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SUNNY-SIDE UP PIZZA IN 30 MINUTES

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FIVE ONE-PAN DINNERS PAGE 26

EASY MAKE-AHEAD EASTER BRUNCH PAGE 18
AND

GRADUATION PARTY PLANNING TIPS TO PULL IT ALL TOGETHER

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FOOD HACKS
Learn fun ways to make egg nests, marshmallow blooms, cannoli and more.

7 IN SEASON: YELLOW ONIONS
Full of sweet, ripe flavor, these versatile veggies caramelize beautifully in an upside-down combread.

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Calling all Seasons lovers. Show us your latest creations. Upload your photos with the hashtag #HyVeeSeasons. Follow us @hyvee.

OUR FEATURED INSTAGRAM READERS

LAURA P. MADE THIS COLORFUL SCALLOP SALAD WITH CLAM AND LIME, FEATURED IN SPRING 2015 HY-VEE SEASONS. SEE RECIPE, HY-VEE.COM/RECIPES

KANSAS F. TAKES THE LITTLE ONES SHOPPING AND LETS THEM HELP PICK OUT FRUITS AND VEGETABLES FOR SNACKING AT HOME.

KELLY K.'S KITTY FINDS A COMFORTABLE SPOT TO HANG OUT—IN AN EMPTY HY-VEE GROCERY SACK.

TERRI Z. STARTS HER DAY WITH EGG-IN-A-HOLE TOAST. FOR MORE EGG-CITING IDEAS, SEE “PUT AN EGG ON IT!” ON PAGE 46.

DIGITAL

The Hy-Vee website remains a hub of information. Don’t miss these features at hy-vee.com:
• Digital coupons
• Fuel Saver + Perks
• Weekly ads
• Low prices

VIDEO

Become a better cook while having fun. Learn helpful kitchen tips by watching Hy-Vee videos at youtube.com/HyVee

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OR PICK UP YOUR FREE COPY AT YOUR LOCAL HY-VEE STORE.
HACKS tips & tricks

MARMALLOWS BLOOMS
Plant a marshmallow “bloom” on a cupcake or iced cookie. Cut Hy-Vee miniature marshmallows in half diagonally, pop them in a plastic bag of sprinkles and shake to coat. Arrange the marshmallow halves in a flower shape on your treat.

BUNNY BUNS: TOO CUTE TO EAT! LET HY-VEE FROZEN DINNER ROLLS RISE. USE SCISSORS TO SNIP OUT DOUGH TO FORM EARS, AND POKE HOLES FOR EYES. BAKE ACCORDING TO PACKAGE DIRECTIONS.

PHOTOS Tobin Bennett

3 fruity cannoli
STEP 1: Melt 1 (10-oz.) pkg. Hy-Vee marshmallows and 3 Tbsp. Hy-Vee butter over low heat in a large saucepan. Stir in 6 cups Hy-Vee fruity crisp rice cereal.
STEP 2: Spread mixture on a greased baking sheet and let cool. Cut 4-inch rounds and fold, pinching edges on top.
STEP 3: Fill and top with Hy-Vee buttercream frosting; top with sprinkles.

4 BAKED EGG NESTS
STEP 1: Preheat oven to 350°F. For each nest, cut the crust off a Hy-Vee white bread slice; discard crust.
STEP 2: Butter both sides of each bread slice; press into cups of a standard muffin pan.
STEP 3: Add a Hy-Vee medium egg to each bread shell. Season with Hy-Vee sea salt and black pepper.
STEP 4: Bake for 10 to 15 minutes or until egg yolks are set and start to thicken. Let stand for 2 minutes before serving. If desired, sprinkle with fresh herbs.

Yellow Onions
THESE VERSATILE BULBS ADD IRRESISTIBLE AROMA AND FLAVOR TO COOKED DISHES. YELLOW ONIONS CARAMELIZE BEAUTIFULLY, MAKING THEM PERFECT FOR THE GRILL.

PHOTOS Tobin Bennett

need to know
SELECT
Choose onions that feel firm, have cripsy outer skin and give off a mild scent. Avoid any with dark, soft or translucent spots or an overwhelming scent, which indicate the onion is starting to spoil.

STORE
Store onions loose in a paper or mesh bag in a cool, dry, dark place for up to two weeks. Refrigerator storage is not recommended, as a strong onion smell may spoil the flavor of other foods. Store cut or peeled onions in an airtight container in the refrigerator for just a few days.

VARIETIES AND USES
Yellow onions help build a flavorful foundation for soups, stews and salads. They are also delicious when caramelized. Sweet onion varieties, including Vidalias and Walia Wallas, are named after the locations where they grow. These onions are excellent in salads or on grilled burgers.
CARAMELIZED ONION CORN BREAD

Total Time: 45 minutes
Serves: 8

Hy-Vee vegetable shortening, for greasing
2 medium yellow onions
4 Tbsp. Hy-Vee butter, divided
2 (8.5-oz.) boxes Hy-Vee corn muffin mix
¾ cup Hy-Vee 2% milk
2 Hy-Vee large eggs
1 red bell pepper, seeded and chopped
1 cup Hy-Vee shredded Cheddar cheese
6 slices bacon, crisp-cooked, drained and crumbled
¼ cup chopped chives

1. PREHEAT oven to 375°F. Grease a 9-in. round baking pan; set aside.

2. SLICE onions crosswise into ½-in. slices, leaving slices intact.

3. MELT 2 Tbsp. butter in a skillet over medium heat. Add several onion slices to skillet. Cook for 5 to 8 minutes or until onions are softened. Turn onion halfway through cooking, leaving slices intact. Carefully transfer onions to prepared pan, forming a single layer. Repeat with remaining butter and onion slices.

4. COMBINE muffin mix, milk and eggs in a medium bowl. Stir in red bell pepper, cheese, bacon and chives. Pour batter over onions in pan. Bake for 25 to 30 minutes or until wooden toothpick inserted in the center comes out clean. Cool in pan on a wire rack for 10 minutes. Carefully invert onto a serving platter. Cut into wedges.

Per serving: 420 calories, 21 g fat, 11 g saturated fat, 0 g trans fat, 85 mg cholesterol, 710 mg sodium, 46 g carbohydrates, 2 g fiber, 16 g sugar, 11 g protein
OUR BEST people to know

fresh perspective

CURIOSITY ABOUT THAT PRICKLY PEAR?
HY-VEE PRODUCE MANAGER KEITH THALKEN CAN TELL YOU ABOUT IT—MAYBE OFFER A SLICE.

Q: What’s your favorite ethnic cooking with fruits?
A: Turmeric root, that’s one of my favorites. It doesn’t take a lot of preparation. Just boil it and you can eat it as a soup with water, drain and set it on a plate. It’s nice and warm. I also like to put it in my rice or in my stir-fry. I like to use it in my salads and as a garnish.

Q: What are your cooking tips for spring veggies?
A: Grilled asparagus, onions, and peppers. Toss them in olive oil, salt and pepper, and maybe a little garlic powder. Then grill them to how you like them. I like to use asparagus crisper and some like it cooked through. Some like their onions caramelized and some don’t. You just can’t beat the flavor of grilled veggies.

Q: How do you inform customers about produce?
A: I gather people around for demonstrations. I’ve been known to slice open a prickly pear to demonstrate what it looks and tastes like. I teach people how to pick out a cantaloupe or things that are starting to ripen. A lot of people just don’t know some of the basics, like how to check for ripeness of a pear or how to tell the difference between cilantro and Italian parsley. I get answers on cooking—what’s a good apple for pies or how long will this melon keep. Customers just want to get it right.

Q: What do you like most about your job?
A: It’s fun, every day. It’s not boring because there’s always something different out there in produce. There’s not just one peach. There are different varieties of peaches. I pride myself on consistent quality every day, so people can come into the store and be happy with the produce they find in the Produce Department.

Growing Green

CREATE AN HERB GARDEN ON A KITCHEN OR SUN PORCH WALL.

SELECT: Choose the herb plants you want, then select hanging containers that won’t leak—yarn, pots or wooden boxes—from your local Hy-Vee Floral Department or Garden Center. For wooden boxes without hangers, attach pieces of rope with a staple gun.

PORT: Drainage is important, and most plants are sold in plastic pots that contain drainage holes. Do not use a layer of crushed rock in the pot bottoms. Replace the plant and soil. Place plastic pots in hanging containers.

HANG: Select a location that gets plenty of sun and install curtain rods, towel bars or hooks. Hang containers using shower curtain rings.

HARVEST: Clip herbs as you need them using kitchen or garden shears. Rinse and use in recipes or as garnishes.

KEYS TO GROWING SUCCESS

Temperature
Indoor temperatures of 65°F to 75°F work well for most herbs. Basil likes 75°F or warmer.

Feeding
Feed weekly with liquid fish emulsion. If you see salt residue along the pot rim, flush the pot well for most herbs.

Watering
Keep the soil moist, but don’t allow it to dry out. Keep the soil evenly moist. The key is to keep the soil evenly moist. The key is to keep the soil evenly moist.

Snipping
Snip herb leaves as they grow green. Herbs like 6 to 8 hours of sunlight a day. Some perennials, such as mint and thyme, can handle a lot less.

 propagating
Use indoor potting mix for indoor herbs. The light mix drains easily and allows plant roots to breathe.

FRESH HERBS ARE AT YOUR FINGERTIPS WITH STARTER PLANTS FROM HY-VEE.
ON THE GRILL

AMAZING FLAVORS AND SO EASY!
Add a major pop of color to your grill with veggie skewers. Skewers keep smaller pieces from rolling or falling through the grates. Group veggies of the same type together so they cook at the same rate, and don’t forget to oil the grates before grilling.

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

Cracker Barrel Macaroni & Cheese: select varieties
11.9 or 14 oz. $2.99

Kraft or Back To Nature Organic Macaroni & Cheese: select varieties
2 to 6 oz. $1.99

TGI Fridays Snacks: select varieties
7.6 to 13.5 oz. $3.99

Kraft American Singles: twin pack, 32 slices
$4.99

Oscar Mayer Rope Sausage or Kielbasa: select varieties
12 or 13 oz. $3.49

Philadelphia Soft Cream Cheese: select varieties
16 oz. $4.99

Kraft Inverted Salad Dressings: select varieties
22 oz. $2.99

Kraft Ranch Dip & Dunk Dressing: select varieties
24 oz. $2.99
Grill It!

Grilling imparts a delicious smoky flavor and a touch of caramelized sweetness to fresh produce. Here are tips and timings for a few of your seasonal favorites. Brush grilled veggies with Asparagus Pesto Sauce, right, created by Hy-Vee Chef Logan Lumley.

SWEET POTATOES
Peel and cut potatoes into ¼-inch-thick slices; toss in oil and seasonings. Grill over medium heat until crispy on the outside and creamy, caramel-like on the inside. Time: 10 to 12 minutes

PIEAPPLES
Cut unpeeled bananas lengthwise from tip to tip. Brush cut sides with melted butter. Grill over medium-high heat until charred; turn occasionally. Time: 6 to 8 minutes

BABY BELLAS
Marinate baby bella mushrooms in a mixture of balsamic vinegar, soy sauce, olive oil and steak seasoning. Grill over medium heat for a smoky flavor. Turn once. Time: 5 to 7 minutes per side

ASPARAGUS
Snap off and discard tough bases of stems. Brush with oil and lay them across the bars of the grate. Grill over medium heat, turning occasionally. Time: 7 to 10 minutes

GREEN ONIONS
Trim onions, leaving some of the green tops. Brush onions with oil and grill over direct heat and grill over medium heat until slightly charred; turn occasionally. Time: 6 to 8 minutes

BANANAS
Cut unpeeled bananas lengthwise from tip to tip. Brush cut sides with melted butter. Grill over low heat. Watch closely; pieces carmalize quickly. Time: 1 to 2 minutes

MANGOES OR PEACHES
Peel and cut fruit with oil. Grill over low heat until the grate. Grill over medium heat, turning occasionally. Time: 3 to 5 minutes per side

BELL PEPPERS
Halve peppers; discard stems and seeds. Brush with oil and seasonings. Grill over medium heat until charred on the outside and crispy on the inside. Time: 3 to 5 minutes per side

PER ¼-CUP SERVING:
- 220 calories
- 0 g total fat
- 0 mg cholesterol
- 16 g carbohydrates
- 0 g protein

Change Up a Classic Manhattan by Switching Out the Whiskey for Tequila. You’ll Love Every Sip.

Manhattan
Total Time: 5 minutes
Serves 1
1 ½ oz. Manhattan Añejo Tequila
1 oz. sweet vermouth
¼ oz. simple syrup
1 dash bitters
1 lime wedge, juiced
Ice cubes
1 lime slice, optional
1 orange peel twist, optional

1. ADD tequila, vermouth, simple syrup, bitters and lime juice to an ice-filled cocktail shaker. Shake for 10 seconds.
2. STRAIN into an iced glass. If desired, garnish with lime slice and/or orange peel twist.

PER SERVING: 200 CALORIES, 0 PROTEIN, 0 CARBOHYDRATES

Tequila Varieties at Hy-Vee

Añejo Tequila
Aged in oak barrels for more than 1 year, this is a rich, caramel and woody flavor that includes smokiness and slow sipping.

Blanco Tequila
This unaged tequila is mild with hints of citrus and orange. Use it in many of cocktails.

Reposado Tequila
Aged for “rested” in oak barrels for 2 to 3 months, it’s fruity and spicy.

FPO

MEXICO’S BELOVED DRINK IS AN INTRIGUING MEDLEY OF MANY FLAVOR NOTES. BREAK THE RULES AND GO BEYOND MARGARITAS WITH THIS FUN- LOVING CONCOCTION.
A (MOSTLY) MAKE-AHEAD EASTER BRUNCH | CHEF-INSPIRED MINIMALIST MEALS | BIG BEERS IN SMALL BATCHES | SHAKE IT UP! | ARTISAN BREAD | PUT AN EGG ON IT! | SEASON’S BEST PASTA | BEST-OF-CLASS GRAD PARTY | CURRY CRAZE

ARTISAN BREAD
Use up any leftover bits in a refreshing traditional Italian salad called Panzanella, page 44

PHOTO: Cameron Sadeghpour

April 17

Now available at Hy-Vee.
WHIP UP A WOW-WORTHY FEAST. MAKE-AHEAD TIPS AND A DIY BAR FOR MIMOSAS CUT YOUR WORK ON THE DAY OF THIS SHOWSTOPPING MEAL.

PHOTOS Cameron Sadeghpour and Greg Scheidemann

Strata, a casserole of eggs, bread and cheese, is enhanced with smoky bacon and given an oniony burst with fresh chives. Recipe, page 27

MAKE-AHEAD TIP
Assemble this hearty egg bake the night before, giving the bread time to soak up the dish’s flavors. Bake the next morning to golden perfection.

PHOTOS Cameron Sadeghpour and Greg Scheidemann

bacon and cheese strata
Versatile roasted potatoes go together easily. Top them with arugula and a drizzle of vinaigrette to put a new spin on a classic recipe.

Recipe, page 23

MAKE-AHEAD TIP
Place the potato wedges, oil and seasonings in two large resealable plastic bags. Seal the bags and refrigerate overnight before roasting the next day.

berries and cream pastries

MAKE-AHEAD TIP
Prepare the pastries and cool completely. Place in an airtight container and store at room temperature for up to 3 days.

oven-roasted potato salad

MAKE-AHEAD TIP
Place the potato wedges, oil and seasonings in two large resealable plastic bags. Seal the bags and refrigerate overnight before roasting the next day.

Total Time 30 minutes Serves 12

1 (17.3-oz.) pkg. frozen puff pastry sheets, thawed (2 sheets)
1 (5.3-oz.) container Hy-Vee Greek vanilla yogurt
½ cup lemon curd
1 Tbsp. lemon zest
1 (8-oz.) container Hy-Vee frozen whipped topping, thawed
1½ cups each fresh strawberries, blueberries and raspberries
½ cup seedless raspberry preserves
Powdered sugar

1. PREHEAT oven to 400°F. Line a baking sheet with parchment paper; set aside.

2. UNFOLD each pastry sheet onto a lightly floured surface. Use a 3-in. round scalloped cutter to cut six rounds from each sheet. Place cutouts on prepared baking sheet. Bake for 10 to 12 minutes or until puffed and lightly golden. Cool pastries on a wire rack.

3. COMBINE yogurt, lemon curd and lemon zest. Fold in whipped topping.

4. CUT each pastry horizontally in half. Pipe or spoon yogurt mixture on pastry bottoms; top with berries. Spread preserves on cut sides of pastry tops; place tops on fruit. Dust with powdered sugar.

Per serving: 290 calories, 15 g fat, 6 g saturated fat, 0 g trans fat, 5 mg cholesterol, 210 mg sodium, 33 g carbohydrates, 3 g fiber, 15 g sugar, 3 g protein

For serving: 250 calories, 11 g fat, 4 g saturated fat, 0 g trans fat, 5 mg cholesterol, 200 mg sodium, 32 g carbohydrates, 3 g fiber, 15 g sugar, 3 g protein

SEASONS | hy-vee.com

SEASONS | hy-vee.com
honey-bourbon ham

**MAKE-AHEAD TIP** A honey-bourbon roasting glaze gives a sweet lacquered finish to this ham, creating a delicious main course for an Easter feast.

For step-by-step instructions on boiling eggs, watch the video at hy-vee.com

**FIVE NO-DYE EASTER EGGS**

Give your hard-boiled eggs extra sparkle with some easy embellishments. For step-by-step instructions on boiling eggs, watch the video at hy-vee.com

**1. BERIBBONED**

Beautiful brown eggs by wrapping them with thin ribbons and securing the ends with tape. Try this on white eggs too, using ribbon in various fun patterns.

**2. LETTER PERFECT**

Affix Easter greetings to your eggs by applying adhesive letters, available at craft stores.

**3. MARKER ART**

Grab colored permanent markers to draw pretty designs on your Easter eggs. Don’t worry if your line art isn’t perfect—wobbly or uneven lines add character.

**4. GOLDEN GLITZ**

Adorn brown eggs using a gold leaf kit, available at craft stores. Follow directions on package.

**5. MOSAIC MAGIC**

Use washi tape, available at crafts stores, into geometric line art isn’t perfect—wobbly or uneven lines add character.

**EASTER EGGS**

Cut Japanese-style washi ribbon in various fun patterns. Wrap them with thin ribbon and securing the ends with tape. Beautify brown eggs by wrapping them with thin ribbons and securing the ends with tape.
 Invite your guests to make their own super festive drinks in three easy steps: Pour the bubbly, add some juice and top with fruit. A 1:1 ratio of Champagne to juice makes a good mimosa. Offer club soda to replace the Champagne in a nonalcoholic version.

**MIMOSA BAR CHECKLIST**

What you’ll need:
- Fruit juice (orange, pineapple and/or grapefruit)
- Champagne or prosecco
- Club soda or sparkling water
- Fresh strawberries, oranges, raspberries and/or blackberries
- Ice and ice bucket
- Glassware
- Stir sticks

**Total Time**: 5 minutes  
**Serves**: 6 to 8

3 cups Hy-Vee ruby red grapefruit juice  
1 (750-ml) bottle dry sparkling wine, chilled*  
Fresh raspberries, for garnish

1. Fill stemware glasses or champagne flutes half full with grapefruit juice. Top off with dry sparkling wine and stir lightly. If desired, garnish with fresh raspberries. Serve immediately.

*Note: For a nonalcoholic mimosa, replace the sparkling wine with club soda or sparkling water.

Enjoy a bountiful array of traditional brunch favorites at the family-friendly Market Grille, a full-service restaurant located inside many Hy-Vee grocery stores. Brunch is served on Sundays and can include seasonal fruits, a carving station, freshly baked pastries, delicious desserts and other chef creations. Plus visit the create-your-own omelet stations. If you’re planning to gather for Easter Brunch on April 16 at the Market Grille, make your reservation today at hy-veemarketgrille.com
These simple yet creative recipes blend just five ingredients, a staple or two from your kitchen, and one pan into a memorable meal. Dinner, done in 30 minutes.

**beef teriyaki stir-fry**

**Total Time:** 20 minutes  
**Serves:** 4

1 lb. boneless beef sirloin steak  
¼ cup Hy-Vee teriyaki sauce  
2 Tbsp. Hy-Vee apricot preserves  
1 tsp. Hy-Vee ground ginger  
1 (16 oz.) pkg. Hy-Vee frozen stir-fry vegetables with noodles

**Staple:**  
4 tsp. Hy-Vee vegetable oil, divided

1. **TRIM** fat from meat. thinly slice meat across the grain into bite-size strips; set aside.
2. **COMBINE** teriyaki sauce, apricot preserves and ginger in a small bowl. Set aside.
3. **HEAT** 2 tsp. vegetable oil over medium-high heat in a large skillet. Add stir-fry vegetable mixture to skillet. Cook and stir for 2 to 4 minutes or until heated through. Remove vegetable mixture from skillet.
4. **ADD** 2 tsp. oil to same skillet. Add beef strips; cook and stir about 5 minutes or until beef reaches desired doneness. Return vegetable mixture to skillet. Add teriyaki sauce mixture, tossing to coat. Heat mixture through.

**Per serving:** 400 calories, 19 g fat, 7 g saturated fat, 0 g trans fat, 85 mg cholesterol, 700 mg sodium, 29 g carbohydrates, 1 g fiber, 10 g sugar, 26 g protein
**Sheet Pan Chicken Fajitas**

Total Time: 25 minutes  
Serves: 4

1 lb. boneless, skinless chicken breasts, cut into bite-size strips  
3 orange, yellow and/or red bell peppers, seeded and cut into strips  
1 medium red onion, thinly sliced  
1 (1.25-oz.) packet Hy-Vee Mexican-style fajita seasoning mix  
8 (6-in.) flour tortillas

Staple:  
2 Tbsp. Hy-Vee vegetable oil

Optional:  
2 lime halves

Fresh cilantro, for garnish

1. PREHEAT oven to 425°F.
2. TOSS together chicken, peppers, onion and fajita seasoning mix in a large bowl. Drizzle with oil. Spread on a large rimmed baking sheet. If desired, add lime halves. Roast for 12 minutes or until vegetables are tender and chicken is cooked through, stirring halfway through roasting.
3. WRAP tortillas in aluminum foil and place in the oven to warm during the last 5 minutes of roasting. Divide fajita mixture among warm tortillas and serve. If desired, garnish with cilantro.

Per serving: 450 calories, 14 g fat, 2.5 g saturated fat, 0 g trans fat, 85 mg cholesterol, 1,330 mg sodium, 47 g carbohydrates, 3 g fiber, 6 g sugar, 32 g protein

---

**Buffalo Chicken Grilled Cheese**

Total Time: 20 minutes  
Serves: 4

1 ripe avocado, halved, seeded and peeled  
8 (½-in.-thick, 2.5 oz. each) slices Hy-Vee Bakery Italian or country-style bread  
2 Tbsp. Hy-Vee butter, softened  
4 oz. Hy-Vee sliced Pepper Jack cheese  
6 oz. thinly sliced Hy-Vee Deli Buffalo chicken

1. SLICED avocados set aside.
2. LIGHTLY spread one side of each bread slice with butter. Add unbuttered slices of four of the bread slices (kept with cheese, chicken and avocados) to the remaining four bread slices, buttered sides up.
3. PREHEAT a large skillet over medium heat. Place the sandwiched slices of bread on the skillet. Grill sandwiches until bread is golden and cheese is melted, turning once halfway through cooking.

Per serving: 600 calories, 23 g fat, 10 g saturated fat, 0 g trans fat, 80 mg cholesterol, 1,320 mg sodium, 76 g carbohydrates, 6 g fiber, 3 g sugar, 29 g protein

---

**Sandwiches in a Snap**

Here’s a delicious twist on an all-time fave, Buffalo Chicken Wings. Bite into layers of deli buffalo chicken, melty pepper jack cheese and fresh avocado on artisan bread.
breaded tilapia with zucchini pasta

Total Time: 30 minutes  Serves: 4

4 (4-oz.) fresh or frozen tilapia fillets
2 small zucchini and/or yellow summer squashes (1 lb.)
2 lemons, divided
½ cup Hy-Vee seasoned bread crumbs
1 cup halved cherry tomatoes

Staples:
- Hy-Vee salt and black pepper
- 2 Tbsp. Hy-Vee Select olive oil, divided

Optional:
- Fresh mint, for garnish

1. THAW tilapia, if frozen. Cut zucchini and/or squashes into pastalike strands, using a julienne slicer or a spiralizer; set aside.
2. PAT tilapia fillets dry with paper towels; season with salt and black pepper. Place juice from one lemon in a shallow dish. Place bread crumbs in another shallow dish. Dip fillets in lemon juice and coat with bread crumbs.
3. HEAT 1 Tbsp. olive oil in a large skillet over medium heat. Add tilapia and cook for 5 minutes or until fish flakes easily with a fork, turning once. Transfer fish to a platter; keep warm.
4. HEAT remaining 1 Tbsp. oil in same skillet. Add zucchini pasta. Cook and stir over medium heat for 5 minutes or until liquid is absorbed. Remove zucchini pasta from skillet, reserving liquid. Add cherry tomatoes, cook and stir over medium heat for 2 minutes or until slightly softened. Serve fillets with zucchini pasta and cherry tomatoes. Quarter remaining lemon; serve with each serving for drizzling. If desired, garnish with mint leaves.

Per serving:
- 260 calories
- 11 g fat
- 1.5 g saturated fat
- 0 g trans fat
- 55 mg cholesterol
- 310 mg sodium
- 17 g carbohydrates
- 2 g fiber
- 4 g sugar
- 25 g protein

veggie calzones

Total Time: 28 minutes  Serves: 4

1 (13.8-oz.) can Hy-Vee refrigerated pizza crust dough
5 oz. fresh mozzarella cheese, cut up
1 cup fresh or frozen broccoli florets, steamed
3 roma tomatoes, seeded and chopped
1 Tbsp. Hy-Vee grated Parmesan cheese

Staples:
- Hy-Vee nonstick cooking spray, for greasing
- Hy-Vee all-purpose flour
- 1 Tbsp. Italian seasoning

Optional:
- Fresh mozzarella cheese, for adding

1. PREHEAT oven to 400°F. Place dough on a lightly floured surface. Cut dough into four squares, using a pizza cutter or a sharp knife; set aside.
2. UNROLL pizza dough on a lightly floured surface. Cut each square in half, using a pizza cutter or sharp knife. Place one-fourth each of the cheese, broccoli, and tomatoes on half of each square. Sprinkle with Italian seasoning.
3. FOLD unfi lled half of each dough square over filling. Press edges with the tines of a fork to seal. Place calzones on a prepared baking sheet. Brush tops with a fork. Spray with nonstick cooking spray and sprinkle with Parmesan cheese. Bake for 16 to 18 minutes or until golden brown. Cool on baking sheet for 5 minutes. Serve warm.

Per serving:
- 290 calories
- 10 g fat
- 5 g saturated fat
- 0 g trans fat
- 25 mg cholesterol
- 790 mg sodium
- 49 g carbohydrates
- 2 g fiber
- 7 g sugar
- 15 g protein

ONE-PAN SHORTCUT MEAL

SAUTÉED LIGHT WHITE FISH PAIRS WITH FRESH, VIBRANT ZUCCHINI NOODLES AND TOMATOES. ALL IN ONE PAN.
BIG BEERS IN SMALL BATCHES

FEISTY T-REX PALE ALES. SMOOTH BARREL-AGED STOUTS.
TOPPLING GOLIATH IN DECORAH, IOWA, CREATES SOME OF THE WORLD’S MOST INVENTIVE AND FLAVORFUL CRAFT BEERS, PERFECT FOR PAIRINGS WITH FOOD OR POURINGS WITH FRIENDS.

PHOTOS COURTESY OF Toppling Goliath Brewing Company

Despite the name, Toppling Goliath Brewing Company didn’t set out eight years ago trying to conquer the giants in the industry. Owner Clark Lewey just wanted to enjoy a good, hoppy IPA without having to drive out of his small town to find it.

He also didn’t start with visions of monstrously successful and creative brews like Pseudo Sue pale ale, the explosively fruity Pompeii or the Intergalactic Warrior with its warp-speed spirit. He started with a beer kit that his wife, Barb, gave him for Christmas. And round one ended in a boiler, a disastrously messy garage and hope. “The beer was drinkable, which was encouraging considering all the problems I had,” he says.

Clark, who also likes to cook, started developing his own recipes. He made a beer in honor of his grandmother Dorothy, who introduced him to old-school lagers with full body and taste. Since his brothers tended toward domestics, Clark brewed something he thought everyone would like, emerging from the garage in 2009 with Dorothy’s New World Lager.

“When my brothers liked it, I thought, You know what? This could be a gateway beer for getting into craft brewing.” He started Toppling Goliath that same year in the heart of Decora, Iowa, and “the classic beauty” became a signature beer. The floodgates opened. So did the creativity. Enter the bold double IPAs and hopped-up, juicy IPAs with outspoken personalities. Along came wood-aged and barrel beers, such as world-class imperial stouts. Pseudo Sue pale ale, the explosively juicy IPAs with outspoken personalities. Along came wood-aged and barrel beers, such as world-class imperial stouts.

Toppling Goliath has crafted about 30 different brews, aged and barrel beers, such as world-class imperial stouts. The beers are fun, yet seriously delicious. Rate Beer—a consumer-review-driven website—puts Toppling Goliath brews consistently atop the beer pyramid. It named Kentucky Brunch Brand Stout, a barrel-aged imperial coffee stout, as best in the world. Likewise, the connoisseurs at BeerAdvocate magazine rank seven Toppling Goliath beers among the top 102 on the planet, with two in the top 10.

Awards in stride, Clark takes pleasure in bringing quality brews to local palates, letting others appreciate the fruits—and grains—of his labors. Now, customers drive hours to Decorah, just for a taste at the taproom.

It’s a heady stage for an operation that started in a garage less than a decade ago. “We’re committed to constant creation,” Clark says. “Our whole company culture is to say ‘what if.’ We’re always experimenting with hops and trying to push boundaries. That’s how we roll.

And our look is unique. It’s what gets people intrigued about the liquid inside.” They craft in small batches, keeping a close eye on quality. New brews get taste-tested at four intervals—up to several months later. Since opening, Toppling Goliath has upgraded from a half-barrel system, to 10, to 30 barrels, and still can’t keep up with the thirst for the product. They plan to open a new facility in October that includes a taproom and increased capacity for cans and draft beers. It will include space to grow—even for ideas the size of Pseudo Sue. Because at Toppling Goliath, there’s always something big brewing.

THESE ARE YOUR TOP 102 ON THE PLANET, WITH TWO IN THE TOP 10.

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Behind the Scenes

Owner Clark Lewey, left, and Brewmaster Mike Saboe taste-test beer at Toppling Goliath. The Iowa brewery’s award-winning beers are making a splash at Hy-Vee stores.

FIND IT IN HY-VEE

Toppling Goliath Beers available at Hy-Vee

Dorothy’s New World Lager
Pseudo Sue Pale Ale
Golden Nugget IPA
Rover Truck Oatmeal Stout
Furman’s Pale Ale
King Sue Double IPA
Pompeii IPA

A favorite moment for Founder Clark Lewey “When we’re making Pomeii at the brewery. It’s like walking into a pineapple factory. It’s exciting to get that tropical atmosphere, and we do it without putting in fruit. It’s all hops.”

IT’S ALL HOPS.

18+ rotating beers
5 flagship beers
6+ limited-edition beers
Number of brews
18+ rotating beers
5 flagship beers
6+ limited-edition beers
Where located
Decorah, in northeast Iowa
When started
2009
Where located
Decorah, in northeast Iowa
When started
2009
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Food tastes best when paired with the perfect beer. Use Brewmaster Mike Saboe’s guide for pairing Toppling Goliath craft brews with your favorite foods.

**Dorothy’s New World Lager**

Light-bodied, mildly hopped and clean-tasting. Pair with chicken wings or barbecued ribs.

**Pseudo Sue**

Clean pale ale with just enough bite; has aromas of citrus and mango. Goes with grilled burgers and sweet potatoes.

**Golden Nugget**

Big hop aroma and hints of citrus and evergreen plus floral sweetness. Try with steak, avocado or sharp Cheddar cheese.

**Rover Truck Oatmeal Stout**

An oatmeal stout with the aroma of toasted almonds and hints of dry chocolate. Pair with smoked nuts or chocolate-covered bacon.

**Pompeii**

An India pale ale with a citrus-and-pineapple aroma and earthy undertone. Good with Thai food or Gorgonzola.

**Tsunami**

A light ale with a mandarin orange aroma. Pairs well with Asian dishes; or try with tacos or other Mexican dishes.

**Buffalo wings with spicy flavors need an equally brazen beer. Pompeii, an IPA with citrus-hops flavors, will do the trick.**

**Beer Pairings**

Consider sweetness, bitterness, carbonation, heat (spice) and richness when pairing a craft beer with food. Specific characteristics of food and beer interact with each other in predictable ways. Taking advantage of these interactions ensures that the food and beer will balance each other, with each giving you a desire for a taste of the other.

A good rule of thumb is to match the intensity of the beer with the intensity of a cheese’s flavor. For example, pair Pseudo Sue with nutty Parmigiano-Reggiano, or Rover Truck Oatmeal Stout with an assertive blue cheese.

Rover Truck Oatmeal Stout and smoky bacon dipped in dark chocolate are a match made in heaven. They complement each other with their decadent, rich and smooth qualities.

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### Shake It Up!

**WANT TO KNOW THE QUICKEST WAY TO MAKE A HOMEMADE VINAIGRETTE? ADD THE INGREDIENTS TO A JAR, SCREW ON THE LID AND SHAKE FOR A FEW SECONDS. THE LIGHT, TANGY DRESSING YOU GET BRINGS OUT THE BEST IN SPRING SALADS.**

**PHOTOS: Tobin Bennett**

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#### Tomato-Basil Vinaigrette

**Total Time:** 5 minutes  
**Makes:** 1 cup  

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hy-Vee Select extra virgin olive oil</td>
<td>½ cup</td>
</tr>
<tr>
<td>Hy-Vee canned stewed tomatoes</td>
<td>½ cup</td>
</tr>
<tr>
<td>Hy-Vee red wine vinegar</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td>Hy-Vee honey</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Hy-Vee salt and black pepper, to taste</td>
<td></td>
</tr>
</tbody>
</table>

1. **PLACE** oil, tomatoes, vinegar, basil, honey and mustard in a screw-top jar.  
2. **SERVE** immediately or refrigerate for up to 3 days. Let stand at room temperature and shake before using.

**Per 2 Tbsp. serving:**  
- **Calories:** 130  
- **Fat:** 14 g  
- **Saturated Fat:** 2 g  
- **Trans Fat:** 0 g  
- **Cholesterol:** 0 mg  
- **Sodium:** 40 mg  
- **Carbohydrates:** 2 g  
- **Fiber:** 0 g  
- **Sugar:** 1 g  
- **Protein:** 0 g

**SAVOR THE FLAVOR** Any greens mix topped with this dressing tastes great. You can kick it up a notch by adding sliced tomatoes, grilled zucchini and feta cheese.

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*Bonus Feature:* Learn how to make a 5-minute vinaigretta. Watch the video at [youtube.com/HyVee](https://youtube.com/HyVee)
1. Grilled Portobello Salad
A simple combo of spinach, grilled portobellos and creamy blue cheese makes an amazing salad when dressed with Tomato-Basil Vinaigrette.

2. Salmon Nicoise Salad
Dressed with Lemon and Chive Vinaigrette, this light spring salad features salmon (instead of traditional tuna), crisp salad greens, hard-boiled eggs, green beans, red potatoes, red onions and pungent olives.

3. Peach–Arugula Salad
Bring out the smokiness and caramelized juices of grilled fresh peaches in a vibrant arugula salad dressed with Broken Raspberry Vinaigrette. For tasty additions, top with toasted pecans and goat cheese crumbles.

**Uses beyond salads**

- **Broken Raspberry Vinaigrette**
  - Drizzle over grilled salmon or asparagus, or add to a fruit medley.

- **Tomato-Basil Vinaigrette**
  - Use as a dipping oil for artisan bread or drizzle over fresh mozzarella cheese slices.

- **Lemon and Chive Vinaigrette**
  - Use as a marinade for chicken or fish.

**Broken Raspberry Vinaigrette**

**Total Time:** 5 minutes

**Makes:** ¾ cup

- ½ cup Hy-Vee canola oil
- 1 Tbsp. fresh lemon juice
- 2 Tbsp. white wine vinegar
- 2 Tbsp. finely chopped shallot
- 2 Tbsp. chopped chives

1. **PLACE** oil, lemon juice, vinegar, shallot, parsley, honey and mustard in a screw-top jar. Cover and shake well. Season with salt.

2. **SERVE** immediately or refrigerate up to 3 days. Let stand at room temperature and shake before using.

**Per 2-Tbsp. serving:**
- 130 calories
- 13 g fat
- 1 g saturated fat
- 0 g trans fat
- 0 mg cholesterol
- 60 mg sodium
- 4 g carbohydrates
- 0 g fiber
- 0 g sugar
- 0 g protein

**Tomato-Basil Vinaigrette**

**Total Time:** 5 minutes

**Makes:** ¾ cup

- ¼ cup Hy-Vee canola oil
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. white wine vinegar
- 2 Tbsp. finely chopped shallot
- 2 Tbsp. chopped chives

1. **PLACE** oil, lemon juice, vinegar, shallot, parsley, honey and mustard in a screw-top jar. Cover and shake well. Season with salt.

2. **SERVE** immediately or refrigerate up to 3 days. Let stand at room temperature and shake before using.

**Per 2-Tbsp. serving:**
- 130 calories
- 12 g fat
- 1 g saturated fat
- 0 g trans fat
- 0 mg cholesterol
- 60 mg sodium
- 4 g carbohydrates
- 0 g fiber
- 0 g sugar
- 0 g protein

**Lemon and Chive Vinaigrette**

**Total Time:** 5 minutes

**Makes:** ¾ cup

- ½ cup chopped fresh raspberries
- ¼ cup Hy-Vee canola oil
- 2 Tbsp. Hy-Vee Select red wine vinegar
- 2 tsp. finely chopped shallot
- 2 tsp. finely chopped parsley

1. **PLACE** raspberries, oil, vinegar, shallot, parsley, honey and mustard in a screw-top jar. Cover and shake well. Season with salt.

2. **SERVE** immediately or refrigerate up to 3 days. Let stand at room temperature and shake before using.

**Per 2-Tbsp. serving:**
- 130 calories
- 12 g fat
- 1 g saturated fat
- 0 g trans fat
- 0 mg cholesterol
- 60 mg sodium
- 3 g carbohydrates
- 1 g fiber
- 0 g sugar
- 0 g protein
1. BUTTER LETTUCE
Characteristics: Soft, tender leaves with a sweet, delicate flavor
Best uses: Sandwiches, Asian chicken wraps

2. ICEBERG
Characteristics: Mild flavor and satisfying crunch
Best uses: Tacos, nachos, BLTs, chopped salads

3. RADICCHIO
Characteristics: Deep ruby red leaves with pleasantly bitter flavor; adds good contrast to a mixed salad when used in small amounts
Best uses: Grilled, blended with other salad greens, shredded in creamy pasta sauces

4. BABY SPINACH
Characteristics: Mild and delicate with a slightly sweet earthy flavor
Best uses: Smoothies, pasta, stuffed chicken

5. LEAF LETTUCE
Characteristics: Tender leaves with mellow, grassy flavor
Best uses: Salads, juices, smoothies

6. ARUGULA
Characteristics: Nutty, tangy and refreshingly peppery
Best uses: Pizza, sandwiches, pesto

7. ROMAINE
Characteristics: Sturdy leaves with crunchy texture and celerylike flavor
Best uses: Grilled, stir-fries, Caesar salad

8. CURLY ENDIVE (also called frisée)
Characteristics: Curly leaves tinged with yellow and green; slightly bitter in taste; textural, crunchy stems
Best uses: Blended with other salad greens, added to a new potato salad

9. BELGIAN ENDIVE
Characteristics: Unusual oval shape; soft, satiny texture; and slight bitterness
Best uses: Scooplike shape makes edible servers for small appetizers.

10. MESCLUN
Characteristics: Combination of slightly bitter baby greens such as radicchio, endive and arugula
Best uses: Salad topped with breaded goat cheese or grilled fruit, sandwiches
HY-VEE OFFERS A DIVERSE ARRAY OF HANDCRAFTED BREADS BAKED DAILY. LOOK FOR NEW FLAVORS OF FOCACCIA PAN BREADS AND HEALTHY ANCIENT-GRAIN LOAVES.

PHOTOS: Tobin Bennett and Cameron Sallingspan

WHAT DEFINES A TRUE ARTISAN BREAD?
The artisan bread-making process involves starters (typically yeast or a sourdough culture) and a long resting time overnight in a cooler.

Hy-Vee’s bakers use authentic, old-world methods to create breads with an open cell structure, thick crusts, intense flavor and chewy textures. The word artisan means “hands-on,” and the breads are handcrafted in a way that no two loaves look alike.

Ancient grains have made a comeback in a big way, and now they’re baked into breads at all Hy-Vee artisan bread bakeries. Hy-Vee recently rolled out a 100 percent ancient-grain batard, a flat, log-shape bread with tapered ends. The bread contains spelt, emmer, einkorn, rye and rolled oats but no white flour. Although the bread is not gluten-free, it helps boost fiber and nutrients in the diet.

HOW TO STORE ARTISAN BREAD
Because the breads are preservative-free, the average life span of an artisan loaf is two days for optimal flavor and freshness. Packard recommends storing a cut loaf, cut side down, in a bread box, so the bread keeps its crispy crust and moist interior and stays fresh longer.

If you know you won’t eat an entire loaf in two days, freeze a portion in an airtight container or resealable freezer bag. Then defrost it at room temperature and heat it in a 350°F oven. Never put bread in the refrigerator. Chilling pulls out the moisture in bread, causing it to become stale.

RISING TO THE OCCASION
Hy-Vee bakers are known for thinking outside the bread box. Recently, the stores introduced new flavor spins on sheet-pan focaccia, an Italian flatbread with a dimpled crust and wonderfully chewy texture. Some consider it a cross between really good bread and really good pizza. You can find it topped with spinach and feta cheese, caramelized onions or pizza ingredients.

There are sweet cherry and apple options as well. Serve the breads warm or at room temperature, as a snack or as a small meal.

RISING TO THE OCCASION

HY-VEE’S SKILLED BAKERS USE AUTHENTIC, OLD-WORLD METHODS TO CREATE QUALITY ARTISAN BREADS THAT ARE GOOD TO THE LAST CRUMB.
Total Time 30 minutes  
Serves 12

12 oz. Hy-Vee Bakery roasted garlic sourdough bread  
10 oz. Hy-Vee Bakery artisan aleppo cheese bread  
2 Tbsp. Hy-Vee Select olive oil  
1 Tbsp. lemon zest  
½ tsp. Hy-Vee kosher salt  
½ tsp. Hy-Vee black pepper  
1½ lbs. mixed heirloom tomatoes, cut into bite-size pieces (4 cups)  
1 medium cucumber, cut crosswise and sliced  
½ medium summer squash, sliced  
1 shallot, thinly sliced  
⅓ cup Hy-Vee Select white balsamic and honey vinaigrette  
2 Tbsp. lemon juice  
Lemon zest, optional

1. PREHEAT oven to 350°F.  
Slice or tear breads into 1-in. cubes. You should have about 4 cups of bread. Combine olive oil, lemon zest, salt and pepper. Add bread cubes, tossing to coat. Transfer bread to a rimmed baking sheet. Bake for 10 to 15 minutes or until crisp and firm but not browned. Cool.

2. TOSS together tomatoes, cucumber, summer squash and shallot in a large bowl. Add bread and vinaigrette, tossing to coat well. Drizzle with lemon juice. Just before serving, top with basil and, if desired, lemon zest.

Per serving: 180 calories, 6 g fat, 2 g saturated fat, 0 g trans fat, 5 mg cholesterol, 440 mg sodium, 20 g carbohydrates, 1 g fiber, 4 g sugar, 4 g protein

A Tuscan Bread Salad  
Panzanella (pahn-zah-NEHL-lah) is traditionally made with chunks of bread that soak up a sweet vinaigrette when tossed with a fresh vegetable medley.

1. CIABATTA  
An excellent sandwich bread, it has a light but crispy outer shell and tender interior filled with oversize air pockets.

2. BAGUETTE  
Long, narrow French bread possesses a soft, chewy interior and crunchy exterior. Serve with an olive oil and balsamic dipping sauce or use for bruschetta.

3. WHOLE GRAIN  
With a thick, crusty exterior and soft, chewy interior, this bread includes cracked whole wheat, oats, rye flour, barley, millet and flax seeds.

4. SESAME SEMOLINA  
This tighter-crumb loaf is made with semolina flour, the same flour used in the world’s best pastas. The bread makes delicious sandwiches.

5. SAN FRANCISCO SOURDOUGH BREAD  
Leavened with a starter, this rustic, hearty loaf has an irregular, open-hole crumb and a slightly acidic bite. Serve it with soup.
1. Arugula and Grain Salad

An egg packs protein into a meatless salad.

**STEP ONE:** Cook 1 (8-oz.) pkg. whole baby bella mushrooms in 1 Tbsp. Hy-Vee Select olive oil until light brown. Cool slightly.

**STEP TWO:** Toss together mushrooms, 1 cup cooked quinoa, 1 (10-oz.) pkg. arugula, 1 cup halved cherry tomatoes and 2 Tbsp. Hy-Vee grated Parmesan cheese in a bowl. Add desired amount of bottled vinaigrette; toss to coat.

**STEP THREE:** Top each salad with a poached egg (see directions, page 50). Season to taste with Hy-Vee salt and black pepper. Serves 4.

2. Edible Egg Cups

Bright bell peppers make the perfect containers for bright-yolked eggs. Try these at your next brunch.

Preheat oven to 350°F. Halve and seed red, yellow and/or orange bell peppers. Add a spoonful of tomato sauce to each pepper shell. Fill each shell halfway with sautéed country-style potatoes. Crack an egg into each pepper half. Season with Hy-Vee salt and black pepper. Bake for 25 minutes or until whites are firm and yolks are still a little runny. If desired, sprinkle with fresh herbs.

3. Potato-Egg Stack

Rethink eggs with hash browns.

To make this poached egg and potato duo, peel 7 or 8 Yukon Gold potatoes thinly slice and toss with a mixture of 3 Tbsp. melted Hy-Vee butter, 1 Tbsp. chopped fresh thyme and 2 tsp. Hy-Vee garlic powder. Stack potato slices in a cup of a muffin pan. Bake at 375°F for 1 hour or until golden brown. Top each stack with a poached egg (see directions, page 50).
6. Avocado Egg Bowls
Who would have thought? You can bake your eggs right in avocado halves for a healthy breakfast that starts your day off right.

Preheat oven to 400°F. Halve an avocado and remove the pit. Remove enough flesh in each half to create a bowl. Add a thin slice of smoked salmon Nova lox to each avocado bowl; crack an egg on top. Bake for 10 to 12 minutes or until whites are firm and yolks are still a little runny. Sprinkle with Hy-Vee salt and black pepper. Garnish with fresh dill.

7. Spring Pizza
CRACK EGGS ON A PIZZA TO MAKE IT TASTE GREAT AND LOOK IMPRESSIVE.

Prepare 1 (13.8-oz.) tube Hy-Vee refrigerated pizza crust according to package directions for a thick-crust pizza. For toppings, use desired amounts of halved cherry tomatoes, ribbons of prosciutto and Hy-Vee shredded pizza cheese. Crack a couple large Hy-Vee eggs in the middle. Bake until eggs are set but still runny. Top with arugula and fresh basil.
8. Sunny-Side Up Waffles

A luscious egg and sausage gravy on a waffle form a satisfying meal. No waffle iron needed!

- Preheat oven to 350°F. Thaw eight frozen Hy-Vee Homestyle waffles according to package directions. Place waffles on a baking sheet. Heat in oven for 10 minutes or until warm.
- Heat 1 (8-oz.) pkg. sausage gravy according to package directions.
- To serve, place two waffles on a plate. Spoon sausage gravy over top. Sprinkle with chopped red and green bell pepper and top with a soft-cooked egg (see directions, left). Sprinkle with chopped fresh herb.

9. Amazing Egg Toast

Spread herbed cheese spread onto toasted baguette slices and top with hard-boiled egg slices (see directions, above left), steamed asparagus and chives. Sprinkle with black pepper and drizzle with Hy-Vee Sriracha sauce.

10. Steak and Eggs

Get a double dose of protein. Preheat a charcoal or gas grill to medium heat for direct cooking. Lightly brush 1-in.-thick New York strip steaks with Hy-Vee Select olive oil; sprinkle with Hy-Vee salt and black pepper. Grill steaks to desired doneness, turning once. Allow 10 to 12 minutes for medium-rare (145°F) or 12 to 15 minutes for medium (160°F). Let steaks rest for 5 minutes. Top each steak with pesto and a soft-cooked egg (see directions, opposite).
Spring Fettuccine

Total Time 30 minutes
Serves 4

12 oz. Hy-Vee dry fettuccine
1 lb. fresh asparagus spears, trimmed and halved lengthwise
1 Tbsp. Hy-Vee butter
4 oz. chopped pancetta
1 cup chopped onion
½ cup dry white wine
10-oz. pkg. frozen garlic-Parmesan peas
1 cup Hy-Vee half-and-half
1 lemon, zested and juiced
Hy-Vee grated Parmesan cheese, to taste

1. COOK fettuccine in lightly salted water in a large pot according to package directions. Add asparagus during the last 5 minutes of cooking time. Drain; return pasta and asparagus to pot and keep warm.

2. MELT butter in a large skillet over medium-high heat. Cook pancetta until crisp; remove from skillet, reserving butter. Add onion to skillet; cook until softened. Add wine; gently boil until liquid evaporates. Add peas, half-and-half and herbs. Simmer until peas are heated through. Stir in cheese, lemon zest and lemon juice.

3. ADD pea mixture to pasta mixture; toss to combine. Season with pepper. If desired, garnish with additional herbs.

Per serving: 860 calories, 39 g fat, 18 g saturated fat, 0 g trans fat, 80 mg cholesterol, 1,080 mg sodium, 88 g carbohydrates, 9 g fiber, 15 g sugar, 33 g protein

PEAS, PLEASE!
When fresh peas aren’t available, frozen ones are your best option. Frozen peas now come flavored with Parmesan and garlic, which boost flavor and allow you to use fewer ingredients.

ASPARAGUS, PEAS, PANCETTA AND PASTA MAKE THE MOST OF SPRING’S BOUNTY. FRESH HERBS AND HINTS OF LEMON BRIGHTEN UP A LIGHT AND CREAMY ALFREDO SAUCE. THIS FLAVORFUL DISH REQUIRES LITTLE TIME AND EFFORT.

PASTA

why this is the best
This dish highlights the crispness of in-season asparagus and peas. Fresh herbs and lemon lighten the velvety sauce and Parmesan cheese and pancetta add nutty richness to every bite.

CHANGE IT UP
• REPLACE THE PANCETTA WITH COOKED SHRIMP OR SALMON.
• SWAP OUT THE PASTA FOR RISOTTO.
• ADD A FEW SAUTÉED WILD MUSHROOMS TO THE MIX.
• OMIT THE PANCETTA. SUBSTITUTE KALE AND MINCED GARLIC FOR THE PEAS AND TOSS IN JUICY BITES OF CHICKEN.
Pull off a stress-free graduation bash by setting up build-your-own food bars. Let Hy-Vee help with the food and decor. You get to add the fun personal touches.

Hats off to the grad! It’s time to celebrate with delicious food, cool decor and friends and family to enjoy the day. Turn to your local Hy-Vee for assistance as you create a memorable gathering that ranks at the top of the class.

**BAKERY** Choose frosting and candies in school colors to embellish cupcakes, a traditional sheet cake or other confections from your Hy-Vee Bakery. Professional cake decorators are ready to personalize the perfect cake for your celebration.

**CATERING** Select from among Hy-Vee’s catering options to create a special type of spread. If your graduate loves Asian food, set up a Chinese food bar with candy “sushi” and other fun additions, page 57. Hy-Vee Catering can help you create a buffet that appeals to crowds.

**FLORAL** Showcase school colors with flowers and balloons. Many choices are available at Hy-Vee Floral.

**INVITES** Customize invitations with photos and design options that match your party theme. Visit hyvee.lifepics.com
**ASIAN STYLE**

Set up an amazing spread with items from the Hy-Vee HyChi Bar. Your choice of two or three Chinese entrées, one appetizer and one rice. Add-on: sushi, available at select Hy-Vee locations.

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**Amp up the fun**

A bubbly berry sherbet drink, candy "sushi" and dipped fortune cookies are sweet surprises to complement an Asian food bar.

- **Bubbly Berry Cooler**: A scoop of Hy-Vee raspberry sherbet, topped with equal parts of cranberry juice and lemon-lime soda, make a festive drink.

- **Candy "Sushi"**: Cut crisp rice cereal bars in half. Place a Swedish fish candy (available in the candy aisle) on top of each half. Wrap a fruit-flavored strip around the bar to secure candy.

- **Good Fortunes**: Dip portions of fortune cookies into melted white or dark chocolate and coat with sprinkles. Tuck a personalized message for the grad into each cookie.
Build a barbecue spread with items from the Hy-Vee Hickory House BBQ Bar. Your choice of three smoked meats, cornbread, baked beans, sauces and two sides. Add-on: Bakery buns.

Savory sides
Pack chips into cones made from scrapbook papers. Serve Hy-Vee Macaroni & Cheese Bar offerings. Then add your own creative toppers, such as shredded Cheddar cheese, sliced green onions, Hy-Vee Hickory pulled pork or paprika.

OR...
CONSIDER ONE OF THESE FOOD BARS OFFERED BY HY-VEE CATERING AT planmygrad.com

BRUNCH BAR
Eggs, meat choices, hash browns, assorted pastries and fresh fruit

BRAT BAR
Original and flavored brats, such as jalapeño-Cheddar and bacon-Cheddar, plus all the trimmings

APPETIZER BAR
Meatballs, deviled eggs, bruschetta, chicken wings, stuffed mushrooms, dips and more

MAC & CHEESE BAR
White Cheddar mac and cheese and spicy varieties, including bacon-jalapeño and buffalo chicken

Slider buns let guests sample more than one sandwich option.
TIMELINE to success

Write a to-do list so party day rolls out smoothly. Better yet, use this guide for timing the invites, the food, the decorating and more.

4 weeks
Pick a date
Consider times other than the weekend of the graduation.

Order invites
Design personalized graduation invites at hyve.lifepecs.com. Or find invites near the greeting cards at Hy-Vee.

Finalize guest list and food preferences
Ask your grad for input.

3 weeks
Mail invites
Add RSVPs. Email invites as needed.

Order food and cake
Plan your catering spread and determine a cake design.

1 week
Make food labels
Download our template at hy-vee.com/seasons

Alert neighbors
Let them know extra cars will be parking in the area on party day.

Make favors
Buy party favors or make personalized treats.

2 weeks
Choose decor
Think photo displays, food labels, centerpieces, tablecloths.

Order food labels
Make balloon bouquets.

1 Day
Set out fresh flowers.

Serve bowls, balloons, flowers and party favors. Buy plates, napkins, glasses and utensils.

Plan the music
Create a playlist.

That morning
Set out the food. Give your grad a big hug.

Fashion a balloon display or bouquet in school colors.

Go for a memento cake, or use decorating to a theme or hobby.

Lastly, have fun and take lots of pictures of your graduate on this milestone day.

GRADUATE
EMILY RAE ANDERSON
BEVERLY HILLS HIGH SCHOOL

.order with us
Personalize your invitations and create custom cards, gifts, photobooks and more using your supplied photographs. It’s a great way to preserve memories for you, your family and friends.

PHOTO BOOKS, INVITATIONS, FULL-SIZE PRINTS, GIFTS & MORE!

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CURRY DISHES HAVE A VIBRANT FLAVOR THAT’S BOTH SAVORY AND SWEET. DISCOVER NEW WAYS TO USE CURRY PASTES, POWDERS AND SAUCES IN YOUR EVERYDAY COOKING.

A WORLD OF FLAVOR

The term curry refers to a stewlike dish cooked with an Indian spice blend, also called curry. Use the deliciously complex flavor of curry powder, paste or sauce in your recipes to add a punch of flavor. You won’t need additional seasonings.

Curry powder is usually a mix of turmeric (which gives curry its characteristic golden color), black pepper, cayenne, cumin and coriander. Some curry blends include cloves, allspice, ginger, cinnamon, cardamom, fennel or mustard seeds. Because curry blends are ground from several spices, store them no longer than two months for optimal pungency.

Curry paste—a little jar of red or green Thai curry—adds savory-spicy flavor to soups and stews. Unlike dry curry, which lingers on your palate, curry paste delivers heat upfront. If you prefer moderate heat in your dish, use red paste made from fresh red chiles. For a spicier kick, reach for green paste made with fresh green chiles. For stews, cook the paste in a little oil to bring out its flavors. Just a spoonful of paste packs enough flavor in a soup containing coconut milk that it needs to simmer for only a short time. The milk adds richness and tempers the spiciness of the paste. See the Thai Coconut Shrimp Soup recipe, page 65.

Curry simmer sauces, available in the ethnic section at your Hy-Vee, add bold, spicy flavors to a dish. Sauce choices include Tikka Masala, Butter Chicken Curry and Korma Curry (flavored with coconut, ginger and cilantro). Add a sauce to a stir-fried meal and veggie combo—or chicken breast for a meatless option—and serve over rice. It’s a delicious way to enjoy curry in a hurry. For a tasty meal that features curry sauce, see the Chicken-Veggie Curry recipe, page 65.

PHOTOS: Cameron Sadeghpour

30 MINUTES OR LESS
Thai Coconut Shrimp Soup, page 65

CURRY: USE IT!

POWDER
• Stir into your favorite creamy or vinaigrette salad dressing.
• Sprinkle on root vegetables, cauliflower or squash before roasting.
• Add to lentil soup.
• Sprinkle on buttered popcorn.

PASTE
• Add to soups, sauces or marinades for a flavor kick.
• Stir into mayonnaise base used for chicken, tuna or egg salad.
• Use as a wet rub for chicken, beef or pork.
• Spice up a burger mixture or brush on chicken skewers before grilling.

SAUCE
• Add warm sauce to cooked veggies, tofu, meat, chicken or seafood and serve over rice.
• Brush on grilled chicken or shrimp.
• Use as a dipping sauce for breaded chicken.
CURRY IN A HURRY
Great taste comes from using two kinds of curry in this chicken-veggie dish.
CURRY POWDER adds a familiar and exotic flavors to oven-roasted cauliflower and sweet potato. CURRY SIMMER SAUCE drizzled over the top gives the dish a robust kick.

CHICKEN–VEGGIE CURRY

Total Time 40 minutes  Serves 4

1 recipe ClaroBroth, right
4 boneless, skinless chicken breasts (1 lb.)
1 head cauliflower, cut into florets
1 sweet potato, peeled and cut into chunks
2 Tbsp. Hy-Vee Select olive oil
2 tsp. curry powder
1 (15-oz.) jar tikka masala curry simmer sauce
Additional cilantro, for garnish

1. PREHEAT oven to 400°F. Grease a rimmed baking pan; set aside. Prepare ClaroBroth.
2. PAT chicken dry with paper towels. Place chicken in pan and roast for 30 minutes or until done (165°F.) Cut each breast diagonally into bite-size strips, leaving pieces intact.
3. PLACE cauliflower and sweet potato on another rimmed baking pan. Drizzle with oil and sift curry powder over top; toss to coat. Spread veggies out in baking pan. Roast alongside pan with chicken for 10 minutes. Turn veggies. Roast for 15 minutes more or until veggies are tender.
4. HEAT curry simmer sauce in the microwave. Serve chicken with sauce, ClaroBroth and roasted veggies. If desired, garnish with cilantro.

Cilantro Rice:
Cook 1 cup jasmine rice according to package directions; drain. Just before serving, stir in ½ cup chopped cilantro, 1 tsp. lime zest and 2 Tbsp. lime juice.

Per serving: 550 calories, 19 g fat, 5 g saturated fat, 0 g trans fat, 95 mg cholesterol, 480 mg sodium, 62 g carbohydrates, 8 g fiber, 8 g sugar, 8 g protein

Naan Bread Fix-Up: Thaw 1 (8.8-oz.) pkg. naan bread, found in your Hy-Vee HealthMarket freezer case, according to package directions. Combine 1 Tbsp. melted Hy-Vee butter and 1 tsp. minced garlic; brush on naan and sprinkle with 1 tsp. chopped cilantro. Bake in 400°F oven for 3 to 5 minutes or until warm. Sprinkle with sea salt.

THAI COCONUT SHRIMP SOUP

Total Time 30 minutes  Serves 6

1 Tbsp. Hy-Vee Select olive oil
1 leek, chopped
2 Tbsp. grated fresh ginger
1 Tbsp. red or green curry paste
4 medium carrots, julienned
4 cups Hy-Vee 33%-less-sodium chicken broth
1 (13.5-oz.) can Hy-Vee coconut milk
1 (8-oz.) pkg. sliced mushrooms
1 red bell pepper, seeded and cut into strips
1 lb. fully cooked large shrimp, thawed if frozen
1 lemon, zested and juiced
¼ cup chopped fresh basil
3 oz. thin rice noodles, cooked and drained

Fresh cilantro, for garnish

1. HEAT oil in a Dutch oven over medium heat. Add leek, ginger and curry paste. Cook and stir until leeks are softened. Stir in carrots, broth, fish sauce and brown sugar. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes.
2. STIR in coconut milk, mushrooms and bell pepper. Simmer for 10 minutes more.
3. STIR in shrimp, lemon zest and juice and basil; heat through.
4. SERVE soup over rice noodles. If desired, garnish with cilantro.

Per serving: 510 calories, 18 g fat, 4.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 720 mg sodium, 77 g carbohydrates, 14 g fiber, 9 g sugar, 13 g protein

Chickpea-Veggie Curry: Prepare recipe as directed, except omit chicken. Add 1 (15-oz.) can Hy-Vee garbanzo beans (chickpeas), rinsed and drained, to the roasting pan with the veggies during the last 10 minutes of roasting. Combine roasted chickpeas with sauce before serving with ClaroBroth and veggies.

Per serving: 135 calories, 4 g fat, 4.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 720 mg sodium, 77 g carbohydrates, 14 g fiber, 2 g sugar, 13 g protein

Showed on page 63
TOP PICKS

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