

# seasons

HyVee®



## SUNNY-SIDE UP PIZZA

IN 30 MINUTES

**FIVE  
ONE-PAN  
DINNERS**

PAGE 26



EASY MAKE-AHEAD

**EASTER  
BRUNCH**

PAGE 18

**AND**

**GRADUATION  
PARTY PLANNING**

TIPS TO PULL IT ALL TOGETHER

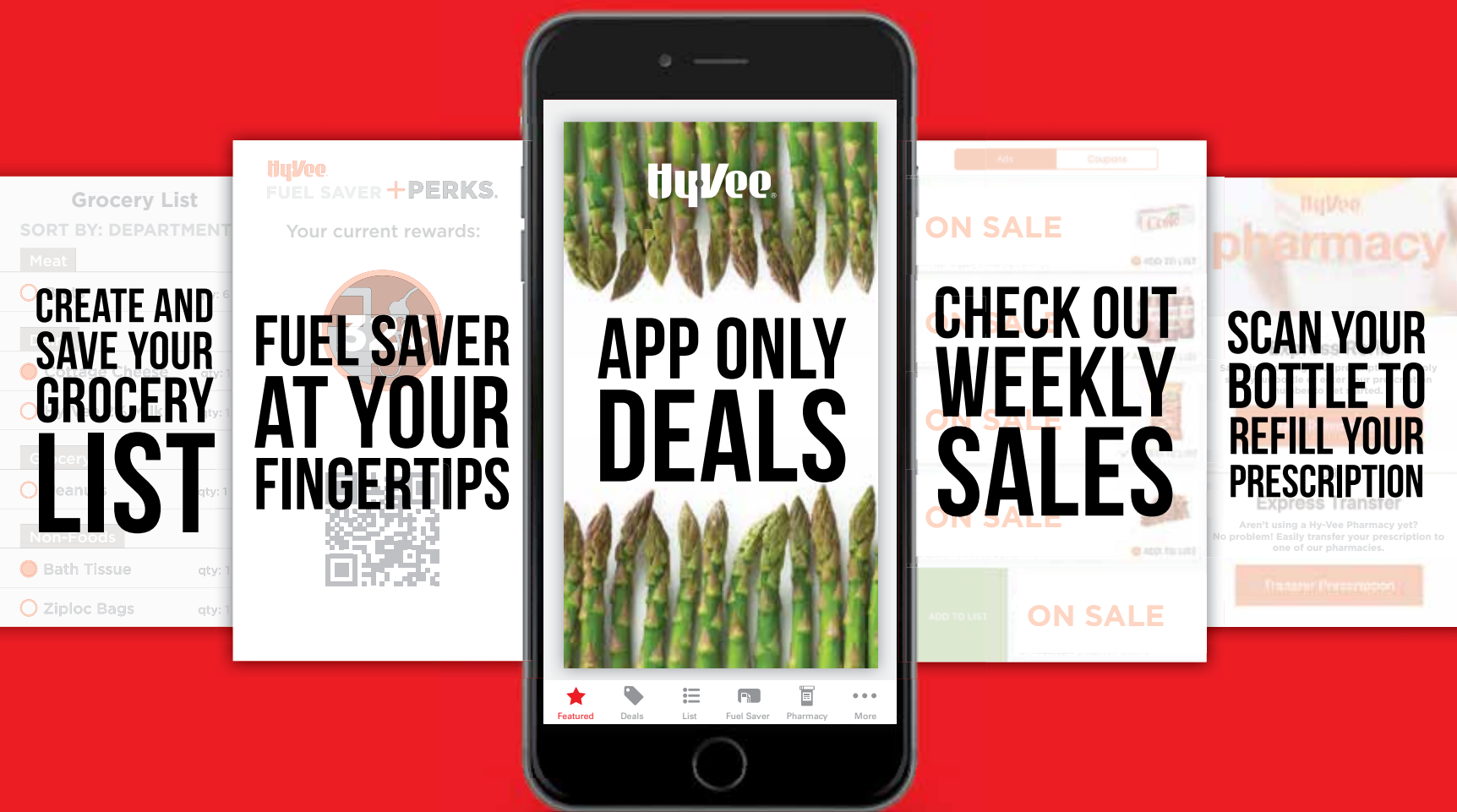
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HY-VEE SEASONS  
VOLUME 11, ISSUE 2  
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*Hy-Vee Seasons* recipes are tested by the Hy-Vee Test Kitchen food technologists to guarantee that they are reliable, easy to follow and good tasting. Please recycle after use.

from the editor | **WELCOME**

### GET TO KNOW

For three years, Chef Logan Lumley has been creating exceptionally tasty meals for busy Hy-Vee shoppers. Trained at the Iowa Culinary Institute, Logan won a month of study in France, where he learned that cooking is much more than a job. It's a life.



My job is not always simple, but it is simple to understand. It's all about serving people, helping people and sharing my passion for cooking in everything I do. Take lasagna, for instance. Because it's a favorite of many customers, I put together a towering 4-inch-deep, 10-layer lasagna. It contains everything you want in this dish: exceptional marinara, perfect pasta and flavors so full and rich that it would please an Italian grandmother. After the lasagna is prepared in the Hy-Vee Kitchen, it's sealed up and sent home with shoppers who heat it and eat it. I knew one day I had a hit when I saw a familiar face at the counter. It was a woman who had tried my Chef's Creation Lasagna. She was smiling.

"That's the best lasagna I've ever had. Now that we've had one, I want three more," she said. That made my day, particularly because I know she lives in Des Moines, Iowa, and goes far out of her way to come to the Ankeny, Iowa, store. "I don't mind making the drive," she said. "I came all the way back here because I love the way you make lasagna."

Everyone working at Hy-Vee hopes your experience at any store is exceptional. This is also true of this edition of *Hy-Vee Seasons* magazine. It's filled with fresh-ingredient, seasonal recipes that you'll want to try.

Enjoy an abundance of colorful veggies from your grill topped with my Asparagus Pesto Sauce, *page 14*. Check out "A (Mostly) Make-Ahead Easter Brunch," *page 18*, because minimal time in the kitchen means more time with your guests. Or jazz up your meals using recipes from "Season's Best Pasta," *page 52*, or "Curry Craze," *page 62*.

If someone you love is graduating soon, check out "Best-in-Class Grad Party," *page 54*. It shares a host of inspiring ideas for staging a successful party, including how to present the food, ways to decorate and how Hy-Vee Catering can supply savory and sweet bites that will totally satisfy your guests.

Food and cooking connect us all. Let *Hy-Vee Seasons* introduce you to fresh ways for making the most of time together.

Sincerely,  
Logan Lumley | Prairie Trail Hy-Vee, Ankeny, Iowa



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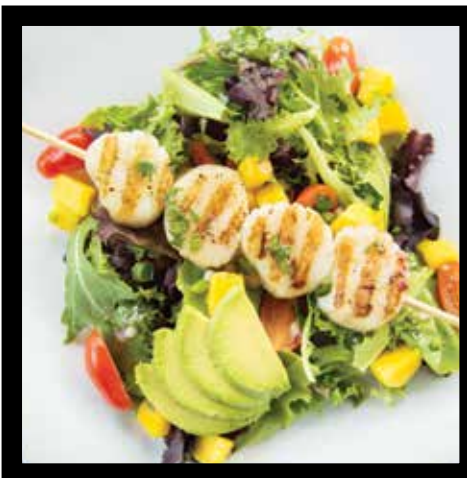
## VIDEO

Become a better  
cook while having  
fun. Learn helpful  
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## OUR FEATURED INSTAGRAM READERS

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



LAURA P. MADE THIS COLORFUL SCALLOP SALAD  
WITH CILANTRO AND LIME, FEATURED IN SPRING 2015  
*HY-VEE SEASONS*. SEE RECIPE, [HY-VEE.COM/RECIPES](http://HY-VEE.COM/RECIPES)



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



KELSIE M.'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.



**INSTAGRAM**  
Check out seasonal  
specials, flourishing florals  
and see-it/do-it food ideas.  
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and Cinco de Mayo.  
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See how easy it is to boil an  
egg, make berry smoothies  
or make raspberry-almond  
French toast bake.  
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**seasons** Hy-Vee



## MARSHMALLOW 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.



\* Bonus Feature: Learn how to make marshmallow blooms. Watch the video at [youtube.com/HyVee](https://youtube.com/HyVee)



**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.**

2



## 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.

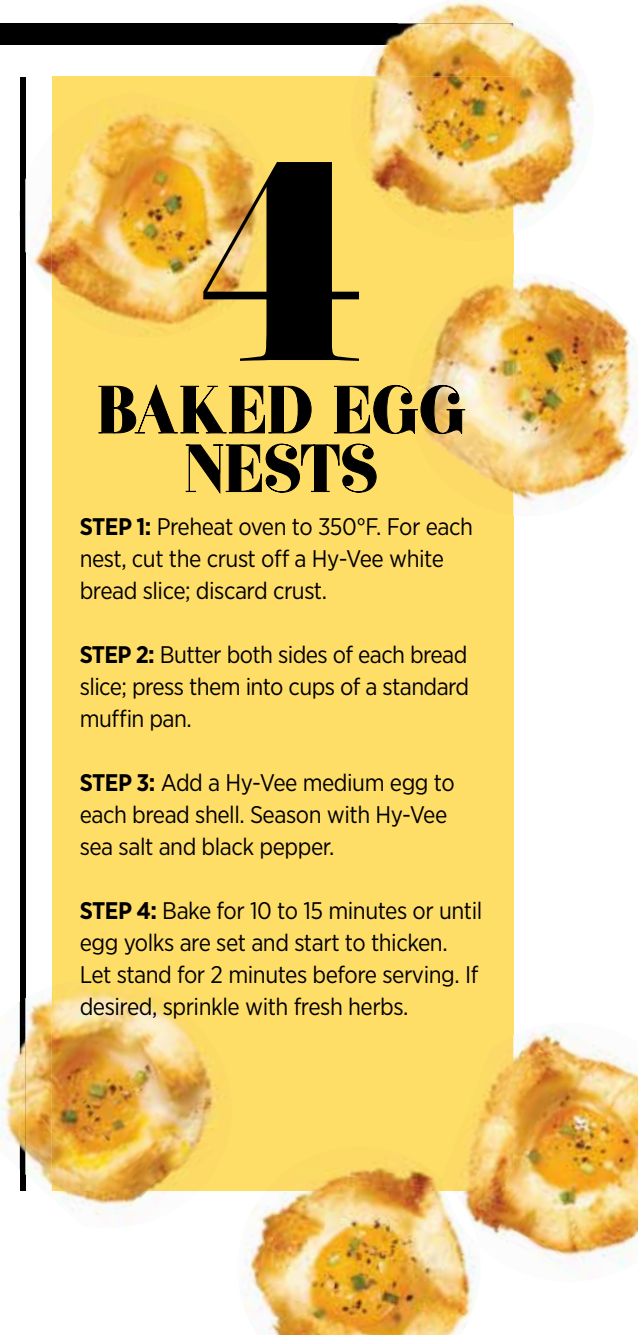
## 4 BAKED EGG NESTS

**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 them 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.



## » need to know

### SELECT

Choose onions that feel firm, have crackly outer skins 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, dark and dry place for up to two weeks. Refrigerator storage is not recommended because 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 sauces. They are also delicious when caramelized. Sweeter varieties, including Vidalias and Walla Wallas, are named after the locations where they grow. These onions are excellent in salads or on grilled burgers.

PHOTOS: Tobin Bennett



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 onions 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 a 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



Health and Beauty favorites at HyVee®



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select varieties 16 or 18 fl. oz.,  
6 ct., or 2.6 to 3.8 oz. \$3.99



Always or Tampax:  
select varieties  
20 to 120 ct. 2/\$11.00



GET TO KNOW

KEITH THALKEN

**Title**  
Produce Manager at Hy-Vee in Blue Springs, MO

**Years at Hy-Vee**  
Eight years

**Awards**  
Past recipient of Hy-Vee Produce Manager of the Year

**What's your favorite part of the job?**

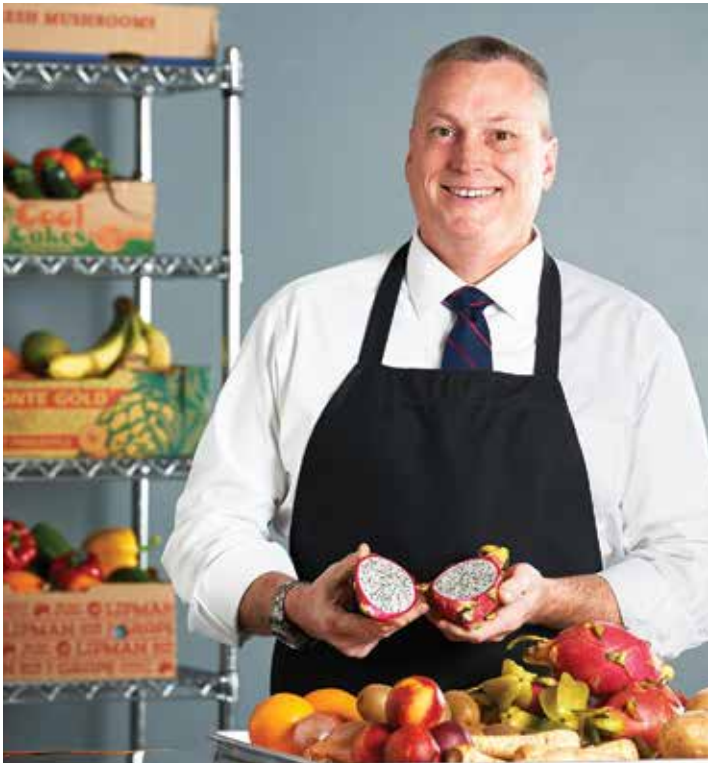
"Seasonality. Every few months there's a natural change to the items we have access to. It keeps the department fresh and current."

**What's one of your favorite spring veggies?**

"Asparagus. I go out of my way to grill asparagus. It doesn't take much: olive oil, if you choose; salt and pepper. It's pretty good!"

**What are some customer trends in produce shopping?**

"Customers are looking for better eating experiences, such as eating healthy with blueberries and turmeric root, ethnic cooking with snap peas and bok choy, and cooking with kale."



Part of Keith Thalken's job as Hy-Vee Produce Manager is to help customers choose the best fruits and vegetables for their dishes.

# fresh perspective

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

**Q: What changes come about in the Hy-Vee Produce Department in the spring?**

**A:** Spring is a great time in produce because of the massive change from citrus and apples to tree fruits, California grapes and Vidalia onions. Strawberries start to come into season, and the tree fruits—peaches, nectarines, plums—are in. California grapes and the asparagus start to show up... Everyone's ready for new things after winter. People want to get outside and cook. For the most part a lot of the produce is year-round. But there are a lot of traditional things that people are just wired for in spring.

**Q: What are some new items in the Produce Department?**

**A:** Hy-Vee Short Cuts veggies, which are precut for you, have been popular. Customers are looking for items that are ready to cook or eat with no cutting, peeling or washing. These are a quick solution for the "what's for dinner?" question. We recently added packaged in-store salad toppings with some of our salads. They include proteins and chopped veggies.

**Q: What are your cooking tips for spring veggies?**

**A:** Grill them! Grill 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. Some people like asparagus crispy 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 questions 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.

PHOTO Tobin Bennett

# indoor & outdoor Herbs



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



PHOTO Tobin Bennett

## 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—pails, pots or wooden boxes—from your local Hy-Vee Floral Department or Garden Center. For wooden boxes without hangers, attach pieces of rope with glue and a staple gun.

**POT:** Drainage is important, and most plants are sold in plastic pots that contain drainage holes. If a plastic pot doesn't contain holes, remove the plant and soil. Place a layer of crushed rock in the pot bottom. 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**

<b>Temperature</b> Indoor temperatures of 65°F to 75°F work well for most herbs. Basil likes it 75°F or warmer.	<b>Watering</b> Allow the top inch of soil to dry out, then water slowly so water soaks into the soil.
<b>Feeding</b> Feed weekly with liquid fertilizer or organic fish emulsion. If you see salt residue along the pot rim, flush the pot with water, drain and set the pot back into the hanging container.	<b>Sunlight</b> Herbs like 6 to 8 hours of sun a day; parsley, mint and chives can handle a bit less.
	<b>Snipping</b> Snip herb leaves as needed and to encourage new growth.

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





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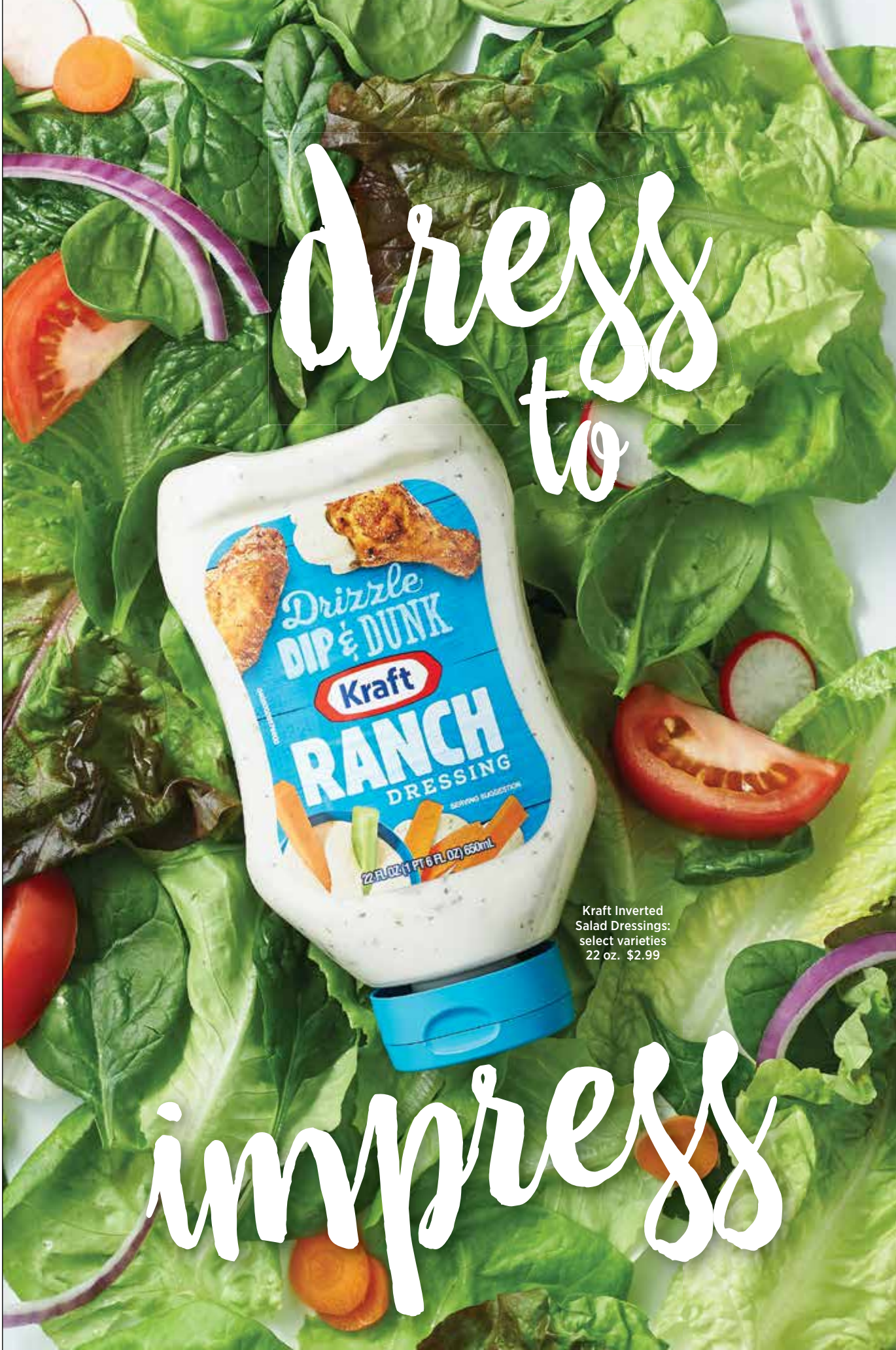
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\$4.99



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



dress  
to

impress

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

cooking know-how

101



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.

PHOTOS: Cameron Sadehpour and Tobin Bennett



# 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.



## ASPARAGUS

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



## PINEAPPLES

Toss slices or wedges in a little lemon, lime or orange juice. Grill over medium-low heat, watching closely. Grilling caramelizes the sugars and reduces the fruit's acid.  
**Time: 4 minutes per side**



## 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, turning once.  
**Time: 5 to 7 minutes per side**



## MANCOES OR PEACHES

Peel and cut fruit; remove pit. Brush fruit with oil. Grill over low heat until golden brown. Drizzle with honey, sprinkle with cinnamon and serve over plain Greek yogurt.  
**Time: 4 to 7 minutes**



## BANANAS

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



## BELL PEPPERS

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



## SWEET POTATOES

Peel and cut potatoes into 1/4-in.-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**



## POTATOES

Cut into wedges. Toss wedges in oil and seasonings. Grill over indirect heat until tender. Move to direct heat and grill over medium heat until browned on all sides.  
**Time: 40 + 2 minutes per side**



## GREEN ONIONS

Trim onions, leaving some of the green tops. Brush onions with oil and lay them across the bars of the grate. Grill over medium heat until slightly charred; turn occasionally.  
**Time: 6 to 8 minutes**

## A COOL TOOL

A grill basket allows you to cook and turn fruits and vegetables without losing them through the grill grates or having them stick and burn. Brush produce with oil and turn the basket to cook the foods evenly.

## CHEF LOGAN'S ASPARAGUS PESTO SAUCE

**Total Time** 25 minutes  
**Makes** 3 cups

1 lb. fresh asparagus, trimmed and cut up  
1/2 cup fresh basil leaves  
1/2 cup arugula  
1 1/2 Tbsp. minced garlic  
1 Tbsp. lemon juice  
2 tsp. pistachios, toasted  
1 cup Hy-Vee Select extra virgin olive oil  
1/2 cup Hy-Vee grated Parmesan cheese  
Hy-Vee salt and black pepper, to taste

1. **IMMERSE** asparagus in boiling salted water for 2 minutes. Immediately plunge spears into ice water. Drain when cool.  
2. **ADD** asparagus, basil, arugula, garlic, lemon juice and pistachios to a food processor. Process until a paste forms. Gradually blend in olive oil. Add Parmesan cheese. Add salt and pepper to taste.  
3. **BRUSH** pesto on grilled vegetables.  
4. **STORE** for 1 to 2 days in the refrigerator or up to 1 month in the freezer.

Per 1/4-cup serving:  
180 calories, 20 g fat,  
3 g saturated fat,  
0 g trans fat,  
5 mg cholesterol,  
65 mg sodium,  
2 g carbohydrates, 1 g fiber,  
0 g sugar, 2 g protein



# Tequila

MEXICO'S BELOVED DRINK IS AN INTRIGUING MEDLEY OF MANY FLAVOR NOTES. BREAK THE RULES AND GO BEYOND MARGARITAS WITH THIS FUN-LOVING CONCOCTION.

30  
minutes  
or less

## AÑEJO MANHATTAN

**Total Time** 5 minutes  
**Serves** 1

2 oz. Roca Patrón Añejo tequila  
1 oz. sweet vermouth  
1/2 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 ice-filled glass. If desired, garnish with lime slice and/or orange peel twist.

Per serving: 220 calories, 0 g fat,  
0 g saturated fat, 0 g trans fat,  
0 mg cholesterol, 5 mg sodium,  
16 g carbohydrates, 0 g fiber,  
12 g sugar, 0 g protein

CHANGE UP A CLASSIC MANHATTAN BY SWITCHING OUT THE WHISKEY FOR TEQUILA. YOU'LL LOVE EVERY SIP.

## TEQUILA VARIETIES AT HY-VEE



**Añejo Tequila**  
Aged in oak barrels for more than a year, has a rich caramel and smoky finish that invites savoring and slow sipping.



**Blanco Tequila**  
This unaged tequila is mild with hints of citrus and sage. Use it in a variety of cocktails.



**Reposado Tequila**  
Aged or "rested" in oak barrels for 2 to 3 months, its fruity and spicy flavor notes make margaritas sing.

PHOTOS: Cameron Sadeghpour



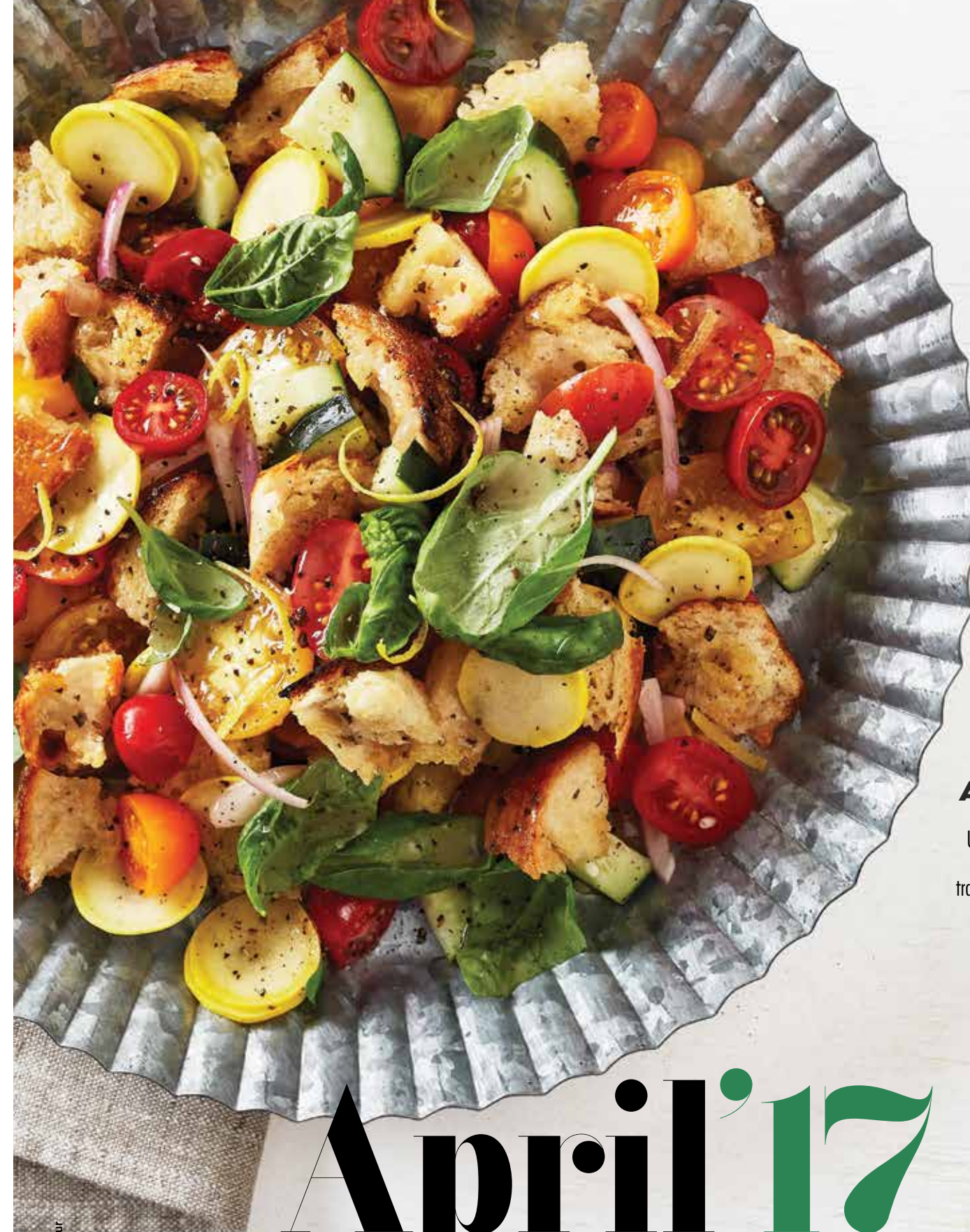
# The Cheesecake Factory BAKERY®

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## ARTISAN BREAD

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

# April '17

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

PHOTO Cameron Sadeghpour



— a (mostly) make-ahead —

# Easter Brunch

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 23

bacon and cheese strata

#### 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.







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](#)

## 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.

## 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.

**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**  
**¼ 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**  
**¼ 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, 5 g protein





# 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. The day before roasting, you can stud and score the ham and cook the glaze.

## honey-bourbon ham

**Total Time** 2½ hours  
**Serves** 18

**1 (8-lb.) fully cooked smoked bone-in half ham**  
**2 Tbsp. whole cloves**  
**¾ cup Hy-Vee honey**  
**¾ cup bourbon**  
**¼ cup molasses**  
**½ cup Hy-Vee peach preserves**  
**1 Tbsp. Dijon mustard**  
**1 tsp. orange zest**  
**Rosemary sprigs, for garnish**

**1. PREHEAT** oven to 325°F. Use a sharp knife to cut a diamond pattern in the fatty part of the ham. Stud ham with whole cloves. Place ham, fat side up, on rack in a shallow roasting pan. Roast, uncovered, for 1 hour.

**2. COMBINE** honey, bourbon, molasses, preserves, mustard and orange zest in a small saucepan. Bring to boiling; reduce heat. Simmer, uncovered, for 15 minutes or until reduced to 1½ cups. Reserve ⅓ cup glaze for serving.

**3. BRUSH** ½ cup of remaining bourbon glaze over ham after it has roasted for 1 hour. Continue roasting ham for 30 minutes. Brush with remaining ⅓ cup glaze and roast for 30 minutes more or until thermometer reads 140°F. If pan drippings start to burn, add up to ¼ cup water to pan.

**4. REMOVE** ham from oven; cover with foil and let stand for 20 minutes for easier carving. If desired, garnish with rosemary. Serve with reserved glaze.

**Per serving:** 420 calories, 21 g fat, 7 g saturated fat, 0 g trans fat, 125 mg cholesterol, 1,760 mg sodium, 21 g carbohydrates, 0 g fiber, 20 g sugar, 32 g protein

## bacon and cheese strata

**Total Time** 2 hours plus 2 hours refrigerating time  
**Serves** 8 to 10

**Hy-Vee vegetable shortening, for greasing**  
**12 oz. Hy-Vee bacon**  
**½ (20-oz.) loaf Hy-Vee Bakery Italian bread, cut into 1-in. cubes**  
**4 oz. smoked Gouda cheese, shredded**  
**1 cup Hy-Vee shredded sharp Cheddar cheese (4 oz.)**  
**12 Hy-Vee large eggs**  
**2½ cups Hy-Vee half-and-half**  
**½ tsp. Hy-Vee salt**  
**1 Tbsp. chopped fresh parsley**

**1. GREASE** an 8-in. springform pan with removable bottom. Wrap outside of pan with heavy foil; set aside.

**2. COOK** bacon in a skillet over medium heat until crisp; drain and coarsely chop. Spread half of bread

cubes in prepared pan. Top evenly with half of both cheeses and half of the bacon. Repeat layers with remaining bread cubes, cheeses and bacon.

**3. WHISK** together eggs, half-and-half and salt in a medium bowl. Carefully pour over layers in pan. Using the back of a spoon, gently press down on layers to moisten all of the bread. Cover pan with plastic wrap. Place in a rimmed baking pan and refrigerate for 2 hours or overnight.

**4. PREHEAT** oven to 350°F. Bake, uncovered, for 1¼ hours or until filling is set in center (160°F). Let stand for 15 minutes before serving. If desired, garnish with parsley.

**Per serving:** 470 calories, 30 g fat, 15 g saturated fat, 0 g trans fat, 350 mg cholesterol, 910 mg sodium, 23 g carbohydrates, 1 g fiber, 4 g sugar, 27 g protein

## oven-roasted potato salad

**Total Time** 45 minutes  
**Serves** 12

**Hy-Vee vegetable shortening, for greasing**  
**4 Tbsp. Hy-Vee Select olive oil, divided**  
**1 Tbsp. chopped fresh rosemary**  
**1 tsp. Hy-Vee sea salt**  
**½ tsp. Hy-Vee black pepper**  
**6 medium sweet potatoes (2 lb.), peeled and cut into thin wedges**  
**3 medium russet potatoes (1 lb.), cut into thin wedges**  
**2 Tbsp. lemon juice**  
**2 Tbsp. aged white balsamic vinegar**  
**1 Tbsp. Hy-Vee honey**  
**½ tsp. Dijon mustard**  
**1 (5-oz.) pkg. arugula**

**1. PREHEAT** oven to 425°F. Grease two rimmed baking pans; set aside.

**2. PLACE** 1 Tbsp. olive oil and half of the rosemary, salt and pepper in a large resealable bag. Add 1 Tbsp. olive oil and remaining rosemary, salt and pepper to another large resealable bag. Divide potato wedges between the bags. Seal bags; turn to coat potatoes.

**3. SPREAD** potatoes in baking pans. Roast, uncovered, for 30 minutes or until potatoes are tender and brown on the edges, turning once halfway through roasting.

**4. PLACE** remaining 2 Tbsp. olive oil, lemon juice, vinegar, honey and mustard in a screw-top jar. Cover and shake well.

**5. TRANSFER** potatoes to a serving dish; top with arugula. Drizzle lemon vinaigrette over top. Serve immediately.

**Per serving:** 120 calories, 4.5 g fat, .5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 190 mg sodium, 19 g carbohydrates, 2 g fiber, 5 g sugar, 2 g protein

## 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](http://hy-vee.com)

### 1. BERIBBONED

Beautify brown eggs by wrapping them with thin ribbon 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 crafts 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 crafts stores. Follow directions on package.



### 5. MOSAIC MAGIC

Cut Japanese-style washi tape, available at crafts stores, into geometric shapes; stick the shapes on the eggs.





# mimosa bar

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.

Plan on making six to eight mimosas from a standard 750-ml bottle of dry sparkling wine, such as Champagne.

Decorate your cart with a beautiful spring bouquet, available at the Hy-Vee Floral Department.

Slice oranges for easy yet gorgeous garnishes for bubbly mimosas.

When guests offer to bring something, ask them to bring ice.

## 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

## grapefruit-raspberry mimosas

**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.

## HY-VEE MARKET GRILLE EASTER BRUNCH

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](http://hy-veemarketgrille.com)

**HyVee**  
**MARKET GRILLE**



# CHEF-INSPIRED minimalist meals

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.

PHOTOS Cameron Sadeghpour

**30**  
minutes  
or less

**SPEEDY IN A SKILLET**  
THIS BEEF AND VEGGIE STIR-FRY GETS AN ASIAN-STYLE KICK FROM A THREE-INGREDIENT SAUCE INFUSED WITH APRICOT, TERIYAKI AND GINGER.

## 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  
¾ 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

...  
the five  
ingredients  
...



stir-fry vegetables with noodles



ground ginger



apricot preserves



sirloin steak



teriyaki sauce



# 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

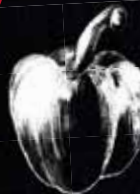
1. **PREHEAT** oven to 425°F.
2. **TOSS** together chicken, peppers, onion and fajita seasoning mix in a large bowl. Drizzle with oil. Spread on a large rimmed baking sheet. If desired, add lime halves. Roast for 12 minutes or until vegetables are tender and chicken is cooked through, stirring halfway 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

the five  
ingredients



fajita mix



bell  
peppers



chicken



onion



flour tortilla

30  
minutes  
or less

# 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. **THINLY** slice avocado; set aside.
2. **LIGHTLY** spread one side of each bread slice with butter. Top unbuttered sides of four of the bread slices with cheese, chicken and avocado. Top with remaining four bread slices, buttered sides up.
3. **PREHEAT** a large skillet over medium heat. Place the sandwiches in 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

the five  
ingredients



deli buffalo chicken



avocado



bakery italian bread



butter



pepper jack  
cheese slices



30  
minutes  
or less

**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

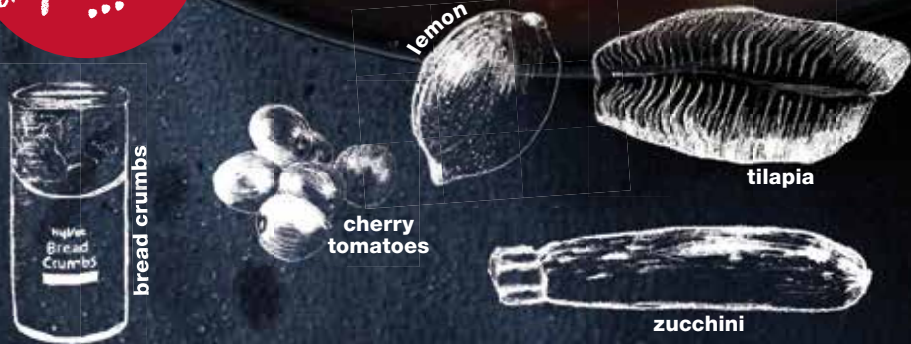
Optional:  
Fresh mint, for garnish

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 tender. Remove zucchini pasta from skillet, reserving liquid. Add cherry tomatoes. Cook and stir over medium heat for 2 minutes or until slightly softened. Serve tilapia with zucchini pasta and cherry tomatoes. Quarter remaining lemon; serve one-quarter 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

ONE-PAN SHORTCUT MEAL  
SAUTÉED LIGHT WHITE FISH PAIRS WITH FRESH, VIBRANT ZUCCHINI NOODLES AND TOMATOES. ALL COOK IN THE SAME PAN.

the five ingredients



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
- ½ 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

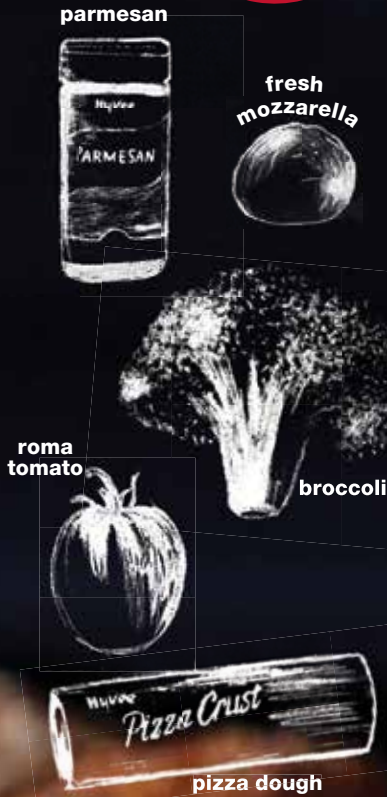
1. PREHEAT oven to 400°F. Line baking sheet with foil; lightly coat foil with cooking spray. Set aside.

2. UNROLL pizza dough on a lightly floured surface. Cut into four squares, using a pizza cutter or sharp knife. Place one-fourth of the cheese, broccoli and tomatoes on half of each square. Sprinkle with Italian seasoning.

3. FOLD unfilled half of each dough square over filling; press edges with the tines of a fork to seal. Place calzones on prepared baking sheet. Prick 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

the five ingredients



30 minutes or less



# 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 BREWS, PERFECT FOR PAIRINGS WITH FOOD OR POURINGS WITH FRIENDS.

WORDS Greg Philby PHOTOS Tobin Bennett

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 boilover, 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 Decorah, 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.

Toppling Goliath has crafted about 30 different brews, with a select variety now carried at your local Hy-Vee. Clark credits much of the growth to his beer-making maestros, like Sales Manager Nick Murphy (with an easygoing Irish red named after him) and current brewmaster Mike Saboe.

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."

## BEERADVOCATE MAGAZINE RANKS SEVEN TOPPLING GOLIATH BEERS AMONG THE TOP 102 ON THE PLANET, WITH TWO IN THE TOP 10.

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.

## 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.



### GET TO KNOW

**When started**  
2009

**Where located**  
Decorah, in northeast Iowa

**Number of brews**  
5 flagship beers  
18+ rotating beers  
6+ limited-edition beers

**Toppling Goliath Beers available at Hy-Vee**  
Dorothy's New World Lager  
Pseudo Sue Pale Ale  
Golden Nugget IPA  
Rover Truck Oatmeal Stout  
Tsunami Pale Ale  
King Sue Double IPA  
Pompeii IPA

**A favorite moment for Founder Clark Lewey**  
"When we're making Pompeii 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."

PHOTOS COURTESY OF Toppling Goliath Brewing Company



## the perfect pair

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.



### golden nugget

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



### pompeii

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



### pseudo sue

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



### rover truck

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



### tsunami

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

## 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.

Pairing beer with fried foods is all about balance. Lighter-bodied, mildly hopped Dorothy's New World Lager is a refreshing match for onion rings.

Dorothy's New World Lager is named after owner Clark Lewey's grandmother, who introduced him to beer. "When she passed away, I made a beer I thought she'd like, an older style lager with more body, more taste. It's pretty special to me."

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.

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.



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



# 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

Lemon and Chive Vinaigrette recipe, page 39

## Tomato-Basil Vinaigrette

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

**½ cup Hy-Vee Select extra virgin olive oil**  
**½ cup chopped Hy-Vee canned stewed tomatoes**  
**2 Tbsp. Hy-Vee red wine vinegar**  
**2 Tbsp. chopped fresh basil**  
**1 tsp. Hy-Vee honey**

**½ tsp. Hy-Vee Dijon mustard**  
**Hy-Vee salt and black pepper, to taste**

**1. PLACE** oil, tomatoes, vinegar, basil, honey and mustard in a screw-top jar. Cover and shake well. Season with salt and pepper.

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

**Per 2 Tbsp. serving:**  
130 calories, 14 g fat,  
2 g saturated fat, 0 g trans fat,  
0 mg cholesterol,  
40 mg sodium,  
2 g carbohydrates, 0 g fiber,  
1 g sugar, 0 g protein

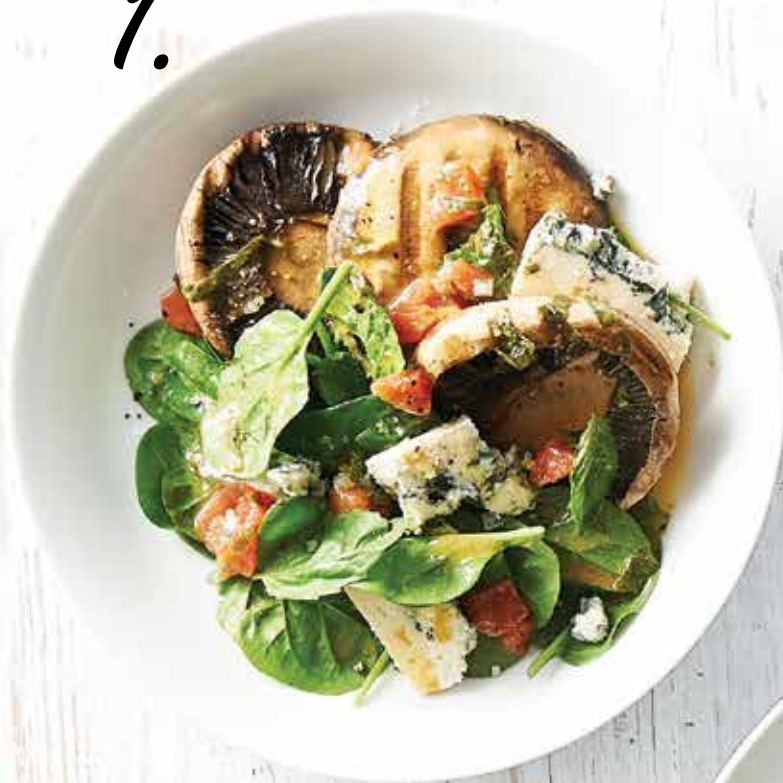
**SAVOR THE FLAVOR** Any greens mix topped with this dressing tastes great. You can kick it up a notch by adding sliced tomatoes, grilled zucchini and feta cheese.



\* Bonus Feature:  
Learn how to make a  
5-minute vinaigrette.  
Watch the video at  
[youtube.com/HyVee](https://youtube.com/HyVee)



1.



### 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 Niçoise 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.

3.



2.



## 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.

## Lemon and Chive Vinaigrette

**Total Time** 5 minutes  
**Makes** ¾ cup

½ 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 Tbsp. Hy-Vee Dijon mustard  
1 Tbsp. Hy-Vee honey  
Hy-Vee salt, to taste

**1. PLACE** oil, lemon juice, vinegar, shallot, chives, mustard and honey 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, 3 g sugar, 0 g protein

## Broken Raspberry Vinaigrette

**Total Time** 5 minutes  
**Makes** ¾ cup

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

1 Tbsp. Hy-Vee honey  
1 Tbsp. Hy-Vee Dijon mustard  
Hy-Vee salt, to taste

**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, 13 g fat,  
1 g saturated fat, 0 g trans fat,  
0 mg cholesterol, 60 mg  
sodium, 5 g carbohydrates,  
1 g fiber, 4 g sugar, 0 g protein



## Broken Raspberry Vinaigrette





# Lettuce Help

## 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, pesto, 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** Curled 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

# SPRING IS HERE. PICK UP YOUR FIRST BRATS.

PICK UP YOUR FIRST PACK OF JOHNSONVILLE BRATS TODAY, THROW THEM ON THE GRILL AND POST A PICTURE WITH THE HASHTAG **#FIRSTBRATSCONTEST**. THE MOST CREATIVE GRILLMASTERS WILL WIN LAWN CARE OR SNOW REMOVAL FOR A YEAR.



Johnsonville Brats, Italian Sausage, All Natural or Grillers: select varieties 16 or 19 oz. \$3.99



Johnsonville Grillers: select varieties 24 oz. \$4.99

Johnsonville Old World Summer Sausage: 32 oz. \$8.99

Johnsonville fully cooked breakfast sausage: select varieties 9.6 oz. \$3.49

Johnsonville Breakfast Links, patties or Natural Links: select varieties 10 or 12 oz. \$3.29



# artisan bread

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 Sadeghpour

The proof is out there. There's a rising demand for well-crafted artisan breads—and the Hy-Vee Bakeries are helping blaze the trail. Stroll into the Bakery on any given day and you'll see a sprawling counter holding what looks like a mountain range of crusty old-world breads. Snag a few samples from the counter, and get a glimpse of the Bakery folks shaping dough or pulling rustic loaves out of the ovens. "When people come to our stores, they know exactly where their bread is made," says Charles Packard, Hy-Vee Bakery supervisor. "Our skilled bakers follow the process every step of the way so we can guarantee quality and straight-from-the-oven freshness to our customers."

## 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. Many of the breads are scored on top, a decorative way to control how the loaves expand while baking.

Hy-Vee is committed to making artisan breads with no preservatives or long lists of additives. The labels contain the short list of easily recognizable ingredients. "Our customers are increasingly trying to be health-conscious and informed about what they eat," Packard says. "They want to know what's in our breads, and we provide that."

## 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.

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.



HY-VEE'S SKILLED BAKERS USE AUTHENTIC, OLD-WORLD METHODS TO CREATE QUALITY ARTISAN BREADS THAT ARE GOOD TO THE LAST CRUMB.





**30**  
minutes  
or less

## panzanella

**Total Time** 30 minutes  
**Serves** 12

**12 oz. Hy-Vee Bakery roasted garlic sourdough bread**  
**10 oz. Hy-Vee Bakery artisan asiago 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**  
**½ cup Hy-Vee Select white balsamic and honey vinaigrette**  
**2 Tbsp. lemon juice**  
**½ cup basil leaves**  
**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, 26 g carbohydrates, 1 g fiber, 4 g sugar, 6 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.

# Bread varieties

## 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  
recipe, *opposite*

Put an egg on it!

**INCREDIBLE EGGS COME OUT ON TOP FOR THEIR VERSATILITY. THEY ADD A TASTY PROTEIN BOOST TO SALADS, PIZZA, BURGERS AND MORE. EGGS SIMPLY TURN EVERYDAY FOOD INTO SOMETHING SPECIAL.**

PHOTOS Cameron Sadeghpour and Tobin Bennett



\* Bonus Feature: Learn how to fry, poach and boil eggs. Watch the videos at [youtube.com/HyVee](https://youtube.com/HyVee)

## 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 cups 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*).



## 4. DELUXE BURGER

**1** Give a burger bragging rights. Grill your favorite burger; top with an American cheese slice during the last 30 seconds of grilling.

**2** Toast the bun on the grill. Line bun bottom with lettuce leaf and tomato slice. Add the cheese-topped burger.

**3** Top burger with oven-warmed fries and add a soft-cooked egg (see directions, *page 50*). Season to taste with Hy-Vee salt and black pepper. Add bun top.



## 5. Egg-Topped Stir-Fry

**SUNNY-SIDE UP EGGS ARE THE QUICK-TO-FIX CROWN JEWELS ON THIS EASY WEEKNIGHT VEGGIE DINNER. STIR-FRY YOUR FAVORITE MIX OF FROZEN**

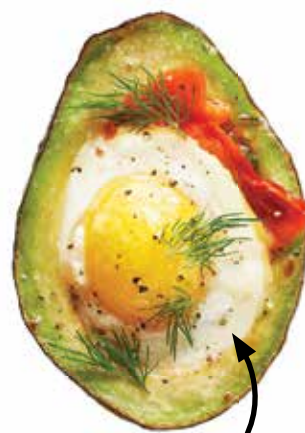
**VEGGIES. SERVE WITH HOT COOKED UDON ASIAN NOODLES. PLACE A SOFT-COOKED EGG (SEE DIRECTIONS, *PAGE 50*) ON TOP OF EACH SERVING.**

## 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.



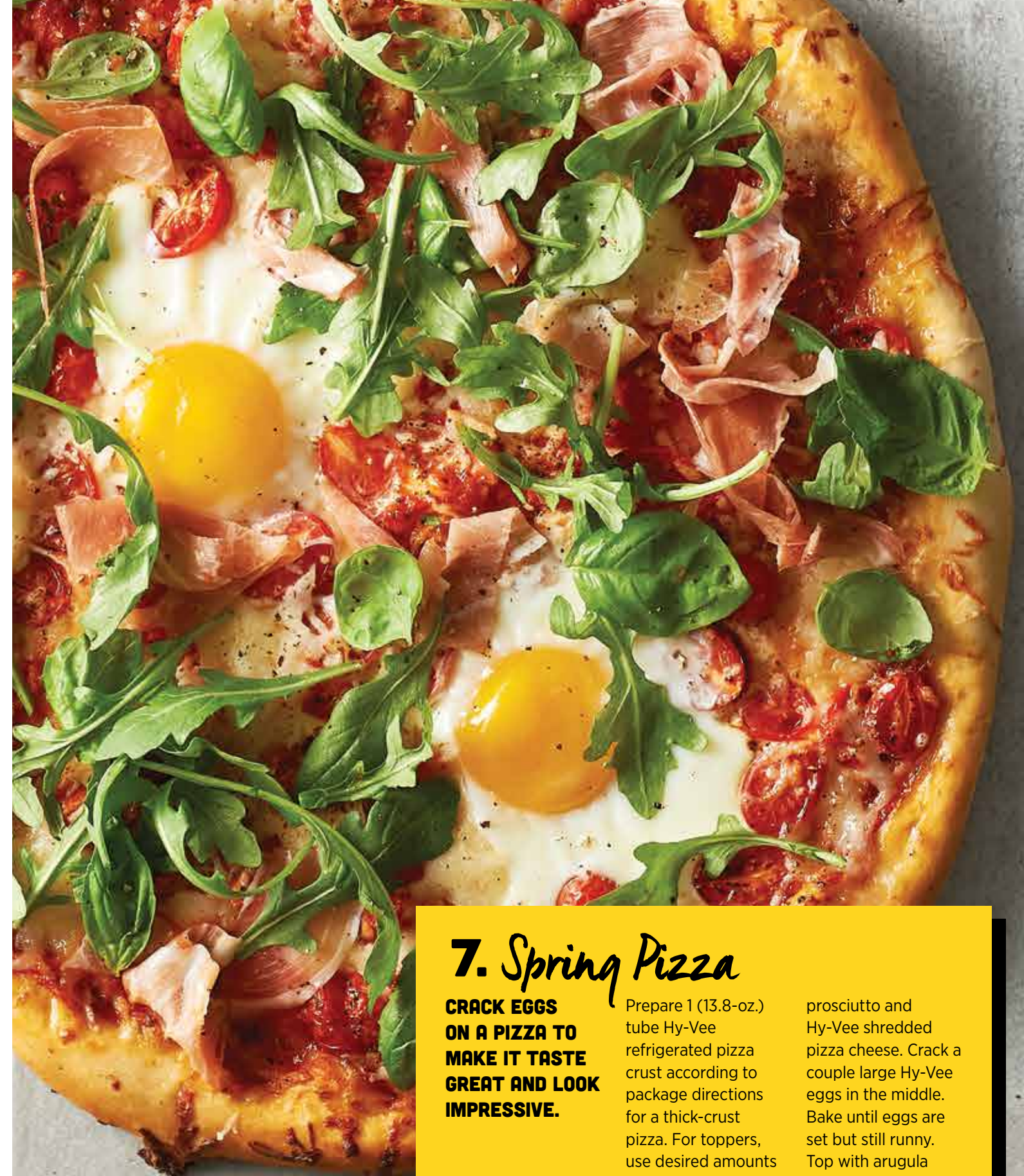
**Your new favorite breakfast bowl.**

## 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 toppers, 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.





## COOK THE PERFECT EGG

### Soft-cooked

Melt 1 Tbsp. Hy-Vee butter in a hot skillet, swirling to coat the bottom. Add egg. Cook, uncovered, over medium heat until white has almost completely set. Add 1 Tbsp. water to skillet. Cook, covered, until yolk starts to thicken but is still a little runny.

### Poached

Pour 1 in. water into a medium saucepan. Add 1 tsp. Hy-Vee kosher salt and 2 tsp. Hy-Vee Select white vinegar. Bring to a simmer over medium heat. Break an egg into a custard cup; carefully slide egg into simmering water. When cooked, remove egg with slotted spoon.

### Hard-boiled

Place eggs in a pot and cover with cold water by 1 in. Bring to boiling over medium-high heat, then cover, remove from heat and let stand for 8 to 10 minutes. Drain, cool in ice water and peel.



## 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.



Whip this up for a breakfast-for-dinner night.

## 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*).





# Season's Best PASTA

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.

PHOTO Cameron Sadeghpour

## Spring Fettuccine

Total Time 30 minutes  
Serves 4

**30**  
minutes  
or less

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  
1 (10-oz.) pkg. frozen garlic-Parmesan peas  
1 cup Hy-Vee half-and-half  
3 Tbsp. fresh basil, mint and/or parsley, plus additional for garnish  
1 cup Hy-Vee grated Parmesan cheese  
1 lemon, zested and juiced  
Hy-Vee black pepper, 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** peas 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



## 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.

## 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.



# *best-in-class* **Grad** *party*



*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](http://hyvee.lifepics.com)



## **Cupcake Stacks**

Guests will love decorating (and eating) their cupcake creations in waffle bowls. Set out icing, fudge sauce, sprinkles and cherries.



## raise the bar 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.

entrée



+

entrée



+

appetizer



+

add-on



## 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.



# raise the bar BBQ STYLE

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.

meats



+  
side



+  
side



+  
sauces



*Slider buns let guests sample more than one sandwich option.*

## 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  
party.com](http://planmygradparty.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





# 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 [hyvee.lifepics.com](http://hyvee.lifepics.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.



## 2 weeks

### Choose decor

Think photo displays, food labels, centerpieces, tablecloths,

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

### Plan the music

Create a playlist.

## 1 week

### Make food labels

Download our template at [hy-vee.com/seasons](http://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.

## 1 Day

Set out fresh flowers. Make balloon bouquets.

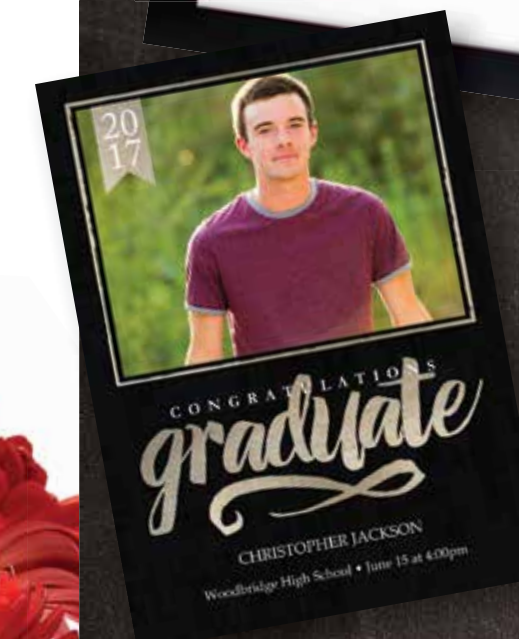
## That morning

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

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



*Clip simple food labels to your dishes.*



## 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!

[hyvee.lifepics.com](http://hyvee.lifepics.com)

*Fashion a balloon display or bouquet in school colors.*



*Go for a modern cake, or cue decorating to a theme or hobby.*



# CURRY CRAZE

PHOTOS: Cameron Sadeghpour

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 meat and veggie combo—or chickpeas 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*.



## 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.

30  
minutes  
or less

Thai Coconut Shrimp Soup, *page 65*







## CURRY IN A HURRY

Great taste comes from using two kinds of curry in this chicken-veggie dish.

**CURRY POWDER** adds a warm hue 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 Cilantro Rice, 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 Cilantro Rice.

**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, Cilantro Rice 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, 34 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 Cilantro Rice and veggies.

**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

## THAI COCONUT SHRIMP SOUP

*Shown on page 63*

**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**  
**3 Tbsp. fish sauce**  
**1 Tbsp. packed Hy-Vee brown sugar**  
**3 (13.5-oz.) cans original 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:** 610 calories, 45 g fat, 37 g saturated fat, 0 g trans fat, 155 mg cholesterol, 1,540 mg sodium, 31 g carbohydrates, 3 g fiber, 8 g sugar, 27 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.



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Jelly Belly: select varieties 9 oz. or 9.8 oz



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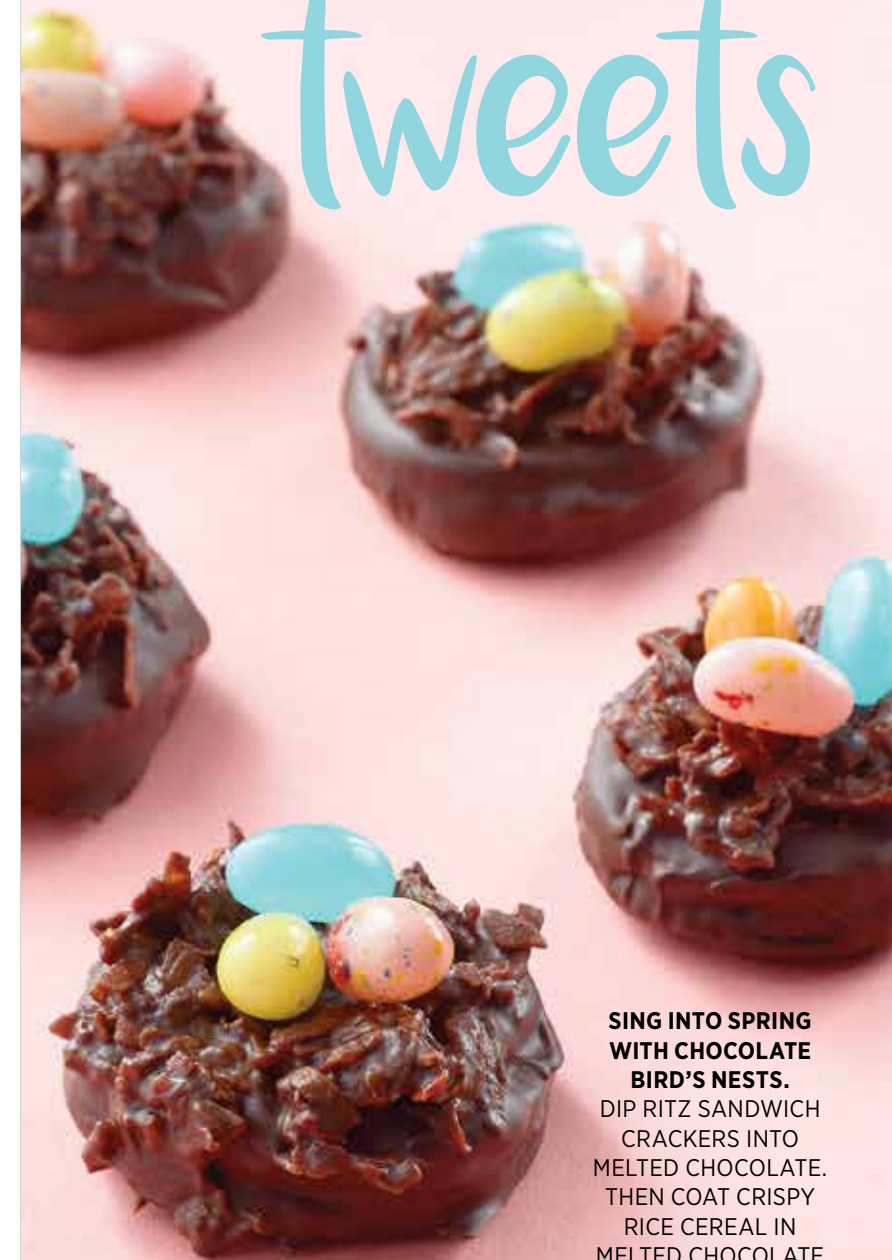


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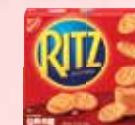


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