

# seasons

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EMPLOYEE OWNED

HELPFUL PRODUCTS AND IDEAS FOR HEALTHY LIVING

## Summer STARTS HERE!

BEST **ICE CREAM** PARTY  
GRILLING UP **BIG FLAVOR**  
**FRESH PINEAPPLE** TREATS



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SUMMER 2013  
~~\$4.95~~ FREE  
Hy-Vee.com

EXOTIC MUSHROOMS: ALL YOU NEED TO KNOW & RECIPES





TOM LEFT THE FAMILY FARM TO



# CHASE HIS DREAMS.



**LITTLE *did* HE KNOW HE'D FIND THEM RIGHT *where* HE STARTED.**

**DESTINY MIGHT LET YOU ROAM**, but it will always bring you back to where you're meant to be. For Tom Pecht, it was at the tender age of four that he first fell in love with his family's land. Under his father's watchful eye, Tom learned the art of growing avocados like only California Avocado growers know how. Years later, he left those groves to get an education and see what the



world had to offer, but his deep connection to the land never left him. With degree in hand, Tom's heart led him back to the place he was meant to be all along, his family's prized avocado groves. Since that day, Tom has been hand-cultivating creamy, delicious California Avocados, and he couldn't be happier. Tom's care and craft is just another reason you should always look for the California label.

**INSIST ON CALIFORNIA AVOCADOS. [CALIFORNIAAVOCADO.COM](http://CALIFORNIAAVOCADO.COM)**



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# seasons Hy-Vee

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# Letter

*Dear Hy-Vee reader,*

We knew something was up when several years back we were asked to be special guests at a company-wide managers' meeting being held in Des Moines. We were a little puzzled about why we were singled out. We loved our jobs. Things were going well. So we kept wondering, "What was this all about?"

During his closing speech, CEO Randy Edeker thanked everyone for their contributions, and then mentioned the particular success of ready-to-barbecue Chicken Grillers—an idea from employees. That's us! We introduced grillers in our meat case back in 1991, and a whole lot of Hy-Vee customers around the Midwest have been enjoying them ever since.

It was quite an honor to be recognized for our work, even if it was kind of nerve-racking to go up on stage in front of all those people.

We're very glad our Chicken Grillers worked out so well for our customers. They appreciate innovation and the chance to try new flavors. We're fortunate to work for the kind of company where everyone is encouraged to offer ideas.

We hope you enjoy this issue of *Hy-Vee Seasons*. Read about our grillers in "Griller Master," page 34. Also check out the recipes in "Salmon Run," page 20; discover ways to beautify your home in "Everyday Flowers," page 14, and get ideas for hosting an ice cream party in "Ice Cream Social," page 4. Be sure to try a griller too. You'll love it.  
Sincerely,

Steve Schroeder,  
seafood manager  
in Lee's Summit,  
Missouri, and Rick Harris,  
service meat/seafood  
manager in Liberty, Missouri

Rick Harris, right, and Steve Schroeder, left, were recently honored for their grilling idea, which Hy-Vee customers have enjoyed for more than 20 years.





# *ice cream*

## SOCIAL

All kids love ice cream, so get them together for an ice cream social just for the fun of it or to celebrate a special birthday. Let them dip into scrumptious homemade flavors and serve themselves at a colorful sundae bar. We have included a recipe, stir-ins and toppings, plus some super-cool ideas to make the party a hit.

TEXT LOIS WHITE PHOTOGRAPHY KING AU AND TOBIN BENNETT





Irresistibly fun, creamy and sweet—what’s not to love about ice cream? There’s no better time than the hot days of summer to invite a group of kids over to indulge in scoops of pure delight.

When it comes to homemade ice cream, “the more, the better” motto rings true, especially when there’s an array of flavors to choose from. Get out the ice cream maker and whip up the freshest, tastiest ice creams. You can’t go wrong with our rich and indulgent Homemade Vanilla Ice Cream recipe, *right*. Serve it on its own, or use it as a base to create your own flavor combinations with mix-ins. Today’s electric ice cream makers have simplified the process. No salt, ice or elbow grease required. Just turn the dial and in a matter of minutes you can create ice cream so luscious, everyone will want to grab a spoon and dig in!

### PARTY PRETTIES

While ice cream is the star of the party, decor should play a strong supporting role. The joyful ambience of an old-fashioned ice cream parlor is easily established by covering the party table with a blue-and-white striped tablecloth. Add visual punch to the wall by hanging a bold striped backdrop. Blow up a few balloons and hang paper streamers made with ice cream-inspired colors—bubble gum pink, pistachio green, banana yellow and cotton candy blue. Make arrangements look pretty enough to eat. Use a parfait glass to create a centerpiece vase that resembles a favorite ice cream treat, *page 5*. You need a large parfait glass and a smaller water glass. Pour pink sprinkles in the bottom of the parfait glass. Partially fill the small glass with water and set it inside the larger parfait glass. Pour more sprinkles between the two glasses until the parfait glass appears full. Arrange white carnations in the water glass and add a straw.

### DELICIOUS OPTIONS

A self-serve, buffet-style setup is easy to assemble. Fill a metal tub with ice, then place the different flavors of ice cream inside. This will keep the ice cream cool and contain drips. Set out sauces and toppings that mingle well with vanilla and other flavored ice creams. Fruit sauces go great with vanilla, chocolate or even fruit-flavored ice creams. Kids who want to experience a full-blown sundae extravaganza may add one or more sweet squeezes from a plastic bottle of warm fudge, butterscotch or gooey caramel sauce. Rich whipped cream is a standard for crowning a sundae, and, of course, kids will have fun sprinkling on toppings, such as those on *page 10*.

## HOMEMADE VANILLA ICE CREAM

*Wherever there’s a rich and creamy homemade treat, there’s a celebration. Serve ice cream plain or loaded with your own blend of extra flavors and toppings.*

**Prep Time:** 15 minutes

**Serves** 4 (½ cup servings).

**1 cup heavy whipping cream**

**1 cup Hy-Vee half-and-half**

**⅓ cup Hy-Vee granulated sugar**

**1 teaspoon real vanilla extract**

**Dash of Hy-Vee salt**

Thoroughly whisk together all ingredients in a bowl with a pouring spout. Process ice cream according to manufacturer instructions. Transfer ice cream to a freezer-safe container; freeze.

*Nutrition facts per serving:* 350 calories, 29 g fat, 18 g saturated fat, 1 g trans fat, 105 mg cholesterol, 50 mg sodium, 21 g carbohydrates, 0 g fiber, 17 g sugar, 3 g protein. Daily values: 20% vitamin A, 2% vitamin C, 10% calcium, 0% iron.



### Strawberry

**Stir in 12 ounces of fresh strawberries + ¼ cup of strawberry syrup.**

### Blue Raspberry

**Stir in one 10-ounce bag of frozen blackberries chopped + ¼ cup of raspberry syrup.**

### Mango-Pineapple

**Stir in 1 cup of frozen mango chunks + 1 cup of frozen pineapple chunks.**

### Mint Chocolate

**Stir in one 12-ounce bag of Ghirardelli mini chips + 1 teaspoon mint flavoring + 8 drops of green food coloring.**





strawberry

mint chocolate

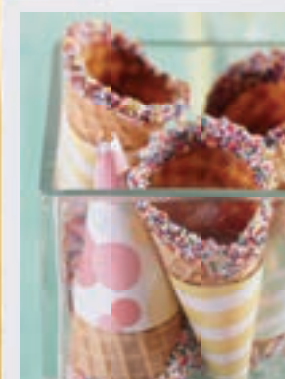
blue raspberry

mango-pineapple

## Flavor Combos

Making flavored ice cream is as simple as stirring your favorite ingredients into the Homemade Vanilla Ice Cream recipe, *opposite*, before transferring the mix to the ice cream maker. The great thing about homemade ice cream is you can create any flavor you want. To get you started, we've given you four of our favorites, *opposite*. Since ice cream is the focus of your party, you'll want to serve several different flavors. Keep in mind that most kids will want to try more than one.





## Make It a Party

Every party needs an upbeat, memorable design. We chose a yellow and mint color palette for decorations, including the colorful string of circles adorning the striped backdrops of the wall and tables. To make the backdrop, machine-sew colored paper circles together using a straight stitch. Stick with your party colors for plastic spoons, a tablecloth and a bucket holding ice cream cups, *above, above right and right*. Make the party a hit with thoughtful touches, such as healthy fresh fruit toppings and candy-coated cones with custom-paper wrappers, *far right, top and bottom*.





## Dish It Out!

Cup or cone? Offer a variety of edible ice cream holders so kids can personalize their treats in unique and tasty ways. Mix things up with traditional sugar cones, fun waffle cone bowls and classic ice cream cups. Get more joy to the bite with spoons, cones and bowls dipped in any flavor of baking chips or almond bark. Melt chips in a microwave oven or over a double boiler, or melt almond bark in a microwave. Press bowls, cones or spoons into the melted chips or bark and then dip into sprinkles. Wrapping cones in patterned papers adds a festive touch.

Download templates to make ice cream cone wrappers, labels and other party projects at [www.hy-vee.com/seasons](http://www.hy-vee.com/seasons)



*The key to a fabulous ice cream party: the more, the better!*





## Dress the Table

Make your party a hit with attention to detail. Bring in color by setting out ice cream scoops, syrups with perky labels and toppings in spectacular abundance. The more colorful toppings there are to choose from, the better. Boost the presence of colors by using white serving dishes and trays at the sundae buffet. Choose dishes that hold one cup or less so you can offer lots of yummy items. To help kids make their picks, label items that might be unfamiliar to them.

Topping choices can range from healthy fresh fruit—berries, bananas, kiwi and pineapple—to anything chewy or crunchy, including candies, pretzels, baking chips and nuts (avoid serving nuts if any of your guests are allergic; check with parents). Also, include an assortment of cookies served alongside the sundaes. To minimize post-party cleanup, send partygoers home with treat bags.



Kemps Premium Ice Cream or  
Frozen Yogurts: select varieties  
48 oz. \$3.99



Almond Breeze:  
select varieties 64 oz. \$3.39



## Summer Yum!

A decorated dish filled with jewel-like candies provides standing room only for frozen-yogurt pops, which can be made and frozen before the party. These treats won't melt as quickly as ice cream.



Dannon Yogurt for kids:  
select varieties 4 or 6 oz. \$2.28

Dannon Activia:  
select varieties 4 pk. \$2.28

## Float Your Own!

Ice cream floating in a sea of soda foam. Genius! Include a station for making ice cream floats and encourage partygoers to make their own treats using beverage dispensers from Hy-Vee. The party will be the talk of the playground.

Glass Beverage Dispensers:  
select varieties \$16.99





## Ice Cream Favorites in Your Freezer

Make every day a party by keeping favorite candy ice cream treats on hand. The sweet flavors of M&M's and Snickers can be enjoyed as ice cream bars, cones and cookies.



Mars Ice Cream Novelties:  
select varieties 3 to 14 ct. \$3.77

Mars Ice Cream Snickers  
Value Pack 12 ct. \$6.77

Uncle Ben's Rice: select varieties  
4.33 to 15.8 oz. 2/\$4.00

Mars Ice Cream Candy Pints: select  
varieties 16 oz. 2/\$4.00

## THRILLING SUMMER CLOSE TO HOME?

# COOL DOWN WITH SWEET SUMMER TREATS



Popsicle Pops: select  
varieties 12 to 24 ct. \$3.98

Magnum or Fruttare Ice Cream  
Bars: select varieties  
3 to 6 ct. \$3.99

Klondike Ice Cream Bars or  
Sandwiches: select varieties  
4 or 6 ct. \$4.29

Ben & Jerry's & Starbucks  
Ice Cream: select varieties  
1 Pint \$3.99





# EVERYDAY *Flowers*

Gather just a few or a bounty of blooms from Hy-Vee's Everyday Flower Market Bunches and make an arrangement to brighten an ordinary day or special occasion. Each flower variety, from Gerbera daisies to spray roses, is packaged in small bunches so you can mix or match. Create a perfect arrangement at home or choose a mixed bouquet that is ready to pop into a vase. Either way, you're the designer.

TEXT WANDA VENTLING

PHOTOGRAPHY TOBIN BENNETT

Flowers throughout the story were made using:  
Everyday Flower Market  
Bunches \$4.99 and  
Everyday Flower Market  
Bunches \$9.99





## GERBERAS APOTHECARY BOTTLES

One simple way to arrange flowers is to cluster several small vases or found vessels, each holding a single bloom. Tiny vases are available to purchase from some Hy-Vee floral departments. Small containers you already own work, as well. Experiment with flowers in vintage apothecary jars, juice glasses, canning jars or teacups. Wash containers in soapy hot water and rinse well before filling with water. Clip stems short and place one flower into each container. Choose single head or spray flowers that, when cut, will still have stems long enough to reach the water.

HOW TO: Floral foam keeps flowers in place. To line a container, soak a block of foam in water until the foam is soaked through. Use a knife to cut it to snugly fit the container. Add water to the vase daily.



## SPRAY ROSES

### MILK GLASS VASES

Spray roses have several small roses on short stems that branch from a larger, main stem. Arrange a larger bloom by cutting individual flowers from the main stem—small size heads work best used as a whole or partial spray. Poke the stems of individual flowers into floral foam for a pavé-style look, *above right*. For a mixed bouquet, *above center*, use partial sprays with other flowers, such as mini carnations, Alstroemeria, spider mums and larger roses. Footed milk glass vases, new or vintage, lift arrangements from the table surface for a more dramatic appearance. Collected, vases make a pretty party look.





## SNAPDRAGONS PAINTED GLASS CYLINDER

Snapdragons are line flowers with small florets on the upper stem that, when pinched, look like the mouths of little dragons. They are beautiful in a large grouping, in mixed bouquets or as a single stem in a vase. Cut at least 1 inch from the stem bottom and remove any leaves that will be below the water line. They will naturally drape so it helps to give their flower-heavy stems support. Here, we've used a painted glass cylinder and filled the bottom with washed white rock.



**HOW TO:** In a small bowl, combine 3 tablespoons white school glue, 1 tablespoon water, 5 drops of Dawn blue dish soap, 5 drops green food coloring and 3 drops blue food coloring. Apply glue mixture to a clear glass vase using a small paint brush. Let dry. Blend equal parts remaining glue mixture and white acrylic craft paint. Using a sponge, apply the glue-paint blend as a second coat. Let dry completely. Spray with a clear acrylic spray paint, according to instructions.





**HOW TO:** Floral tape is a green-colored, self-sealing, slightly sticky-back paper tape. Use it to create a grid pattern over the mouth of a wide container to help support flower stems.



## MIXED BOUQUET PAINTED TIN CONTAINER

The Hy-Vee Floral Department offers individually packaged varieties or pre-arranged mixed bouquets in plastic sleeves. This way, you can design your own grouping. Pick the varieties you want or have a bouquet designed for you that only needs the stems cleaned of leaves and clipped before putting it in water. Here, we've used a painted galvanized tin as a vase and filled it with an assortment of sunflowers, spider mums, green hydrangeas, daisy mums, snapdragons and larkspur.



## HYDRANGEAS

### IRONSTONE PITCHER

Hydrangeas are large-headed flowers that range from the size of a fist to much bigger. They are very thirsty flowers, so cut the stem at an angle under cold running water to avoid an air bubble going up the stem and blocking water flow. Revitalize wilted hydrangeas by recutting the stem and submerging the entire bloom in cool water for an hour or two. Hydrangeas are easy to arrange. Place one flower in a container, use several for a cloudlike effect or use some in mixed bouquets.



# SALMON RUN

*Putting fresh wild-caught salmon fillets on the table is just as easy in Minnesota or Kansas as it is in Alaska, thanks to commercial fishers, ice machines and airplanes.*

TEXT STEVE COOPER PHOTOGRAPHY TOBIN BENNETT

It's Monday and fisherman Mike McCarthy is hauling in a net filled with silver sockeye salmon at the mouth of Alaska's Copper River. You could soon be eating some of Mike's catch for dinner.

As a motorized spool on Mike's boat reels in the net, silvery fish glimmer in the sunshine as they slip into his boat. "The best thing about fishing is to see these incredibly beautiful fish come up over the rail and go into your fish hold. We're catching a natural product that Mother Nature provides. It's a wonderful thing to eat," he says.

Exceptional flavor results from the unusual lives that salmons lead. The taste is mild and smooth for saltwater fish, yet each bite is very succulent for freshwater fish. This is appropriate, since salmon live their early lives in fresh water and mature in salt water. At the end of their lives, the circle is completed as these fish seek to return to the exact spot on the rivers where they were born.

Some are caught while still in the ocean. Within minutes of coming out of the water, the fish are iced. They will remain at a temperature of 30 to 32 degrees as they are delivered to docking facilities, inspected, processed and prepared for air shipment to Hy-Vee stores in the Midwest.

"From our boats to your store takes about 48 hours," says Scott Blake, CEO of Copper River Seafoods, supplier of king, sockeye and coho salmon to Hy-Vee.

## COPPER RIVER SALMON

The Alaskan company is named for one of the richest fishing grounds in the world. Fed by summer glacial melt, the Copper River snakes its way 300 miles from its headwaters to the Gulf of Alaska, southeast of Anchorage.

Salmon spend up to a year in this river before swimming out to sea. Depending on their variety, most spend two to five years eating and growing in the Gulf of Alaska and the Bering Sea. By the time they journey back to their home river, their rich red meat has developed into a nutrient-dense meal prized throughout the world.

Fishers know that the narrow mouth of the Copper—where salt water meets fresh—will be teeming with fish during spawning season, which lasts from May into October.

"It's one of the most beautiful places to fish that you'll ever see," Scott says.

## A FEAST OF FISH

The fresh seafood offered by Hy-Vee and its fishing partners makes for a light, nutritious entrée. Whether salmon comes off a grill, off a cooktop or out of an oven, the aromas are tantalizing and flavors captivating.

Enjoy it by serving any of the recipes in the pages ahead, including Encrusted Salmon Fillets, Plank Potlatch Salmon and Linguini Alfredo with Pan-Seared Salmon.







## PLENTY FOR THE FUTURE

You couldn't plan your next wild-caught salmon meal were it not for actions taken over the last two decades to provide a sustainable future for Alaska salmon. Though the problem is complex, the system is largely effective.

"We owe them a lot for what they've done to keep salmon healthy. It's a really great story," says Kurt Johnson, a Hy-Vee meat and seafood supervisor. He's made two Alaska trips to witness how salmon are caught and processed.

To avoid overfishing—a problem seen worldwide—the Alaskan approach is simple, in theory. First, state fishing authorities had to figure out how many salmon need to spawn each year in order to sustain fish populations. For the Copper River, the total is 700,000.

Armed with this information, all that is needed is to count the fish. Once the set number are safely swimming upriver, catching fish that arrive later is allowed.

"In our river and in other rivers, the state sets up sonar systems in the water. People sitting in front of computer screens count fish as they go by on their way upstream," Scott says. "When the number of the salmon escapement on the Copper reaches 700,000, they stop counting. At that point, they know there are enough fish in the river to ensure a sustainable stock for that year."

## GUARANTEED DELICIOUS

Seafood is inspected by the U.S. Department of Commerce soon after it arrives in port. Among many other requirements, inspectors make certain salmon is healthy, whether it was wild-caught or farm-raised, and verify it is accurately labeled for species and country of origin. This is the only mandatory inspection seafood must go through, but Hy-Vee underwrites the cost of a second inspection after shipments arrive at its seafood center in Ankeny, Iowa. Bryan Sauve, a federal inspector for 10 years, says that for every shipment, "I go through a laundry list of items to make sure that everything is meeting the standards."

## FOR YOUR HEALTH

Wild-caught Pacific salmon is a regular on healthful menus because it is low in fat and high in nutrients. It is widely recommended that adults eat a 4- to 6-ounce serving twice a week. This is about the size of a checkbook. Each serving is loaded with omega-3 fatty acids, which can boost heart health and protect against depression.

With salmon or any fish, it's important to know where seafood comes from, says dietitian Julie McMillin, director of health and wellness for Hy-Vee. "With salmon from Hy-Vee, you can trust that it is safe to eat," she says.



Hoisting a bin of wild-caught salmon is part of the workday for fishers.




Breathtaking views are one of the perks of being a salmon fisher.



Lauren Padawer shows off a fine fish before starting to process it.



A photograph of a fishing boat on the water. In the foreground, two large orange buoys with dark blue caps are attached to a rope. A thick coil of yellow rope hangs from the boat's structure. The boat's white cabin and various equipment are visible. The background shows a calm sea and distant mountains under a clear sky.

“I was pretty much  
born and raised  
on a fishing boat.

**I'M A FOURTH  
GENERATION  
FISHERMAN.**

My great grandfather  
and my grandfather and  
my father all made their  
way in the world by fishing.”

—SCOTT BLAKE, PRESIDENT AND CEO  
COPPER RIVER SEAFOODS, CORDOVA, ALASKA



A glass bottle of olive oil, lemon wedges, fresh parsley, and bowls of salt and pepper on a red cloth.

## SELECTING SEASONINGS

Light and mild, yet more flavorful than many ocean fish, salmon doesn't require a lot of fuss or extras to taste great, yet it pairs well with a variety of flavors. Consider these options for seasoning delicious and oh-so-good-for-you salmon:

—It's hard to do better than salt, pepper and olive oil, though a little salt goes a long way on this saltwater fish. A wedge of fresh citrus spritzed over the cooked fish brightens the flavor.

—Some recipes call for lemon to be used during cooking to deepen flavors. Check out "Parchment Pouch, or *En Papillote*," page 27. Butter and lemon top the salmon as it cooks, adding to its richness.

—Garlic, tarragon, rosemary, thyme, parsley and pickling spices are all popular seasonings that go well with baked or poached salmon.

—A light sauce made with Greek yogurt and parsley, dill, tarragon and mint adds a lively Mediterranean flavor.

—For a summer flavor, try citrus salsa with salmon. Want a Latin twist? Use a salsa with lime, cilantro, corn and mild peppers.

—Dijon mustard adds a spicy kick to grilled salmon. Slather the mustard on one side, then place it on the grill mustard-side down; do the same on the other side.

—Caribbean jerk sauce adds an island flair. Marinate fillets before grilling and serve with a pineapple salsa.

—Stir up an Asian variation with soy or teriyaki sauce and citrus. Feeling daring? Add some wasabi sauce for zip.





QUICK  
&  
EASY

### ENCRUSTED SALMON FILLETS

*You'd never guess these fillets are so quick to prepare. In a few minutes, they look and taste like a seafood restaurant entrée.*

Prep time: 20 minutes

Cook time: 15 minutes

Serves 4.

**4 (5 to 6 ounces each) salmon fillets**

**2 tablespoons Hy-Vee Dijon mustard, divided**

**Freshly ground Hy-Vee black pepper**

**⅓ cup finely chopped Hy-Vee walnuts**

**⅓ cup Hy-Vee panko bread crumbs**

**3 tablespoons finely chopped fresh dill**

**2 tablespoons finely chopped fresh parsley**

**4 teaspoons Hy-Vee Select olive oil**

**⅛ teaspoon Hy-Vee salt**

**4 lemon wedges**

Preheat oven to 425°F. On a foil-lined baking pan, place salmon, skin-side-down. Brush top of each fillet with ½ tablespoon mustard; sprinkle with black pepper.

In a small bowl, stir together walnuts, bread crumbs, dill, parsley, oil and salt. Divide mixture between fillets and pat firmly onto top of salmon.

Bake for 12 to 15 minutes or until crust begins to brown and fish flakes easily with a fork. Serve with lemon wedges.

Nutrition facts per serving: 450 calories, 33 g fat, 6 g saturated fat, 0 g trans fat, 80 mg cholesterol, 350 mg sodium, 5 g carbohydrates, 1 g fiber, 0 g sugar, 31 g protein. Daily values: 4% vitamin A, 10% vitamin C, 4% calcium, 4% iron.



### PLANK POTLATCH SALMON

*Potlatch is a spice blend that enhances the flavor of just about anything you're cooking without overwhelming it.*

Prep time: 1 hour, 40 minutes

Cook time: 30 minutes

Serves 12 (4 ounces each).

Cedar plank

4 teaspoons kosher salt

3 teaspoons Hy-Vee chili powder

2 teaspoons Hy-Vee cracked black pepper

1 teaspoon Hy-Vee garlic powder

1 teaspoon onion powder

1 teaspoon Hy-Vee dry mustard

1 teaspoon packed Hy-Vee brown sugar

½ teaspoon Hy-Vee crushed

red pepper flakes

½ teaspoon Hy-Vee dried oregano

¼ cup Hy-Vee Select olive oil, divided

1 (3 pound) skin-on salmon fillet

Fresh lemon wedges, optional

Soak a cedar plank in water at least 1 hour or overnight. When ready to grill, preheat grill to high heat.

In a small bowl, stir together salt, chili powder, black pepper, garlic powder, onion powder, mustard, brown sugar, red pepper flakes and oregano; set aside.

Place cedar plank on hot grill, smooth-side down, for 10 minutes, being careful not to burn the plank.

Carefully flip plank over and brush smooth side of the plank with olive oil. Brush salmon with remaining olive oil. Season top of salmon liberally with desired amount of seasoning mixture. Place salmon, skin-side down, on smooth side of cedar plank.

Grill, covered, for 25 to 30 minutes or until fish flakes easily with a fork.

If desired, serve with lemon wedges.

Nutrition facts per serving: 240 calories, 15 g fat, 3.5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 850 mg sodium, 1 g carbohydrate, 0 g fiber, 0 g sugar, 23 g protein. Daily values: 6% vitamin A, 8% vitamin C, 2% calcium, 4% iron.



### THE CHEF'S DISH

"Potlatch is a common spice blend for salmon. **PEOPLE GO CRAZY OVER IT.**

Customers tell me they use it on fish, chicken and pork, and they love it."

— CHEF CHUCK TIGHE, HY-VEE IN URBANDALE, IOWA



## COOKING TECHNIQUES

Perfectly cooked salmon is easy to achieve. Try the following methods with 6-ounce fillets of even thickness. The centers should be moist, not raw. Internal temperature should be 145°F when done.

**GRILL** Cook over medium heat for 3 to 4 minutes, skin-side down. Finish with 3 more minutes on other side.

**PAN SEAR** Cook quickly in a small frying pan in olive oil over medium high heat 6 to 7 minutes. Shake

the pan as you cook, turning the salmon halfway through.

**POACH** In a small pan with a tight-fitting lid, bring ½ cup water and ½ cup dry white wine to a boil. Turn down heat to simmer. Poach salmon with lid closed for 6 minutes.

**BAKE** In an oven-safe pan, bake salmon at 425°F for 15 minutes.

**STIR-FRY** Cut salmon into bite-size pieces; cook with vegetables and teriyaki sauce. Cook fish 3 minutes.

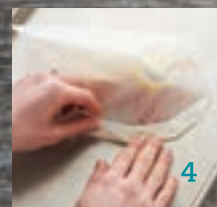
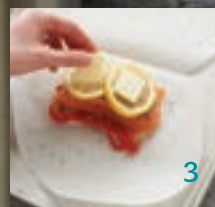
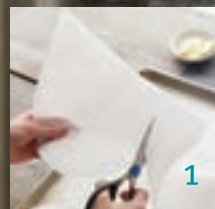


### PARCHMENT POUCH, OR EN PAPILOTE

*Bake salmon in a parchment-paper pouch—and serve using a traditional French approach.*

Preheat oven to 425°F.

1. Fold paper in half and cut out half of a heart.
2. Place salmon close to the fold on the paper. Season the fish with dill, parsley, salt, pepper and splash of white wine.
3. Top fish with lemon slices and butter.
4. To close packet, tightly fold the curved edge. Slightly tent paper over salmon.
5. Bake for 15 minutes. Serve pouches on plates, allowing each person to open.





# New Prego® ALFREDO SAUCES



**TRY ALL 3  
VARIETIES  
TODAY!**

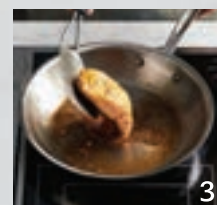
Prego Alfredo Sauce: select  
varieties 14.3 oz. 2/\$4.00



## EFFORTLESS PAN-FRIED SALMON

Fry salmon quickly; don't overcook. At medium-high heat, cooking takes only 6 or 7 minutes.

1. Season 6-ounce salmon fillets as desired. Many chefs use only salt and pepper.
2. Heat cooking-grade olive oil in a pan at medium-high heat. When oil smoke appears, cook salmon on one side for 2 to 3 minutes. Tilt pan away from you to avoid oil splatter.
3. Reduce heat. Press fish to pan with spatula; drain oil. Flip fish. Cook 3 to 4 minutes more.
4. Fish is done when it reaches 145°F internally and meat will separate easily with a fork.





## LINGUINI ALFREDO WITH PAN-SEARED SALMON

*A pleasing blend of mild flavors add up to a memorable meal. The Alfredo sauce is warmed by the cooked pasta.*

Prep time: 5 minutes

Cook time: about 20 minutes

Serves 4.

- 1 tablespoon Hy-Vee Select extra virgin olive oil
- 4 (6-ounce each) salmon fillets
- 1 tablespoon lemon pepper seasoning
- 1 cup sliced baby portobella mushrooms
- 1 cup Hy-Vee frozen sweet peas
- 8 ounces Hy-Vee linguini
- 1 cup Prego Homestyle Alfredo Sauce

In a medium skillet, heat olive oil over medium-high heat. Season both sides of salmon fillets with 1 tablespoon of lemon pepper seasoning.

Working in 2 batches, tilt pan away and place 2 fillets on side of pan without oil. Move pan in a circular motion on cooktop to spread oil around pan and under fillets. Cook for 2 minutes. Flip salmon, reduce heat to medium, and cook until internal temperature reaches 145°F or fish easily flakes with a fork; remove from pan and set aside. Repeat with remaining 2 fillets.

Add mushrooms and peas to skillet and sauté until mushrooms have softened and are tender, about 3 to 4 minutes.

Meanwhile, cook pasta according to package directions. Drain and stir in Alfredo sauce; set aside.

Combine cooked vegetables with pasta mixture. Serve pasta with salmon fillet.

*Nutrition facts per serving: 560 calories, 18 g fat, 6 g saturated fat, 0 g trans fat, 100 mg cholesterol, 780 mg sodium, 50 g carbohydrates, 3 g fiber, 5 g sugar, 45 g protein. Daily values: 8% vitamin A, 4% vitamin C, 6% calcium, 10% iron.*

“It’s great to see people coming into the store to buy fish. The younger ones, particularly, are SO HEALTH CONSCIOUS and they’re anxious to try new flavors.”

– CHEF CHUCK TIGHE, HY-VEE IN URBANDALE, IOWA

QUICK  
&  
EASY





# PINEAPPLE PARADISE

*For a refreshing blast of summer, bite into a big juicy chunk of pineapple. Its tropical personality and sweetly acidic flavor is irresistible.*

TEXT DIANA MCMILLEN PHOTOGRAPHY ADAM ALBRIGHT AND TOBIN BENNETT

Turn your ideas about pineapple upside down. It's no surprise that the tropical treasure—refreshingly juicy and bursting with bold flavor—makes a great piña colada. But have you tried it hot off the grill or mixed into a summer salsa? Its sweet acidity complements many foods, making it a popular ingredient in international cuisines from Asia to the Caribbean.

Fresh pineapple's bold flavor, a heavenly sweet/tart blend, always makes the fruit a good choice. Substitute it in recipes that use other fruits. Juicy chunks of pineapple wake up a chicken salad—spoon it on crostini or toast for an appetizer.

Chopped and mixed with fresh basil, pineapple makes a golden crown for grilled fish, burger sliders or crackers with cheese. Add fresh pineapple to your meat marinade. It contains bromelain, an enzyme that breaks down protein, helping to tenderize the meat. But don't add it to gelatin. The same enzyme will keep it from setting.

Toss pineapple pieces with summer greens, cilantro, quinoa and toasted almonds for a light refreshing lunch. For a luau-worthy option, drizzle long slices of pineapple with melted chocolate or fudge sauce. Or grill pineapple kabobs and serve with creamy fruit dipping sauce.

## RIPE AND READY

The famed tropical fruit originated in Central and South America. Early Spanish explorers named it “piña” for its resemblance to a pinecone. The English added “apple” to

identify it as a fruit. In the 1700s, it was introduced to Hawaii, which became the main source of U.S. pineapple for years. Today the tropical wonder also comes to us from pineapple plantations in Central America.

Wherever it's grown, whole fresh pineapple and convenient containers of the precut fruit offer abundant meal and snack options. When selecting a whole pineapple, choose fruit with bright green leaves on top. While skin color might vary, pineapple should give a little when pressed lightly, and offer a fragrant aroma. The fruit is picked ripe from shrubs in pineapple fields. Skin color doesn't indicate ripeness—even fruits that appear green are ripe.

Pineapple doesn't sweeten after it has been picked. However, firm fruit will soften when left at room temperature for several days. Store pineapple in the refrigerator for up to 5 days. Or cut it up as directed, *page 33*, and freeze in chunks to use later in smoothies.

## TROPICAL GOODNESS

Pineapple's sweetness tastes deceptively decadent, but the fruit packs a nutritious punch. It's an excellent source of vitamin C, which helps protect eyesight. Some researchers also believe vitamin C may boost the immune system, but the jury is still out. Pineapple contains a trace mineral, manganese, as well as natural fiber. For those counting calories, it also has a tally of only 82 per cup.





## TROPICAL PINEAPPLE SMOOTHIE

*A smooth and summery treat for a hot day. Coconut milk helps balance the acidity in the fresh pineapple. Turn this into a nutritional powerhouse by adding dark leafy greens.*

*Prep Time: 5 minutes*

*Serves 2 (about 2½ cups each).*

**2 cups fresh pineapple chunks**

**½ cup light coconut milk**

**¼ cup Hy-Vee low-fat vanilla yogurt**

**2 teaspoons Hy-Vee honey**

**½ banana**

**½ cup pineapple juice**

**2 cups ice**

**Pineapple wedges, optional**

Place all ingredients except pineapple wedges into blender. Blend until smooth. Garnish with pineapple wedges, if desired. Serve immediately.

*Nutrition facts: 150 calories, 4.5 g fat, 3.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 15 mg sodium, 30 g carbohydrates, 3g fiber, 21g sugar, 1 g protein. Daily values: 2% vitamin A, 140% vitamin C, 4% calcium, 4% iron.*





## PINEAPPLE SALSA

Sweet and savory, this salsa makes a delicious topping for chicken or pork chops.

Prep Time: 30 minutes

Serves 24 (about 2 tablespoons each).

1 cup chopped pineapple

1 cup chopped peaches

$\frac{2}{3}$  cup chopped red bell pepper

$\frac{1}{3}$  cup chopped red onion

1 small jalapeño, seeded and finely chopped

$\frac{1}{4}$  cup chopped cilantro

3 tablespoons lime juice

1 clove garlic, minced

$\frac{1}{8}$  teaspoon cayenne pepper

$\frac{3}{8}$  teaspoon Hy-Vee salt

In a bowl, stir together all ingredients until combined.

Nutrition facts: 10 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 15 mg sodium, 2 g carbohydrates, 0 g fiber, 2 g sugar, 0 g protein. Daily values: 4% vitamin A, 20% vitamin C, 0% calcium, 0% iron.



## HAWAIIAN MINI PIZZAS

Enjoy a quick meal with a tropical twist in these mini pizzas.

Prep time: 10 minutes

Cook time: 10 minutes

Serves 6 (1 English muffin half each)

6 ( $\frac{1}{4}$ -inch-thick) slices fresh pineapple

3 Hy-Vee English muffins, split

6 tablespoons Hy-Vee pizza sauce, divided

$\frac{3}{4}$  cup Hy-Vee finely shredded mozzarella cheese, divided

6 tablespoons diced ham, divided

6 tablespoons chopped green bell pepper, divided

Preheat oven to 450°F. Meanwhile, place pineapple slices on a grill pan or skillet sprayed with nonstick cooking spray and cook over medium-high heat for 3 to 4 minutes per side or until grill marks are visible. Set aside.

Place muffin halves on baking sheet and spread each with 1 tablespoon pizza sauce. Top each with 1 tablespoon mozzarella, 1 pineapple ring, 1 tablespoon ham, 1 tablespoon bell pepper and additional 1 tablespoon mozzarella. Bake 10 to 12 minutes or until cheese begins to brown.

Nutrition facts per serving: 160 calories, 5 g fat, 2 g saturated fat, 0 g trans fat, 20 mg cholesterol, 550 mg sodium, 19 g carbohydrates, 2 g fiber, 4 g sugar, 11 g protein. Daily values: 6% vitamin A, 35% vitamin C, 15% calcium, 6% iron.



## PINEAPPLE AND BERRIES WITH CREAMY FRUIT DIP

Sweet, tangy and creamy tastes blend in one pleasing treat.

Prep time: 10 minutes

Serves 8 (6 pieces fruit with 2 tablespoons dip each).

1 (6 ounce) container Hy-Vee light vanilla yogurt

5 tablespoons Hy-Vee light cream cheese, softened

$\frac{1}{2}$  teaspoon cinnamon-sugar

16 fresh pineapple spears

16 medium strawberries

16 blackberries

To make fruit dip, whisk yogurt into cream cheese until smooth and creamy. Sprinkle cinnamon-sugar on top. Serve with fruit.

Nutrition facts per serving: 110 calories, 2 g fat, 1 g saturated fat, 5 mg cholesterol, 60 mg sodium, 23 g carbohydrates, 3 g fiber, 16 g sugar, 2 g protein. Daily values: 6% vitamin A, 130% vitamin C, 6% calcium, 4% iron.







## HOW TO CUT A PINEAPPLE

**1. CUT OFF TOP AND BOTTOM** Pineapple may look threatening, but it's easy to cut up. Start by using a sharp, sturdy knife to cut off the crown and base.

**2. PEEL OUTSIDE** Holding the fruit firmly, slice the skin and eyes off each side.

**3. CORE** For pineapple rings, core using a tall apple corer. For chunks, quarter pineapple and remove the core from individual pieces with a sharp knife.

**4. SLICE AND GRILL** Slice each piece into desired shape and size, and grill.





# GRILLER MASTER

*There's a way to enjoy all the rewards of grilling without any of the hassle. Try Hy-Vee Chicken Grillers—they're bacon-wrapped and grill-ready when you buy them. Also, sample other taste-tempting meats and vegetables that are big on flavor but still weeknight friendly.*

TEXT RICHARD SWEARINGER PHOTOGRAPHY ADAM ALBRIGHT AND TOBIN BENNETT

Grilled hamburgers, hot dogs and steaks are all-American favorites for the right reasons—they're quick, easy to make and delicious. But, there's more to grilling than just familiar fare. These meats and veggies with amped up flavor will definitely compete for space on your grill.

This summer, move to master griller status with an expanded offering of flavorful entrées and sides. Start with succulent Chicken Grillers or seafood, such as spicy shrimp kabobs. Boost beef flavors with an easy peppercorn rub or try throwing veggies on the grill. While you'll still love your old standbys, these promise more great choices—easy enough to grill on a weeknight.

## CHICKEN

The alluring scent of fresh chicken and bacon sizzling on the grill is the mouthwatering signal that Chicken Grillers are on the menu. Cut through the crisp bacon and you'll find a tender chicken breast with a filling of melted cheese, spicy peppers and savory mushrooms.

Seven grill-ready varieties are offered at Hy-Vee full-service meat departments. Five grillers are shown, *opposite*. The other two are the Ham and Cheese and the Cowgirl with green pepper and Monterey Jack cheese.

All you do is toss them on a grill for 20 minutes or in an oven for 40 minutes, and you have a delicious meal.



## SEAFOOD

Impress a crowd with grilled seafood, but don't let on how easy it is to prepare. Fish, shrimp, crab and even lobster tail take only a few minutes to cook on a barbecue. Lightly seasoned seafood is delicious and, even if you marinate, you can have most seafood on the table in under an hour. The secret of seafood is to never overcook, particularly fish.

## BEEF

Steaks are also easy to prepare and you're sure to please any crowd with our recipe for Peppercorn Rib Eye Steaks, *page 41*. Taking only minutes to grill, this steak is a tender, mouthwatering meal to remember. If you haven't tried Hy-Vee's new line of Angus Reserve beef yet, this is a perfect recipe for discovering its intense flavors.

## PRODUCE

Adventurous backyard chefs are discovering the pleasures of barbecued fruits and vegetables. Try our Grilled Salad, *page 42*, that surprises and pleases with much bigger flavors than expected. The centerpiece is a half-head of grilled romaine. Also try grilling asparagus, tomatoes, bell peppers, corn on the cob, pineapple or peaches.





### PIZZA

- Pepperoni
- Mozzarella cheese
- Marinara sauce
- Bacon



### HAWAIIAN

- Pineapple
- Smoked ham
- Bacon



### SANTA FE

- Banana pepper
- Green bell pepper
- Barbecue sauce
- Bacon



### COWBOY

- Hot pepper cheese
- Jalapeño pepper
- Bacon



### THREE CHEESE

- Monterey Jack
- Cheddar cheese
- Swiss cheese
- Bacon





## MAKING GRILL HISTORY

A request from a customer inspired the creation of Hy-Vee's grill-ready Chicken Grillers in 1991. Backyard chefs were the beneficiaries.

Rick Harris and Steve Schroeder, *above*, are Hy-Vee meat managers at different stores today. But the griller came about while Steve was Meat Department manager and Rick was assistant manager in Blue Springs, Missouri.

The customer asked them to re-create a favorite she enjoyed when she was a little girl: hot dogs wrapped in ground beef.

"After I made them for her," remembers Steve, "my head just started going. I figured if we can do a hot dog like that, why can't we take Italian sausage with maybe some provolone and mozzarella cheese and put some hamburger around that—or maybe even put some bacon around it. We called them Griller's Delight."

## GETTING CREATIVE

The success of the Griller's Delight was followed by the duo's most enduring creation. Inspired by a chicken kabob he saw, Steve wrapped a chicken breast around a combination of jalapeño peppers and hot pepper cheese. Add bacon, and the spicy Cowboy Chicken Griller was born.

Another customer request led to the next griller concept. "A customer said the Cowboy sounded kind of spicy, and could we make it a little milder?" Steve says. They removed the pepper cheese and jalapeño pepper, going instead with Monterey Jack cheese, green bell peppers and mushrooms. This was the Cowgirl Griller.

Both men credit the encouragement of Hy-Vee management for allowing them to innovate.

"The grocery industry is changing daily, and you have to try to be the one that's leading the change," says Rick. "But it takes special people to be open to letting employees give you input. I learned from Steve years ago that you're only as good as the people around you."

# CHICKEN GRILLERS

Since most of the work has already been done with grillers from Hy-Vee, barbecuing is a snap.

## ON THE GRILL

Grill on a medium-heat charcoal or gas grill for 20 to 30 minutes or until internal temperature reaches 170°F. Turn every 6 to 7 minutes for best results.

## IN THE OVEN

Preheat oven to 350°F. Place grillers in a baking dish uncovered and bake for 40 minutes or until internal temperature reaches 170°F. To crisp the bacon, place the griller under a broiler for 5 minutes or until it is golden brown.

## SIZZLING EXTRAS

Adding even more flavors is encouraged. Or you may want to top it with lettuce, tomatoes, sprouts, sweet peppers or other produce items. You can never go wrong with a favorite barbecue sauce. Feel more daring? Smother the chicken with sautéed onions, grilled jalapeño slices or a warmed salsa.







Rick Harris, *left*, and Steve Schroeder, *right*, enjoy fresh barbecue, particularly the Chicken Grillers that they introduced. Rick is seafood/meat service manager at Hy-Vee in Liberty, Missouri. Steve is seafood manager in Lee's Summit, Missouri.



## LOUISIANA SHRIMP

Fire up the grill: This is the season to welcome back Louisiana seafood.

How do you like your shrimp? Sizzling from a grill? Baked into a pasta dish? Breaded and fried? However you prefer it, shrimp is the catch of the season. This year, you'll find more Gulf shrimp than ever at your local store as Hy-Vee goes through a transition in the shrimp it sells. All fresh shrimp in the Seafood Department will come from the Gulf.

Hy-Vee gets the shrimp from Paul Piazza & Son, Inc., which began selling seafood at New Orleans' French Market 120 years ago. The company promises the freshest, best-tasting wild-caught shrimp from the nutrient-rich, in-shore waters of Louisiana and the Gulf of Mexico.

## GRILL BETTER TOGETHER

WITH



**Hy-Vee**  
EMPLOYEE OWNED

Smoky Baby Back  
Ribs with Blackberry  
Barbecue Sauce

1/2 cup Hy-Vee paprika  
1 tablespoon packed Hy-Vee brown  
sugar  
1 tablespoon Hy-Vee chili powder  
1 tablespoon Hy-Vee garlic powder  
2 teaspoons Hy-Vee ground cumin  
2 teaspoons Hy-Vee black pepper  
1 1/2 teaspoons Hy-Vee salt  
2 (3 to 3 1/2 pounds each) racks  
pork  
2 tablespoons Hy-Vee spicy brown  
sauce  
6 tablespoons Hy-Vee apple juice  
Blackberry Barbecue Sauce

For rub, combine paprika, brown  
sugar, black pepper and salt; set aside.  
Use knife to lift membrane on ribs.  
Remove as much membrane as possible  
on each side of ribs.  
Refrigerate 1 hour.



cumin,  
butter  
spices; pull  
on sides of  
meat  
1 hour.



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### SPICY TOMATO-BASIL SHRIMP SKEWERS

Delectable marinated shrimp and flavorful vegetables are perfect summer grill mates. For a pleasing side, serve rice cooked in chicken broth.

Prep time: 35 minutes

Cook time: 10 minutes

Serves 4 (2 skewers each).

**¼ cup plus 2 teaspoons Hy-Vee Select olive oil, divided**

**⅓ cup Hy-Vee tomato sauce**

**1 tablespoon Hy-Vee Select red wine vinegar**

**1 tablespoon chopped fresh basil**

**3 cloves garlic, minced**

**¼ teaspoon cayenne pepper**

**Pinch Hy-Vee salt**

**1 pound large raw shrimp (26 to 30 count), peeled and deveined**

**1 orange bell pepper, seeded and cut into 16 pieces**

**1 yellow bell pepper, seeded and cut into 16 pieces**

**1 small white onion, cut into 16 pieces**

In a medium bowl, combine ¼ cup olive oil, tomato sauce, vinegar, basil, garlic, cayenne pepper and salt. Add shrimp; stir to coat. Cover and marinate in refrigerator for 30 to 60 minutes. Meanwhile, soak eight 10-inch wooden skewers in water.

In a bowl, combine peppers and onions. Add remaining 2 teaspoons oil, turning vegetables carefully to coat thoroughly.

Preheat grill to medium heat. Starting and ending with shrimp, thread shrimp, orange peppers, onion and yellow peppers on skewers. Drizzle remaining marinade over skewers. Grill for 4 to 5 minutes per side or until shrimp are opaque.

Nutrition facts per serving: 280 calories, 17 g fat, 2.5 g saturated fat, 0 g trans fat, 180 mg cholesterol, 910 mg sodium, 9 g carbohydrates, 1 g fiber, 3 g sugar, 21 g protein. Daily values: 15% vitamin A, 190% vitamin C, 10% calcium, 6% iron.



# MAKE ANY NIGHT STEAK NIGHT.

Try our new Hy-Vee Angus Reserve.™ 100% natural, quality beef at an everyday value.  
Now going out for a great steak can be as simple as going out to your grill.



**HyVee**

**ANGUS**

RESERVE™

100% NATURAL





### PEPPERCORN RIB EYE STEAKS

*There are lot of sighs and smiles in every juicy, satisfying bite of this rib eye steak. Serve it while it sizzles.*

Prep time: 15 minutes

Rest time: 1 hour

Cook time: 18 to 22 minutes

Serves 4.

**½ cup whole black peppercorns, cracked**

**½ cup Hy-Vee Select olive oil**

**1½ tablespoons kosher salt**

**4 (16 ounces each) rib eye steaks,  
cut 1½ inches thick**

In a medium skillet, heat peppercorns and oil over medium heat just until oil starts to bubble around edges. Reduce heat to low; simmer, swirling pan occasionally, for 8 to 10 minutes or until pepper is fragrant. Remove from heat; cool to room temperature.

Stir salt into pepper mixture. Rub steaks with pepper mixture, thoroughly coating both sides of each steak. Place steaks on a large plate; cover with plastic wrap, gently pressing peppercorns into meat to adhere. Refrigerate 30 minutes.

Let steaks stand at room temperature 30 minutes. Prepare grill for indirect cooking. For charcoal grill, place drip pan under center of grill grate with coals surrounding pan; bring coals to medium-low heat. For gas grill, preheat outside burners to medium-low.

Sear steaks by placing on grate over direct heat for 2 minutes per side. Move to middle of grill and cook over indirect heat for 8 to 10 minutes per side for medium doneness. Remove steaks; tent loosely with foil and let rest 5 minutes before serving.

*Nutrition facts per serving: 1540 calories, 129 g fat, 45 g saturated fat, 0 g trans fat, 310 mg cholesterol, 2420 mg sodium, 11 g carbohydrates, 4 g fiber, 0 g sugar, 81 g protein. Daily values: 2% vitamin A, 0% vitamin C, 10% calcium, 60% iron.*





Weber BBQ Sauce: select varieties  
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Weber Seasonings: select varieties  
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Wishbone or Western Dressings:  
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10% off Architec Cutting Boards and Prep  
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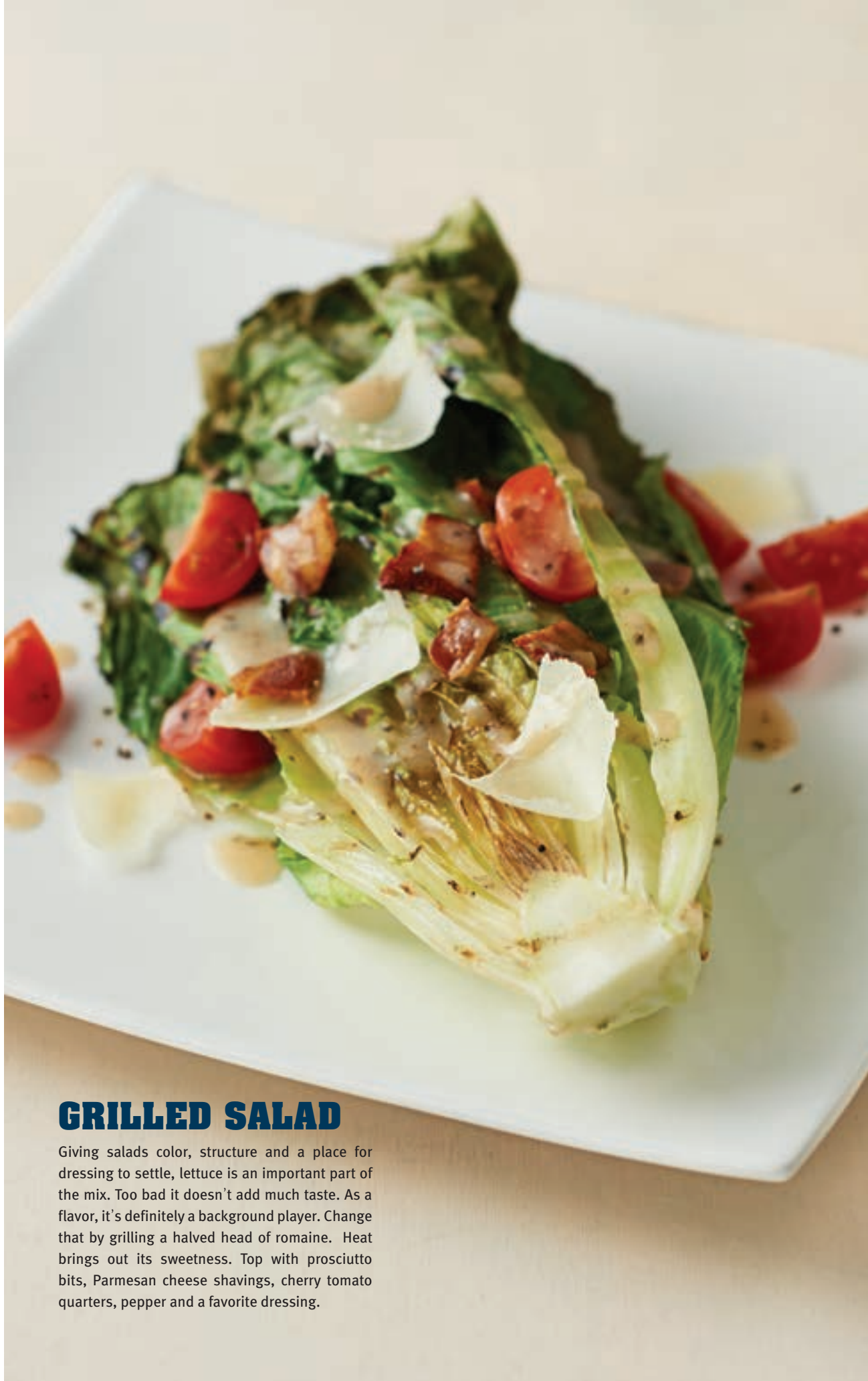
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varieties 6.7 to 8 oz. \$2.88



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Panera Dressings: select varieties  
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## GRILLED SALAD

Giving salads color, structure and a place for dressing to settle, lettuce is an important part of the mix. Too bad it doesn't add much taste. As a flavor, it's definitely a background player. Change that by grilling a halved head of romaine. Heat brings out its sweetness. Top with prosciutto bits, Parmesan cheese shavings, cherry tomato quarters, pepper and a favorite dressing.



# GRILLING FRUITS & VEGETABLES

Add a delicious smoky flavor by grilling veggies and fruits. Except with corn, brush vegetables lightly with extra virgin olive oil and season. Use a grilling basket for small vegetables and cook large vegetables directly on grill grates.

**CORN:** Pull husks off and remove silk. Brush with butter. Grill for 10 to 15 minutes until tender and browned in spots.

**ASPARAGUS:** Remove tough parts of the lower stem. Brush with oil and grill for 6 to 10 minutes, turning every minute. It's done when the tips start to brown.

**ONIONS:** Remove skin and cut  $\frac{1}{2}$ -inch horizontal slices, or cut into wedges. Leave some of the end root attached when cutting wedges and onion won't fall apart. Brush with oil and grill 4 to 6 minutes per side.

**BELL PEPPERS:** Cut lengthwise and remove the seeds and veins. Brush halves or quarters with oil and grill 3 to 4 minutes per side.

**TOMATOES:** Cut in 1-inch slices, brush with oil and grill 1 to 2 minutes per side. Or grill halves 3 to 4 minutes per side.

**MUSHROOMS:** Remove stem and brush both sides with oil. Grill 5 to 7 minutes per side.

**PEACHES:** Cut in half lengthwise and remove pit. Grill 5 to 10 minutes, turning occasionally. With all fruit, brown it but don't burn it.

**PINEAPPLE:** Peel, core and cut into 1-inch wedges or  $\frac{1}{2}$ -inch slices. Grill 5 to 10 minutes, turning occasionally.








# *Mushrooms* OF THE WORLD

*From fresh salad topper to tempura-battered snack, decadent pasta sauce ingredient or savory sandwich, mushrooms add earthy goodness and amazing versatility to every dish. Each meaty, low-cal bite also provides a healthy amount of vitamin D.*

TEXT LISA WATERMAN GRAY  
PHOTOGRAPHY TOBIN BENNETT





Savory mushrooms offer their subtle, silky taste as a blank canvas for creative cooks. From bold and flavorful shiitakes to the delicate, almost fruity enokis, today's cooks can choose from a wide selection of fresh and dried mushrooms that excite the taste buds with distinctive, amiable flavors.

Italians add mushrooms to marinara sauce, French like them with everything from eggs to beef bourguignonne and Asians use them when stir-frying meats and vegetables. Mushrooms even appear in vegetarian fajitas and other Mexican fare, where they were once rare. Americans enjoy mushrooms in all these cuisines and more.

"Mushroom flavor will take on the seasoning and spices of whatever you're cooking and accentuate them," says Mike Stephan, director of sales for Monterey Mushrooms, Hy-Vee's mushroom supplier. Based in California, the company also has a facility in Princeton, Illinois, close to Hy-Vee stores throughout the Midwest.

Salt and pepper, onions and shallots, or balsamic vinegar dress solo mushrooms with flair. Their earthiness plays nicely with legumes, chiles and greens, and greatly enhances grains, seafood or white meats. Given their affinity for soaking up flavors, mushrooms pair well with ginger, pepper, soy, garlic, vinegar and wine, and are at home in sauces, soups and salads.





“Mushrooms act like little sponges. So when cooking, chefs will deglaze the pan—**USE A LITTLE WHITE WINE OR A MADEIRA**—and the mushrooms will soak up with flavor. When you serve the dish, your mushrooms will have an extra bit of flavor. Your guests will love it.”

—CHEF BRAD SALT, HY-VEE IN OMAHA, NEBRASKA

Mike Orf, assistant vice president for produce with Hy-Vee, says people like cooking with mushrooms because they work in so many dishes. Mushrooms occasionally appear among Hy-Vee's top 20 most popular items, reflecting enthusiasm for specialty mushrooms such as shiitakes, criminis/baby bellas and portobellas.

### COOKING WITH MUSHROOMS

Because mushroom tastes vary subtly, most can be used in a variety of recipes. There are five basic ways to prepare fresh mushrooms.

**Sauté.** Brown mushrooms in a small amount of oil over high heat on a cooktop. As the mushrooms release the liquid they contain, they will darken in color. This signals they are done. Garlic is a common companion in the skillet, benefitting from the heat-protecting juices. Sautéed mushrooms are ready to top steaks, burgers and omelettes. Or add to cooked greens or stir-fries to deepen their flavors.

**Braise.** Slow-cooking mushrooms in liquid gently tenders them and infuses any sauce with rich flavor. Soups and pasta sauces are enhanced by this method.

**Roast.** A few minutes in an oven heightens the natural sweetness of mushrooms. Roast with just about any other vegetable and coat thoroughly with oil to prevent drying.

**Stuff.** This approach makes perfect sense for bowl-shaped mushroom caps. Pop off the stems. You can use

chopped mushroom stems for stuffing along with whatever meat, cheese or other ingredient you want. Bread crumbs add a golden crunch on top.

**Grill.** Time on a barbecue brings out mushrooms' meaty qualities. The key to success is oiling all grate surfaces well. Large mushrooms can go directly on the grill. Smaller ones can be skewered on kabobs or cooked in a grill pan.

### HANDLING AND STORING

To clean mushrooms, Stephan recommends brushing them off with a paper towel, a dish towel or a fine brush. But he says to avoid soaking them because they are already 93 percent water. Monterey uses paper packaging, which wicks away any moisture that could affect quality.

To store, it's best to spread them as a single layer on a tray, cover with paper towels and keep dry and cold in the refrigerator. Most should last for 5 to 10 days. They are starting to “turn” when the stem begins to pull away from the cap. If not used soon they will become overly soft.

### NATURALLY NUTRITIOUS

One portobella mushroom contains more potassium than a banana. Mushrooms are a good source for vitamin D.

Shiitake mushrooms contain potential cancer-fighting compounds, but more research is needed to determine their effectiveness, according to the American Cancer Society.



### MUSHROOM ASPARAGUS RISOTTO

A variety of fresh and dried mushrooms combine to give this pleasing risotto its depth of flavor.

Prep time: 1 hour, 15 minutes

Cook time: 55 minutes

Serves 6 ( $\frac{2}{3}$  cup each).

**3 $\frac{3}{4}$  cups Hy-Vee reduced sodium chicken broth**

**1 ounce dried porcini, shiitake or paddy straw mushrooms**

**1 $\frac{1}{2}$  tablespoons Hy-Vee Select olive oil, divided**

**4 ounces fresh baby portobella mushrooms, cleaned and coarsely chopped**

**2 ounces fresh oyster mushrooms, cleaned and sliced**

**1 shallot, minced**

**1 clove garlic, minced**

**$\frac{3}{4}$  cup Arborio rice**

**$\frac{1}{4}$  cup dry white wine**

**1 $\frac{1}{2}$  cups chopped fresh asparagus**

**$\frac{1}{4}$  cup Hy-Vee shredded Parmesan cheese**

**2 tablespoons chopped flat-leaf Italian parsley**

**1 tablespoon Hy-Vee butter**

**1 teaspoon fresh thyme or  $\frac{1}{4}$  teaspoon dried thyme**

**Several grinds freshly ground Hy-Vee black pepper**

**Garnish with shaved Parmesan cheese, optional**

In a small saucepan, bring broth to boiling over high heat. Reduce heat to low and add dried mushrooms; let mushrooms rehydrate in broth over low heat 20 minutes. Remove mushrooms from broth, leaving broth over low heat; coarsely chop mushrooms.

In a medium skillet, heat  $\frac{1}{2}$  tablespoon olive oil over medium-high heat. Add all mushrooms; cook, stirring occasionally, 3 to 4 minutes or

until tender. Remove mushrooms from skillet; set aside.

Add remaining tablespoon olive oil to the skillet. Add shallot and garlic; cook 1 minute. Add rice, cook and stir 2 minutes. Add wine, stirring constantly, until wine is fully absorbed. Add  $\frac{1}{2}$  cup warm broth to the rice; cook and stir until broth is absorbed. Continue adding broth  $\frac{1}{2}$  cup at a time, stirring until liquid is absorbed and rice is al dente, about 20 minutes. Add asparagus with last addition of broth. Remove from heat.

Stir in mushrooms, Parmesan cheese, parsley, butter, thyme and black pepper.

*Nutrition facts per serving:* 200 calories, 7 g fat, 2.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 450 mg sodium, 26 g carbohydrates, 3 g fiber, 2 g sugar, 7 g protein. Daily values: 10% vitamin A, 4% vitamin C, 6% calcium, 10% iron.







#### 1. OYSTER

With a ruffled appearance similar to oysters, these mushrooms have smoky gray caps from 2 to 8 inches wide atop minimal stalks. The soft, chewy texture resembles seafood and works well in vegetarian dishes. Use tough parts, near the stem, for stock. Oyster mushrooms also contain lovastatin, which has been synthesized and used to lower cholesterol.

Keeps: 2 weeks in fridge. This and all other varieties shown here are grown by Monterey Mushrooms.

#### 2. SHIITAKE

Originally grown in China during the 12th century, shiitake mushrooms are the world's second-most popular variety. Today they come from New Zealand, Australia, New Guinea, Korea and Japan. Full-flavored shiitakes complement creamy soups, sauces or cheese and add depth of flavor to meats. They contain lentinan, which is used in some countries as an anti-tumor agent.

Keeps: 10 days in fridge, kept cool and dry.

#### 3. ENOKI

Also called snow puff, golden needle or velvet stem mushrooms, enokis are available year-round, particularly in Asian markets. With long, thin stems and tiny, bright white caps, they offer an almost crunchy texture and fruity flavor. Enokis are popular in salads and sandwiches, or as a soup garnish (when added near the end of cooking because they are delicate). They pair well with fish and can be added when stir-frying.

Keeps: several days in fridge.

#### 4. WHITE BEECH

Rich in flavor, "Beech" relates to this mushroom's natural growth on beech trees such as elms and cottonwoods. Other names include Buna Shimeji, Hon Shimeji and White Clamshell. They grow in dense bunches of delicate 1- to 2-inch stems with tiny smooth caps. Prized for their crunchy, chewy, mild and slightly nutty character, they work well in stir fries, roasted dishes and with wild game, fish or risotto.

Keeps: 5 days in fridge.





#### 5. PORTOBELLA

With fully exposed gills in a flattened 6-inch cap, this dark brown mushroom is a mature form of the crimini. Its earthy smell, strong mushroom flavor and meaty texture have become especially popular in recent years. Portobellas are particularly appreciated grilled or thick-sliced for salads and entrées, while the woody stems are a nice addition to stews and soups.

Keeps: 7 to 10 days in fridge.

#### 6. MAITAKE

Also called hen-of-the-woods, these large, autumn-harvest mushrooms are native to northeastern Japan, and have been eaten for centuries. They are known as the “dancing mushroom” because the Japanese danced for joy when they found them. Maitakes have a firm texture that works in almost any dish, nicely complementing garlic, herbs and sesame. They may offer powerful immune-enhancing and cancer-fighting properties.

Keeps: at least 7 days in fridge.

#### 7. BABY BELLA (CRIMINI)

These are a smaller version of portobellas and more mature than white button mushrooms. They have a light tan color and a firmer texture. Baby bellas are a good addition to many recipes, particularly stews and soups, as they hold up very well in liquids. Make savory mushroom gravy or marinate them in Merlot wine and serve with beef. They’re also great on pizza or with eggs.

Keeps: at least 4 days in fridge.

#### 8. KING TRUMPET

Native to Europe, North Africa and the Middle East, these tall mushrooms are extremely rare but gaining in popularity. They are creamy white, with a profile that somewhat resembles a bowling pin. King Trumpets have a texture similar to sea scallops. They go well with Italian dishes and may be grilled, barbecued or battered and deep-fried.

Keeps: 7 days in coldest part of fridge.



A close-up photograph of two glasses filled with red wine, resting on a light-colored wooden surface. The glass in the foreground is slightly out of focus, while the one behind it is sharper. The lighting is warm and soft, highlighting the rich color of the wine and the texture of the wood.

# PAIRING WINE

with mushrooms

The variety of wines that complement mushrooms is as diverse as the dishes where this versatile ingredient appears. Luke Jasper, a certified wine specialist in the Wine & Spirits Department at the Hy-Vee in Columbia, Missouri, offers several tasty red and white pairings that complement each dish seen here.

Luke prefers Rioja (Tempranillo) or Albariño, served beside Tomato Dusted Shrimp with Garlic Mushroom Sauté, *page 54*. “The Rioja is a lighter style red so it won’t overpower the shrimp and it will pair well with the sauce, while the Albariño is a classic seafood wine that’s crisp and clean, with good acidity,” he says. When savoring Grilled Portobella Burgers, *page 52*, Luke recommends a Pinot Noir, which he likes because of its light, fruity character. He recommends the fuller-bodied white, Grüner Veltliner, because it stands up well to the classic mushroom sandwich.

With creamy Mushroom Asparagus Risotto, *page 47*, Luke prefers White Burgundy (Chardonnay), which has some buttery and citrus notes; or a red Rhone blend (Grenache, Syrah and Mourvèdre), which has a soft and fruity nature that nicely complements the mushrooms’ earthy notes. “Dry reds go well with mushrooms,” he says.

Luke recommends Beaujolais (Gamay) or Gewürztraminer with Soba Noodle Stir-Fry, *page 55*. Because the stir-fry dish features spicy Sriracha sauce, he thinks the fruit-forward quality of Beaujolais (a red) or the sweetness of Gewürztraminer (a white) are perfect choices. Luke would accompany savory Bacon and Cream Cheese-Stuffed Mushrooms, *opposite*, with rich red Shiraz/Syrah or Sauvignon Blanc, which is crisp, clean and slightly citrusy. “They cut through the richness of the cream cheese,” he says.



### BACON AND CREAM CHEESE-STUFFED MUSHROOMS

*Hot-from-the-oven appetizers are always a hit. The smoky flavor of bacon enhances the richness of cheese in this classic combination.*

Prep time: 15 minutes

Cook time: 35 to 45 minutes

Serves 12 (1 large or 2 small each).

**1 pound white whole mushrooms**

**6 slices Hy-Vee bacon, diced**

**3 green onions, chopped**

**¼ cup diced red bell pepper**

**1 clove garlic, minced**

**¼ teaspoon Hy-Vee salt**

**⅛ teaspoon Hy-Vee black pepper**

**3 ounces Hy-Vee cream cheese**

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

**2 tablespoons Hy-Vee Italian bread crumbs**

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

Preheat oven to 375°F. Clean mushrooms; remove stems and coarsely chop. In a large skillet, cook diced bacon over medium heat until almost crisp. Stir in green onions, red pepper, garlic and reserved mushroom stems. Cook until tender; drain. Stir in salt and pepper. Transfer to a small bowl to cool slightly. Stir in cream cheese and cheddar cheese until combined. Spoon bacon mixture into mushrooms caps; place caps in a lightly oiled baking dish.

In another small bowl combine bread crumbs and olive oil; sprinkle over mushrooms. Bake for 20 to 25 minutes or until mushrooms are tender and bread crumbs are golden.

*Nutrition facts per serving: 80 calories, 6 g fat, 3 g saturated fat, 0 g trans fat, 15 mg cholesterol, 200 mg sodium, 3 g carbohydrates, 0 g fiber, 1 g sugar, 4 g protein. Daily values: 8% vitamin A, 8% vitamin C, 4% calcium, 2% iron.*

“Substitute mushrooms for ground beef in just one meal a week, and you can **LOSE FIVE POUNDS IN A YEAR.** Just don’t sabotage this fringe benefit by loading mushrooms with butter.”

— DIETITIAN AMBER KASTLER, HY-VEE IN FORT DODGE, IOWA







### GRILLED PORTOBELLA BURGERS

*The meaty texture and bold taste of marinated portobellas make them a perfect choice for this hearty sandwich.*

Prep time: 15 minutes

Cook time: 20 minutes

Serves 4.

4 Hy-Vee portobella mushroom caps, cleaned, stems removed

$\frac{1}{4}$  cup plus 8 teaspoons

Hy-Vee Select olive oil, divided

2 tablespoons Hy-Vee Select balsamic vinegar

1 clove garlic, minced

$\frac{1}{2}$  teaspoon Hy-Vee dried oregano

$\frac{1}{4}$  teaspoon Hy-Vee salt

$\frac{1}{4}$  teaspoon Hy-Vee black pepper

8 ( $\frac{3}{4}$ -inch-thick) slices Hy-Vee

Baking Stone Vienna bread

8 slices Hy-Vee provolone cheese, divided

1 avocado, pitted, peeled and sliced, divided

1 medium tomato, seeded and

sliced  $\frac{1}{4}$ -inch thick, divided

1 cup broccoli sprouts, divided

4 tablespoons pesto, divided

Place mushrooms, smooth side up, in a baking dish. In a small bowl, whisk together  $\frac{1}{4}$  cup olive oil, vinegar, garlic, oregano, salt and pepper; pour over mushrooms. Marinate at room temperature for 15 minutes, turning mushrooms every 5 minutes.

Spray grill grate or grill pan with nonstick grill spray; preheat to medium-high heat. Lightly brush each side of bread slices with  $\frac{1}{2}$  teaspoon olive oil. Place bread on grill or grill pan; toast on both sides. Remove and set aside. Remove mushrooms from marinade

and place on grill or in grill pan; cook for 4 to 5 minutes per side or until tender, brushing with marinade during grilling.

To assemble each sandwich, place 2 cheese slices on each of 4 slices of toasted bread; top each with a mushroom and one-fourth of the avocado, tomato and sprouts. Spread 1 tablespoon pesto on each of the remaining 4 slices of bread and place pesto side down on top of sandwich.

Nutrition facts per serving: 710 calories, 50 g fat, 13 g saturated fat, 0 g trans fat, 35 mg cholesterol, 940 mg sodium, 43 g carbohydrates, 7 g fiber, 3 g sugar, 22 g protein. Daily values: 15% vitamin A, 35% vitamin C, 45% calcium, 10% iron.



A top-down photograph of three mushroom-topped toasts arranged diagonally on a dark, rustic metal tray. Each toast is served on a piece of parchment paper. The toasts are made with thick slices of Italian bread, topped with a layer of tomato sauce, sautéed button mushrooms, and fresh green herbs. The mushrooms are sliced and appear to be cooked in oil. The background is a textured, light-colored surface.

## Short-order mushrooms

**Mushroom-Topped Toast:** Toast slices of Italian bread. Sauté button mushrooms and bits of arugula in olive or vegetable oil. Heat the mushrooms until cooked through and place on toast tops.

**Fresh Vegetable Omelet:** In a nonstick skillet, sauté sliced maitake or crimini mushrooms with chopped green onion and red pepper. Remove. Cook a 2- or 3-egg omelet in the same skillet; fill with mushroom mixture, fold and top with shredded Swiss or white cheddar cheese.

**Mushroom Quesadillas:** Sauté button mushroom slices with broccoli florets and bell pepper and zucchini slices. Fill a flour tortilla with vegetables and black beans. Top the quesadilla with cheese and grill. Serve with salsa and guacamole.

**Turkey and Wild Rice Soup:** Slice shiitakes thinly and sauté with fresh minced sage in butter and olive oil. Add to soup.

**Meatless Pasta Sauce:** Sauté sliced portobellas in olive oil with minced onion, garlic and basil. Add a large can of crushed tomatoes and a small can of tomato paste. Season the sauce with oregano, thyme, dry red wine and a little honey (to enhance the tomatoes' sweetness).

**Crimini Bruschetta** Sauté sliced crimini mushrooms and place on toasted Italian bread. Top with a fried egg. Sprinkle with Parmigiano-Reggiano cheese, and add a drizzle of truffle oil.

**Kale Salad:** Combine chopped kale with the sliced mushrooms of your choice. Add crumbled feta cheese, sliced avocado, chopped walnuts, cucumber slices and red onion slivers. Top with your favorite balsamic vinaigrette.



# chef vs.

He's such a committed foodie, it takes only a brief conversation to understand why this man is a head chef at Hy-Vee. A walking encyclopedia of cooking, his techniques will introduce you to tastes so sublime, you've only dreamed about them.

## TOMATO-DUSTED SHRIMP WITH GARLIC MUSHROOM SAUTÉ

The 16- to 20-count shrimp in this recipe are also called jumbo shrimp. Chef Brad Salt had a good reason to specify these. "They look great on a plate," he says.

Prep time: 45 minutes

Cook time: 60 minutes

Serves 8 (about 2 cups each).

1 (16 ounce) package Hy-Vee penne pasta

½ cup diced pancetta (about 3 ounces)

2 (8 ounce each) packages baby bella mushrooms, sliced

2 (6 ounce each) packages Portobellini mushrooms, sliced

2 tablespoons minced garlic, divided

4 tablespoons white wine, such as Pinot Gris, divided

6 cups fresh spinach, roughly chopped

¾ cup clam juice

¾ cup water

1 quart heavy cream, at room temperature

1 cup shredded fresh Parmesan cheese

1 tablespoon Hy-Vee Select olive oil

16 (16- to 20-count) raw shrimp, peeled and deveined

2 tablespoons tomato-basil seasoning (or 1 tablespoon dried basil and 1 tablespoon paprika)

½ teaspoon kosher salt

¾ teaspoon coarsely ground Hy-Vee black pepper

1 small tomato, diced

Chopped fresh chives, for garnish

Prepare penne according to package directions. Drain and transfer to a large bowl.

Meanwhile, brown pancetta until crisp in a very large skillet over medium heat. Transfer pancetta to a paper towel-lined plate, leaving drippings in skillet. Add mushrooms and 1 tablespoon garlic to skillet; increase the heat to medium-high and sauté until mushrooms lose their moisture and begin to brown, about 15 minutes. Add 1 tablespoon wine and stir

well to release any bits stuck to the skillet. Transfer mushrooms and garlic to the bowl with pasta, leaving liquid in the pan. Add spinach to the pan and sauté until wilted. Transfer to bowl with pasta and mushrooms. Stir to combine.

To make cream sauce, bring remaining 3 tablespoons wine, remaining 1 tablespoon garlic, clam juice and water to a boil in a saucepan. Reduce by one-third. Stir in heavy cream and bring to a boil, stirring frequently. Simmer rapidly, stirring frequently, until thickened, 5 to 10 minutes. Remove from heat and stir in Parmesan cheese.

While cream sauce is simmering, heat olive oil in a skillet over medium-high heat. Season shrimp with tomato-basil seasoning, salt and pepper. Sauté for 1 minute, flip and sauté for an additional 2 minutes.

Stir cream sauce, pancetta and tomato into pasta, mushrooms and spinach. Transfer to serving platter and top with shrimp. Garnish with chives and serve immediately.

Nutrition facts per serving: 420 calories, 11 g fat, 5 g saturated fat, 0 g trans fat, 120 mg cholesterol, 910 mg sodium, 52 g carbohydrates, 4 g fiber, 5 g sugar, 25 g protein. Daily values: 20% vitamin A, 8% vitamin C, 20% calcium, 20% iron.



"I was taught by my mentor that the most important thing **WHEN YOU SAUTÉ MUSHROOMS** is to let the moisture cook out first. Then you'll see that mushroom brown start coming out. That's where the flavor is."

CHEF BRAD SALT, HY-VEE IN OMAHA, NEBRASKA



# dietitian

She's a woman of science who, after only three years as a Hy-Vee dietitian, has made a discovery: She and her customers enjoy the same kinds of recipes. Everyone wants great-tasting meals that are nutritious, yet won't bust wallets or waistlines.



"Look for soba noodles made entirely of buckwheat flour. **BESIDES BEING GLUTEN-FREE**, they are more nutritious than soba made from whole wheat flour. Buckwheat is a fruit seed related to rhubarb."

DIETITIAN AMBER KASTLER, HY-VEE IN  
FORT DODGE, IOWA

## SOBA NOODLE STIR-FRY

*Keeping the lid on during cooking helps trap the steam in so the vegetables soften more quickly, as well as retain more of their nutrients.*

Prep time: 45 minutes

Cook time: 20 minutes

Serves 8 (1¼ cups each).

9 ounces 100% buckwheat soba noodles

5 tablespoons almond butter

5 tablespoons rice vinegar

3 tablespoons water

3 tablespoons Hy-Vee reduced-sodium soy sauce

½ teaspoon Hy-Vee crushed red pepper flakes

1 teaspoon Sriracha, optional

3 tablespoons grapeseed or vegetable oil, divided

1 pound boneless, skinless chicken breast, cut into ¾-inch cubes

3 cups fresh broccoli florets

1 (5-ounce) package fresh sliced shiitake mushrooms

2 red bell peppers, ribs and seeds removed and cut into bite-size strips

1 head bok choy, trimmed and thinly sliced

4 cloves garlic, minced

Cook soba noodles according to package directions. Drain, rinse with cold water and drain again. Set aside.

For sauce, in a medium bowl whisk almond butter, vinegar, water, soy sauce, red pepper flakes and if desired, Sriracha. Set aside.

In a large skillet, heat 1 tablespoon oil over medium-high heat. Add chicken and cook, stirring occasionally, 5 minutes or until no longer pink. Remove from skillet and set aside.

In same skillet, heat remaining 2 tablespoons oil over medium-high heat. Add broccoli and mushrooms; stir-fry 2 minutes. Add bell peppers, bok choy and garlic; stir-fry 4 to 5 minutes or until crisp-tender. Add cooked soba noodles, chicken and sauce to skillet. Cook and toss gently 2 to 3 minutes or until heated through. Serve immediately.

Nutrition facts per serving: 350 calories, 13 g fat, 1.5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 640 mg sodium, 36 g carbohydrates, 9 g fiber, 4 g sugar, 25 g protein. Daily values: 120% vitamin A, 240% vitamin C, 15% calcium, 15% iron.











*Roaming through any campground on a summer evening, you'll find groups laughing, kids playing with newfound friends and walkers stopping to chat. You'll also sense the mouthwatering aromas of campfire meals.*

TEXT COURTENAY WOLF PHOTOGRAPHY TOBIN BENNETT

Wood smoke drifts on the breeze. Cries of “you’re it” echo through the campground. As the long summer twilight stretches toward darkness, more families arrive, kids spilling out of cars and campers, ready for adventure. Bicycles come off racks. Supplies are unpacked, tents erected and RVs leveled.

The air cools and families draw close around the campfire, ready for stories and s’mores. There’s something magical about watching dancing flames on a starlit night.

Come morning the camp is filled with the aromas of fresh coffee and our sizzling Sausage and Cornbread Breakfast Skillet, *page 59*. Adventure beckons. Hikers and bikers get going to take advantage of cool morning air. Swimmers and boaters won’t hit their stride until later. That’s the appeal of camping—it can be whatever you make it.

Camping has jumped into the 21st century. Modern campgrounds combine a great outdoor experience with upgraded amenities—from new shower houses and recycling bins to geocaching and WiFi. Some serve dinner and breakfast on outdoor patios. Online apps and reservation resources, *page 66–67*, make it simple to check reviews and book camping sites.

Set-up is fast and easy with today’s gear. Tents and screen houses with preattached poles go up in minutes. Self-inflating air beds keep the family sleeping comfortably. Portable grills and gas stoves make cooking a breeze. A family of four can get a quality tent, air mattresses, sleeping bags and stove for under \$400. Add a screen house and chairs for another \$100.

RVs are a popular option. They make it possible to bring all the comforts of home. Costs range from a few thousand dollars to the-sky’s-the-limit, so head out for a weekend with friends or rent a unit before you buy.

Hearty meals and healthy snacks fuel the adventure. Plan a menu before you go, making a list and checking supplies as you pack. Choose items that hold up well in coolers. To avoid cross-contamination, pack foods in sturdy zipper storage bags, double-packing meat, poultry and fish. Keep coolers out of the sun and don’t open too often. Consider using a second cooler for drinks. Remember to dispose of trash properly. Many parks have approved bins.

Before your first trip, take packing tips from experienced campers. Download a good list or app, *page 66*, and use it to avoid forgetting something vital.



# CAMPGROUND COOKING

Fresh air and fun lead to hearty appetites. The secret to campground cooking is bringing the right tools and mastering a few basic techniques.

## ON THE FIRE

Cooking over an open fire seems to enhance the flavor of just about everything. Light a fire in your campsite fire ring about 45 minutes before you're ready to cook and let it burn down to coals. While fire rings may have adjustable grills, they are notoriously unreliable. Consider investing in a folding fire grill. You can cook meat, fish and foil pouches right on a grill, or use it to heat a frying pan and coffee pot. Long-handled cooking forks and pie irons are great for roasting hot dogs, marshmallows and even desserts. You'll need fireproof gloves (leather work gloves work well) and long-handled grill tools and tongs.

## STOVE & GRILL

Longtime campers consider a folding gas camp stove indispensable for quick meals and early morning coffee or cocoa. Easy to set up on a picnic table, the back and foldout sides provide wind protection, allowing for a steady flame. Don't forget to bring extra gas canisters and matches. A small charcoal or gas grill is also a popular convenience.

## DUTCH OVEN

Another favorite is a cast-iron Dutch oven, which is a large cooking pot with a tight-fitting lid. Using a Dutch oven is an old technique favored by cowboys and pioneers to prepare everything from biscuits and pies to roasts and stews. It's gained a popular following with the advent of cowboy cook-offs.

You'll need a preseasoned 8-, 10- or 12-inch cast-iron Dutch oven with three stubby feet and a flat lid with a lip. Use charcoal briquettes as fire fuel, igniting them in a chimney starter about 15 minutes before cooking starts. Place hot briquettes inside the flat floor of a fire ring or on flat earth or rock, arranging briquettes in a circular pattern to control cooking temperatures. Set the Dutch oven on top of these briquettes, and pile more hot briquettes on the flat oven lid. The number of burning briquettes and the size of the pan determine the temperature and cooking time. Use a long-handled lid lifter, tongs and fireproof gloves.

Clean the oven while still warm, using hot water, no soap and a plastic scrubber. Dry and coat lightly with vegetable oil inside and out. Visit [dutchoven.net](http://dutchoven.net) for more information.

Another cooking choice is a cast-iron skillet. Not only does it allow for versatility of menu items, it can take a lot of abuse.





**SAUSAGE AND CORNBREAD  
BREAKFAST SKILLET**

*This hearty skillet breakfast will fuel your morning activities. Cooking this cheese-topped, meat-filled cornbread takes little more time than getting a campfire going.*

Prep time: 15 minutes

Cook time: 25 minutes

Serves 8.

- 1 (16 ounce) tube Hy-Vee pork sausage
- 1 medium green pepper, coarsely chopped
- 1 small onion, coarsely chopped
- 4 Hy-Vee large eggs
- 1½ cups Hy-Vee skim milk
- 1 (8.5 ounce) box Hy-Vee corn muffin mix
- ¼ cup drained Hy-Vee sliced jalapeño peppers
- 2 cups Hy-Vee shredded cheddar cheese
- Hy-Vee salsa or Hy-Vee Select maple syrup, for serving

In a 12-inch cast iron skillet, cook sausage over medium heat on a camp stove, grill or on a cooking grate over a fire. When no pink remains, add green pepper and onion; cook about 5 minutes or until tender. Drain. Remove from heat.

In a bowl, beat together eggs and milk; stir in corn muffin mix and jalapeño peppers until combined. Pour over sausage mixture. Return to medium heat, cover and cook 10 minutes. Remove from heat; let stand 5 minutes. Sprinkle with cheese. Serve with salsa or maple syrup, if desired.

Nutrition facts per serving: 380 calories, 23 g fat, 10 g saturated fat, 0 g trans fat, 140 mg cholesterol, 880 mg sodium, 27 g carbohydrates, 1 g fiber, 9 g sugar, 19 g protein. Daily values: 10% vitamin A, 20% vitamin C, 30% calcium, 10% iron.





Caribou Whole Bean or Ground Coffee:  
select varieties 12 oz. \$8.49



Chex Mix, Garden of Eatin' or Bugles  
salty snacks: select varieties  
10.5 to 15 oz. \$3.29



Old Orchard 100% Apple and  
100% Blends: select varieties  
64 oz. 2/\$4.00



Chinet Classic White Plates:  
select varieties 12 to 36 ct. \$2.88



Ziploc Slider Bags Value Pack:  
select varieties 12 to 40 ct. \$3.39



Hefty Zoo Pals plates:  
20 ct. 2/\$4.00



## PACKING YOUR KITCHEN

- |   |  |
|---|--|
| <input type="checkbox"/> BOTTLE OPENER          | <input type="checkbox"/> MATCHES                 |
| <input type="checkbox"/> CAMP STOVE + PROPANE   | <input type="checkbox"/> MEASURING CUPS & SPOONS |
| <input type="checkbox"/> CAN OPENER             | <input type="checkbox"/> PAPER PLATES/BOWLS      |
| <input type="checkbox"/> COOKING OIL            | <input type="checkbox"/> PAPER TOWELS            |
| <input type="checkbox"/> CUTTING BOARD          | <input type="checkbox"/> PLASTIC STORAGE BAGS    |
| <input type="checkbox"/> DISH SOAP              | <input type="checkbox"/> PLASTIC TRASH BAGS      |
| <input type="checkbox"/> DRINK MIXES            | <input type="checkbox"/> POT HOLDERS             |
| <input type="checkbox"/> DRINKING CUPS          | <input type="checkbox"/> SALT AND PEPPER         |
| <input type="checkbox"/> GRILL TOOLS            | <input type="checkbox"/> SAUCEPAN/DUTCH OVEN     |
| <input type="checkbox"/> HEAVY ALUMINUM FOIL    | <input type="checkbox"/> SKILLET                 |
| <input type="checkbox"/> KNIVES, FORKS & SPOONS | <input type="checkbox"/> UTILITY KNIFE           |
|   | <input type="checkbox"/> WATER CARRIER           |



### COWBOY POT ROAST

*Cooking in an aluminum cake pan is so easy, it's long been a staple among Boy Scouts. Any tenderfoot can become a chef with this recipe.*

Prep time: 30 minutes

Cook time: 1 hour over fire, 2 hours in oven  
Serves 6.

6 (8 inch) disposable aluminum foil cake pans

1 (3½ pound) arm roast, cut into  
6 equal pieces

6 medium baking potatoes, sliced into  
½-inch-thick slices

6 large carrots, peeled, halved lengthwise,  
and cut into 2-inch lengths

2 red onions, sliced ½-inch thick

3 teaspoons minced fresh garlic, divided

6 teaspoons dried herbes  
de Provence, divided

8 teaspoons Hy-Vee cornstarch

4 teaspoons Hy-Vee instant beef bouillon

2 cups water

Aluminum foil

In the center of each pan, place meat surrounded by potatoes and carrots, dividing equally. Top meat in each pan with onion slices, garlic and herbes de Provence.

For gravy, stir together cornstarch and bouillon; whisk in water until combined. Pour gravy into cake pans, dividing equally. Cover each with foil.

Place pans onto a grate over a wood fire for 45 minutes; check to see if potatoes are done by poking with a fork. Depending on your fire heat and wind, another 15 minutes may be needed. Meals can also be cooked in a 325°F oven for 2 hours.

Nutrition facts: 490 calories, 12 g fat, 4.5 g saturated fat, 0 g trans fat, 165 mg cholesterol, 700 mg sodium, 36 g carbohydrates, 4 g fiber, 6 g sugar, 58 g protein. Daily values: 140% vitamin A, 30% vitamin C, 6% calcium, 35% iron.



### OVERNIGHT PASTA AND BEAN SALAD

Make this dish ahead of time so you have one meal that won't require a fire. Prepare it at home, chill it and then keep it in an ice chest when you head out to camp.

Prep Time: 10 minutes

Cook Time: 13 to 15 minutes

Refrigerate: 4 to 48 hours

Serves 12 (about  $\frac{3}{4}$  cup each).

6 ounces Hy-Vee bowtie pasta

2 cups fresh or frozen cut green beans

1 (15 ounce) can Hy-Vee pinto beans,  
rinsed and drained

1 (15 ounce) can Hy-Vee whole  
kernel corn, drained

1 medium red bell pepper, seeded and diced

1 (3.8 ounce) can Hy-Vee sliced  
ripe olives, drained

4 green onions, sliced

$\frac{1}{2}$  cup Hy-Vee Select extra virgin olive oil

$\frac{1}{3}$  cup Hy-Vee Select red wine vinegar

1 tablespoon Hy-Vee spicy brown mustard

1 tablespoon Hy-Vee honey

1 teaspoon Hy-Vee dried basil

1 teaspoon Hy-Vee garlic salt

Cook pasta according to package directions until al dente, adding green beans during last 2 minutes of cooking. Drain; rinse with cold water and drain again. Transfer pasta and green beans to a large bowl. Stir in pinto beans, corn, red pepper, olives and green onions.

In a small bowl, whisk together olive oil, red wine vinegar, mustard, honey, basil and garlic salt; gently stir into pasta mixture. Cover and chill in non-reactive storage container(s) for 4 to 48 hours.

Nutrition facts: 230 calories, 12 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 490 mg sodium, 27 g carbohydrates, 4 g fiber, 4 g sugar, 5 g protein. Daily values: 10% vitamin A, 25% vitamin C, 4% calcium, 8% iron.







Nathan's Famous Franks: select varieties  
12 or 14 oz. \$3.99



Land O'Frost Bistro Favorites:  
select varieties 6 oz. 2/\$5.00



Flatout Flatbreads and Foldit Flatbreads:  
select varieties 8.5 to 14 oz. 2/\$5.00



Foster Farms Corn Dogs: select varieties  
29.30 or 42.70 oz. \$6.49



Fast Fixin' & Steak-EZE Sandwiches:  
select varieties 15 to 20.40 oz. \$5.99



Fast Classics Breaded Chicken:  
select varieties 20 to 25 oz. \$6.99



Crunchtables Coated Vegetables:  
select varieties 10 oz. \$2.28



Land O'Frost Breakfast Cuts:  
select varieties 7 or 8 oz. 2/\$5.00

# GOOD MORNING

It doesn't matter what day of the week it is when you're serving eggs with Land O'Frost Breakfast Cuts. Fully cooked and sliced for hearty appetites, they come in three flavors: Natural Hickory Smoked, Ham Steaks and Sweet Country Maple. Whether they're for a campfire cookout or breakfast at home, Breakfast Cuts make the most important meal of the day the most delicious one.





### DUTCH OVEN BERRY COBBLER

Warm berry cobbler is a popular Dutch oven dessert, and this recipe will feed a hungry crowd. Find out more about cooking with a Dutch oven, page 58.

Prep time: 15 minutes

Cook time: 15 to 20 minutes

Serves 22.

2 (21 ounces each) cans Hy-Vee

blueberry pie filling

1 pint blueberries

12 ounces raspberries

6 ounces blackberries

2 cups Hy-Vee flour

1 cup Hy-Vee quick oats

1 cup packed Hy-Vee brown sugar

1 cup Hy-Vee unsalted butter, cubed

2 teaspoons Hy-Vee cinnamon

In a large bowl, combine blueberry pie filling and berries. Pour berry mixture into a well-seasoned 12-inch cast-iron Dutch oven.

In another large bowl, combine flour, quick oats and brown sugar. Cut in butter until clumps are the size of peas. Spread evenly over the top of filling. Sprinkle top with cinnamon. Cover with lid.

Place Dutch oven over top of approximately 8 started charcoal briquettes. Place an additional 25 started briquettes on top of lid. Cook for 15 minutes; check to see if top is golden. Cook for an additional 5 minutes, if needed.

Nutrition facts: 250 calories,  
9 g fat, 5 g saturated fat, 0 g trans fat,  
20 mg cholesterol, 45 mg sodium,  
41 g carbohydrates, 4 g fiber, 23 g sugar,  
2 g protein. Daily values: 6% vitamin A,  
10% vitamin C, 2% calcium, 15% iron.





# SNACK PACKS



Make sure all get their share when you fill back packs with snack packs. Individually wrapped portions let munchers eat their fill and save you from any concern about keeping the rest fresh.



Nabisco belVita Breakfast Biscuits: select varieties 8.8 oz. 2/\$6.00



Nabisco Family Size Oreos, Chips Ahoy or Large Snack Crackers: select varieties 12 to 20.03 oz. \$3.99



Nabisco Single Serve Tray Packs: select varieties 12 to 24 oz. \$5.49



Nabisco Go-Paks: select varieties 3.5 oz. 5/\$5.00

# BAKERY FRESH

Hungry campers can't say no to a juicy burger straight off the grill so be sure to have Ball Park buns at the top of your packing list. For a meal that will earn plenty of smiles, sandwiches on Sara Lee Bread go to the top of the menu.



Sara Lee White Bread 20 oz. \$1.98

Sara Lee Honey Wheat Bread 20 oz. \$2.48

Sara Lee Delightful Wheat Hamburger and Hot Dog Buns 12 oz. \$2.77

Sara Lee Whole Grain White Hamburger or Hot Dog Buns 12 oz. 2/\$5.00



# PLACES TO GO

The Midwest is full of spectacular regions to camp and explore, from the Missouri Ozarks and Iowa Great Lakes to the Minnesota Boundary Waters and Wisconsin Dells. Historic towns, spectacular views and abundant wildlife unfold along the banks of the Mississippi and Missouri rivers. Illinois' river country, Kansas' Flint Hills, Nebraska's historic trails and South Dakota's Black Hills tell the story of the land and people. Use online reservation systems to be sure of a space.



Photo courtesy of Illinois Department Of Natural Resources: Adele Hodde.

## ILLINOIS

- Great Rivers Country, *west*: Mississippi and Illinois rivers, historic towns, French forts, ancient civilizations, boating, swimming, fishing, wildlife
- Trails to Adventure, *southeast*: scenery, forests, historic pirate cave, lakes, scuba, Civil War fort, wineries

[www.enjoyillinois.com](http://www.enjoyillinois.com)

<http://dnr.state.il.us/lands/landmgt/parks/>



Photo courtesy of Iowa Department of Natural Resources.

## IOWA

- Iowa Great Lakes, *northwest*: natural glacial lakes, West Okoboji, East Okoboji, Spirit Lake, swimming, boating, fishing
- Little Switzerland, *northeast*: natural trout streams, forest, canoeing, kayaking, tubing
- Mississippi, *east*: scenic overlooks, Indian mounds, historic towns, fishing, boating

[www.traveliowa.com](http://www.traveliowa.com), [www.visitiowa.org](http://www.visitiowa.org)

[www.exploreiowaparks.com](http://www.exploreiowaparks.com)



Photo courtesy of Cross Timbers State Park, Toronto, Kansas.

## KANSAS

- Flint Hills National Scenic Byway, *east central*: tallgrass prairie, prehistoric fossils, birds, hiking, lakes, fishing, swimming
- Topeka Area, *east*: historic museums, reservoirs, fishing, boating, swimming, hiking, biking
- Verdigris River Valley, *southeast*: Ancient Trees Trail, river and lake access

[www.travelks.com](http://www.travelks.com), [www.kdwpt.state.ks.us](http://www.kdwpt.state.ks.us)



Photo courtesy of Minnesota Department of Natural Resources.

## MINNESOTA

- Duluth and the Wild North, *northeast*: Lake Superior, Boundary Waters area, wilderness, hiking, biking, boating, fishing, wildlife
- Southern region: lakes, rivers, trout streams, historic Indian sites, pioneer sites, cave tours, rock climbing, eagle viewing
- Mississippi headwaters, *northwest*: largest Minnesota lakes nearby, wilderness

[www.exploreminnesota.com](http://www.exploreminnesota.com)

[www.dnr.state.mn.us/state\\_parks/](http://www.dnr.state.mn.us/state_parks/)



Photo courtesy of Missouri State Parks.

## MISSOURI

- Ozark National Scenic Riverways, *southeast*: clear spring-fed streams, canoeing, rafting, hiking, fishing, caves
- Central region: 224-mile Katy bicycle trail, Lake of the Ozarks, hiking, boating, fishing
- Ozarks, *southwest*: Civil War cave and battlefields, mountain music, lakes

[www.visitmo.com](http://www.visitmo.com)

<http://mostateparks.com/find-a-park>



NEBRASKAland Magazine/Nebraska Game and Parks Commission.

## NEBRASKA

- Oregon Trail route, *central*: historic sites, forts, prairie, Scottsbluff National monument
- Loup Rivers Scenic Byway, *central*: sandhills, winding rivers, lakes, rodeo
- Northern border region: historic army fort, museum, dinosaurs, fossil hunting, hiking, fishing, hunting, horse trails

[www.visitnebraska.com](http://www.visitnebraska.com)

<http://outdoomnebraska.ne.gov/parks.asp>

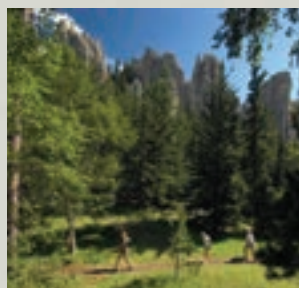


Photo by [www.travelsd.com](http://www.travelsd.com).

## SOUTH DAKOTA

- Black Hills, *southwest*: lakes, rivers, historic towns, scenic sites, bison herds, prairie dogs, caves, hiking, biking, boating
- Central region: lakes, boating, fishing, swimming, biking, hiking, birdwatching
- Lewis & Clark area, *southeast*: historic Missouri river sites, fishing, boating, hiking, biking, birdwatching

[www.travelsd.com](http://www.travelsd.com)



Photo courtesy of Wisconsin Department of Natural Resources.

## WISCONSIN

- Northwest region: St.Croix river, Lake Superior, Apostle Islands, canoeing, kayaking, swimming, biking, hiking, fishing
- South Central region: Madison, Wisconsin Dells, lakes, rivers, water parks, swimming, boating, biking, hiking
- Southwest region: historic Mississippi river towns, scenic, bird watching, fishing

[www.travelwisconsin.com](http://www.travelwisconsin.com)

<http://dnr.wi.gov/topic/parks/findapark.html>

Find public and commercial campgrounds and links to reviews on the AllStays Camp and RV app (iPhone, Android). Find public campgrounds on the free Oh, Ranger! ParkFinder app (iPhone, Android).

Download a camping list at [camping.about.com](http://camping.about.com) or try the Camp Checklist app (Android) or Camping List app (iPhone).



## THINGS TO DO

You're there! The tent is up. The RV is leveled. The gear is stowed. It's time to explore. But first, establish the ground rules. Kids need to know what you expect and how far they're allowed to go without you. Some families use walkie-talkies, which are fun and provide communication when kids are out of sight.

Take some time to get familiar with the lay of the land. Grab your walking sticks or break out the bikes and explore. Check out bulletin boards to find out what's happening. Are there evening ranger talks? These are not-to-be-missed opportunities to learn about the park and the creatures who inhabit it. Guided hikes? Fishing clinics? Rental kayaks? Rock climbing? Grab an unexpected opportunity and try something new.

Pick up a park map and decide what comes

next. Hitting the sandy beach for a swim ... hiking a woodland trail ... exploring an old fort ... searching for a geocache site ... perhaps a treasure hunt for the coolest rock ... or just letting the kids play around the campsite while you relax. It's all good.

Bring along some quiet activities—card games, books, paper and crayons, crossword puzzles. And don't forget the binoculars for checking out wildlife and a magnifying glass for inspecting small wonders.

As night falls and stars appear, the world takes on a mysterious mood. It's time to gaze at the heavens in wonder and find the Big Dipper or gather around the campfire to tell stories and eat s'mores. Whatever you choose, you'll be building memories that last a lifetime.

## CHECK OUT THESE APPS

- **STAR WALK (iPHONE) AND GOOGLE SKY MAP (ANDROID).** Identify constellations, stars and planets by pointing a smartphone at the sky.
- **iBIRD (iPHONE, ANDROID) PETERSON FIELD GUIDE (iPHONE).** Identify birds.
- **LEAF SNAP (iPHONE).** Identify trees by their leaves.



Claritin Allergy: select varieties  
24 to 40 ct. \$19.88



Banana Boat/Hawaiian Tropic Suntan  
Lotion or Spray: select varieties  
6 or 8 oz. \$7.99



Johnsonville Bratwurst Patties  
2 lb. \$7.49



Baileys Coffee Creamers:  
select varieties 16 oz. \$2.18



Bush's Best Beans: select varieties  
15 to 16 oz. 5/\$5.00



Betty Crocker Suddenly Salad: select  
varieties 6.2 to 8.3 oz. 3/\$4.00





Miracle Whip and Mayo Regular or Specialty Sauces: select varieties  
12 oz. \$2.49



Kraft Barbecue Sauce: select varieties  
16.25 to 18 oz. \$0.99



Kraft Philadelphia Soft Cream Cheese: select varieties 8 oz. \$2.48



Oscar Mayer Deli Fresh Meats, Family Size: select varieties 11.5 or 16 oz. \$5.99



Kraft String Cheese & Twist-Um: select varieties 9 or 12 oz. \$3.99



Oscar Mayer Wallet Packs: select varieties 9 or 10 oz. 2/\$6.00



Planters Trail Mix: select varieties 6 oz. \$2.49



# HAPPY TRAILS

Go nuts for nuts with Planters Trail Mix—the perfect on-the-go snack for your camping trip. As a companion on long hikes, it is lightweight and travel-ready. It also helps regulate energy levels and provides fiber and vitamins. Each of Planters six varieties pairs expertly roasted nuts with ingredients such as Sun-Maid raisins, chocolate candy pieces, milk chocolate and dried fruit. Get your sweet fix with the Nut & Chocolate blend or try something hot with Spicy Nuts & Cajun Sticks. Pack Planters for a snack that is delicious and nutritious.



# Celebrate Summer

From simple summer meals to desserts for your sweet tooth,  
better brands make better summer moments.

Find more quick, simple treats at **ReadySetEat.com**.



Reddi-wip 6.5 oz. \$2.48



Hebrew National Beef Franks  
11 or 12 oz. \$3.49



Van Camp's Baked Beans:  
select varieties 15 oz. 3/\$3.00



Hunt's Ketchup 35 oz. \$1.99



Orville Redenbacher's Gourmet Popping  
Corn: select varieties 2 to 4 pk. 2/\$4.00



Orville Redenbacher's Ready-to-Eat and  
Popcorn Crunch: select varieties  
5 or 6 oz. 2/\$5.00



Healthy Choice Entrées: select varieties  
8 to 9.9 oz. 2/\$4.00



Banquet Family Size Entrées: select  
varieties 24 to 28 oz. \$2.78



only  
**97**  
calories

## Berry Banana Split

- $\frac{3}{4}$  medium banana, peeled and cut in half lengthwise
- $\frac{1}{3}$  cup sliced fresh strawberries
- Reddi-wip® Original Dairy Whipped Topping
- $\frac{1}{8}$  teaspoon unsweetened cocoa powder

1. Place banana pieces in bottom of serving dish; place half of sliced strawberries around banana.
2. Top fruit with two servings ( $\frac{1}{4}$  cup) Reddi-wip® and remaining strawberries.
3. Garnish by dusting cocoa powder through a fine sieve onto banana split. Serve immediately.



# Healthy Kid Shopping

*We won't blame you for being skeptical at first, but grocery shopping with kids in tow doesn't have to be stressful. In fact, it can actually be fun and educational. The trick is to use engaging games and tasks that keep your helper busy and teach her or him a thing or two about healthy eating.*

TEXT MARYGRACE TAYLOR PHOTOGRAPHY TOBIN BENNETT





**W**hen shopping with kids, put some adventure into selecting fruits and vegetables. Recruit your children as players in a game where they win by stocking the cart with healthy items. This will keep them from getting bored and cranky, while teaching them how to make smart choices about the foods they eat. Need some help getting started? Try these simple shopping games for kids ages 6 to 10 years.

### SUPERMARKET SCAVENGER HUNT

In addition to your regular grocery list, make a shorter list with a few items set aside for your child to find on the shelves at your local Hy-Vee store. Instead of writing the names of the items, write clues that will help him or her figure out the identity. For example, instead of “Parmesan,” write “a cheese that goes on spaghetti.”

### WHICH IS BETTER 4 U?

In the store, present your child with two foods: One you plan

to buy and one that’s similar but less nutritious, like sweet potatoes and white potatoes. Have her or him guess which food is healthier, then check the NuVal score (found on a label near the food). Explain that the higher the NuVal score, the healthier the choice. The highest possible score is 100. Need help with NuVal? Ask a Hy-Vee store dietitian.

### ALPHABET EATS

In the produce department, pick a letter of the alphabet, then have your child find three fruits or veggies that start with that letter. If the child gets it correct, he or she gets to pick one of them to serve with that night’s meal—and how it will be prepared.

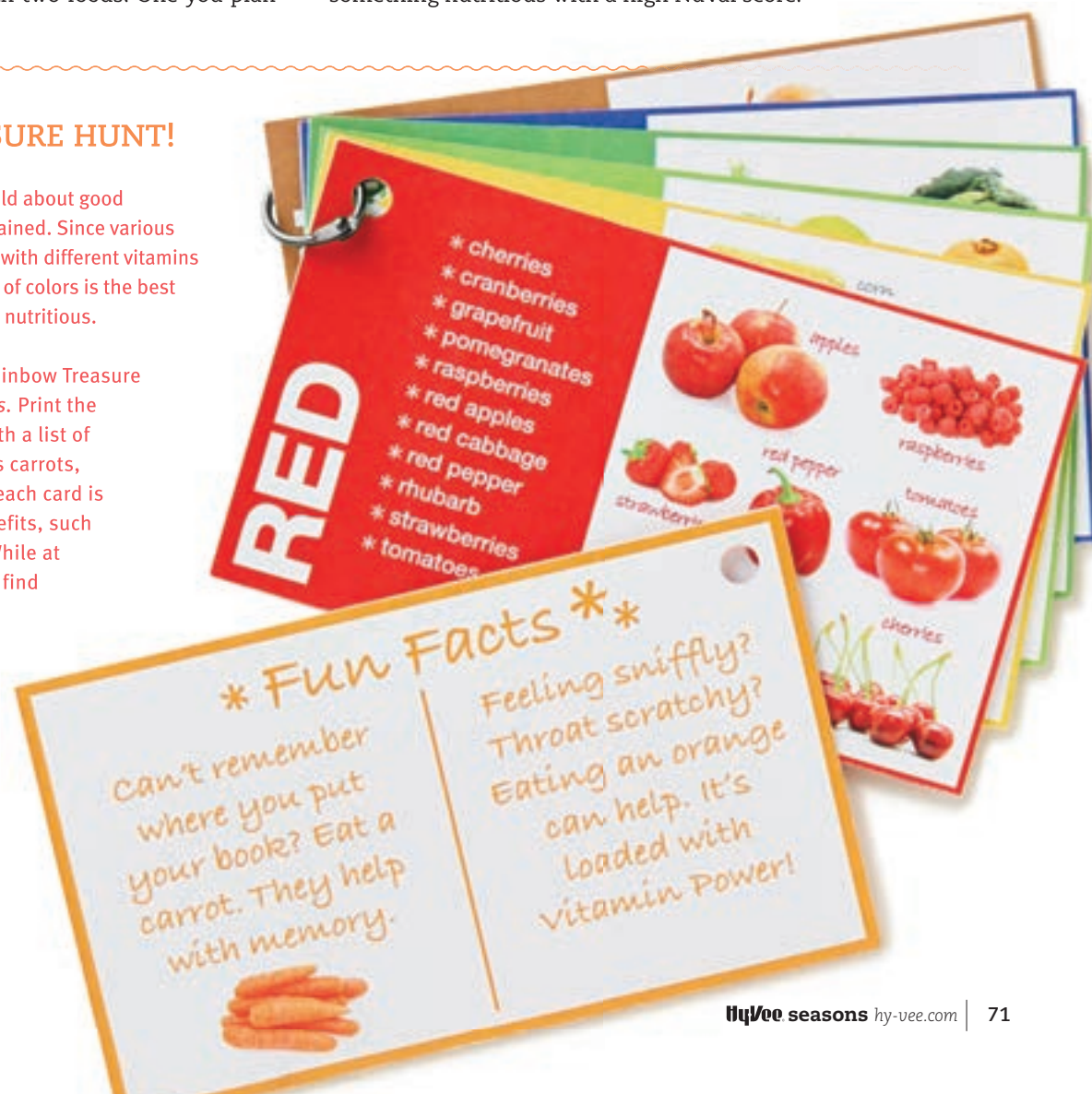
### WILD CARD

Put two question marks at the bottom of your shopping list and tell your child that these are the wild card items she or he gets to pick. One can be a treat, but the other has to be something nutritious with a high NuVal score.

## TRY A RAINBOW TREASURE HUNT!

This fun flash card game teaches your child about good nutrition while keeping her or him entertained. Since various colored fruits and vegetables are packed with different vitamins and minerals, eating produce in a variety of colors is the best way to make sure your family’s meals are nutritious.

Here’s how it works: First, download Rainbow Treasure Hunt Cards at [www.hy-vee.com/seasons](http://www.hy-vee.com/seasons). Print the cards. On the front of each is a color with a list of matching fruits and vegetables, such as carrots, oranges, pumpkin, etc. On the back of each card is a list of easy-to-understand health benefits, such as “Vitamin C—helps fight off colds.” While at Hy-Vee, have your child pick a card and find the colorful treasure. When he or she does, use the health statement on the back as a teaching moment. Now, who says shopping with kids isn’t rewarding?







Spend less than \$10 at the store and fewer than 30 minutes in the kitchen when you serve a satisfying salad for four from our menu for busy households.

PHOTOGRAPHY ADAM ALBRIGHT

#### KIWI-STRAWBERRY SPINACH SALAD

Raspberry balsamic vinegar strengthens the berry notes in this fruity salad. Poppy and sesame seeds add a visual and textural twist.

Prep time: 10 minutes

Serves 4 (about 1 cup each).

2 teaspoons Hy-Vee granulated sugar .....	pantry staple
3 tablespoons Hy-Vee canola oil .....	pantry staple
2 tablespoons raspberry balsamic vinegar .....	\$1.25
½ teaspoon Hy-Vee light soy sauce .....	pantry staple
1 tablespoon sesame seeds, toasted* .....	pantry staple
½ teaspoon poppy seeds .....	\$0.89
4 cups fresh spinach .....	\$3.99
1 cup frozen strawberries, thawed and sliced .....	\$2.49
2 medium kiwi, peeled and cut into ¼-inch slices .....	\$1.00

In a small bowl, whisk together sugar, oil, vinegar and soy sauce. Stir in sesame seeds and poppy seeds.

In a large bowl, toss spinach, strawberries and kiwi. Add dressing and toss to coat.

\*To toast sesame seeds, place in single layer on cookie sheet and bake at 350°F for 12 minutes.

#### FRESH CORN AND TOMATO SALAD

Celebrate summer with fresh, plump tomatoes and corn right off the cob. Basil is a surprising show-off, its taste standing out from all the others.

Prep time: 5–10 minutes

Cook time: 7 minutes

Serves 10 (about ½ cup each).

4 ears corn .....	\$2.00
2 large tomatoes, diced, or 1 cup grape tomatoes, halved .....	\$1.49
1 small sweet onion, chopped .....	\$0.75
1 (0.75 ounce) package Mariposa Farms basil, chopped (about ⅓ cup chopped) .....	\$2.99
2 tablespoons Hy-Vee white vinegar .....	pantry staple
2 tablespoons Hy-Vee Select olive oil .....	pantry staple
¼ teaspoon coarse sea salt .....	pantry staple
⅛ teaspoon Hy-Vee cracked black pepper .....	pantry staple

In a large pot, boil corn in water for about 7 minutes. Remove corn and plunge into cold water. Cut corn off cob and set aside to cool completely.

In a large bowl, combine cooled corn, tomatoes, onion and basil. Toss with vinegar and olive oil. Season with sea salt and pepper. Serve chilled or at room temperature.





# 4 Salads Under \$10

\$4.89

## CREAMY COLESLAW

For a sharp taste, serious coleslaw lovers know freshly-chopped cabbage is an essential ingredient.

Prep time: 15 minutes

Serves 16 (about ½ cup each).

½ small red cabbage, shredded (about 4 cups)	\$1.78
½ small green cabbage, shredded (about 4 cups)	\$1.58
1 large carrot, shredded	\$0.50
½ cup Hy-Vee mayonnaise	\$2.49
4 teaspoons Hy-Vee white vinegar	pantry staple
2 teaspoons grated sweet onion	\$0.75
1 tablespoon Hy-Vee sugar	pantry staple
½ teaspoon Hy-Vee dry mustard	pantry staple
½ teaspoon celery salt	pantry staple
½ teaspoon Hy-Vee cracked black pepper	pantry staple

Combine cabbages and carrot in a large bowl; set aside.

In a small bowl, whisk together mayonnaise, vinegar, onion, sugar, mustard, celery salt and pepper. Add to cabbage mixture, stirring well to combine.

\$7.10

## TRICOLOR ROTINI SALAD

Perk up pasta salad by chopping in fresh produce. Peppers, onions, cucumbers and parsley were chosen. Gluten-free rotini is available at Hy-Vee stores.

Prep time: 25 minutes

Cook time: 15 minutes

Chill time: 4 hours to overnight

Serves 15 (⅔ cup each).

1¼ cups Hy-Vee cider vinegar	pantry staple
1¼ cups Hy-Vee granulated sugar	pantry staple
2 tablespoon Hy-Vee Dijon mustard	pantry staple
1 teaspoon Hy-Vee salt	pantry staple
1 teaspoon Hy-Vee cracked black pepper	pantry staple
1 teaspoon Hy-Vee garlic powder	pantry staple
1 12-ounce package Hy-Vee tricolor rotini	\$1.39
1 green pepper, seeded and chopped	\$0.77
1 cup chopped white onion	\$0.75
1 cucumber, quartered lengthwise and chopped	\$0.99
¼ cup fresh parsley, chopped	\$0.99

In a medium saucepan whisk together vinegar, sugar, mustard, salt, pepper and garlic powder. Heat just to boiling or until sugar dissolves. Cool completely.

Meanwhile, cook pasta al dente according to package directions. Drain and rinse in cold water. In a large bowl, combine green pepper, onion, cucumber and parsley. Stir in cooled vinegar mixture. Stir in pasta to coat well. Cover tightly and refrigerate overnight or at least four hours to blend flavors. Serve with a slotted spoon.

Note: Prices given are estimated based on the time and location recipes were created. Prices may vary slightly.

For nutrition facts, go to Featured Recipes at [www/hy-vee.com/seasons](http://www/hy-vee.com/seasons)



# NEW BREW



Celebrate the return of warm weather with a bang by serving Fireworks Blueberry Ale, a new beer from Baraboo Brewing Company. It's a smooth but colorful experience. Fireworks is made with blueberries, two-row malts, and English and Sterling hops. At first sip, you'll be greeted by the unmistakable aroma and subtle flavor of blueberry juice. Fireworks is available through summer exclusively at your Hy-Vee Wine & Spirits Department. You'll also enjoy these Baraboo beers: Red Granite Lager, Lumberjack IPA and Woodpecker Wheat Ale.



# PERFECTLY CRISPY.



Hot, fresh and ready to go.





# Improve Mouth Health\* in 2 Weeks



Colgate Optic White Mint  
Mouthwash 16 oz. \$4.99

Colgate Toothpaste, 360  
Toothbrush or Mouthwash: select  
varieties 1 ct, 4 to 8 oz. \$3.48

# New *at* Hy-Vee

*Everyone loves fruit, whether it's sweet jams and preserves or nutritious smoothies for on-the-go lifestyles. Look for these great buys at Hy-Vee.*

## Smoothies to Go

Experience a flavor rush with a Fruchi Smoothie. Each squeezable, grab-and-go pouch is made with real fruit and fruit juice. All four varieties are good sources of healthful vitamin C and antioxidants.

Fruchi Frozen Smoothie: select varieties 8 oz. 3/\$5.00



## Dollop on the Fruit

Smucker's new line of Natural Fruit Spreads promises a smile with each bite. Choose from Red Raspberry, Orange Marmalade, Grape and Strawberry—all offering sweet tastes from natural ingredients.

Smuckers Natural Fruit Spreads:  
select varieties 12 to 32 oz. \$3.18



Take 'em  
**Home. Made.**



OUR **NEW** BAKERY COOKIES



## PIZZERIA STYLE

How about a truly hot pizza for a change? Because it comes from your oven, Palermo's Pizza is steaming hot when you sit down to eat. Palermo's Hand Tossed Style pizza has a delicious, crisp pizzeria crust and is available in eight meat-and-cheese combinations.



Palermo's Pizza: select varieties  
8.7 to 25.45 oz. 2/\$10.00



## LAUNDRY SOLVED

Whether you prefer Purex Liquid Detergent or no-mess, no-spill Purex UltraPacks, both offer the cleaning power you need for bright, white and clean laundry. These products penetrate deep down into fabric fibers, removing ground-in dirt and stains.



Cottonelle bath tissue  
18 roll and Viva paper towels  
8 roll: select varieties \$10.99



Purex Liquid 150 oz. or  
UltraPacks 54 ct. select  
varieties \$7.99



Dial/Tone or Right Guard Body  
Wash: select varieties 13.5 to  
24 oz. \$3.88



Scott's Extra Soft Bath Tissue  
12 roll and Scott's Choose-a-  
Size Towels 6 roll \$5.99



## HEALTHY START

Those following a gluten-free diet can count on a familiar box of cereal at the breakfast table. General Mills is offering seven tasty Chex varieties without gluten. Look for Corn Chex, Rice Chex, Honey Nut Chex, Cinnamon Chex, Apple Cinnamon Chex and Chocolate Chex.

General Mills New Cereal Vanilla Chex and Hershey's  
Cookies 'n' Cream 10.9 to 13.5 oz. \$2.99



General Mills Fiber One, Oatmeal  
Squares, Fiber One Protein: select  
varieties 4.1 to 7.44 oz. \$2.99



# Hy-Vee® FUEL SAVER™

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on gas anymore. ”

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Independence, MO

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card today at your local  
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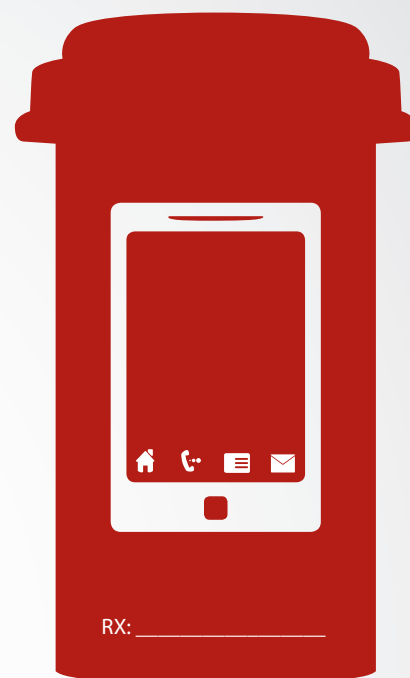
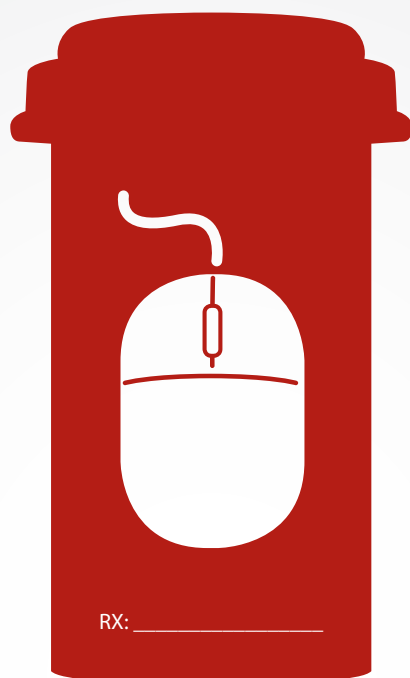


# Next Issue

## BACK TO SCHOOL 2013

As the next school year approaches, *Hy-Vee Seasons* will again be filled with good advice, helpful recipes and smart ideas for making this the best year ever. We'll look at school traditions and help with lunches and snacks. The issue will also offer more ideas about barbecue, take you to the Iowa State Fair and give you an insider's look at Hy-Vee cookies. Finally, we've found an answer to the question: How many uses are there for a can of biscuits? *Hy-Vee Seasons Back to School* issue will be out on July 24, 2013. Sign up for free home delivery by visiting us at our website, [www.hy-vee.com/seasons](http://www.hy-vee.com/seasons)





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