

# seasons



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## 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.youtube.com/user/HyVee](http://www.youtube.com/user/HyVee)

- Planked BBQ Bacon Meat Loaf
- How to Boil an Egg
- How to Pan-Sear Fish



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### About Our Guest Editor:

Proud of his 20 years as a chef, Timothy McNeese gained cooking experience aboard Norwegian Cruise Line ships, on sea-based oil platforms and at a few five-star restaurants. He is now executive chef of the Market Grille at Hy-Vee in Peoria, Illinois.

## DEAR HY-VEE READER,

I'm one lucky man because I spend each day at Hy-Vee doing the thing I enjoy most: cooking. Of all the crazy places I've worked, the best job I've ever had turns out to be in this grocery store.

It gets even better when you understand that I'm managing the cook staff at a Market Grille—the best seat in the Hy-Vee house. The range of our menu is outstanding, and our inventive cooks are always on the hunt for new flavors and irresistible dishes to offer. This is a full-service restaurant, where the steaks are cut fresh daily just for you and you'll taste some of the best salmon you'll ever eat. Stop by and you'll soon have a new favorite place.

As you read through the Spring edition of *Hy-Vee Seasons* magazine, you'll find recipes that you will return to again and again. Learn about ways to put more vegetables on your menu, the best methods for turning out sumptuous smoked barbecue and what to do with the seafood catch of the day. Don't miss "Fresh Flavor," *page 22*; "The Best BBQ Grill Masters," *page 40*, and "Not So Fishy," *page 50*. If you have a graduate in the family this year, check out ideas for pulling the party together in "*#GradParties*," *page 30*.

This is the season for outdoor meals, friends and enjoying life. We hope the ideas you take away from *Hy-Vee Seasons* help make this a memorable springtime for you.

Sincerely,

Timothy McNeese, Executive Chef

Hy-Vee #2, Peoria, Illinois

# TRICKS FOR THE MODERN CHEF

THE COLDER THE BUTTER, THE BETTER.



**GRATED BUTTER** Grate frozen butter to form a pile of shredded butter that easily mixes into doughs for cookies, biscuits and scones. No need to process these bits into the mix with a pastry cutter; just stir and knead.

## TEST KITCHEN TIPS



KILL BACTERIA AND CLEAN CUTTING BOARDS WITH LEMON AND KOSHER SALT.



SPREAD WHOLE NUTS ON PARCHMENT AND CRUSH WITH A SKILLET.



BRUSH A THIN LAYER OF EGG WHITES ONTO PASTRY CRUSTS BEFORE BAKING TO KEEP FILLING FROM SOAKING INTO CRUST.



TO SAVE TIME, PRESCOOP ICE CREAM ON A TRAY AND COVER WITH PLASTIC WRAP. FREEZE UNTIL READY TO SERVE.

## QUICK CUT

For the best results, stop chopping and start snipping!

Here's a faster way to cut up fresh herbs, using one of our favorite culinary tools: sturdy kitchen shears. Bunch herbs together and carefully snip them onto a platter or directly into your recipe. Voilà!

You get instant mince without any bruising. Shears are also ideal for cutting up dried apricots and raw bacon, portioning pizza into slices or even splitting a raw whole chicken.



# New and improved and you can't even tell.



When we took the artificial flavors, preservatives and dyes out of Kraft Macaroni & Cheese, we wanted to be sure it still tasted like the Kraft Mac & Cheese you know and love. So three months ago, we quietly started selling the new recipe in our old boxes to see if you'd notice. And your silence spoke volumes. After all, it's pretty hard to speak with your mouth full.



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# blueberries

Plump blueberries are a sweet treat when eaten by the handful. They also shine in breakfast foods and make a bright, juicy addition to salads, breads, drinks and desserts.

## SELECT

Look for brightly colored berries with a light powdery “bloom”—a natural coating that protects the blueberries—as well as a fragrant aroma. Fruit can yield to the touch but shouldn’t be soft or shriveled.

## STORE

Refrigerate berries in moistureproof containers. Use within seven to 10 days and avoid rinsing until just before eating or cooking. Water washes away the bloom, which will hasten spoilage.

## PREPARE

Rinse berries with cold water and pat dry. Serve with creamy ricotta cheese, cheesecake or cottage cheese. Mix them into a smoothie. Add a splash of raspberry liqueur to a blueberry sauce to top cakes or ice cream. Warm spices, such as cinnamon, play nicely with the fruit.

## NUTRITION

Blueberries are an excellent source of dietary fiber and vitamin C. A study cited by the American Heart Association shows that women who regularly consume blueberries and strawberries have a lower risk of experiencing a heart attack.

## 10 GREAT WAYS TO ENJOY BLUEBERRIES

Bursting with flavor, blueberries far exceed their tiny size, whether eaten raw or baked into a favorite dessert. Here are a few ways to enjoy this luscious fruit.

1. Layer fresh berries atop a graham cracker crust and cheesecake filling from a boxed cheesecake mix. For a tasty lemon-curd version called Cheesecake Bites, go to [www.hy-vee.com/recipes](http://www.hy-vee.com/recipes)
2. Prepare individual cobblers using fresh blueberries and canned blueberry filling. Top with sugared biscuits made from packaged biscuit mix.
3. Simmer 1 cup blueberries and 3 cups barbecue sauce for 20 minutes, then slather on charbroiled chicken.
4. Muddle blueberries in a pitcher; add sliced strawberries and mint, then fill with water. Chill overnight for a refreshing berry infusion.
5. Combine blueberries and Havarti cheese between bread slices and heat until the cheese is melted for the ultimate grilled cheese sandwich.
6. Puree blueberries and add to butter with a small amount of lemon zest. Spread on banana bread or biscuits.
7. Dress up seafood or poultry by adding a spoonful of fresh blueberry relish, made by combining fresh blueberries with chopped red onion and heirloom tomatoes.
8. Blend a delicious cold soup by combining blueberries with cantaloupe and honeydew melon, vanilla Greek yogurt and milk. Serve immediately.
9. Sandwich blueberries, chocolate-hazelnut spread and toasted marshmallows between peanut butter cookies to make fruity s'mores.
10. Top a purchased pizza crust with ricotta cheese, red onion, blueberries and chopped fresh basil. Bake as directed on package.

**FOR THE BEST PRESENTATION, LET FROZEN BLUEBERRIES THAW AT ROOM TEMPERATURE FOR 15 MINUTES BEFORE SERVING IN A FRUIT CUP OR SALAD.**





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# Rustic Beauty

Bring spring to the table with a bag of colorful blooms. Purchase fresh stems from your local Hy-Vee Floral Department.



## WHAT YOU NEED

- CANNING JAR
- FLOWER FOOD
- BROWN PAPER BAG
- TWINE
- 3 SEEDED EUCALYPTUS STEMS
- 3 PURPLE MUMS
- 2 PURPLE CASPIA
- 4 ORANGE GARDEN TULIPS
- 3 PINK WAXFLOWER STEMS
- 2 PURPLE STOCK
- 3 WHITE SNAPDRAGONS

**STEP 1:** Wash, rinse and dry canning jar. Fill with cool water and flower food. Place jar inside brown paper bag. Gather bag around neck of jar and tie with twine.

**STEP 2:** Hold flowers next to bag to determine height. Remove leaves that will be below waterline. Cut bottoms of stems at a diagonal while holding them underwater, which avoids trapping air in stems. Place stems in jar, arranging as desired.



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# THE ART OF COFFEE

About three years into her Hy-Vee career, Brittany Love was told that the Omaha store where she worked was getting a Starbucks kiosk. Though she knew little about making coffee, Brittany was intrigued. Now, less than two years later, she's won a national award for her skills as a barista.





## CHAMPION BARISTA

When Brittany Love was named Barista Champion for the Northwest Region of Starbucks, it was no small achievement. The territory includes states from the Pacific Northwest to the Midwest. After winning at the local and subregional levels, Brittany moved onto victory over 19 other baristas in the finals at Starbucks' Seattle headquarters. For the event, she concocted a special Cinnamon Roll Latte. Judge her talents by ordering one, *below right*.



On Wednesdays in Omaha, Brittany Love looks forward to a pack of giggling kids marching up to the Hy-Vee Starbucks kiosk, where she is the manager.

"There are about nine of them, and they stop in for caffeine-free frappuccinos while walking by on their way home from school," she says, then laughs. "They're just so cute! They make my day every time I see them."

After five years working at the Omaha Applewood Hy-Vee, Brittany has found her niche at the Starbucks counter. Though she enjoyed stints in customer service and accounting, she was intrigued by the idea of operating a Starbucks outlet in the store.

"My only experience with coffee had been drinking it since I was 15," she says. "But Hy-Vee is a company where you can move up if you apply yourself, so I decided to try for it, and it has worked out quite well. Now I'm representing two brands that I love—Hy-Vee and Starbucks."

Brittany went through the Starbucks Coffee Master Program to prepare for her role as a manager and barista. She cracked the books to learn about coffee roasting, each of the specialty coffees she and her staff offer, food pairings with various drinks she serves and much more.

"I have to be ready for people who may have never visited a Starbucks but decide to try it while shopping. When they see the big menu board, it's like speaking a different language. My job is to help them understand their choices and help them figure out what they might like to try," she says.

Similar to all Hy-Vee Starbucks kiosks, the clientele in the Applewood store includes a cross-section of the community. There are random shoppers looking for quick lifts, Hy-Vee employees (some even stop by on their days off) and people who always order their favorite drinks while at the store.

Brittany is comfortable now in her role as a coffee educator. She is often asked about the different roasting levels of coffee beans and how they affect the drink. Brittany says:

**Blonde roast:** Though the taste is mild, light beans deliver the strongest caffeine dose.

**Medium roast:** As implied, the taste is not as tame as a light roast, nor as intense as dark.

**Dark roast:** Though this is lowest in caffeine of the three, the taste is bold and robust.

Brittany also is asked whether there are taste differences between African and Latin American coffees. There are, but coffee traits are largely a product of local soils, altitudes and weather in the region where the beans are grown.

Although she has less than two years of experience as a coffee professional, Brittany has already won a national award for her skills. She took home the prize as 2015 Starbucks Barista Champion for the Northwest Region.

Competing in Seattle against other professionals last summer, Brittany's creativity and love for her job helped her walk away with the honor.

In one round of the competition, she was given three types of coffee beans and told to come up with a variety of roast blends. Judges sampled coffees brewed from those blends.

"The coffee tasting helped push me over the line. Most of the others made only one or two coffees, I made four," she says.

The contest also required her to learn the art of creating hearts, leaves and other shapes from the foam of steamed milk to add to the tops of hot drinks.

"I'm not at all artistic," Brittany says, "so it was good that I had a few months to learn and practice this art." She was helped by one of her most faithful customers, Kim, who visits Starbucks most mornings for her favorite espresso drink. That's when the two women chat.

"Kim is so encouraging, not just to me only but to my entire team. She always has something nice to say," Brittany says.

While Brittany was practicing latte art for the contest, Kim was quick to offer encouraging words.

"Believe me, what I made at first was not pretty," Brittany says. "But Kim would say, 'Oh, look, it's a fish,' and I had to laugh. Our customers are so special."

### CINNAMON ROLL LATTE

Sealing her victory as a Starbucks champion barista required Brittany Love to whip up a custom version of a Starbucks' specialty coffee. She chose to give a makeover to Starbucks' Cinnamon Dolce Latte.

"When you drink it, it's hard to resist," she says. "It's like eating a cinnamon roll and drinking your coffee at the same time. It's really amazing."

Though you won't find Brittany's custom latte on the Starbucks menu, you can special order Brittany's drink at any Starbucks outlet.

Tell a barista you want a Cinnamon Dolce Latte in desired size with added:

- White Mocha Syrup
- an extra shot of espresso

The drink is as smooth as silk and incredibly tasty.



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# SMOKED RIBS

The secret to truly delicious barbecued pork ribs is best summed up by a common phrase among grill masters: low and slow. In other words, cook ribs at a low temperature for a long time to get that smokin' flavor. See the recipe, *page 43*.

**HOMEMADE  
BBQ SAUCE**

Chef Mark Webster developed this sweet all-purpose sauce, which is excellent with ribs and many other barbecue dishes.

Prep: 15 minutes |  
Cook: 20 minutes | Serves 48  
(2 tablespoons each)

- 4 cups Hy-Vee ketchup**
- 1 cup Hy-Vee apple cider vinegar**
- ½ cup packed Hy-Vee dark brown sugar**
- ½ cup bourbon whiskey**
- ¼ cup Hy-Vee soy sauce**
- 2 tablespoons Hy-Vee taco seasoning**
- 2 teaspoons Hy-Vee ground mustard**
- 1 teaspoon Hy-Vee minced garlic**
- ½ teaspoon Hy-Vee onion powder**
- ½ teaspoon ground allspice**
- ¼ teaspoon ground white pepper**

1. In a medium saucepan, combine ketchup, vinegar, brown sugar, whiskey, soy sauce, taco seasoning, mustard, garlic, onion powder, allspice and white pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 20 minutes or until sauce has thickened, stirring occasionally.

*Note: For optimal flavor, refrigerate this sauce overnight to allow flavors to develop.*

*Nutrition facts per serving:*

50 calories, 0 g fat,  
0 g saturated fat, 0 g trans fat,  
0 mg cholesterol, 320 mg sodium,  
12 g carbohydrates, 0 g fiber,  
12 g sugar, 0 g protein.  
Daily values: 0% vitamin A,  
0% vitamin C, 0% calcium, 0% iron.



**STEP 1:** Remove the tough silverskin membrane on the bone side of the rib rack. With a dull knife, lift up one end of the membrane and pull off by hand. If needed, a paper towel will give you a better grip on the slippery tissue.



**STEP 2:** Sprinkle a barbecue spice rub all over ribs, gently patting it into the meat, which will make the flavor too strong. As it cooks, the coating turns into a flavorful crust known as bark.



**STEP 3:** Smoke ribs at around 250°F. In a smoker, position ribs according to the manufacturer's directions. On a grill, place the ribs away from the heat source and a packet of wood chips directly over it.



**STEP 4:** If desired, glaze ribs by brushing three coats of sauce onto the surface during the last 30 minutes of smoking. Do not apply sauce at the start of cooking or it will burn.



**STEP 5:** Baby back ribs take three to four hours to cook. Spareribs take a few hours longer. When done, exposed rib ends rotate easily when twisted. Double-check by taking the internal temperature with a meat thermometer. At 185°F to 190°F, they are ready to remove.



**STEP 6:** After ribs are fully cooked, place on a cutting board and cover loosely with foil for about 20 minutes. Cut and serve.

**“YOU CAN’T RUSH RIBS, BUT A LITTLE PATIENCE IS REWARDED WITH BIG FLAVOR.”**

**CHEF JIM NADEAU, COLLEGE SQUARE HY-VEE, CEDAR FALLS, IOWA. HIS BABY BACK RIBS ARE FEATURED IN “THE BEST BBQ GRILL MASTERS,” PAGE 40.**

# Create a Salad Sensation

## ROASTED CORN, BLACK BEAN AND AVOCADO SALAD

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

1 large ear of corn, husks removed  
1 teaspoon vegetable oil  
Salt, to taste  
**1 package (9-ounce) DOLE® Italian Blend**  
1 medium tomato, cut into ½-inch cubes  
1 avocado, peeled, pitted and sliced  
½ cup drained canned black beans  
½ cup thinly sliced red onion  
**8 tablespoons Bolthouse Farms® Salsa Verde  
Avocado Yogurt Dressing**

1. Preheat oven to 450°F.
2. Rub corn with oil and season with salt. Place on foil-lined pie plate and roast until corn starts to brown, about 10 to 15 minutes. Cool; cut corn kernels off cob.
3. Divide salad onto four large plates or into bowls. Arrange corn, tomato, avocado, black beans and onion on each salad. Toss with dressing to taste. Refrigerate leftovers.

### Nutrition facts per serving:

200 calories, 13 g fat, 2 g saturated fat,  
5 mg cholesterol, 10 mg sodium,  
21 g carbohydrate, 7 g fiber,  
7 g sugars, 5 g protein.

Daily values: 110% vitamin A,  
30% vitamin C, 6% calcium,  
15% iron.



A Dole Salad Blend  
makes a fresh base  
for your next creation!

Bolthouse Farms  
Dressing: select varieties  
12 or 14 fl. oz. 2/\$5.00



**READY.**



**SET.**



**SAVE!**



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# SPRING '16

- FRESH FLAVOR • #GRADPARTIES • THE BEST BBQ GRILL MASTERS
- NOT SO FISHY • TWIST ON VEGGIES • COMEBACK KIDS
- begin™ A NEW LIFE • SMALL-SPACE GARDENING • HY-VEE 360
- HORS D'OEUVRES • DOGGIE TALES

Tomato-Herb  
Bruschetta,  
page 25

Garden-Fresh  
Gazpacho,  
page 25





### NEW TWISTS ON MEALTIME FAVORITES

Sneak shredded zucchini into kid-favorite foods, such as mac and cheese or sloppy joes. This is a great way to get them to eat more green veggies.

### TENDER, MOIST BREAD

Add shredded zucchini to a quick bread made from a mix or to blueberry or banana nut muffins. Freeze extra muffins for breakfasts on-the-go.

### AMAZING BURGERS

Here's a new trick for making the juiciest turkey burgers ever: Add shredded zucchini to the meat mixture. Your burgers will also be more flavorful and nutritious.

### QUICK-FIX PASTA

Garlic and zucchini are a winning combination. Next time you serve pasta, forget the red sauce and, instead, toss it with warm garlic butter and shredded zucchini. Pasta never tasted so good!



## ZUCCHINI-CRUSTED VEGGIE PIZZA

Prep: 20 minutes | Bake: 8 to 10 minutes | Serves 4

**1 large zucchini and/or yellow summer squash, trimmed and shredded (about 12 ounces)**

**1 (6.5-ounce) package Hy-Vee pizza crust mix**

**2 to 4 tablespoons Hy-Vee all-purpose flour**

**¼ cup Hy-Vee pizza sauce**

**½ medium red bell pepper, thinly sliced into rings**

**½ medium zucchini and/or yellow summer squash, thinly sliced**

**½ cup Hy-Vee shredded mozzarella cheese**

**¼ cup Hy-Vee shredded Parmesan cheese**

**Crushed red pepper, for garnish**

**Fresh oregano, for garnish**

1. Preheat oven to 450°F.

2. Place shredded zucchini in a microwave-safe bowl.

Cover and microwave on HIGH for 5 minutes. Drain, pressing out as much liquid as you can. Blot zucchini dry with paper towels. Return to bowl. Stir in pizza crust mix until combined. Turn dough out onto a lightly floured surface and knead until smooth, adding flour if dough is sticky. Cover and let rest about 5 minutes.

3. Using floured fingers, press dough into a 12-inch square. Spread with pizza sauce and top with bell pepper and zucchini slices. Sprinkle cheeses on top. Bake for 8 to 10 minutes or until cheese begins to brown and crust is golden brown. If desired, garnish pizza with crushed red pepper and oregano.

*Nutrition facts per serving:* 280 calories, 7 g fat, 3.5 g saturated fat, 0.5 g trans fat, 15 mg cholesterol, 570 mg sodium, 42 g carbohydrates, 3 g fiber, 6 g sugar, 13 g protein. Daily values: 20% vitamin A, 70% vitamin C, 20% calcium, 15% iron.

# FRESH FLAVOR

VEGGIES AND FRUITS ARE GOOD FOR YOUR BODY, SO ENJOY THEM ALL SUMMER LONG. LEARN TIPS AND TRICKS THAT BRIGHTEN FLAVORS. START TRYING—AND YES, LOVING—PRODUCE AT EVERY MEAL.

WORDS Lois White PHOTOS Cameron Sadeghpour

Putting more veggies and fruits on your plate isn't just a healthy choice, it's a way to add fresh tastes to meals.

Whether seasonal produce makes up an appetizer, side or your entire meal, it is incredibly versatile. Here we highlight 35 new takes on summer favorites, including zucchini, cauliflower, tomatoes, asparagus, avocados, Brussels sprouts and sweet potatoes. You'll see how doing just one small thing, such as changing a cooking method, can make a big difference.

**Try blanching.** This quick method brings out deeper flavors, taking away the raw taste and brightening colors of many veggies. Even reluctant eaters can't resist the appeal of blanched vegetables. To blanch, partially cook veggies in boiling water and cool them quickly in an ice water bath.

**Pull out the roasting pan.** Roasting brings out an amazing depth of flavor. It's a simple technique for softening and caramelizing vegetables under high, dry heat, which produces

unexpected flavors. Toss these vegetables with a seasoned oil mixture to keep them from drying out and to enhance the taste. Chances are good that a bowl of crispy Brussels sprouts, *page 28*, will be well-received at the dinner table.

**Fire up the grill.** Put corn, onions, bell peppers or even cabbage on your barbecue and discover how a hint of smoke transforms flavors. To enjoy grilled asparagus in multiple ways, try our tasty ideas, *page 26*. You can pair the spears with sauces, puree them in a blender for a soup or toss them into a salad.

**Sneak veggies into everyday meals.** Increase your family's love for veggies by adding surprises to the menu. Try shredded zucchini in a pizza crust, *opposite*. Or process cauliflower to make "bread" for Cauliflower Grilled Cheese, *page 24*. Cauliflower whirled in a food processor is the starting point for the bread. If your family loves fries, try crispy oven-baked sweet potato fries. Season them with chipotle, *page 29*, and they'll become a favorite.





## CAULIFLOWER-GRILLED CHEESE

“Bread” made from cauliflower effectively cuts calories and carbs compared to most bread made from flour. This veggie bread starts with cauliflower whirled in a food processor until the consistency is like rice.

Prep: 1 hour 15 minutes | Serves 2

1 small head cauliflower, cut into large chunks

1 Hy-Vee large egg

2 ounces Manchego or aged white Cheddar cheese, shredded (about  $\frac{1}{4}$  cup)

Hy-Vee sea salt, to taste

Hy-Vee nonstick cooking spray

2 ounces Gouda cheese, shredded (about  $\frac{1}{4}$  cup)

$\frac{1}{2}$  cup baby arugula

2 ounces Hy-Vee Cheddar cheese, thinly sliced

1. Preheat oven to 400°F. Line a rimmed baking pan with parchment paper; set aside.
2. Place cauliflower in food processor. Cover and process to a fine ricelike consistency.
3. Transfer cauliflower to a microwave-safe bowl. Cover and microwave on HIGH for 4 minutes or until soft.
4. In a medium bowl, combine egg, Manchego cheese and salt. Stir in cooked cauliflower, combining well.
5. Place four portions of cauliflower mixture in prepared baking pan. Shape each portion into a 4×4-inch square about  $\frac{1}{4}$  inch thick.
6. Bake for 5 minutes or until firm in center and light golden brown. Cool on a wire rack for 20 minutes.
7. Spray one side of two cauliflower squares with nonstick cooking spray; place squares, coated sides down, on waxed paper. Top with shredded Gouda, followed by arugula and Cheddar cheese. Top sandwiches with remaining cauliflower slices. Spray the tops with nonstick spray.
8. In a large skillet, cook sandwiches over medium-low heat for 5 minutes or until cauliflower is lightly toasted and cheese is melted, turning once halfway through.

*Nutrition facts per serving:* 420 calories, 28 g fat, 17 g saturated fat, 0 g trans fat, 175 mg cholesterol, 690 mg sodium, 16 g carbohydrates, 6 g fiber, 7 g sugar, 30 g protein. Daily values: 15% vitamin A, 240% vitamin C, 80% calcium, 10% iron.

### SAVORY OVEN-ROASTED STEAKS

Trim stem from cauliflower head. Place head stem-side down on a cutting board. Cut two 1-inch-thick slices from center of head. Store remainder for another use. Brush steaks with oil. Season to taste with salt and pepper. Roast in a 450°F oven for 20 to 25 minutes or until cauliflower is crisp-tender and begins to brown, turning once halfway through. Spread with garlic butter and top with sautéed portobellos and bell peppers.

### SUPER SOUP

Cooked cauliflower purees to a smooth consistency, similar to potatoes. Substitute it in your favorite potato soup recipe. Top the soup with a pinch of shredded aged Cheddar cheese.

### HERB PAIRINGS

Toss cooked cauliflower florets with your choice of fresh herb—sage, chives or rosemary—and grated Parmesan cheese, and serve with grilled chicken.

### BUFFALO-STYLE

Roast cauliflower florets until just tender and beginning to brown. Serve hot with a dipping sauce of melted butter and Frank's Red Hot sauce and lime wedges.

### BRUSCHETTA SAMPLER

Spread toasted bruschetta with smoked Gouda or goat cheese spread and top with assorted heirloom tomatoes. Garnish with fresh thyme or chopped rosemary. See complete recipe for Tomato-Herb Bruschetta at [www.hy-vee.com/recipes](http://www.hy-vee.com/recipes)

### FRESHLY STUFFED

Hollow out whole tomatoes and stuff them with egg or chicken salad. These are simply delicious, and you won't overload on carbs.

### STRIKING SALAD

Sandwich tomato slices between slices of fresh mozzarella cheese. Drizzle stack with olive oil and sprinkle with chopped fresh basil. Season to taste.

### GOOD TO THE LAST CRUMB

Brush tomato slices with olive oil; sprinkle with a mixture of panko bread crumbs and grated Parmesan cheese. Place on a foil-lined baking sheet and bake in a 425°F oven for 15 to 20 minutes or until lightly browned.

## GARDEN-FRESH GAZPACHO

There's no cooking involved in creating this super-quick, refreshing version of Spain's most popular soup. Blend according to how chunky or smooth you like it.

Prep: 20 minutes | Chill: 4 to 24 hours | Serves 6  
**3 cups coarsely chopped heirloom tomatoes**  
(1½ pounds)

**1 cup peeled and coarsely chopped seeded cucumber**

**½ medium red bell pepper, seeded and chopped**

**¼ shallot, chopped**

**1 jalapeño pepper, seeded and chopped\***

**1 clove garlic, peeled**

**½ teaspoon Hy-Vee salt**

**1 (11.5-ounce) can vegetable juice**

**1 (1-inch) slice French bread, crust removed and bread torn into bite-size pieces**

**1 tablespoon Hy-Vee Select olive oil**

**Fresh cilantro, for garnish**

**Fresh jalapeño pepper, sliced, for garnish\***

1. In a blender or food processor combine tomatoes, cucumber, bell pepper, shallot, jalapeño pepper, garlic and salt. Add vegetable juice and bread. Cover and blend until pureed to desired consistency, blending in olive oil at the end. Cover and chill at least 4 hours or up to 24 hours before serving. If desired garnish with cilantro and jalapeño slices.

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

*Nutrition facts per serving:* 90 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 390 mg sodium, 15 g carbohydrates, 2 g fiber, 6 g sugar, 3 g protein. Daily values: 35% vitamin A, 80% vitamin C, 2% calcium, 6% iron.





## ASPARAGUS WITH EGG AND CHEESE SAUCE

Cream and shredded cheese create a quick version of Alfredo sauce for grilled asparagus.

Prep: 20 minutes | Grill: 3 to 5 minutes | Serves 6

**2 Hy-Vee large eggs**

**1 pound fresh asparagus**

**1 tablespoon Hy-Vee Select olive oil**

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

**1 cup Hy-Vee heavy whipping cream**

**½ cup shredded four-cheese blend**

1. Place whole eggs in a small saucepan. Add cold water to cover eggs by 1 inch. Bring to just boiling over high heat. Remove saucepan from burner and cover pan. Let eggs stand in hot water for 12 minutes. Drain

and cool eggs completely under cold running water or in a bowl of ice water. Peel eggs and slice; set aside.

2. Prepare a grill for direct grilling over medium heat.

Snap woody ends off asparagus. Push two soaked bamboo skewers crosswise through five asparagus spears. Continue skewering asparagus in groups of five. Brush asparagus with olive oil. Grill for 3 to 5 minutes or until crisp-tender, turning once. Season to taste with salt and pepper.

3. In a large skillet, heat cream over medium-high heat for 3 minutes, stirring constantly. Stir in cheese and heat until melted. Serve asparagus topped with egg slices and cream sauce. Season to taste with salt and pepper.

*Nutrition facts per serving:* 230 calories, 22 g fat, 12 g saturated fat, 0 g trans fat, 125 mg cholesterol, 100 mg sodium, 5 g carbohydrates, 2 g fiber, 3 g sugar, 7 g protein. Daily values: 25% vitamin A, 8% vitamin C, 10% calcium, 10% iron.

### RIBBONS OF GREEN

Use a vegetable peeler to strip ribbons from stalks of just-blanching asparagus, creating paper-thin slices. Toss into a greens salad with fresh tomato and herbed dressing.

### THE BIG DIPPERS

Asparagus spears just off the grill are perfect for dunking. Wrap thin slices of prosciutto around the spears and serve with fresh hollandaise dipping sauce.

### MEDITERRANEAN VEGGIE FLAIR

Grill asparagus as directed in Step 2, left. Serve spears topped with finely chopped tomatoes and olives and sprinkled with toasted pine nuts.

### SPRING SOUP

Grill asparagus as directed in Step 2, left. Place in a blender with a cooked, peeled potato; fresh basil; plain Greek yogurt; and enough chicken broth for a souplike consistency.



\* Bonus feature: Watch our how-to video to learn how to boil an egg. The video is in the free digital version of *Hy-Vee Seasons*. Downloading information on page 3.





## AVOCADO-RADISH-PEA SALAD

Chopped mint boosts the springtime flavor of this salad along with the sweetness of the peas and richness of avocado slices.

Prep: 20 minutes | Serves 6

**3 ripe avocados, pitted and sliced**

**2 tablespoons fresh lime juice**

**6 radishes, trimmed**

**1½ cups cooked peas, chilled**

**1½ teaspoons chopped fresh mint**

**Kosher salt and freshly cracked Hy-Vee black pepper, to taste**

1. Brush avocado slices with lime juice; set aside.
2. Using a mandoline or sharp knife, thinly slice radishes; place in a bowl. Add peas and mint. Arrange avocado slices on salad plates. Top with radish mixture. Season to taste with salt and pepper. Serve immediately.

*Nutrition facts per serving:* 350 calories, 29 g fat, 4.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 20 mg sodium, 22 g carbohydrates, 15 g fiber, 3 g sugar, 6 g protein. Daily values: 8% vitamin C, 40% vitamin C, 2% calcium, 8% iron.

### SNACK SUPPER

For a light and easy meal, top sliced avocados with purchased corn-and-bean salsa and a drizzle of hot chile sauce. Add tortilla chips for crunch.

### MEXICAN-STYLE PIZZA

Spread enchilada sauce on corn tortillas, sprinkle with shredded Monterey Jack cheese and bake in a 450°F oven until cheese is bubbly. Top with chopped avocado, thinly sliced tomatoes, crumbled Mexican-blend cheese and fresh cilantro.

### SUPER SNACKS

Top sliced avocados with chopped salted pistachios and dig in. Or spread toast with garlic hummus and layer sliced avocado on top.

### EGG-CELLENT

Liven up your next breakfast by topping avocado slices with fried or scrambled eggs. Add a drizzle of truffle oil or a sprinkle of sea salt.

# ROASTED BRUSSELS SPROUTS WITH GRAPES AND PROSCIUTTO

Cutting veggies so they lie flat allows their sugars to caramelize during oven roasting.

Prep: 20 minutes | Roast: 30 to 35 minutes | Serves 6

1½ pounds Brussels sprouts

1 tablespoon Hy-Vee Select olive oil

2 cups seedless red or green grapes

1½ ounces prosciutto

3 tablespoons Hy-Vee slivered almonds, toasted

1 tablespoon Hy-Vee Select balsamic glaze

1. Preheat oven to 400°F. Trim and halve Brussels sprouts; toss with olive oil. Scatter Brussels sprouts and grapes in a rimmed baking pan. Roast for 30 to 35 minutes or until Brussels sprouts are crisp on the outside and tender on the inside, stirring occasionally to brown sprouts evenly.

2. In a large skillet, cook prosciutto over medium heat until crispy. Cool and coarsely chop. Stir prosciutto, almonds and balsamic glaze into roasted Brussels sprouts and grapes. Serve immediately.

*Nutrition facts per serving:* 150 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 10 mg cholesterol, 200 mg sodium, 22 g carbohydrates, 6 g fiber, 12 g sugar, 7 g protein. Daily values: 20% vitamin A, 160% vitamin C, 6% calcium, 15% iron.

## FLAVOR-PACKED SIDE

Enhance roasted Brussels sprouts (see roasting directions in Step 1, *above*) with dried cranberries, chopped Fuji apple and toasted walnuts.

## FRESH TAKE ON SALAD

Toss roasted Brussels sprouts (see roasting directions in Step 1, *above*) with chopped romaine lettuce and bacon crumbles. Dress with Hy-Vee Select white balsamic honey vinaigrette.

## FIERY KICK

Jazz up roasted sprouts (see roasting directions in Step 1, *above*) by tossing them with sweet-spicy sauce made with Hy-Vee Select maple syrup and Sriracha Hot Chili Sauce.

## LIVELY LEMON

Brighten the flavor of roasted Brussels sprouts (see roasting directions in Step 1, *above*) by blending with a mixture of melted butter, lemon zest and chopped toasted hazelnuts.



# SWEET POTATO-CRUSTED QUICHE

Add essential nutrients to this savory egg dish by making its crust with sweet potato slices.

Prep: 25 minutes | Roast: 15 minutes |

Bake: 40 minutes | Stand: 15 minutes | Serves 5

**1 medium sweet potato**

**Hy-Vee nonstick cooking spray**

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

**2 tablespoons Hy-Vee Select olive oil, divided**

**1 shallot, finely chopped**

**¼ cup chopped red bell pepper**

**8 ounces fresh spinach leaves, stems removed and coarsely chopped**

**4 Hy-Vee large eggs, lightly beaten**

**1¼ cups Hy-Vee half-and-half**

**1 cup shredded Gruyère cheese (4 ounces)**

**Dash Hy-Vee nutmeg**

1. Preheat oven to 375°F. Grease a 9-inch pie plate; set aside.
2. Scrub and peel sweet potato. Using a mandoline, slice sweet potato crosswise into ¼-inch-thick slices.

Arrange slices on bottom and up sides of prepared pie plate. Spray slices with nonstick cooking spray; season to taste. Roast for 15 minutes. Remove from oven. Reduce oven to 350°F.

3. Meanwhile, in a large skillet heat 1 tablespoon oil over medium-high heat. Add shallot and bell pepper. Cook for 5 minutes or until softened. Remove from skillet; set aside.

4. Add remaining 1 tablespoon oil to same skillet. Heat over medium-high heat. Add half of the spinach to skillet; cook for 2 minutes or until wilted. Add the remaining spinach to the skillet and cook until wilted.

5. In a bowl, whisk together eggs, half-and-half, cheese and nutmeg. Stir in spinach and shallot mixtures. Pour egg mixture into prebaked crust.

6. Bake for 40 minutes or until knife inserted in center comes out clean. Let stand for 15 minutes before serving.

*Nutrition facts per serving:* 320 calories, 23 g fat, 10 g saturated fat, 0 g trans fat, 195 mg cholesterol, 280 mg sodium, 12 g carbohydrates, 2 g fiber, 6 g sugar, 15 g protein. Daily values: 160% vitamin A, 50% vitamin C, 35% calcium, 15% iron.

## CANDIED TATERS

Make a slit in baked sweet potatoes and mash the flesh slightly with a fork. Sprinkle with brown sugar, miniature marshmallows and bacon crumbles.

## CHIPOTLE FRIES

Cut sweet potatoes into fries; arrange on a baking sheet lined with parchment paper. Brush fries with Hy-Vee Select olive oil and sprinkle with chipotle seasoning. Bake in a 400°F oven about 30 minutes or until golden and crispy. Serve the fries with ranch dressing.

## SMALL BITES

Slice sweet potatoes ¼ inch thick. Arrange slices in a single layer in a baking pan. Brush with Hy-Vee Select olive oil. Roast in a 375°F oven for 15 minutes or until tender. Cool slightly. Top with salsa or olive tapenade.

## CONFETTI SALAD

Toss cubed cooked sweet potatoes with chopped red and green bell pepper, corn and sliced red onion. Dress with your favorite vinaigrette dressing.





# #GRAD parties

HOST A ROCK-STAR PARTY WITH EASY-TO-DO PERSONALIZED DECORATIONS AND A LITTLE HELP FROM HY-VEE CATERING. CHOOSE FROM SPREADS SUCH AS TACOS, MEAT SLIDERS, BARBECUE AND MORE. THEN ADD ALL YOUR GRAD'S FAVORITE SIDES! CAP OFF YOUR CELEBRATION WITH A SELECTION OF DELICIOUS DESSERTS AND CANDIES IN FESTIVE COLORS. THIS IS YOUR COURSE IN PARTY PLANNING THE HY-VEE WAY. YOU'LL PASS WITH FLYING COLORS.

WORDS Lois White PHOTOS Cameron Sadeghpour





Congratulations  
Class of  
2019



Frame a few of your grad's most memorable photos and display them with inspirational quotes. Center an oversized corkboard on a gallery wall so guests can pin up wishes and advice.



## FLAGGED FAVORITES

Make it personal by calling out your graduate's childhood favorites. Order party sides from Hy-Vee and divvy them up into cute single-serving containers. Decorate plastic cups with flags and labels in your event's color scheme.

## slushy blue punch

This fruity, fizzy punch will be a hit at any graduation party. Make the slush base ahead and freeze. You can mix and tint to match school colors or other decorations.

Prep: 15 minutes | Freeze: 4 to 24 hours |  
Stand: 20 to 30 minutes | Serves 24 (about 6 ounces each)  
8 cups warm water  
2 cups sugar  
1 cup Hy-Vee pineapple juice  
1 (12-ounce) can Hy-Vee frozen lemonade concentrate, thawed  
2 (0.16-ounce each) packets unsweetened berry blue or orange drink mix  
Blue food coloring, optional  
1 (2-liter) bottle lemon-lime soda

1. In a large bowl, combine water and sugar until sugar dissolves. Stir in pineapple juice, lemonade concentrate, drink mix and, if desired, blue food coloring. Transfer to a 9x13-inch baking pan. Cover and freeze for 4 to 24 hours.

2. To serve, let mixture stand at room temperature for 20 to 30 minutes. To form slush, scrape a large spoon across frozen mixture; spoon into a punch bowl or beverage dispenser. Slowly pour soda down side of bowl and stir gently to mix.

*Nutrition facts per serving:* 130 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 34 g carbohydrates, 0 g fiber, 33 g sugar, 0 g protein. Daily values: 0% vitamin A, 10% vitamin A, 0% calcium, 0% iron.

Find a drink dispenser at Hy-Vee!

10% off Beverage Dispenser: select varieties 1 or 2 gal.



## PHOTO CUPS

Cheers to the grad with the best smile ever! Use double-sided tape to attach laminated school photos to party cups.



# #CATERING

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



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ALL NATURAL SHRIMP PLATTER



WINGING IT PLATTER

MEAT + CHEESE TRAYS



12-INCH FRUIT PIZZA



ELEGANT FRUIT DISPLAY

PREMIER VEGGIE PLATTER



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FRUIT + VEGGIE OPTIONS



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BAKERY FRESH DESSERTS

## MOST LIKELY TO SUCCEED

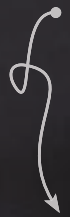
School's out and stylish parties are in. Give your grad the celebration he or she deserves without breaking the bank. Follow these tips for easy decor, prep and cleanup:

- Weave school colors throughout decor
- Direct guests with printed labels and signs
- Overstock on disposable plates and flatware
- Keep drinks chilled in coolers with extra ice
- Make sweets available throughout the day
- Provide trash bins that are easily accessible
- Designate a gift and card table
- Create a playlist for the event
- Cohost a party with classmates
- Send invites early to avoid conflict with other grads
- Set chips or veggies on individual tables
- Offer grab-and-go snacks for mingling
- Decorate the door, mailbox and/or front walk
- Snap plenty of photos

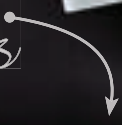


*pick your own  
salads and sides*

classic  
condiments



mini  
sliders



gourmet bakery  
treats



build  
your own

Choose your grad's favorite foods with Hy-Vee's catered buffets and dessert options!

# #CRAFTING

Elevate your event with playful decor and homemade touches, including personalized paper goods and multiflavored popcorns. These ideas offer fun, easy ways to impress your guests and maintain a cohesive look throughout your party. For paper-label template downloads, visit [www.hy-vee.com/seasons](http://www.hy-vee.com/seasons)

SHOW YOUR COLORS



DRESS HY-VEE BOTTLED WATER WITH PRINTED LABELS AND HAND-CRAFTED PAPER HATS IN SCHOOL COLORS.



WRAP NAPKINS AND A RIBBON AROUND PLASTICWARE TO LOOK LIKE DIPLOMAS, OR STAMP YOUR GRAD'S NAME ON PAPER NAPKINS.



PURCHASE PLASTIC UTENSILS FROM HY-VEE AND DIP HANDLES IN QUICK-DRYING CRAFT PAINTS. NOTE THE YEAR WITH MARKER.

TASTY BITES



MAKE EDIBLE DIPLOMAS FROM ROLLED WAFERS AND FRUIT STRIPS.



CUSTOMIZE HY-VEE'S GOURMET CUPCAKES WITH DECORATIVE LABELS.

15% off Bamboo Houseware Items: select varieties

SET THE TABLE



PURCHASE FRAGRANT CARNATIONS FROM YOUR LOCAL HY-VEE FLORAL STAND AND DISPLAY IN A PAINTED GLASS VASE. ADD A STURDY TAG WITH YOUR GRAD'S SCHOOL YEAR.



MAKE GRADUATION CAPS FROM PEANUT BUTTER CUPS, MILK CHOCOLATE BARS, MINI M&M'S AND FRUIT STRIPS. DISPLAY ON SKEWERS IN A CONTAINER FILLED WITH CANDY-COATED CHOCOLATES. ADD A PAPER RIBBON THAT INCLUDES THE HONOREE'S INITIALS.



## POPCORN BAR

Aim for popularity with a gourmet popcorn buffet. From left: Confetti Clusters Popcorn, Peanut Butter Cup Popcorn, Sweet Cinnamon Roll Popcorn, Berry Blue Popcorn and Italian Popcorn. Find recipes at [www.hy-vee.com/recipes](http://www.hy-vee.com/recipes)

## GET THE SCOOP

Skip the duty of full-time scooper by setting up a DIY float bar with jars of prescooped ice cream and bottles of soda. Display in an ice-filled bucket for up to an hour, checking periodically to see what needs to be replenished. Add bunting and a fun paper sign.







## 3 great favor ideas

1

Class up candy buffet glass vessels in various shapes and sizes. Shop the candy aisle at your local Hy-Vee for individually wrapped candies or choose bulk-bin candies, such as gumballs, jelly beans or candy-coated chocolates.

2

Wrap up the party with personalized candy bar labels. This cost-effective idea can incorporate your graduate's monogram, school year or other words of celebration.

3

Send guests home with something sweet. As they leave, present them with a Hy-Vee Bakery cookie packaged in a handmade parchment paper envelope.



Download paper-design templates at [www.hy-vee.com/seasons](http://www.hy-vee.com/seasons)





**FLAVORS & COLORS**  
WORTH SHOWING OFF



**VANILLA BUTTERCREAM FROSTING**

Prep Time: 5 minutes

1/2 cup butter OR margarine, softened  
2 tablespoons Karo® Light Corn Syrup  
2 teaspoons Tone's® Vanilla Extract  
Dash salt  
3 cups powdered sugar  
2 to 3 tablespoons milk  
Tone's® Food Colors, as desired

Beat butter, corn syrup, vanilla and salt in a large bowl until light and fluffy. Gradually beat in powdered sugar and 2 tablespoons milk. Add additional milk 1 teaspoon at a time, as needed, to reach desired spreading consistency. Add food coloring, if desired.



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**THE BEST BBQ  
GRILL MASTERS**



WORDS Carlos Acevedo  
PHOTOS Tobin Bennett



## WE ASKED TWO HY-VEE CHEFS AND SEASONED GRILL MASTERS TO SHARE THEIR BEST BBQ. THEIR RECIPES ARE SPECTACULAR!

### SMOKE AND FIRE

For avid barbecuers, the warmer months are all about the thrill of the grill. Few experiences eclipse the building excitement that comes from the smell of hickory as ribs smoke for hours or the hiss and sizzle of well-seasoned steaks hitting a hot grate.

Tasty barbecue is not hard to achieve. You just need good ingredients, good recipes and a little practice. Of course, a few tips from the pros can't hurt. We turned to Chef Jim Nadeau of Cedar Falls College Square Hy-Vee in Iowa and Chef Mark Webster of Lee's Summit West Hy-Vee in Missouri. In the summer, these grill gurus spend their weekends competing in and judging BBQ competitions.

### INGREDIENTS

It all starts with primo ingredients, the chefs say, and there is an abundant selection at Hy-Vee, where you'll find everything needed to cook out, including top grades of beef—both choice and prime—and an ideal selection of chicken, pork and seafood. Also on hand at the stores are barbecue sauces, rubs, charcoal and a variety of wood chips.

When it comes to steaks, the chefs prefer prime beef. The prime designation comes from the USDA and mostly refers to the level of

intramuscular fat, known as marbling, in each steak. Prime beef has abundant marbling, which means it is especially juicy and flavorful when barbecued. Choice grade beef, just below prime, is a good alternative.

The chefs say fat is key to good barbecue. When Chef Mark makes his prizewinning brisket recipe, see *page 46*, he looks for a thick, uniform layer of fat, which he does not trim before smoking. The fat helps keep the beef from drying out as it smokes.

The same can be said for pork ribs. When Chef Jim barbecues, see *page 43*, he seeks out the plump, meatiest baby back ribs evenly trimmed with no "shiners." These are spots where the ribs were trimmed too closely and rib bone shows through. This can cause the ribs to cook unevenly.

### TECHNIQUE

"I like to keep it simple. Low and slow is key," Chef Jim says. That idea, cooking at a low temperature for a long time, is a fundamental technique for breaking down tough cuts like pork ribs and beef brisket until they become succulent and fork tender.

"Great barbecue can't be rushed," Chef Mark says. For a whole brisket, he allows a cooking time of eight hours or longer, depending on the size of the beef cut.

"In Kansas City we look for a brisket that is blackened on the outside with a great flavor of smoke," Chef Mark says. "But we also never overcook a brisket. Instead, we want it to be tender but not falling apart so we can slice it up properly."

The chefs pride themselves on being old school when it comes to technique, yet are not shy about relying on the latest technology. For instance, both recommend using digital meat probes that give constant doneness updates.

### TOP BBQ FLAVOR

Smoke plays a central role in developing an iconic barbecue flavor. Both chefs like to smoke with a variety of wood chips, and they even blend the chips from strong woods like hickory and milder woods, such as apple, to produce interesting flavors.

They rely on made-from-scratch rubs applied before the meat goes in the smoker or on the grill. As the meat cooks, rubs form a crust known as bark. That bark is flavored by the herbs and spices as well as the smoke and juices from the meat, and it takes on a crisp texture. To prevent the bark on his brisket from burning, Chef Mark likes to spray it with apple juice.

When it comes to barbecue sauce, both chefs prefer to serve it on the side as a condiment. They want the meat to stand on its own merits.

**"WHEN MAKING A RUB, I  
LIKE TO FIND A GOOD  
BALANCE BETWEEN  
SWEET AND HEAT."  
CHEF JIM NADEAU**



HOMEMADE BBQ SAUCE, PAGE 18

## CHEF JIM'S SMOKED BABY BACK RIBS

For a showstopping entrée, there's nothing like a smoky, juicy rack of ribs. A savory rub gives ribs the ultimate combination of a crispy crust and succulent meat.

Prep: 10 minutes | Cook: 3 hours |  
Stand: 20 minutes | Serves 8

**3 tablespoons packed Hy-Vee brown sugar**  
**3 tablespoons Hy-Vee paprika**  
**2 tablespoons Hy-Vee black pepper**  
**1 tablespoon Hy-Vee lemon pepper seasoning**  
**1 tablespoon Hy-Vee dried parsley flakes**  
**1 tablespoon Hy-Vee chili powder**  
**1 tablespoon Hy-Vee ground cumin**  
**1 tablespoon Hy-Vee sea salt**  
**1½ teaspoons celery salt**  
**1½ teaspoons Hy-Vee dried thyme**

**1½ teaspoons Hy-Vee onion powder**  
**1½ teaspoons Hy-Vee garlic powder**  
**2 (2½ pounds each) racks loin back pork ribs (baby back ribs)**  
**Hickory wood chips**  
**2 cups Homemade BBQ Sauce, page 18, or Hy-Vee barbecue sauce, optional**

1. For the rub, in a small bowl stir together brown sugar, paprika, black pepper, lemon pepper seasoning, parsley, chili powder, cumin, sea salt, celery salt, thyme, onion powder and garlic powder.
2. Pat ribs dry with paper towels and remove the silverskin, the white membrane covering the bones (see the tip in Step 1 of "Smoked Ribs," page 18). Sprinkle rub evenly on top and bottom of ribs and gently pat with hands.
3. In a smoker, arrange preheated coals, wood chips

and water in a water pan according to the manufacturer's directions. Add additional coals and adjust vents as needed to maintain a temperature of about 240°F. Place ribs on a well-greased rack directly over water pan and cover or close smoker. Smoke for 3 hours or until ribs are tender and an instant-read thermometer inserted into the meat between the ribs reaches 185°F to 190°F, adding wood chips as needed to maintain smoke.

4. Remove ribs from smoker. Cover loosely with foil and let stand for 20 minutes. If desired, serve with barbecue sauce.

*Nutrition facts per serving:* 680 calories, 47 g fat, 17 g saturated fat, 0 g trans fat, 195 mg cholesterol, 1,430 mg sodium, 9 g carbohydrates, 2 g fiber, 5 g sugar, 55 g protein. Daily values: 35% vitamin A, 0% vitamin C, 10% calcium, 20% iron.

# SMOKIN' ESSENTIALS

A combination of **lump charcoal** and **briquettes** offers ideal heat.



Track the progress of your BBQ's internal temp with a **digital meat probe**.



To glaze ribs, you'll need a sturdy **basting brush**.



Grill experts keep a clean **spray bottle** full of apple juice handy so they can moisten their barbecue periodically. Juice enhances flavor, while water might dilute it.



Always scrub the grill clean first with a **metal-bristle grill brush**. **Wood grilling planks** give food a delectable smoky flavor.



Move or flip food on the grill with **stainless-steel tongs and turner**. Then again, sometimes it's easier to just grab food with hands protected by heatproof **neoprene grill gloves**.

A **steel smoke box** is useful if you like to smoke on a gas or charcoal grill. Stock **hickory, oak and fruit wood chips and chunks** in your grill kit for smoking.



## NEW YORK STRIPS WITH STEAKHOUSE TOPPERS

Choose any of the steakhouse toppers, *below*, to add an unexpected layer of flavor to grilled steak. These fancy accompaniments are simple to make.

Prep: 20 minutes | Cook: 10 to 15 minutes |

Rest: 10 minutes | Serves 4

4 (12-ounce each) New York Strip steaks, cut 1 inch thick

¼ cup Hy-Vee Select olive oil

Hy-Vee sea salt, to taste

Hy-Vee black pepper, to taste

1 recipe desired Steakhouse Topper, *below*

1. Trim fat from steaks; let stand at room temperature for 15 minutes. Prepare a charcoal or gas grill for direct cooking over medium-high heat.
2. Rub steaks with olive oil and season to taste. Grill steaks for 10 to 12 minutes for medium-rare (145°F) or 12 to 15 minutes for medium (160°F), turning once halfway through. Remove steaks from grill and let rest for 10 minutes. Serve topped with desired Steakhouse Topper.

*Nutrition facts per serving (without topping):* 700 calories, 50 g fat, 17 g saturated fat, 0 g trans fat, 180 mg cholesterol, 940 mg sodium, 0 g carbohydrate, 0 g fiber, 0 g sugar, 64 g protein. Daily values: 0% vitamin A, 0% vitamin C, 0% calcium, 30% iron.

### STEAKHOUSE TOPPERS:

**Blue Cheese-Bacon Butter:** Combine ½ cup softened Hy-Vee butter, ¼ cup blue cheese crumbles, ¼ cup crumbled crisp-cooked Hy-Vee bacon and ¼ cup thinly sliced green onions. Shape into a log and wrap in plastic wrap. Chill until ready to serve.

**Creamed Mushrooms and Onions:** In a large skillet, heat 1 tablespoon Hy-Vee Select olive oil over medium heat. Add 1 cup sliced mushrooms, 1 cup chopped green onions and 1 tablespoon fresh minced garlic. Cook until green onions are softened and garlic is aromatic. Add ½ cup Hy-Vee heavy whipping cream. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes or until topping is a saucelike consistency. Season to taste with salt and pepper.


**Crispy Fried Shallots:** Thinly slice 4 shallots; place in a gallon-size resealable plastic bag. Add 2 tablespoons Hy-Vee all-purpose flour. Close bag and shake until shallots are well-coated with flour. In a small saucepan, heat 1 cup Hy-Vee vegetable oil over medium heat until hot. Drop shallots, a few at a time, into hot oil and fry until golden brown. Transfer to a baking pan lined with paper towels. Season to taste.

For nutrition information on steaks with toppers, go to [www.hy-vee.com/recipes](http://www.hy-vee.com/recipes)

**“ADD SIZZLE TO YOUR STEAK WITH A TASTY TOPPER!”**  
**CHEF JIM NADEAU**







**"BRISKET SHOULD BE  
CUT INTO SLICES  
ABOUT THE THICKNESS  
OF A PENCIL."  
CHEF MARK WEBSTER**

## CHEF MARK'S KC SMOKED BRISKET

When preparing brisket, Chef Mark likes to leave the fat intact. It melts as the brisket smokes, basting the meat for succulent barbecue, he says.

Prep: 15 minutes | Chill: 2 hours | Cook: 8 hours |

Rest: 20 minutes | Serves 24

¼ cup granulated sugar

¼ cup packed Hy-Vee brown sugar

¼ cup sweet Hungarian paprika

1½ tablespoons Hy-Vee sea salt

1 tablespoon Hy-Vee black pepper

1 tablespoon Hy-Vee lemon pepper seasoning

1 teaspoon ground allspice

1 (6- to 8-pound) untrimmed beef brisket

2 cups Hy-Vee apple juice or apple cider,  
more as needed

Hickory and cherry wood chips

1 recipe Homemade BBQ Sauce, [page 18](#), optional

1. For rub, in a small bowl stir together granulated sugar, brown sugar, paprika, salt, black pepper, lemon pepper seasoning and allspice. If desired, press mixture through a strainer to remove any lumps. Pat brisket dry with paper towels. Apply the rub all over the brisket, making sure to coat the meat evenly. Cover the brisket with plastic wrap and refrigerate for 2 hours. Pour apple juice into a clean spray bottle used only for food.

2. In a smoker, arrange preheated coals, wood chips and a water pan according to the manufacturer's directions. Add additional coals and adjust vents as needed to maintain a temperature between 220°F and 250°F. Place meat on a well-greased rack directly

over water pan. Cover or close smoker and smoke for 2 hours, adding equal amounts of hickory and cherry wood chips as needed to maintain smoke. Continue cooking brisket in smoker without smoke for an additional 6 hours or until an instant-read thermometer inserted into the deepest part of the brisket reaches 185°F to 190°F, spraying brisket generously with apple juice every hour.

3. Remove brisket from smoker. Cover loosely with foil and let rest for 20 minutes. To serve, thinly slice meat against the grain and, if desired, top with barbecue sauce.

*Nutrition facts per serving:* 200 calories, 9 g fat, 3 g saturated fat, 0 g trans fat, 70 mg cholesterol, 510 mg sodium, 5 g carbohydrates, 0 g fiber, 4 g sugar, 24 g protein. Daily values: 10% vitamin A, 0% vitamin C, 2% calcium, 15% iron.



CHEF MARK  
APPLIES HIS RUB  
CAREFULLY SO THE  
CRUST BECOMES  
UNIFORM WHEN IT  
IS SMOKED.

## PLANKED BBQ BACON MEAT LOAF

Glazed with sweet BBQ sauce, this bacon-wrapped meat is a smoky special occasion treat.

Prep: 30 minutes | Cook: 5 minutes | Grill: 5 minutes plus 1 hour | Rest: 10 minutes | Serves 10

2 Hy-Vee large eggs  
½ cup Hy-Vee 2% milk  
1 tablespoon Hy-Vee Worcestershire sauce  
2 teaspoons hot sauce, optional  
1 cup Hy-Vee plain bread crumbs  
1 tablespoon Hy-Vee Select olive oil  
1 medium onion, finely chopped  
3 cloves garlic, minced  
1½ pounds 90%-lean ground sirloin  
1 pound ground pork  
1 cup grated carrot (about 1 medium)  
2 tablespoons chopped fresh thyme  
1 teaspoon Hy-Vee sea salt  
1 cedar grilling plank (do not soak)  
12 slices Hy-Vee bacon  
1½ cups Hy-Vee barbecue sauce  
¾ cup Hy-Vee ketchup

1. In a bowl, whisk together eggs, milk, Worcestershire sauce and, if desired, hot sauce. Stir in bread crumbs; set aside.
2. In a large skillet, heat oil over medium heat. Add onion and garlic. Cook for 5 minutes or until softened, stirring often. In a large bowl, combine ground sirloin, ground pork, carrot, thyme, salt, bread crumb mixture and onion mixture; mix well. Cover and refrigerate while preparing grill.
3. Prepare a charcoal or gas grill for indirect cooking over medium-high heat. Place plank directly over heat and warm for 2 to 3 minutes, turning occasionally, until wood is lightly toasted on both sides. Remove and cool.
4. Place plank on work surface. Arrange bacon slices crosswise on plank so they touch but do not overlap. Mound meat loaf mixture on bacon-lined plank; form into a loaf about 4 inches wide and 12 inches long. Bring ends of bacon up and over the loaf, overlapping the strips. Secure with wooden toothpicks.
5. Place plank and loaf on grill rack over direct heat and grill for 5 minutes or until plank begins to smoke. Move plank over indirect heat and grill for 40 minutes.
6. Meanwhile, combine barbecue sauce and ketchup. Reserve half of the sauce for serving. Place remaining sauce in a small saucepan. Heat, stirring occasionally, over medium heat until heated through. Brush evenly over meat loaf. Continue brushing with sauce every 10 minutes or until internal temperature reaches 160°F.
7. Remove meat loaf from the grill. Cover and let rest for 10 minutes. Heat reserved sauce. Cut loaf into slices and serve with sauce.

*Nutrition facts per serving:* 420 calories, 20 g fat, 7 g saturated fat, 0 g trans fat, 115 mg cholesterol, 1,220 mg sodium, 32 g carbohydrates, 1 g fiber, 18 g sugar, 28 g protein. Daily values: 40% vitamin A, 8% vitamin C, 8% calcium, 15% iron.



\* Bonus feature: Watch our how-to video for making bacon-wrapped meat loaf. The video is in your free digital version of *Hy-Vee Seasons*. Downloading information on page 3.



# MASTER FLAVOR BY THE BOTTLE

It's that time of year again: **BBQ SEASON.** The right barbecue sauce makes all the difference. Stock up on brands you can trust, and fill your barbecue with the flavor that grill masters love.

Famous Dave's BBQ Sauce or Marinade: select varieties 12 to 20 oz. \$2.79

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# NOT SO *fishy*

WORDS Carlos Acevedo PHOTOS Tobin Bennett

CHECK OUT THESE SIMPLE SOLUTIONS TO GET ANYONE, EVEN THOSE WHO THINK THEY DON'T LIKE FISH, HOOKED ON SEAFOOD.

Meat and potatoes have long reigned supreme in the Midwest, but it's time for seafood to have its day. Over the years, improvements in shipping and storage have made ocean-going foodstuffs as accessible and fresh as locally raised beef, pork and chicken.

Now it's just a matter of getting our appetites and weekly menus to catch up to the abundance of fresh fish available at Hy-Vee's seafood counters. Not only are fish and shellfish delicious, they're as easy to cook as other meats. They're also an excellent source of lean protein and other nutrients. Health experts recommend people eat seafood at least two times a week.

Is this a bit of a challenge for some? Sure. We all know people who are fish averse for various reasons and unfairly banish from their diets anything that swims. They may not be familiar with how to prepare seafood, or they may not like the way it smells. Here are a few work-arounds for these objections so you can serve delicious seafood that everyone will enjoy.

To get someone over his or her fear of fish, try working seafood into familiar and flavorful dishes where the seafood shares the stage with other ingredients and flavors. The Crispy Potato Chip Fish Fingers, see *page 54*, is a great example. The crispy texture is reminiscent of chicken fingers.

The next trick is no secret: Always buy and cook the freshest fish possible. Frozen fish is a good alternative because it's frozen right after being caught. For help in selecting the best fish, see "Select Fresh," *opposite*. The fresher the fish, the better texture and less odor it possesses. Briefly soaking fish in milk or buttermilk also can help mitigate a strong fishy aroma.

Another factor to consider is the type of seafood. Some varieties are less pungent than others. Halibut and other white fish are mild. Sole, in particular, is delicately flavored and makes a great entry to seafood for anyone who might otherwise make a point of avoiding it. Another option: shrimp. They are sweet-tasting, pair well with just about anything and are easy to prepare. Look for bags of peeled, deveined, frozen shrimp in Hy-Vee's seafood section.

Finally, incorporate a variety of ingredients and techniques when you prepare seafood. By adding a crust, a sauce or a topper, seafood becomes a lot more interesting and tasty too! This makes the meal about more than just the fish, as each recipe here does. While you are at it, keep an eye on doneness. Overcooked seafood can become rubbery, which is a turnoff regardless of how you feel about eating it.





**SELECT  
FRESH**

For the freshest fish, look for clear eyes, red gills and firm, shiny flesh. Also, the flesh should bounce back when poked with a finger. There should only be a clean, not fishy, smell. While you're at it, ask the fishmongers questions. They will be happy to explain when and where the fish was caught.



**HIMALAYAN SALT PLATE**

Enhance the flavors of all your favorite dishes with mineral-rich salt plates available at your local Hy-Vee! Use hot off the grill to flash-sear seafood or other thinly sliced meats, or chill and utilize for serving veggies, carpaccio or assorted cheeses.

# ADD SOME *Flavor*

TRY ONE OF THESE STRATEGIES FOR GIVING SEAFOOD A FLAVOR BOOST WITH TASTY INGREDIENTS.

## 1. CRUNCHY COATING

Coat fish in an egg wash or mustard, then coat with crushed nuts or cornmeal before cooking. The crust adds delicious flavor and the extra texture of a crispy crunch.



## 2. GET SAUCY

Top seafood with a citrusy sauce or salsa. The brightness will elevate other flavors, while creaminess from dairy can introduce a welcome richness to otherwise lean protein.



## 3. SPRINKLE SPICES & HERBS

Seasonings can take seafood to the next level, but tread lightly. Overly generous use of spices can overwhelm the flavors of mild seafood such as sole and scallops.



## 4. ADD TANG

A squirt of fresh lemon juice over sizzling salmon or shrimp tastes great. It's a classic pairing. But for even more delicious impact, try rubbing the seafood inside and out with lemon or lime slices before cooking.



## 5. QUICK MILK MARINADE

Like citrus, dairy works wonders on fish. Refresh seafood with a 30-minute soak in milk. Pat the seafood dry with a paper towel before seasoning and cooking.



# walnut-crusted salmon *baked on a salt plate*

Using a block of salt to cook salmon is doubly effective because it helps cook and season the fillets at the same time.

Prep: 15 minutes | Stand: 20 minutes |

Cook: 3 to 5 minutes | Bake/Broil: 16 minutes | Serves 2

**2 (5 ounces each) skinless center-cut salmon fillets,**  
pin bones removed

**2 cups Hy-Vee whole milk**

**½ pound fresh asparagus, trimmed**

**1 cup red and/or yellow grape tomatoes, halved**

**2 tablespoons bottled light balsamic vinaigrette**

**1 tablespoon Hy-Vee honey**

**1 tablespoon Hy-Vee Dijon mustard**

**Cooking oil, for brushing**

**¼ cup Hy-Vee walnut pieces, chopped**

1. Place an 8x8-inch Himalayan salt plate in center rack of a cold oven. Preheat oven and salt plate to 375°F.
2. Place salmon fillets in a large bowl; add enough milk to cover. Let stand at room temperature for 20 minutes, turning fillets occasionally. Rinse salmon with water; pat dry with paper towels.
3. Meanwhile, for asparagus salad, use a vegetable peeler to slice asparagus stalks lengthwise into strips. In a large skillet, cook asparagus in a small amount of boiling water for 3 to 5 minutes or just until crisp-tender; drain. Transfer asparagus to a medium bowl. Add tomatoes and vinaigrette; toss to coat. Cover and refrigerate until serving time.
4. In a small bowl, whisk together honey and mustard. Using oven mitts, carefully transfer salt plate to a heatproof surface or counter and brush with oil. Arrange fillets on salt plate and brush tops with honey mixture and coat with nuts. Using oven mitts, return salt plate to center rack of oven and bake fillets for 8 minutes. Switch oven to broil and continue to cook fillets 8 minutes or until they flake easily when tested with a fork and nuts start to brown.
5. Serve salmon immediately with asparagus salad.

*Nutrition facts per serving:* 500 calories, 31 g fat, 6 g saturated fat, 0 g trans fat, 80 mg cholesterol, 22 g carbohydrates, 5 g fiber, 16 g sugar, 35 g protein. Daily values: 45% vitamin A, 50% vitamin A, 6% calcium, 20% iron.

*Note: Sodium figures are unavailable because the amount of sodium absorbed from the salt plate could not be determined.*



## SALT BLOCK 101

To prevent cracking a salt plate, always preheat the block first by placing it in a cold oven or on a cold grill to preheat and rise slowly to cooking temperature. Lightly grease the surface and place on a baking sheet if there is a chance the food will drip as it cooks. Afterward, clean the cooled plate with a damp sponge to remove any residual food. No soap is required. With care, the salt plate will last a long time.



Himalayan Salt Plate  
1 ea. \$27.99



# crispy potato chip *fish fingers*

To vary the flavor, coat the fish with other varieties of potato chips from the Hy-Vee Premium Potato Chip line.

Prep: 10 minutes | Cook: 10 minutes | Serves 4

Hy-Vee nonstick cooking spray  
4 (5 ounces each) sole fillets, thawed if frozen, cut into strips  
¼ cup Hy-Vee mayonnaise  
1½ cups finely crushed Hy-Vee sea salt-flavored potato chips (about 4 ounces)  
3 cups Broccolini  
Hy-Vee cocktail sauce or Hy-Vee ketchup, optional

## NOTE

This makes four satisfying dinners but also can easily feed six as a hearty snack. Instead of plating portions, serve fish sticks on a platter with plenty of cocktail sauce for dipping.

1. Preheat oven to 400°F. Place a wire rack in a baking pan. Spray rack with nonstick spray; set aside.
2. Pat fish strips dry with paper towels. For the fish fingers, brush mayonnaise on top and bottom of each fish strip. Gently press crushed chips into strips to evenly coat on all sides. Arrange crusted strips on wire rack. Bake for 10 minutes or until fish flakes easily when tested with a fork.
3. Meanwhile, prepare Broccolini. In a saucepan, bring water to boiling over high heat. Add Broccolini and cook 10 minutes or until crisp-tender.
4. Serve fish fingers with Broccolini and, if desired, cocktail sauce.

*Nutrition facts per serving:* 360 calories, 24 g fat, 3 g saturated fat, 0 g trans fat, 60 mg cholesterol, 580 mg sodium, 19 g carbohydrates, 3 g fiber, 0 g sugar, 19 g protein. Daily values: 35% vitamin A, 90% vitamin C, 6% calcium, 6% iron.



# cornmeal catfish *with Parmesan wedges*

Farm-raised catfish is mild and delicious, especially when crusted.

Prep: 15 minutes | Marinate: 10 minutes  
Cook: 8 minutes | Bake: 18 to 20 minutes | Serves 4

¼ cup buttermilk  
1 teaspoon hot sauce  
4 (6 ounces each) U.S. farm-raised catfish fillets, skinned and deboned  
½ cup cornmeal  
Hy-Vee sea salt, to taste  
Hy-Vee black pepper, to taste  
2 tablespoons Hy-Vee unsalted butter  
1 tablespoon Hy-Vee Select olive oil  
12 ounces Hy-Vee frozen potato wedges  
¼ cup Hy-Vee shredded Parmesan cheese  
Lemon wedges, for serving  
Hy-Vee tartar sauce, for serving

1. In a small bowl, combine buttermilk and hot sauce; brush on catfish and marinate for 10 minutes. Drain and discard buttermilk mixture. Coat catfish lightly with cornmeal and season to taste with sea salt and black pepper.
2. In a nonstick skillet, heat butter and olive oil over medium heat. Cook fish for 8 minutes or until golden and crisp, turning once halfway through.
3. Meanwhile, bake the potato wedges according to package directions. Sprinkle with Parmesan cheese toward the end of baking. Serve fish with potatoes, lemon wedges and tartar sauce.

*Nutrition facts per serving:* 500 calories, 24 g fat, 8 g saturated fat, 0 g trans fat, 115 mg cholesterol, 650 mg sodium, 34 g carbohydrates, 3 g fiber, 1 g sugar, 32 g protein. Daily values: 6% vitamin A, 10% vitamin C, 10% calcium, 10% iron.



\* Bonus feature: Learn the art of pan-searing fish. Watch the video in your free digital version of *Hy-Vee Seasons*.  
Downloading information on page 3.





## grilled *mahi mahi skewers*

Hearty mahi mahi skewers take a turn on the grill for charbroiled flavor. Combine with salsa for tasty tacos.

Prep: 15 minutes | Grill: 8 minutes | Serves 4

1 cup Hy-Vee canned black beans, rinsed  
(about ½ of a 15-ounce can)

1 cup peeled and chopped orange

1 cup chopped mango and/or pineapple

½ cup chopped red onion

1 tablespoon chopped fresh cilantro

3 tablespoons purchased cilantro-lime vinaigrette or preferred vinaigrette

1 avocado, peeled, seeded and chopped

4 (5 to 6 ounces each) mahi mahi fish steaks, thawed,  
if frozen, cut into 1-inch chunks

2 tablespoons Hy-Vee Select olive oil

1 tablespoon Hy-Vee lemon pepper seasoning

4 metal skewers

Lime wedges, for serving

Fresh corn tortillas, optional

1. Prepare a charcoal or gas grill with greased grill grates for direct grilling over medium heat.
2. For tropical bean salsa, in a large bowl toss together beans, orange, mango and/or pineapple, onion, cilantro and vinaigrette. Stir in avocado; set aside.
3. In a bowl, toss together fish chunks, olive oil and lemon pepper seasoning. Thread fish onto skewers. Grill skewers for 8 minutes or until fish is firm to the touch, turning once halfway through.
4. Remove skewers from grill. Serve with salsa, lime wedges and, if desired, tortillas for fish tacos.

*Nutrition facts per serving:* 380 calories, 17 g fat, 2.5 g saturated fat, 0 g trans fat, 105 mg cholesterol, 750 mg sodium, 27 g carbohydrates, 9 g fiber, 11 g sugar, 32 g protein. Daily values: 20% vitamin A, 70% vitamin C, 8% calcium, 15% iron.

# Twist on VEGGIES

WORDS Lois White PHOTOS Tobin Bennett

TWIRL A DIFFERENT KIND OF PASTA ONTO YOUR FORKS—VEGGIE NOODLES MADE IN SECONDS WITH A SPIRALIZER. THIS KITCHEN GADGET CUTS VEGGIES INTO DELICIOUS RIBBONS FOR PASTA DISHES, SALADS AND MORE.

Spiralizing is a simple process for transforming produce into long, thin noodles or wide, curly pastalike ribbons that would be challenging to duplicate by hand. Whether using a handheld spiralizer or countertop model, the technique involves pushing fresh produce across a blade to create ribbons, noodles or slices in a variety of thicknesses.

Starting with firm, fresh produce is key. The texture of root vegetables—carrots, jicamas, parsnips, beets and potatoes—makes them perfect for spiralizing, but you also can use seedless cucumbers, zucchini and summer squash, or even apples and firm pears.

Side dishes offer easy ways to use spiralized veggies. Cut carrot ribbons, then toss into a salad to add texture and crunch. Or sauté them for a few minutes in butter, then add a drizzle of honey and a sprinkling of fresh herbs. Jazz up packaged coleslaw by stirring in apple or pear noodles; toss the fruit with lemon juice to prevent it from browning.

When spiralizing extra-long veggie noodles, cut them into smaller lengths before using. They'll be easier to serve and eat. Before tossing noodles with a sauce, pat them dry with paper towels so your sauce maintains its thick consistency. When cooking noodles, simmer or stir-fry them so veggies remain crisp-tender and hold their shape.

Most veggies can be spiralized in bulk and stored in the refrigerator for up to three days. To keep parsnips and potatoes from turning brown, cover them with water and add a squeeze of lemon before storing.

Don't own a spiralizer? No problem. Use a mandoline with a julienne blade. You'll end up with long thin strips that will work in most recipes.

You may discover that even the veggie avoiders in your life will find pleasure in twirling their forks into a fresh form of pasta. That's the beauty of spiralizing: It's a simple way to get everyone eating more healthy, delicious vegetables.



# Springtime **BEET SALAD**

Colorful and nutritious, this simple salad will ignite a love affair with beets. Serve it with grilled steak.

Prep: 30 minutes | Serves 6

¼ cup Hy-Vee Select balsamic vinegar

¼ cup Hy-Vee Select olive oil

1 teaspoon Hy-Vee honey

1 teaspoon grated orange zest

2 medium beets, peeled and ends trimmed

1 large seedless cucumber, ends trimmed and cut crosswise into 3-inch pieces

1 fennel bulb, ends trimmed and cored

1 yellow bell pepper, ends trimmed and seeded

1 red onion, ends trimmed

¼ cup coarsely chopped walnuts, toasted

¼ cup crumbled Gorgonzola cheese

Additional orange zest, for garnish

1. For orange-balsamic vinaigrette, in a bowl whisk together balsamic vinegar, olive oil, honey and orange zest; set aside.

2. Attach spiralizer blade for making wide, flat noodles similar to fettuccine. Spiralize beets and cucumber; set aside.

3. Attach spiralizer blade for making thin, round noodles similar to spaghetti. Spiralize fennel, pepper and red onion.

4. Toss vegetables together and arrange on serving platter. Sprinkle with walnuts and cheese; drizzle with vinaigrette. If desired, garnish with orange zest.

*Nutrition facts per serving:* 180 calories, 14 g fat, 2.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 110 mg sodium, 13 g carbohydrates, 3 g fiber, 8 g sugar, 4 g protein. Daily values: 10% vitamin A, 80% vitamin C, 8% calcium, 6% iron.



# Veggie Noodle

## CHICKEN PAD THAI

This fresh, healthy take on Asian pad Thai uses spiralized veggie noodles instead of rice noodles, while chicken, eggs and peanuts provide plenty of protein in your meal.



Prep: 30 minutes | Cook: 15 minutes | Serves 6

**¼ cup packed Hy-Vee brown sugar**

**¼ cup Hy-Vee less sodium soy sauce**

**2 tablespoons rice vinegar**

**1 tablespoon fresh lime juice**

**1 tablespoon fish sauce**

**1 medium zucchini, ends trimmed and cut crosswise into 3-inch lengths**

**1 medium summer squash, ends trimmed and cut crosswise into 3-inch lengths**

**2 large carrots, peeled, ends trimmed and cut crosswise into 3-inch lengths**

**2 tablespoons Hy-Vee canola oil, divided**

**1 pound skinless, boneless chicken breasts, cut into small strips**

**1 red bell pepper, sliced into thin strips and strips halved**

**4 green onions, chopped**

**2 cloves garlic, minced**

**3 Hy-Vee large eggs, slightly beaten**

**¼ cup unsalted peanuts, chopped**

**Fresh cilantro leaves for garnish, optional**

1. In a small bowl, whisk together brown sugar, soy sauce, rice vinegar, lime juice and fish sauce; set aside.

2. Attach spiralizer blade for making thin, round noodles similar to spaghetti. Spiralize zucchini, summer squash and carrots, placing each in a separate bowl.

3. In a very large skillet, heat 1 tablespoon oil over medium-high heat. Add chicken. Cook and stir for

4 to 6 minutes or until juices run clear. Transfer chicken to a bowl; keep warm. Add remaining 1 tablespoon oil and carrot to skillet. Cook and stir noodles for 2 minutes. Add bell pepper, green onions and garlic. Cook for 1 minute more.

4. Push vegetables from center of skillet. Add eggs; heat until eggs are cooked through. Add chicken, veggie noodles and sauce; toss together and heat through. Serve warm topped with peanuts and, if desired, cilantro leaves.

*Nutrition facts per serving:* 280 calories, 12 g fat, 2 g saturated fat, 0 g trans fat, 150 mg cholesterol, 680 mg sodium, 18 g carbohydrates, 2 g fiber, 14 g sugar, 23 g protein. Daily values: 90% vitamin A, 70% vitamin C, 6% calcium, 8% iron.

# Veggie **CURLY FRIES**

Curly fries get reinvented with spiralized golden beets, sweet potatoes, red beets and russet potatoes. Fry batches of cut veggies in hot oil and season to taste with grated Asiago cheese or Hy-Vee salt and black pepper.



## RED ONION

- Top a burger or tuck into a sandwich
- Add to a coleslaw mix



## CUCUMBER

- Toss in a Greek salad
- Pickle and serve as a topper for grilled meat



## POTATO

- Cook in a stew
- Use for potato pancakes



## CARROT

- Simmer in a healthful broth soup
- Munch on as a snack



## BEET

- Roast and top with crumbled goat cheese
- Enjoy raw in a citrus salad

For the complete recipe of Veggie Curly Fries that includes a healthier baked option, go to [www.hy-vee.com/recipes](http://www.hy-vee.com/recipes)

# COMEBACK KIDS

THE 2015 WORLD SERIES  
CHAMPIONS

WORDS Steve Cooper

Royals™



**BASEBALL IS A QUIET, PASTORAL GAME OF DETERMINATION, FOCUS AND REFLEX. BUT AFTER A MAJOR VICTORY, MEN CAN BECOME LITTLE BOYS AGAIN, PILING ON EACH OTHER AS EMOTIONS ERUPT. AT LEAST, THAT'S WHAT THE KANSAS CITY ROYALS DID AFTER WINNING THE 2015 WORLD SERIES. UNBRIDLED JOY REPLACED ALL THE TENSIONS OF A GRUELING SEVEN-MONTH SEASON.**

A string of timely moments—milliseconds, really—that break your way makes the difference between winning and losing a World Series. Ask the 2015 Kansas City Royals. They know.

Going into the ninth inning of the fifth World Series game last November, the Royals were in a jam. The New York Mets were winning 2-0 and were fighting to keep the series going. If New York somehow lost, the Royals would take the crown with four victories in five games.

But the Mets were determined. Their pitcher, Matt Harvey—such an intense figure that New York fans call him The Dark Knight—had dominated the Royals for eight innings and snarled when asked if he was finished for the night.

For Kansas City fans it had been a tense night. Whether they were attending the game or watching the broadcast, they lived and died with every play, every close call. Their team had come back again and again

throughout the season. Could they do it once more?

Royals manager Ned Yost knew they could. “I clearly remember what I was thinking as the ninth inning started—*we’re going to win*. This is just that kind of a team. They’re young and strong and they don’t give up,” he says.

The Royals opened the ninth with a walk.

Curt Nelson, director of the Royals Hall of Fame, was at the Mets’ Citi Field that night with a group of Royals employees.

“You could feel things start to shift once we had a man on base. It was nerve-racking, but there was a possibility,” Nelson says.

The next batter, first baseman Eric Hosmer, hit a double. A run scored, making it 2-1 Mets.

“Everyone leaned forward,” Nelson says. “You just knew something was going to happen.”

A groundout let Hosmer race to third base. A tied game was only 90 feet away.

The next batter, Royals catcher Salvador Perez, hit a grounder toward third base. In what Yost called “incredibly well-timed base running,” Hosmer started slowly down the third-base line toward home plate. Then he stopped, focused on the fielder with the ball.

“At that moment, I knew Hosmer was going to go for it,” Yost says. “That’s not how he usually plays it. Usually he goes back to the bag. But I knew he had decided to take it the moment he froze in the base path.”

It seemed that in the same nanosecond that the Mets third baseman committed a throw to first base, Hosmer took off for home plate. Perez was thrown out at first, but the Mets first baseman had to rush his throw to home. As Hosmer was diving at the plate, the catcher stretched for the ball—and missed. The inning ended in a 2-2 tie.

*BELOW:* There wasn’t a vacant seat in the house at Kauffman Stadium in Kansas City as the Royals opened the 2015 World Series at home against the New York Mets. This is the view from the Hy-Vee View section, which takes in the entire upper deck at Kauffman. One year earlier, the stadium had been filled for the final game of the World Series. The San Francisco Giants won that series, but in 2015, loyal fans gathered to watch the Royals go for the series trophy again.







*The tied game* continued into the 12th inning. As the visiting team, the Royals were up first in the inning and their catcher, Perez, hit a single. He was pulled from the game for a pinch runner, Jarrod Dyson. Alex Gordon grounded out, moving Dyson to third.

That brought Christian Colon to bat as a pinch hitter. He hadn't been up to the plate in four weeks and this was his first appearance of the postseason. But his manager put him in.

"That at bat was why Colon was on our World Series roster," says Yost, while in Arizona for spring training. "He's a clutch player. This kid is always ready and he comes through for us."

It took only a moment for Colon to hit the single that drove in the winning run. Though the Royals scored more runs and the final score was 7-2, the game was over with Colon's swing.

Taking the lead after being behind was the Royals' strength in 2015. In eight of 11 postseason games, they came from behind to win. Leading up to the World Series, the Royals played the Houston Astros and were behind four runs in the eighth but won the game. Then they came back to win in each of their four World Series wins against the Mets.

"This is an incredible team and I have the best job in the world," Yost says. "All I had to do was stick with them and watch them develop. They had everything they needed when I got here. These young players had won together in the minor leagues, so there was no question that they could win in the major leagues. It was just a matter of time."

*No one is surprised* when the New York Yankees appear in the World Series. But how did the Kansas City Royals transform into the comeback kids? This is a team that lost more games than it won in 16 of its last 20 seasons. But in 2013, the Royals broke the cycle with a winning season and then played in the World Series the next two seasons. What was the spark?

For Yost, that's an easy call. The team made its leap to greatness during the 2014 American League Wild Card game against the Oakland Athletics. This was a one-game playoff—one team moves on in the postseason play that leads to the World Series, and the season ends for the other team.

Going into the Wild Card game's eighth inning, the Royals were four runs behind. Just as they did in New York in 2015, Kansas City tied the score in the ninth inning and then won in the 12th.

"That game against Oakland was really the day the guys realized who they were. They were determined they wouldn't lose, even if the odds were against them," Yost says.

The manager recalls listening to his players in the dugout that day. The team that was being beaten decided that it had had enough.

"They came in before batting in the eighth and guys were saying, 'That's it. We're not losing this game. We're not being beaten.' They changed—just like that. It clicked. They were 25 guys who believed in themselves and believed they could win," Yost says.

They did win, making it to the 2014 World Series against the San Francisco Giants. Yost was absolutely certain that his team would defeat its rivals. But with two outs in the last inning of the last game with a Royals runner at third base, Perez popped out to end the game.

"When I saw that the ball was going to be caught, it was the strangest thing," Yost says. "I was wondering, 'What is happening?' Something was wrong, but I couldn't quite figure it out. Then it hit me—we've lost the game."

Last November, Yost watched a very similar scene. Certain again that his players would win, this time he was right.

"I've been in the game since I was drafted in 1974," he says. "I've been at it for a long time now and I can honestly say that I love this game. It's the national pastime, right? There's nothing else like it."

*BELOW:* Two days after winning the World Series, the Royals were given a rousing celebration by 800,000 fans. Following a 2-mile parade through downtown Kansas City, the players appeared at Union Station for a standing-room-only crowd. Royals first baseman Eric Hosmer told the fans, "We thank you guys for the atmosphere and the energy you brought us. Whenever we heard you guys get up and get loud, it sparked the whole entire team."





## *Hy-Vee View Seating*

SINCE 2001, HY-VEE HAS BEEN SUPPORTING THE ROYALS IN VARIOUS WAYS. IT'S BEEN A GOOD PARTNERSHIP BECAUSE BOTH ARE INTERESTED IN FAMILIES AND TRADITIONS.

"Athletics are part of the fabric of our communities. We love the association of our brand with major sports teams. We become part of what people are passionate about," says Ryan Grant, Hy-Vee director of sports marketing and events.

Here are ways that Hy-Vee shows its support for the Royals:

- The sweeping upper deck is sponsored by Hy-Vee. It's called the Hy-Vee View section and every seat offers a clear view of the field.
- On "Value Monday" nights, tickets for Hy-Vee View seating are only \$10 each. Games on May 16, June 27 and August 29, 2016, are excluded from the offer.
- After shopping at Hy-Vee, show your receipt for \$50 or more at a Kansas City area Hy-Vee customer service counter to receive 20 percent off for Royal home-game tickets on Mondays through Thursdays, excluding games against the Boston Red Sox, St. Louis Cardinals and New York Yankees.
- Enter the stadium through Gate B—the Hy-Vee Cool Zone. Step through the cooling mist and you might receive free major-brand samples from Hy-Vee.

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*LEFT:* A Commissioner's Trophy, which is made by Tiffany & Co., is given to each team that wins the World Series. A gold-plated flag tops each of the 30 sterling silver flagpoles—one for each Major League Baseball team. The trophy's permanent home will be Kauffman Stadium, where the Royals play.

# begin™

# A NEW LIFE

MICHELLE CARSON OFFERS HIGH PRAISE FOR HY-VEE BEGIN™ WEIGHT MANAGEMENT PROGRAM. SO DOES HY-VEE DIETITIAN AMBER GROELING, WHO IS GUIDING MICHELLE'S WEIGHT-LOSS QUEST. AFTER WEEKS OF CHALLENGE, BOTH ARE CONVINCED THAT THERE'S VICTORY AHEAD.

WORDS Steve Cooper PHOTOS Tobin Bennett

FOLLOW MICHELLE'S CHALLENGE IN THE SUMMER ISSUE OF HY-VEE SEASONS MAGAZINE.

Losing weight isn't a one-size-fits-all proposition. For one person, shedding pounds may be a fairly straightforward matter of changing the menu and visiting the gym regularly, while for others the situation isn't so clear.

Michelle Carson is among those who run into weight loss challenges. Her goal is to shed 100 pounds this year through the Hy-Vee begin™ Healthy Lifestyle and Weight Management Program. But Michelle has discovered she's in more of a learning curve than a weight loss curve for now. Still, she believes her goal is attainable.

"I was looking at the calendar this week to see how I can make the goal. If I lose two pounds a week, I can make it," she told Hy-Vee Seasons, which is tracking her progress until the start of 2017.

Overall, she has lost 17 pounds with begin™, but there have been some up and down weeks along the way.

Michelle's trainer and teacher, Hy-Vee registered dietitian Amber Groeling, says her student has already tasted success. Prior to signing onto the begin™ approach, Michelle lost weight by eating prepared meals from a national weight loss program. She lost about 80 pounds but then hit a plateau and the decline stopped.

"She came to us having already lost a significant amount of weight, and she has lost more with our approach, so she has had some real success," Amber says. "She's within a few pounds of the weight she was in high school, and that's an amazing accomplishment. But this other program also set her up for issues we're trying to understand now."

By early February, Michelle's weight was inconsistent. She would lose

some, then gain it back. Because Michelle was following instructions, Amber studied Michelle's numbers and reconsidered the dietary recommendations she earlier thought should work.

"This is a pattern you see sometimes: a person loses 2 pounds one week, then gains back 3 pounds the next," Amber says. "It's challenging, but we're working together to find answers that will work—and we're having some success already. But as much as we'd like this to be a black and white matter, there's a lot of gray for some people, women in particular, who are trying to lose weight."

Amber spotted a potential problem with breakfast. In January, Michelle was eating low-calorie high-protein waffles and turkey sausage for breakfast. Though she followed instructions, Michelle gained 4 pounds.

But there was a sleep problem too.

"If she doesn't get enough sleep, she eats constantly the next day to have the energy she needs. She's really just eating because she's tired and wants that energy to get through the day," Amber says.

Given these problems, Amber increased Michelle's protein intake and told her to cut back on whole grains for the time being.

"The extra protein keeps her going so she isn't so tired, and she gets carbohydrates from vegetables. Even healthy grains aren't helping her right now," Amber says.

So far the switch has helped. But Amber cautions that these same tactics may not help most people, who may find cutting out healthy whole grains is counterproductive.



### DRY ROASTED EDAMAME

High in protein and fiber, these snacks are a healthy and tasty replacement for chips.



### VEGGIE DIP

Mix equal parts of guacamole and Greek Yogurt to make a nutritious dip for vegetables of all kinds.



### ENLIGHTENED ICE CREAM BARS

Zero-calorie sweeteners from grapes, melons and other fruits make these high-protein treats irresistible.



Getting healthy and staying healthy is the goal of the Hy-Vee begin™ Healthy Lifestyle and Weight Management Program. Dietitians from Hy-Vee educate and coach participants about eating nutritious meals and including physical activity in their daily lives.

Hy-Vee dietitian Amber Groeling says, “We help clients develop healthy, balanced eating plans that are sustainable and they will enjoy eating for the rest of their lives.”

During begin™ sessions, a Hy-Vee dietitian teaches:

- How to control hunger.
- Why activity is essential.
- What healthy portions look like.
- How to prepare healthy foods.

In an early meeting, attendees take a healthy shopping tour at Hy-Vee with a dietitian who gives them shopping tips tailored for their needs.

There are three begin™ options:

**Individual Program:** Participants meet one-on-one with the dietitian for weekly sessions over 10 weeks at Hy-Vee. The first session lasts about an hour and others are 15 to 30 minutes.

**Group Program:** For those who prefer a group experience, there are seven group classes (plus three individual sessions). Each session is one hour. Groups usually meet at Hy-Vee.

**begin® Basics:** For those on tighter schedules, sessions in this 10-week course are shorter and focus on education. There are no screenings and measurements.

**TO SIGN UP FOR ANY OF THE THREE BEGIN™ OPTIONS, SEE THE DIETITIAN AT YOUR LOCAL HY-VEE STORE.**

# MICHELLE CARSON

AGE: 55

STARTING WEIGHT: 278 LB.

HEIGHT: 5'2"

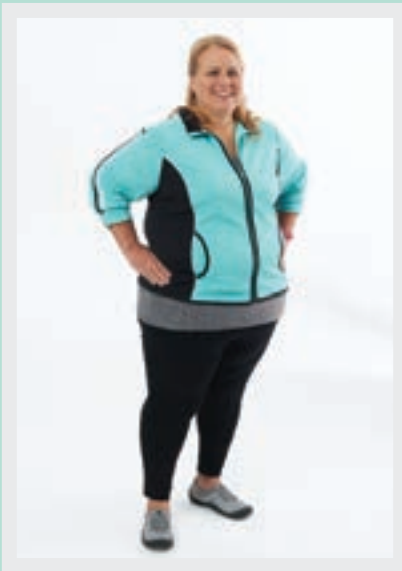
**CURRENT WEIGHT: 261 LB.**  
**Total pounds lost to date: 17 LB.**

FOLLOW MICHELLE'S JOURNEY ON HER "JUST WEIGHT AND SEE"



FACEBOOK PAGE:

[FACEBOOK.COM/JUSTWEIGHTANDDC](https://www.facebook.com/justweightandsee)



### PROBLEM: Not Enough Energy

On mornings when Michelle Carson didn't get enough protein, she compensated for her lack of energy by overeating in the afternoon.

### DIETITIAN'S SOLUTION:

For breakfast, Michelle switched to Siggis's Greek Yogurt, which is high in protein and low in calories. She also adds whey protein powder and chia seeds to the yogurt for a bigger boost. "She's trying to hit 25 grams of protein for breakfast each morning. That should help reduce cravings and give her the energy she needs for a day," Amber says.

### MONTH WEIGHT (LBS)

MONTH	WEIGHT (LBS)
November 2015	278
December 2015	274.8
January 2016	272
February 2016	274.6
March 2016	261
April 2016	--
May 2016	--
June 2016	--
July 2016	--
August 2016	--
September 2016	--
October 2016	--
November 2016	--
December 2016	--

## KEYS TO SUCCESS

The greatest strength of Hy-Vee's begin™ Healthy Lifestyle and Weight Management Program is adapting solutions to individual needs. Michelle Carson already sees the advantage of this approach. With help from Hy-Vee dietitian Amber Groeling in Topeka, Kansas, Michelle entered a new phase of her weight loss journey in late February. Amber made adjustments tailored to Michelle's specific needs.

### 1. SET A REASONABLE TARGET:

Though losing 100 pounds remains the overall goal, Michelle is now focused on reducing her weight to 250 pounds. She may reach that mark quickly. "She is already at a weight that she hasn't been in 30 years, and that's a remarkable win for a woman in her fifties," Amber says.

### 2. GET EXERCISE:

Michelle has increased her physical activities in recent weeks. She walks 2 miles or more several mornings a week with her brother, Michael. "Everything else I do throughout the day that's physical goes right on top of the walking," she says. She also joined a women's basketball league.

### 3. ESTABLISH A SUPPORT GROUP:

In February, 20 people attended the first monthly support group for Michelle on her weight loss quest. Meeting at the Topeka Hy-Vee, the group heard about Michelle's progress, Amber spoke about managing weight and most in attendance shared their own situations and successes.

# SMALL-SPACE gardening

THE KEY TO A SUCCESSFUL GARDEN ISN'T SPACE, IT'S PLANNING.  
THIS SPRING, START GROWING YOUR OWN HERBS AND  
VEGETABLES AND REAP THE LASTING REWARDS.

WORDS Kaitlyn Cimino PHOTOS Tobin Bennett

## PLANT YOUR OWN HARVEST

Eating food you've grown can be satisfying beyond measure. But a job well done isn't the only benefit of successfully growing a vegetable garden. There are plenty of other benefits from gardening for you and your family, including getting outdoors to experience the season, participating in regular physical activity and teaching your children the importance of hard work and healthy eating. You'll also like the cost savings and enjoy delicious, garden-fresh flavor harvested right outside your back door.

The first decision you will need to make as a gardener is where to plant. To avoid becoming overwhelmed, start small and use the guidelines below to determine the best spot.

- **LOCATION.** If possible, plant your garden close to your house, which is the most convenient spot for maintaining and harvesting your crops.
- **SIZE.** When determining the size of your garden, consider the space available, the quantity of veggies you need and the amount of time and effort you wish to spend.
- **WATER.** Plant close to an adequate supply of water, which will be necessary throughout the growing season.
- **SUNLIGHT.** The amount of sunlight needed for proper growth varies from plant to plant. The amount required is noted on seed packets, or you can ask at your Hy-Vee Lawn & Garden Department. Fruits and vegetables such as tomatoes, peppers, green beans and squash typically require at least six hours a day.
- **CROP ROTATION.** Planting vegetables in the same spot every year can increase risk of disease or pests. Rotate your planting locations annually.

### ➔ RISE & SHINE

Place plants in a sunny, protected location where the wind won't batter or dry them out. For best results, choose a location that receives at least six hours of direct sunlight per day and is guarded from harsh winds by your house or other structure.



## CHOOSE CONTAINER GARDENS

If space is at a premium, cultivate an entire vegetable garden in pots, boxes or planters. Larger containers often require less maintenance as the more soil a container can hold the more moisture it will retain. For an inexpensive option, try a 5-gallon bucket from the hardware store, or make a box container from wood. Plastic or glazed ceramic containers also work well, however, clay materials like terra-cotta allow moisture to migrate through their walls. This keeps plant roots cool but requires extra watering. To retain moisture, line terra-cotta pots with plastic. Use purchased garden soils rather than dirt from your outdoor garden, which

compacts in containers and blocks water from draining properly. Using ground soil also can lead to accidentally transplanting pesky weeds.

- **PROPER DRAINAGE IS THE HIGHEST PRIORITY.** Very few plants can survive in stagnant water. Make a hole in the bottom of each container to let water drain freely. This allows air to reach the plant's roots. Using gravel at the bottom of your container will not facilitate proper drainage. To protect decks or patios, place a saucer under your pot or double your container. Avoid pots with attached saucers, which can be tricky to empty regularly.

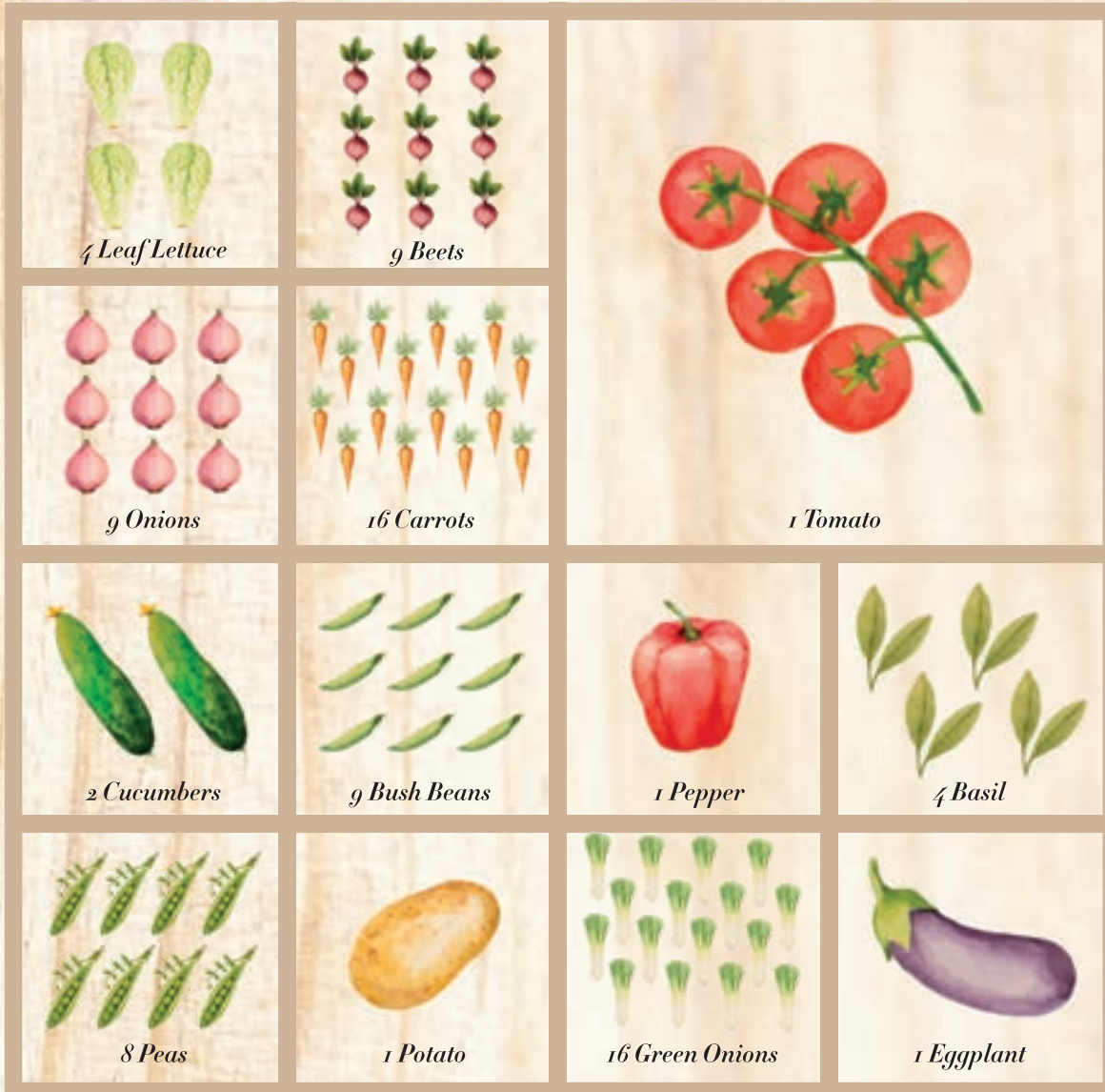
## ➔ UPCYCLED PLANTERS

Clever and unique containers, like the wooden wine boxes shown here, can be found at thrift stores, garage sales, or simply around your home! Revitalize an old wheelbarrow, rusty mailbox, vintage metal container, ceramic pitcher or paint and coffee cans.



## BUILD AND PLANT A SQUARE FOOT GARDEN

TO MAXIMIZE YOUR HARVEST, plant herbs and vegetables in raised beds utilizing the square-foot gardening technique. First, use 2x6-inch-wide cedar to build a 4x4-foot frame, and place the box over landscape fabric. Measure and mark 1-foot spaces along your frame and use twine and stakes to make a grid of boxes within it. Make sure you provide each vegetable adequate space, then start planting! Extra-large plants will need a full square and some plants like tomatoes will require more than one square per plant. Many smaller plants like carrots can fit multiples in the space. Square-foot gardens look tidy, and they organize your plants while simplifying harvest and maintenance.



### ➤ DID YOU KNOW

The bigger the seed, the easier it will be to start a plant. Large seed plants like tomatoes and eggplants are easier to start from seed than small seed plants like dill or thyme. It's best to purchase the latter as starter plants and transplant to your garden.

### ➤ GROW UP

Get creative with vining crops such as tomatoes, peas, melons and more. These plants grow straight up when supported by stakes, fences or trellises.

### TOP 5 THESE PLANTS ARE GREAT CHOICES TO START THIS GROWING SEASON.

#### 1. Lettuce

Nothing beats a fresh salad straight from your garden. Plant a small amount of seeds biweekly to reap a harvest throughout the growing season.

#### 2. Cucumbers

With trailing vines that sprawl, cucumbers thrive in the heat and produce abundant fruits to eat fresh or to pickle.

#### 3. Peas

Many varieties, including snow peas, flourish in cooler weather and can be planted early in the spring as soon as the soil is workable.

#### 4. Peppers

You can pick green peppers as soon as they reach full size, or let them continue to ripen to red, orange or yellow depending on their varieties.

#### 5. Tomatoes

Starter plants are available at your local Hy-Vee Lawn & Garden Department. Easy-to-grow tomatoes pack plenty of vitamins and nutrients.

## TOOLS OF THE TRADE

# GARDENING BASICS

### WATER AND COMPOST

Proper watering is crucial to healthy plants. It's easier to revive a thirsty plant than dry out a drowned one. In fact, overwatering is worse than underwatering. One inch of water a week is the optimal amount for vegetable gardens. Depending on rainfall, water plants about once a week early in the day. Soak the soil about 6 inches deep so water reaches plant roots. This method is more effective than a light, frequent sprinkling.

Composting offers an inexpensive way to provide nutrients because it helps make soil absorbent and reduces the need for watering. Most composts include 70 percent carbon-rich brown materials such as leaves, twigs and paper egg cartons, plus 30 percent green materials rich in nitrogen such as fruit and vegetable scraps, plant clippings, flowers, tea leaves and more.

### ➔ KEEP HYDRATED

Container plants, especially those in porous pots, require more water than traditional garden plants in the ground. Keep soil moist but not damp.

### TOOLS

Gardening is much easier and safer when done with the right tools. From comfort to convenience, these items are the must-haves for growing healthy crops.

- **GLOVES + KNEEPADS.** Wear garden gloves to avoid scratches and blisters. Protect your knees from rugged ground with comfortable, lightweight kneepads.
- **HAND TOOL SET.** Get quality basics: a hand rake for clearing beds, a hand fork for weeding and a trowel for planting.
- **SPRINKLING CAN.** For spot watering, choose a can with small holes that will mimic a light rainfall.
- **PLANT TAGS.** Garden markers let you keep track of what's growing in your plot. Tags come in a variety of materials and sizes.







# HY-VEE

## 360

“WE BELIEVE IN BUILDING STORES THAT CONSERVE ENERGY AND RESPECT OUR NATURAL RESOURCES, MANAGING OUR WASTE APPROPRIATELY AND PROVIDING WAYS FOR OUR CUSTOMERS TO EASILY RECYCLE AND LIVE CLEANER,” SAYS RANDY EDEKER, HY-VEE CHAIRMAN, PRESIDENT AND CEO.

Sustainability is part of our focus on healthy living. It's founded on the belief that healthy lifestyles and a healthy environment go hand in hand. Our goal is to help customers attain wellness while working to become more sustainable, with less pollution and waste.

“For our business to remain strong, we must give back to the communities in which we operate and set the example for what it means to be a good citizen,” says Randy Edeker, Hy-Vee CEO.

Over the past few years, we have taken dozens of steps to lower our carbon footprint in new and existing stores, improve the fuel efficiency of our truck fleet and much more. Our efforts are paying off for the environment, and they have been recognized by the U.S. Environmental Protection Agency (EPA). Last year, we were awarded two EPA GreenChill commendations for our efforts to reduce refrigerant emissions and decrease our impact on the ozone layer and climate. Tom Land, manager of EPA's GreenChill Partnership, says, “Hy-Vee's success achieving annual goals to reduce refrigerant emissions shows an understanding that sustainability is the business model of the future.”

**IN THREE  
YEARS,  
220 MILLION  
POUNDS OF  
CARDBOARD AND  
1 MILLION POUNDS  
OF PLASTIC WERE  
RECYCLED BY  
HY-VEE.**

# GOING GREEN AND GETTING HEALTHY

**HY-VEE SOURCES 100% OF ITS FRESH AND PRIVATE LABEL FROZEN SEAFOOD FROM RESPONSIBLE SOURCES.**

1



## **1 Transportation**

To improve fuel mileage, Hy-Vee delivery trucks use new engines and tire designs and reduce emissions through the use of biodiesel and propane fuels.

2



## **2 Waste & Recycling**

Stores work constantly to reduce food waste. Products that are safe to eat are donated to local charities and spoiled items are composted.

3



## **3 Community Gardens**

Proceeds from sale of One Step Russet Potatoes have helped fund more than 240 community gardens throughout the Midwest.

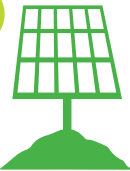
4



## **4 Sustainable Seafood**

In 2015, Hy-Vee was ranked third among supermarket chains by the advocacy group Greenpeace. As of December 2015, all Hy-Vee fresh and private label seafood carry the Responsible Choice tag for sustainably caught seafood.

5



## **5 Green Building**

New and remodeled Hy-Vee stores are being built for maximum water savings, energy efficiency, recycled material use and energy-saving indoor environments. Several Hy-Vee facilities, some equipped with solar panels, are LEED-certified for efficiency.

6



## **6 Locally**

When you see the "Homegrown" sign in the Produce Department at Hy-Vee, you'll find fresh fruits and veggies grown within 200 miles of the store. More than 262 growers across eight Midwestern states sell through the program.

7



## **7 Charging Stations**

Hy-Vee is working to make it easier for customers who have chosen electric vehicles as their preferred modes of transportation. There are now electric vehicle charging stations at 25 Hy-Vee stores throughout the region.

8



## **8 One Step**

Community gardens are supported through the sale of Hy-Vee One Step Potatoes. Bottled water, paper towels and cereal help raise One Step money for water projects in poor countries, planting trees and meals for the needy.

9



## **9 Green Bags**

Shoppers are encouraged to use their own reusable bags for shopping. This cuts down on the need for plastic and paper bags.

10



## **10 Composting**

Working with a Des Moines-based recycling company, Green RU, Hy-Vee is helping transform tons of food waste and floral trimmings into compost.

For more info on Hy-Vee 360 program, visit [hy-vee360.com](http://hy-vee360.com)

# HORS D'OEUVRES

WORDS Carlos Acevedo PHOTOS Tobin Bennett

SOME OF THE FASTEST PATIO PARTY FOODS YOU CAN MAKE THIS SPRING ARE MINI OPEN-FACED SANDWICHES KNOWN AS BRUSCHETTA. FOR THE BASE, PETITE PIECES OF TOASTED BREAD ARE TYPICAL, BUT YOU CAN ALSO USE PITAS, CRACKERS, PUFF PASTRY, ROASTED SWEET POTATOES OR EVEN FRIED WONTON SKINS. SPREAD ON SOMETHING CREAMY AND TOP WITH THINLY SLICED DELI MEATS, CHEESES, BITE-SIZE VEGGIES, LITTLE PICKLES AND FRESH HERBS. TO GET STARTED, TRY SOME OF OUR IDEAS OR JUST LET YOUR IMAGINATION RUN WILD.

## 1. BLT BITES

Cut puff pastry into rectangular chips and bake. Top with aioli, crispy bacon, cherry tomato slices, basil and tomato pesto.



## 2. 'SHROOMIES

Top toasted bread with prosciutto or caramelized onion jam, and add lightly roasted mushroom slices and sprigs of fresh thyme.



## 3. FIESTA CHIPS

Top pita chips with homemade guacamole, thinly sliced Spanish chorizo and a dab of pico de gallo.



## 4. HAM-IT-UPS

Peel, slice and roast sweet potatoes until tender. Top each slice with Boursin, ham or smoked turkey, an arugula leaf and a sweet maraschino cherry.



## 5. LOX ROCKS

Cut puff pastry into rounds and bake. Top rounds with sour cream, smoked salmon, prosciutto, lemon zest and fresh dill.



## 6. NIÇOISE SAMMIES

Cut puff pastry into triangles and bake. Split and fill with canned tuna, arugula, olive slices and salami.



## 8. HUMMUS SNACKERS

Top crackers with prosciutto, hummus and a dab of roasted red pepper spread. Garnish with parsley.



## 7. ITALIANOS

Top toasted bread with pesto mayonnaise, sliced salami, sliced grape tomatoes and sprigs of fresh basil.



## 9. PARTY ON A CRACKER

Trim wonton skins each to 5x5 inches and fry. Top cooled wonton crackers with anything you'd find on a party platter, including thinly sliced deli meats, bits of cheese, cornichons and stone-ground mustard.



# doggie tales

PET SUPPLIES HAVE LONG BEEN OFFERED BY HY-VEE. NOW THE STORE IS SUPPORTING A SERVICE DOG PROGRAM FOR MILITARY VETERANS. MEET ONE OF THESE CANINES AND HER OWNER. THEN READ HOW FOUR OTHER DOGS ARE ENJOYING LIFE WITH SPECIAL CARE AND SUPPORT FROM THEIR OWNERS.

## Uniting Dogs and Veterans

The Puppy Jake Foundation (PJF), a Central-Iowa-based nonprofit supported by Hy-Vee, provides professionally trained service dogs to wounded military veterans. A German shepherd named Parke, right, is one of five dogs given out since the organization formed in 2013. Another 32 dogs are in training, with a dozen scheduled to graduate this year. Disabled veterans who apply and are selected to receive a service dog work extensively with trainers to learn how to care for and work with their dog. PJF also provides resources for advocacy, awareness and acceptability in public for those who require the assistance of a service dog. For more information, visit [www.puppyjakefoundation.org](http://www.puppyjakefoundation.org).

## SERVE WITH DISTINCTION

During the U.S. Army's 2003 ground attacks in Iraq, cavalry scout Lukas Schroeder was one of those on the leading edge of American forces, gathering intelligence and looking for the enemy. It was dangerous work and took a toll. But Lukas doesn't complain. He looks back on his two overseas tours to Iraq and Korea, and 10 years in uniform, as important personal milestones.

Yet Lukas readily acknowledges resulting difficulties he has faced back home in Norwalk, Iowa. There have been long nights and moments here and there when he couldn't shake off the past. He suffers from post-traumatic stress disorder (PTSD) as well as hearing loss in his left ear. Despite this, he remains a staff sergeant in the Army's Individual Ready Reserve.

In summer 2014, Lukas heard about the Puppy Jake Foundation. In September, he was invited to a two-week Puppy Jake training camp, where he met and bonded with Parke, his German shepherd companion. They shared a room and gained each other's trust.

"Parke has an ability to take pain away from me. I'm calm when she's around," he says. "She isn't human, so I know she won't ever betray me, say a bad thing about me or judge me. Parke watches over me, and I don't even have to tell her to because keeping me safe is part of who she is. She's aware of things that people don't notice."

The service dog even gave special attention to Lukas' wife, Abbey, when she was pregnant. Parke somehow knew about the baby and stood guard.

As Lukas and Parke walk in public, they move together like ballroom dancers. But in this dance, Parke is always two steps ahead. As Lukas strides forward, she's watching the crowd behind. If someone approaches from the side, she blocks the approach. "Parke's always at work so I can relax," Lukas says.

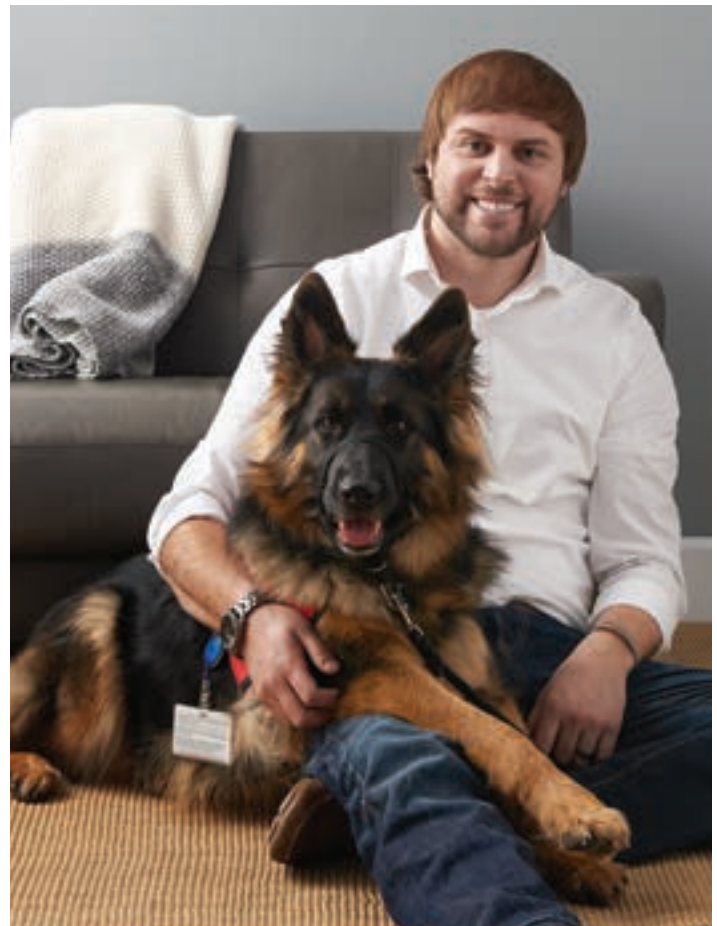


PHOTO (left) Tobin Bennett



### STRONG OF HEART

Ripley is a sweet, inquisitive Australian shepherd/blue heeler mix who loves her kitten siblings. Megan Mejsatrik of Lincoln, Nebraska, says her dog—who she sometimes refers to as Ripley the Wonder Dog—is named after Lt. Ellen Ripley from the *Alien* movie series. Diagnosed with a congenital heart murmur as a pup, Ripley needed surgery or she would die young. Megan and her

boyfriend, Chris Jonak, took Ripley to Kansas State University's Veterinary Health Center and the procedure was a success. "She turned one year in December and she has a heart as strong as her spirit," Megan says.

*Ripley's favorite Hy-Vee treat or toy:* Paws Premium Fetch Balls. "She likes to play by herself sometimes. She will dribble the ball, drop it, catch it and flip it into the air," Megan says.



### EVER OPTIMISTIC

As soon as she spotted Lola on a breeder's website in 2007, Kristen Krupps of Peoria, Illinois, knew she'd found the happy-go-lucky dog of her dreams. For five years, Lola was a therapy dog for cancer patients. But in 2013, she was struck by a common dachshund malady: Discs in her long back deteriorated and her hind quarters collapsed. Though walking again seemed doubtful, Lola did—with

a wobbly gait. For long walks, Lola is strapped into a doggie walker that supports her hind end. Kristen says, "She's her normal, happy self with no idea she is any different now. She's an inspiration to me."

*Lola's favorite Hy-Vee treat or toy:* Mix-and-match snacks from the Hy-Vee treat bar.



### RAPID RECOVERY

At 12 years old, Maxie the pug had a good life. Kelly DeCoursey of Renner, South Dakota, provided her pet with a comfy spot to sleep, plenty to eat and few demands. But about a year ago, everything suddenly changed for the little dog. "I looked over at Maxie and she was shaking really bad," Kelly says. It appeared to be her back legs, but X-rays revealed that a

massive bladder stone was putting pressure on Maxie's back and nerves. Surprised at the stone's size, Maxie's vet said she had seen this large a growth in a Saint Bernard but not a 20-pound pug. Yet, within a month

of removing the stone, Maxie was back to her old self and is now acting like a 5-year-old.

*Maxie's favorite Hy-Vee treat or toy:* "We buy carrot chips from the Hy-Vee produce section. She goes crazy for them," Kelly says.



### SPIRITED PUP

After losing a dog, Anelia K. Dimitrova of Cedar Falls, Iowa, couldn't convince her husband, Rick, the time was right for another pet. Then they met Mecho, a 78-pound lab mix who is spunky and smart. Mecho, which translates to "bear" in Bulgarian, is 3 years old and recovering from a recent

medical crisis. A potentially deadly fungal infection invaded his right eye in early winter, and the eye had to be removed. "His mischievous spirit is back, and now he is more beautiful than ever," Anelia says.

*Mecho's favorite Hy-Vee treat or toy:* He's a huge fan of squeaky toys. He also loves soupbones and will sometimes scoop up Anelia's smartphone in his mouth and hold it until she has agreed to a trade: one still-working but damp phone for a soupbone.

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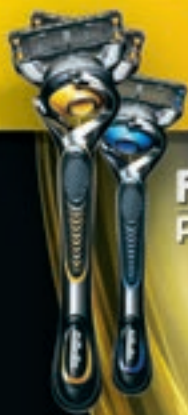
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## PANTRY



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Welch's Fruit & Botanical or Fruit Cocktail: select varieties 59 fl. oz. \$2.49



Classico Riserva Pasta Sauce: select varieties 24 oz. \$4.99



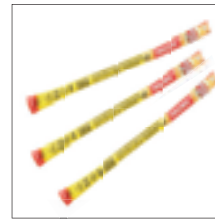
Bugles, Chex Mix or Gardetto's: select varieties 9 to 15 oz. 2/\$5.00



Jolly Time Weight Watchers Pre-Popped Pop Corn 4 oz. or Microwave Pop Corn 3 pk. select varieties 2/\$4.00



Frito-Lay Party Size Tostitos, Lay's or Jar Dip: select varieties 14.5 to 24 oz. 2/\$7.00



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Dorothy Lynch Dressing: select varieties 32 fl. oz. \$4.99



Azteca Tortillas: select varieties 8.5 or 9.4 oz. 2/\$3.00



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Jennie-O Ground Turkey: 85% Lean 15% Fat 3 lb. \$7.99



Oscar Mayer Deli Fresh Family Size Meat: select varieties 15 or 16 oz. \$5.99



Sargento All Natural Shredded Cheese: select varieties 5 to 8 oz. 2/\$5.00



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Newman's Own Frozen Meal: select varieties 22 or 24 oz. \$6.98



Old Folks Roll Sausage: select varieties 1 lb. \$2.88



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Old Orchard Healthy Balance or Cocktails: select varieties  
64 fl. oz. \$1.78



Sartori Cheese: select varieties  
\$14.99 lb.



Cascade Ice Organic Water: select varieties  
17.2 fl. oz. 5/\$5.00



Oscar Mayer Ham or Turkey Pack: select varieties  
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HEALTH

HOME



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dip in!



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SUMMER 2016

# Coming next

It's the peak of grill season and *Hy-Vee Seasons* is the place to turn for recipes. Our next issue gives you the best in surf & turf feasting, healthy barbecue choices and a lineup of Fourth of July hamburgers that will light your fuse. For free home delivery of our print edition or to download the free digital version for tablets, visit us online at [www.hy-vee.com/seasons](http://www.hy-vee.com/seasons)

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