

seasons

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STRAWBERRY, GOAT CHEESE
AND ARUGULA SANDWICHES
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seasons

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

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Please recycle after use.



Letter



Pat Hensley, *right*, a vice president for Hy-Vee, and Dennis Pate, *left*, executive director and CEO of the Omaha's Henry Doorly Zoo, join a few camera-hungry penguins in the icy Antarctic shelter at the zoo.

Dear Hy-Vee reader,

Taking a road trip with 40 penguins is an experience I'll never forget. It was our first big venture with Omaha's Henry Doorly Zoo and Aquarium, a Midwest treasure we want to share with everyone. The penguins were in Orlando, but zoo trailers can't cross state lines. Hy-Vee donated a refrigerated truck, then retrofitted it with cameras and lights, and had it painted with colorful graphics. Every time we stopped to feed the birds, we drew a crowd. The penguins took it all in stride. They are living happily today at the zoo's spectacular aquarium.

Having that kind of experience is a perk—if you call it that—of having served on the board of directors at the Henry Doorly Zoo in Omaha since 1997. As important as the board meetings are, I'm drawn to this work because of the passion for animals I see among those associated with the zoo. The staff

is truly concerned with creating a sustainable future for animals here and around the world.

I have long had similar reasons for enjoying my career at Hy-Vee. At work, I join people who have passion and concern. Everyone at the store strives to be of help to customers and the communities we serve. We are stakeholders in these communities, involved with health initiatives, sustainable agriculture and many other issues.

We hope you enjoy this issue of *Hy-Vee Seasons* as we welcome spring. You'll find stories on the return of barbecue season in "Smokin' Hot Grilling," *page 26*; on hosting a festive gathering for friends in "Party Like a Pro," *page 56*; and on my favorite zoo in "Wild Kingdom," *page 36*. Don't miss reading about my "Penguins on Parade" adventure in that last story, *page 41*.

Sincerely,
Pat Hensley, Hy-Vee Vice President of General Merchandise and Fuel Operations

sweet picks



Make the most of any meal or snack by piling on the berries. Few tastes are more pleasing than the rush of juice you get biting down on a fresh blueberry or that first enthralling nibble from a plump strawberry. Get started with our sweet and savory serving suggestions.

TEXT AMY AHLBERG PHOTOGRAPHY TOBIN BENNETT

Tantalizing jewel-like berries are a treat for the senses. Bursting with flavor and naturally wholesome, who can resist their vivid colors and fragrant aroma? Pick a favorite from among sweet strawberries, tangy raspberries or other fresh and invigorating favorites.

As versatile as they are delicious, berries take center stage whenever baked into a signature pie, added to a fresh green salad or used in a savory sauce. Some are linked with desserts we love, strawberry shortcake for instance. Others—think blueberries—make themselves essential by supporting good health and offering a juicy taste explosion each time you pop a few in your mouth.

BERRY BASICS

Gathered wild since prehistoric times, berries have been cultivated for millennia on bushes, vines, canes and trees. Rapid transportation makes fruit available to us year-round, though we still have to wait until spring or summer for domestic berries.

In botanical terms, true berries—such as blueberries, cranberries and goji berries (also called wolfberries)—are single fruits that grow from one flower. But some varieties are more accurately termed aggregate fruits because the berries form as clusters of smaller fruit, rather than forming as one big berry. The aggregate is easiest to see with raspberries and blackberries.

Whether they're actual berries or berries in name only, you can be sure that any of these succulent, small fruits will be bursting with health benefits and flavors that will leave you wanting another.

A BEVY OF BERRIES

Four warm-weather berries—strawberries, blueberries, raspberries and blackberries—are top perennial choices. All are grown by Hy-Vee's primary berry supplier, Driscoll's, a family-owned farming operation in business for more than 100 years. The grower raises crops on the U.S. East and West coasts, Canada, Mexico, Chile and Argentina.

Here's what their berry experts say about each variety:

Strawberries. A few moments in a strawberry patch during harvest tells you everything there is to know about strawberries. Their sweet aroma can mask even the musky scent of overturned earth. The fruit is a seductive red, and the best are brightly colored and plump. Avoid those that are very soft or moldy. The fruit may be refrigerated for two to three days. Chop some into a salad and a spritz of balsamic vinegar will magnify the sweetness of strawberries. Or make bruschetta topped with strawberry and mild cheese.

Blueberries. These berries are noted for the dark liquid that plumps up each little ball of indigo. Though most are cultivated, blueberries also grow wild. It's best to choose berries that are firm, all about the same size and blue with a dusting of silver. Don't wash these berries until ready to serve. Blueberries can be refrigerated in a closed container for about five days. Topping breakfast cereal with a handful is a healthy start to your day. They are also a joy when eaten with ice cream, yogurt or stuffed into a pie.

Raspberries. Though raspberries come in several colors, red is the most familiar and its vivid hue can match a strawberry's. The fruit is soft when ripe. Eat soon after purchase, refrigerating only a day or two. Look close and you will see tiny, burrlike hairs on it called "styles." These don't affect the taste, but are a key to how its seed is spread. Raspberries make an excellent jam, but the real treat is a bowl of these berries with a little cream.

Blackberries. Because of their winelike taste, these are sometimes called the "cabernet of berries." Eat soon after purchase. Blackberries are fragile, so handle them gently. These are excellent in a fall pie, letting berries, apples, cinnamon and nutmeg carry the flavor. Fresh blackberries are a treat by themselves and good with yogurt and honey.



Other berries seen in Hy-Vee produce departments include golden raspberries, which are an orange gold, plus milder and sweeter than other raspberries; boysenberries, a hybrid of raspberries, loganberries and blackberries; and a pair of new exotics, goji berries and acai. Goji berries are a small red fruit grown on a Himalayan shrub and sold for fruit or juice. Acai is found on the Amazonian acai palm tree. It's very small and easily damaged, so it's usually consumed as juice.

Franklin Bys, Hy-Vee product manager in Coralville, Iowa, says year-round availability of all types of berries has increased the fruit's popularity in recent years.

ON THE MENU

If you are still limiting berries to desserts, broaden your horizons. For example, berry sauces, marinades, rubs or glazes enhance meats. You can also slather a peppery blackberry sauce on barbecue baby back ribs, see recipe *page 27*. For a new taste, blend strawberries or blueberries to create soups that can be served as hot or chilled starter courses.

In the pages ahead, you'll discover great berry dishes for every time of day. There's a comforting Blueberry-Vanilla Muffins with Streusel Topping for a flavorful morning starter. A treat of Strawberry, Goat Cheese and Arugula Sandwiches lets juicy strawberries take center stage when you host a brunch or light lunch. For dessert, a raspberry puree helps create a pink cream cheese filling for our Raspberry Cheesecake Squares. You'll want to add each to your regular menu.



"If you're interested in adding more antioxidants to your diet, *berries can be a great option*. Some research shows that consuming antioxidants may be helpful in preventing cancer."

HY-VEE DIETITIAN JENNIFER LINTZ



BLACKBERRY-VANILLA MUFFINS WITH STREUSEL TOPPING

Some tastes are made to go together, as you'll discover with this marriage of blackberry and vanilla. Moist and tender, these sweet muffins with their crunchy tops are sure to delight.

Prep time: 30 minutes

Cook time: 25 minutes

Serves 12 (1 muffin each).

Streusel Topping, right

1¾ cups Hy-Vee all-purpose flour

½ cup Hy-Vee granulated sugar

1 tablespoon Hy-Vee baking powder

½ teaspoon Hy-Vee salt

1 Hy-Vee large egg

¾ cup Hy-Vee milk

6 tablespoons Hy-Vee butter, melted

1½ teaspoons Hy-Vee vanilla extract

1½ cups fresh blackberries, rinsed and drained well

Preheat oven to 400°F. Prepare Streusel Topping; set aside. Spray a 12-cup muffin pan with nonstick cooking spray or line with paper baking cups. In a large bowl, stir together flour, sugar, baking powder and salt.

In a small bowl, beat egg, milk, melted butter and vanilla. Add to flour mixture; stir just until combined. Spoon a heaping tablespoon of batter into each muffin cup to cover bottom. Place 2 to 3 blackberries over batter in center of muffin cup. Top with remaining batter. Sprinkle with streusel topping.

Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan. Serve warm or cool completely on wire rack.

Streusel Topping

¼ cup Hy-Vee granulated sugar

2½ tablespoons Hy-Vee all-purpose flour

2 tablespoons cold Hy-Vee butter

In a small bowl, combine sugar and flour. Cut in butter until crumbly.

Nutrition facts per serving: 210 calories, 8 g fat, 5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 310 mg sodium, 31 g carbohydrates, 1 g fiber, 14 g sugar, 3 g protein. Daily values: 6% vitamin A, 6% vitamin C, 6% calcium, 6% iron.





cranberries

The cranberry is a firm, very tart, deep red berry. Fresh cranberries are great combined with other fruits, such as oranges, apples, pears or pineapple, which temper the tartness. They also pair well with many assertively flavored meats. Add dried cranberries to salads, baked goods, trail mixes and hot cereal.



boysenberries

The boysenberry resembles a blackberry but is sweeter. Use it to top fruit tarts, or cook it down with sugar to taste and strain out the juice to use as pancake syrup or as an addition to cocktails.



BERRY GOOD FOR YOU

Packed with good-for-you vitamins, fiber and powerful antioxidants, berries have been linked to a range of health benefits. Always check with your physician or dietitian about dietary changes.

BOOST BRAIN HEALTH The phytonutrients in blueberries have been shown to increase brain cell receptor sensitivity. Eating more berries may reduce cognitive decline in older adults.

CANCER PREVENTION Berries contain antioxidants, which protect cells from damage caused by harmful molecules that may trigger cancer. Several laboratory studies show antioxidants may slow or prevent the development of cancer. Strawberries, raspberries and blackberries contain ellagic acid, which shows promise in the fight against cancer, although not yet scientifically proven, according to the American Cancer Society.

IMPROVE HEART HEALTH Berries appear helpful in preventing heart disease by lowering the risk of developing high blood pressure.

OTHER BENEFITS Low on the glycemic index, berries are good for people with diabetes. They contain carbohydrates that can affect blood sugar levels, so portion control is important. Research also indicates berries may benefit bone health.

red raspberries

With a blend of floral, sweet and slightly tart flavors, raspberries are available in red, pink, purple and black hues. Sprinkle fresh raspberries with balsamic vinegar for a fantastic flavor combination, or make a raspberry sauce to top either sweet desserts or savory poultry dishes.



blueberries

Cultivated blueberries are mildly sweet, while wild versions are more tart and tangy. These bluish-purple gems add vibrant color to breakfast shakes, pair well with meats and make an elegant dessert when layered with crème fraîche and crystallized ginger in a glass.

strawberries

Fragrantly sweet, juicy red strawberries are always a taste treat when dipped in chocolate, sliced into mixed green salads or layered with yogurt and other berries in dessert parfaits. Longing for some easy late-night decadence? Slice a few strawberries into a small bowl with a scoop of vanilla ice cream. Drizzle on some chocolate syrup and enjoy.

goji berries

Native to China, fresh goji berries are juicy and a vibrant orange-red. Because the berries are delicate, they are mostly available in a dried or frozen form. Use the tangy-sweet frozen berries in pancakes or smoothies, or cook them down into a glaze or syrup. Use dried berries in hearty cookies, trail mixes and granola.

golden raspberries

Fragile golden raspberries (not shown) are very sweet with just a hint of tartness. They're perfect for making brightly flavored but delicately colored jams and sorbets. The gold variety also makes an elegant garnish for flutes of champagne.

blackberries

Tart or sweet, blackberries wake up the flavor of chicken, fish and pork. Add to your favorite barbecue or chili sauce. Or cook gently with a little sugar and serve with Greek yogurt.

Four warm-weather berries—strawberries, blueberries, raspberries and blackberries—are perennial favorites available year-round.



STRAWBERRY, GOAT CHEESE AND ARUGULA SANDWICHES

Surprise friends with a brunch of incredibly tasty open sandwiches uniting sweet, savory and tart flavor notes.

Prep time: 20 minutes

Serves 4 (2 muffin halves each).

2 tablespoons Grand Selections olive oil

2 teaspoons white balsamic vinegar

1 teaspoon whole grain mustard

1 teaspoon Hy-Vee honey

$\frac{1}{8}$ teaspoon Hy-Vee salt

Several dashes Hy-Vee black pepper

4 ounces soft honey goat cheese

4 Hy-Vee English muffins, split and toasted

1 cup arugula leaves

1 cup sliced fresh strawberries

4 teaspoons sliced green onion

To prepare vinaigrette, in a small bowl, combine olive oil, vinegar, mustard, honey, salt and black pepper; set aside.

Spread 1 tablespoon goat cheese on each toasted muffin half. Top each with arugula, strawberries and green onion. Drizzle vinaigrette over sandwiches.

Nutrition facts per serving: 290 calories, 14 g fat, 5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 390 mg sodium, 33 g carbohydrates, 1 g fiber, 5 g sugar, 10 g protein. Daily Values: 8% vitamin A, 45% vitamin C, 15% calcium, 10% iron.

“A lot of people struggle with getting enough fiber in their diets. *Berries are full of fiber* so they can help you meet your daily needs.”

HY-VEE DIETITIAN JENNIFER LINTZ



berry parfaits

For an energizing start to the day, make a parfait with yogurt, berries and Kashi GoLean Crunch!

All Kashi cereals are delicious and packed with protein. There are Honey Almond Flax and Original flavors, plus two GoLean Crisp! flavors, Cinnamon Crumble and Toasted Berry Crumble.



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THE DIETITIAN'S DISH

"Women need 30 to 45 grams of carbohydrates each meal. At 48 grams, these pancakes fit right in there."

DIETITIAN ELIZABETH COLE
ALTOONA, IOWA, HY-VEE

dietitian

She's all about foods that are best for you. When asked about berries, she was excited to promote their nutritional benefits.



BLUEBERRY CREAM PANCAKES

In addition to the nutritional value of blueberries, this recipe calls for whole wheat flour, which is rich in vitamins, minerals and protein, says Elizabeth Cole.

Prep time: 20 minutes

Cook time: 40 minutes

Serves 4 (3 pancakes and about 1 heaping tablespoon blueberries each).

1 (6 ounce) container fresh blueberries

¼ cup Hy-Vee granulated sugar

¼ cup freshly squeezed lemon juice

1 teaspoon freshly grated lemon zest

½ cup white whole wheat flour

⅓ cup Hy-Vee all-purpose flour

2 tablespoons ground flaxseed

1 teaspoon Hy-Vee granulated sugar

1 teaspoon Hy-Vee baking powder

¼ teaspoon Hy-Vee baking soda

¾ cup Hy-Vee light cream cheese, softened

1 Hy-Vee large egg, at room temperature

1 large egg white, at room temperature

¾ cup buttermilk, at room temperature

Hy-Vee canola oil, as needed

Hy-Vee butter, optional

Combine blueberries, ¼ cup sugar and lemon juice in a small saucepan. Bring to a boil over medium-high heat and boil for 5 minutes, stirring the mixture frequently. Stir in lemon zest. Remove from heat and let stand while preparing pancakes.

Whisk together white whole wheat flour, all-purpose flour, flaxseed, 1 teaspoon sugar, baking powder and baking soda in a medium bowl. In a large bowl, whisk together cream cheese, egg and egg white until nearly smooth. Slowly whisk in buttermilk until smooth. Stir

the dry ingredients into the wet ingredients until just combined.

Heat a large nonstick skillet over medium heat and brush with canola oil. Using a scant ¼ cup batter for each, pour the batter for 2 pancakes into the pan and cook until the edges are dry and bottom is golden brown. Flip pancakes and cook until golden. Remove pancakes to a platter and keep warm. Repeat with oil and remaining batter. Adjust heat as necessary to prevent burning. Serve pancakes with butter, if desired, and warm blueberry sauce on top.

Nutrition facts per serving: 320 calories, 11 g fat, 5 g saturated fat, 0 g trans fat, 70mg cholesterol, 520 mg sodium, 48 g carbohydrates, 4 g fiber, 23 g sugar, 11 g protein. Daily values: 10% vitamin A, 20% vitamin C, 10% calcium, 8% iron.

vs. chef

He's on a mission and it's all about taste. That's why he loaded these crepes with fresh strawberries and was generous with the cream cheese filling.



THE CHEF'S DISH

"A lot of people hear that word—crepe—and they think it's going to be hard to make. But it's simple. It's nothing but a pancake, only thinner."

CHEF ALEX BELTRAN
OTTUMWA, IOWA, HY-VEE

STRAWBERRIES AND CREAM CREPES WITH RASPBERRY SAUCE

A luscious raspberry sauce provides the crowning touch for these strawberry-filled crepes. Assemble as you prefer: Serve in folded fashion as shown here or place filling on one half of each crepe and roll up.

Prep time: 50 minutes

Cook time: 1 hour 10 minutes

Serves: 12 (2 crepes each).

For crepes:

⅔ cup water

½ cup Hy-Vee skim milk

2 Hy-Vee large eggs

2 tablespoons Hy-Vee vegetable oil

½ teaspoon Hy-Vee granulated sugar

¼ teaspoon Hy-Vee vanilla extract

¼ teaspoon Hy-Vee salt

1 cup Hy-Vee all-purpose flour

Melted Hy-Vee unsalted butter, for pan

For filling:

3 cups sliced fresh strawberries

½ cup Hy-Vee granulated sugar

1 cup Hy-Vee cream cheese (from a tub),
at room temperature

2 tablespoons Hy-Vee powdered sugar

¼ teaspoon Hy-Vee vanilla extract

½ cup Hy-Vee sour cream

1 tablespoon Hy-Vee lemon juice

For raspberry sauce:

2¼ cups fresh raspberries, divided

1 cup Hy-Vee granulated sugar

½ cup water

1 teaspoon grated orange zest

To make crepes: Combine water, milk, eggs, oil, ½ teaspoon sugar, ¼ teaspoon vanilla and salt in a blender. Blend until smooth. Add flour; blend until smooth. Transfer to a bowl, cover and refrigerate for 1 to 24 hours.

Heat a small nonstick skillet over medium-high heat. Remove from heat, brush with melted butter, pour in 2 tablespoons crepe batter and swirl skillet to coat bottom of skillet with batter. Return the skillet to the burner and cook until edges start to curl and bottom is golden brown. Flip and cook until golden brown. Remove crepe from skillet and place on a clean work surface to cool completely. Repeat with remaining batter, brushing skillet with additional melted butter as needed. Adjust heat as necessary to avoid burning. To avoid sticking, do not stack crepes until they have cooled completely.

To make filling: Stir together strawberries and ½ cup granulated sugar in a bowl. Cover and refrigerate at least 2 hours. Drain and discard liquid before using.

Beat together cream cheese, 2 tablespoons powdered sugar and ¼ teaspoon vanilla with electric mixer on medium speed until blended. Add sour cream and lemon juice; beat until smooth. Cover; refrigerate until ready to use.

To make raspberry sauce: Bring half the raspberries, 1 cup granulated sugar and water to a boil in a medium saucepan. Simmer about 5 minutes or until raspberries have broken down. Stir in remaining raspberries and orange zest and simmer an additional minute. Remove from heat and carefully pour into a blender jar. Blend until smooth. Strain into a bowl or squeeze bottle. Discard solids.

To assemble: Spread 1 tablespoon of the cream cheese filling in wide strip down center of each crepe, top with about 1 tablespoon drained strawberry slices and fold in quarters. Place 2 crepes on each plate, drizzle with raspberry sauce and dust with powdered sugar, if desired.

Nutrition facts per serving: 250 calories, 12 g fat, 6 g saturated fat, 0 g trans fat, 60 mg cholesterol, 160 mg sodium, 34 g carbohydrates, 2 g fiber, 31 g sugar, 4 g protein. Daily values: 6% vitamin A, 50% vitamin C, 6% calcium, 2% iron.

RASPBERRY CHEESECAKE SQUARES

A little tart and a little sweet, these squares put color and taste on the menu. Raspberries contain naturally good phytonutrients, which makes this a healthful dessert.

Prep time: 40 minutes

Cook time: 50 minutes

Serves 16 (1 square each).

2¼ cups fresh raspberries, rinsed and drained well, divided

½ cup plus 2 tablespoons Hy-Vee granulated sugar, divided

5 tablespoons Hy-Vee butter

2 tablespoons packed Hy-Vee brown sugar

7 Hy-Vee whole honey graham crackers, finely crushed* (about 1 cup crumbs)

2 (8 ounces each) packages Hy-Vee cream cheese, softened

2 Hy-Vee large eggs, at room temperature

1 tablespoon Hy-Vee lemon juice

Preheat oven to 325°F. Heat 1¼ cups raspberries and 2 tablespoons granulated sugar in a medium saucepan over medium heat. Simmer for 10 minutes, stirring occasionally, or until raspberries have broken down. Place a mesh strainer over a small bowl and force raspberry mixture through to remove seeds. Discard seeds and cool puree.

Microwave butter in a medium microwave-safe bowl until melted. Stir in brown sugar. Stir in graham cracker crumbs and press onto bottom of an 8-inch-square baking pan. Bake for 12 minutes. Cool completely.

Beat together cream cheese and remaining ½ cup sugar with electric mixer until well-combined. Beat in eggs, lemon juice and 2 tablespoons of the raspberry puree until smooth; pour over baked crust. Place

remaining raspberries in 5 rows on top of cheesecake filling and gently poke each one into filling until covered. Drizzle remaining puree between berry rows. Using a table knife, gently swirl puree into cream cheese mixture using a back-and-forth motion.

Bake for 35 minutes or until center is almost set. Set out on a wire rack until cool, about 1½ hours. Cover and chill at least 3 hours before cutting into bars and serving.

*For best results, process graham crackers in a food processor fitted with a metal blade.

Nutrition facts per serving: 220 calories, 14 g fat, 9 g saturated fat, 0 g trans fat, 65 mg cholesterol, 150 mg sodium, 19 g carbohydrates, 1 g fiber, 13 g sugar, 3 g protein. Daily values: 8% vitamin A, 8% vitamin C, 4% calcium, 2% iron.





practically freezing

Freezing berries is simple: Wash, dry and freeze. Once frozen, remove the amount needed without thawing the whole batch.

1. Wash berries by swishing them in a bowl of cold water or rinsing in a colander under cold, running water. Be gentle on the raspberries, which are soft, tender and easily bruised. For most varieties, watch for and remove any stems, leaves or damaged berries as you rinse. The exception is strawberries, which should be hulled and, if desired, sliced after rinsing.
2. Remove as much excess water as possible by draining berries in a colander. Then spread berries on a double thickness of paper towels or clean tea towels, and pat tops dry with more towels.
3. Place berries in a single layer on a rimmed baking sheet lined with parchment or waxed paper, and freeze at least 4 hours or overnight. When they're frozen solid, transfer to freezer bags or other moisture-proof containers labeled with contents and date.
4. Freeze strawberries, raspberries and blackberries up to 6 months, cranberries 9 months and blueberries and boysenberries 12 months. Use frozen or thaw in refrigerator or at room temperature.


Ziploc®

*Keep your fruit tasting fresh with
Ziploc® brand Bags and containers.*



*For more tasty, fresh ideas from Ziploc® brand visit
RightatHome.com/BerryFresh*





Cupcakes have grown up. The favorite little cake of children's birthday parties has matured into gourmet fare. Moist cake is studded with chocolate chunks or infused with aromatic flavorings. Tops are mounded with fluffy buttercream or dunked in rich, chocolate ganache and then given a flourish with fresh raspberries, citrus zest or salted-caramel drizzles. And inside, they ooze delectable fruit preserves, lemon curd or a cloud of marshmallow cream. They're so scrumptious you won't want to share—and those shown here are sized so you won't have to.

TEXT WANDA VENTLING PHOTOGRAPHY KING AU

Cake FOR *One*



carrot-walnut cupcake



salted caramel cupcake

*dark chocolate cupcake
with whipped chocolate ganache*



*vanilla cupcake
with fondant*



mint cupcake

Just a few miles from the White House, there's a bakery offering little gourmet cupcakes that are so delicious tourists wanting to buy them wait in line—sometimes up to a half-block long. Each day, Georgetown Cupcake staffers fill pink boxes with 3,000 to 5,000 favorites, each a party-in-a-paper-liner dessert splurge.

America's love for trendy little cakes, tweaked to sweet perfection, has inspired our recipe testers to develop mouthwateringly delicious recipes to rival those found at top cupcake bakeries, such as Georgetown Cupcakes, Magnolia Bakery in New York and Sprinkles Bakeries in Los Angeles. So instead of hand carrying your \$50 pink box through airport security, as some travelers do, simply head to your kitchen and make a batch or two of these dreamy cupcakes and taste the perfection fresh from your oven.

GOING GOURMET

Transforming the ordinary cupcake into a gastronomic wonder gives room for creative expression and experimentation. As a starting point we give you must-have recipes—truly delicious chocolate, vanilla and carrot cake batters; yummy buttercream, cream cheese and chocolate ganache frostings; and a perfectly creamy marshmallow filling. These recipes are the foundation of your cupcake repertoire, the basic formulas that offer unlimited possibilities for your own unique cupcake creations.

Professional cupcake bakers know a great cupcake needs the highest quality ingredients, such as sweet creamery butter, real vanilla, gourmet chocolate and fresh-picked berries.

Hy-Vee has everything you need to make the recipes shown here or expand on them to make your very own creations.

BATTERS

Gourmet cupcakes start with a batter that will yield a moist, finely textured cake. Once baked, cake should be moist enough to stick to the tines of a fork when collecting crumbs off a plate. The batters below will give you just such a full-flavored, beautifully textured cake.

ULTIMATE VANILLA CUPCAKES

Developing a vanilla cupcake with personality you can taste requires just the right proportion of buttermilk, cake flour and other ingredients.

Prep Time: 30 minutes

Cook Time: 14 minutes

Serves 24 (1 cupcake each).

2 cups cake flour

2 teaspoons Hy-Vee baking powder

$\frac{3}{4}$ teaspoon Hy-Vee baking soda

$\frac{3}{4}$ teaspoon Hy-Vee salt

3 Hy-Vee large eggs

1 $\frac{1}{2}$ cups Hy-Vee sugar

1 tablespoon Hy-Vee vanilla extract

$\frac{3}{4}$ cup Hy-Vee vegetable oil

$\frac{3}{4}$ cup Hy-Vee buttermilk

Preheat oven to 350°F. Line muffin pans with paper baking cups. In a medium bowl, stir together cake flour, baking powder, baking soda and salt. In a large bowl, beat eggs with electric mixer on medium speed for 30 seconds. Add sugar; beat 30 seconds more. Beat in vanilla and oil until smooth.

With mixer on low speed, add flour mixture alternately with buttermilk, beating just until combined. Batter will be thin. Pour into muffin cups, filling half-full.

Bake 14 to 16 minutes or until a toothpick inserted in center comes out clean. Remove cupcakes from pan; cool completely on cooling rack.

Nutrition facts per serving: 160 calories, 8 g fat, 1.5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 180 mg sodium, 21 g carbohydrates, 0 g fiber, 12 g sugar, 2 g protein. Daily values: 0% vitamin A, 0% vitamin C, 2% calcium, 6% iron.

DARK CHOCOLATE CUPCAKES

To claim that this recipe produces a dark chocolate cake is a bold promise kept. The flavor is earthy, inviting, sensuous and dreamy—as it should be.

Prep Time: 20 minutes

Cook Time: 20 to 22 minutes

Serves 24 (1 cupcake each).

1 $\frac{3}{4}$ cups Hy-Vee all-purpose flour

1 $\frac{3}{4}$ cups Hy-Vee granulated sugar

$\frac{2}{3}$ cup Hy-Vee unsweetened cocoa powder

1 $\frac{1}{4}$ teaspoons Hy-Vee baking soda

1 $\frac{1}{4}$ teaspoons Hy-Vee baking powder

$\frac{3}{4}$ teaspoon Hy-Vee salt

2 Hy-Vee large eggs

1 cup Hy-Vee skim milk

$\frac{1}{2}$ cup Hy-Vee vegetable oil

2 teaspoons Hy-Vee vanilla extract

$\frac{2}{3}$ cup boiling water

Preheat oven to 350°F. Line muffin pans with paper baking cups; set aside. In a large mixing bowl, stir together flour, sugar, cocoa powder, baking soda, baking powder and salt. Add eggs, milk, oil and vanilla. Beat on medium speed for 1 minute. Gradually pour in boiling water and beat until smooth (batter will be thin). Transfer batter to a large liquid measuring cup; pour into muffin cups, filling $\frac{2}{3}$ full.

Bake for 20 to 22 minutes or until a toothpick inserted in center comes out clean. Remove cupcakes from pan; cool completely on a cooling rack.

Nutrition facts per serving: 140 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 15 mg cholesterol, 180 mg sodium, 23 g carbohydrates, 1 g fiber, 15 g sugar, 2 g protein. Daily values: 0% vitamin A, 0% vitamin C, 2% calcium, 4% iron.

FIVE-STAR CARROT CUPCAKES

The batter produces a moist, delicious cake. It's an extraordinary treat loaded with carrots, walnuts and spices in true carrot cake fashion.

Prep Time: 30 minutes

Cook Time: 20 minutes

Serves 24 (1 cupcake each).

1 $\frac{1}{2}$ cups Hy-Vee all-purpose flour

2 $\frac{1}{2}$ teaspoons Hy-Vee ground cinnamon

1 $\frac{1}{2}$ teaspoons Hy-Vee baking powder

1 teaspoon ground allspice

$\frac{1}{2}$ teaspoon Hy-Vee salt

3 Hy-Vee large eggs

1 $\frac{1}{4}$ cups Hy-Vee granulated sugar

1 cup Hy-Vee vegetable oil

2 cups finely shredded carrots

1 $\frac{1}{2}$ cups Hy-Vee flake coconut

2 (8 ounces) cans Midwest Country Fare crushed pineapple, well drained

$\frac{1}{2}$ cup Hy-Vee chopped walnuts

Preheat oven to 350°F. Line muffin pans with paper baking cups. In a medium bowl stir together flour, cinnamon, baking powder, allspice and salt; set aside. In a large bowl whisk together eggs and sugar until well blended. Whisk in oil. Stir in carrots, coconut, pineapple and walnuts. Add flour mixture to carrot mixture, stirring just until combined. Spoon batter into muffin cups, filling $\frac{3}{4}$ full.

Bake for 20 to 22 minutes or until a toothpick inserted in center comes out clean. Remove cupcakes from pan; cool completely on cooling rack.

Nutrition facts per serving: 210 calories, 13 g fat, 3.5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 100 mg sodium, 23 g carbohydrates, 1 g fiber, 15 g sugar, 3 g protein. Daily values: 30% vitamin A, 4% vitamin C, 2% calcium, 4% iron.

*dark chocolate cupcake with
chocolate buttercream frosting*

*ultimate vanilla cupcake
with vanilla buttercream frosting*

*dark chocolate cupcake
with chocolate ganache*

frosting techniques

Ganache: Glaze cupcakes by pouring slightly cooled ganache over the cupcakes. For a fluffier frosting, similar to buttercream, whip cooled ganache using a stationary mixer. Let the ganache cool until use. Whipped ganache or thickened trufflelike textured ganache can be spread on using a spatula or piped onto cupcakes. To pipe, use a 16-inch pastry or decorating bag fitted with a large or extra-large round or scalloped tip, see *below*, or smaller decorative tips. Smaller tips can be used to make roses, ruffles or shells designs.

Fondant: Roll out Wilton premade fondant following package directions. Use a cookie cutter to cut out smooth or scalloped rounds to fit the top of the cupcake. Embellish with piped on buttercream frosting.

Buttercream and Cream Cheese Frosting: Thick and creamy frostings such as buttercream or cream cheese may be spread onto cupcakes with a spatula or knife or be piped on using a 16-inch pastry or decorating bag fitted with a large or extra-large French pastry round or star tip. To pipe frosting onto a cupcake twist the end of the pastry bag so the frosting moves to the tip's opening. Hold the bag end in one hand and direct the tip end with the other hand. Hold the tip so it is at an angle to the cupcake's center and apply constant pressure to squeeze a mound of frosting onto the surface. Move the bag to the right and circle counterclockwise. Apply another slightly smaller circle on top of the first. Continue pressing frosting onto the cake in a circular fashion around the center mound to make a pyramid shape. The size of the tip and the height of the frosting desired will determine how many rows are needed. Finish at the top of the pyramid by drawing the tip upwards to finish with a flourish. (Cupcake tip sizes: Ateco #885; Wilton M1; Ateco 1/2-inch to 2-inch round or French decorating tip.)

*five-star carrot cupcake with
classic cream cheese frosting*



FROSTINGS & FILLS

A delicious and creamy frosting is the best complement to a cupcake. Types include those that are poured on or those that the cupcake is dipped into, such as a ganache; applied in sheets that can be cut with cookie cutters, such as fondant; mounded on; or piped through a decorator bag, such as buttercream or cream cheese frostings. The recipes below include three types. White frosting and marshmallow filling may be tinted or flavored to suit your preferences; chocolate may be flavored with coffee, hazelnut and other extracts.

VANILLA BUTTERCREAM FROSTING

To prevent powdered sugar from flying out of the bowl when you start the mixer, first moisten the sugar with the other ingredients by mixing slightly with a rubber spatula.

Prep Time: 10 minutes

Serves 28 (2 tablespoons each).

1½ cups Hy-Vee unsalted butter, softened
6 cups Hy-Vee powdered sugar
3 tablespoons Hy-Vee skim milk
1 tablespoon Hy-Vee vanilla extract
¼ teaspoon Hy-Vee salt

In a large mixing bowl combine all ingredients. Beat with an electric mixer on low speed for 30 seconds; increase speed to medium and beat 1 more minute until smooth and creamy. Makes 3½ cups.

Nutrition facts per serving: 170 calories, 8 g fat, 5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 25 mg sodium, 26 g carbohydrates, 0 g fiber, 25 g sugar, 0 g protein. Daily values: 6% vitamin A, 0% vitamin C, 0% calcium, 0% iron.

CLASSIC CREAM CHEESE FROSTING

The variable in mastering this classic frosting is determining when it is smooth and creamy enough. Taking a sweet sample tells you.

Prep Time: 10 minutes

Serves 24 (about 2 tablespoons each).

¼ cup Hy-Vee butter, at room temperature
1 (8 ounce) package Hy-Vee cream cheese, at room temperature
4 cups Hy-Vee powdered sugar
1 teaspoon Hy-Vee vanilla extract

In a large mixing bowl combine all ingredients. Beat with electric mixer on medium speed until smooth and creamy. Makes about 3 cups.

Nutrition facts per serving: 130 calories, 5g fat, 3g saturated fat, 0g trans fat, 15mg cholesterol, 35mg sodium, 21g carbohydrates, 0g fiber, 20g sugar, 1g protein. Daily values: 2% vitamin A, 0% vitamin C, 0% calcium, 0% iron.

CHOCOLATE BUTTERCREAM FROSTING

The chocolate flavor of this frosting is perfectly enticing and satisfying. This one works for cupcakes, cakes and other confections.

Prep Time: 10 minutes

Serves 30 (2 tablespoons each).

1¼ cups Hy-Vee unsalted butter, softened
6 cups Hy-Vee powdered sugar
3 tablespoons Hy-Vee skim milk
1 tablespoon Hy-Vee vanilla extract
¼ teaspoon Hy-Vee salt
3 ounces unsweetened baking chocolate, melted and cooled
4 tablespoons Hy-Vee cocoa powder

In a large mixing bowl combine all ingredients. Beat with an electric mixer on low speed for 30 seconds; increase speed to medium and beat 1 more minute until smooth and creamy. Makes 3¾ cups.

Nutrition facts per serving: 190 calories, 10 g fat, 6 g saturated fat, 0 g trans fat, 20 mg cholesterol, 25 mg sodium, 27 g carbohydrates, 1 g fiber, 25 g sugar, 1 g protein. Daily values: 6% vitamin A, 0% vitamin C, 0% calcium, 4% iron.

FLUFFY CREAM FILLING

Marshmallow cream puts the airy fluff in this filling. Whipping it takes only moments.

Prep Time: 10 minutes

Serves 12 (about 2 tablespoons each).

2 teaspoons hot water
¼ teaspoon Hy-Vee salt
1 (7 ounce) jar marshmallow cream
½ cup Hy-Vee shortening
½ cup Hy-Vee powdered sugar
½ teaspoon Hy-Vee vanilla extract

In a mixing bowl, stir together water and salt until salt is dissolved. Add marshmallow cream, shortening, powdered sugar and vanilla; beat on medium speed of electric mixer until fluffy. Makes 1½ cups.

Nutrition facts: 140 calories, 9 g fat, 2 g saturated fat, 3 g trans fat, 0 mg cholesterol, 60 mg sodium, 16 g carbohydrates, 0 g fiber, 11 g sugar, 0 g protein. Daily values: 0% vitamin A, 0% vitamin C, 0% calcium, 0% iron.

CHOCOLATE GANACHE

Ganache is a wonderfully rich French frosting made with chocolate and cream. Typically, it is poured over cupcakes. Also, try it over strawberries.

Prep Time: 15 minutes

Serves 8 (2 tablespoons each).

½ cup heavy cream
1 cup Hy-Vee semi-sweet mini chocolate chips

In a medium saucepan, bring cream to a boil over medium-high heat. Reduce heat to low; add mini chocolate chips, stirring continuously until mixture is melted and shiny. Allow to cool slightly before pouring over cupcakes.

For a thicker frosting to spread or pipe on cupcakes or use as a filling, let the ganache cool completely to a truffle-like consistency. Makes 1 cup.

Nutrition facts per serving: 160 calories, 12 g fat, 7 g saturated fat, 0 g trans fat, 20 mg cholesterol, 10 mg sodium, 14 g carbohydrates, 1 g fiber, 12 g sugar, 1 g protein. Daily values: 4% vitamin A, 0% vitamin C, 2% calcium, 4% iron.

Note: For a whipped version, allow the ganache to cool to room temperature or chill in the refrigerator. (Do not put ganache in the freezer to chill as it will become grainy.) Chill a stand mixer's bowl and beaters until cold, then whisk on high about 3 minutes or until fluffy and stiff enough to pipe onto cupcakes.

Serving sizes for these frosting recipes were calculated for average homemade cupcakes. You may need to multiply or cut the recipe based on personal preference or desired decorative effect.



how to fill a cupcake

Add a surprise filling to your cupcake for a burst of flavor. Use the Fluffy Cream Filling recipe, *opposite*, or a readymade jelly, jam, nut butter or curd. Commercial whipped cream and puddings are also a good choice. To fill cupcakes, push an apple corer about halfway into the cupcake and twist to remove a center core from the cupcake. Spoon in filling or pipe it into the cupcake using a 16-inch pastry or decorating bag fitted with a large-size round tip. You can replace part of the cupcake core to cover the filling or frost over it.



Delicious variations

A swirl of creamy frosting, perhaps some nuts or candies and maybe a berry. You've made a cupcake with personality.

raspberry cream cheese swirl Fill chocolate cupcake with 2 tsp. raspberry preserves. Top with 1 tbsp. ganache. Stir ½ tsp. raspberry preserves into 2 tbsp. cream cheese frosting; pipe onto center. Top with raspberry.

pb & j Stir ¼ tsp. peanut butter into 2 tsp. fluffy cream filling for vanilla cupcake. Stir 1 tsp. peanut butter into 3 tbsp. vanilla buttercream frosting; pipe in swirl onto cupcake. Spoon ½ tsp. strawberry jam into center of swirl.

mint Stir 1 drop of mint extract and a small dot of green gel food coloring into 3 tbsp. vanilla buttercream frosting; pipe in swirl onto each chocolate cupcake. Top with Andes mint.

salted caramel Pipe 4 tbsp. vanilla buttercream frosting onto vanilla cupcake. Drizzle with 1 tsp. Mrs. Richardson's Butterscotch Caramel Topping. Top with purchased caramel and a pinch of coarse salt.

creamy orange Stir ⅛ tsp. grated orange zest into 2 tsp. fluffy cream filling to fill vanilla cupcake. Stir a small dot of orange gel food coloring (or 1 part red to 3 parts yellow gel food coloring) into 3 tbsp. vanilla buttercream frosting; pipe in swirl onto cupcake. Top with ½ tsp. zest from an orange.

carrot-walnut Spread 3 tbsp. cream cheese frosting onto carrot cupcake. Press 1 tbsp. chopped walnuts around lower edge of frosting.

key lime Fill vanilla cupcake with 2 tsp. purchased lime curd. Pipe 2 tbsp. vanilla buttercream around cupcake edge. Garnish with 2 or 3 thin key lime slices.

chocolate dream Pipe 3 tbsp. chocolate buttercream frosting onto chocolate cupcake. Sprinkle with ½ tsp. chocolate shavings.

espresso Stir ½ tsp. instant espresso powder into 3 tbsp. chocolate buttercream frosting to pipe onto chocolate cupcake.



creating a frosting rose

Frost a cupcake with a thin layer of frosting. Using a decorating bag fitted with a round tip, Wilton #12, hold the bag tip down, directly over the cupcake center and squeeze out frosting. Pull away from the cake, reducing pressure as you go, to make a 1-inch wide by 1½-inch tall cone shape for the rose center (this should look something like a Hershey's kiss). Change to a rose tip, Wilton #104, and begin piping on rose petals. Hold the cake in your left hand and pipe with your right. Bag should be at a 45° angle to the rose center with only the tip's wide end touching. Begin squeezing icing, turning the cake so the frosting forms a ribbonlike petal shape. Slowly turn the cake, making three overlapping petals of the inner bud. Overlap the first row of petals with another row, staggering the petals. Keep the petals small and delicate, increasing in number with each ring. When the rose is finished, pipe on a white shell border around the outer edge using a star tip, Wilton #20.



LAY FROSTING ON WITH A SWIRL, SQUEEZE IT
ON WITH A BAG OR GIVE IT A DIP, *dressing up a*
cupcake TAKES JOYFUL IMAGINATION.

easy embellishments

Take a leisurely walk through Hy-Vee with an eye toward decorating your gourmet cupcakes. You might find something fruity, shiny or chocolaty. Try embellishments such as these and let your imagination do the rest.

- Crushed sandwich cookies
- Marshmallows • Graham crackers
- Chocolate pieces, chunks, syrup, shavings or sprinkles
 - Coconut, fresh or toasted
- Candy bars: Twix, Snickers, Nestlé Crunch, Milky Way
 - Nutella • Peanut butter • Curd
 - Jelly • Jams • Preserves
 - Lemon • Orange • Lime zest
 - Crushed hard candies
- Blueberries • Strawberries • Raspberries
- Blackberries • Dried fruit • Spices
- Banana • Mint • Espresso • Green tea
- Almonds • Walnuts • Pecans
- Baking chips • Toffee



10% off Duff Cake Decorating Items

CUPCAKE OF THE MONTH

Cupcake lovers, your wait is over. You've patiently hoped for and longed for a sweet offer on the gorgeous and delicious cupcakes produced by the creative bakers and decorators at Hy-Vee. Your wish has been granted. The Cupcake of the Month has arrived.

*May: sensational
strawberry cupcake*

April: terrific turtle cupcake

Fulfill your desire for something light, creamy, sweet and pleasing with the Cupcake of the Month offer at your local Hy-Vee. Each month, a specialty cupcake will be available in six-packs at tempting prices. However, one package may not be enough. Friends and family will be clamouring for their fair share. Perhaps you should pick up a couple of packages.

Bakery Fresh Terrific Turtle Cupcakes 6 ct. \$4.99

Bakery Fresh Sensational Strawberry Cupcakes 6 ct. \$4.99

Don't settle for ordinary barbecued ribs. With just a few artful strokes, you can transform that luscious meat into slabs of succulent peppery pork glazed with a homemade blackberry sauce. Same goes for turning mild fish fillets into luxurious smoky-sweet bundles of seafood. Serving mouthwatering entrées is easy enough. Simply embellish meat flavors by using rubs, sauces or marinades.

Shrimp—already a special treat by themselves—reach a whole new level when bathed briefly in marinade. It's amazing what you can do with a splash of puckery lime juice, smooth honey and spicy ginger.

We give tilapia an enticing new twist and a much richer taste by wrapping the fillets in bacon before they go over the coals. Never cooked bacon or fish on the grill? We show

you how easy it is when you use a grill basket—it keeps whole fillets from crumbling as they cook and can be quickly removed from the heat should there be a flare-up.

Even a reliable backyard staple, such as grilled chicken, becomes a showstopper when you spread on a lively cayenne pepper-herb rub. Put the seasoning under the skin to ensure that the flavor goes deep.


While these recipes may require you to stock up on a few new ingredients, one thing you won't need is extra time. The sauces and rubs go together quickly, and marinating only takes 30 minutes.

Since flavors won't make it to your plate without the right technique, we've assembled the tips, tricks and secrets you'll need to become a master of the grill.

*Delicious barbecue is easy when you amplify
flavors of inviting meats and seafoods
with savory rubs, sauces and marinades.*

TEXT RICHARD SWEARINGER PHOTOGRAPHY TOBIN BENNETT

SMOKIN' HOT GRILLING



SMOKY BABY BACK RIBS WITH BLACKBERRY BARBECUE SAUCE

Tender, gently spiced pork with mellow smoke flavor deserves a knockout sauce that doesn't overpower the meat with sweetness. A savory sauce featuring fresh blackberries is just right.

Prep time: 2 hours

Cook time: 4 hours

Serves 12.

$\frac{1}{4}$ cup Hy-Vee paprika

1 tablespoon packed Hy-Vee brown sugar

1 tablespoon Hy-Vee chili powder

1 tablespoon Hy-Vee garlic powder

2 teaspoons Hy-Vee ground cumin

2 teaspoons Hy-Vee black pepper

1½ teaspoons Hy-Vee salt

2 (3 to 3½ pounds each) racks baby back ribs

2 tablespoons Hy-Vee spicy brown mustard

Wood chips for smoking (apple or cherry recommended)

6 tablespoons Hy-Vee apple juice

Blackberry Barbecue Sauce (recipe right)

For rub, combine paprika, brown sugar, chili powder, garlic powder, cumin, black pepper and salt; set aside. Place ribs on baking sheet. Insert a butter knife under membrane on back side of ribs to loosen

enough to grip; pull membrane to remove as much as possible. Spread mustard over both sides of ribs. Sprinkle each side of ribs with 2 tablespoons rub; massage into meat. Cover and refrigerate 1 hour. Meanwhile, soak wood chips in water 1 hour.

To prepare grill for indirect cooking on a charcoal grill, place drip pan under center of grill grate with coals surrounding pan; light coals, scatter soaked wood chips over coals and bring coals to medium-low heat. For a gas grill, preheat outside burners to medium-low. Place soaked wood chips in smoke box or foil pouch with small holes poked in top; place on grate directly over a lit burner. Place ribs, bone-side-down, on center of prepared grill. Close grill.

Grill 2 hours (keeping grill temperature around 225 to 235°F) to form a crust on ribs. If heat of grill is uneven, rotate ribs after 1 hour. Transfer each rib rack to a large sheet of heavy-duty foil; pour 3 tablespoons apple juice over each. Bring sides of foil together over ribs; fold down to seal and fold in ends. Return to grill; close hood and cook 1 hour.

Meanwhile, prepare Blackberry Barbecue Sauce. After ribs have cooked 1 hour in foil, unfold and pull back foil, leaving ribs in foil.

Spoon half of sauce over ribs; lower grill hood and cook 10 minutes. Spoon on remaining sauce; lower grill hood and cook 10 minutes more. Ribs are done when a toothpick inserted between ribs gives little resistance and internal temperature is 170 to 185°F.

BLACKBERRY BARBECUE SAUCE

Makes 2 cups.

1 tablespoon Hy-Vee butter

1 cup chopped onion

1 clove garlic, minced

1¼ cups blackberry jam

1 (8 ounce) can Hy-Vee tomato sauce

1 tablespoon Hy-Vee soy sauce

$\frac{1}{2}$ teaspoon Hy-Vee crushed red pepper flakes

2 cups fresh blackberries

In a medium saucepan, melt butter over medium heat. Add onion and cook 3 minutes until translucent. Add garlic; cook 1 minute more. Add jam, tomato sauce, soy sauce and red pepper flakes. Bring to boiling; reduce heat and simmer 20 minutes or until reduced by half. Stir in blackberries; simmer 10 minutes more.

Nutrition facts per serving: 680 calories, 42 g fat, 15 g saturated fat, 0 g trans fat, 170 mg cholesterol, 740 mg sodium, 30 g carbohydrates, 3 g fiber, 24 g sugar, 48 g protein. Daily values: 30% vitamin A, 10% vitamin C, 10% calcium, 15% iron.





ASIAN SHRIMP KABOBS

Marinading the shrimp in a rich mix of Asian flavors gives the meal a distinct personality. The tastes will be sweet, sharp, peppery and zesty.

Prep time: 1 hour

Cook time: 10 minutes

Serves 4 (2 kabobs each).

$\frac{1}{2}$ cup freshly squeezed lime juice

$\frac{1}{4}$ cup Hy-Vee soy sauce

2 tablespoons plus 2 teaspoons Hy-Vee vegetable oil, divided

2 tablespoons Hy-Vee honey

1 tablespoon grated fresh ginger

2 cloves garlic, minced

2 teaspoons grated lime zest

1 teaspoon Hy-Vee crushed red pepper flakes

1 pound (26 to 30 count) raw shrimp, peeled and deveined

1 medium red bell pepper, seeded and cut into 1-inch squares

2 cups fresh pineapple chunks

1 cup sugar snap pea pods

In a medium bowl, combine lime juice, soy sauce, 2 tablespoons oil, honey, ginger, garlic, lime zest and red pepper flakes. Add shrimp; stir to coat. Cover and refrigerate for 30 minutes. Meanwhile, if using wooden skewers, soak eight 10-inch skewers in water. In a bowl, combine red bell pepper squares, pineapple chunks, sugar snap peas and remaining 2 teaspoons oil.

Spray grill grate with nonstick cooking spray. Heat grill to medium heat.

Drain shrimp from marinade and discard marinade. Starting and ending with shrimp, thread shrimp, red bell peppers, pineapple and pea pods onto skewers. Grill for 4 to 5 minutes per side or until shrimp are opaque.

Nutrition facts per serving: 200 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 180 mg cholesterol, 1110 mg sodium, 17 g carbohydrates, 2 g fiber, 11 g sugar, 21 g protein. Daily values: 30% vitamin A, 150% vitamin C, 10% calcium, 6% iron.



See how easy it is to peel and devein shrimp by viewing the video at www.hy-vee.com/resources/videos

SAUCES Barbecue sauces range from mild catsup-based flavors to Asian and African-inspired recipes. Cook the meat to almost done, then add sauce at the end. Slather on the sauce and cook slowly. Indirect cooking works well. Let the sauce dry between a couple of coats. Avoid burning the sauce.

JAMS Treat similar to sauces. Avoid burning by grilling over lower heat and applying just before meat is done.

WOOD CHIPS Infuse barbecue foods with smoky flavor by cooking with chips of dry wood. Good choices are hickory, oak, alder, mesquite and fruit woods. Each will add a remarkable flavor to barbecue, particularly fish. When using, first soak chips for 1 hour, then bundle them in a piece of aluminum foil. Seal the pouch and poke a bunch of holes into it. Place near a hot spot in your grill and the chips will start giving off smoke quickly. Also, fish picks up subtle woody flavor when baked on a plank. Soak plank in saltwater for two hours before cooking. Place seasoned salmon on plank and grill using indirect heat.

MARINADES Take the flavor a little deeper and help tenderize meats with marinades. A classic marinade consists of an acid, such as lemon, tomato, or vinegar; spices and herbs; and salt, which helps the meat retain moisture.

HERBS Dried herbs are a subtle smoke producer. Just crumble sage, oregano or basil into the flame for a flash of aromatic smoke.

RUBS Rubs are a blend of salt, pepper, spices, herbs and sugar. The rub does its work in an hour or two (though it can remain on longer), flavoring the surface of the meat and giving it a crispier texture.

INFUSING FLAVOR
ADD PANACHE AND FLAVOR TO BARBECUED FOODS WITH RUBS, MARINADES, SAUCES AND SMOKE. HERE'S HOW.

TRY NEW JOHNSONVILLE® BURGERS

Plain Burgers are Dry with Envy!



Johnsonville Bratwurst Patties: 2 lb. \$6.99



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12 oz. \$3.99



Johnsonville.com





Grilling this bacon-wrapped fish in a basket is a snap. See how it's done at www.hy-vee.com/resources/videos



BACON-WRAPPED TILAPIA WITH NEW POTATOES

Smoky bacon encases the fish, imparting a familiar flavor and preventing the delicate fillets from drying out from the grill's heat.

Prep time: 30 minutes

Cook time: 20 minutes

Serves 4 (1 fillet and 2 potatoes each).

8 small new potatoes, halved

8 sprigs fresh thyme

4 (6 ounces each) tilapia fillets

8 slices Hy-Vee sweet smoked bacon

2 teaspoons Hy-Vee canola oil

1 teaspoon onion salt

½ teaspoon Hy-Vee paprika

¼ teaspoon Hy-Vee black pepper

Spray grill rack and grilling basket with nonstick cooking spray. Heat grill to medium-high. Bring a pot of water to

boiling. Add potatoes and cook 5 to 7 minutes or until they can be pierced with a knife, but not quite tender. Drain and pat dry.

Place 2 sprigs thyme on each fillet. Wrap each fillet with 2 slices of bacon, covering as much fish as possible. In a medium bowl, combine oil, onion salt, paprika and black pepper; add potatoes and toss gently to coat. Arrange fish and potatoes in prepared grilling basket. Grill 8 to 10 minutes or until bacon is browned. Flip basket over and grill an additional 8 to 10 minutes or until bacon is crisp and potatoes are fork-tender.

Nutrition facts per serving: 280 calories, 8 g fat, 2.5 g saturated fat, 0 g trans fat, 95 mg cholesterol, 460 mg sodium, 13 g carbohydrates, 1 g fiber, 0 g sugar, 40 g protein. Daily values: 0% vitamin A, 30% vitamin C, 4% calcium, 10% iron.



BASKET COOKING: A grill basket allows you to cook and turn fish, veggies and small chops without losing them through the grill grates or having them stick and burn. Coat a hinged basket with oil or nonstick spray, lay in seasoned fish or chops. Close the basket and cook. For vegetables, lightly coat with oil, add seasonings and cook until tender, turning basket to allow even cooking.



DREAM DISH

The grill is filled with succulent chicken breasts, slabs of beef or a sweet-and-fine piece of pork. Now it's time for the sauce. This requires imagination because Kraft offers so many choices of barbecue sauces. What flavor do you want? Pick from Mesquite Smoke, Honey Roasted Garlic, Thick 'n Spicy Brown Sugar and more. But don't fret. Every choice is right.



Kraft BBQ Sauce: select varieties
16.25 to 18 oz. 5/\$5.00



Velveeta Skillets: select varieties
8.9 to 15.66 oz. \$2.39



Philadelphia Cooking Creme:
select varieties 10 oz. 2/\$5.00



Country Time Drink Mix: select
varieties 6 to 8 qt. \$2.77



Oscar Mayer Carving Board or Selects:
select varieties 7 to 9 oz. \$3.79



Oscar Mayer Deli Fresh or Pulled Pork
Lunch Meat: select varieties
11.5 or 16 oz. \$5.69



Oscar Mayer Fun Pack Lunchables:
select varieties 8.5 to 11.1 oz. 2/\$5.00



Capri Sun Spouted Pouch: select
varieties 11.2 oz. \$0.89



Discover how easy it is to prepare a grill-roasted chicken at www.hy-vee.com/resources/videos



GRILL-ROASTED CHICKEN

Savory, mildly spiced rub seasons chicken inside and out. A vertical roaster ensures a moist bird by lifting it further from the fire.

Prep time: 15 minutes

Cook time: 1 hour 30 minutes

Serves 4 (¼ chicken each, without skin).

1 tablespoon smoked or Hy-Vee paprika

1 tablespoon Hy-Vee onion powder

1½ teaspoons Hy-Vee salt

1 teaspoon cayenne pepper

1 teaspoon Hy-Vee black pepper

1 teaspoon Hy-Vee dried thyme

1 teaspoon Hy-Vee garlic powder

½ teaspoon Hy-Vee dried oregano

1 (4.5 pound) Hy-Vee whole chicken, at room temperature and patted dry with paper towels

2 teaspoons Hy-Vee vegetable oil

½ cup Hy-Vee barbecue sauce, optional

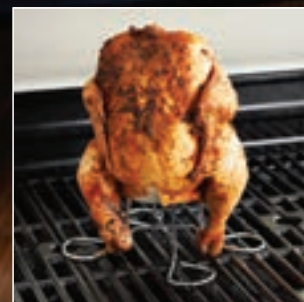
To prepare spice rub, combine smoked paprika, onion powder, salt, cayenne

pepper, black pepper, thyme, garlic powder and oregano; set aside.

Meanwhile, prepare grill for indirect cooking. For charcoal grill, place drip pan under center of grill grate with coals surrounding pan; bring coals to medium-high heat. For gas grill, preheat outside burners to medium-high.

Rub outside of chicken with oil. Spread spice rub under skin, inside cavity and on outside of skin. Fit chicken, legs down, over center of vertical roaster. Carefully transfer chicken to center of grill; lower hood. Grill, keeping grill temperature around 325°F, for 1¼ to 1½ hours or until internal temperature of breast is 165°F and thickest part of thigh is 180°F. Remove from grill. Let rest 10 minutes before removing chicken from vertical roaster and carving.

Nutrition facts per serving: 380 calories, 15 g fat, 4 g saturated fat, 0 g trans fat, 175 mg cholesterol, 460 mg sodium, 1 g carbohydrate, 0 g fiber, 0 g sugars, 57 g protein. Daily values: 8% vitamin A, 0% vitamin C, 4% calcium, 15% iron.



UPRIGHT CHICKEN: If you haven't tried making the popular dish called "Beer Can Chicken," we have a piece of advice: Don't. Cooking the bird vertically has merit, but there's a better way to prop up the hen than mounting it on a can.

Vertical roasters are a better approach. A roaster is a stand that holds the bird upright, just as a can would. But the roaster allows more heat into the chicken cavity than a can would so that meat cooks thoroughly.

CERTIFIED AS A BEER EXPERT

Yalun Tsai has been schooled in a favorite beverage

Beer and grilled food are natural partners, and the beer aisle of your local Hy-Vee is lined with a surprising range of options. That's why you're lucky to have Yalun Tsai, Hy-Vee wine and spirits supervisor, to help guide you to a bottle that's just right for you.

"There are so many beers available now, it can be overwhelming," says Yalun. "But I can help customers find what they will like, along with what might be the next level for them to get into as well."

Yalun has the qualifications to back her up: Her taste buds have been tested by The Craft Beer Institute, from which she earned the title Certified Beer Cicerone (pronounced sis-uh-rohn) for demonstrating "a deep and well-rounded knowledge" of beer quality, service, types and even beer history. She is to the beer world as a sommelier is to the wine community.

After looking at the barbecue recipes in this story, Yalun offered these recommendations for beer/barbecue pairings.

- Smoky Baby Back Ribs with Blackberry Barbecue Sauce: She recommends an amber lager or smoked beer.
- Asian Shrimp Kabobs: She recommends an American wheat beer or a porter, which has a pleasing dark-roast character.
- Bacon-Wrapped Tilapia with New Potatoes: She recommends a stout or a saison, which is a Belgian farmhouse ale.
- Grill-Roasted Chicken: She recommends a Belgian pale ale or a witbier, which is made with wheat.



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GRILLED BERRY PIZZA

Creamy vanilla filling, succulent berries and a scattering of almonds top this dessert pizza. A dusting of cinnamon-spiked sugar and a little lemon zest accent the fruity flavors.

Prep time: 30 minutes

Cook time: 4 minutes

Serves 8 (2 squares or 1 slice each).

2 cups fresh berries (blackberries, raspberries, blueberries, strawberries)

1 (6.5 oz) package Hy-Vee pizza crust mix

½ cup hot (not boiling) water

¼ cup Hy-Vee all-purpose flour

½ cup mascarpone cheese

¼ cup plus 2 tablespoons Hy-Vee vanilla Greek yogurt

¼ cup Hy-Vee powdered sugar

¼ teaspoon Hy-Vee vanilla extract

1 tablespoon Hy-Vee canola oil, divided

2 tablespoons cinnamon sugar

⅓ cup Hy-Vee sliced almonds

Grated zest of one lemon

Powdered sugar, optional

Prepare a clean grill to medium heat. Rinse and thoroughly dry berries on paper towels.

In a medium bowl, stir pizza crust mix and hot water. Knead in flour. Cover and let rest 5 minutes.

In a small bowl, stir together mascarpone, yogurt, powdered sugar and vanilla; set aside.

On a lightly floured surface, roll dough into a 12-inch-diameter circle. Place on greased baking sheet. Brush with ½ tablespoon oil.

Carefully transfer pizza dough, oiled-side down, to hot grill grate. Brush top of crust with remaining ½ tablespoon oil. Grill 1 to 2 minutes or until bottom is golden and slightly charred, being careful not to burn. Using a pizza peel or large spatula, quickly flip crust; cook 1 to 2 minutes more or until golden.

Remove crust to serving surface. Spread with mascarpone mixture and sprinkle with cinnamon sugar. Top with berries, almonds, lemon zest and, if desired, powdered sugar. Cut into squares and serve warm.

Nutrition facts per serving: 300 calories, 19 g fat, 8 g saturated fat, 0 g trans fat, 35 mg cholesterol, 200 mg sodium, 29 g carbohydrates, 2 g fiber, 11 g sugar, 6 g protein. Daily values: 8% vitamin A, 40% vitamin C, 6% calcium, 8% iron.

HOT OFF THE STONE: Use a pizza stone to transform a grill into an outdoor oven for making crostatas, pizzas and other flat-bread specialties. The ceramic stones come in round and rectangular shapes and are placed on the grill grates. Make sure you buy one specifically labeled for grill use. Manufacturers' directions for heating and use vary, so be sure and check before you use one. The stones are naturally nonstick.

FRUIT ON THE GRILL: Putting halved peaches, sliced pineapple, bananas, large strawberries and almost any other fruit on the grill for a few minutes draws out natural sugars and creates a crispy surface. To do it, brush fruit lightly with vegetable oil or melted butter and place on a clean grill grate. Cook 3 to 5 minutes on each side. Turn and cook an additional 3 to 5 minutes. For turning, steady the fruit with two spatulas or tongs.



LOAD 'EM UP

The best hot dogs have a nice snap when you bite down. You may even feel juice droplets on your lip. The best also love to dress up for an occasion, as these have.

Bring on the pickles, relish, peppers or whatever you desire. What are the best? Nathan's Famous Franks.



Nathan's Franks: select varieties 12 or 14 oz. \$3.99



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



GATEWAY TO THE **WILD**

You'll find surprises around every corner at Omaha's world-class Henry Doorly Zoo and Aquarium. Recognized as one of the best zoos in the country—on par with the San Diego and Bronx zoos—it's home to 17,000 wild and endangered creatures.

TEXT COURTENAY WOLF PHOTOGRAPHY ADAM ALBRIGHT

It's early as guests line up. A lion roars in the distance, sending a thrill through the crowd. Monkeys chatter an alarm. Anticipation rises as the crowd surges through the gates at Omaha's Henry Doorly Zoo and Aquarium. This Midwest treasure is famed for creating some of the biggest and best exhibits in the world—total immersion adventures that put you eye-to-eye with animals in their natural habitats.

"People are wowed by our exhibits and impressed with the number of animals and their diversity," says Dennis Pate, the zoo's executive director and CEO. "We pay special attention to providing up-close experiences, with hands-on opportunities and kid-size viewing windows and tunnels."

EXPLORE THE WILD

Leave urban life behind and lose yourself in the mysterious sights and startling sounds of the rain forest. Wander along cliffs through the towering treetops as aptly named howler monkeys leap from branch to branch and elusive clouded leopards slip in and out of view. Hike the jungle floor past playful river otters, and come face-to-face with rare pygmy hippos from an underwater viewing cave. You're in the Lied Jungle, a widely admired exhibit and the largest indoor rain forest in the world.

At a nearby aquarium, the sounds of pounding surf and gulls' cries take you seaside. A touch tank offers hands-on experience with colorful anemones and sea urchins. Puffins and Antarctic penguins delight. Sharks glide through underwater caves. Octopuses and sea horses share a scuba reef, while neon-colored moon jellyfish float ethereally in a deep blue sea. Newly renovated, with 1.5 million gallons of saltwater, Scott Aquarium is the largest zoo aquarium in the country.

Beneath the iconic Desert Dome, home to a massive indoor desert, an eerie world unfolds. There, day and night cycles are reversed for the many animals of darkness. Night falls on the African landscape

Right top: Butterflies rest beside waterfalls and an Amazon water lily pool in the Berniece Grewcock Butterfly and Insect Pavilion.

Right upper middle: Get a bird's-eye view from the Skyfari chairlift.

Right lower middle: The world's second largest land animal, white rhinos love nothing more than eating and wallowing in mud to cool off on the zoo's Pachyderm Hill.

Right bottom: The Cat Complex is home to 27 large cats, including tigers, lions, jaguars and the North American puma. Most species are threatened by loss of habitat. Five African lion cubs were born here in December.

Opposite: Rockhopper penguins have distinctive red eyes and thin yellow eyebrows, called supercilium. They live in colonies and are smaller than most other penguins.





Above left: Four female and two male giraffes call the zoo home. When visiting these animals, be sure to see the latest addition, Bailey, who turned one in March.

Above middle: This Francois' Langur, also known as a leaf monkey, lives with her clan in Lied Jungle. Other monkeys inhabit Lagoon Island on the zoo's north side.

Above right: Covering 123,000 square feet, the Lied Jungle is a powerful experience. See, smell, hear and become part of the rain forest environment, home to 90 species.

Right: Omaha's zoo is helping repopulate dying reefs in the Caribbean with coral grown in their lab aquariums. This is part of a commitment to conservation throughout the world.

as aardvarks and bush babies interact. Crocodiles slither through a spooky swamp, while blind cave fish swim in a seemingly bottomless pool in the Kingdoms of the Night exhibit.

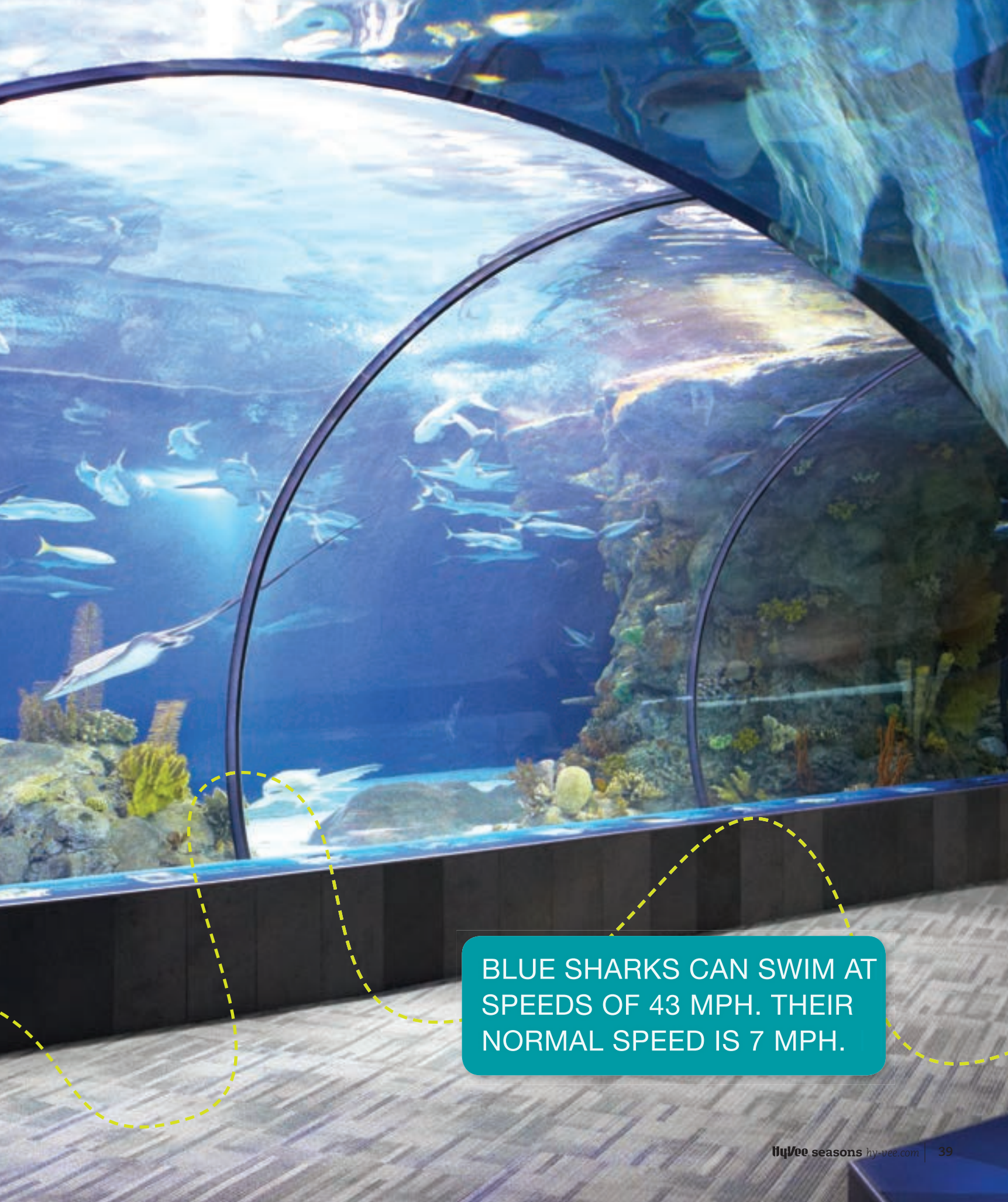
Heading deep into the heart of the zoo, you'll find the Hubbard Gorilla Valley. There gorillas roam free during warm weather, while humans stand behind glass in a window-lined tunnel. Play patty cake or test your strength in a game of tug-of-war with these gentle giants in specially designed areas. The zoo is playing a major role in gorilla conservation with a renowned breeding program for the highly endangered primates.

Be sure to take in some of the daily staff talks, which explore secrets of various species and the zoo's efforts to protect them and their wild homes. Prepare to be fascinated as staff and animals demonstrate enrichment programs that keep these wild creatures psychologically healthy and happy.


HANDS-ON CONSERVATION

"Omaha's zoo has always been known for creating exhibits that are recognized throughout the world, but it's their behind-the-scenes work in conservation that I'm most proud of," says Pat Hensley, Hy-Vee vice president of general merchandise and fuel operations, and a 16-year veteran of Omaha's zoo foundation board. Hy-Vee has been a longtime supporter of the zoo, most recently providing funding for the Desert Dome and Scott Aquarium.

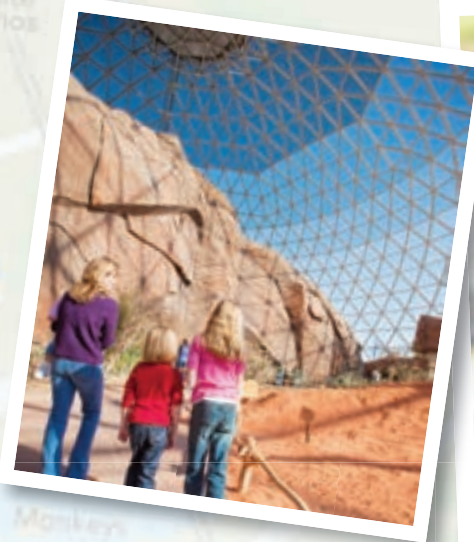




BLUE SHARKS CAN SWIM AT SPEEDS OF 43 MPH. THEIR NORMAL SPEED IS 7 MPH.

A close-up photograph of a scarlet macaw perched on a light-colored wooden branch. The macaw has vibrant red plumage on its head and neck, with a white patch around its eye. Its wings show a mix of red, yellow, and blue feathers. The background is blurred, showing other macaws and a colorful, patterned object. A green text box is overlaid on the upper left, and a yellow dashed line highlights the macaw's beak and head area.

SCARLET MACAWS USE THEIR
STRONG CURVED BEAKS
TO CRACK HARD NUTS AND
SEEDS. WILD MACAWS ARE
AN ENDANGERED SPECIES.



“We have seven Ph. D research scientists on staff, working on conservation projects in our labs right here at the zoo and in the field,” says Dennis. Their most important project is in Madagascar, a small island nation east of Africa. Isolated by water, it is home to some of the world’s most unusual animals, including lemurs and fossa. Zoo scientists have been sequencing genomes to identify 21 previously unknown lemur species. Discover more about the island’s wildlife and the zoo’s biodiversity partnership at the Expedition Madagascar exhibit—the largest collection of Malagasy species in the U.S.

FIRST-CLASS AMENITIES

Mature trees, wide accessible walking paths, abundant fountains and sculptures create a pleasant backdrop for experiencing all this world-famous zoo has to offer. Overlooking the Lied Jungle, don’t miss the Durham Treetops Restaurant. It’s one of the many restaurants and food stands scattered throughout the zoo. Or pack a meal and take advantage of a shady picnic table, with restrooms nearby.

If you’re traveling more than an hour or two, check out the new two-day passes available through local hotels. Passes will give you time to relax and experience the wonder and awe of these magnificent creatures. If you already have a membership at your local zoo, you may be eligible for a 50 percent discount. Visit www.omahazoo.com.

Above left: To allow control of climate, the zoo’s desert is housed in the world’s largest glazed geodesic dome. At 13 stories high, it has become a landmark for the city of Omaha.

Above right: Bears need those long nails trimmed regularly, but it can be a traumatic experience. Recently they’ve learned to lean their paws against the mesh fence for trimmings.

Opposite: Scarlet Macaws naturally inhabit rain forests, living in pairs, family groups or flocks. This one lives in the zoo’s Lied Jungle.



PENGUINS ON PARADE

How could 40 Antarctic penguins be transported safely and comfortably cross-country from Orlando, Florida, to Omaha’s Henry Doorly Zoo and Aquarium? Enter Hy-Vee.

“The zoo needed a way to hold the temperature below 40 degrees, so we donated a refrigerated trailer,” says Pat Hensley, Hy-Vee vice president of general merchandise and fuel operation. He rode along in 1995 during the penguin adventure.

“That was one unique road trip. We hooked up a TV monitor from the trailer to the cab, and there was always a zoo keeper monitoring the penguins. Every time we’d open the door to feed them, they’d all be standing there waiting for fish. It was comical.”

Hy-Vee has been a major supporter of Omaha’s award-winning zoo for many years, most recently funding the new racetrack tank in the entry of the Scott Aquarium. Pat says, “Omaha’s zoo is a Midwest treasure we’d like to share with everyone.”

7 FUN MIDWEST ATTRACTIONS FOR THE WHOLE FAMILY

1. LIVING HISTORY FARMS

Urbandale, Iowa

Touch, see and hear 300 years of living history on the prairie. Engage your senses with the interactive tours of three historic working farms and a rural town from 1875. Information at www.lhf.org or call 515-278-5286.

2. GATEWAY ARCH

St. Louis, Missouri

The arch commemorating the nation's westward expansion provides stunning views. The Mississippi River, gardens and bike trails lie in its shadow. Information at www.gatewayarch.org or call 877-982-1410.

3. FIELD MUSEUM

Chicago, Illinois

The Field Museum is one of the best in the country. The Shedd Aquarium, Adler Planetarium, Art Institute, Navy Pier and Museum of Science and Industry are all nearby along the shore of Lake Michigan. Information at www.fieldmuseum.org or call 312-922-9410.

4. SCIENCE MUSEUM OF MINNESOTA

St. Paul, Minnesota

Wonderfully interactive, the Science Museum of Minnesota helps kids get into science. There are five permanent galleries, special traveling exhibits and an Omnitheater. Information at www.smm.org or call 800-221-9444.

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Wisconsin

5

Hutchinson, Kansas

5



Deadwood, South Dakota

六

get in your walking while discovering new places, such as those listed here. Other options include a nearby botanical park, hiking and biking trails, sculpture gardens or state parks. Get involved in geocaching—using a GPS to hunt for “treasure,” or sign up for a walkathon to raise money for a good cause.

A few hours before you walk, fuel up on snacks with plenty of high-fiber carbs and some protein. Hummus on pita crackers or yogurt with a handful of fresh berries will step up the energy level.

To make regular family walks a habit, schedule them on your calendar. Own a smart phone? Check out MapMyWalk for iPhone and Android. It uses GPS to map your routes, keeps track of your distance and pace, and connects you with friends through Facebook and Twitter. Start a family competition and watch the miles add up.



Puffs Family:
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Mars Ice Cream Treats: select
varieties 3 to 14 pk. \$3.49



Mars Single Candy Bars: select
varieties standard size 3/\$2.00



Mars Chocolate Candy: select
varieties 15.4 to 19.2 oz. \$4.99

FUEL UP

Walking around the block, along a woodland path or even across a large zoo is going to require some nutrition and calories. If you'll be walking far, make up bags of trail mix to take along. For a quick burst of energy, make M&M's part of the mix.

SMART TASTES

Put some snap in your snacks with helpful Nabisco cookies, crackers and biscuit thins. SnackWells come with 50 percent less fat than other cookies. Newtons Fruit Thins are made with 8 grams of whole grains. Formulated to give you sustained energy, belVita Breakfast Biscuits also taste delicious. Wheat Thins are made with 100 percent whole grain.

Snackwell's Cookies or Crackers:
select varieties 3.7 to 7.75 oz.
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Nabisco Newtons or
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select varieties 7.04 to
14.4 oz. \$3.49



Nabisco belVita Breakfast:
select varieties 8.8 oz.
\$2.99

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Snap Tea: select varieties
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Mott's Apple: select varieties
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7Up TEN: RC TEN or SunDrop
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7Up Products: select varieties 12 pk.
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INSPIRED FLAVORS

When the occasion calls for the most mouthwatering, succulent ingredients, set out sandwiches, salads and other inviting meals made with meats and cheeses from Di Lusso.

TEXT STEVE COOPER PHOTOGRAPHY TOBIN BENNET





With the arrival of the newly established Di Lusso Deli Company in 1919, the sweet aroma of authentic old-country salami captured New York City. On the eve of a high-spirited decade, something good to eat was another reason for optimism.

There were only two Di Lusso products in the early days—and these would prove their worth in shaping the company's reputation for excellence. In fact, both the Italian-inspired Genoa Salami and the German-heritage Hard Salami are still satisfying customers today.

Prepared according to a traditional Genoa recipe, this delicately aged salami features premium pork accented by smaller amounts of beef. Mild, unsmoked and seasoned lightly with garlic, the aromatic meat has a sweetness that attracts the senses. Each salami comes hand-stitched in a natural casing and roped with 10 hitch cords—a traditional symbol for quality. Each bite has always offered a pleasurable burst of flavor to customers.

“In the early days, a lot of Italians were coming over to America and they were looking for that Genoa flavor profile. They naturally became our customers,” says Di Lusso product manager Joshua Holck.

The German hard salami has an equally distinct flavor, making it a regular on trays overflowing with cold cuts. It is also a combination of pork and beef, but this one leans a little more toward beef.

“These were sold in all the corner shops and bodegas throughout New York,” Holck says. “It’s still number one today.”

BOUNTIFUL GOOD EATING

From just two products, Di Lusso has branched out. Consumers today can purchase skillfully crafted beef, ham, turkey and chicken products. Also, choose from a collection of artisan-produced Wisconsin cheeses. Here are some current favorites:

- Prosciutto Ham. Flavored with classic Italian hand-rubbed spices, this Italian dry-cured ham has a taste that runs deep and sweet. It’s an excellent choice for appetizers or meals.
- Seasoned Cajun-Style Roast Beef. A liberal amount of zesty Cajun seasoning gives this premium cut a kicky personality. The beef is spiced, then precooked to medium doneness.
- Cracked Pepper Turkey Breast. The bird is given a generous dusting of seasonings to create a pleasant, peppery taste profile. Each low-fat slice has perfect texture.
- Mesquite-Style Chicken. Moist, tender chicken breast roasted over mesquite.

TEN-MINUTE BEEF AU JUS

Here’s a deeply satisfying restaurant classic that you can have on the table in minutes. It’s easy to look like a kitchen pro; just use Di Lusso deli meat and cheese.

Prep time: 15 minutes / Cook time: 8 minutes / Serves 6 (1 sandwich each).

In a 2- to 3-quart saucepan, combine 1 (32 ounce) carton Hy-Vee beef broth, 1 teaspoon onion powder and ½ teaspoon Hy-Vee instant beef bouillon granules. Bring to a boil; add 2 pounds Di Lusso choice roast beef and simmer 5 minutes or until heated through. Meanwhile, preheat broiler. Split 6 hoagie buns and spread each with ½ tablespoon butter; place on baking sheet, buttered-side-up. Broil 5 inches from heat for 30 to 60 seconds or until light golden brown. To serve, remove beef from broth with a slotted spoon and place in buns. Top with 6 halved slices Di Lusso Swiss cheese. Ladle broth into small bowls for dipping.

Nutrition facts per serving: 560 calories, 22 g fat, 12 g saturated fat, 0 g trans fat, 110 mg cholesterol, 2510 mg sodium, 49 g carbohydrates, 2 g fiber, 3 g sugar, 45 g protein. Daily values: 8% vitamin A, 0% vitamin C, 30% calcium, 90% iron.



DEEP-DISH ITALIAN MEAT PIE

When this meat pie comes steaming from the oven, it releases inviting, nearly irresistible aromas of fine Italian meats and cheese.

Prep time: 1 hour

Cook time: 40 minutes

Serves 10 (1 wedge each).

1 ($\frac{1}{4}$ oz) package quick-rise yeast

$\frac{3}{4}$ cup warm water (105° to 115°F)

1½ tablespoons plus 2 teaspoons Grand
Selections olive oil, divided

1½ cups Hy-Vee all-purpose flour

$\frac{3}{4}$ cup Hy-Vee whole wheat flour

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

1 cup chopped red onion

2 cloves garlic, minced

6 cups packed fresh spinach

2 teaspoons Hy-Vee dried basil

1 pound Di Lusso sliced provolone cheese

$\frac{1}{3}$ pound Di Lusso pastrami

$\frac{1}{3}$ pound Di Lusso honey roasted ham

$\frac{1}{3}$ pound Di Lusso hard salami

1 (12 oz) jar roasted red peppers, drained,
patted dry and cut into strips

1 Hy-Vee large egg, beaten

To make dough, in a large bowl dissolve yeast in warm water. Stir in 1½ tablespoons olive oil. Stir in all-purpose flour, whole wheat flour and salt. Turn out onto a lightly floured surface and knead 5 minutes. Place in lightly greased bowl, cover with a tea towel and let rise 45 minutes or until doubled in size.

Meanwhile, heat remaining 2 teaspoons olive oil in a medium skillet over medium heat. Cook onion and garlic for 3 minutes or until tender. Add spinach and basil; cook about 5 minutes more or until all moisture is evaporated. Set aside.

Preheat oven to 400°F. Lightly grease a 9-inch cake pan. Punch down dough; divide dough into two parts, with one part being twice the size of the other. Cover and let rest 5 minutes. Keeping smaller portion covered, roll out larger portion of dough to a 12-inch circle on a lightly floured surface. Fit into prepared pan with dough overlapping edges evenly. Layer

one-third of the provolone, one-third of the pastrami, one-third of the ham, one-third of the salami, one-half of the roasted red peppers and one-half of the spinach mixture. Repeat layers once. Top with remaining meat and provolone.

Roll out remaining dough to a 10-inch circle. If garnish is desired, roll slightly larger and cut leaf shapes from edge. Place dough circle on top of cheese. Pinch dough together at edges. Cut 3 or 4 slashes in dough. Add dough leaves, if using. Brush with beaten egg. Bake 35 to 40 minutes or until golden brown. Cool 10 minutes. Cut into wedges; serve warm.

Nutrition facts per serving: 420 calories, 25 g fat, 12 g saturated fat, 0 g trans fat, 90 mg cholesterol, 990 mg sodium, 28 g carbohydrates, 3 g fiber, 3 g sugar, 22 g protein. Daily values: 40% vitamin A, 50% vitamin C, 35% calcium, 15% iron.

INSALATA PRIMAVERA

By turns, the taste of this chilled salad will be tart, sweet, bold and comforting.

Prep Time: 35 minutes

Cook Time: 9 minutes

Serves 8 (about 1 cup each).

1 (9 ounce) package refrigerated cheese tortellini

6 ounces fresh asparagus spears, trimmed and chopped into 1½-inch pieces (about 2 cups)

½ cup Grand Selections extra-virgin olive oil

⅓ cup Grand Selections red wine vinegar

2 teaspoons Hy-Vee granulated sugar

2 teaspoons Hy-Vee Dijon mustard

½ teaspoon Hy-Vee dried oregano

½ teaspoon Hy-Vee salt

½ teaspoon Hy-Vee black pepper

2 cloves garlic, minced

4 ounces Di Lusso ham, cut into julienne strips

4 ounces Di Lusso Genoa or hard salami, cut into julienne strips

1 pint grape tomatoes, halved

1 cup drained, canned artichoke heart quarters

½ cup chopped green onions

½ cup chopped flat-leaf parsley

¼ cup Hy-Vee shredded Parmesan cheese

Cook tortellini according to package directions, adding asparagus during last minute of cooking. Drain, rinse under cold running water and drain again.

Meanwhile, whisk together olive oil, vinegar, sugar, mustard, oregano, salt, pepper and garlic in a large bowl. Stir in tortellini, asparagus, ham, salami, tomatoes, artichoke hearts, onions and parsley. Cover and chill for 4 to 12 hours. Sprinkle with Parmesan cheese just before serving.

Nutrition facts per serving: 330 calories, 22 g fat, 6 g saturated fat, 0 g trans fat, 40 mg cholesterol, 870 mg sodium, 21 g carbohydrates, 2 g fiber, 3 g sugar, 12 g protein. Daily values: 15% vitamin A, 25% vitamin C, 10% calcium, 10% iron.



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DI LUSO AT YOUR PARTY

It's quite simple to serve any size crowd. Just order Di Lusso party trays from your local Hy-Vee store. Each tray is filled with our traditional, delicious deli meats and cheeses, which are perfect for parties, business meetings, school gatherings or any occasion where hungry people gather. Always invite Di Lusso.

Di Lusso Rotella Party Tray serves 12, net wt. 2.25 lb. \$20.00

Di Lusso Deli Party Tray serves 10, net wt. 2.33 lb. \$22.00

Di Lusso Piccolo Panino Sandwich Tray serves 12, net wt. .78 lb. \$15.00



Better-Than-Ever FROZEN FOODS

Frozen foods have never been a better choice than today. Whether it's Belgian waffles for breakfast, a mini pizza for lunch or a restaurant-style Chinese dinner, a quick meal no longer compromises on nutrition or taste.

TEXT STEVE COOPER PHOTOGRAPHY TOBIN BENNETT

After two days at ConAgra Food's Omaha facility, where the frozen-food giant creates many of its meals, Julie McMillin, Hy-Vee director of health and wellness, came away with a new outlook on frozen food.

"The most surprising thing was that I don't usually recommend frozen meals. But when I saw up close how this was done, it gave me confidence that the meals are fresh and the quality is there," Julie says.

Along with a group of Hy-Vee dietitians, she attended a seminar called "Take a Fresh Look at Frozen." ConAgra Foods produces familiar frozen-food brands, including Healthy Choice, Marie Callender's, Bertolli, Banquet, Kid Cuisine and P.F. Chang's Home Menu meals. The company hosted the event in the face of challenging times for frozen foods.

Americans have been changing food-buying habits and have embraced calls for better diets, more nutritious living and healthier lifestyles. Some shoppers have shifted from frozen foods to a preference for more fresh produce and lightly processed foods.

The message from ConAgra Foods to dietitians was clear: We hear what shoppers want and we're making changes.

For instance, recipes have been altered for many of the Conagra Foods frozen meals that adults want, Julie says. Calories have been lowered while still giving consumers the tastes they demand. The company is also working on such issues as lowering the amount of salt in foods and promoting portion control through single-serve meals.

"Frozen food has gotten kind of a bad rap over the years. We mistakenly think that it is a bunch of heavily processed food that is just frozen and thrown in a box. But that's not what I saw," Julie says. "The biggest thing I saw was fresh ingredients being carefully prepared in a real kitchen."



THE NEW FROZEN FOOD

A good example of the changes in frozen foods can be seen in ConAgra's line of P.F. Chang's Home Menu meals. These were developed with oversight by Philip Chiang, one of the founders of P.F. Chang's China Bistro, a popular restaurant with more than 200 locations around the world.

Speaking with *Hy-Vee Seasons* recently from his Los Angeles art studio, Philip talked about his love for food and the Home Menu line of frozen appetizers and entrées.

"We knew that we wanted the Home Menu meals to be very special and up to our standards. But from what I saw in the frozen-food aisles in the past, what you got was this frozen product that was kind of a clump. When you heated it up, the end product wasn't up to our standards. We wanted ours to be something special," Philip says.

The first goal for Home Menu is for food to taste fresh. To do this, recipes are kept as simple as possible.

Generally, there are only two or three primary ingredients in P.F. Chang's dishes. By minimizing ingredients and avoiding the use of fillers, Philip was able to achieve the freshness he desired. "Of course by using fewer ingredients than is typical, a mistake becomes glaring. If anything goes wrong with a dish, you really see it," he says.

To the degree possible, Home Menu meals are similar to the restaurant's meals. But the meals aren't identical. Making frozen food for reheating at home is a different science than preparing restaurant dishes.

"Think about a restaurant meal and what is taken home as leftovers. These are very different. Once you put something in a box, the food chemistry starts to change before you get out the door," Philip says. "It's the same in principle with frozen food—different chemistry."

Philip is pleased with the dishes his chefs have cooked up for Home Menu. During testing, he knows instantly when they have a winner. "When you taste it and they've hit it, it's like, 'Wow!' You know it's a home run."

Home Menu meals are quick and fun to prepare—just heat on a cooktop. Entrées include "General Chang's Chicken," "Shrimp in a Garlic Sauce" and "Shanghai Style Beef." Menu dishes are tasty and the aromas are definitely P.F. Chang's, and no surprise given Philip's background.

Born in China, Philip spent most of his boyhood in Japan and moved to the United States as an adolescent. This background reveals itself in his food: Recipes are Chinese, but simplified—as is the Japanese way. Then they are packaged smartly and offered as an easy-elegance opportunity. What can be more American than that?



Get Out the TV Trays

Heat-and-eat frozen meals—first called Strato-Plates—were served on planes carrying troops overseas in World War II. Changing the name to TV dinners, Swanson hit gold, selling 10 million in 1954 for 98 cents each. It didn't matter that flavors were marginal and there was leakage of food from one tray compartment to the next. Lucy and Ricky were on. Time to eat and watch.

FRESH TO FROZEN

The age of the great American inventors was still flourishing about 100 years ago, making a big impact on daily life. Among the most inventive was Clarence Birdseye. You've probably seen his name as "Birds Eye" on frozen food packages all your life.

Though frozen food had been sold even before Birdseye was born, the quality was abysmal. Foods generally froze adequately on the outside, so the first few bites would taste fresh. But freezing didn't go deep. Many foods rotted.

As a young man in 1912, Birdseye was working in Labrador, Canada. There, he discovered something odd. He saw Inuits, also called Eskimos, catching fish from exceedingly icy winter

streams. Leaving the frigid water, fish froze immediately when exposed to the even-colder air. Months later, Birdseye tasted a fish that had been frozen, thawed and cooked. To his astonishment, it tasted fresh.

Birdseye spent a few years puzzling over how the freezing process worked. In the end, he not only devised a way to flash freeze fish and vegetables, he invented the entire frozen food industry. This included creating packaging and spurring development of freezer trucks for transportation and lower-cost commercial and residential freezers. The venture paid off. Just before the Great Depression hit in 1929, Birdseye sold his frozen-food company for \$23.5 million.

Fill your cart and fill empty tummies



Egg Beaters: select varieties
15 oz. 2/\$5.00



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Rosalita Refried Beans: 16 oz. \$0.99



Swiss Miss Pudding: select varieties
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select varieties 5 oz. 2/\$5.00



Fleischmann's Sticks, Bowls or Sleeves:
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14.5 oz. 4/\$5.00



Wesson Oil: select varieties
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Nearly 17 million*
children face hunger in America.

Helping end child hunger Starts with a code



Help end child hunger. Look for brands with
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Every code equals one meal.



Help us donate one meal to Feeding America. Go to ChildHungerEndsHere.com and enter the 8-digit code found on specially marked packages. For every code entered by 8/31/13, ConAgra Foods® will donate 12.5¢, the cost for Feeding America® to provide one meal through its network of local food banks. Maximum: 3 million meals. Guaranteed minimum donation: 1 million meals (\$125,000). Limit 5 code entries per person/computer each day. Valid in U.S. only. *Source: USDA Household Food Security in the U.S. 2011 <http://www.facebook.com/ChildHungerEndsHere> ©ConAgra Foods, Inc. All Rights Reserved.



Healthy Choice Entrees: select varieties
8 to 9.9 oz. 2/\$4.00



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



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



Banquet Family Entrees: select varieties
24 to 28 oz. \$2.79



Reddi-Wip for fruit: 6.5 oz. \$2.19



Healthy Choice: dinners, steamers or
Greek yogurt: select varieties
9.5 to 12.5 oz. \$2.48



Orville Microwave Popcorn: select
varieties 2 to 4 pk. 2/\$4.00



Hunt's Ketchup: 24 oz. \$1.18





Party LIKE A PRO

Have you ever wondered how you can host a sensational party that your friends will talk about fondly for days or maybe even weeks? Did you give up because the task seemed too big? Here are the secrets you need for hosting a fabulous party.

TEXT WANDA VENTLING PHOTOGRAPHY ADAM ALBRIGHT AND TOBIN BENNETT

If you ask people what makes a great party, they'll probably tell you: good friends, good food and good drinks. While everyone knows how important these three elements are, they don't guarantee a memorable party. Party planning is all about details and timing. It's how friends get *invited* and feel welcomed upon arrival; how the food is selected, prepared and served; and how the drinks are blended with just the right flavors. It's all of these things, plus having an environment that's ready for fun. From decorations to music, from food to entertainment—it's all in the details.

GET ORGANIZED

Use a notebook with see-through pocket holders or set up your plans on a computer or other device. Create a pocket or file for each of the following: a guest list (note food allergies); food and drink recipes; a grocery list, including ice and nonfood items; and a decorations list. Do you have adequate serving dishes, table settings and tables? Create a time line, noting when to clean the house, when to start setting up tables and chairs, and other critical tasks.

CHECKS AND BALANCES

The ideas shown are for a Cinco de Mayo party but they can be interpreted in a variety of ways to fit other themes. Pick a theme that is suited to a holiday, an honored guest or the time of year. All parties need colors, decorations, party favors, foods and drinks in keeping with the theme.

A party needs a menu. An easy-to-prepare meat entrée made in a slow cooker is a good choice because you can set it up, then leave it the day of the party. For our party, we set up a buffet—a tostada bar—of fresh ingredients that can be pulled from the refrigerator at the last minute and served cold or quickly heated. No time? Ask your local Hy-Vee to cater some or all of your foods. As part of the planning process, we've included four steps that will assure a good time for your guests.

1 COLOR POP

Whether your party is for Cinco de Mayo or another occasion, greet guests with a big punch of color when they walk in the door.

Color has the power to stimulate or calm the body, as well as the mind, according to color psychologists. Here, we've paired warm colors (pink, orange and yellow) to raise the energy level with bold cool ones (turquoise and lime) that mimic tropical settings. Other options:

- Fill rooms with color by laying out table runners, women's shawls or scarves, or even strips of fabric with the edges ironed under. You can also spread confetti on tables.
- Use serveware and party supplies that continue the color theme.
- Hang a banner or display streamers near the ceiling. Balloons add color, too.
- Visit the Hy-Vee floral department. You'll find more colorful ideas, such as brightly hued daisies, *right*.

Daisies were purchased at Hy-Vee along with a square glass vase. To add more color, the vase was wrapped with scrapbook paper. >

Dramatic Daisies in to-go sleeve \$17.50



Salting the rim of a margarita glass takes just a moment. Using a bowl that is slightly larger than your glass, pour in salt to form a low mound. Moisten the rim of a glass. For a thin salting, sweep a lime wedge around the rim. For a thick salting, use watered-down agave nectar on the rim. Gently lower the glass top-down into the salt and twist to collect salt.



Potted Kalanchoes come in their own bags with tags—designed to be used as clever invites or as pretty take-home gifts.

4-inch Kalanchoe in Cinco de Mayo gift bag \$10.00



> Look for a brightly colored Piñata Donkey like this at Hy-Vee. Use as a decoration or fill with treats. Also available in Unicorn or Bull shapes.

Piñata Fiesta, assorted shapes \$17.50



< Continue the party's color theme by creating lively conversation starters such as cascarones, or confetti eggs, used for Cinco de Mayo. Poke holes in eggs and hollow them out. Carefully dye them as you would Easter eggs. Finally, fill them with confetti and cover the hole in the end by gluing on tissue paper. Cracking the colorful eggs over friends' heads will liven the mood. Or make Q&A cards or a party-themed trivia game to get people talking.

QUICK-START APPETIZER

When the first guests walk in, get the party started by offering a delicious appetizer that is ready in an instant. This Classic Guacamole is terrific, and a bowl can be pulled from the fridge and placed on a waiting platter of chips while your guests sip their first drinks. Because lime juice is in the mix and the dip is chilled, the avocados should have a fresh appearance for at least two hours after the bowl is placed on a table. If you think your guests may arrive in stages, rather than serving the entire batch at once, divide the recipe into two smaller bowls. Keep one chilled until a refill is needed.

CLASSIC GUACAMOLE

Prep Time: 15 minutes

Rest Time: 1 to 3 hours

Serves 20 (2 tablespoons each).

2 tablespoons lime juice

3 medium avocados, halved, seeded and peeled

$\frac{1}{3}$ cup finely chopped onion

3 tablespoons chopped cilantro

$\frac{1}{2}$ to 1 jalapeño, halved, seeded and minced

1 teaspoon hot sauce

$\frac{3}{4}$ teaspoon Hy-Vee ground cumin

$\frac{1}{2}$ teaspoon Hy-Vee salt

1 clove garlic, minced

1 medium tomato, seeded and chopped

Combine lime juice and avocado halves in medium bowl. Using a fork, roughly chop avocados to desired consistency. Stir in onion, cilantro, jalapeño, hot sauce, cumin, salt and garlic. Stir in tomato. Cover; let stand 1 hour if serving at room temperature or refrigerate 2 to 3 hours to serve chilled.

Nutrition facts per serving:

50 calories, 4.5 g fat, .5 g saturated fat,

0 g trans fat, 0 mg cholesterol,

70 mg sodium, 3 g carbohydrates,

2 g fiber, 1 g sugar, 1 g protein.

Daily values: 2% vitamin A,

10% vitamin C, 0% calcium, 2% iron.



TASTY THIRST QUENCHERS

At the heart of every great party there is a glass, cup or bottle that refreshes and satisfies guests so they linger and talk. The drinks can be nonalcoholic or alcoholic but, either way, they need to be delicious and plentiful. Here, we've created five signature margaritas in honor of Cinco de Mayo. Depending on the number of guests, you may want to mix one or all of the recipes. For other party themes, you may prefer flavored coffees, fruit punches, sodas, mixed drinks or wine. Whatever your desire, check out Hy-Vee's Wine and Spirits department or soft drink and juice sections for ideas.



Drinks become part of the color scheme when margaritas are served. Icy drinks in pink, dark purple and yellow complement flowers, piñatas and other decorations. Even such flourishes as lime wedges, fruit skewers and cucumber circles add to the ambience.

STRAWBERRY-BASIL MARGARITA

While lemon juice adds refreshing contrast to the strawberries, fresh basil lends intriguing undertones.

Prep time: 15 minutes

Serves 6.

- 6 cups fresh strawberries, hulled and halved
- 9 ounces gold tequila
- 1 cup plus 2 tablespoons freshly squeezed lemon juice
- 3 ounces Cointreau
- ¼ cup agave nectar
- 1 tablespoon grated lemon zest
- 6 to 12 fresh basil leaves
- 4 cups ice

Place all ingredients in a blender and blend until smooth. Serve immediately.

ORIGINAL MARGARITA

With only a few ingredients and a magical ratio of sweet to sour, the classic margarita is a marvel of proportion and satisfaction.

Prep time: 5 minutes

Serves 6.

- 12 ounces gold or silver tequila
- 4.5 ounces triple sec or orange liqueur
- ¾ cup freshly squeezed lime juice
- 1 ½ teaspoons agave nectar
- 4 cups ice

Run lime wedge around rim of margarita glass and dip into kosher salt. Fill cocktail shaker with ice. Add tequila, triple sec, lime juice and agave nectar. Shake and strain to prepared margarita glass.

*With a little practice, anyone can
whips up a tasty margarita.*



BLACKBERRY MARGARITA

If you prefer margaritas without seeds, blend blackberries, tequila and agave nectar together until thoroughly blended, then press through a fine-mesh strainer. Return to the blender and proceed.

Prep time: 5 minutes

Serves 6.

3 cups blackberries

9 ounces tequila

3 ounces triple sec or orange liqueur

1/3 cup freshly squeezed lime juice

1/3 cup agave nectar

4 cups ice

Place all ingredients in blender and blend until smooth.

ORANGE-GUAVA MARGARITA

Boosted by the orange liqueur, citrus flavors cut through this beverage.

Prep time: 5 minutes

Serves 6.

1 1/2 cups guava nectar

1 1/2 cups freshly squeezed orange juice

9 ounces silver or gold tequila

3 ounces triple sec or orange liqueur

4 cups ice

Place all ingredients in a blender and blend until smooth. Serve immediately.

WATERMELON-CUCUMBER MARGARITA

Because watermelon can be a watery fruit with thin flavor, hunt for the sweetest melon you can find.

Prep time: 15 minutes

Serves 6.

5 cups fresh watermelon cubes

1 medium cucumber, peeled and chopped

9 ounces silver or gold tequila

3 ounces Cointreau or orange liqueur

1/3 cup freshly squeezed lime juice

Ice cubes, for serving

Fresh cucumber slices, for garnish

Place watermelon cubes, cucumber pieces, tequila, Cointreau and lime juice in a blender and blend until smooth. Pour over ice, garnish with cucumber slices and serve immediately.

CHIPOTLE SHREDDED PORK

Slow-cooked shredded pork mixed with earthy refried beans and served on a just-fried corn tortilla is the authentic taste of Mexico. Serve it with fresh toppings and a splash of salsa

Prep Time: 40 minutes

Cook Time: 8 to 10 hours

Serves 10.

2½ pounds boneless pork shoulder

Hy-Vee salt and black pepper,
to taste

1½ tablespoons Grand Selections
olive oil

1 (8 ounce) can Hy-Vee
tomato sauce

½ cup water

1 small yellow onion, thinly sliced

3 canned chipotle chile peppers in
adobo sauce, sliced with seeds

4 cloves garlic, minced

2 teaspoons ground cumin

½ teaspoon ground coriander

Hy-Vee corn tortillas, optional

Desired toppings, optional

Trim excess fat from pork shoulder; season with salt and black pepper. Heat olive oil in a Dutch oven over medium-high heat; brown all sides of meat.

In a 3½- to 4-quart slow cooker, combine browned pork shoulder, tomato sauce, water, onion, chipotle peppers, garlic, cumin and coriander. Cover and cook on LOW heat for 8 to 10 hours or HIGH heat for 5 to 6 hours.

Remove pork shoulder from slow cooker; set aside. Strain and reserve cooking liquid. Using 2 forks, shred pork. Stir pork into cooking liquid. If desired, serve on crisp fried corn tortillas with a variety of toppings.

Nutrition facts per serving: 220 calories, 13 g fat, 4.5 g saturated fat, 0 g trans fat, 65 mg cholesterol, 230 mg sodium, 3 g carbohydrates, 1 g fiber, 1 g sugar, 20 g protein. Daily values: 4% vitamin A, 6% vitamin C, 2% calcium, 8% iron.






4 SELF-SERVE PARTY

Serve a mouthwatering array of food. Set up a build-your-own tostada bar like ours and you'll have guests raving about the meal without missing it yourself. Offering food self-serve lets guests prepare peppery dishes as hot as they want. They can eat as much as they like, when they like.

Center the buffet spread on one memorable recipe, such as Chipotle Shredded Pork, *opposite*. Keep it in a slow cooker for hours to tenderize the pork and develop the flavor. Most of the tostada bar ingredients, such as peppers, lettuce, red cabbage, black olives, onions, cheese, cilantro and limes, can be chopped or shredded and placed in serving containers in advance. Keep in a refrigerator until ready to serve. Choices of salsa and guacamole are served in shot glasses. Corn and black beans or refried beans can be heated quickly in the microwave. Uncooked corn tortillas may be fried in advance in a small amount of vegetable oil and reheated on a cookie sheet just before setting out, or served at room temperature, *left*.

There are other party foods that do well with buffet service, including fruit, meat and cheese trays, soups, salads or a sub-sandwich bar.





Salt is so familiar, we feel we know all about it as we sprinkle it on a dish. But you may be surprised at how uncommon this common seasoning can be.

TEXT JENNIFER RUISCH, JILL JOHNSON
AND MARYGRACE TAYLOR

PHOTOGRAPHY ADAM ALBRIGHT AND TOBIN BENNETT

Salt *to taste*

Scatter coarse grains of *sel gris*, a gray salt, over a grill-ready steak and discover how gently the seasoning draws out surface juices while deepening meat flavors. Release moist granules of *fleur de sel*, another variety of salt, over a steaming baked potato and enjoy how the seasoning wakes up a familiar taste. Sprinkle flake salt over tender salad greens to ramp up the appeal. With specialty salts available from around the world, it's time to cook outside the cylindrical box of table salt.

Though unfamiliar to many, there's nothing really new about these handcrafted salts. Since as far back as 6050 B.C., salt has been used as both seasoning and preservative. Civilizations have risen and fallen in pursuit of aptly named "white gold." The word salary comes from the Latin word *salarium*, meaning "payment in salt."

For generations, common table salt has been largely accepted as the only choice for the American table. Produced from salt deposits, the process of manufacturing strips away most natural minerals, reducing crystals to sodium and chloride. Many companies also add iodine for health reasons and aluminum-based anti-caking agents for easier pouring.

But two new types of salt have entered the market in recent years.

- Artisan salts are natural salts taken from the earth or sea, but minimal processing allows them to retain their natural minerals without need for additives. Many are colored by the earth from which they come, such as red from iron deposits or flecks of color from clays. An exception is Hawaiian black lava salt, which is actually blended with charcoal, not lava. Some crystalline shapes look like diamonds; others like dust.

{ PINK HIMALAYAN SALT }

Mined in the foothills of the Himalayas, this salt gets its pink hue from iron. It's used to brine meats and as a finishing salt for savory meals.



{SMOKED SALT}

Aromatic salts can be smoked over fire to add deep, woody tastes. Such woods as apple and hickory add flavor. Use smoked salt as a natural way to add an authentically layered flavor to grilled meat and vegetables. It tastes especially delicious on corn on the cob.



{FLEUR DE SEL}

A moderately moist, artisan sea salt sometimes referred to as the “caviar of salts,” *fleur de sel* is the premier finishing salt of chefs worldwide. A mixture of small crystals that dissolve readily and larger ones that take their time, the delicate salt offers a time-released flavor experience.



{KOSHER SALT}

This processed salt contains no iodine or other additives found in common table salt. Created to assist in the preparation of meats according to Jewish dietary laws, it is commonly used by professional cooks due to a coarse texture that makes it easy to pinch and sprinkle.



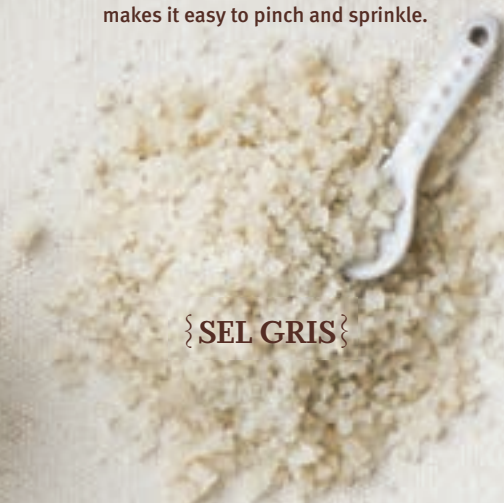
{SEA SALT}

Sea salt is an all-purpose salt produced by evaporation of seawater. Unlike common table salt, this ocean product undergoes little processing and retains trace minerals, which add subtle flavor and color. Sea salt is available in various degrees of coarseness.



{HAWAIIAN SEA SALT}

Also known as Hawaiian red or Hawaiian pink salt, this low-moisture salt contains a small amount of volcanic clay, or “*alae*.” Considered sacred by islanders, the natural additive enriches salt with iron oxide. It has an earthy flavor that complements roasted or grilled meats.



{SEL GRIS}

High in moisture, *sel gris* comes from the same sources as *fleur de sel*, but artisans handle it differently. The end result is a larger crystal with a gray cast and depth of mineral flavor. Use in everyday cooking to complement grilled vegetables, meat, soups and pasta.



{BLACK LAVA SALT}

Infused with activated charcoal, black lava salt may help detoxify the body and remove harmful impurities. It has an earthy flavor and is high in antioxidants. Sprinkle it on prepared foods as a finishing salt; do not use it during cooking. It goes well with seafood and pasta.



{TABLE SALT}

Table salt is chemically “cleaned” and stripped of most minerals. It contains an aluminum-based anti-caking additive. In 1924, manufacturers started adding iodine to salt because lack of it was a health concern. Compared to unprocessed salts, flavor is considered harsh.



{FLAVORED SALTS}

Flavors imparted to salt are available to suit any palate. Try Thai ginger salt on vegetables, noodles and seafood. Sprinkle a bit of habanero salt on grilled meat for intense kick. Add curry salt to chicken or pasta. Adventurous? Try vintage Merlot, white onion or lime-cilantro.

These salts contain up to 84 trace elements, including calcium, copper, chromium, iron and zinc. Such minerals supply nutrients our bodies need to function well.

- Flavored salts are the other category. These salts are infused with dill, Merlot, rosemary or other flavors to add complexity and sensation to any dish.

GIVE SALT A STARRING ROLE

Like actors in a movie, each type of salt has particular characteristics that fit it for the roles it plays. Moist salts settle comfortably on food and won't draw out excessive moisture. This makes them ideal for seasoning meats or vegetables, where surface texture is vital. On the other hand, salts with little or no moisture, such as splintery pyramids of flake salt, provide a quick snap of salinity before dissolving, drawing livelier tastes from salads, avocados and fruit. A smooth slab of sunset-colored Himalayan rock salt provides a naturally-seasoned surface for cooking and, in coarse form, is an excellent choice for grinding. Flavored salts, such as Szechuan pepper, black truffle and espresso bean, produce the focused tastes implied by their names.

COOKING WITH SALT

Though the most basic of seasonings, there's a lot to learn about cooking with it. Salt plays off other foods in curious ways, bringing out desired flavors and toning down the less desirable. We experience this when we blend salty with sweet, or lessen the bitterness of coffee with a pinch of salt.

For the novice and expert alike, experimenting with salts is a culinary adventure that involves little risk. Use an artisan salt, instead of table salt, to alter and improve flavors. You can prove this easily to yourself by spreading a pinch or two of black lava salt over your next plate of mac and cheese. You'll love it.

It's generally best to use as little salt as possible during cooking. Salt sprinkled on a steaming entrée is called a finishing salt. Used just before the first bite, finishing salt imparts more flavor and also adds to the texture and visual interest of a meal.


Most specialty salts cost more than traditional salt, but the best cooks will tell you that the additional expense is worth it, especially when it comes to artisan salts. Be aware that blended and flavored salts, though may offer diversity in flavor, sometimes lack the quality and general food-enhancing abilities that pure artisan salts bring.

An excellent basic collection for most kitchens would include a *sel gris* for general cooking, a *fleur de sel* for delicate finishing, a flake salt for contrast and a colorful salt for fun.

HOST A SALT TASTING

Discover the diversity of tastes and colors along with your friends by hosting a salt-tasting party. Make the party a potluck affair. When you gather, everyone should taste a variety of salts on a variety of foods. Encourage partygoers to note the two or three salts they would most like to have for their pantries.

“Master salt, and virtually every food will shine in a new light.”
Mark Bitterman, salt seller and author of *Salted*.



*They say opposites attract.
That explains the inviting
sweet-and-sour tastes
of this party snack.*

SWEET 'N' SALTY PECAN CRUNCH

Prep time: 10 minutes

Cook time: 1 hour 10 minutes

Serves 18 (about $\frac{1}{3}$ cup each).

1 (14.5 ounce) box golden maple flavor
Quaker Oatmeal Squares

1 cup broken Hy-Vee pretzel sticks

1 cup coarsely chopped Hy-Vee pecan halves

1 cup Hy-Vee dry roasted peanuts

$\frac{1}{4}$ cup Hy-Vee butter

$\frac{1}{2}$ cup packed Hy-Vee brown sugar

$\frac{1}{2}$ cup light corn syrup

1 teaspoon Hy-Vee vanilla extract

$\frac{1}{2}$ teaspoon Hy-Vee baking soda

$\frac{1}{2}$ teaspoon coarse sea salt

Preheat oven to 250°F. Spray a 13×9-inch
baking dish with nonstick cooking spray;
set aside.

Combine cereal, pretzels, pecans and
peanuts in a large bowl; set aside. In a
2-quart saucepan, melt butter over medium
heat. Stir in brown sugar and corn syrup;

bring to a boil, stirring frequently.
Remove from heat and stir in
vanilla and baking soda. Pour over
cereal, stirring to coat. Transfer to
prepared baking dish.

Bake 1 hour, stirring every 20 minutes.
Spread on parchment paper or waxed paper
and sprinkle with coarse sea salt. Allow to
cool; break into pieces. Store in an airtight
container at room temperature.

Nutrition facts per serving: 260 calories, 11 g fat,
3 g saturated fat, 0 g trans fat, 5 mg cholesterol,
300 mg sodium, 36 g carbohydrates, 3 g fiber,
13 g sugar, 5 g protein. Daily values: 6% vitamin A,
4% vitamin C, 6% calcium, 40% iron.



ZUCCHINI RIBBON SALAD WITH CARAMELIZED PEACHES AND PROSCIUTTO

Heating peaches brings out their sweetness, and cooking prosciutto enhances its saltiness. Add a little Himalayan salt for an irresistible combination of opposing flavors.

Prep time: 30 minutes

Cook time: 20 minutes

Serves 4 (about 1½ cups each).

**⅓ cup plus 1 teaspoon Grand Selections
olive oil, divided**

2 tablespoons Hy-Vee lemon juice

½ teaspoon Hy-Vee Dijon mustard

1 clove garlic, minced

¼ teaspoon Hy-Vee salt

⅛ teaspoon Hy-Vee black pepper

2 ounces prosciutto, cut into ¼-inch squares

1 tablespoon Hy-Vee butter

2 tablespoons Hy-Vee granulated sugar

**1 pound ripe peaches, pitted and cut into
wedges or 1 (16 ounce) package Hy-Vee
frozen sliced peaches, thawed and patted dry**

4 cups Hy-Vee spring mix greens

1 small zucchini, ends trimmed

½ cup thinly sliced fresh fennel

Fennel fronds, for garnish

¼ teaspoon coarse-ground pink Himalayan salt

For dressing, combine ⅓ cup olive oil, lemon juice, mustard, garlic, salt and pepper; set aside.

Heat remaining 1 teaspoon olive oil in a medium skillet over medium-high heat. Add prosciutto; cook, stirring constantly, for 4 to 5 minutes or until edges crisp. Remove skillet from heat and transfer prosciutto to a paper towel-lined plate. Wipe skillet with paper towel. Melt butter in same skillet over medium-high heat. Stir in sugar and heat until sugar is melted. Add peaches; cook, stirring occasionally, until peaches are golden brown. Remove from heat.

Place greens in a salad bowl or on individual plates. Applying firm pressure with a vegetable peeler, shave zucchini into wide ribbons; place over greens. Top with prosciutto, peaches and sliced fennel. Drizzle with dressing. Garnish with fennel fronds and sprinkle with Himalayan salt.

Nutrition facts per serving: 310 calories, 24 g fat, 5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 710 mg sodium, 20 g carbohydrates, 2 g fiber, 15 g sugar, 7 g protein. Daily values: 70% vitamin A, 30% vitamin C, 8% calcium, 6% iron.

Old Thompson Pink Himalayan
Salt Grinders 3 pc. set \$24.99



SALTED CARAMEL BROWNIES

Prep time: 30 minutes

Cook time: 55 minutes

Serves 24 (1 brownie each).

1¼ cups Hy-Vee all-purpose flour

1 teaspoon Hy-Vee salt

¼ teaspoon Hy-Vee baking soda

7 ounces unsweetened chocolate,
coarsely chopped

4 ounces quality dark chocolate
(60 to 72%), coarsely chopped

1 cup Hy-Vee unsalted butter, cubed

1½ cups Hy-Vee granulated sugar

½ cup packed Hy-Vee light brown sugar

5 Hy-Vee large eggs, at room

temperature, beaten

1½ teaspoons Hy-Vee vanilla extract

1 (17 ounce) jar Mrs. Richardson's

Butterscotch Caramel Topping, divided

½ teaspoon fleur de sel or sea salt

Preheat oven to 325°F. Spray a 13×9-inch
pan with nonstick baking spray.

In a medium bowl, whisk together flour, salt
and baking soda; set aside.

In a large saucepan, melt chocolate and butter
over low heat, stirring frequently. Remove
from heat. Stir in granulated and brown
sugars. Cool to room temperature. Whisk in
beaten eggs and vanilla. Do not overbeat. With
a spatula, gradually fold in flour mixture until
just combined. Pour half into the prepared pan
and smooth top with a spatula. Bake for 15
minutes. Cool on a wire rack for 20 minutes.

Increase oven temperature to 350°F. Drizzle
¾ cup caramel sauce over brownies in a zigzag
pattern, making sure caramel does not touch

the edges of the pan. Spread caramel evenly
across brownie layer to within ½ inch of edge.
Stir remaining brownie batter and drop by
spoonfuls over the caramel layer.

Bake an additional 30 minutes or until
toothpick inserted near center comes out
clean. Cool 10 minutes. Drizzle with remaining
½ cup caramel sauce and sprinkle with fleur
de sel. Cool completely before cutting.

Nutrition facts per serving: 310 calories, 16 g fat,
9 g saturated fat, 0 g trans fat, 60 mg cholesterol,
210 mg sodium, 42 g carbohydrates, 2 g fiber,
28 g sugar, 4 g protein. Daily values: 6% vitamin A,
0% vitamin C, 4% calcium, 15% iron.



*The addition of salt to
chocolate may seem
counterintuitive,
but its complex flavor
is rich and rewarding.*



Bertolli Olive Oil: select varieties
25.5 oz. \$8.99



Daisy Brand Sour Cream: 24 oz. \$2.99



Sargento Cheese Slices: 6.7 to 8 oz.
\$2.99



Newman's Own Salad Dressing:
select varieties 12 or 16 oz. \$2.99



Old Orchard Naturals or Healthy Balance:
select varieties 64 oz. 2/\$4.00



Newman's Own Lemonade: 59 oz. \$1.99



General Mills Chex, Bugles or Gardetto's:
select varieties 10.5 to 15 oz. \$3.29



Good news: Saying so long to the salt shaker doesn't have to mean a lifetime of bland food. No matter what's on the menu tonight, there's a satisfying, sodium-free alternative. Try some of the following:

Cardamom. Spicy-sweet, use in stews, curries

Cumin. Nutty flavor, use in beans, chili, rice

Dill. Distinctive on fruit, veggies, eggs

Fennel. Mild licorice taste on salads, soups, fish

Marjoram. Slightly minty on salads, vegetables

Rosemary. Pine-like taste in marinades, lamb

Sage. Pungent aromatic on pork, stuffing

Thyme. Minty lemon flavor in stocks, marinades

less salt, MORE FLAVOR

<i>Best For</i>	<i>Salt Alternative</i>	<i>Why It Works</i>	<i>Amount to Substitute</i>
Chicken	Balsamic vinegar	Its tangy sweetness plays up the subtle sweet flavor of chicken.	½ tablespoon balsamic vinegar per 1 teaspoon salt
Beef	Fresh cracked black pepper	Red meat and pepper are a classic pairing.	1 teaspoon pepper per 1 teaspoon salt
Fish	Flavored oils, like garlic or sesame	They add big taste and richness to light, delicate seafood.	½ tablespoon flavored oil per 1 teaspoon salt
Pork	Onion powder (not onion salt)	Onion powder's pungent taste and aroma amps up flavor in lean meats like pork.	1 teaspoon onion powder per 1 teaspoon salt
Vegetables	Lemon juice	The acidity in citrus juices helps brighten vegetable flavors.	Juice of half a lemon per 1 teaspoon salt
Soups or broth	Fresh or dried herbs, like parsley, oregano or thyme	When simmered, herbs deliver the savory flavor you expect in a broth.	1 teaspoon dried or 1 tablespoon fresh herbs per 1 teaspoon salt
White sauce	Garlic powder (not garlic salt)	Strong garlic adds a punch of flavor to mild, milk-based sauces.	1 teaspoon garlic powder per 1 teaspoon salt



3 Meals Under \$10

Spend less than \$10 at the store and fewer than 30 minutes in the kitchen when you serve a satisfying dinner for four from our menu for busy households.

PHOTOGRAPHY TOBIN BENNETT



\$9.41

ASIAN CHICKEN SALAD

Ready in a few minutes, this diet-friendly meal offers all the signatures of a tasty Asian salad with its aromatic ginger, crunchy chow mein noodles and the dressing's sweet, nutty taste.

Prep time: 25 minutes

Cook time: 15 to 20 minutes

Serves 6 (about 2 cups each).

1 teaspoon Hy-Vee ground ginger ...	pantry staple
½ teaspoon Hy-Vee garlic salt	pantry staple
¼ teaspoon Hy-Vee black pepper ...	pantry staple
1 pound Hy-Vee chicken breasts	\$2.99
1 tablespoon Hy-Vee canola oil	pantry staple
1 head iceberg lettuce, chopped	\$1.18
1 (15 ounce) can Hy-Vee mandarin oranges, drained	\$1.19
1 small cucumber, cut into matchsticks	\$0.77
½ cup light Asian dressing	\$1.99
1 cup Midwest Country Fare chow mein noodles	\$1.29

In a small bowl, combine ginger, garlic salt and black pepper. Rub mixture evenly over chicken breasts. Heat oil in a medium skillet over medium-high heat. Add chicken to skillet and cook, turning once, until internal temperature of chicken reaches 165°F. Remove from skillet, let cool and chop into bite-sized pieces.

In a large bowl, combine lettuce, chicken, mandarin oranges and cucumber. Toss with dressing to coat and top with chow mein noodles just before serving.

Note: Prices given are estimated based on the time and location recipes were created. Prices may vary slightly.

SPINACH AND ONION QUICHE

To speed prep time, we prefer purchasing a pie crust for this savory, deep-dish baked meal.

Prep time: 15 minutes

Cook time: 50 to 60 minutes

Rest time: 10 minutes

Serves 6.

¾ cup frozen Hy-Vee chopped spinach, thawed and well-drained	\$1.49
½ cup finely chopped onion	\$0.55
¾ cup Hy-Vee shredded cheddar jack cheese	\$2.39
1 (6 ounce) Hy-Vee deep-dish pie crust, thawed	\$2.59
4 Hy-Vee large eggs	\$0.99
1 cup Hy-Vee skim milk	\$1.89
1 teaspoon Hy-Vee ground mustard	pantry staple
1 tablespoon Hy-Vee flour	pantry staple
1 teaspoon Hy-Vee salt	pantry staple
1 teaspoon Hy-Vee black pepper ...	pantry staple

Preheat oven to 350°F. Combine spinach, onion and cheese in pie crust. In a medium bowl, whisk eggs, milk, ground mustard, flour, salt and black pepper. Pour into pie crust. Bake 50 to 60 minutes or until knife inserted in the center comes out clean. Let stand 10 minutes before serving.

\$9.90





\$8.21

SCALLOPED POTATOES, HAM AND BROCCOLI

This hearty meal is comfort food at its best. The firm, moist flesh of Yukon gold potato slices stands up well to the creamy sauce laden with ham.

Prep time: 30 minutes

Cook time: 1 hour 40 minutes

Serves 5 (about 1 cup each).

3 tablespoons Hy-Vee butter	pantry staple
½ cup finely chopped onion	\$0.55
3 tablespoons Hy-Vee all-purpose flour	pantry staple
½ teaspoon Hy-Vee pepper	pantry staple
¼ teaspoon dried rosemary	pantry staple
Hy-Vee salt, to taste	pantry staple
2 cups Hy-Vee skim milk, at room temperature	\$1.89
4 cups thinly sliced Yukon gold potatoes (about 1 pound)	\$0.99
2 cups chopped broccoli	\$1.99
1 (8 ounce) package Hy-Vee cubed ham	\$2.79

Heat oven to 350°F. Spray 2-quart casserole dish or five 8- to 10-ounce ramekins with cooking spray; set aside. In a 2-quart saucepan, melt butter over medium heat. Cook onion in butter about 2 minutes, stirring occasionally, until tender. Stir in flour, pepper, rosemary and salt. Cook, stirring, until combined. Gradually whisk in milk. Bring to boiling, stirring constantly. Boil and stir 1 minute.

Mix potatoes, ham and broccoli in a large bowl. Transfer to prepared casserole dish or divide evenly among prepared ramekins; gently press down so surface is even. Slowly pour sauce on top. Cover and bake 30 minutes. Uncover and bake casserole dish for an additional hour or until potatoes are tender. Bake ramekins for an additional 30 minutes or until potatoes are tender. Let stand 5 to 10 minutes before serving.

Prices and availability are estimated based on the time and location of purchase and are subject to change. Prices may vary slightly.

New *at* Hy-Vee

New tastes and new products to keep home and car fresh are now available at Hy-Vee.

PHOTOGRAPHY TOBIN BENNETT

Häagen Dazs Gelato

Gelato is often called Italian ice cream, but try one spoonful and you'll instantly taste the difference. Richer, with more intense flavors than its American cousin, it's made with only the purest, finest ingredients.

The new line from Häagen-Dazs comes in seven premium flavors, including Black Cherry Amaretto, Cappuccino, Dark Chocolate Chip, Limoncello, Sea Salt Caramel, Vanilla Bean and Stracciatella (made with chocolaty shavings).

Häagen-Dazs Gelato:
select varieties 14 oz. \$3.49



Hidden Valley
Sandwich
Spreads &
Dips: select
varieties
12 oz. \$3.29



Hidden Valley Sandwich Spreads & Dips

Transform your sandwiches from ordinary to craveable with new Hidden Valley Sandwich Spreads & Dips.

Use as spreads to spice up sandwiches or serve as dips for vegetables, chips or meats. Flavors include Spicy Chipotle Pepper, Oven Roasted Garlic Parmesan, Smoked Bacon Ranch and Country Herb Ranch.



Glade Décor Car Scents

Take your favorite fragrances on the road by using Glade Décor Scents for cars. The artistically designed holders add a stylish accent to your car's interior. The holder uses the same Glade Décor Scents refills that you use in your home, and each lasts 45 days.

Choose from a pair of scents: Hawaiian Breeze or Red Honeysuckle Nectar.

Glade Décor Car Scents:
select varieties .28 oz. \$3.69

Windex Touch-Up Cleaner

Keeping your kitchen and bathroom clean is easier than ever with revolutionary Windex Touch-Up Cleaner. It quickly cleans and sanitizes.

Designed to be kept on a counter, this cleaner allows you to easily clean and shine your most-used surfaces, including countertops, appliance exteriors, sinks, windows and more. When used as directed, Windex Touch-Up kills 99.9 percent of bacteria.

Touch-Up Cleaner is available in Glistening Citrus for the kitchen and Fresh Scent for the bathroom.



Windex Touch-up Cleaner:
select varieties 10 oz.
\$3.69



Magnum Ice Cream Bars

Indulge your senses with a richly rewarding experience each time you bite into a Magnum gourmet ice cream bar. You'll crave the decadence of Belgian chocolate or caramel enveloping the creamiest dairy vanilla ice cream. Super-premium Magnum ice cream bars are recognized around the world as a sumptuous and unforgettable experience. Flavors include Double Caramel, Double Chocolate, Classic, Almond, White, Dark, Mint and Mochaccino.

Magnum Ice Cream Bars: select varieties 3 or 6 pk. \$3.88



For Your Health

Taking supplements is more enjoyable with Nature Made VitaMelts. Six great-tasting flavors, including Mixed Berry and Honey Lemon, have specific missions. They melt in your mouth for more energy, better sleep, boosting immunity and other needs.



50% Off New Nature Made VitaMelts, Mini's or Gummies Vitamins: select varieties 50 to 90 ct.



Looking for all-purpose household cleaners that may cost less and prove safer than some of the brands you are likely using now? Here are formulas made with nontoxic ingredients for two general cleaners that can multitask in kitchens and baths.

- **All-Purpose Glass & Surface Cleaner** for plastic, ceramic, glass and other hard nonporous surfaces. In a plastic spray bottle, combine 2 cups of vinegar and 2 cups of water. Shake and use.
- **All-Purpose Surface Cleaner** for wood, porcelain and ceramic. In a plastic spray bottle, combine 1 teaspoon of Dr. Bronner's Magic Pure-Castile Soap and 2 cups of warm water. Shake and use. Castile Soap is made with olive oil and other natural oils.

When using either of these cleaners for the first time on a surface, test for adverse reactions by applying to a smaller area first.

Download templates for bottle labels at
www.hy-vee.com/seasons

Instead of using cleaning products made with harsh ingredients, mix a batch of nontoxic cleaners yourself. These will be safer for you and your family.

TEXT STEVE COOPER PHOTOGRAPHY TOBIN BENNETT

GREEN CLEANERS

Kleenex Facial Tissue: select varieties 3 pk. \$4.49

Purex Liquid or Ultra Packs: select varieties 50 oz. or 18 ct. \$2.99

Scott Bath Tissue 6 roll or Scott Towels 12 roll \$5.99



DAILY INDULGENCE

Dial offers body washes that promise to leave you feeling refreshed and reinvigorated. Each offers the skin-conditioning benefits of such natural ingredients as shea, jojoba and almond oil. Available in 16 soothing scents, each cleans, moisturizes and rinses away completely, leaving your skin feeling healthy and rejuvenated.

Dial, Tone or Right Guard Body Wash: select varieties
6.8 to 24 oz. \$4.29



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to help build a girl's self-esteem.



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varieties 6 bar \$6.99

Dove Body Wash: select
varieties 24 oz. \$5.99

Dove Shampoo or
Conditioner: select
varieties 12 or 16 oz. \$3.49

Dove or Degree Anti-
Perspirant or Deodorant:
select varieties
2.6 to 3 oz. \$3.49



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Food: adult or puppy
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8th Continent Soy Milk:
select varieties 64 oz. \$2.88



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or inserts 1 or 3 ct.

Mrs. Meyers Cleaners
or Hand Soap: select
varieties 12.5 to 24 oz.
\$3.69



Al Fresco Chicken Sausages or Meatballs:
select varieties 12 oz. \$4.29



Monster Energy Drinks:
select varieties 4 pk. \$5.99

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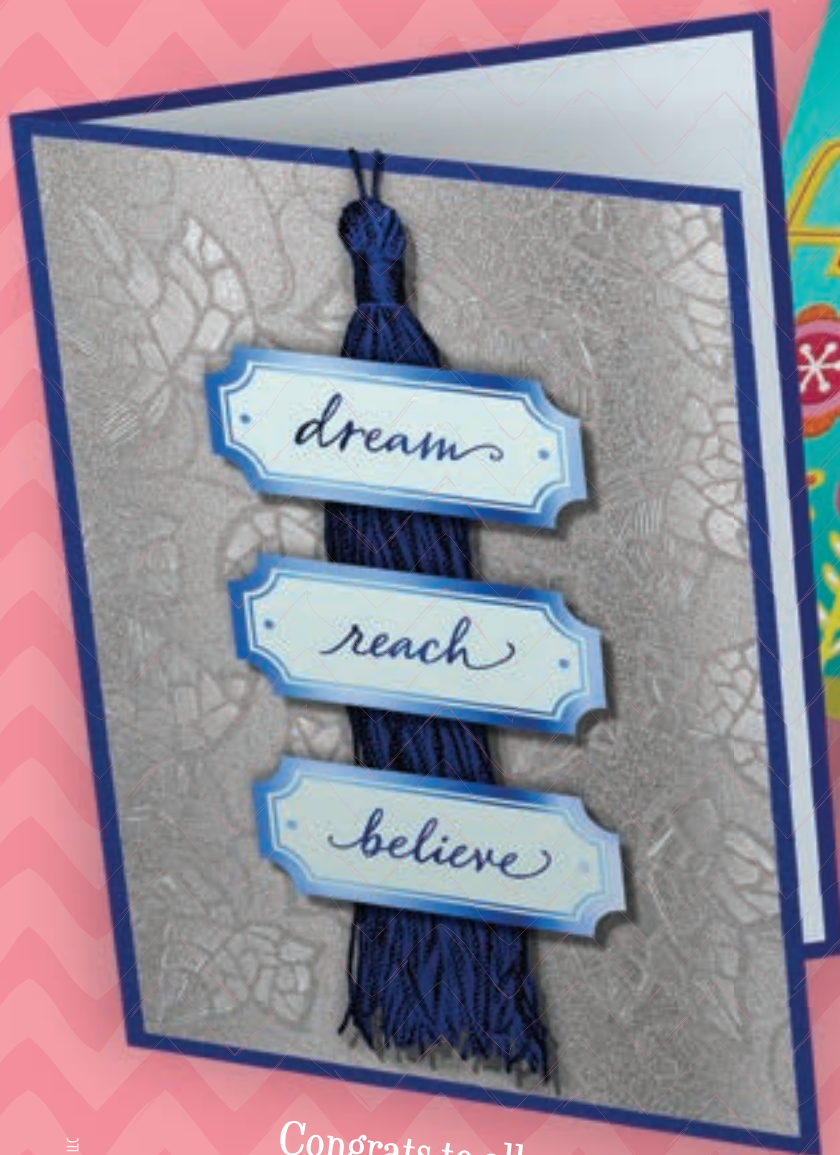


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Next Issue

SUMMER 2013

Summer is prime time to fire up the grill and enjoy some tender, smoky fare with friends. Nothing tastes better grilled than fresh veggies paired with Hy-Vee's delicious, mouthwatering steaks, salmon and chicken grillers. Learn from our pros how to make these foods and others better than ever. If you're wanting warm-weather activities check out the stories on arranging flowers, hosting an ice cream social or camping. Look for *Hy-Vee Seasons* Summer issue on June 5, 2013. Sign up for free home delivery by visiting us at our website, www.hy-vee.com/seasons.

DINNER OUT JUST BECAME DINNER IN.

Try our new Hy-Vee Angus Reserve.™ 100% natural, quality beef at an everyday value.
Now going out for a great steak can be as simple as going out to your grill.



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