



## FOR EVERY OCCASION





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Look for this icon to find how-to videos in the *Hy-Vee Seasons* digital magazine.

#### HY-VEE SEASONS <u>VOLUME 9, I</u>SSUE 2

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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.

Please recycle after use.

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Hy-Vee.com/Seasons. Read all past issues at our website.

### VIDEO

Become a better cook while having fun. Learn helpful kitchen tips by watching Hy-Vee videos. Find the titles below and more at

www.hy-vee.com/resources/videos

- How to Grill Cedar Plank Salmon
- How to Prepare Crab
- · Clearly Fruity Pops





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LIKE US

Never again miss a Chinese food deal at your local Hy-Vee store. facebook.com/hy-vee



PIN US

Salmon steaks, coconut shrimp, corn-crab cakes, blackened catfish. They're pinned at pinterest.com/hyvee



WATCH US In just over a minute.

learn how to search for digital coupons on your Hy-Vee app. Saving money has never been easier than this.



**About** Our Editor: Chef Christina Ryan-Pfleeger has been a chef at Hy-Vee stores in Iowa for 10 years. She is currently serving at the Hy-Vee Kitchen in Johnston. Previously, she worked in Ankeny and Harlan. She is a graduate of the Iowa Culinary Institute.

#### DEAR HY-VEE READER,

With the return of spring, I'm ready for a food adventure. I want to taste the fresh flavors of the season and cook up new combinations. This is the time of year when I'm up for anything. Bring on the seafood, grilled melba peach salad or Peas and Pancetta Frittata, see page 63. I want my flavors lively and luscious. You probably feel the same way.

Local growers have started delivering early produce to the store. I'm particularly excited about using the freshest herbs, lemons and cheese. I'm also looking forward to fresh tomatoes and goat cheese, so I can make tomato tarts.

As a Hy-Vee chef, I enjoy sharing cooking tips with our customers. Just the other day I talked with a customer about making apple pie. A couple of steps had been tripping her up, so we talked it through. It was easy. Afterwards, she went home, made it that night and came back the next day. "My family just loved it," she told me. "They ate the whole thing and now I'm back here to get more ingredients to make another!"

Lots of great recipes and other helpful information await you in this Spring issue of Hy-Vee Seasons. Get ready to serve fresh, nutritious "Salads that Sizzle," page 24, and discover an efficient approach to shopping and cooking in "Meals for the Week," page 60. With this issue, Hy-Vee is also introducing two new lines in the Bakery: pies that are unmatched in quality and taste, "Let Them Eat Pie," page 18; and all-new croissants in "Croissants," page 32.

Our goal is to help you make the most of life. Try one of our pies or croissants and we will have done our jobs. We hope you enjoy this issue of Hy-Vee Seasons.

Sincerely, Christina Ryan-Pfleeger, Chef Johnston, Iowa

## ASK US

Warm weather means special occasions and outdoor cooking. What can customers expect to find in your department?



A: With graduations **SPRING HAS** and wedding season SPRUNG. in the spring, we really **HY-VEE** get into the heart of DEPARTMENT entertaining at this time of year. We offer **MANAGERS** all the flavors of spring, **ARE READY** from strawberry angel TO HELP YOU food cake to our new line of gourmet, **MAKE THE** bakery-fresh pies in MOST OF THIS fruit, cream and other **SEASON!** styles. Don't miss those! We also prepare

> Janet Stierlin Bakery Manager Springfield, IL

light and refreshing

bars-perfect for

fruit tarts and dream

springtime gatherings

and special occasions.



A: Our Cheerful and Happiness signature bouquets are very popular. In spring, customers will see lots of color in the Floral Department—both in arrangements from the cooler and in our graband-go arrangements. For Mother's Day, look for mixed bouquets with pinks, reds and other bright colors. These are our most popular choices.

Rita Shull Floral Manager Washington, IA



A: WE'VE GOT
THE PERFECT
MEAL FOR YOUR
MOTHER ON
HER SPECIAL
DAY! COME JOIN
US FOR OUR
MOTHER'S DAY
BRUNCH AT THE
HY-VEE MARKET
GRILLE. SHE'LL
HAVE OVER
100 ITEMS TO
CHOOSE FROM.

Vance Griffith Market Grille Olathe #1, KS

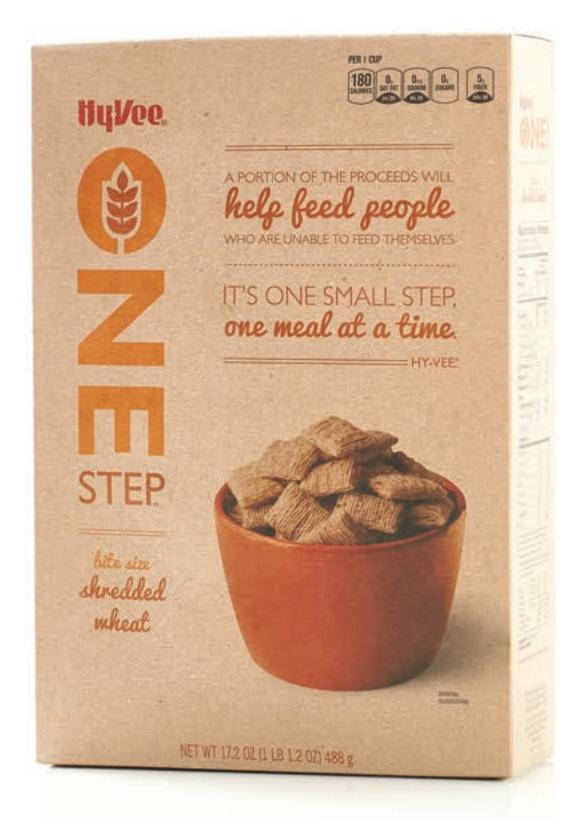


A: Here at the Omaha #11 meat counter, we have a chef who can make you the envy of all your friends who barbecue. This year, he's introducing flavors from South America. We'll feature his carne asada and specialty sauces such as chimichurri sauce for grilled meats.

Scott Bouchard Meat Manager Omaha #11, NE

#### A SAMPLING OF RECIPES IN THIS ISSUE

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183,000 meals have been served over the last three years because you and your neighbors have purchased Hy-Vee One Step shredded wheat cereal.

Proceeds from the sale of each box go to feed the hungry.
Some of the funds provide meals for those in distant lands where food is scarce. Also helped are those in need here at home, such as people recovering from natural disasters.

Hy-Vee partners with Meals for the Heartland—a volunteer group in Central lowa that is helping to feed the world.

### LOOK FOR THESE OTHER ONE STEP PRODUCTS:

One Step Bottled Water One Step Russet Potatoes One Step Paper Towels



Kraft Macaroni and Cheese Cups and Velveeta Shells Cups 8 pk. \$6.99



Gevalia Iced Coffee Mocha or Caramel 33.8 oz. \$4.99



Kraft Mozzarella String Cheese 20 or 24 oz. \$6.99



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



Oscar Mayer P3: select varieties 2 oz. 2/\$3.00



Breakstone Cottage Doubles: select varieties 3.9 oz. 5/\$5.00

# Iced Coffee

Ready when you are on the go, Maxwell House Iced Coffee Concentrate is rich, bold and full-flavored—just the way you like it. Now available in three refreshing flavors: House Blend, Vanilla, and Caramel. Simpy mix with milk or water.

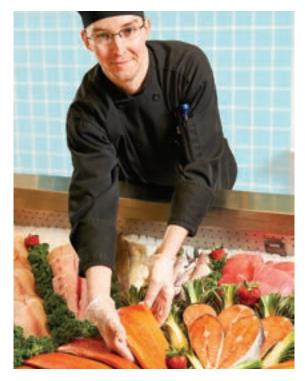












For seafood that has a mild, distinctively ocean taste, a plate piled high with reddish-orange King crab legs is a mountain of pleasure. Add a shell cracker to open the crab and a cup of melted butter mixed with garlic, and the meal will soon disappear.

"When we stock crab, it goes in a hurry. If people see a mound of it in the case, you see them turn toward the crab as soon as they spot it," says Carl Stratton, Hy-Vee seafood manager in Ankeny, lowa.

#### AN OCEAN OF CHOICES

Crab is just one of many Hy-Vee seafood offerings. There are dozens of other choices.

For ocean fish, there are wild Alaskan sockeye salmon, Copper River salmon, cod, halibut, swordfish, snapper and others. Some specialty fish are offered when available, such as grouper fresh from Florida.

You can always get precooked or fresh shrimp from small to large. There are also precooked crab legs and clams. Lobster is available live or precooked. Look for ready-to-bake entrées, too.

Also look for these varieties:

**Barramundi.** This mild white fish is firm and succulent. A sea bass native to Australian waters, it's also raised on an aquaculture farm in lowa. This nutritional powerhouse is rich in omega-3 fatty acids.

**Belize shrimp.** Raised in the Central American country of Belize, shrimp grow in sea-pond enclosures kept clean with a flow of fresh, filtered seawater. Nothing contaminates the pure water. The result is a sweet. meaty shrimp with lobsterlike flavor.

**Mount Cook Salmon.** This New Zealand fish is "the highest quality farm-raised salmon you can get. Absolutely phenomenal," Carl says.

This species is raised in clean glacial springwater. There are no other animals or contaminants in the flow and the environment offers ideal conditions for exercising the fish. Swimming helps fish mature.

**Tuna.** "If you know how to grill a steak, you know how to cook tuna," Carl says. "It's done rare. You just grill it for a few minutes on each side and you'll get a great, high-end, fine-tasting piece of fish."

#### FRESH, SAFE AND DELICIOUS

Hy-Vee delivers the cleanest, safest, most nutritious fish and shellfish available. In comparison to other nationally known supermarkets, the advocacy organization Greenpeace praised Hy-Vee.

For the first time, Hy-Vee appeared in 2014 on the Greenpeace "Seafood Retail Scorecard," placing fifth among 26 major supermarket chains. The group called Hy-Vee's performance "impressive" and praised the company for its seafood program, saying Hy-Vee's "energy to take the initiative is felt throughout the [supermarket] industry."

Though all Hy-Vee seafood is safe, look for blue Responsible Choice labels throughout the department. These products meet the environmental impact, safe-seafood standards of the Seafood Watch program at California's Monterey Bay Aquarium. Hy-Vee has publicly committed that by the end of 2015 it will only sell seafood meeting the program standards.

Also note that, though not required by law, Hy-Vee employs a fulltime U.S. Department of Commerce seafood inspector at the company's central seafood warehouse to make certain all the seafood you buy is fit for your table.

Those working the Hy-Vee seafood counters can answer your questions about where specific fish come from and how seafood is safely handled before purchase, plus offer tips about cooking. Find recipes and news at the Seafoodies Blog, seafoodies.hy-vee.com

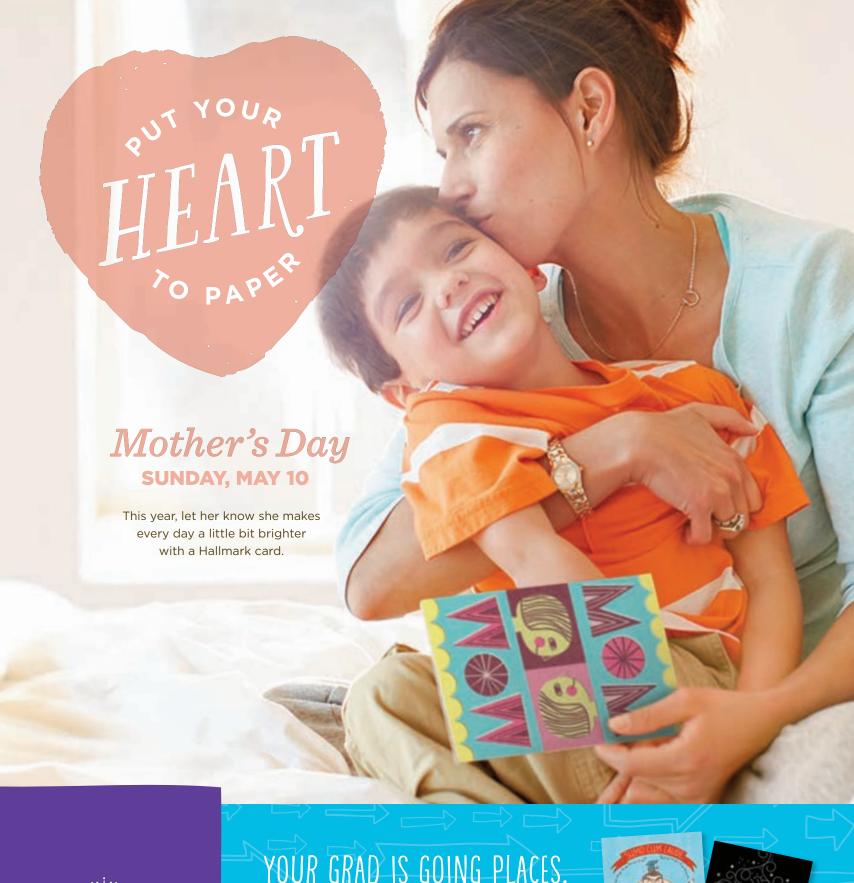
#### LOBSTER BOIL

Cooking lobster is very easy. To cook four lobsters of about 1<sup>3</sup>/<sub>4</sub> pounds each, stir 1/8 cup of salt into 2 to 3 gallons of water. Bring to boiling. Place lobsters in the boiling water and cook about 10 minutes. (Some cooks place live lobsters into the boiling water. Those who prefer a more humane approach place lobsters in the freezer for 2 hours before boiling.)

If you would rather have someone else cook your lobsters, ask for them to be steamed at the seafood counter.

"It's hard to top lobster when you want an easy-to-fix meal for a dinner party," says Hy-Vee seafood manager Carl Stratton.







## YOUR GRAD IS GOING PLACES. CELEBRATE THEIR NEXT STEP.

Let your favorite grad know you're as excited as they are with the perfect greeting.

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## AYDAY

At one time, neighbors placed flowers on each other's front doors as a way to spread joy on May Day. Bring this tradition back with these blooming candy bags. Instead of soil, fresh cut flowers from Hy-Vee are planted in a bag of sweets.

#### WHAT YOU NEED

- · CELLO BAGS
- · BROWN AND CREAM CANDY-COATED CHOCOLATES
- · SCISSORS
- · MILK SHAKE STRAWS
- · LIGHTER
- · FLORAL SCISSORS
- · TULIPS
- · GINGHAM RIBBON
- · TAGS
- · BAKER'S TWINE

STEP 1: Fill cello bag two-thirds full with brown candy-coated chocolates. Top with a few cream candycoated chocolates.

**STEP 2:** Cut drinking straw to 4 inches in length. Seal one end of straw by melting plastic with lighter flame. Add a small amount of water to straw. This step can be replaced by purchasing floral tubes from your ribbon. Use twine to tie flower local Hy-Vee Floral Department.

STEP 3: Using floral scissors, trim tulip to desired height and place stem inside straw. Insert straw and tulip into cello bag so they are covered with the candies.

STEP 4: Tie cello bag closed with gingham ribbon. Attach handwritten tag.

STEP 5: On back of cello bag, loop baker's twine around bag to a neighbor's doorknob.



Land O' Frost Premium or Simply Delicious sliced lunchmeat: select varieties 9 to 16 oz. \$4.49



Wimmer's Natural Casing Dinner Sausage or Little Smokies: select varieties 13 or 14 oz. \$3.88



Wimmer's Weiners: select varieties 12 or 16 oz. \$4.49



Flatout Wraps, Foldit or Flatbread Pizza Crusts: select varieties 8.5 to 14 oz. 2/\$5.00



Foster Farms Corn Dogs: select varieties 12, 16 or 40 ct. mini \$5.99



Creme Horns: select varieties 4 ct. \$1.88



Land O' Frost Canadian Bacon or Deli Shaved Lunchmeat: select varieties 6 to 7 oz. 2/\$5.00



## All Dressed Up

Oil, vinegar and flavorings are all you need to make a fresh vinaigrette. — You'll love this blend for its crisp, vibrant flavor. Use it as a marinade or a dressing to add flavor distinction to the Flank Steak and Potato Salad, page 26.

HERB VINAIGRETTE Prep: 20 minutes | Serves 8 (2 tablespoons each)

½ cup aged white wine vinegar

1 tablespoon Hy-Vee Worcestershire sauce

1 teaspoon Hy-Vee salt

1/4 cup chopped shallot

2 tablespoons Hy-Vee honey

2 tablespoons chopped fresh basil

1 tablespoon chopped fresh thyme

2 cloves garlic, minced

½ teaspoon Hy-Vee black pepper

2 tablespoons Hy-Vee Select olive oil

**1.** In a bowl, whisk together the vinegar and Worcestershire sauce.

**2.** Add salt and continue whisking until salt is dissolved.

**3.** Whisk in shallot, honey, basil, thyme, garlic and pepper.

**4.** Gradually add olive oil while whisking vigorously. Continue whisking until the

ingredients have emulsified and thickened.

5. Taste and adjust the seasonings, if

needed. If using the vinaigrette to dress a greens salad, dip a piece of lettuce into the dressing to see how they taste together.

Then season to taste.

**6.** Transfer vinaigrette to a bottle or jar. Use vinaigrette right away or cover and store in the refrigerator for up to 5 days. Let chilled vinaigrette stand at room temperature for 30 minutes before serving.

50 minutes before serving

7. To use vinaigrette as a marinade, place meat in a large resealable bag and pour the vinaigrette over top. Press out the air from the bag and seal. Massage the bag gently to distribute the marinade evenly. Discard marinade when drained from the meat.

**8.** To use vinaigrette as a dressing, add small amounts at a time to the salad. Do this just before serving so salad leaves stay crisp.

Shallot, fresh
herbs and garlic
are flavorful
components that
make this vinaigrette
worth having in
your repertoire.



**STEP 1:** In a bowl, whisk together the vinegar and Worcestershire sauce.



**STEP 2:** Add salt and continue whisking until salt is dissolved.



STEP 3: Whisk in shallot, honey, basil, thyme, garlic and black pepper.



**STEP 4:** Gradually add olive oil while whisking vigorously. Continue whisking until the ingredients have emulsified and thickened.



**STEP 5:** Taste and adjust the seasonings, if needed. If using the vinaigrette to dress a salad of greens, dip a piece of lettuce into the dressing to see how they taste together.



**STEP 6:** Transfer vinaigrette to a bottle or jar.

#### SO VIBRANT, SO VERSATILE

Fresh homemade vinaigrettes allow for creativity in the kitchen. Here are six ways to use them.



O1. MARINATE LIKE MAGIC A tangy vinaigrette turns tougher, less expensive cuts of meat into mouthwatering

masterpieces. Place the meat in a large resealable plastic bag; pour vinaigrette over top. Press out the air from bag, and seal. Massage the bag gently to distribute the marinade evenly. While meat marinates, turn bag occasionally. Discard marinade after using.

O2. BOOST VEGGIE FLAVORS
Drizzle vinaigrette over
warm oven-roasted or crispcooked veggies to give them
a vinegary zing. A spoonful
also gives a nice lift to
potato salad.

### 03. PICKLE A FEW PEPPERS AND ONIONS

Heat some vinaigrette in a saucepan. Toss in chile peppers pricked with a paring knife and red onion slices.
Cool. Store chile pepper mixture and vinaigrette in a covered glass jar or bowl in the refrigerator for up to 2 weeks. Serve peppers and onions on grilled burgers.

#### 04. POACH FISH

Add some vinaigrette to the poaching water. It's an easy way to enhance the flavor.

**05. JAZZ UP A SAUCE**If store-bought barbecue sauce doesn't do it for you, add vinaigrette by the tablespoonful to taste.

#### **06. BLEND TO THICKEN**

For a smoother, thicker vinaigrette, place all ingredients, except the oil in a blender. Cover and blend to combine. With the blender running, gradually add the oil in a thin, steady stream through the hole in the lid. Adding the oil gradually will ensure a thick emulsion.

## SPRING'5

LET THEM EAT PIE! • SALADS THAT SIZZLE
• THE POSSIBILITIES WITH PARMESAN
• CROISSANTS• BEHIND THE FAME MOMS
• GIFT CARDS• BEYOND THE DAILY GRIND • ZÖET
• MEALS FOR THE WEEK • ONE STEP







#### START WITH A TENDER crust that flakes

into buttery shards. Fill it generously with sweet-tart heirloom apples from a 100-year-old family orchard. Fold in just the right amount of imported cinnamon and pure sugar. Bake to golden perfection.

Done right, pie is love at first bite. Mounds of meringue sit atop rich coconut cream. Juicy sun-ripened peaches hide in a light, buttery crust. Decadent chocolate is frothed into the creamy bliss that is French Silk.

Hy-Vee's new gourmet pies are hands down the best you can get. They're made from scratch in small batches using superior natural ingredients: real sugar, cocoa, bananas, coconut, orchard-fresh fruit, finely milled pastry flour and more. At your local Hy-Vee bakery, you'll find 12 irresistible flavors, including fresh fruit, cream, meringue, French silk and other specialty pies. All are available in two sizes: a 10-inch and a new 6-inch, just right for one or two people.

The change began about a year ago with a feeling that, as good as Hy-Vee pies were, they could be even better. A hunt was on for a specialty bakery staffed by exceptional bakers who focus their complete attention on the art and science of great pie-making.

The search team fanned out across the country, looking for the best pies. They'd find a fabulous apple pie from one place, a lemon meringue from another and a French Silk somewhere else. These set the gold standard for how each pie should taste. Then the hunt was on for one bakery that could meet these standards with each pie.

A new round of taste-testing began, "We used a professional testing center," says Chris Arnold, a Hy-Vee baker in Quad Cities. Researchers brought in ordinary people of all ages for tastings. "They would compare the bakery pies to our gold standard pies in a blind taste test, rate them and tell us what they liked and what they didn't like. With the first six bakeries, we struck out. They just weren't good enough."

Testing took six months and 600 separate servings. Finally, one bakery rose above all the others. At the time, these bakers limited their sales of mouthwatering pies to restaurants—the kind of restaurants where pie is a main event.

"When our taste testers tried these pies, the responses were off the charts," says Chris. They made comments like: "Reminds me of what Mom would make." "It tastes homemade." "Flaky, buttery crust."

"The men and women of this company are true artisan bakers," says Chris. "They go directly to the sources to find the finest ingredients." Heirloom Northern Spy apples and cherries come from the Smeltzer family orchards in northwest Michigan. Raspberries, blueberries and marionberries are grown on the Maberry family farm at the foot of the Cascades in northern Washington. Wild blueberries are hand-harvested from the rocky outcroppings of northern Maine. Pastry flour from soft winter wheat is chosen because it produces the tenderest crust. No detail is too small, whether it's farm-fresh eggs from down the road or the smooth taste of Korintje cinnamon from Indonesia.

To ensure the freshest flavor, all pies are flash-frozen and later thawed. At your local Hy-Vee Bakery, fruit pies are baked fresh, while cream and







#### **ALL THE PIES**

Pie can be a sweet indulgence or a satisfying ending to a great meal. Look for new premium pies in 12 flavors at your local Hy-Vee Bakery. Each is available in 10-inch and 6-inch sizes.



**GOURMET APPLE:** The flavor of Korintje cinnamon is most distinctive in a blend of spices.



**GOURMET WILDBERRY:** Flavor flows in the natural juices of luscious sun-ripened berries.



**LEMON MERINGUE:** Natural lemon puree provides the dominant tart-sweet flavor.



**GOURMET BLUEBERRY:** Plump and succulent hand-harvested Maine fruit complements a flaky crust.



**BANANA CREAM:** Fresh ripe banana puree and cream combine in a deliciously tasty filling.



**FRENCH SILK:** The heart of this indulgence is the silky bliss of rich frothed cocoa and cream.



**GOURMET CHERRY:** For the ripest flavor, delicious tart red cherries are picked in the early summertime.



chocolate filling is made with real cocoa for a more intense flavor.



SOUTHERN BAKED PECAN: This classic Southern-style pie is covered with handpicked pecan halves.



**GOURMET PEACH:** Freestone peaches marry with spices to surpass the taste of most homemade pies.



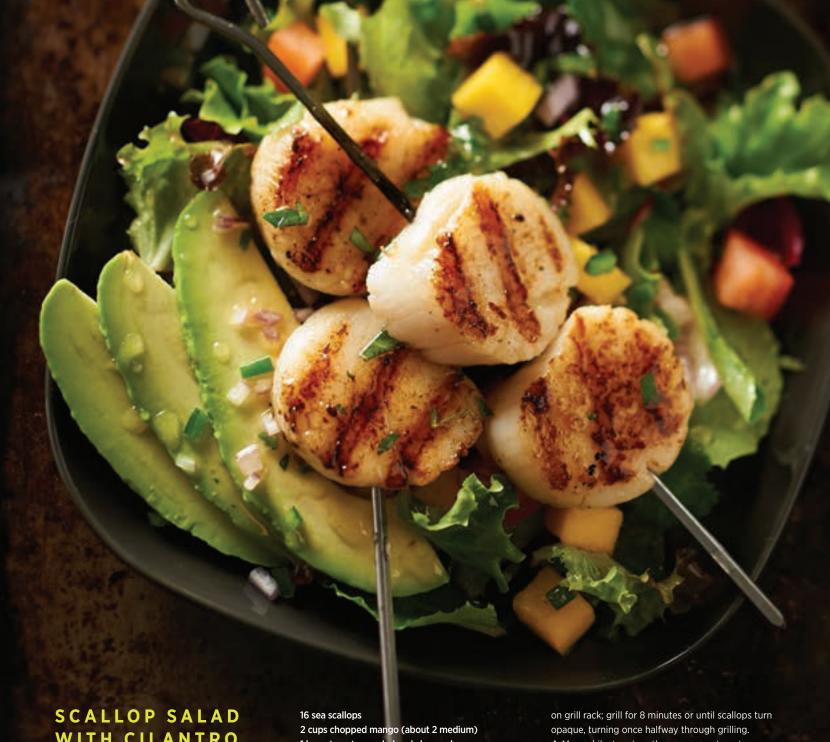
COCONUT MERINGUE: This creamy custard starts with pieces of real coconut.



PUMPKIN (BAKED OR UNBAKED): Made with Dickinson pumpkin, the results are creamy smooth.



TURN OVER A NEW LEAF BY GRILLING CABBAGE WEDGES FOR SALADS OR TRY ANY OF THE OTHER HOT SALAD RECIPES AHEAD. EACH FRESH AND FLAVORFUL DISH IS EASY AND READY TO SAVOR IN ABOUT AN HOUR. WORDS Lois White PHOTOS Tobin Bennett



## WITH CILANTRO AND LIME

Sea scallops are better suited for grilling than the smaller bay scallops. Their succulent, sweet nature is enhanced by a cilantro and lime vinaigrette with just a spark of heat.

Prep: 20 minutes | Grill: 8 minutes | Serves 4 6 tablespoons Hy-Vee Select olive oil 6 tablespoons lime juice 2 tablespoons chopped cilantro 1 teaspoon kosher salt ½ teaspoon Hy-Vee ground cumin

1 large tomato, seeded and chopped 2 poblano peppers, seeded and finely chopped\* 2 tablespoons finely chopped red onion 4 cups herb-mix salad greens 1 avocado, peeled, seeded and sliced Hy-Vee salt and Hy-Vee black pepper, to taste

- 1. Prepare a charcoal or gas grill (with a well-greased grill rack) for direct grilling over medium-high heat.
- 2. For lime vinaigrette, combine olive oil, lime juice, cilantro, salt and cumin; set aside.
- 3. Rinse scallops; pat dry. Thread scallops onto skewers. (If using wooden skewers, soak them in water for 30 minutes before grilling.) Place skewers

4. Meanwhile, toss together mangoes, tomato, poblano peppers and onion. Arrange greens on

dinner plates. Add avocado slices. Top with mango mixture. Add scallops. Drizzle with vinaigrette. Season to taste.

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

Nutrition facts per serving: 450 calories, 29 g fat, 4 g saturated fat, 0 g trans fat, 15 mg cholesterol, 740 mg sodium, 41 carbohydrates, 9 g fiber, 26 g sugar, 12 g protein. Daily values: 110% vitamin A, 150% vitamin C, 6% calcium, 15% iron.



## FLANK STEAK AND POTATO SALAD

Here's a fresh take on salad for steak lovers. Marinade tenderizes this economical cut of beef.

Prep: 40 minutes | Marinate: 30 minutes Grill: 12 to 15 minutes | Serves 4

1 recipe Herbed Vinaigrette (recipe, *page 15*) 1¼ pounds beef flank steak, about 1-inch thick

1 pound small potatoes

2 tablespoons Hy-Vee Select olive oil, divided

2 yellow bell peppers, cut into quarters

1 bunch green onions, trimmed

4 cups baby romaine salad greens

1. Prepare Herbed Vinaigrette; divide into two portions and set aside. Trim fat from steak. Score both sides of steak in a diamond pattern by making shallow diagonal cuts at 1-inch intervals. Place steak in a resealable plastic bag set in a shallow dish. Pour one portion of vinaigrette over steak. Seal bag; turn to coat steak. Marinate in fridge for 30 minutes.

2. In a large microwave-safe bowl, cook potatoes on HIGH for 3 to 5 minutes or until slightly tender. Cut potatoes in half; toss with 1 tablespoon olive oil. Thread potatoes onto skewers. (If using wooden skewers, soak them in water for 30 minutes before grilling.) Toss peppers and onions with remaining olive oil; thread onto skewers.

**3.** Prepare a charcoal or gas grill for direct grilling over medium heat. Grill steak to desired doneness,

turning once halfway through, discarding marinade. Allow 12 to 15 minutes for medium-rare (145°F) to medium (160°F). Add potatoes and peppers to grill during the last 8 minutes of grilling and add green onions to the grill during the last 4 minutes, turning frequently.

**4.** Thinly slice steak against the grain. Coarsely chop peppers and slice onions. Serve greens, steak and vegetables with reserved portion of vinaigrette.

Nutrition facts per serving: 470 calories, 23 g fat, 6 g saturated fat, 0 g trans fat, 45 mg cholesterol, 730 mg sodium, 36 g carbohydrates, 4 g fiber, 14 g sugar, 34 g protein. Daily values: 100% vitamin A, 210% vitamin C, 8% calcium, 25% iron.

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\*Bonus feature: Learn to grill this bacon-sprinkled cabbage following the how-to video on the free digital version of Hy-Vee Seasons.

Downloading information on page 3.

## CABBAGE WITH BACON-MUSTARD DRESSING

Grilled cabbage is delicious and easy to fix. A bit on the sweet side, it picks up crispy edges and softens slightly as it grills, but still has a crunchy texture. A warm bacon vinaigrette adds a smoky, tangy flavor to the sweetness.

Prep: 30 minutes | Grill: 10 to 12 minutes | Serves 4

- 8 slices Hy-Vee bacon, chopped
- 2 tablespoons Hy-Vee honey
- 2 tablespoons Hy-Vee Dijon mustard
- 1 tablespoon Hy-Vee apple cider vinegar
- ¼ cup finely chopped red onion
- ½ head (1 pound) green cabbage
- ½ head (1 pound) purple cabbage
- 1/4 cup Hy-Vee canola oil

- **1.** Prepare a charcoal or gas grill for direct grilling over medium heat.
- 2. For dressing, in a skillet, cook bacon until crisp. Drain, reserving drippings. Crumble bacon and set aside. In a small bowl, whisk together honey, mustard and vinegar. Slowly drizzle in bacon drippings and whisk until well blended. Stir in crumbled bacon and red onion; set aside.
- **3.** Remove the loosest, toughest outer leaves from the cabbages. Cut each portion into four wedges. Do not remove the stalk or inner core. Lightly brush the wedges with canola oil.
- **4.** Place wedges on grill rack. Grill for 10 to 12 minutes or until edges show grill marks and cabbage begins to soften, turning once. Arrange wedges on plate. Reheat dressing, if needed, and spoon over wedges. Serve immediately.

Nutrition facts per serving: 200 calories, 7 g fat, 2.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 520 mg sodium, 27 g carbohydrates, 5 g fiber, 18 g sugar, 9 g protein. Daily values: 50% vitamin A, 220% vitamin C, 10% calcium, 10% iron.







#### CHICKEN PANZANELLA

This classic Tuscan salad is about sharing flavors. It features ciabatta, a coarsely textured bread ideal for soaking up juicy tomatoes and savory vinaigrette.

Prep: 15 minutes | Marinate: 30 minutes |
Grill: 10 to 12 minutes | Serves 4
½ cup plus 2 tablespoons Hy-Vee Select
olive oil, divided
½ cup aged white wine vinegar
1 tablespoon Hy-Vee Dijon mustard
2 cloves garlic, minced
1 teaspoon chopped fresh oregano

1 pound boneless skinless chicken breast halves
1 (5.5 ounce) loaf ciabatta, cut into ¾-inch chunks
4 cups mixed baby spinach and arugula salad greens
1 cup halved yellow cherry tomatoes
1 cup halved red cherry tomatoes
Hy-Vee salt and Hy-Vee black pepper, to taste

1. For dressing, whisk together ½ cup oil, vinegar, mustard, garlic and oregano; set aside. Place chicken in a large resealable plastic bag set in a shallow dish. Pour half of dressing over chicken; turn to coat. Reserve remaining dressing for salad. Refrigerate chicken for 30 minutes. Remove chicken from marinade; discard marinade.

**2.** Thread bread chunks onto metal skewers; brush with 2 tablespoons oil.

**3.** Prepare a charcoal or gas grill for direct grilling over medium-high heat. Grill chicken for 10 to 12 minutes or until an instant-read thermometer inserted into the thickest part of each breast registers 165°F, turning once. Add bread skewers to grill during the last 2 minutes of grilling. Grill until bread is well marked, turning once.

**4.** Cut chicken into bite-size pieces. In a bowl, toss together salad greens, tomatoes, chicken and bread. Add dressing and toss well. Season to taste.

Nutrition facts per serving: 430 calories, 23 g fat, 3.5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 430 mg sodium, 26 g carbohydrates, 3 g fiber, 3 g sugar, 28 g protein. Daily values: 30% vitamin A, 25% vitamin C, 4% calcium, 8% iron.

### THE POSSIBILITIES WITH



AFTER CHILLING IN A FRIDGE DRAWER, A
WEDGE OF PARMESAN GRATES BEAUTIFULLY
INTO DELECTABLE WISPS THAT ADD A RICH,
NUTTY FLAVOR TO SIMPLE SALADS AND PASTAS.
SAMPLE OTHER WAYS TO ENJOY THE
LEGENDARY CHEESE, INCLUDING THE RIND.

WORDS Lois White PHOTOS Tobin Bennett



FLAKY, BUTTERY LAYERS

—of delicious—

## CROISSANTS

WORDS Lois White PHOTOS Greg Scheidemann AND Tobin Bennett

There's a new croissant in town and it's seriously addictive—and available at your Hy-Vee Bakery. You'll love eating croissants plain, but when you want something more, use these rich pastries as the building blocks for our creative mix of recipes.



Wander into any French bakery and you'll find crisp, airy croissants fresh from the oven, with layers of soft buttery dough so delicate and rich they melt in your mouth. This pastry has become a favorite around the world.

The centuries-old, crescent-shaped bread originated with bakers in Vienna. But Marie Antoinette, who ate croissants while living in Austria as a girl, introduced them to France. In the early 1900s, a creative Parisian baker modified the recipe by making it with a dough similar to that used for puff pastry. A classic was born.

The secret to the bread's prized flaky characteristics is what bakers call "laminating the dough." This occurs when the yeast-leavened dough is repeatedly rolled and folded with chilled butter.

Now you can savor the delicate taste of croissants anytime you want. Your local Hy-Vee Bakery has introduced an exceptional new line of these classic pastries in two sizes—mini and large. They are baked fresh every morning, so you can enjoy them at their best.

"What makes our butter croissants stand out is how crisp they are fresh from the oven," says Chris Arnold, Hy-Vee assistant vice president of bakery operations.

Chris and his bakery team spent months searching for a superior croissant, the kind you'd find in a French bakery. A panel of taste experts helped Hy-Vee determine the ingredients and techniques necessary for creating the most delicious croissant. After sampling hundreds, the taste panel found one that stood out above all others. These crunchy yet soft, buttery pastries from Hy-Vee are made to exacting standards. There's pleasure in each bite.

While croissants show up mainly on the breakfast menu in France, creative American chefs have seen more potential in the flaky pastry—from elegant sandwiches to rich desserts. Thinly sliced, they form the base for crostini. Cubed, tossed in cinnamon sugar and toasted, they become parfait croutons. Baked into an egg casserole, their texture takes on a whole new personality. Let our recipes inspire you to create your own entrées, desserts or specialties.

## CROISSANT FRENCH TOAST WITH BERRIES AND CREAM

FRENCH TOAST MADE WITH CROISSANTS IS GOLDEN CRISP ON THE OUTSIDE AND SOFT ON THE INSIDE. IT HAS JUST THE RIGHT SWEETNESS WHEN SERVED WITH BERRIES AND CREAM.

Prep: 10 minutes | Cook: 4 to 6 minutes per slice | Serves 4

1 medium orange

1/2 cup whipping cream

½ tablespoon Hy-Vee granulated sugar

1½ teaspoons Hy-Vee vanilla extract, divided 3 Hy-Vee large eggs, lightly beaten

% cup Hy-Vee half-and-half or light cream

1 tablespoon Hy-Vee packed brown sugar

¼ teaspoon Hy-Vee ground cinnamon

4 Hy-Vee Bakery mini croissants,

2 tablespoons Hy-Vee butter, divided 2 cups assorted fresh berries ½ teaspoon lemon zest ½ cup Hy-Vee Select 100%-pure maple syrup Hy-Vee powdered sugar, for garnish

Mint leaves, for garnish

1. Zest and juice orange; set aside. In a medium bowl, beat whipping cream, granulated sugar and ½ teaspoon vanilla until soft peaks form (tips

curl); set aside.

2. In a shallow bowl, whisk eggs, half-and-half, brown sugar, remaining vanilla, cinnamon and orange zest and juice. Dip each croissant half into egg mixture, coating both sides (let soak in egg mixture about 10 seconds per side).

3. In a skillet or on a griddle, melt 1 tablespoon butter over medium heat; add half of the croissant slices and cook for 2 to 3 minutes on each side or until golden brown. Repeat with remaining butter and croissant slices. Fill each croissant with berries and whipped cream. Sprinkle with lemon zest and drizzle with maple syrup. If desired, sift powdered sugar on tops and garnish with mint.

Nutrition facts per serving: 560 calories, 32 g fat, 20 g saturated fat, 0.5 g trans fat, 230 mg cholesterol, 190 mg sodium, 61 g carbohydrates, 4 g fiber, 38 g sugar, 10 g protein. Daily values: 25% vitamin A, 140% vitamin C, 15% calcium, 15% iron.





#### BLACKBERRY PARFAITS WITH CINNAMON-SUGAR CROISSANT CUBES

Preheat oven to 400°F. Slice croissants in half; cut each half into cubes. Toss cubes with melted butter; spread cubes on a baking sheet. Sprinkle with cinnamon sugar. Bake for 5 to 10 minutes or just until crisp. Cool. In serving glasses, layer cubes with Greek yogurt and fresh blackberries. If desired, garnish with mint leaves.



With their flaky, butter-filled layers, croissants are best the day they're baked, but they can be reheated. To reheat croissants, spread them on a baking sheet. Place in a 350°F oven for 2 to 3 minutes for minis and 3 to 4 minutes for large croissants. Avoid heating a croissant in a microwave oven because it destroys the texture.



1 BLUEBERRY-LEMON CURD DESSERT 2 APPLE GRANOLA WEDGES 3 CHOCOLATE-RASPBERRY BITES 4 BUTTER PECAN ICE CREAM CONES
5 BLACKBERRY PARFAITS WITH CINNAMON-SUGAR CROISSANT CUBES 6 CROISSANTS WITH BRIE AND STRAWBERRY-BASIL JAM
7 TOMATO-AND-BASIL PIZZA 8 CROISSANT AND CREAM 9 SMOKED SALMON AND CAPER OPEN-FACE SANDWICH



CHICKEN WALDORF SALAD SANDWICHES

SOFT AND PILLOWY CROISSANTS PAIR WITH THE COOL, REFRESHING FLAVORS OF CLASSIC CHICKEN WALDORF SALAD.

Prep: 30 minutes | Chill: 1 hour | Serves 6

1 medium apple, chopped

2 tablespoons lemon juice

1 (5.3-ounce) container Hy-Vee plain Greek yogurt

½ cup Hy-Vee mayonnaise

1/4 cup Hy-Vee orange juice

1/4 teaspoon kosher salt

2¼ cups diced cooked chicken (1 Hy-Vee rotisserie chicken)

1 cup chopped fresh pineapple

½ cup halved seedless red grapes

1/4 cup chopped celery

½ cup Hy-Vee chopped walnuts, toasted

5 Hy-Vee Bakery large croissants, split Arugula or lettuce leaves

Hy-Vee black pepper, to taste

1. In a small bowl, combine apple and lemon juice: set aside.

2. In a medium bowl, combine yogurt, mayonnaise, orange juice and salt. Stir in chicken, pineapple, grapes and celery.

**3.** Drain apple, discarding lemon juice. Add apple to chicken mixture. Cover and chill at least 1 hour. Just before serving, stir in walnuts.

**4.** Line bottom half of each croissant with arugula. Top with chicken mixture. Season to taste with black pepper. Add top croissant slice.

Nutrition facts per serving: 600 calories, 36 g fat, 13 g saturated fat, 0 g trans fat, 80 mg cholesterol, 480 mg sodium, 51 g carbohydrates, 4 g fiber, 14 g sugar, 21 g protein. Daily values: 10% vitamin A, 70% vitamin C, 8% calcium, 30% iron.



## BANANA-STREUSEL CROISSANT PUDDING WITH MAPLE SAUCE

THE FLUFFY INTERIORS AND BUTTERY LAYERS OF CROISSANTS ADD RICH FLAVOR AND LIGHT TEXTURE TO BREAD PUDDING. THE DESSERT PUFFS UP BEAUTIFULLY IN THE OVEN BUT WILL DEFLATE AS IT COOLS, SO BAKE IT JUST BEFORE SERVING.

Prep: 30 minutes | Stand: 8 to 10 minutes | Bake: 40 to 45 minutes | Serves 12

Hy-Vee butter

6 Hy-Vee large eggs, lightly beaten 4 cups Hy-Vee half-and-half or light cream

1 cup Hy-Vee granulated sugar

1 tablespoon Hy-Vee vanilla extract

1½ teaspoons Hy-Vee ground cinnamon 1½ pounds Hy-Vee Bakery croissants

(about 8 large croissants)

3 ripe medium bananas, sliced 1 inch thick 3/4 cup packed Hy-Vee brown sugar, divided 1 cup Hy-Vee chopped pecans 1/4 cup Hy-Vee butter Hy-Vee powdered sugar, for garnish 1 cup whipping cream

1/4 cup Hy-Vee Select 100%-pure maple syrup 1. Preheat oven to 350°F. Butter a 3-quart baking

dish: set aside.

2. In a large bowl, whisk together eggs, half-and-half, granulated sugar, vanilla and cinnamon.

3. Tear croissants into bite-size pieces; place pieces in prepared baking dish. Add sliced bananas; toss to mix. Pour egg mixture evenly over the top. Let soak for 8 to 10 minutes, pushing croissant pieces into liquid so each piece is coated.

4. Meanwhile, in a small bowl, combine ½ cup brown

sugar and pecans. Cut in 1/4 cup butter until mixture is crumbly. Sprinkle crumb mixture over top of croissant mixture. Bake, uncovered, for 40 to 45 minutes or until set. Remove from oven and let cool slightly. If desired, sift with powdered sugar just before serving.

5. For maple sauce, in a small saucepan, combine whipping cream, ¼ cup brown sugar and maple syrup. Cook and stir over medium heat for 5 to 6 minutes or until sugar dissolves and the mixture almost boils. Remove from heat. Serve over warm bread pudding.

Nutrition facts per serving: 90 calories, 41 g fat, 21 g saturated fat, 0.5 g trans fat, 190 mg cholesterol, 220 mg sodium, 72 g carbohydrates, 3 g fiber, 42 g sugar, 12 g sugar. Daily values: 25% vitamin A, 35% vitamin C, 15% calcium, 20% iron.





FOR YOUR NEXT PARTY, TOAST THINLY SLICED CROISSANTS AND LOAD THEM WITH SAVORY TOPPINGS. SPRINKLED WITH PARMESAN, TOASTED CROISSANT SLICES ALSO MAKE GREAT CROUTONS FOR SOUPS OR SALADS.

Prep: 30 minutes | Bake: 5 to 8 minutes | Serves 20 (3 pieces each)

1 tablespoon Hy-Vee Select olive oil 1 (10-ounce) bag fresh spinach

2 cups Hy-Vee feta cheese crumbles, divided ½ cup pine nuts, toasted\*

1/4 cup + 2 tablespoons Hy-Vee shredded Parmesan cheese, divided

12 Hy-Vee Bakery mini croissants

1. Preheat oven to 350°F. Line two baking sheets with parchment paper; set aside.

2. In a large skillet, heat oil over medium-high heat. Cook spinach for 2 minutes or until wilted. Let cool. Add wilted spinach, 1 cup feta cheese, pine nuts and 1/4 cup Parmesan cheese to a food processor. Cover and process until the mixture is the consistency of a fine paste; set aside.

3. Cut croissants into 1/4-inch-thick slices. Place on

prepared baking sheets. Spread with spinach-feta mixture. Sprinkle with remaining Parmesan cheese. Bake for 5 to 8 minutes or until heated through. Sprinkle remaining feta cheese over top. Serve warm. \*Note: To toast pine nuts, preheat oven to 350°F. Spread pine nuts on a rimmed baking sheet. Bake for 5 minutes or until lightly toasted.

Nutrition facts per serving: 170 calories, 11 g fat, 6 g saturated fat, 0 g trans fat, 25 mg cholesterol, 280 mg sodium, 13 g carbohydrates, 1 g fiber, 2 g sugar, 5 g protein. Daily values: 15% vitamin A, 15% vitamin C, 10% calcium, 8% iron.

#### ASPARAGUS OMELET BREAKFAST SANDWICH

TANGY GOAT CHEESE LENDS A
DISTINCTIVE EARTHY FLAVOR TO
A SPRINGTIME OMELET SERVED IN A
WARM CROISSANT.

Prep: 20 minutes | Serves 1

5 fresh asparagus spears

2 slices Hy-Vee bacon

2 teaspoons Hy-Vee Select olive oil

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

2 Hy-Vee large eggs

2 tablespoons water

1 teaspoon chopped fresh tarragon

1 tablespoon Hy-Vee butter

2 ounces plain goat cheese

1 Hy-Vee Bakery large croissant, split and warmed

1. Preheat oven to 400°F. Line a baking sheet with aluminum foil. Snap off and discard woody base ends from asparagus. Arrange asparagus and bacon slices on prepared baking sheet. Brush asparagus with oil and season with salt and pepper. Roast, uncovered, for 10 to 12 minutes or until asparagus is fork-tender and bacon is deep golden brown and crispy. Remove from oven and crumble one bacon slice. Cover and keep warm.

2. In a small bowl, whisk together eggs, the water and tarragon; season with salt and black

water and tarragon; season with salt and black pepper. Preheat an 8-inch nonstick skillet over medium-high heat until skillet is hot. Melt butter in skillet. Add egg mixture; reduce heat to medium. Immediately begin stirring eggs gently but continuously with a heatproof rubber spatula (as for scrambled eggs), swirling eggs into a round shape. Cook for 30 to 60 seconds or until eggs are set.

**3.** Add asparagus and crumbled bacon to center of omelet; crumble cheese over top. Using a spatula, lift and fold an edge of omelet about one-third of the way toward center. Fold the opposite edge toward the center. Serve omelet in croissant.

Nutrition facts per serving: 910 calories, 66 g fat, 32 g saturated fat, 0.5 g trans fat, 490 mg cholesterol, 840 mg sodium, 43 g carbohydrates, 4 g fiber, 7 g sugar, 38 g protein. Daily values: 50% vitamin A, 45% vitamin C, 20% calcium, 50% iron.











# BEHIND THE FAME MATERIAL THE SECOND S

WORDS Steve Cooper

For most award-winning athletes, their mothers were their first fans. Mom was the encourager, the driver, the cook and the place for a hug. Meet two of these women. They are Midwestern moms whose children are accomplished in their chosen sports. Theresa McDermott's son Doug plays for the Chicago Bulls basketball team. Teri Johnson's daughter Shawn is an Olympic gold medalist in gymnastics. In this Mother's Day season, each demonstrates that success in competition is often rooted in our families.

#### - Theresa McDermott



he NBA playoffs will be in progress during Mother's Day this year. At this writing in March, Doug McDermott wonders if his team will still be playing. As much as he wants to be home to celebrate with his mother, Theresa, on her special day, he also wants to be on the court.

Doug is just completing his rookie season as a professional basketball player with the Chicago Bulls. At 6 feet 8 inches, he is consider a small forward in the sport.

Basketball fans know all about Doug's scoring abilities. When he shoots, the ball seems to respond to a magnetic pull as it zeroes in on the hoop.

He started grabbing attention during

his years at Iowa's Ames High School. In his junior and senior years, the Ames team won 53 straight games and two state titles. In four years at Creighton University, he scored 3,150 points, putting him fifth among all NCAA players for their college careers. With the Bulls this year, he has shown flashes of his talent but missed months because of a knee injury.

He shares the game with his father, Greg McDermott, a college basketball head coach since 1994. But Doug also has a secret weapon.

His mother, Theresa, has been an irreplaceable player on her son's team, though she doesn't get into the limelight as often as her husband. She has had a deep influence throughout Doug's life, particularly during her fight against cancer in 2005.

"Her going through cancer really made me a stronger person. The way she battled it on a daily basis made us all [her family] stronger human beings," Doug says.

On Mother's Day, the family celebrates a decade since Theresa's medical crisis. Fortunately, treatments were successful and she has since remained cancer-free.

Whether she felt weak or strong, Theresa went to Doug's games all through his high school and college years. She can't make every game today, but she goes as often she can.

"Because he's in Chicago, I can make it there once or twice a month to see him play. I've been married to a coach for so long, it just seems like normal life." "SHE'S
A GREAT
PERSON
TO LOOK
UP TO
GROWING
UP." -DOUG

#### FOOD HE LOVES

Doug McDermott admits he is very superstitious. It started in high school and involved his mother.

"Before one game,"
Theresa says, "he and I met
for lunch at a little café
on Main Street. They had
Tater Tot Casserole on the
menu as a daily special.
We had that and he had an
incredible game that night.
So all through high school,
he had to have Tater Tot
Casserole before each game.
It worked."



# TERI JOHNSON'S CHICKEN AND NOODLES

SHAWN JOHNSON SAYS THIS WAS
THE STAPLE DISH IN HER HOUSEHOLD
GROWING UP. STILL IS. "ANY OCCASION
WHERE COUSINS AND EVERYBODY ARE
ALL TOGETHER—THIS IS THE ONE MEAL
THAT EVERYBODY WANTS. IT'S THE BEST."

Prep: 15 minutes | Cook: 1 hour, 50 minutes | Serves 4 3 chicken leg quarters with back portion

(about 21/3 pounds)

10 cups water

6 Hy-Vee chicken bouillon cubes

1 teaspoon Hy-Vee salt

1 teaspoon Hy-Vee dried basil

1 teaspoon Hy-Vee dried parsley flakes

1/2 teaspoon Hy-Vee black pepper

1 (16-ounce) package Hy-Vee frozen

home-style egg noodles

Hot cooked mashed potatoes, optional Snipped fresh parsley, for garnish 1. Place chicken pieces in a large stockpot and add the water. Bring to boiling; reduce heat. Simmer, covered, for 40 minutes.

**2.** Remove chicken from stockpot. Use a fork to remove chicken from the bones, shredding it into bite-size pieces. Discard skin and bones.

3. Return chicken to stockpot. Add bouillon, salt, basil, dried parsley and black pepper. Bring to boiling. Add frozen noodles. Return to boiling; boil for 10 minutes. Reduce heat; cover and simmer for 1 hour. Serve chicken and noodles over mashed potatoes and garnish with fresh parsley, if desired.

Nutrition facts per serving: 570 calories, 14 g fat, 4 g saturated, 0 g trans fat, 305 mg cholesterol, 2,170 mg sodium, 62 g carbohydrates, 2 g fiber, 3 g sugar, 50 g protein. Daily values: 2% vitamin A, 0% vitamin C, 4% calcium, 25% iron.

HyVee, SEASONS | Spring 2015

#### Teri Johnson



eaching adulthood meant entering a very different life for gymnast Shawn Johnson. She's no longer spending hour after hour in a gym, practicing routines on floor mats and bars. The pure excitement of the Olympic Games are slowly fading behind her.

It was a dizzying ride. Long years of gymnastics training led to years of competition on the international stage. The highlight was the 2008 Summer Olympics in Beijing, China, where she won a gold medal in the balance beam and three silver medals for her performances.

She made national headlines again in 2009 by winning TV's Dancing with the Stars

competition. She returned to DWTS in 2012, taking second in an all-star show.

Now she looks back on all those experiences and better understands the role her parents played. She realizes that she couldn't have reached such heights without her mom and dad's support and guidance.

"My mom has been there for me 365 days a year for all my life. From the time I was little, she would drive me to school and help me with my homework and travel with me across the world to compete. She's done absolutely everything for me. She's amazing," she says.

For her part, Teri says raising her daughter wasn't about medals, but strength of character.

She says, "What I admire about Shawn so much are things that I wanted to be but wasn't. I was very shy—painfully shy—when I was young. She's a much stronger, more confident person that I am."

As a symbol of their close connection, Teri wears a ring that was given to her by Shawn when she was only eight years old (with help from her father). The word *Mom* is prominent in the ring's design.

"It's two times special to me because I wear it every day and I see it every day," Teri says.

Today, Shawn lives in Nashville, Tennessee. She is pursuing a college degree in psychology online through Penn State University. She has an online business, *TheBodyDepartment.com*, for young women who want to learn about diet and safe, effective fitness training.

"MY MOM
IS A VERY
STRONG
PERSON.
I LIKE
THAT."

-SHAWN

#### FOOD SHE LOVES

Since kids spend years watching their parents preparing meals, it's no surprise that children would try making the meal on Mother's Day.

Teri says, "Shawn always did a lot of little things for me. She'd bring me a special coffee or make me breakfast or bake for me. She always brought me flowers."

As a little girl, Shawn wanted to create wonderful memories for her mom. But it didn't alwasy work as planned. "I wanted to do monunmental things for mom on Mother's Day. So I'd to make breakfasts or dinners for her. But it never worked like I wanted it to. Mom would just wind up having to clean up everything."

# gift CARDS

Springtime is always full of celebration! Newlyweds, graduates, moms and dads all appreciate a gift card presented in creative DIY packaging.

PHOTOS Tobin Bennett

#### **DIY FORTUNE**

Wish your new graduate a future full of happiness and joy by presenting him or her with homemade Vanilla Fortune Cookies.\* Package them in a colorful take-out container from your local crafts store. For a bigger surprise, include a gift card to a Chinese restaurant so your grad can celebrate the occasion with close friends.

\*Find the recipe at www.hy-vee.com

ONGRATULATIONS GRADUATE

wedding love

Give the happy couple a gift of their choosing. Gift cards show your love while letting the newly minted Mr. & Mrs. pick out what they really need.







# BOUQUET! These hand-painted floral cones are sure to catch Mom's eye. Just fill one with a mini bouquet from the Hy-Vee Floral Department and include a gift card to Hy-Vee Market Grille or Starbucks.















#### TENDERLOIN STEAK WITH COFFEE-CHIPOTLE RUB

A warmly spiced coffee rub stands up nicely to a steak's rich beefy flavor, adding depth and a subtle bitter undertone. Be sure to let the steaks stand 30 minutes before grilling.

Prep: 10 minutes | Stand: 30 | Grill: 12 to 15 minutes | Rest: 3 to 5 minutes | Serves 4

2 tablespoons finely ground coffee beans 1 tablespoon packed Hy-Vee brown sugar

11/2 teaspoons chipotle chile powder

1 teaspoon kosher salt

½ teaspoon cayenne pepper

4 (6- to 8-ounce each) beef tenderloin steaks, 2 inches thick

1 tablespoon Hy-Vee Select olive oil Garlic-and-Herb-Grilled Sweet Potato Fries, optional (see recipe, www.hy-vee.com/recipes)

**1.** For rub, combine ground coffee, brown sugar, chipotle powder, salt and cayenne pepper.

Lightly brush steaks with olive oil; season steaks evenly with rub. Let stand at room temperature for 30 minutes.

**3.** Prepare a charcoal or gas grill for direct grilling over medium heat. Grill steaks to desired doneness, turning once. Allow 12 to 15 minutes for mediumrare (145°F) or 15 to 18 minutes for medium (160°F). Let steaks rest for 3 to 5 minutes before serving. If desired, serve with Garlic-and-Herb-Grilled Sweet Potato Fries.

Nutrition facts per serving: 320 calories, 16 g fat, 5 g saturated fat, 0 g trans fat, 110 mg cholesterol, 580 mg sodium, 5 g carbohydrates, 0 g fiber, 4 g sugar, 38 g protein. Daily values: 8% vitamin A, 2% vitamin C, 6% calcium, 15% iron.

#### COFFEE-AND-MAPLE-GLAZED NUTS

Oven-roasted nuts have a bold flavor that pairs nicely with dark chocolate or assertive cheeses, such as Gorgonzola and whiskey-infused cheddar. Watch the nuts closely while baking so they don't overbrown.

Prep: 10 minutes | Bake: 5 to 7 minutes | Serves 8 (about ½ cup each)

1 tablespoon coconut oil

1 (8.75-ounce) bag Hy-Vee deluxe salted mixed nuts (with no peanuts)

⅓ cup instant dark roast coffee crystals½ cup Hy-Vee Select 100%-pure maple syrup

¼ cup packed Hy-Vee brown sugar

1. Preheat oven to 350°F. Line a baking sheet with parchment paper; set aside.

2. Place coconut oil in a small microwave-safe bowl; microwave oil on HIGH about 30 seconds or until melted. Spread nuts on prepared baking sheet.

Drizzle coconut oil over top; toss to combine.

**3.** In a medium saucepan, combine coffee crystals, syrup and brown sugar. Cook over medium-high heat for 3 to 5 minutes or until coffee is dissolved. Drizzle mixture over nuts; toss to combine.

4. Bake for 5 to 7 minutes or until golden brown, stirring once. Cool. Store in an airtight container for up to 3 days.

Nutrition facts per serving: 280 calories, 18 g fat, 3.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 125 mg sodium, 27 g carbohydrates, 2 g fiber, 20 g sugar, 6 g protein. Daily values: 0% vitamin A, 0% vitamin C, 8% calcium, 10% iron.

#### **COFFEE DOUGHNUTS**

These scrumptious yeast-leavened breads get a hearty dose of coffee.

Prep: 45 minutes | Proof: 1 hour | Rise: 1 hour | Fry: 2 to 3 minutes per batch | Makes 20 doughnuts and holes

1 package active dry yeast (2½ teaspoons) ½ cup brewed dark roast coffee (115° to 120°F)

1 cup Hy-Vee skim milk

½ cup Hy-Vee granulated sugar

1/4 cup Hy-Vee shortening

1 teaspoon Hy-Vee salt

1/4 teaspoon Hy-Vee ground nutmeg

3/4 cup mashed potatoes, at room temperature

2 Hy-Vee large eggs, at room temperature

5 cups Hy-Vee all-purpose flour, divided

Hy-Vee nonstick cooking spray

Oil for deep-fat frying

Coffee Sugar or Coffee Icing, recipes below

1. Dissolve yeast in warm coffee. In a saucepan, heat milk until almost boiling. Add sugar, shortening, salt and nutmeg. Stir in potatoes, eggs and yeast mixture; combine well. Gradually stir in 4 cups flour. Turn dough out onto a lightly floured surface; knead in remaining flour until smooth and elastic. Shape dough into a ball. Place in a greased bowl. Cover and proof in a warm place 1 hour or until double.

2. On a lightly floured surface, roll dough ½ inch thick; cut with a floured 3-inch doughnut cutter. Reroll dough as necessary. Place cutouts 1 inch apart on greased baking sheet. Cover; let rise until double, one hour.

**3.** Fry two or three doughnuts and holes at a time in deep hot oil (375°F) for 2 to 3 minutes or until golden, turning once. Remove and drain on paper towels. Cool slightly; coat with sugar or icing.

**Coffee Sugar:** Combine 1 cup Hy-Vee granulated sugar and 2 tablespoons espresso powder or instant dark French roast coffee.

**Coffee Icing:** Combine 3 cups Hy-Vee powdered sugar, 3 tablespoons instant dark roast coffee or espresso powder and 5 to 6 tablespoons warmed whole milk until icing is desired consistency.



#### **COFFEE CREAM** CHOCOLATE TART

A divine bittersweet-chocolate-andcoffee liqueur filling in a pecan crust sets the stage for a stunning dessert coffee lovers will love.

Prep: 30 minutes | Bake: 25 to 30 minutes | Chill: 1 hour | Serves 12

#### Crust

1 cup Hy-Vee all-purpose flour 1 (2-ounce) package Hy-Vee pecan pieces ⅓ cup Hy-Vee powdered sugar 6 tablespoons Hy-Vee butter, softened 1 egg yolk

#### Filling

11/4 cups whipping cream 2 tablespoons coffee liqueur 11/4 cups Hy-Vee Select 60%-cacao bittersweet chocolate baking chips

½ teaspoon Hy-Vee vanilla extract 1 egg yolk

#### **Topping**

3 cups whipping cream 1 (8-ounce) container mascarpone cheese 3/4 cup Hy-Vee powdered sugar 1 tablespoon coffee liqueur Chocolate curls, for garnish Espresso powder, for garnish

1. Preheat oven to 375°F. For crust, in a food processor, combine flour, pecans and powdered sugar. Cover and pulse just until combined. Add butter; pulse until mixture resembles cornmeal. Add egg yolk to food processor; process just until combined. Shape crust mixture into a ball. Press into bottom and up the sides of a 9-inch tart pan with a removable bottom. Line crust with a double thickness of foil. Bake for 10 minutes; remove foil. Bake for 5 to 8 minutes more or until golden. Cool on a wire rack.

2. For filling, in a medium saucepan, combine whipping cream and coffee liqueur. Bring to boiling; remove from heat. Stir in chocolate chips and vanilla until mixture is smooth. Stir egg yolk into chocolate mixture just until combined. Pour mixture into baked pastry shell. Bake for 25 to 30 minutes or until center is set. Remove from oven and cool completely in pan on wire rack. Chill in refrigerator for 1 hour. 3. For topping, in a large chilled mixing bowl, combine whipping cream, mascarpone cheese, powdered sugar and coffee liqueur. Beat with an electric mixture on medium until soft peaks form (tips curl). Spoon mounds of mixture on tart. Chill at least 10 minutes before serving. If desired, garnish with chocolate curls and sprinkle with espresso powder.

Nutrition facts per serving: 660 calories, 56 g fat, 33 g saturated fat, 1 g trans fat, 185 mg cholesterol, 45 mg sodium, 34 g carbohydrates, 2 g fiber, 19 g sugar, 6 g protein. Daily values: 35% vitamin A, 0% vitamin C, 10% calcium, 6% iron.





A CUP O' JOE

LEGEND HAS IT THAT A GOAT HERDER FIRST DISCOVERED COFFEE'S UPLIFTING EFFECTS WHEN HE NOTICED HOW ENERGETIC HIS ANIMALS BECAME AFTER NIBBLING ON THE BERRIES OF A PARTICULAR TREE. HIDDEN INSIDE THOSE BERRIES WAS THE BEAN THAT GAVE BIRTH TO A BEVERAGE THAT HAS BEEN ENLIVENING MORNINGS EVER SINCE. DISCOVER WHAT'S NEW WITH JAVA.

Most coffee beans come from one of two species of plants—arabica, grown in high altitudes, and robusta, a hardy plant that grows in lower altitudes. Connoisseurs generally prefer arabica coffees for their rich, complex flavors.

What's surprising is how many styles of coffee are derived from these two plants. Browse a Hy-Vee coffee aisle, and you'll find an array of coffee beans with a variety of names; some, such as Colombian Supremo, are named for the country or region where the beans were grown. Other coffees are grouped according to how long they are roasted. The longer the beans are exposed to heat, the darker they become. One of these is dark French roast, named by 19th-century Americans who apparently thought it would help sell their coffee.

Choosing light or dark beans is a personal preference: Most light beans offer lighter flavor; the darker the beans, the stronger the flavor.

#### STEPS TO A RICH CUP

- Skip the Bulk Buys: Because coffee beans can lose freshness it's best to purchase the amount of coffee you can use in one week. Store beans in an airtight container in a dark, cool place. Never store your daily coffee in the refrigerator or freezer.
- Grind Daily: For freshest flavor, purchase whole coffee beans (rather than ground coffee) and grind just before brewing. Follow your equipment manufacturer's directions for how fine or coarse to grind the coffee—too coarse and the flavor may be weakened; too fine and the coffee can clog the filter or become bitter.
- For Good Measure: Generally, for each 6-ounce cup, you should use 1 to 2 tablespoons ground coffee, depending on how bold you like your brew.
- Water Woes: Use cold water freshly drawn from the tap. However, if your tap water is highly chlorinated, soft-treated or especially hard, use

bottled water to get the best possible flavors from your coffee.

• Temperature Matters: Coffee's best qualities are released at temperatures between 195° and 205°F—just below the boiling point. To hit that temp range, bring water to a full boil. Take the kettle off the heat and let it stand for a minute before pouring the water over the coffee grounds.

#### **EQUIPMENT RUNDOWN**

You'll find many kinds of coffee makers on the market; these are some of the most popular:

- The Purist's Choice: With a manual drip system, set a filter cone on a carafe and fill the cone with freshly ground coffee. Pour boiled water over coffee grounds; your cup will be ready as soon as water drips through. This method lets you control water temperature, one key to exceptional coffee.
- Easy Does It: With features such as automatic timers and warming plates, automatic drip coffee machines are convenient. However you have less control over the water temperature.
- Ooh-la-la!: With a French press, boiled water is poured over coffee in a cylindrical carafe. After a few minutes brewing time, a plunger filter is pressed through the water, trapping the grounds in the bottom. With this method, some sediment remains in the coffee—fans say this adds character and intensity, while detractors deem the coffee "gritty."

#### THE K-CUP REVOLUTION

In the early 2000s, Keurig coffee makers brought a sea change to the coffee world. This coffee is brewed using K-Cups, small plastic containers of coffee grounds. To make a cup, fill the machine with water, put in a K-Cup and the machine does the rest. You get a hot cup of coffee in a few moments.

But this style of brewing isn't only about dispensing an effortless cup, it's also about getting the exact type of coffee or hot beverage you crave. K-Cups are available with your favorite roasts from nationally known coffeehouses and purveyors. Coffee brands include Starbuck's, Italy's Lavazza, Krispy Kreme Doughnuts, Seattle's Best and about 50 others. You can also purchase teas, hot cocoa and fruit beverages. You can also make oatmeal and three flavors of Hy-Vee soup with your machine.

The Keurig 2.0 brewing system has debuted. The model brews single K-cup servings (uses only K-Cups with a black "Keurig Brewed" symbol on the packaging) or serves four cups of coffee using a new K-Carafe pack. The 2.0 also uses a new technology that scans the K-cup, and customizes the settings for that particular beverage. Find the upgraded machine, along with dozens of K-Cup options at select Hy-Vee stores.

#### **NEW ON THE SCENE**

Similar to cappuccino or latte, the flat white is a new drink for coffee lovers. Hailing from Australia, this rich brew starts with a single or double shot of espresso.

Rather than the foam from a frothed pitcher of milk (required for cappuccino), use the "microfoam"—the velvety hot milk that lies beneath the stiff foam. The microfoam's creaminess (versus stiffness) puts the "flat" in flat white. While cappuccinos and lattes are generally more milk-centric, espresso dominates the flavor of the flat white.

#### TRADE SECRETS

Show off your skills with these easy DIY coffee tricks.

- Faux Espresso: A ridiculously strong cup of dark-roast coffee can pass for espresso. Or use an espresso-roast K-Cup in your Keurig coffee maker.
- Make It a Mocha: Stir a little chocolate syrup into coffee before you top it off with foam.
- Foam at Home: Place a small amount of low-fat milk in a screw-cap jar; shake vigorously until foamy. Microwave the jar, uncovered, about 30 seconds—the froth stiffens and climbs the jar, but don't let it foam over. Milk will be steamy at the bottom and foamy on top. Pour the steamy milk into the coffee, and spoon the foam over top.





DO YOU DRINK HOT COFFEE FROM A

#### **PLASTIC**

CUP?

THEN WHY WOULD YOU BREW FROM ONE?

### CHOOSE CAMERON'S



# FILTERED SINGLE SERVES WITH A

# COFFEE FILTER, NOT A PLASTIC CUP.





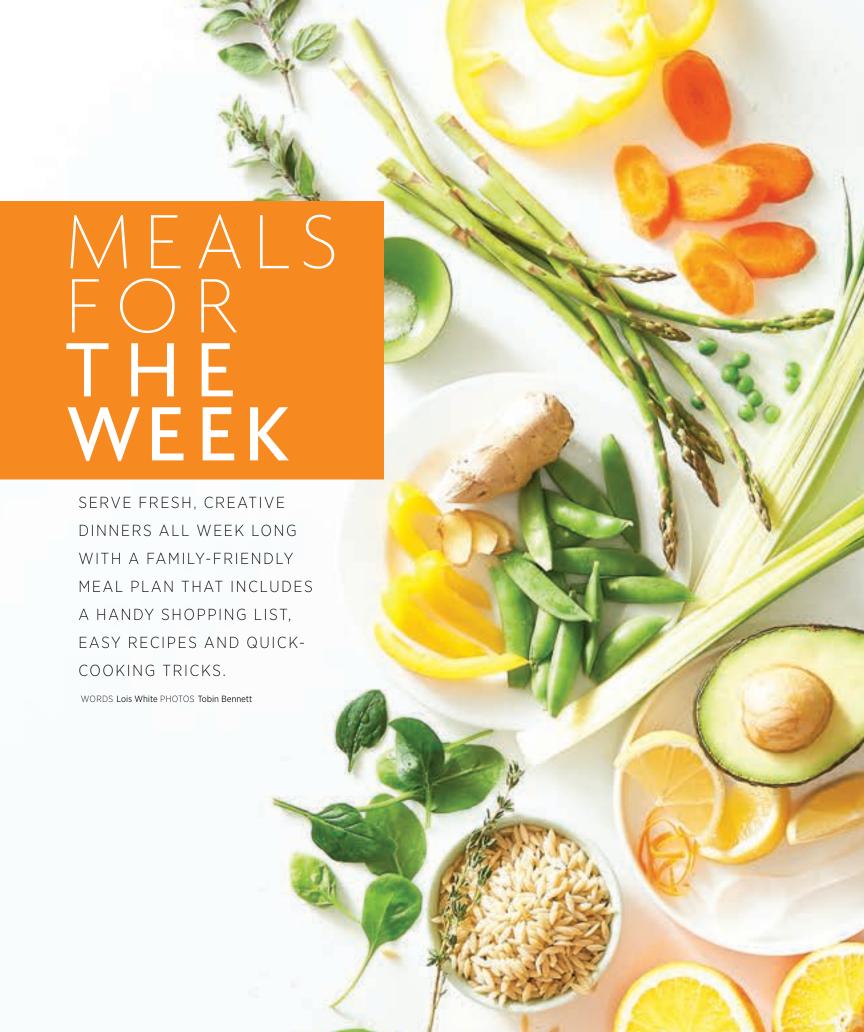


Cameron's Coffee: select varieties 10 or 12 oz. \$6.49

Cameron's Coffee Single Serve: select









# WE'VE ALL BEEN THERE. FIVE O'CLOCK ROLLS AROUND AND THE "WHAT'S FOR DINNER?" QUESTION COMES UP. There's no silver bullet or divine secret to meal planning. It just takes a little time and creativity. If you rarely bother with meal planning or shopping with a strategy, let us show you better ways that will

save you time and money.

Start with the following five-day meal plan, which includes recipes that will help you plan around your family's activities. The recipes showcase an array of dishes that will fill your diet with spring veggies. Aromatic leeks and green peas are simple additions to a frittata. Fresh baby spinach and tender asparagus infuse vibrant flavors into a homemade chicken soup. Fresh, precut veggies from your Hy-Vee produce section add a rainbow of colors and flavors to sandwiches and stir-fries.

Save time by cooking enough to last for two nights. This is easily accomplished by using a slow cooker to prepare a whole chicken or large roast. You can eat half one night and freeze the other half for later. To save even more time, use a Hy-Vee rotisserie chicken for your soup.

There may be nights when everyone is eating at different times. In that case, plan meals that will hold well in the refrigerator and can be reheated without compromising flavor or texture. Soups, stews, chili and casseroles are good choices, especially when activities and sports are in full swing.

You also need a shopping strategy. Set aside a convenient time, and plan to do all the shopping for the next week of meals during this trip. Be sure your list includes specific amounts of each ingredient you must have for recipes. In the sample shopping list, see *page 62*, you will see the amounts needed for the ingredients used in this story's recipes. Add staples, such as milk, bread or lunch items, and other foods you need. Use Hy-Vee's convenient smartphone app for grouping items together according to their location in your local Hy-Vee store. Be on the lookout for time-saving ingredients such as prechopped fruits and veggies, herb and garlic pastes, salad green mixes and ready-

made sauces and salsas.

Once your meal plan has been established and shopping is done, post your menus on the fridge or a dry-erase board. This ensures that everyone in the family, including the cook, knows what's coming for dinner.



\* Bonus feature: Share complete recipes with a friend through the email feature of your free digital version of Hy-Vee Seasons.

App downloading information on page 3.



#### **MONDAY**

BREAKFAST FOR DINNER

PEAS AND PANCETTA FRITTATA

SERVE WITH A GREENS SALAD, FRESH FRUIT OR SORBET.

#### PEAS AND PANCETTA FRITTATA

Aromatic leeks, luscious peas and salty pancetta are a stellar combo in this skillet meal.

Prep: 5 minutes | Cook: about 15 minutes |
Broil: 1 to 2 minutes | Serves 4

10 Hy-Vee large eggs, lightly beaten
¼ teaspoon Hy-Vee salt
¼ teaspoon Hy-Vee black pepper
3 ounces pancetta, chopped
½ cup sliced leeks
1 cup Hy-Vee frozen sweet peas
¼ cup Hy-Vee shredded Parmesan cheese

- 1. Preheat broiler. In a medium bowl, combine eggs, salt and pepper; set aside.
- 2. In a large broiler-proof skillet, cook pancetta and leeks, uncovered, over medium heat about 5 minutes or until leeks are softened and pancetta is crisp. Stir in peas; pour egg mixture over top. Cook over medium heat. As mixture sets, run a spatula around edge of skillet, lifting egg mixture so uncooked portion flows underneath. Continue cooking and lifting edges until almost set. Sprinkle with cheese.
- **3.** Place skillet under broiler, 4 to 5 inches from heat. Broil for 1 to 2 minutes or until cheese is melted.

Nutrition facts per serving: 320 calories, 21 g fat, 8 g saturated fat, 0 g trans fat, 485 mg cholesterol, 770 mg sodium, 7 g carbohydrates, 2 g fiber, 2 g sugar, 23 g protein. Daily values: 20% vitamin A, 6% vitamin C, 15% calcium, 15% iron. Daily Values: 20% vitamin A, 6% vitamin C, 15% calcium, 15% iron.





ON A TIME CRUNCH? Few meatless meals could be more satisfying than this speedy Italian version of an omelette.



CLEVER IDEA!
Create other delicious combos using asparagus, baby spinach, sautéed bell pepper, green onion and fresh herbs.



HOW TO CLEAN LEEKS Trim them, then slit them lengthwise about a third of the way through. Open the leaves and wash away any dirt.

### HAM, PEACHES AND ARUGULA PIZZA

Featuring colorful, fresh ingredients, this family favorite becomes truly restaurant worthy in 30 minutes tops. Pepper jelly, an unexpected addition, adds a kick of heat and a little bit of sweet to every bite.

Prep: 10 minutes | Bake: 15 to 20 minutes | Serves 4
1 (13.8-ounce) can Hy-Vee refrigerated pizza dough
8 ounces fresh mozzarella cheese, thinly sliced
6 ounces Hy-Vee deli Black Forest ham slices
1 cup sliced fresh peaches or thawed
Hy-Vee frozen peaches
2 tablespoons red pepper jelly
1 cup arugula

- 1. Preheat oven to 425°F.
- 2. Unroll pizza dough; shape into a rectangle on a large greased baking sheet. Bake for 5 to 8 minutes or until light golden brown. Top crust with cheese slices; add ham and peaches.
- **3.** In a microwave-safe bowl, heat pepper jelly on HIGH for 20 seconds in microwave. Brush jelly on top of pizza.
- **4.** Bake for 10 to 12 minutes or until heated through. Sprinkle with arugula and serve immediately.

Nutrition facts per serving: 480 calories, 16 g fat, 9 g saturated fat, 0 g trans fat, 65 mg cholesterol, 1,410 mg sodium, 57 g carbohydrates, 2 g fiber, 18 g sugar, 26 g protein. Daily values: 15% vitamin A, 15% vitamin C, 30% calcium, 20% iron.

#### **TUESDAY**

PIZZA NIGHT

HAM, PEACHES AND ARUGULA PIZZA

SERVE WITH FRESH MELON AND SORBET





ON A TIME CRUNCH? Start with refrigerated pizza dough.



CLEVER IDEA!
An egg slicer is a slick way to slice fresh mozzarella cheese into thin, even slices.
Cut a standard mozzarella ball in half and slice each portion.



AMAZING ARUGULA Keep arugula leaves fresh and perky. Before use, wash leaves with cool water and place them in a salad spinner.

#### WEDNESDAY

### EATING THE RAINBOW

MILE-HIGH GRILLED CHEESE

SERVE WITH CUPS OF TOMATO SOUP AND CHIPS.

#### MILE-HIGH GRILLED CHEESE

Melty cheese, crisp bread and fresh, juicy veggies combine to make a fantastic vegetarian sandwich.

Prep: 10 minutes | Cook: 6 to 8 minutes | Serves 4 6 ounces Hy-Vee cheddar or white cheddar cheese, sliced 8 slices Hy-Vee Bakery whole grain bread ¼ cup Hy-Vee butter, melted 2 avocados, peeled, seeded and sliced 1 cup shredded carrot

1 red bell pepper, seeded and thinly sliced

1 cup chopped red onion

- Cut cheese into 12 (½-ounce) slices; set aside.
   Brush one side of each slice of bread with butter; place four slices, buttered side down, on waxed paper. Top the four bread slices with three slices cheese, avocado, carrots, red bell pepper and red onion. Top sandwiches with remaining bread slices, buttered sides up.
- **3.** In a large skillet, cook sandwiches over mediumhigh heat for 6 to 8 minutes or until bread is toasted, turning once halfway through cooking. (Or place sandwiches in a sandwich press and cook about 6 minutes or until done.)

Nutrition facts per serving: 620 calories, 44 g fat, 18 g saturated fat, 0 g trans fat, 80 mg cholesterol, 580 mg sodium, 47 g carbohydrates, 13 g fiber, 11 g sugar, 21 g protein. Daily values: 130% vitamin A, 90% vitamin C, 40% calcium, 15% iron.





#### SEASONING BLENDS





Tones Blends Spices: select varieties .67 to 3.35 oz. 2/\$4.00

#### Try all **10** great flavors!

- Beef
- Cajun
- Laman Dannar
- Lemon Pepper
- Chicken
- Garlic & Herb
- Salad
- Seasoned Salt
- Garlic Salt
- Gariic
- Taco
- Italian

#### A MENU OF TIPS

#### **PLAN AHEAD**

Pencil your lineup of dinners into a oneweek calendar. Make out your grocery list based on this menu and do all shopping for the week in one trip.

#### **SLOW COOKING**

Never chill slow-cooked meals in the slow cooker itself. The lining of the pot is usually too thick for foods to be chilled in a quick and safe manner.

#### **BEST BREAD**

Hy-Vee Baking Stone breads are a good foundation for sandwiches. Denser slices maintain their thickness and become crisp when grilled.

#### **HERB CARE**

To protect the freshness of herbs, wrap them in moist paper towels and store in plastic bags in your refrigerator's produce drawer.

#### **GARNISH SIMPLY**

A sprinkling of chopped herbs, freshly grated Parmesan cheese or cracked black pepper adds pizzazz and flavor to most any dish.

#### NAVIGATING THE STORE

THE CLOCK IS TICKING AND YOU CAN'T FIND AN ITEM YOU NEED. HERE ARE WAYS TO FIND IT FAST AT HY-VEE.

- Our promise. Hy-Vee has long promised "A helpful smile in every aisle." Ask any friendly Hy-Vee staff for help.
- The app. Download the Hy-Vee app. Using the Store Locator feature, select your local store. Create a shopping list. When there's an item on your list that you can't find in the store, select that ingredient. On the next screen, select "Map It." In a moment, a map of your local store will appear with an arrow pointing to the aisle where the item you seek is located.
- Endcap maps. Some stores post colorful, easy-to-read maps on aisle endcaps at various locations throughout the stores.



Find Tone's® Blends in the spice aisle!

#### **THURSDAY**

### AUTHENTIC ASIAN FLAVORS

ORANGE-GINGER
PORK STIR-FRY

SERVE WITH A SIDE SALAD MADE WITH CHOPPED FRESH VEGGIES AND CREAMY SALAD DRESSING.

#### ORANGE-GINGER PORK STIR-FRY

Orange and ginger lend big fresh flavors to the bottled sauce used in this 30-minute dinner. Make this recipe even quicker by using cut-up veggies, available in the produce section.

Prep: 15 minutes | Cook: about 15 minutes | Serves 4

 $\frac{1}{2}$  (7-ounce) package rice noodles (3 $\frac{1}{2}$  ounces total)

3/4 cup Hy-Vee bottled sweet-and-sour sauce

1/4 cup water

1 tablespoon grated fresh ginger

1 teaspoon orange zest

3 tablespoons orange juice

2 tablespoons Hy-Vee vegetable oil, divided

3 carrots, thinly bias-sliced

1½ cups sugar snap peas

1 yellow bell pepper, seeded and thinly sliced

1 pound boneless top pork loin, thinly bias-sliced

 Fill a 3-quart saucepan two-thirds full of water; bring to boiling. Add rice noodles and cook for 3 minutes. Drain and set aside.

2. Meanwhile, for sauce, in a small bowl, stir together sweet-and-sour sauce, ¼ cup water, ginger, orange zest and orange juice; set aside.

 In a large skillet, heat 1 tablespoon oil over medium to medium-high heat. Add carrots; stir-fry for
 minutes. Add snap peas and pepper; stir-fry for

**4.** Add remaining oil to skillet. Add pork; stir-fry just until no pink remains. Stir vegetables and sauce into skillet with pork. Cook for 2 to 3 minutes or until heated through.

3 minutes more. Remove vegetables from skillet.

Nutrition facts per serving: 430 calories, 13 g fat, 2.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 530 mg sodium, 49 g carbohydrates, 3 g fiber, 23 g sugar, 30 g protein. Daily values: 160% vitamin A, 130% vitamin C, 4% calcium, 8% iron.





#### SPRING CHICKEN SOUP

This made-from-scratch soup is brimming with fresh spinach, asparagus, summer squash and a medley of herbs.

Prep: 5 minutes | Cook: 20 minutes |

Serves 4 (2 cups each)

½ cup dry orzo

3¼ cups chicken broth, see "Slow-Cooked Chicken and Broth," *right* 

1 cup water

1 medium yellow summer squash, quartered lengthwise and sliced

2 cups chopped cooked chicken, right

2 cups loosely packed baby spinach

1 cup of 1-inch pieces fresh asparagus

¼ cup chopped fresh herbs (thyme, oregano and/or parsley)

4 lemon wedges

- **1.** Prepare orzo according to package directions; drain and set aside.
- 2. In a medium saucepan, bring chicken broth and the water to boiling. Stir in squash; simmer for 3 minutes. Stir in chicken, spinach, asparagus, herbs and prepared orzo. Simmer for 2 to 3 minutes or until heated through. Serve with lemon wedges.

Nutrition facts per serving: 120 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 30 mg cholesterol, 310 mg sodium, 13 g carbohydrates, 1 g fiber, 1 g sugar, 14 g protein. Daily values: 10% vitamin A, 15% vitamin C, 2% caloium, 6% iron.

#### SLOW-COOKED CHICKEN AND BROTH

A slow-cooked, whole chicken becomes the delicious foundation for nutritious family meals, including the Spring Chicken Soup.

Removing the bones is quick work when the meat is this tender and juicy. You'll get enough cooked chicken and rich broth for the soup, plus one or more additional meals. For chicken and broth recipe, go to www.hy-vee.com/recipes



#### TASTE THE AIR-CHILLED DIFFERENCE®



#### WHY CHOOSE SMART CHICKEN®?

When you buy Tecumseh Farms Smart Chicken®, you're getting only pure, all-natural chicken raised in a humane and sustainable fashion. Our birds are raised on an all-natural, vegetable grain diet, with no animal by-products, antibiotics, or growth stimulants.

#### 100% PURE AIR-CHILLED

Air-chill means no added water and always fresh, never frozen. Smart Chicken was the first chicken producer in the United States to use air-chill technology. Smart Chicken contains only natural juices and pure chicken taste.

#### RAISED IN THE MIDWEST

Smart Chicken® is raised in the heart of the Midwest and provided a diet of local vegetable grain. This eliminates our need to ship feed across the country, thus minimizing our impact on the environment.

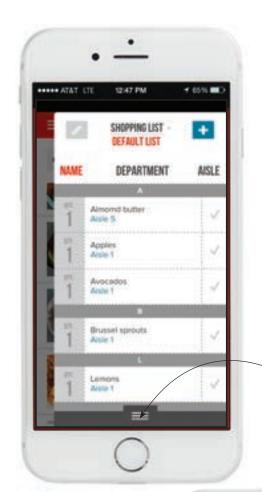
Look for Smart Chicken® in the Meat Department at your local Hy-Vee.



#### SHOPPING APP MAGIC

The free Hy-Vee app is a powerful tool that saves busy shoppers time and money. Download it from your app store, then use these and other features:

- Type in and manage shopping lists.
- Search for recipes through the app, then send ingredient names to your shopping list.
- Scan weekly ads, choosing digital coupons to clip. They are stored to your Fuel Saver card.
- Narrow your hunt for digital coupons by searching only certain departments, such as Bakery or Produce.
- Get instant savings at checkout after the cashier scans your Fuel Saver card.
- Can't find an item? Use the Product Locator feature. A store map appears, showing the product's location.
- Check the status of prescriptions and order refills at your Hy-Vee Pharmacy.





To access a store map, swipe up on the three lines at bottom of the shoppinglist screen.



#### **APP** TIPS

Create a shopping list.

Import ingredient names from Hy-Vee recipes.

Note the quantities you need to buy.

Instantly identify the department and aisle where each item is located.



**Did you know** that Barilla® pasta has only 200 calories per serving? And when cooked "al dente," pasta takes longer to digest, making it easier to stay full.

It's Possible with Barilla®









### **TAIL-WAGGING TOYS**

Dogs love toys. So Hy-Vee stocks an incredible array of chew toys and other fun things for every type of dog. There are ropes to tug, balls to catch and stuffed animals for snuggling. Cats too love toys, particularly feathered objects they hunt like prey and items filled with catnip.



### **MORE TO CHEW**

In addition to toys that can be chewed, there are almost endless choices in bones, chunks of rawhide, dried farm products and other hard items that dogs enjoy gnawing. Hy-Vee also carries many types of dental hygiene chews. These are designed to support good health in dogs' teeth and gums.



### **BULK BUYS IN TREATS**

Dog treats and foods are now sold from bulk bins in the Pet Department of many Hy-Vee stores. Treats are offered by the pound—mostly biscuits baked in assorted sizes. These are economical choices for keeping your pet happy. Natural ingredients are used in these products.

### RACHAEURAY NUTRISH

### REAL RECIPES. REAL INGREDIENTS. REAL GOOD.™

Rachael Ray created
Nutrish® Ultra and Super
Premium Food and Treats
for dogs and cats. Made
with simple, wholesome
ingredients like real meat,
Nutrish foods are inspired by
tasty recipes from Rachael's
kitchen. Nutrish contains no
poultry by-product meal,
fillers, or junk ingredients.
Plus, Rachael's proceeds
help animals in need.



### \$2.00 **OFF** Any one (1) 3 lb. bag or larger of Rachael Ray<sup>TM</sup> Nutrish® Dry Dog Food or Dry Cat Food

ZETO ZETO GRAIN

CONSUMER: This coupon good only on purchase of product stated. Any other use constitutes fraud. COUPON CANNOT BE BOUGHT, TRANSFERRED OR SOLD. LIMIT- ONE COUPON PER PURCHASE, (VOID IF TAXED, RESTRICTED ON PROHIBETED BY LAW.

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MANUFACTURER'S COUPON EXPIRES 05/13/2015

REDEEMABLE ONLY AT HY-VEE



Rachel Ray Nutrish Cat Food: chicken or salmon 14 lb. \$19.99

Rachel Ray Nutrish Dog Food: chicken or beef 14 lb. \$15.99

Rachel Ray Nutrish Zero Grain Dog Food: select varieties 11 to 14 lb. \$21.99

Rachel Ray Nutrish Zero Grain Whitefish Cat Food 12 lb. \$28.99



### ONES.

Lend a helping hand to the world by purchasing any of four Hy-Vee One Step products. Whether you buy paper towels, bottled water, potatoes or cereal, part of each purchase helps dig water wells, establish community gardens, feed the hungry or plant trees.

Hearing about the need for clean water in Africa, you want to do something to help. But what? After a natural disaster, you'd like to reach out to people in need. But how? One simple way to lend assistance is to purchase commonly used Hy-Vee One Step products.

One Step is a line of four products—paper towels, water, shredded wheat cereal and russet potatoes—that serves a dual purpose. First, products do what you bought them for, such as clean a spill, quench your thirst or satisfy you at breakfast or dinner. Second, these products offer a way to reach out to a struggling world. A portion of the proceeds goes to projects in the U.S. and abroad.

"One Step is a vital part of what the company is all about and it tells you a lot about the goodwill of our customers," says Brad Waller, Hy-Vee assistant vice president of community relations. "We offer a few everyday products that will help fund good works—some in our communities and some elsewhere in the world—and our customers respond. Through this natural partnership, we all help to make the world a little better."

### WATER

Give the gift of clean drinking water to people who have none. Buy packs or singles of One Step Bottled Water, and proceeds will go toward digging wells and funding other fresh-water projects in needy countries.

The problem is serious—the No. 1 killer in the world is unsafe water. A lack of clean water in underdeveloped nations leaves one in six people in need of this vital resource. Without it, the poor are wracked by disease and malnutrition.

Fortunately, the problem can be solved. Providing clean drinking water is more a matter of will and commitment than money or know-how. Through the One Step program, Hy-Vee and its customers are joining hands to improve lives from the first day a spigot is turned on in some distant land.

In the water project, Hy-Vee has joined forces with Rotary International, which has been working for years to increase the supply of healthy water around the world. The organization has gained knowledge about digging wells and developing water-delivery systems in countries devastated by poverty and natural disaster.

So far, proceeds from sales of One Step Bottled Water have led to the completion of 11 clean- water projects. New sources of clean drinking water are now available to towns and villages in South Africa, South Sudan, Lebanon, Tanzania, Nigeria, Haiti, Kenya and Chad.



IT'S GREAT
THAT HY-VEE
WOULD HELP
OUT WITH THE
TREES. PEOPLE
IN THIS AREA
ARE REALLY
ATTACHED
TO WILSON
ISLAND. IT
MEANS A LOT
TO US

MICHAEL JOHNSON, FRIENDS OF WILSON ISLAND



### **PAPER TOWELS**

Water, silt and mud slammed the 544-acre Wilson Island State Recreation Area during record Missouri River flooding in the summer of 2011. Buildings were damaged beyond repair, campsites buried and trees wiped out.

Investing proceeds from sales of One Step Paper Towels, Hy-Vee funded the planting of 14,000 trees at the park, which is located about 20 miles north of Council Bluffs, lowa. The paper towels are the right product for the job—environmentally friendly, they're manufactured from recycled materials.

Hy-Vee partnered with the Arbor Day Foundation to get the trees planted. Establishing young trees will bring the island back to health by providing wildlife habitat and adding shade and beauty for visitors.

The bare-root seedlings represented many species, including cottonwood, silver maple, sycamore, black willow, honey locust, American elm, box elder, black cherry, green ash and bur oak, according to the Arbor Day Foundation. Twelve acres were planted.

A volunteer group called The Friends of Wilson Park helped plant the trees, says the group's president, Michael Johnson of Missouri Valley, Iowa.

"Four of us did the planting over two very cold, wet days," Michael says. "We used a tree planter—an implement attached to the back of a tractor. We did the work as a public service." Through your purchase of One Step Paper Towels, you can participate in reforestation projects similar to the work done at Wilson Island State Recreation Area.

### SHREDDED WHEAT

Hunger is a serious problem. Millions of people, around the world as well as in our backyard, lack a dependable, adequate supply of food.

Help put hunger in check by purchasing One Step Shredded Wheat. A portion of the profit from the sale of each box goes to the Meals from the Heartland program.

Through the nonprofit Meals food program, millions of easily-prepared food packages go to those in need. The program began as a way to help those in need in Central Iowa. In 2008, Meals extended its outreach beyond Iowa. Volunteers were invited to show up at Hy-Vee Hall in downtown Des Moines to pack meals at the first Annual Hunger Fight event. More than 12,000 volunteers participated, packing about four million meals.

Today, volunteers from churches, organizations, schools and businesses—and even individual volunteers—gather regularly for foodpacking events. To this date, Meals has provided nearly 50 million meals to the hungry around the world. The nutritionally-balanced packets contain a rice-and-soy meal or a macaroni-and-cheese meal.

Through One Step Shredded Wheat, roughly 183,000 meals have been packaged and shipped to food banks throughout the Midwest.



### **RUSSET POTATOES**

Public gardens where local residents grow their own fruits and vegetables are needed in most communities. Not only are gardens a source of low-cost food for poor neighborhoods, raising crops also teaches children about nutrition and the rewards of growing food.

Development of community gardens is funded through sales of



5-pound bags of One Step Russett Potatoes. In 2014, proceeds were invested in 240 gardens.

One example is the Amos
Hiatt Community
Garden in Des
Moines, Iowa. It
was designed
to provide
agriculture space
for a low-income
neighborhood.
The garden has
24 plots and was
founded by a
student group at
Drake University.

The Amos Hiatt garden thrives near a middle school and—by design—many of those who use the garden are children. As children learn about gardening, entire families benefit, says Julie McMillin, Hy-Vee director of health and wellness.

"Children get plenty of quality time preparing and planting the gardens. Then it's important for the kids to eat what they grow. It gives them some pride—and many parents take away just as much as the kids do from these activities," Julie says.

Hy-Vee dietitians support the gardens by teaching kids about the health benefits of such foods as squash, asparagus and Brussels sprouts. Encouraging kids to eat more fruit and vegetables is easier when they have grown the produce themselves.

ABOVE: A girl picks tomatoes grown in a community garden called the Hy-Vee Garden at Stony Brook in Omaha.

LEFT: Hy-Vee volunteers prepare food packets for Meals from the Heartland, the boxes may be shipped across the country or around the world to help those in need. A portion of each sale of Hy-Vee One Step Shredded Wheat cereal goes to the project.

### THE GOODS

Great deals abound at your local Hy-Vee. Save by picking up the foods, drinks and household items shown here and throughout Hy-Vee Seasons.

### FRIDGE AND FREEZER



The Father's Table Cheesecakes: variety or chocolate 32 oz. \$11.99



al fresco Gluten Free Chicken Sausage: select varieties 12 oz. \$4.88



Azteca Refrigerated Tortillas: small or snack size 8.5 or 9.4 oz. \$1.38



Hillshire Farm American Craft Link Sausage: select varieties 14.5 oz. \$3.99



Ball Park Angus or Ball Park Franks: select varieties 14 oz. \$4.77



Johnsonville Bratwurst Burgers: select varieties 2 lb. \$7.69



Sargento All Natural Sliced Cheese: select varieties 6.3 to 8 oz. 2/\$5.00



Sargento All Natural Shredded Cheese or Tastings: select varieties 3.25 to 8 oz. 2/\$5.00



Mars Ice Cream Novelties: select varieties 3 to 14 ct. \$3.88



Screamin' Sicilian Pizza: select varieties 20.8 to 25 oz. \$7.99



Land O' Lakes Omega-3 or Brown Eggs dozen \$2.49



Cascade Ice Organic Sparkling Water 4/\$5.00



### PANTRY **3**



Newman's Own Lemonade: regular or pink 59 oz. \$2.18



Old Orchard 100% Apple and 100% Juice Blends: select varieties 64 oz. 2/\$4.00



Jolly Time Microwave Pop Corn: select varieties 3 ct. 2/\$4.00



Uncle Ben's Rice: select varieties 6 to 15.8 oz. 2/\$4.00



Truvia Brown Sugar Blend 16 oz. \$4.99



Caribou Bag Coffee: select varieties 11 or 12 oz. \$6.99



Frito-Lay Party Size Tostitos or large jar dip: select varieties 14.5 to 24 oz. 2/\$7.00



Newman's Own Salsa: select varieties 16 oz. \$2.68

### **HEALTH**



General Mills Chex Mix, Bugles or Gardetto's: select varieties 4.2 to 15 oz. 2/\$6.00



Trident Unwrapped Bottles: select varieties 50 ct. \$1.98



Trident Gum: select varieties 3 pk. \$1.98



Claritin Allergy: select varieties 30 or 40 ct. \$18.99

### PET



Beyond Dog or Cat Food: select varieties 3 to 4 lb. \$7.88



Beyond Wet Cat Food: select varieties 3 oz. 10/\$10.00



Beyond Dog Food: select varieties 14.5 or 15.5 lb. \$22.98



Beyond Wet Dog Food: select varieties 13 oz. \$1.99

## Nature Made 100 TABLETS 50% off Nature Made Fish Oil, CoQ10, Flax Seed or Vitamin B:

select varieties 30 to 360 ct.



### perfect portions

Hy-Vee dietitians are here to help with all of your health and nutrition needs. They offer personalized nutrition counseling and advice on special dietary needs, food allergies and more. Stop by today to set up an appointment with your Hy-Vee dietitian.



Where there's a helpful smile in every aisle.



# BAKERY FRESH PIES



Take 'em Home. Made. HyVee.