

# seasons



HELPFUL PRODUCTS AND IDEAS FOR SUMMER GRILLING



Recipes and  
sale items  
inside!

FOOD . FAMILY . GRILLING



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## DEAR FRIENDS,

When I think of warm summer evenings, I think of cooking outdoors. I always have. The two go hand in hand for me. In fact, some of my most cherished, childhood memories are of backyard barbeque get-togethers. Not some big planned party with lots of neighbors and guests, mind you. (Although, I liked those, too.) But rather, one of those simple, spur of the moment cook-outs that would take place with just my parents and siblings. Watching my Dad at the grill was a treat. He was in his element and whatever he cooked was delicious. His secret? Well, even he will admit that everything always seems to taste better when cooked on the grill.

For me, looking back, it was all about great food, great family times and the great outdoors, and I loved those moments.

It's no wonder that I was looking forward to working on this special edition of Hy-Vee Seasons and bringing it to you - our valued customer. It is an issue filled with outdoor cooking tips and wonderful recipes that will turn even the most novice of open-flame cooks into master grillers. I promise you will find yourself lighting the charcoal or apple wood chips the minute you see our recipe for Dijon Chicken Kabobs on page 5, or Beef Steak with Rosemary Garlic Rub on page 3. They're both fabulous.

And for all you seafood lovers - we have some wonderful grilling tips and recipes to share. Both will confirm that you can prepare an easy, healthy, delicious, and fresh seafood dish right in your own backyard. (Regardless of how many hundreds of miles separate you and the nearest ocean.) And whether you enjoy a meaty, steak-like fish such as swordfish or salmon, or prefer the classic "shrimp on the barbie," make sure you check out our helpful fish and seafood grilling time and temperature chart on page 6.

So fire up those grills, get ready to go and start making some family memories this summer.

### BEST WISHES FOR A WONDERFUL SUMMER!

Paula Correy  
VP, Marketing  
Hy-Vee, Inc.

# seasons **Hy-Vee**

SUMMER GRILLING AND RECIPES

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

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# Get Ready to Grill

Tips for the backyard barbeque King ... or Queen.

With summer heat comes summer sizzle. Sizzle from the grill that is. So whether you're a barbeque beginner or think of yourself as a "Grilling Guru" - we'll help make your next outdoor cooking experience the best (and tastiest) ever.

## GENERAL GRILLING TIPS:

- Always start with a clean grill. Check for any eight-legged creatures that may have invaded your outdoor cooker. This is especially true when you're ready to fire up the barbeque for the first time of the season. Insects like to turn your grill into their home during the late fall and winter months, so a close inspection is always a must.
- Heat the grill to a high temperature and scrape the grill grate with a wire brush.
- For direct heat grilling, do not put food on an unheated surface. Grill should reach recommended temperature prior to putting food on the grill.
- Judging heat levels with coals can be tricky. To determine a high temp level, hold your hand about five inches above the center of the grill. If you can barely hold it there for a second, the grill is at extreme heat. Two seconds? Consider it medium-high. Three to four seconds will let you know the grill is at a medium level of heat. Five is medium-low and six, low.

## GRILLING SAFETY TIPS

The best way to keep your next backyard barbeque party fun is to keep it safe. Remember, we're talking live fire and extreme heat. So, follow these simple guidelines and enjoy the sizzle of your food sensations, safely.

- Never wear loose-fitting clothes.
- Keep the flip-flops and sandals by the pool or outdoor deck. When grilling, a pair of closed toe shoes is the way to go.
- Tie back long hair.
- Grill away from the house and on level ground.
- Never start a gas grill with the lid closed.
- Keep a spray bottle of water nearby. This will help control the flames and sparks. And always know where a fire extinguisher is at all times.
- Keep children and pets away from the grill, and never leave a grill unattended.

GRILLED BEEF STEAKS WITH ROSEMARY GARLIC RUB  
SERVES 4

ALL YOU NEED

- 2 tablespoons chopped fresh rosemary

1 1/2 teaspoons Hy-Vee seasoned salt

1 teaspoon garlic pepper
- 1/2 teaspoon garlic powder with parsley

2 pounds T-Bone steak, cut 1-inch thick

1 tablespoon Grand Selections olive oil

ALL YOU DO

1. In a small bowl, combine rosemary, seasoned salt, garlic pepper and garlic powder with parsley; mix well. 2. Brush both sides of steak with olive oil. 3. Sprinkle with herb mixture, pressing onto steak. 4. Grill steak 13-18 minutes or until desired doneness, turning halfway though grilling time.

Nutrition Facts per serving: 670 calories, 48 g fat, 18 g saturated fat, 0 g trans fat, 135 mg cholesterol, 760 mg sodium, 0 g carbohydrate, 0 g fiber, 0 g sugar, 56 g protein. Daily Values: 0% vitamin A, 0% vitamin C, 2% calcium, 40% iron.



BEEF GRILLING TEMPERATURES & TIMES

CUT	SIZE	TEMPERATURE/HEAT	TIME
RIBEYE	1 inch	High to medium-high	11-14 minutes
	1 1/2 inches	High to medium-high	17-22 minutes
T-BONE	1 inch	High to medium-high	14-18 minutes
	1 1/2 inches	High to medium-high	20-24 minutes
SIRLOIN	1 inch	High to medium-high	17-21 minutes
	1 1/2 inches	High to medium-high	22-26 minutes
TENDERLOIN/FILET	1 inch	High to medium-high	13-15 minutes
	1 1/2 inches	High to medium-high	14-16 minutes
WOOD CHOICE FOR BEST FLAVOR: Hickory or Oak		WINE COMPLEMENT: Merlot or Cabernet Sauvignon	

COOKED MEAT  
TEMPERATURES

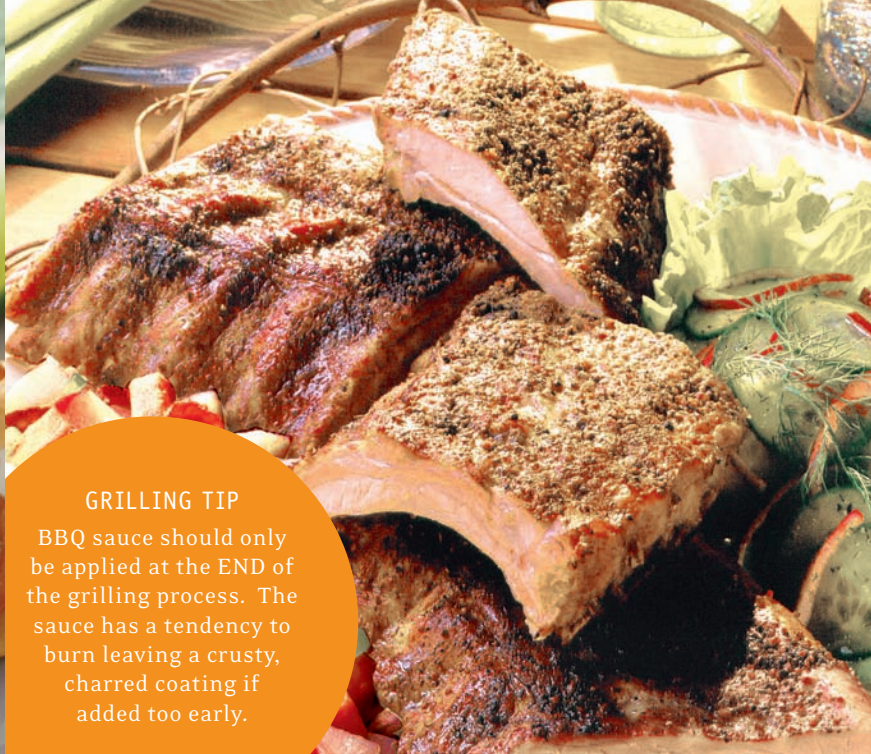
- Rare:

125° F
- Medium Rare

145° F
- Medium

160° F
- Well Done

170° F



### GRILLING TIP

BBQ sauce should only be applied at the END of the grilling process. The sauce has a tendency to burn leaving a crusty, charred coating if added too early.

## CARIBBEAN PORK FAJITAS

SERVES 8

### ALL YOU NEED

- 1 (1.7 lb) pork loin fillet, trimmed and cut into thin strips

2 mangoes, peeled, seeded, diced
- 1 tablespoon adobo sauce from canned chipotle peppers in adobo sauce\*

2 avocados, peeled, seeded, diced
- 1 medium red onion

2 Roma tomatoes, diced
- 1½ 1/2 cups fresh pineapple, cut into chunks

1 tablespoon chopped cilantro
- 1 teaspoon Hy-Vee lemon juice
- 8 Hy-Vee fajita-style flour tortillas

### ALL YOU DO

1. Combine pork and adobo sauce in medium bowl; toss to coat. Set aside. 2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Thinly slice red onion, reserving 3 slices for salsa. Add pork and red onion slices to pan; sauté 4 minutes or until done (internal temperature of pork should reach 160° F). 3. Add pineapple chunks to pork and red onion mixture. Sauté for 2 additional minutes or until pineapple is heated through. 4. For fruit salsa, dice reserved red onions and combine with mangoes, avocados, tomatoes, cilantro and lemon juice; toss to coat. 5. Heat tortillas according to package directions. Serve pork with fruit salsa over tortillas.

Nutrition Facts: 420 calories, 16 g fat, 4 g saturated fat, 1 g trans fat, 40 mg cholesterol, 850 mg carbohydrates, 9 g fiber, 13 g sugar, 23 g protein. Daily Values: 15% vitamin A, 60% vitamin C, 6% calcium, 15% iron.\* For added heat, dice chipotle peppers and add to pork.

## SEASONED BARBEQUED PORK RIBS

SERVES 4

### ALL YOU NEED

- 1 tablespoon Hy-Vee seasoned pepper
- 1 teaspoon Hy-Vee seasoned salt
- 1 teaspoon packed Hy-Vee brown sugar
- 1/2 teaspoon Hy-Vee garlic powder
- 1 rack (about 2-1/2 pounds) baby back ribs
- 1/4 cup Hy-Vee barbeque sauce
- 2 tablespoons pineapple juice, optional

### ALL YOU DO

1. Prepare grill. 2. To make rub, combine pepper, salt, brown sugar and garlic powder. 3. Place ribs on a large sheet of heavy-duty aluminum foil. Evenly coat ribs with the rub. Wrap foil around the ribs forming a packet. 4. Grill, covered, over indirect heat for 2 hours or until meat is very tender. 5. Meanwhile, combine barbeque sauce and, if desired, pineapple juice. 6. Remove ribs from foil, place over medium coals and cook an additional 10 minutes, brushing with sauce and turning frequently.

Nutrition Facts: 560 calories, 40 g fat, 15 g saturated fat, 0 g trans fat, 160 mg cholesterol, 500 mg sodium, 11 g carbohydrates, 0 g fiber, 7 g sugar, 38 g protein. Daily Values: 0% vitamin A, 0% vitamin C, 6% calcium, 15% iron.

### PORK GRILLING TEMPERATURES & TIMES

CUT	SIZE	TEMPERATURE/HEAT	TIME
CHOPS	1 inch	High	5-6 minutes/side
TENDERLOIN	1/2-1 1/2 lbs.	High	7-12 minutes/side
RIBS	2-4 lbs.	High	1 1/2-2 hours
WOOD CHOICE FOR BEST FLAVOR: Hickory or Apple    WINE COMPLEMENT: Riesling or White Zinfandel			

### COOKED PORK TEMPERATURES

Pork should reach an internal temperature of 160° F prior to serving.

SWEET-AND-SASSY BARBEQUED CHICKEN  
SERVES 4

ALL YOU NEED

- 4 (6 oz each) boneless, skinless chicken breasts
- 4 teaspoons Emeril's Essence™, divided
- 1/4 cup Hy-Vee light French dressing

ALL YOU DO

1. Prepare grill. 2. Lightly coat both sides of chicken breasts with Emeril's Essence™. 3. Place chicken on grill rack. Close grill cover; grill 5 minutes. Turn chicken over and grill an additional 5 minutes. Brush cooked side of chicken with French dressing. Turn and brush chicken with dressing. 4. Cook, turning and brushing with dressing occasionally, until chicken is cooked through, about 5 additional minutes. Internal temperature should reach 165° F.

Nutrition facts per serving: 220 calories, 3.5 g fat, 0.5 g saturated fat, 0 g trans fat, 100 mg cholesterol, 820 mg sodium, 5 g carbohydrates, 0 g fiber, 4 g sugar, 39 g protein. Daily values: 0% vitamin A, 4% vitamin C, 2% calcium, 6% iron.

A-TOUCH-OF-DIJON CHICKEN KABOBS  
SERVES 4

ALL YOU NEED

- 8 Hy-Vee bamboo skewers
- 2 tablespoons Grand Selections white wine vinegar
- 3 tablespoons Grand Selections garlic-flavored olive oil
- 1 teaspoon Hy-Vee Dijon mustard
- Hy-Vee salt and Hy-Vee pepper, to taste
- 1/2 pound skinless, boneless chicken breast, cut into thin strips
- 1 pint cherry tomatoes
- 1 small onion, cut into chunks
- 1 green pepper, seeded, cut into chunks
- 1 (8 oz) container whole fresh mushrooms

ALL YOU DO

1. Soak skewers in water for 30 minutes. 2. To make vinaigrette, whisk together vinegar, olive oil, mustard, salt and pepper. 3. Thread skewers with chicken, cherry tomatoes, onion, green pepper and mushrooms. 4. Brush kabobs with vinaigrette. Grill, uncovered, for 15 to 20 minutes or until chicken is cooked through and vegetables are tender.

Nutrition facts per serving: 190 calories, 11 g fat, 1.5 g saturated fat, 0 g trans fat, 35 g cholesterol, 75 mg sodium, 8 g carbohydrates, 2 g dietary fiber, 5 g sugar, 16 g protein. Daily values: 15% vitamin A, 80% vitamin C, 2% calcium, 6% iron.

GARDEN VEGETABLE PASTA WITH CHICKEN  
SERVES 6 (ABOUT 2 CUPS EACH)

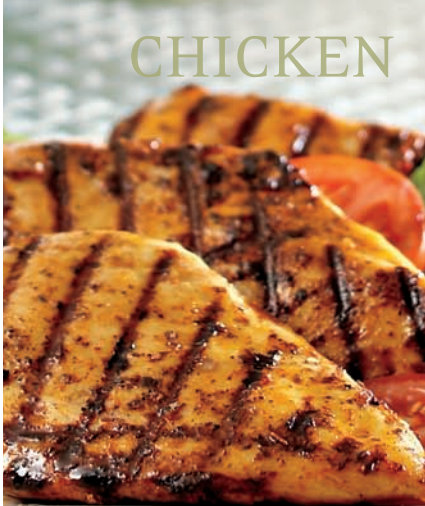
ALL YOU NEED

- 1 (1 lb) box Barilla™ campanelle pasta
- 1 lb Hy-Vee natural boneless, skinless chicken breasts, cut in bite-size pieces
- 1 medium zucchini, chopped
- 1 medium red bell pepper, seeded, chopped
- 1 cup carrot slices
- 1 (24 oz) jar Barilla™ tomato and basil sauce
- Kraft™ shredded Parmesan cheese, optional

ALL YOU DO

1. Prepare pasta according to package directions. Drain; set aside. 2. Heat a large nonstick skillet over medium-high heat. Add chicken; cook and stir 3 minutes. Stir in zucchini, red bell pepper and carrot slices. Cook and stir until chicken is cooked through and vegetables are crisp-tender, about 5 minutes. 3. Stir in tomato and basil sauce. Cook and stir until sauce is heated through. 4. Serve chicken and sauce on pasta. Sprinkle with shredded Parmesan cheese, if desired.

Nutrition Facts per serving: 440 calories, 4 g fat, 0 g saturated fat, 0 g trans fat, 45 mg cholesterol, 520 mg sodium, 72 g carbohydrates, 7 g fiber, 11 g sugar, 30 g protein. Daily Values: 90% vitamin A, 100% vitamin C, 4% calcium, 25% iron.



CHICKEN GRILLING TEMPERATURES & TIMES				COOKED CHICKEN TEMPERATURES  Chicken should reach an internal temperature of 160-170° F prior to serving.
CUT	SIZE	TEMPERATURE/HEAT	TIME	
BREAST (boneless)	4 oz.	Medium-high	6-8 minutes	
BONE-IN PARTS	4-8 oz.	Medium-high	10-15 minutes	
GROUND PATTIES	6 oz.	Medium-high	10-15 minutes	
WOOD CHOICE FOR BEST FLAVOR: Apple or Cherry    WINE COMPLEMENT: Riesling or Sauvignon Blanc				

# Fish & Seafood Grilling Tips

Looking for a new way to spice up your grill this summer?

- It is always best to use a grilling basket when grilling whole fish such as snapper, trout or salmon. Grilling baskets are also the best cooking method for fish fillets. A grilling basket will ease turning and help avoid breaking the fish. Be sure to apply cooking spray to the inside of the basket prior to placing the fish/seafood inside. This will minimize sticking. If you don't have a grilling basket, place the fish/seafood on aluminum foil.
- Only turn fish/seafood once, halfway through the cooking time.
- When preparing shellfish like clams, mussels and oysters, thoroughly scrub and rinse the shells. You'll know they're done cooking once the shells open.
- When grilling lobster or lobster tails do not turn them. You will know when your lobster meat is cooked when the shell is deep red in color.
- Fish, just like meat, will continue to cook even after it is removed from the grill. So, be careful not to overcook. Once you remove your fish/seafood from the grill, let it sit for two minutes prior to serving.
- Shrimp is one of the world's most popular seafoods and one of America's new favorite foods when it comes to grilling - even in the heartland. When grilling shrimp, bigger is better. Jumbo shrimp (approximately 12-15 pieces per pound in size) will serve you best when preparing shrimp on a skewer or directly on the grill.



SEAFOOD GRILLING TEMPERATURES & TIMES

TYPE	SIZE	TEMPERATURE/HEAT	TIME
FILLETS (perch, tilapia, catfish, flounder)	1/2 - 3/4 inch	Medium	8-10 minutes
FIRM/STEAK FISH (tuna, swordfish, shark)	1 inch	Medium to medium-high	10 minutes
LOBSTER TAILS	8-10 oz.	Medium	8-10 minutes
SHRIMP	21-25 per lb. Under 10 per lb.	Medium Medium	4-5 minutes 6-8 minutes
SCALLOPS, CLAMS, MUSSELS	Under 12 per lb.	Medium	4-5 minutes
WOOD CHOICE FOR BEST FLAVOR: Alder or Fruitwood    WINE COMPLEMENT: Chardonnay or Sauvignon Blanc			



## GRILLED ASIAN SALMON FILLETS

SERVES 4

### ALL YOU NEED

¼ 1/4 cup reduced-sodium soy sauce  
2 tablespoons Hy-Vee pineapple juice  
½ 1/2 teaspoon ground ginger  
¼ 1/4 cup diced green onion  
4 (4 oz each) salmon fillets  
Fresh pineapple slices, grilled, optional

### ALL YOU DO

1. Place soy sauce, pineapple juice, ginger, green onion and salmon in a zip-top plastic bag. Seal and refrigerate at least 30 minutes or up to 4 hours.  
2. Remove salmon from plastic bag and discard marinade. 3. Grill salmon over medium-high heat approximately 4 minutes on each side or until fish flakes easily with a fork. 4. Serve on grilled pineapple slices if desired.

Nutrition Facts per serving: 210 calories, 12 g fat, 2.5 g fat, 0 g trans fat, 65 mg cholesterol, 220 mg sodium, 1 g carbohydrate, 0 g fiber, 0 g sugar, 23 g protein. Daily Values: 2% vitamin A, 8% vitamin C, 2% calcium, 2% iron.

## GRILLED SHRIMP SALAD

SERVES 4

### ALL YOU NEED

½ 1/2 cup Newman's Own™ light lime vinaigrette  
1/8 teaspoon ground cumin  
1 pound raw large shrimp, peeled  
1 (8 oz) bag Dole™ Mediterranean salad blends  
Fresh chives, for garnish

### ALL YOU DO

1. Whisk together vinaigrette and cumin in a 13-by-9-inch baking dish. 2. Thread shrimp onto skewers and place in baking dish. Cover and refrigerate for 20 minutes, turning skewers after 10 minutes.  
3. Meanwhile, prepare grill. 4. Remove skewers from baking dish; discard vinaigrette mixture.  
5. Grill skewers 2 to 3 minutes per side or until shrimp is pink and firm. 6. Meanwhile, divide salad greens among salad plates. Place grilled shrimp on greens and garnish with chives. If desired, drizzle the salad with additional vinaigrette.

Nutrition facts per serving: 150 calories, 3 g fat, 0.5 g saturated fat, 0 g trans fat, 170 mg cholesterol, 250 mg sodium, 4 g carbohydrates, 1 g fiber, 1 g sugar, 24 g protein. Daily values: 30% vitamin A, 10% vitamin C, 8% calcium, 15% iron.





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# New French Bakery

A great way to enjoy these breads, right off your grill.

Fill your home with the aroma of fresh baked bread. It's easy with Hy-Vee's New French Bakery line of par baked artisan breads. Crusty loaves of bread produced by skilled craftspeople that you can now bake at home. The New French line of bread is produced with high quality, natural ingredients and contains no trans fat.

Too hot to spend time in the kitchen? Now you can enjoy the same great bread on the grill. Look for grilling instructions on each package of Take and Bake breads. Treat your family and guests with fresh bread at your next outdoor barbeque.

## ENJOY HOT ON THE GRILL

Remove bread/rolls from plastic, and wrap in foil. Place on hot grill for about 10-15 minutes, turning frequently.



# Summer Sweetness

There is nothing better than biting into your favorite fruit and experiencing its flavor when at its absolute peak in freshness. A juicy watermelon, a firm, bright blackberry or a cantaloupe dripping with sweetness is a delightful experience for just about every palate.

Today, just about all fruits are available year round and can be enjoyed whenever you have a craving for them. But as all fruit lovers know, you'll still want to keep your eye on the calendar and note the window of opportunity for when your choice fruit is really ripe and ready.

## SUMMER PRODUCE

Berries - late May through July

Plums - June through October

Honeydew - late July through August

Peaches and Nectarines - Varies from climate to climate, but both are ripe in June and July.

Cherries - mid-June through September

Cantaloupe - June through September

Watermelon - late June through early September



**CREAMY BASIL BROCCOLI SLAW**

SERVES 5 (ABOUT 1 CUP EACH)

**ALL YOU NEED**

- |  |                             |
|--|-----------------------------|
| 1 (16 oz) bag broccoli slaw              | ¾ ¾ cup light slaw dressing |
| 3 leaves fresh basil, thinly sliced      | Chow mein noodles, optional |
| 1 (2 oz) package Hy-Vee slivered almonds |                             |

**ALL YOU DO**

1. Combine broccoli slaw, basil and almonds. Stir in dressing to coat. Top with chow mein noodles, if desired.

Nutrition Facts: 170 calories, 11 g fat, 1 g saturated fat, 0 g trans fat, 15 mg cholesterol, 330 mg sodium, 16 g carbohydrates, 5 g fiber, 9 g sugar, 5 g protein. Daily Values: 40% vitamin A, 130% vitamin C, 8% calcium, 8% iron.

**SUMMER VEGETABLE SALAD**

SERVES 6 (1½ CUP EACH)

**ALL YOU NEED**

- |  |                               |
|--|-------------------------------|
| ½ ½ cup chopped red onion  | 1 tablespoon chopped cilantro |
| 1 medium cucumber, sliced, quartered                             | Hy-Vee salt, to taste         |
| 2 medium tomatoes, cut into wedges                               |                               |
| 3 tablespoons Hendricksons™ sweet vinegar and olive oil dressing |                               |

**ALL YOU DO**

1. Combine onion, cucumber and tomato in a medium bowl. Stir in dressing and set aside for 10 minutes. 2. Sprinkle with cilantro and salt before serving.

Nutrition Facts per serving: 40 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 140 mg sodium, 9 g carbohydrates, 1 g fiber, 7 g sugar, 1 g protein. Daily Values: 8% vitamin A, 15% vitamin C, 2% calcium, 2% iron.

**PEACHY PEACH SMOOTHIE**

SERVES 1

**ALL YOU NEED:**

- 1 (6 oz) container Hy-Vee lite peach yogurt
- 1 peach, skinned, pitted
- 1 cup ice cubes
- Fresh mint, optional

**ALL YOU DO:**

1. Combine yogurt, peach and ice cubes in blender; process until desired consistency. Serve with mint, if desired.

Nutrition Facts: 120 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 95 mg sodium, 24 g carbohydrates, 3 g fiber, 17 g sugar, 8 g protein. Daily Values: 6% vitamin A, 20% vitamin C, 20% calcium, 2% iron.



# Meal Complements

Looking for a new way to spice up your grill this summer?

The best part about breaking out the grill in the summer is leaving the pots and pans behind in the kitchen.

That includes the mixing bowls and measuring cups, too.

Everyone may look forward to your homemade potato salad with burgers straight off the grill. Or, your infamous baked beans that are a must with baby back ribs. But, why not feed your family and backyard guests a side dish or salad that will not only delight their taste buds - but give you a break from cooking as well.

Your local Hy-Vee Kitchen and deli has dozens of fresh, healthy salads to choose from. Our Hy-Vee Classic Potato Salad has become a staple around many outdoor picnic tables.

Old stand-bys such as macaroni and cucumber salad are always good. For something with a little more zest go for Hy-Vee's rainbow rotini and shell pasta in a sweet vinegar dressing with garbanzo beans, fresh celery, onions and fresh, diced tomatoes. (Don't be surprised when your neighbors ask you for the recipe!)



## GRILLED VEGETABLES WITH LINGUINE

SERVES 12 (1/2 CUP EACH)

### ALL YOU NEED

- |   |  |
|---|--|
| 8 Hy-Vee bamboo skewers                               | 1/2 pound uncooked Hy-Vee linguine                           |
| 2 tablespoons Grand Selections extra-virgin olive oil | 1 red bell pepper, seeded, cut into large chunks             |
| 1/4 cup Grand Selections white wine vinegar           | 3 Roma tomatoes, seeded, cut into large chunks               |
| 2 tablespoons Hy-Vee granulated sugar                 | 1 yellow squash, halved lengthwise, cut into 1/2-inch slices |
| 2 teaspoons Hy-Vee Italian seasoning                  | 1 zucchini, halved lengthwise, cut into 1/2-inch slices      |
| 1/2 teaspoon Hy-Vee garlic powder                     | Hy-Vee shredded Parmesan cheese                              |
| 1/4 teaspoon freshly ground Hy-Vee black pepper       | Hy-Vee sea salt, to taste                                    |

### ALL YOU DO

1. Soak skewers in water for 30 minutes.
2. To make vinaigrette, whisk together olive oil, vinegar, sugar, Italian seasoning, garlic powder and black pepper. Add salt to taste.
3. Prepare linguine according to package directions. Rinse with cool water; drain well. Place in a large bowl and toss with 1/4 cup vinaigrette.
4. Meanwhile, thread vegetables onto skewers. Brush with vinaigrette.
5. Grill vegetable skewers, occasionally turning and brushing with vinaigrette, over medium-hot coals for about 5 minutes or until vegetables reach desired tenderness.
6. Carefully remove vegetables from skewers. Toss vegetables with linguine and remaining vinaigrette.
7. Serve at room temperature or chilled.

Nutrition Facts per serving: 110 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 0 g cholesterol, 0 g sodium, 19 g carbohydrates, 1 g fiber, 4 g sugar, 3 g protein. Daily values: 10% vitamin A, 40% vitamin C, 2% calcium, 4% iron.



### CLASSIC POTATO SALAD

SERVES 14 (1/2 CUP EACH)

#### ALL YOU NEED

3 lbs (about 4 large) russet potatoes, peeled,  
cut into 3/4-inch chunks  
1 cup light mayonnaise  
1 tablespoon Hy-Vee white vinegar  
1 teaspoon Hy-Vee sugar  
1 teaspoon Hy-Vee salt  
4 stalks celery, diced  
4 green onions, diced  
3 hard-boiled Hy-Vee large eggs, peeled, chopped

#### ALL YOU DO

1. In a large saucepot, cover potatoes with water; bring to a boil. Reduce heat and simmer 10 minutes; drain and cool slightly. 2. In a large bowl, combine mayonnaise, vinegar, sugar and salt. Stir in potatoes, celery, onion and eggs; toss gently to coat. 3. Serve chilled.

Nutrition Facts per serving: 160 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 50 mg cholesterol, 330 mg sodium, 22 g carbohydrates, 2 g fiber, 2 g sugar, 3 g protein. Daily Values: 4% vitamin A, 15% vitamin C, 2% calcium, 4% iron.

### CHOCOLATE LOVERS' TORTE

SERVES 8

#### ALL YOU NEED

6 oz. bittersweet chocolate  
1/2 cup Hy-Vee unsalted butter  
1 cup Hy-Vee sugar  
4 large Hy-Vee eggs  
1/2 cup Hy-Vee cocoa powder

#### ALL YOU DO

1. Preheat oven to 350° F. Grease 8-inch round baking pan; set aside. 2. In a double boiler, melt chocolate and butter, stirring constantly until smooth. Remove from heat and whisk in sugar. Add eggs, one at a time, and whisk well. 3. Sift cocoa powder over chocolate mixture and whisk until just combined. 4. Pour batter into pan and bake for 40-45 minutes. Cool in pan for 5 minutes; invert onto serving platter and cool completely.

Nutrition Facts: 350 calories, 23 g fat, 13 g saturated fat, 0 g trans fat, 135 mg cholesterol, 35 mg sodium, 39 g carbohydrates, 3 g fiber, 33 g sugar, 6 g protein. Daily Values: 10% vitamin A, 0% vitamin C, 2% calcium, 8% iron.



# GREAT ON THE GRILL... EASY IN THE OVEN

## ON THE GRILL

Cook Grillers on medium coals or a medium heat gas grill 20-30 minutes or until Grillers reach an internal temperature of 170° F. Turn every 6-7 minutes for best results.

## IN THE OVEN

Preheat oven to 350° F. Place Grillers in a baking dish uncovered for 40 minutes. Bake until Grillers reach an internal temperature of 170° F. To crisp bacon, broil for an additional 5 minutes or until golden brown.



## PARMESAN PRETZELS

SERVES 8 (2/3 CUP EACH)

### ALL YOU NEED

- 5 cups Hy-Vee mini twist pretzels
- ¼ cup Hy-Vee light Italian dressing
- ¼ cup Hy-Vee grated Parmesan cheese

### ALL YOU DO

1. Preheat oven to 250° F.
2. In a large resealable bag, combine pretzels, dressing and cheese. Seal bag and shake to coat pretzels evenly.
3. Pour pretzels onto a greased cookie sheet. Arrange in a single layer.
4. Bake, uncovered, for 40 minutes, stirring halfway through.
5. Cool completely before storing in an airtight container.

Nutrition Facts: 110 calories, 2.5 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 350 mg sodium, 18 g carbohydrates, 1 g fiber, 1 g sugar, 3 g protein. Daily Values: 0% vitamin A, 0% vitamin C, 2% calcium, 4% iron.



## TROPICAL ISLAND FRUIT KABOBS AND DIP

SERVES 2 (3 KABOBS EACH)

### ALL YOU NEED

- 1 tube Hy-Vee strawberry Yogurt To-Go
- 1 tablespoon Hy-Vee fruit dip
- 4 strawberries
- 4 grapes
- 2 orange wedges
- 1/2 banana
- 6 Hy-Vee pretzel sticks

### ALL YOU DO

1. In a small bowl, empty tube of Yogurt To-Go and top with fruit dip.
2. Let kids create kabobs by placing fruit on pretzel sticks. Serve with fruit dip.

Nutrition Facts: 250 calories, 5 g fat, 3.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 140 mg sodium, 47 g carbohydrates, 5 g fiber, 32 g sugar, 6 g protein. Daily Values: 4% vitamin A, 120% vitamin C, 15% calcium, 4% iron.



# Fun (and safe) in the Sun

Stay healthy and active this summer.

Long summer days can lead to one too many hours under the harsh rays of the sun. To help you and your family get the most out of the hazy days of summer, here are some simple ways you can play it safe.

- When applying sunscreen to your body, be generous. A lotion application about the size of a golf ball should be used to cover an adult.
- Sunscreen should be applied 30 minutes before going outdoors.
- Reapply sunscreen every two hours, or after swimming or activities that cause sweating.
- Babies under six months of age should never be exposed to direct sunlight.
- UV rays not only reflect off the water, but can bounce back from sand, snow or even concrete - so be extra cautious when involved in activities in these surroundings.



## FRUITY TRAIL MIX SERVES 15 (1/4 CUP EACH)

### ALL YOU NEED

- 3 cups Hy-Vee Deluxe Fruit & Grain Medley Cereal
- 1/2 cup Hy-Vee banana chips
- 1/2 cup Hy-Vee dried cherries
- 1/2 cup Hy-Vee dried cranberries
- 1/2 cup quartered Hy-Vee dried apricots

### ALL YOU DO

1. Combine all ingredients in a large bowl.
2. Store in an airtight container.

Nutrition Facts: 120 calories, 2 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 60 mg sodium, 23 g carbohydrates, 2 g fiber, 11 g sugar, 2 g protein. Daily Values: 10% vitamin A, 10% vitamin C, 0% calcium, 10% iron.



# Easier. Healthier. Happier.

What do you call someone who can help you shop for nutritious foods - including the best in fresh, natural and organic products? Or, who along with a pharmacist, can assist in disease state management? What about someone who is available on-line to answer questions about your dietary needs and can offer easy, mouth-watering, low calorie recipes? What do you call that person who can help plan your family meals or customize a weight-loss and exercise program just for you?

We call that person a Hy-Vee dietitian. You might call them your new found friend. The one with a helpful smile.



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