bread that's fresh from the oven.

Dipping Oils

These dippers are easy to prepare. Serve with ciabatta chunks or slices. For each, fill a small bowl halfway with extra virgin olive oil. Add the noted ingredients. Dipping in bread chunks will stir it up. Delicious!

Herb Dip

(left)

¼ cup olive oil
¼ tsp. dried basil
¼ tsp. ground oregano
¼ tsp. chopped thyme

Pepper Dip

(below/left)

¼ cup olive oil
2 tbsp. Parmesan cheese
½ tsp. black pepper

Red Pepper Dip

(below right)

¼ cup olive oil
1 tbsp. red pepper flakes



This is Curtis's lighter version of a traditional mortar and pestle. With its high walls, it keeps food inside the vessel while you work. Perfect for creating rubs and marinades.

Curtis Stone Bump'N Grind \$39.99

Shake up your nightly routine by waking up the evening menu with favorite morning foods. Egg dishes, oatmeal pancakes and French toast topped with fresh banana syrup are delicious breakfast-for-dinner choices.

TEXT LOIS WHITE PHOTOGRAPHY ADAM ALBRIGHT AND ANDY LYONS

BLAST FROM THE PAST!

Sara Hannapel and her children, Hayden and Vera, appeared in Hy-Vee Seasons, Fall 2009. We're looking back at past issues a lot these days because this is the 5th anniversary of the magazine's first issue.



BREAKFAST IS THE *NEW* DINNER

Your busy day is winding down and you have no idea what to make for dinner. Sound familiar? How about serving morning favorites? Whether it's scrambled eggs or pancakes and bacon, the novelty of breakfast for dinner can be a lively change of pace, helping everyone de-stress at the end of a long day. There's an alluring aroma of smoky bacon, the fun of flipping flapjacks or some cracking going on for an amazing egg dish. There really are no rules as to what you can or can't do, and the food is guaranteed to taste as good and feel as comfortable as lounging in PJs. An added bonus: Breakfast favorites require little advance thought and are a snap to cook.

FAMILY FRIENDLY

Breakfast foods hit the spot at dinnertime because they're fast and budget-friendly, says Ayn Pavek, a Hy-Vee dietitian in Faribault, Minnesota. "You can easily make an egg dish based on what's in the pantry and fridge. Plus, eggs are a high-quality, affordable source of protein." For those whose fitness goals include losing weight, eggs are the center of a smart meal. Studies in the U.S. and England show that eggs provide the caloric intake needed while suppressing the desire to overeat.

Scrambled eggs often appear on the Pavek's dinner table. Sons Jarrod, 10, and Carter, 9, take turns grating potatoes for the hash browns, which Ayn cooks in heart-healthy canola oil. Sometimes they toss leftover veggies and cheese in the eggs. "It's an easy way to get all the nutrients required for a meal in one dish."

Ayn is an avid fan of omelets, and she encourages parents to let kids choose from a variety of veggies and fillings. (See our steps for

making the perfect fluffy omelet, *page 47*.) "Let your kids play with the food—call broccoli 'trees' or make 'dinosaurs' from cheese. Kids will be more likely to try a new food when it's fun," Ayn says.

A FULL MENU OF CHOICES

The wonder of eggs is that they are so versatile. Breakfast for dinner can be as simple as egg sandwiches or as inventive as Bacon and Egg Tart, *page 46*, or Curtis Stone's Easy Asparagus Omelet, *page 49*. Both egg-bake recipes are easily adaptable. In the tart, substitute peppered bacon or crumbled cooked sausage for smoked bacon. Vary the omelet recipe with a variety of veggies, cheeses and herbs. Round out either meal with a fruit salad or orange juice, or add a fresh green salad for an even more healthful combo.

If you're fond of wraps—and the simplicity of making and eating them—spoon scrambled eggs on a warmed whole wheat flour tortilla. Sprinkle crumbled cooked bacon or diced turkey sausage and cheese, then spoon on salsa. Fold the tortilla around the filling for a hearty breakfast, lunch—or dinner. It's that easy.

Count on rise-and-shine favorites, such as Triple-Berry Oatmeal Pancakes, *page 45*, to fill evening time slots indulgently. Prepare the pancake mix ahead so you're ready to whip up a batch at a moment's notice. Pancakes freeze well, too, for reheating quickly in a microwave oven.

French Toast with Maple-Banana Syrup, *page 48*, has pecans sprinkled on top, although walnuts or other nuts taste just as good. Make the meal savory by substituting chopped tomatoes, crumbled goat cheese and fresh-snipped herbs for the sweet syrup.



Oatmeal topped with fruit and nuts is another pleasing end-of-day comfort food. For convenience, stir up a batch of steel-cut oats in the morning and cook them all day in a slow-cooker. Follow package directions for water-to-oats proportions and cooking time.

SMOOTH AND QUICK

Fruit smoothies are fast and healthful foods to sip. For a thick, frosty smoothie that's rich in flavor and loaded with vitamins, use frozen or well-chilled fresh fruits and leafy green veggies, low-fat yogurt and fruit juice. Add a bit of honey for sweetness.

When pinched for time, even a slice of whole wheat bread, toasted and slathered with a nut butter, or a bowl of high-fiber, low-sugar cereal topped with sliced bananas, nuts and low-fat milk are wholesome breakfast-type meals that are suitable for dinner.

"In the end, it doesn't really matter which breakfast foods you eat at night, as long as you watch portion sizes and get a variety of nutrients," Ayn says.

FROM CHEF CURTIS STONE

"My asparagus omelet [page 49] *is not flipped or folded.* It's cooked on lower heat so it won't brown on the bottom before eggs have time to cook. A few quick moments under the broiler finishes the top."



TRIPLE-BERRY OATMEAL PANCAKES

Keep your pantry stocked with a homemade pancake mix for wholesome, delicious hotcakes anytime. We made a blueberry topping, but it can be made with other fruit spreads and jellies.

Serves 4 (3 pancakes plus ¼ cup syrup each).

2 cups Hy-Vee all-purpose flour
2 cups Hy-Vee whole wheat flour
1 cup Hy-Vee nonfat dry milk powder
1½ cups Hy-Vee quick-cooking rolled oats
½ cup Hy-Vee granulated sugar
3 tablespoons Hy-Vee baking powder
1 teaspoon Hy-Vee salt
1 teaspoon Hy-Vee ground cinnamon
¾ cup reduced-sugar strawberry fruit spread

½ cup fresh or frozen blueberries
3 tbsp Hy-Vee orange juice
1¼ cups water
1 Hy-Vee large egg
1 tbsp Hy-Vee canola oil
Fresh raspberries, for topping

For pancake mix, in a large bowl combine all-purpose flour, whole wheat flour, milk powder, oats, sugar, baking powder, salt and cinnamon. Transfer mixture to an airtight container. Cover and store for up to 3 months. Makes 6 cups.

For blueberry sauce, in a medium saucepan over medium heat, heat strawberry fruit spread. Stir in ½ cup fresh or frozen

blueberries and orange juice and cook about 30 seconds more. Cool to room temperature. Transfer to an airtight container. Cover and refrigerate for up to 1 week. Makes 1 cup.

To make pancakes, in a medium bowl combine water, egg and canola oil. Stir in 2 cups prepared pancake mix, stirring until slightly lumpy. For each pancake, pour about ¼ cup batter onto a hot, lightly greased griddle or heavy skillet; spread into a 4-inch circle. Cook until golden on both sides, turning once. Serve with blueberry sauce and top with fresh raspberries.

Nutrition facts: 380 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 50 mg cholesterol, 620 mg sodium, 72 g carbohydrates, 4 g fiber, 30 g sugar, 10 g protein. Daily values: 4% vitamin A, 15% vitamin C, 30% calcium, 15% iron.



BACON AND EGG TART

Your family will happily eat baked bacon and eggs for dinner if they are cooked in a tender, flaky puff pastry. You can substitute chopped ham or sautéed fresh vegetables for bacon.

Serves 4.

- 1 ready-to-bake sheet frozen puff pastry, thawed
- 3 teaspoons Hy-Vee grated Parmesan cheese, divided
- 2 slices Hy-Vee double-smoked bacon
- 1 (8 ounce) tub Hy-Vee garden vegetable or onion and chive cream cheese spread
- 1 tablespoon Hy-Vee milk
- ½ cup Hy-Vee shredded cheddar cheese
- 2 tablespoons sliced green onions
- 4 Hy-Vee large eggs
- Snipped fresh chives

Preheat oven to 375°F. Line a baking sheet with parchment paper. Unfold puff pastry; place on paper-lined sheet. Trim 1-inch strips from each edge of pastry; set aside. Roll pastry sheet into an 8×8-inch square. Brush edges of pastry lightly with water. Place the strips around the pastry edges, trimming as needed without overlapping. Inside the strips, sprinkle pastry with 1 teaspoon of the Parmesan cheese. Prick the cheese-covered area all over with a fork. Bake for 15 minutes or until golden. Cool slightly on a wire rack.

Meanwhile, place bacon slices on a microwave-safe rack or a plate lined with microwave-safe paper towels. Cover with a

paper towel. Microwave on 100-percent power (high) for 2 to 3 minutes or until crisp.

In a small mixing bowl, beat cream cheese spread and milk with an electric mixer just until smooth. Stir in cheddar cheese and green onions.

Spread cream cheese mixture over baked pastry, staying within borders. Using the back of a spoon, make four indentations in cheese mixture for eggs. One at a time, break the eggs into a small bowl or ramekin and slip them into the indentations, being careful not to

break the yolks. Break bacon slices into smaller pieces and arrange around eggs. Bake about 20 minutes more or until whites are set (completely coagulated and firm) and yolks begin to thicken (no longer runny, but not hard). To serve, sprinkle with remaining Parmesan cheese and chives. Cut into 4 squares.

Nutrition facts per serving: 410 calories, 15 g fat, 5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 310 mg sodium, 47 g carbohydrates, 2 g fiber, 3 g sugar, 18 g protein. Daily values: 8% vitamin A, 15% vitamin C, 4% calcium, 30% iron.





STEPS TO MAKING A FLUFFY OMELET

Enjoy an omelet for a casual supper. Fill it with whatever you wish—diced sweet peppers, Hy-Vee chopped ham, sliced green onions, Hy-Vee shredded cheese, spinach or leftover meats and veggies from the fridge.



1. Heat an 8-inch nonstick skillet over medium-high heat until hot enough to sizzle 1 tablespoon Hy-Vee butter on contact. Whisk together 2 Hy-Vee large eggs and 2 tablespoons water or Hy-Vee milk, then pour mixture into the skillet. Reduce heat to medium.



2. After the eggs set slightly, push eggs from the skillet edge toward the center using a flexible spatula. Tilt the pan, letting any raw egg flow across cooked egg. Continue cooking until the eggs are no longer runny but still moist on top, 1 to 2 minutes.



3. Place veggies, cooked meat and/or cheese over half of the omelet. To speed the process use precooked meats, such as diced ham or bits of microwave bacon.



4. Using the same spatula, gently fold the omelet over the filling. Tilt the skillet and slide the filled omelet onto a dinner plate.



Hy-Vee Fresh Berry Blend per lb. \$6.99



Johnsonville Breakfast Links, Patties or Ground Sausage: select varieties 12 or 16 oz. \$2.98



Jimmy Dean Breakfast Sausage or Bacon: select varieties 2.2 to 16 oz. \$3.28



Grand Cru Gruyere per lb. \$13.99



Moark Land O'Lakes: omega eggs or all natural white 12 ct. \$1.99



Yoplait Large Yogurt: select varieties 32 oz. \$2.68



Crystal Farms All Whites or Better'n Eggs: select varieties 14 to 32 oz. \$1.97

FRENCH TOAST WITH MAPLE-BANANA SYRUP

This timeless breakfast favorite is one of those happy foods that brings a smile to everyone's face. Baking Stone French bread from Hy-Vee gives it excellent flavor and texture. Spoon on a rich banana syrup. Give this sweet topper a hint of citrus by adding 1½ tablespoons orange juice.

Serves 4.

- 3 tablespoons Hy-Vee butter, divided**
- 1 medium ripe banana, cut into ½-inch-thick slices**
- ½ cup Hy-Vee pancake and waffle syrup**
- 2 Hy-Vee large eggs, beaten**
- ½ cup Hy-Vee skim milk**

- 1 tablespoon Hy-Vee granulated sugar**
- 1 teaspoon Hy-Vee vanilla extract**
- 8 (½-inch each) slices Hy-Vee Baking Stone French Bread**
- ¼ cup Hy-Vee chopped pecans, toasted, optional**

In a large skillet, melt 1 tablespoon butter over medium heat. Add banana slices and heat, stirring occasionally, for 1 minute. Stir in syrup. Remove from heat and let cool.

In a medium bowl, beat eggs, milk, sugar and vanilla. Dip bread slices into egg mixture, letting bread soak 10 seconds on each side. In a medium skillet or on a griddle, melt 1 tablespoon butter over medium heat; add 4 bread slices. Cook 2 to 3 minutes on each side or until golden brown. Repeat with remaining butter and bread slices. Serve warm topped with syrup and, if desired, pecans.

Nutrition facts per serving: 340 calories, 11 g fat, 6 g saturated fat, 0 g trans fat, 115 mg cholesterol, 330 mg sodium, 54 g carbohydrates, 1 g fiber, 18 g sugar, 8 g protein. Daily values: 10% vitamin A, 4% vitamin C, 6% calcium, 10% iron.





CURTIS STONE'S EASY ASPARAGUS OMELET

This omelet is deeply rich thanks to the butter and cheese. But the savory flavor also comes from the garden via the abundance of asparagus.

Serves 4.

15 thin asparagus spears, tough ends trimmed
½ teaspoon olive oil
12 large eggs
½ teaspoon salt
½ teaspoon freshly ground black pepper
1 tablespoon unsalted butter
2 ounces Fontina or Gouda cheese, shaved into thin slices*

Preheat broiler. Cut asparagus tips into 3-inch lengths, then cut remaining asparagus stalks on slight diagonal into ¼-inch-thick slices. Toss asparagus tips in small bowl with oil to coat. Whisk eggs, salt and pepper in a large bowl to blend well.

Melt butter in a 12-inch-diameter nonstick, ovenproof sauté pan** over medium heat, swirling pan to coat it with butter. Add asparagus slices and sauté 1 minute. Add eggs and gently stir with a silicone spatula, lifting cooked egg off bottom of skillet and stirring it into uncooked portion. Be careful not to over-stir omelet. As omelet begins to set, give one last gentle stir, then lay cheese slices and asparagus tips over omelet.

Place pan under broiler and cook for about 1 minute, or until omelet is set on top and cheese melts. Using silicone spatula, loosen omelet from pan and slide it onto a platter. Cut omelet into wedges and serve.

*To make it easier to shave the cheese, place it in the freezer for 30 minutes before slicing it.

**Alternatively, you can use two 10-inch-diameter nonstick ovenproof sauté pans to make 2 smaller omelets.

Nutrition facts per serving: 320 calories, 22 g fat, 9 g saturated fat, 0 g trans fat, 580 mg cholesterol, 620 mg sodium, 4 g carbohydrates, 2 g fiber, 2 g sugar, 24 g protein. Daily values: 30% vitamin A, 10% vitamin C, 20% calcium, 15% iron.

Breakfasts you love.



Peter Pan Peanut Butter: select varieties
13 or 16.3 oz. \$2.99



Egg Beaters: select varieties
15 or 16 oz. \$2.58



Reddi Wip for Fruit 6.5 oz. \$2.49



Fleischmann's: select varieties
11.4 to 16 oz. 2/\$3.00



Swiss Miss Pudding: select varieties
6 pk. \$2.38



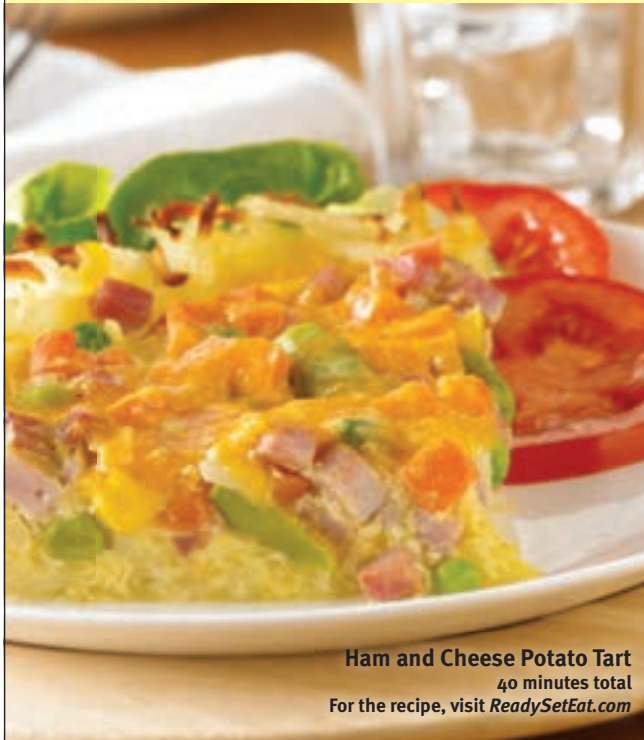
Manwich: regular or thick and chunky
15 or 15.5 oz. \$1.18



Van Camp's Pork and Beans:
select varieties 28 oz. 2/\$3.00



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



Ham and Cheese Potato Tart
40 minutes total
For the recipe, visit ReadySetEat.com



Fresh Berry Smoothie
10 minutes total
For the recipe, visit Reddiwip.com

Lunches you love.



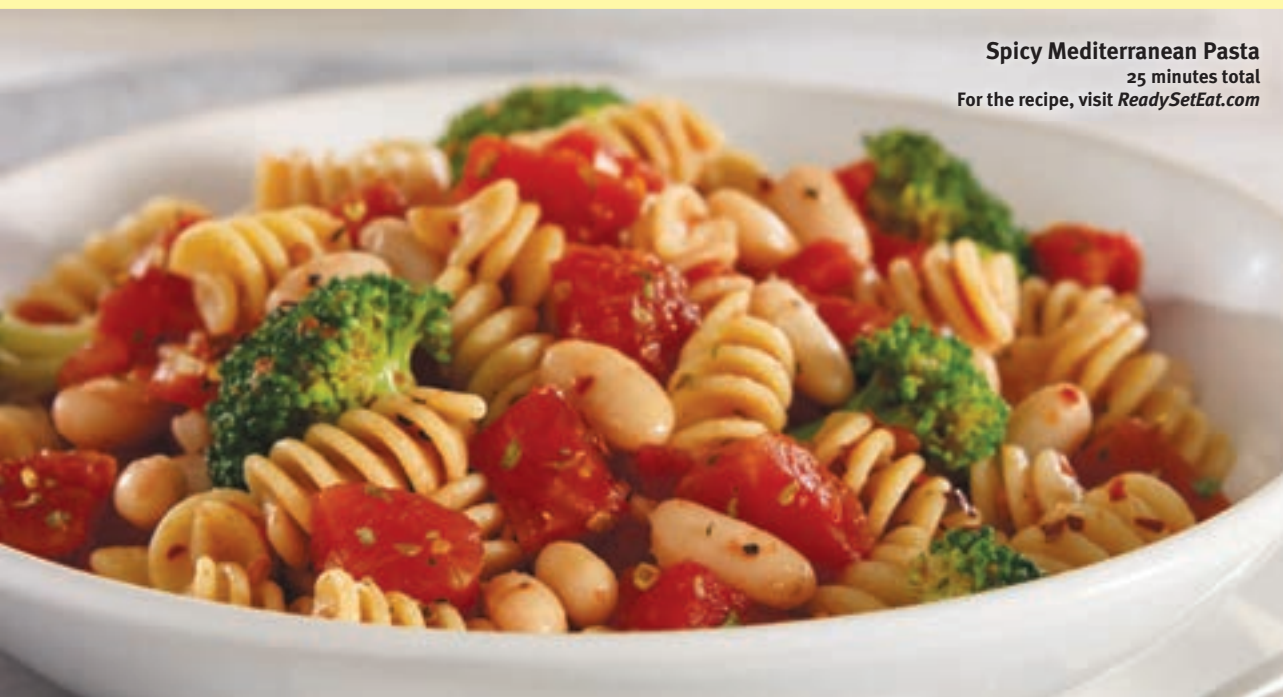
Beefy-Bean Sloppy Joes
25 minutes total
For the recipe, visit ReadySetEat.com

©Conagra Foods, Inc. All Rights Reserved.



Healthy Choice®
Steaming Entrées – Lemon Herb Chicken (top)
Café Steamers® – Chicken Margherita
with Balsamic (bottom)

Dinners you love.



Spicy Mediterranean Pasta
 25 minutes total
 For the recipe, visit ReadySetEat.com

Food you love.



©ConAgra Foods, Inc. All Rights Reserved.



Healthy Choice Dinners or Steamers:
 select varieties 9.5 to 12.5 oz. 2/\$5.00



Healthy Choice Select or Steaming
 Entrées: select varieties
 8 to 9.9 oz. 2/\$4.00



Orville Redenbacher's Microwave Popcorn:
 select varieties 2 to 4 pk. 3/\$5.00



David Sunflower Seeds
 3.75 or 5.25 oz. \$1.18



Hunt's Ketchup 24 oz. \$0.99



Hunt's Tomatoes: select varieties
 14.5 oz. 4/\$5.00



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



Banquet Family Entrées: select varieties
 24 to 28 oz. 2/\$5.00

Pick up a rotisserie chicken from your Hy-Vee Kitchen after work and you can have dinner on the table lickety-split. Chopped or shredded, the tender meat is a no-fuss way to improve pastas, soups, pizzas and more. Here are 10 recipes—most ready in 30 minutes or less.

TEXT LOIS WHITE PHOTOGRAPHY ADAM ALBRIGHT



[1 rotisserie chicken]

A top-down view of a white ceramic bowl filled with a rice-based meal. The rice is light-colored and mixed with small pieces of chicken, green broccoli florets, yellow bell pepper strips, and small green onions. Four slices of cooked sausage are arranged in a row across the middle of the bowl. The bowl sits on a dark green napkin, which is placed on a dark grey wooden table. A silver spoon is visible on the left side of the bowl.

[10 quick & easy meals]

Why do so many families love rotisserie chicken? Simple. It's one of those convenient comfort foods that never lets you down. The crisp skin, moist breast meat and dense dark meat appeals to even the most finicky eaters. Cooks on the go appreciate the availability of these golden, preroasted birds because they make a great foundation for quick family meals. Combine the meat with fresh ingredients and some pantry staples, and you'll have dinner on the table in minutes.

FRESH AND READY

During the after-work dinner dash from 4:40 p.m. to 6:30 p.m. weekdays, Hy-Vee Kitchen managers know they need plenty of just-cooked chickens on hand. How just-cooked are they? Labeling shows the time they came out of the rotisserie. These entrées are all-natural, which means they've gone through minimal processing and contain no artificial ingredients or preservatives. Birds are seasoned with herb or spice rubs, and roasted while rotating in an oven. This slow-cooking process keeps the chicken tender and juicy, while reducing fat content that drains away.

A BLANK CANVAS

Rotisserie chicken is one of the most versatile ingredients—a blank canvas ready for a variety of flavors and spices. You can easily chop or shred it and fold it into almost any dish, including salads, pasta meals, rice dishes, sandwiches, wraps, casseroles, soups and more.

Pick a lightly seasoned bird for our recipes. Although seasoning flavors are concentrated on the skin, some does penetrate the meat and can alter a recipe's overall flavor. When chopping up the meat, figure on about 4 cups (1 pound) from one chicken.

SLICE IT, CHOP IT, DICE IT

It's easier to separate meat from bones while the chicken is warm, so tackle this first step soon after arriving home. To keep a meal low in fat, remove and discard the skin. When cutting up or shredding meat, consider that smaller pieces will have more exposed surface area for the chicken to absorb flavor from sauces or other high-flavor ingredients. Add smaller pieces toward the end of a recipe to avoid soaking in too many flavors and to avoid overcooking. If you don't use your rotisserie chicken right away, store the whole bird in its original wrapper in the coldest part of your refrigerator. Or place cutup chicken in a shallow container so it can cool quickly, then refrigerate. Use refrigerated rotisserie chicken within 3 days.

FROM CHEF CURTIS STONE



“Don't throw away that delicious juice from the package. At home, warm it up and *drizzle it over roasted potatoes*. Serve it with the chicken and a hearty green salad made with crunchy romaine lettuce. Classic!”



1. CHICKEN AND BROCCOLI RICE PILAF

Serves 9 (1 cup each).

- 1 (14.5 ounce) can Hy-Vee reduced-sodium chicken broth
- 1½ cups Hy-Vee apple juice
- 2 (6.2 ounce each) boxes fast-cooking long grain and wild rice
- 1 (12 ounce) bag frozen Hy-Vee steam quick broccoli
- 3 tablespoons Hy-Vee butter
- 1 medium yellow bell pepper, seeded and chopped
- ½ cup sliced green onions
- 2 cloves garlic, minced
- 1 teaspoon lemon zest
- 1 teaspoon Hy-Vee dried basil
- ¼ teaspoon Hy-Vee ground black pepper
- 1 (28 ounce) Hy-Vee rotisserie chicken, skin removed, deboned and chopped
- ¼ cup toasted pine nuts

In a large saucepan, combine broth, apple juice and rice (discard seasoning packets). Bring to a boil; reduce heat and simmer, covered, for 5 minutes. Remove from heat and set aside 5 to 10 minutes or until liquid is absorbed.

Meanwhile, cook broccoli in microwave according to package instructions. Set aside.

In a large skillet, melt butter over medium-high heat. Sauté bell pepper, green onion and garlic until tender, about 3 to 5 minutes. Stir in lemon zest, basil and black pepper. Add rice, broccoli, chicken and pine nuts; heat through.

Nutrition facts per serving: 310 calories, 10 g fat, 3.5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 750 mg sodium, 36 g carbohydrates, 2 g fiber, 7 g sugar, 14 g protein. Daily values: 8% vitamin A, 60% vitamin C, 2% calcium, 15% iron.



2

ASIAN CHICKEN SALAD

The distinct flavor of ginger combined with soy sauce and sesame oil gives this salad its promised Asian accent.

Serves 8 (about 1½ cups each).

1 Hy-Vee (28 ounce) rotisserie chicken, skin removed, deboned and chopped

¼ cup rice vinegar

2 tablespoons Hy-Vee soy sauce

2 tablespoons sesame oil

2 teaspoons grated fresh ginger

2 teaspoons Hy-Vee honey

6 cups Hy-Vee romaine salad greens

6 cups Hy-Vee spring mix salad greens

2 medium carrots, shredded

2 cups snow peas, trimmed

2 (15 ounce each) cans Hy-Vee mandarin oranges, drained

½ cup Hy-Vee sliced almonds, toasted

Set aside chopped chicken. You should have about 3¾ cups.

For dressing, in a small bowl whisk together vinegar, soy sauce, sesame oil, ginger and honey. In an extra-large bowl, toss together salad greens, chicken, carrots, snow peas and mandarin oranges. Add dressing; gently toss to coat. Sprinkle with almonds.

Nutrition facts per serving: 210 calories, 9 g fat, 1.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 600 mg sodium, 21 g carbohydrates, 4 g fiber, 15 g sugar, 11 g protein. Daily values: 190% vitamin A, 70% vitamin C, 10% calcium, 8% iron.

3

CHIPOTLE CHICKEN SANDWICHES

For a few minutes work, the reward is a distinctly upscale, restaurant-worthy flavor. If sodium level is a concern, eat a half sandwich.

Serves 6 (½ cup filling on each pretzel roll).

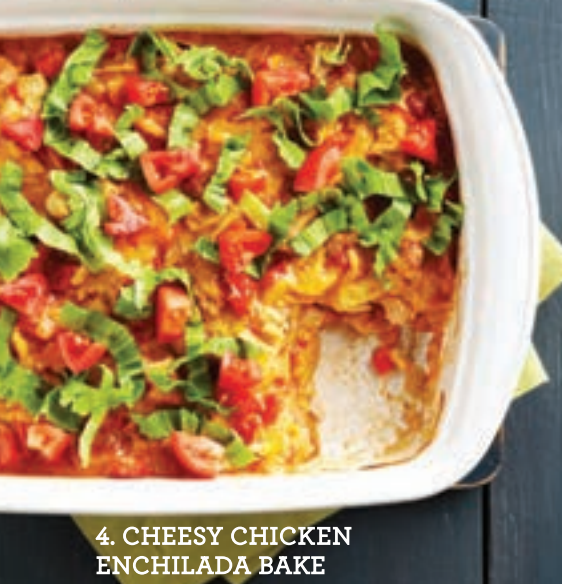
- 1 tablespoon Grand Selections olive oil
- ½ cup finely chopped onion
- 2 tablespoons Hy-Vee packed brown sugar
- 1 canned chipotle pepper, finely chopped*
- 1 teaspoon Hy-Vee chili powder
- ½ teaspoon Hy-Vee garlic powder
- ½ teaspoon Hy-Vee ground mustard
- ⅓ teaspoon cayenne pepper
- 1 cup Hy-Vee ketchup
- ¼ cup water
- 2 tablespoons Hy-Vee cider vinegar
- 1 tablespoon molasses
- 1 Hy-Vee rotisserie chicken, skin removed, deboned and chopped
- 6 Hy-Vee Baking Stone pretzel rolls, split

In a large skillet, sauté onion in oil over medium heat for 5 minutes or until onion is tender, stirring frequently. Stir in brown sugar, chipotle pepper, chili powder, garlic powder, mustard and cayenne pepper; cook for 30 seconds. Stir in ketchup, water, vinegar and molasses. Bring to a boil; reduce heat to medium-low. Simmer, uncovered, for 5 minutes or until sauce is slightly thickened, stirring frequently. Stir in chicken; cook for 5 minutes, stirring frequently. Serve on pretzel buns.

*Note: Chile peppers contain volatile oils that can burn your skin. Wear plastic or rubber gloves to protect your hands.

Nutrition facts per serving: 490 calories, 9g fat, 2.5g saturated fat, 0g trans fat, 45mg cholesterol, 1480mg sodium, 71g carbohydrate, 4g fiber, 23g sugar, 27g protein. Daily values: 4% vitamin A, 2% vitamin C, 2% calcium, 20% iron.





4. CHEESY CHICKEN ENCHILADA BAKE

Serves 12.

- 1 medium onion, chopped
- 1 large red bell pepper, seeded and chopped
- 2 cloves garlic, minced
- 1 tablespoon Grand Selections olive oil
- 1 (28 ounce) Hy-Vee rotisserie chicken, skin removed, deboned and shredded
- 2 (15 ounce each) cans Hy-Vee diced tomatoes with green chiles, undrained
- 2 (10½ ounce each) cans Hy-Vee condensed cream of chicken soup
- ½ cup Hy-Vee reduced-sodium chicken broth
- ½ teaspoon ground oregano
- 1 teaspoon Hy-Vee ground cumin
- 1 teaspoon Hy-Vee chili powder
- ½ teaspoon cayenne pepper
- 18 (6 inch) corn tortillas
- 3 cups Hy-Vee shredded sharp cheddar cheese, divided (12 ounces)
- 1 cup Hy-Vee shredded lettuce
- 2 Roma tomatoes, chopped

Preheat oven to 350°F. Lightly grease a 9×13-inch baking dish; set aside. In a large skillet, sauté onion, bell pepper and garlic in hot oil over medium-high heat until tender. Stir in chicken, tomatoes, condensed soup, chicken broth, oregano, cumin, chili powder and cayenne pepper. Heat mixture through. Remove from heat.

Place 6 of the tortillas in the prepared baking dish, overlapping as necessary. Top with one-third of the chicken mixture and sprinkle with 1 cup cheese. Repeat layers twice more, leaving off the final layer of cheese. Bake, covered, for 25 to 30 minutes or until bubbly. Uncover and sprinkle with remaining cheese. Bake, uncovered, about 5 minutes more or until cheese is melted. Let stand for 10 minutes. Just before serving, top casserole with lettuce and chopped tomatoes.

Nutrition facts per serving: 330 calories, 15 g fat, 6 g saturated fat, 0 g trans fat, 50 mg cholesterol, 880 mg sodium, 31 g carbohydrates, 3 g fiber, 3 g sugar, 17 g protein. Daily values: 30% vitamin A, 30% vitamin C, 25% calcium, 6% iron.



5. QUICK CHICKEN TETRAZZINI

Serves 8 (1 cup each).

- 1 (28 ounce) Hy-Vee rotisserie chicken, skin removed, deboned and chopped
- 10 ounces Hy-Vee spaghetti
- 1 (8 ounce) package sliced fresh mushrooms
- ¾ cup chopped red bell pepper
- 1 clove garlic, minced
- 1 tablespoon Grand Selections olive oil
- ¼ cup Hy-Vee 33%-less-sodium chicken broth
- 2 tablespoons dry sherry, optional
- 1 (15 ounce) jar Hy-Vee creamy Alfredo sauce
- 1 teaspoon Italian seasoning
- ¼ teaspoon Hy-Vee ground nutmeg
- ¼ teaspoon Hy-Vee ground black pepper
- ¾ cup Hy-Vee shredded Parmesan cheese
- Fresh Italian parsley, optional

Set aside chopped chicken. You should have about 3¾ cups. Cook spaghetti according to package directions. Drain; set aside.

Meanwhile, in an extra-large skillet, sauté mushrooms, bell pepper and garlic in hot oil over medium heat for 5 minutes or until mushrooms are tender, stirring frequently. Add chicken broth and, if desired, sherry to skillet; bring to boiling. Add Alfredo sauce, Italian seasoning, nutmeg, black pepper and Parmesan cheese. Stir in chicken; heat through. Add spaghetti to skillet; toss well. If desired, garnish with parsley.

Nutrition facts per serving: 380 calories, 15 g fat, 7 g saturated fat, 0 g trans fat, 60 mg cholesterol, 710 mg sodium, 33 g carbohydrate, 2 g fiber, 4 g sugar, 22 g protein. Daily values: 15% vitamin A, 35% vitamin C, 15% calcium, 10% iron.



6. BISCUIT-TOPPED CHICKEN POTPIE

Serves 4 (1 biscuit and about 1 cup potpie each).

- 4 Hy-Vee buttermilk biscuits
- 4 teaspoons Hy-Vee grated Parmesan cheese
- 1 tablespoon Hy-Vee butter
- ¼ cup finely chopped shallot (2 medium)
- 2 cloves garlic, minced
- 3 cups Hy-Vee frozen mixed vegetables
- 1 (12 ounce) jar Hy-Vee chicken gravy
- ½ cup Hy-Vee skim milk
- ¼ cup Hy-Vee sour cream
- 1 tablespoon fresh thyme leaves
- ¼ teaspoon Hy-Vee ground black pepper
- 1 (28 ounce) Hy-Vee rotisserie chicken, skin removed, deboned and shredded

Preheat oven to 375°F. Place biscuits one inch apart on a baking sheet; sprinkle with Parmesan cheese. Bake for 11 to 15 minutes or until golden. Cool on a wire rack.

In a large skillet, melt butter over medium-high heat. Sauté shallot and garlic in butter until tender. Stir in frozen vegetables; cook for 2 minutes, stirring occasionally.

In a medium bowl, combine gravy, milk, sour cream, thyme and pepper. Stir chicken and gravy mixture into skillet. Cook and stir until heated through. Spoon mixture into serving bowls; top each serving with a biscuit.

Nutrition facts per serving: 680 calories, 27 g fat, 10 g saturated fat, 0 g trans fat, 150 mg cholesterol, 1410 mg sodium, 36 g carbohydrates, 4g fiber, 9 g sugar, 57 g protein. Daily values: 25% vitamin A, 15% vitamin C, 10% calcium, 10% iron.



Mazola Cooking Spray: original or butter flavor 5 oz. \$1.99



Old Orchard Cranberry Naturals: select varieties 64 fl oz. 2/\$4.00



Daisy Brand Sour Cream 24 oz. \$2.99



Hy-Vee Jumbos Biscuits: select varieties 16 oz. \$1.58



Azteca Tortillas: corn or flour 6 or 8.5 oz. 3/\$3.00



Carl Buddig Lunch Meats: select varieties 12 or 16 oz. \$3.79



Serves 8 (1 slice each).

- ¼ cup purchased pesto sauce
- 1 purchased thin-crust 12-inch pizza crust
- 1 Roma tomato, thinly sliced
- 1 cup chopped Hy-Vee rotisserie chicken
- ½ cup canned artichoke hearts, sliced
- ¼ cup halved Hy-Vee pitted Kalamata olives
- ¼ cup crumbled feta cheese
- 1 cup Hy-Vee shredded mozzarella cheese

Preheat oven to 425°F. Spread pesto sauce over pizza crust. Top with tomato slices, chicken, artichokes and olives. Sprinkle with cheeses. Bake for 15 minutes or until bubbly and golden.

Nutrition facts per serving: 240 calories, 11 g fat, 4 g saturated fat, 0 g trans fat, 25 mg cholesterol, 590 mg sodium, 20 g carbohydrates, 1 g fiber, 1 g sugar, 13 g protein. Daily values: 4% vitamin A, 4% vitamin C, 25% calcium, 10% iron.



Serves 8 (1 cup each).

- 1½ cups chopped yellow onion
- 3 cloves garlic, minced
- 2 tablespoons Grand Selections olive oil
- 1 (4 ounce) can Hy-Vee diced green chilies, undrained
- 2 teaspoons Hy-Vee chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- 2 (15 ounce each) cans white kidney beans, rinsed and drained separately
- 1 (14.5 ounce) can Hy-Vee chicken broth
- 1 (10 ounce) can Hy-Vee diced tomatoes and green chilies, undrained
- 1 (28 ounce) Hy-Vee rotisserie chicken, skin removed, deboned and chopped
- 1 cup shredded Hy-Vee pepper jack cheese, divided

In a Dutch oven, cook onions and garlic in olive oil over medium-high heat 5 to 6 minutes, stirring often. Stir in green chilies, chili powder, cumin and cayenne pepper; cook 1 minute.

Mash one can of beans. Add mashed beans, whole beans, broth and tomatoes to Dutch oven. Bring to a simmer. Cook, covered, for 10 minutes. Stir in chicken; cook 10 minutes or until heated through. Serve topped with cheese.

Nutrition facts per serving: 290 calories, 12 g fat, 4 g saturated fat, 0 g trans fat, 40 mg cholesterol, 900 mg sodium, 22 g carbohydrates, 7 g fiber, 4 g sugar, 22 g protein. Daily values: 10% vitamin A, 15% vitamin C, 20% calcium, 10% iron.

[9]

POSOLE CHICKEN SOUP

An ancient recipe from Mesoamerica, posole is also called hominy soup for the one ingredient that is consistently included to this day.

Serves 16 (1 cup each).

- 2 (32 ounce each) cartons Hy-Vee chicken broth
- 2 (15.5 ounce each) cans Hy-Vee white hominy, drained
- 2 (14.5 ounce each) cans Hy-Vee fire-roasted diced tomatoes, undrained
- 1 can chipotle peppers in adobo sauce
- 2 cups chopped fresh cilantro
- 1 teaspoon Hy-Vee dried oregano
- 1 (28 ounce) Hy-Vee rotisserie chicken, skin removed, deboned and chopped
- 3 tablespoons Grand Selections olive oil
- 1 cup chopped baby carrots
- 1 cup diced yellow onion
- 1 poblano pepper, seeded and diced*
- 2 avocados, seeded and chopped, optional
- 2 cups Hy-Vee Mexican shredded cheese, optional
- 2 cups crushed Hy-Vee tortilla chips, optional
- 1 cup Hy-Vee sour cream, optional

In a large stockpot, combine broth, hominy, tomatoes, 2 teaspoons adobo sauce (save extra for another use), cilantro and oregano. Stir in chicken. Cook and stir over medium-high heat until heated through.

In a large skillet, heat olive oil. Sauté carrots, onion and poblano pepper about 5 minutes or until tender. Add to stockpot. Allow to heat through and serve hot. If desired, top with avocado, cheese, tortilla chips and sour cream.

*Note: Poblano peppers contain volatile oils that can burn your skin. Wear plastic or rubber gloves to protect your hands.

Nutrition facts per serving: 150 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 15 mg cholesterol, 1050 mg sodium, 15 g carbohydrates, 2 g fiber, 4 g sugar, 7 g protein. Daily values: 40% vitamin A, 30% vitamin C, 4% calcium, 4% iron.





Reser's Main Street Bistro:
select varieties 20 oz. \$4.49



Fast Fixin' Right-Size Value Breaded
Chicken: select varieties
22 to 26 oz. \$3.99



Flatout Wraps or Foldit Flatbreads: select
varieties 5 to 7 oz. 2/\$5.00



Sheboygan Bratwurst, Beer Bratwurst
or Italian Links 16 oz. 2/\$6.00



Nathan's Franks: select varieties
12, 14 or 16 oz. \$4.98



Land O'Frost Wrap or Sub Kits: select
varieties 14.5 to 24 oz. \$4.99



Land O'Frost Premium Lunch Meats:
select varieties 10 or 16 oz. \$3.98

Flat-Out Good

For nutritious wraps with appealing flavor, try Flatout Wraps. A good source of fiber with no trans fats, they are made in five varieties, including Traditional, Italian Herb and Sundried Tomato.

CAJUN CHICKEN SALAD WRAPS

Include Cajun seasoning and the taste of this wrap travels from Mexico to Louisiana. Ranch dressing and avocado come along to cool off your taste buds.

Serves 8.

1 (28 ounce) Hy-Vee rotisserie chicken, skin removed, deboned and chopped

1 lime

½ cup Hy-Vee ranch salad dressing

1 tablespoon finely chopped fresh cilantro

1½ teaspoons Cajun seasoning

1 cup drained Hy-Vee Mexican-style corn

2 ripe avocados

8 whole grain Flatout wraps

2 cups baby spinach

Hy-Vee salsa, optional

Set aside chopped chicken. You should have about 3¾ cups. Squeeze fresh lime in a small bowl; reserve juice and set aside.

In a medium bowl, combine ranch dressing, 1 tablespoon of the reserved lime juice, cilantro and Cajun seasoning. Then stir in chicken and Mexican-style corn.

Peel and seed avocados. Cut each half lengthwise into 4 slices. Toss slices in reserved lime juice in bowl. Set aside.

To assemble wraps, spoon about ½ cup chicken mixture onto each Flatout wrap. Arrange avocado slices and spinach leaves on top. Roll up the wrap. Serve with salsa, if desired.

Nutrition facts per serving: 510 calories, 27 g fat, 5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 1020 mg sodium, 33 g carbohydrates, 11 g fiber, 6 g sugar, 35 g protein. Daily values: 6% vitamin C, 15% vitamin C, 6% calcium, 15% iron.





Thin Is In

How about a Walnut Chicken Salad Sandwich for lunch? Start with Sara Lee 100% Whole Wheat Thin Style Buns. The taste is big; the calories are little.

For the salad, combine cut-up chicken with mayonnaise, chopped walnuts and chopped celery. Cover bottom half of thin with leaf lettuce and a little radicchio. Spoon on salad. Add a few grapes and more leafy lettuce. Top the salad with the other half of the Thin Style Bun. Enjoy.



Arnold or Oroweat
Sandwich Thins: select
varieties 8 ct. \$2.79

Brownberry or Oroweat Wide Pans: select varieties 24 oz. \$2.79
Ball Park Hamburger or Hot Dog Buns 8 ct. \$1.99
Sara Lee Whole Grain White Bread 20 oz. \$1.99
Sara Lee 100% Whole Wheat Bread 20 oz. \$1.99



Weber Seasonings: select varieties
3 oz. \$2.18



Weber Marinades: select varieties
.77 to 1.12 oz. \$0.77



Weber Just Add Juice Marinades: select
varieties .77 to 1.12 oz. \$0.77



Weber BBQ Sauces: select varieties
18 oz. 2/\$5.00



SPRING HAS ARRIVED.
TAKE CUISINE OUTSIDE.

Who better to grill with
than the experts in grilling?

DON'T GRILL ORDINARY®

WEBER, the kettle configuration and the kettle silhouette are registered trademarks of Weber-Stephen Products LLC. Used under license. All rights reserved. © 2012 ACH Food Companies, Inc.





spring CLEANING

Throw open the windows and let in the fresh air. Then don a pair of work gloves and... let the spring-cleaning begin.

TEXT AMBER BARZ PHOTOGRAPHY TOBIN BENNETT

The season of renewal is the ideal time to organize your home and clean deeply. Follow these quick yet thorough strategies to get your home looking as fresh and inviting as a beautiful spring day.

ALL THROUGH THE HOUSE

- **Polish the woodwork.** Spray furniture polish on a clean micro-fiber cloth, then wipe down baseboards and moldings. Get rid of scuffs with a mark remover, such as Mr. Clean Magic Eraser.
- **Freshen window treatments.** Open and close blinds, curtains or shades to loosen dust. Wipe away remaining dust with a clean, dry microfiber cloth. Remove dust from valances and swags with vacuum attachments, holding fabric taut with one hand while vacuuming with the other.
- **Clean the windows.** Use a window cleaner or mix 1 part vinegar to 1 part water in a spray bottle. Working from top to bottom, spray then wipe each pane with a microfiber cloth. If streaking occurs, rewet the glass and use a squeegee. Avoid washing windows in direct sunlight; solution dries quickly and causes streaking.
- **Clear cobwebs and dust bunnies.** Use a duster with an extension handle to reach ceilings, lights, ceiling fans and vents.
- **Vacuum upholstery.** Use hose attachments to thoroughly vacuum chairs and sofas—even the undersides.
- **Mop the floors.** For wood, stone and specialty floorings, use only products recommended by manufacturers. For vinyl or tile, mix ½ cup distilled white vinegar with ½ gallon water. Mop thoroughly without rinsing. Remove scuff marks with a Mr. Clean Magic Eraser.
- **Freshen rugs and carpets.** Vigorously shake rugs outdoors; hang briefly to air. Spot-clean carpet stains with cleaners such as Resolve Spot and Stain Carpet Cleaner or Woolite Heavy Traffic Carpet Cleaner (testing first on an inconspicuous area), then vacuum thoroughly. If carpets and rugs are still dirty, rent a carpet steam cleaner or hire a professional carpet cleaner.

BEDROOMS AND BATHS

- **Wash all bedding.** Following manufacturer directions, launder or dry-clean blankets, quilts, bed skirts, spreads and mattress pads. Tumble pillows in a dryer for 20 minutes on high heat.
- **Deep clean bathrooms.** Mix 5 parts water with 1 part liquid chlorine bleach. Dip a scrub brush in the solution and scrub away mildew on fixtures, tile and grout; rinse thoroughly. Use a pumice stone brush (or liquid rust remover) to remove rust stains from fixtures. Eliminate soap scum and hard water spots with a spray cleaner recommended for removing lime, such as Lime-A-Way.

8 Steps to a Sparkling Clean Kitchen

TASK	WHAT TO DO
1. Clean the oven and cooktop.	Clean the oven first, using a self-cleaning feature or oven cleaners. When oven is cool, wipe interior surfaces with a clean damp sponge and remove stuck-on food using a plastic scraper or old credit card. Clean and polish exterior and cooking surfaces with a degreaser and a damp microfiber cloth.
2. Wipe down cabinet interiors and exteriors.	Follow manufacturer directions or use cleaners made for specific surfaces. For many cabinets, use a soft sponge dampened in warm water and mild dishwashing detergent. Wipe exteriors from top to bottom, interiors from back to front. Rinse and dry with a microfiber cloth.
3. Clean countertops and backsplashes.	Clean and polish using solutions recommended by manufacturers.
4. Disinfect the dishwasher.	In an empty dishwasher, place ½ cup of distilled white vinegar in a small bowl on the bottom rack, then run a complete wash cycle. (Safe for stainless steel.)
5. Clean the microwave.	Combine ¼ cup distilled white vinegar and 1 cup of water in a measuring cup. Microwave on high until water steams. Immediately wipe interior with a clean cloth, then dry. Polish the exterior with a damp microfiber cloth.
6. Deep clean the fridge.	Wash drawers and bins in a sink using mild dishwashing detergent and water. Rinse and wipe dry. Wipe interior walls with a solution of 3 tablespoons baking soda and 4 cups of warm water.
7. Disinfect the sink.	Follow manufacturer directions for composite surfaces and stainless steel. For many sinks, fill with hot tap water; add 1 cup of regular bleach. Allow to soak for 1 hour. Drain, rinse and dry. For stains, use scouring powder.
8. Scrub the floor.	Clean the floor as a final step, catching any spills made during the clean-up and putting the final polish on your sparkling kitchen.



Mrs. Meyer's Cleaners or Hand Soap:
select varieties 12.5 to 24 oz. \$2.98



Gladware Storage, Bags or Press 'n Seal:
select varieties 3 to 50 ct. or
75 ft. \$2.68



Palmolive: select varieties 25 oz.
2/\$5.00



Purex Laundry Detergent: select varieties
50 oz., or 18 ct. \$2.99



The Works Bathroom Cleaner:
bowl or tub and tile 32 oz. \$1.68



25% Off Libman Mops or Brooms

Challenge Beneath the Sink



Organize the cabinets below kitchen and bath sinks. Finding the right cleaner for the task will be a snap.

Purge and refresh. Take everything out and wipe down cabinet interiors. If stains are present, try removing them with lemon scouring paste (see “Greener Cleaning,” page 67). Rinse and dry the interior. If needed, repaint or stain the interior or line the bottom with shelf paper. Properly dispose of cleansers no longer used. If you haven't used one in 6 months, dispose of it safely. Check with local waste removal authorities for disposing of any chemicals and cleaning products.

Sort. Separate the cleaners you intend to use in categories, grouping dishwashing detergents, household cleaners and paper products. Distribute cleaners to appropriate places around the house, close to the area where products will be used.

Organize. For convenience, store products used for regular weekly cleaning in a portable tote near the cabinet front. Store less-used items in bins and/or pullout baskets or shelves designed to fit around plumbing lines. To determine storage container sizes, measure cabinet interiors, allowing clearance for plumbing lines and disposals.



Stock a small *storage tote* with most-used cleaning supplies. When it's time to clean, just *grab and go*. At a glance, you'll know when a product needs replacing.

TAME THE JUNK DRAWER

Toss and return. Because this catchall tends to attract a jumble of paraphernalia, occasional sorting is required—and may uncover some surprises. Empty the drawer, toss broken and unused items, return misplaced items to their rightful location, then decide what to keep.

Categorize. Sort items to organize in logical categories: writing and wrapping supplies, sewing, picture-hanging tools and so on. Note the space that each category requires.

Divide and conquer. Measure length, width and depth of the drawer, then shop for dividers that fit. Use a variety of inexpensive food storage containers or utensil dividers from your Hy-Vee store or home centers. Some organizers are custom-fit to exact dimensions of a drawer.

Keep it tidy. Arrange dividers and fill neatly, most-used items toward the front.

NOT-SO-JUNKY DRAWER NECESSITIES

- Batteries (all sizes)
- Calculator
- Flashlight, screwdriver, pliers
- Pens, pencils, glue-stick
- Picture-hanging supplies, nails, screws
- Postage stamps
- Scissors
- Sewing kit (needle, thread, tape measure)
- Spare keys
- Tape (wrapping, packing, household)





Mr. Clean Magic Eraser Mop
\$11.99

CLEANING ARSENAL

Get spring-cleaning done fast and conveniently this year by having the right tools for the job. For sweeping, scrubbing and protecting your hands, these products are made specifically to get the work done. Your home will sparkle and you'll have the energy to step back and enjoy it.

1. **Broom and Dustpan** for sweeping floors and picking up debris
2. **Swiffer Sweeper** to grab lint and hair
3. **Mop** to clean tile
4. **Magic Eraser Mop** to wipe away scuff marks
5. **Pledge** furniture polisher to dust and shine
6. **Bar Keeper's Friend** to scour, clean and polish
7. **Hy-Vee Glass Cleaner** to remove smudges on glass
8. **Murphy's Oil Soap** for wood
9. **Clorox** for antibacterial surface cleaning
10. **Hy-Vee Trash bags** to contain the mess
11. **Hy-Vee Paper towels** for clean-ups
12. **Hy-Vee Sponges** for big spills
13. **Bucket** to hold liquid or supplies
14. **Rubber gloves** to protect hands
15. **Tilex** to remove soap scum
16. **The Works** to clean tubs and shower walls
17. **Lysol** for toilet bowls
18. **Vacuum** for carpets, rugs and drapes



Greener Cleaning

By mixing a supply of natural cleaning products, you can be kind to the environment, improve your home's indoor air quality and reduce the possibility of skin and respiratory irritations. Always test solution in an inconspicuous area before using.

- **Lemon scouring paste.** The acid in lemon juice, which removes dirt and bleaches stains, is especially effective when mixed with salt to make a scouring paste. Stir 2 teaspoons pure lemon juice into $\frac{1}{4}$ cup of salt. Apply with a clean damp cloth, then rinse and dry. NOTE: Do not use lemon or distilled white vinegar on natural stone; the acid may etch surfaces.

- **Olive oil stainless-steel shiner.** To remove fingerprints, pour a few drops of olive oil on a damp microfiber cloth to buff stainless-steel appliances.

- **Vinegar wash.** For a simple all-purpose cleaner, mix equal parts distilled white vinegar and water in a spray bottle. To remove mineral deposits from a showerhead, spray the head with the white vinegar; cover with small plastic bag a few hours or overnight. NOTE: Do not use distilled white vinegar on natural stone; the acid can etch surfaces.

- **Vinegar carpet stain remover.** To get stains up from carpet, mix equal parts distilled white vinegar and water in a spray bottle. Spray directly on stain, let sit for several minutes and clean with a brush or sponge using warm soapy water. For jobs that require more

cleaning strength, mix $\frac{1}{4}$ cup each of salt, borax and distilled white vinegar. Rub paste into carpet and leave for a few hours. Vacuum.

- **Ready-to-use green cleaners.** Because of environmental concerns, many companies make products that are less toxic than in the past. Cleaner formulas for such brand names as Green Works and Seventh Generation contain more natural ingredients with fewer harsh chemicals.



Quick Fix

When there's a spill in your home, reach for Viva Towels. They're super-absorbent. Turn wet into dry with one swipe.



Viva Towels: giant roll 8 ct. \$10.98
Scott Towels: mega roll 10 ct. \$11.98

Bathroom Organization

It's a common problem: You need additional storage room in a too-tight bathroom. Find the space you need with these ideas.

- **Baskets are best.** Purchase a collection of baskets and plastic containers to corral like items. Dedicate individual bins to towels, paper goods, hair products, first aid supplies and other items.

- **Store in a drawer.** Most bathrooms have at least one or two drawers. Use them for items you need at the sink. This keeps them close when your hands and face may be wet. Drawers are great for floss and other dental hygiene items, nail clippers, tweezers, cottons swabs, shavers and more. Plastic tray organizers keep items contained and drawers tidy.

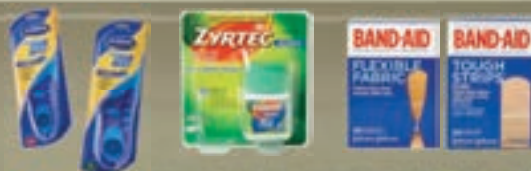
- **Wall space.** It doesn't cost much to invest in wall hooks. Look for styles with some design flair to take care of robe storage and some towels. Put up as many towel bars as your bath can handle. Squeeze in a glass shelf or two and you may get the upper hand on organization.



Dr. Scholl's Inserts: select varieties 1 pr. \$9.99

Zyrtec Allergy 25 or 30 ct. \$16.99

Band-Aid First Aid Items: select varieties 10 to 80 ct. \$2.48



Try a little tenderness when caring for a chafed nose, wiping a tear away or blotting makeup. Pick up Puffs tissues with skin-pleasing lotion or refreshing scents, in regular and ultra-strong. They also come without additives, free of lotions and scents. Stock up on Puffs and other Proctor & Gamble products at Hy-Vee.

SOFT TOUCH

Puffs Facial Tissue:
56 to 100 ct. cubes
4/\$5.00



Prilosec 14 ct. \$10.99



Bounty Paper Towels: 2 huge rolls \$5.99



Duracell Batteries: AA, AAA
16 ct. or 9V 4 ct. \$9.99



Crest Pro Health Toothpaste: select varieties 5.8 to 7.8 oz. or Crest Pro Health Rinse 1 L. \$4.59



Downy Fabric Softener: select varieties
41 to 51 oz. \$5.58



Gillette Venus Razors or Pro Glide
1 ct. \$9.99

Friskies Cat Treats: select varieties 2.10 oz. \$1.18

Friskies Canned Cat Food: select varieties
5.5 oz. 2/\$0.88

Friskies Dry Cat Food: select varieties
16 lb. \$11.48



So Many Ways to Show Your Pet You Care

Beneful Prepared Meals: select varieties 10 oz. \$1.77

Beneful Dry Dog Food: select varieties 15.5 - 17.05 lb. \$14.98

Beneful Baked Snacks: select varieties 9 - 12.5 oz. \$3.18



SHOW YOUR **LOVE** *in a fresh new way.*

new BLOOMING EXPRESSIONS

Surprise Mom or anyone special on Mother's Day with a bloom that lasts. Petals unfold to reveal a heartfelt message. Choose from 8 designs.

\$14.95 each



↑
Blooms again and again
at the press of a button!



Life IS
A SPECIAL
OCCASION.

expressions
from 

WE WELCOME EXPRESS SCRIPTS® CARDHOLDERS

Transfer your existing prescription today and receive the fast, convenient and caring service you deserve.

HAVE YOU BEEN NOTIFIED THAT YOUR PHARMACY CAN NO LONGER ACCEPT YOUR EXPRESS SCRIPTS® INSURANCE?

Hy-Vee pharmacy can help. We welcome all Express Scripts® cardholder members. We accept nearly all Express Scripts® insurance plans. Our Hy-Vee pharmacy team offers convenient, safe, affordable ways to fill all your existing and new prescriptions.



Fresh & Clean

It makes scents—or no scent at all—to use Dove personal products. They are a refreshing way to start your day.



Dove Bar Soap or Body
Wash: select varieties
24 to 25.5 oz., or 6 pk. \$7.49



Dove or Degree Ultra Antiperspirant, Deodorant or Body Spray:
select varieties 2.6 - 3 oz. \$3.77

Dove Shampoo or Conditioner: select varieties 12 or 16 oz. \$3.58

Vaseline Intensive Care Lotion: select varieties 10 or 13 oz. \$3.28

Next Issue

SUMMER

Meet some of the talented Hy-Vee cake designers going head-to-head in a competition to take the cake. Also read about the juiciest, tastiest, most amazing burgers. Kids discover how to become backyard scientists. Plus, there will be recipes, celebration and fun.

Hy-Vee Seasons Summer 2012 arrives at stores in May. Sign up for free home delivery by visiting us online at www.hy-vee.com/seasons.

COUPONS *FOR* BIG SAVINGS

at Your Neighborhood Hy-Vee!

NEW

simple

UK's #1 FACIAL SKINCARE*

SENSITIVE SKIN EXPERTS

Meet Simple®—the NEW Facial Skincare range designed for sensitive skin

NO DYES NO ARTIFICIAL PERFUMES NO HARSH IRRITANTS

INT 111985
*SymphonyIRI Group UK Non Medicated Facial Skin Care Units 52 w/e 9/10/11



simple



SAVE \$1.00

on any ONE (1) Simple® product (excludes trial and travel sizes)

Limit 1 with coupon.

SLU 18910	EXPIRES 5/31/12
-----------	-----------------



\$1.00 OFF

any 4 Friskies Plus
select varieties 5.5 oz.

Limit 1 with coupon.

SLU 18230	VALID APRIL 18–MAY 16, 2012
-----------	-----------------------------



\$1.00 OFF

any new Beneful Baked snacks
select varieties 9 to 12.5 oz.

Limit 1 with coupon.

SLU 18220	VALID APRIL 18–MAY 16, 2012
-----------	-----------------------------



\$1.50 OFF

Purex 150 oz. or
Ultra Packs 54 ct.

Limit 1 with coupon.

SLU 18190	VALID APRIL 18–MAY 16, 2012
-----------	-----------------------------



\$1.50 OFF

Cottonelle 18 double roll

Limit 1 with coupon.

LU 18210	VALID APRIL 18–MAY 16, 2012
----------	-----------------------------



\$1.00 OFF

any Newman's Own product

Limit 1 with coupon.

LU 18180	VALID APRIL 18–MAY 16, 2012
----------	-----------------------------



SAVE \$1.00

off any two (2) Cranberry Naturals™
select varieties 64 oz. Reduced-Calorie Juice Drinks

For more coupons & promotions visit <http://oldorchard.com>

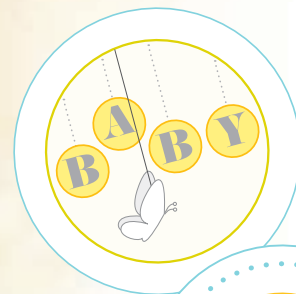


MANUFACTURER'S COUPON -
EXPIRATION 5/24/12

Retailer: we will reimburse you and your agent the face value plus 8 cents handling if you comply with the terms of this offer. Any other use constitutes fraud. Invoices showing sufficient inventory to cover all coupons must be presented upon request. Coupon may not be assigned and/or transferred. Cash value 1/20 cent. Mail to: Old Orchard Brands, PO Box 880042, El Paso, TX 88588-0042.

For all patterns and projects,
go to www.hy-vee.com/seasons
to download templates and
start planning your next big party!

**Congratulations
Graduate!**



baby

WEBSITE EXTRAS IN HY-VEE SEASONS SPRING 2012

Project templates and a recipe for the story "Party Time," are available at www.hy-vee.com/seasons. These include:

- Templates for packaging and gift labels, see *pages 4–9*.
- Recipe for "Fruiti Tutti Sherbert Punch," see *page 8*.
- Templates for stickers, signs and cupcake sleeves, see *pages 14–18*.



Mobile App

Can't find that hard-to-locate item? Our mobile app displays a map of the store to show you exactly where the product is.



Get It Now!

Scan this code or find it in the Android Market and on the App Store.