seasons

HELPFUL PRODUCTS AND IDEAS FOR SUMMER GRILLING

Recipes and sale items inside!

FOOD . FAMILY . GRILLING
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.
CONTENTS

Get Ready to Grill ..................... 2
Beef Recipes .......................... 3
Pork Recipes .......................... 4
Chicken Recipes ...................... 5
Fish & Seafood Grilling Tips ........ 6
Seafood Recipes ...................... 7
Summer Sweetness .................. 10
Produce Recipes ........................ 11
Meal Complements ................... 12
Side & Salad Recipes ................ 13
Healthy Snacks ....................... 15
Fun (and safe) in the Sun .......... 16
Get Ready to Grill

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

With summer heat comes summer sizzle. Sizzle from the grill that is. So whether you’re a barbecue 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 barbecue 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 barbecue 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 through 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**

<table>
<thead>
<tr>
<th>Cut</th>
<th>Size</th>
<th>Temperature/Heat</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ribeye</td>
<td>1 inch</td>
<td>High to medium-high</td>
<td>11-14 minutes</td>
</tr>
<tr>
<td></td>
<td>1 1/2 inches</td>
<td>High to medium-high</td>
<td>17-22 minutes</td>
</tr>
<tr>
<td>T-Bone</td>
<td>1 inch</td>
<td>High to medium-high</td>
<td>14-18 minutes</td>
</tr>
<tr>
<td></td>
<td>1 1/2 inches</td>
<td>High to medium-high</td>
<td>20-24 minutes</td>
</tr>
<tr>
<td>Sirloin</td>
<td>1 inch</td>
<td>High to medium-high</td>
<td>17-21 minutes</td>
</tr>
<tr>
<td></td>
<td>1 1/2 inches</td>
<td>High to medium-high</td>
<td>22-26 minutes</td>
</tr>
<tr>
<td>Tenderloin/Fllet</td>
<td>1 inch</td>
<td>High to medium-high</td>
<td>13-15 minutes</td>
</tr>
<tr>
<td></td>
<td>1 1/2 inches</td>
<td>High to medium-high</td>
<td>14-16 minutes</td>
</tr>
</tbody>
</table>

**Wood Choice for Best Flavor:** Hickory or Oak

**Cooked Meat Temperatures**

- Rare: 125°F
- Medium Rare: 145°F
- Medium: 160°F
- Well Done: 170°F

**Wine Complement:** Merlot or Cabernet Sauvignon
CARIBBEAN PORK FAJITAS
SERVES 8

ALL YOU NEED
1 (1.7 lb) pork loin fillet, trimmed and cut into thin strips
1 tablespoon adobo sauce from canned chipotle peppers in adobo sauce*
1 medium red onion
1 1/2 cups fresh pineapple, cut into chunks
2 mangoes, peeled, seeded, diced
2 avocados, peeled, seeded, diced
2 Roma tomatoes, diced
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. 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 160º 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 sodium, 11 g carbohydrates, 6% fiber, 7 g sugar, 15% 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, 15% protein. Daily Values: 0% vitamin A, 0% vitamin C, 6% calcium, 15% iron.

COOKED PORK TEMPERATURES

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

PORK GRILLING TEMPERATURES & TIMES

<table>
<thead>
<tr>
<th>CUT</th>
<th>SIZE</th>
<th>TEMPERATURE/HEAT</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHOPS</td>
<td>1 inch</td>
<td>High</td>
<td>5-6 minutes/side</td>
</tr>
<tr>
<td>TENDERLOIN</td>
<td>1/2-1 1/2 lbs.</td>
<td>High</td>
<td>7-12 minutes/side</td>
</tr>
<tr>
<td>RIBS</td>
<td>2-4 lbs.</td>
<td>High</td>
<td>1 1/2-2 hours</td>
</tr>
</tbody>
</table>

WOOD CHOICE FOR BEST FLAVOR: Hickory or Apple

WINE COMPLEMENT: Riesling or White Zinfandel

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.
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.
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

<table>
<thead>
<tr>
<th>Type</th>
<th>Size</th>
<th>Temperature/Heat</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fillets (perch, tilapia, catfish, flounder)</td>
<td>1/2 - 3/4 inch</td>
<td>Medium</td>
<td>8-10 minutes</td>
</tr>
<tr>
<td>Firm/Steak Fish (tuna, swordfish, shark)</td>
<td>1 inch</td>
<td>Medium to medium-high</td>
<td>10 minutes</td>
</tr>
<tr>
<td>Lobster Tails</td>
<td>8-10 oz.</td>
<td>Medium</td>
<td>8-10 minutes</td>
</tr>
<tr>
<td>Shrimp</td>
<td>21-25 per lb.</td>
<td>Medium</td>
<td>4-5 minutes</td>
</tr>
<tr>
<td></td>
<td>Under 10 per lb.</td>
<td>Medium</td>
<td>6-8 minutes</td>
</tr>
<tr>
<td>Scallops, Clams, Mussels</td>
<td>Under 12 per lb.</td>
<td>Medium</td>
<td>4-5 minutes</td>
</tr>
</tbody>
</table>

Wood choice for best flavor: Alder or Fruitwood  
Wine complement: Chardonnay or Sauvignon Blanc
**Grilled Asian Salmon Fillets**

**Serves 4**

**All You Need**

- ¼ cup reduced-sodium soy sauce
- 2 tablespoons Hy-Vee pineapple juice
- ½ teaspoon ground ginger
- ¼ 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 saturated 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 cup Newman’s Own™ light lime vinaigrette
- ½ teaspoon ground cumin
- 1 pound raw large shrimp, peeled
- 1 (8 oz) bag Dole™ Mediterranean salad blends
- Fresh chives, for garnish

**All You Do**

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.
Guaranteed Tender
Grilling Advice
Special Orders

Amana quality beef is all natural and U.S.D.A. choice. So you can be assured you’re grilling only the best for your family.
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  
Cherries – mid-June through September  
Plums – June through October  
Cantaloupe – June through September  
Honeydew – late July through August  
Watermelon – late June through early September  
Peaches and Nectarines – Varies from climate to climate, but both are ripe in June and July.
CREAMY BASIL BROCCOLI SLAW
SERVES 5

ALL YOU NEED
1 (16 oz) bag broccoli slaw
3 leaves fresh basil, thinly sliced
1 (2 oz) package Hy-Vee slivered almonds

1/4 cup light slaw dressing

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

ALL YOU NEED
1/2 cup chopped red onion
1 medium cucumber, sliced, quartered
2 medium tomatoes, cut into wedges
3 tablespoons Hendricksons™ sweet vinegar and olive oil dressing

1 tablespoon chopped cilantro
Hy-Vee salt, to taste

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 LINQUINE**

SERVES 12 (1/2 CUP EACH)

**ALL YOU NEED**

8 Hy-Vee bamboo skewers
2 tablespoons Grand Selections extra-virgin olive oil
1/4 cup Grand Selections white wine vinegar
2 tablespoons Hy-Vee granulated sugar
2 teaspoons Hy-Vee Italian seasoning
1/2 teaspoon Hy-Vee garlic powder
1/4 teaspoon freshly ground Hy-Vee black pepper
Hy-Vee sea salt, to taste

1/2 pound uncooked Hy-Vee linguine
1 red bell pepper, seeded, cut into large chunks
3 Roma tomatoes, seeded, cut into large chunks
1 yellow squash, halved lengthwise, cut into 1/2-inch slices
1 zucchini, halved lengthwise, cut into 1/2-inch slices
Hy-Vee shredded Parmesan cheese

**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.  
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.

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 350º 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, 330 mg sodium, 22 g carbohydrates, 3 g fiber, 33 g sugar, 6 g protein. Daily Values: 10% vitamin A, 6% vitamin C, 2% calcium, 4% 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.
P AR M E S A N  P R E T Z E L S
SERVES 8 (2/3 CUP EACH)

ALL YOU NEED
5 cups Hy-Vee mini twist pretzels
3/4 cup Hy-Vee light Italian dressing
3/4 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.

T R O P I C A L  I S L A N D  F R U I T K A B O B S  A N D  D I P
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.

F R U I T Y T R A I L M I X

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.
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.
Enjoy all Hy-Vee has to offer online

It’s right at your finger tips

recipes & tips | current promotions | plan your shopping
view weekly specials | ask a dietitian
place orders | prescription refills & more

www.hy-vee.com