

seasons



43 TASTIEST GRILLING RECIPES!

including
11 WAYS TO DRESS UP
YOUR HOT DOGS

COCKTAILS

COOL DRINKS
FOR WARM DAYS

pg 46

FRESH LEMON DESSERTS

pg 38

AN EASY SUMMER PICNIC

pg 16

AMAZING MIDWEST STEAKS!

pg. 22

HY-VEE CHEFS FROM 8 STATES SHARE
THEIR FAVORITE RECIPES

SUMMER 2014
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It's cookie time somewhere.

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WE, TOO, LOVE FRESH-BAKED COOKIES.
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And ultimately—yummier. We hope you and
your sweet tooth enjoy. Let us know how we
did at hy-vee.com.

HyVee

A stack of almond-topped pastries, possibly almond croissants or buns, on a white plate. The pastries are golden brown and topped with a white glaze and sliced almonds. The word "CONTENTS" is overlaid in large, teal, sans-serif font across the top of the image.

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HY-VEE SEASONS
VOLUME 8, ISSUE 3

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

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- Selecting and Preparing Steak
- Grilling Pizza



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One look and you'll want our Homemade Ice Cream Bonbons. They're pinned at
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For cooking tips, information about Hy-Vee programs and more, check out the Hy-Vee Channel on youtube.com



About Our Editor:

Jen Heringhausen has always enjoyed cooking and nutrition. After graduating from Michigan State University with a dietetics degree, she secured a degree in culinary arts from Kendall College. Two years ago, she joined Hy-Vee as the store dietitian and chef in Marion, Iowa.

DEAR HY-VEE READER,

After the long winter all of us had this year, I am very excited about this summer. I married my best friend last September, and he and I love the outdoors. For wedding presents, we received assorted camping gear, including several pieces of cooking equipment. We plan to test out these new items as soon as possible, and I plan to create some new recipes that are specifically for cooking over a campfire.

There's also a lot to be said for the flavors you can create grilling at home. We do our fair share firing up the barbecue and will soon try some of the recipes for sizzling steaks and gourmet hamburgers that are featured in this issue.

It's going to be a great summer at Hy-Vee.

We will be featuring Homegrown produce. Since moving to Iowa, I have grown to better understand and appreciate fresh local fruits and vegetables. For example, I had certainly eaten corn before, but I was amazed at the incredible taste of fresh-picked sweet corn.

You will find great summer recipes throughout this issue of *Hy-Vee Seasons* magazine. My personal favorites are in "The State of Steak," on *page 22*, which includes eight steak recipes from eight Hy-Vee chefs. For desserts, check out "Life Gives You Lemons" on *page 38*. We also have great recipes for gourmet burgers, planked salmon, grilled potatoes and many other delicious foods.

Take advantage of all the fresh flavors of summer available at Hy-Vee! I look forward to seeing you in a store—or at the campground—in the coming months.

Sincerely,

Jen Heringhausen, Dietitian and Chef

Marion, Iowa

ASK US

Now that summer is here what are you most excited about in your department?



FROM FRESH FRUITS TO BLOOMING BUDS—THERE IS SOMETHING TO BE EXCITED ABOUT EVERY SUMMER.

A: The best part of summer is all the fresh fruits and vegetables. I like to educate customers on the varieties available and suggest how to use different items. For example, I'll explain the difference between heirloom tomatoes and regular tomatoes and let them know how great tomatoes, fresh basil, and garlic taste on different proteins. This is a great way to incorporate tomatoes into a healthy diet.

Anne Cundiff
Dietitian
Des Moines #4, IA



A: In summer, a lot of the more colorful flowers move outside to be sold, so here in the Floral Department we stock flowers that are very bold, bright and have lots of texture. These include gerbera daisies, begonias, sunflowers and zinnias. We also have cut dahlias because the texture is so interesting.

Lisa Zulkoski
Floral Manager
Omaha #3, NE



A: ONCE THE SUMMER STARTS, THE KITCHEN CATERS A LOT OF OUTDOOR WEDDINGS AND OTHER EVENTS. THIS IS REALLY ONE OF THE MOST ENJOYABLE TIMES OF THE YEAR FOR US!

Dave Hill
Kitchen Manager
Carroll, IA



A: One of my favorite summer produce items are plumcots—a fruit that's part plum part apricot. They come in a variety of flavors because there are so many types of plums and apricots and they can be combined in different ratios. The best time to find them is August, when we will have at least four varieties at any given time. My personal favorite is the type called "flavor grenades."

Dan Atkinson
Produce Manager
Iowa City #1, IA

A SAMPLING OF RECIPES IN THIS ISSUE

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From.



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 **Hy-Vee.**

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Premium

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NO-SELECTED BEEF
IF 100% NATURAL
NO-SELECTED BEEF PREMIUM, HAND-SELE
100% NATURAL, PREM
PREMIUM, HAND-SELE
100% NATURAL, PREM

Even before tasting it, the aroma of Hy-Vee Choice Reserve beef has you corralled. Savor the moment with each tender, juicy bite. This hand-selected beef, which comes from cattle raised in the Midwest according to the strictest standards, offers unsurpassed flavor.



SUMMER FRESH

Plump, juicy tomatoes are back in abundance with all their glorious colors and flavors. Don't miss the luscious local Homegrown varieties available at Hy-Vee.

**TYPES/
USES OF
TOMATOES**

BEEFSTEAK Big and juicy, these tomatoes produce succulent slices for sandwiches and pizzas.

CHERRY This small, tasty family includes pear-shape and grape varieties. Great for snacking or adding to salads or grilling skewers.

HEIRLOOM Fanciful shades—from purple to green and even striped and multicolored—abound with heirlooms. Their rich, complex flavors hit the spot in salads, pizzas and soups.

ON-THE-VINE TOMATOES Grown in greenhouses, these tomatoes are great for slicing or using in salads.

ROMA These oval or egg-shape beauties are good for canning because they generally have more flesh with less juice and fewer seeds than other varieties.

**FRESH
TOMATO-HERB
PASTA**

Prep: 10 minutes | Cook: 13 to 16 minutes | Serves 6

- 2 cups dry Hy-Vee farfalle (bow-tie) pasta
- 1½ pounds assorted fresh tomatoes
- 2 tablespoons Hy-Vee Select extra virgin olive oil
- 1 tablespoon aged white balsamic vinegar
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped Italian parsley
- 1 teaspoon Hy-Vee kosher sea salt
- ½ teaspoon Hy-Vee black pepper
- 2 to 3 tablespoons finely shredded Asiago cheese, optional

1. Cook pasta according to package directions; drain.
2. Meanwhile, slice or chop medium to large tomatoes; halve or quarter grape and/or cherry tomatoes. You should end up with about 4 cups.
3. In a small bowl, whisk together olive oil, vinegar, basil, parsley, salt and pepper.
4. Toss tomatoes and vinaigrette into hot pasta. Serve immediately; top each serving with Asiago cheese. Or cover and chill for several hours or overnight; omit cheese when serving chilled.

Nutrition facts per serving: 170 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 360 mg sodium, 24 g carbohydrates, 2 g fiber, 5 g sugar, 5 g protein. Daily values: 20% vitamin A, 25% vitamin C, 4% calcium, 6% iron.



FRESH SNACKS
SERVE SLICED BEEFSTEAK TOMATOES WITH A SPRINKLING OF COARSE SEA SALT OR TOP WITH FRESH MOZZARELLA CHEESE AND BALSAMIC VINEGAR.

a summer

CENTERPIECE

Style a simple flower arrangement for busy summer days. Dress up a picnic table, dining table or buffet with several vintage-looking jars, each holding a colorful sunflower arrangement. Embellish jars with tags tied with strings or pop in accent pieces—small American flags for July 4th, colorful lollipops for a kid's birthday or florist's decorations for a wedding or anniversary.

WHAT YOU NEED

- GLASS APOTHECARY JAR
- 2 SUNFLOWERS
- 6 WHITE CARNATIONS
- 5 WHITE STOCKS
- 5 PINK RANUNCULUSES
- 2 YELLOW RANUNCULUSES
- 2 WHITE RANUNCULUSES
- 1 STALK BUPLEURUM
- FLORAL SHEARS
- WATER

STEP 1: Wash, rinse and dry jar. Fill vase with cool water.

STEP 2: Hold the flowers next to the jar to determine height. Remove leaves that will be below the waterline. Cut the stems on a diagonal while holding them underwater to avoid trapping air in the stem. Place stems in vase, arranging as needed. Repeat for additional vases, if desired.

STEP 3: To keep your arrangement fresh, change the water daily.

PHOTO Tobin Bennett



Conjuring designs almost too good to eat, a pair of talented, award-winning Hy-Vee cake decorators have earned recognition for their edible artwork.

BABY BUMP CAKE. THE TREND IN BABY SHOWER CAKES IS THE BABY BUMP. CAKES ARE SHAPED LIKE A PREGNANT WOMEN'S BELLIES. SOME GET A MODEST GLAZE OF FROSTING TO COVER THE BELLY; OTHERS GO AU-NATUREL WITH SKIN-COLOR FROSTING.

As decorators at Hy-Vee bakeries, Katie O'Connor and Stephanie Dillon have won a collection of awards for their cake designs. Katie, who has been a decorator for nine years in Lincoln, Nebraska, has taken first place three times in the annual Hy-Vee Cake Decorating Contest. Other contestants have twice voted to give her the Decorator's Choice Award. Stephanie worked at Hy-Vee in Belton, Missouri, and is now on staff at the Lee's Summit, Missouri, store. She won first place twice in the Hy-Vee Cake Decorating Contest and received a Decorator's Choice Award. Last year, she represented Hy-Vee in a national decorating contest.

Q WHICH HAS BEEN THE MOST MEMORABLE OF YOUR CONTEST WINS?

A Katie: It was winning a Decorator's Choice Award. The theme I chose was *I Love Cake Decorating*. In a way, it's an obvious category because we're cake decorators. But I searched on the web and found out there are not a lot of cakes out there covering that theme.

My challenge was to design a cake showing how a decorator eats, sleeps and breathes this work. But what does that look like?

What I wound up with was a half sheet on which I created a chef's coat with the hands ripping the coat open to reveal a Superman symbol, but one that looked like a cupcake. It was awesome!

Stephanie: Last year, I was selected to appear on *The Cake Show*, a web series that was filmed in Kansas City. There were four decorators and I was the only one representing a grocery store. The three others were all owners of specialty cake shops. We had to work quickly

because each of us had to make three cakes, and the work was timed and judged. So I asked one of the other contestants, "How many cakes do you do a week?" She says, "Oh, three to five a week, maybe." Wow, I do 20 or 25 in a day and these are special orders. In a store environment, you have to work very fast. But you know what? I won the contest. So the Hy-Vee designer beat the specialty shops. That was pretty cool.

Q HOW CAN CUSTOMERS HELP YOU WHEN THEY PLACE AN ORDER?

A Katie: It's really helpful to know how many people you are feeding at your event and the price point you are working with. Let me know what kind of a cake you want and the flavor. Then, don't go into so much detail that I feel boxed in as I do the design. When people do that, I feel like I can only do exactly what they want, and I can't really express myself and give them something that's creative. Just tell me what your vision is and what the cake is for. Then let me run with it.

Stephanie: I usually ask my customers questions. What is the event? Who is it for? What are the interests and pastimes of the person who the event is for? Then I start sketching out ideas in front of people. This lets me show them what I'm thinking—like "the border can go like this" or "we can put ruffles down here," then they get what I'm doing. When they pick it up later, it's really fun. So often, they can't believe how it turned out and how colorful or beautiful it is. Then I have a customer for life. Like I always say, "Trust the decorator."

Q DO YOU HAVE A MEMORABLE PROJECT?

A Katie: When Governor Dave Heineman was sworn in, I got to make two inaugural cakes with my baking partner at work. Both cakes were edible replicas of our state capitol building. They were almost four feet high and we made each one on top of a four-by-four-foot sheet of plywood. It took four of us to move each one.

Stephanie: I love when little kids come in with their ideas and drawings. Some sketch out what they want in exact detail so I have to figure out how to include a unicorn and other fantasy characters in one design. And, of course, a kid always wants a waterfall in it too.

Kids' Summer Cupcakes

Decorating cupcakes can be a highlight of the summer for your kids with these simple recipes from Hy-Vee cake designers Katie O'Connor and Stephanie Dillon. Start by preparing the cupcakes. Use a partial packet of flavored gelatin dessert to add taste and color to the batter of a Hy-Vee cake mix. The yield is 24 cupcakes.

Pink Lemonade Cupcakes. Add about 1/3 package of lemon-flavor gelatin to white cake mix. Bake as directed; cool. Decorate the tops with purchased pink frosting. Garnish each cupcake with a maraschino cherry, if desired.

Watermelon Cupcakes. Add about 1/3 package of watermelon-flavor gelatin to white cake mix. Decorate the tops with purchased pink frosting. For seeds, place chocolate chips on top of the frosting.



Katie O'Connor, Cake Designer, Lincoln, Nebraska



Stephanie Dillon, Cake Designer, Belton, Missouri



**HEALTHY
OCEANS
BETTER
SEAFOOD**



**LOOK FOR THIS SYMBOL WHEN
CHOOSING SEAFOOD AT HY-VEE.**

Seafood bearing this symbol was caught or farmed in a manner that minimizes damage to the environment or other sea life.

how to grill SALMON

Learn tips and tricks on grilling salmon, including how to flavor it with a restaurant-worthy rub. You'll also discover how easy it is to infuse salmon with lush, smoky flavors by grilling it on an aromatic wood plank.

WHAT YOU NEED

Prep : 15 minutes | Cook: 12 to 20 minutes | Serves 4

2 cedar planks, soaked according to package directions

1 tablespoon Hy-Vee kosher salt

1 tablespoon packed Hy-Vee brown sugar

1½ teaspoons Hy-Vee granulated sugar

1 tablespoon ground chipotle chile pepper

2 teaspoons smoked paprika

½ teaspoon Hy-Vee garlic powder

½ teaspoon Hy-Vee black pepper

¼ teaspoon Hy-Vee ground mustard

¼ teaspoon ground cumin

¼ teaspoon ground ginger

4 (6-ounce) wild Alaskan salmon steaks,
1½ inches thick

2 tablespoons Hy-Vee Select olive oil

1 lemon, thinly sliced

Fresh dill sprigs

Apply the rub: Stir together salt, sugars, chile pepper, paprika, garlic powder, black pepper, mustard, cumin and ginger. Lightly brush salmon with oil. Apply rub mixture to salmon and let stand for 15 minutes.

Preheat grill for direct cooking to medium-high heat. Add planks to grill and preheat about 5 minutes, turning once. Add salmon to planks; top with lemon and dill. Grill until fish begins to flake easily with a fork (145°F). Remove to a serving platter. For step-by-step instructions, or to grill salmon directly on grill rack, see *page 14*.

Nutrition facts per serving: 410 calories, 27 g fat, 4 g saturated fat, 0 g trans fat, 105 mg cholesterol, 1560 mg sodium, 8 g carbohydrates, 2 g fiber, 6 g sugar, 35 g protein. Daily values: 40% vitamin A, 10% vitamin C, 10% calcium, 10% iron.



STEP 1: Combine the ingredients for the rub. Boost the flavor by grinding the seasonings in a spice mill or coffee grinder to release the aromatic oils.



STEP 2: Lightly brush salmon steaks with olive oil.



STEP 3: Using your fingers, apply rub mixture to the salmon steaks, gently pressing mixture into the flesh to help it adhere. Let salmon stand at room temperature for 15 minutes.

HERB BUTTER

BÉARNAISE BUTTER

Use this compound butter to finish your grilled salmon—or even grilled veggies—with fresh, aromatic flavors.

Prep: 5 minutes | Serves 8

- 8 tablespoons Hy-Vee unsalted butter, at room temperature
- 1½ tablespoons white wine vinegar
- 2 teaspoons finely chopped shallot
- 2 teaspoons diced fresh tarragon
- 1 teaspoon diced fresh Italian parsley
- ½ teaspoon Hy-Vee kosher salt
- ⅛ teaspoon Hy-Vee cracked black pepper

Place butter in a food processor. Add vinegar, shallot, tarragon, parsley, salt and pepper. Cover, and process until well blended. Spoon mixture onto a piece of parchment paper. Roll to create log shape. Twist ends of paper to seal. Refrigerate log until firm, about 3 hours.

Nutrition facts per serving:
 100 calories, 12 g fat, 7 g saturated fat, 0 g trans fat, 30 mg cholesterol, 120 mg sodium, 0 g carbohydrate, 0 g fiber, 0 g sugar, 0 g protein. Daily values: 8% vitamin A, 0% vitamin C, 0% calcium, 0% iron.



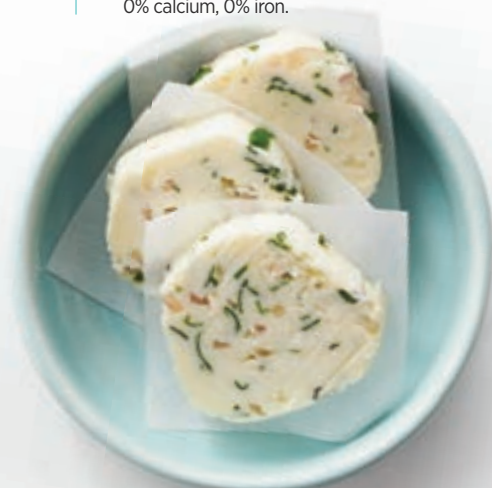
STEP 4 (OPTION 1): To plank-grill salmon (with or without a rub), soak cedar planks according to package directions. Heat grill to medium-high heat. Place planks on grill. Cover grill and preheat planks about 5 minutes, turning once. (Preheating allows planks to begin releasing smoke and flavor.) Place salmon on preheated planks. Cut lemon into thin slices; place with dill sprigs on top of salmon. Cover and grill for 18 to 20 minutes. Do not turn salmon over.



STEP 4 (OPTION 2): To grill salmon (with or without a rub), spray grill rack with grill-safe nonstick cooking spray, or lightly grease grill rack. Grill salmon, covered, for 6 minutes. Gently slide a large wide spatula under each steak to turn and grill for 6 to 8 minutes more. Just before serving, cut lemon into wedges; squeeze over salmon and garnish with dill.



STEP 5: To test salmon for doneness, insert a fork into the thickest part of the salmon. If it flakes easily and has reached a temperature of 145°F, it's finished cooking.



Discover how easy it is to grill salmon using the plank method. Watch "Grilled Cedar Plank Salmon," a video featured at www.hy-vee.com/resources/videos



SUMMER '14

A QUICK-PREP PICNIC • THE STATE OF STEAK •
HOOKED ON GRILLED SEAFOOD • SIZZLIN' POTATOES •
LIFE GIVES YOU LEMONS • SUMMER COCKTAILS •
DECKED-OUT DOGS • EASY GRILLING • GOURMET BURGERS •
ALL ABOUT THE MELT! • GARDENING 101



PHOTO King Au



Cucumber
TOMATO BOUTIQUE

Chicken



A QUICK-PREP Picnic

Picnics are all about escaping to quiet seclusion with someone special.

Everything about your picnics, including preparations, should be as effortless as possible. Think of it as a “quicknic.” Just pack and go. Take along foods prepared in the Hy-Vee Kitchen or make sandwiches with recipes from one of our chefs or dietitians. Whether you’re the white linen type or prefer to simply spread out a blanket for a lakeside view, there’s nothing like sharing time deliciously outdoors.

WORDS Jennifer Chappell Smith PHOTOS Tobin Bennett



Johnsonville Brat Burgers: select varieties 2 lb. \$7.69



Bakery Fresh 9-inch Apple Pie \$9.99



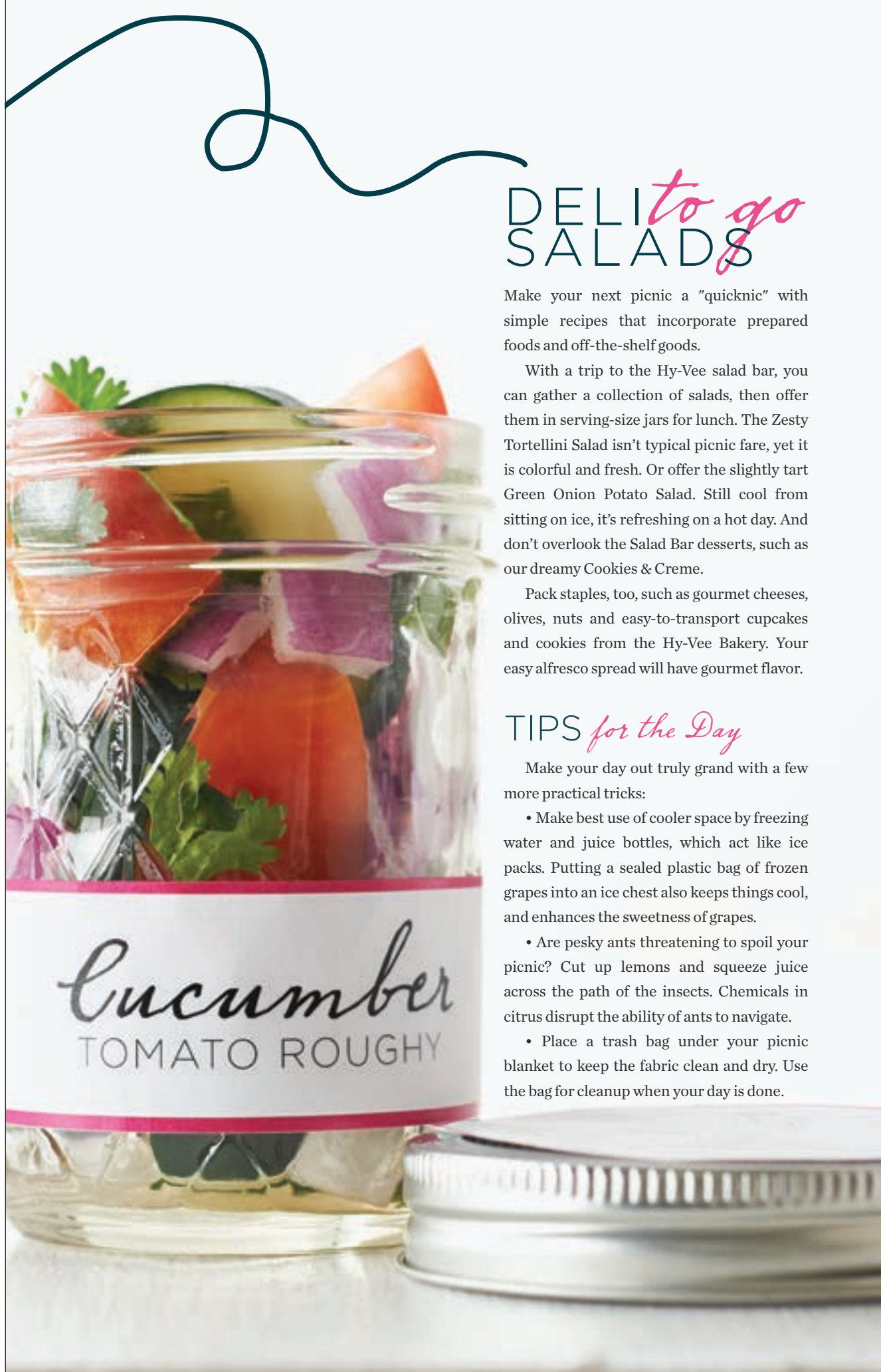
Bakery Fresh Brownies or Bars 6 ct. \$4.99



Chinet White Plates or Bowls: select varieties 12 to 36 ct. 2/\$5.00



Newman's Own Lemonade: pink or regular 59 oz. \$2.28



DELITo go SALADS

Make your next picnic a "quicknic" with simple recipes that incorporate prepared foods and off-the-shelf goods.

With a trip to the Hy-Vee salad bar, you can gather a collection of salads, then offer them in serving-size jars for lunch. The Zesty Tortellini Salad isn't typical picnic fare, yet it is colorful and fresh. Or offer the slightly tart Green Onion Potato Salad. Still cool from sitting on ice, it's refreshing on a hot day. And don't overlook the Salad Bar desserts, such as our dreamy Cookies & Creme.

Pack staples, too, such as gourmet cheeses, olives, nuts and easy-to-transport cupcakes and cookies from the Hy-Vee Bakery. Your easy alfresco spread will have gourmet flavor.

TIPS for the Day

Make your day out truly grand with a few more practical tricks:

- Make best use of cooler space by freezing water and juice bottles, which act like ice packs. Putting a sealed plastic bag of frozen grapes into an ice chest also keeps things cool, and enhances the sweetness of grapes.
- Are pesky ants threatening to spoil your picnic? Cut up lemons and squeeze juice across the path of the insects. Chemicals in citrus disrupt the ability of ants to navigate.
- Place a trash bag under your picnic blanket to keep the fabric clean and dry. Use the bag for cleanup when your day is done.

MAKE *your picnic*
EVEN EASIER BY
PUTTING EVERYONE'S
FAVORITE
HY-VEE SALAD
INTO HIS OR HER OWN
personal jar.



“Including aioli makes this sandwich SOUND FANCY. But it’s really just a garlicky avocado spread with mayo and a bit of serrano chile stirred in.”

Bob Allen, Hy-Vee Chef,
Sioux Falls #1, Iowa



chef vs.

He says the success of a picnic depends on how the little details are handled. Everyone wants the avocado to stay bright and fresh looking until mealtime, for instance. That’s why he added lime juice to the aioli recipe.

Sundried Tomato WITH TURKEY AND AVOCADO SANDWICH

An aioli is a French mayonnaise spread often used on meat, fish or vegetables. This one is kicked up with a chile pepper.

Prep: 20 minutes | Serves 6

- 1 ripe avocado, halved, seeded and peeled
- ¼ cup Hy-Vee mayonnaise
- 1 tablespoon fresh lime juice
- 2 cloves garlic, minced
- 1 serrano chile pepper, halved, seeded and chopped*
- 2 tablespoons chopped fresh cilantro

- ¼ teaspoon kosher salt
- ⅙ teaspoon Hy-Vee black pepper
- 6 Hy-Vee Bakery multigrain ciabatta rolls, split
- 1 pound sliced deli sundried tomato turkey
- 6 slices Hy-Vee Muenster cheese
- 2 medium tomatoes, sliced
- 1 small seedless cucumber, thinly sliced
- 1½ cups alfalfa sprouts
- Lettuce leaves, optional

1. For avocado aioli, place avocado, mayonnaise, lime juice, garlic, chile, cilantro, salt and black pepper in a food processor or blender. Cover and process until smooth. Spread cut sides of rolls with aioli. Fill rolls with

turkey, cheese, tomato, cucumber and alfalfa sprouts. If desired, line rolls with lettuce leaves.

*Note: Chile peppers contain volatile oils that can burn skin and eyes. When working with chile peppers, wear protective gloves.

Nutrition facts per serving: 450 calories, 21 g fat, 6 g saturated fat, 0 g trans fat, 60 mg cholesterol, 1,210 mg sodium, 36 g carbohydrates, 5 g fiber, 3 g sugar, 27 g protein. Daily values: 15% vitamin A, 60% vitamin C, 20% calcium, 15% iron.



dietitian

She says she searches for ways to add gourmet flavors to dishes without piling on the calories. She believes practicing healthy nutritional habits and having an active lifestyle are an integral part of a happy life.



"I took my FAVORITE STRAWBERRY-SPINACH SALAD and turned it into a super-easy sandwich for a delicious picnic meal."

Amy Bork, Hy-Vee Dietitian,
Waterloo, IA

Chicken-Strawberry POPPY SEED SANDWICHES

This tangy, fruity recipe started as a salad, but fresh summer garden tastes are also delightful served on a baguette.

Prep Time: 15 minutes | Serves 4

- ¼ cup Hy-Vee Select poppy seed dressing
- ¼ cup Hy-Vee vanilla Greek yogurt
- 2 Hy-Vee Bakery baguettes
(14 ounces total), split
- 1 cup arugula leaves, divided
- 2 cups coarsely shredded Hy-Vee rotisserie chicken breast, divided
- 1 cup sliced fresh strawberries, divided
- ½ cup sliced red onion, divided
- ¼ cup Hy-Vee walnuts, divided
- ¼ cup fresh basil leaves, thinly sliced, divided

1. In a small bowl, combine poppy seed dressing and yogurt. To assemble sandwiches, spread cut sides of baguettes with poppy seed mixture. On bottom half of each baguette, layer one-half of the arugula leaves, chicken, strawberry slices, red onion slices and walnuts; sprinkle with basil. Add top bread slice to each. Cut each loaf diagonally in half for serving.

Nutrition facts per serving: 530 calories, 17 g fat, 3 g saturated fat, 0 g trans fat, 40 mg cholesterol, 980 mg sodium, 65 g carbohydrates, 4 g fiber, 9 g sugar, 26 g protein. Daily values: 6% vitamin A, 45% vitamin C, 4% calcium, 20% iron.


KEEP IT COLD!

Ensure a safe meal by keeping perishable picnic foods in a well-insulated cooler. Pack it with ice or freezer packs that will maintain cold food at a temperature at or below 40°F.



THE STATE

Every state has foods and flavors all its own. We brought together eight Hy-Vee chefs from eight midwestern states to dress up beef with the signature tastes of their areas.



Chef Jamie Koehler
Sioux Falls #5, South Dakota

Chef Brandon Zawada
Milan, Illinois

Chef Rebecca Crump
Madison #2, Wisconsin

OF STEAK

Chef Keith Walsh
Papillion, Nebraska

Chef Jeff Kelly
Olathe #2, Kansas

Chef James Marthaler
Faribault, Minnesota

Chef Mark Webster
Lee's Summit #2, Missouri

Chef Jessica Dolson
Council Bluffs #2, Iowa

WORDS Steve Cooper PHOTOS Tobin Bennett

Smoky and sizzling as they come off the grill, the most desirable steaks are thick, tender and incredibly juicy. Experience this for yourself the next time you grill by trying the new Prime Reserve and Choice Reserve beef cuts available at your local Hy-Vee Meat Department.

Prime Reserve. This is the best of the best. Only about 2 percent of beef is graded Prime by the United States Department of Agriculture (USDA). Resulting steaks are typically reserved for the very finest steak houses in the world.

Now you can have this quality beef when you serve steak at home.

Choice Reserve. When you dine out, you are usually enjoying a superior USDA Choice steak. Each is hand-selected by Hy-Vee meat experts according to strict guidelines for size, flavor-enhancing marbling and tenderness.

Cattle for Prime Reserve and Choice Reserve meats are raised in the upper Midwest, where conditions are just right for producing the highest quality, 100-percent natural beef.

When selecting steaks for the recipes in this story, pick our chef-preferred cuts from our new beef, Prime Reserve or Choice Reserve.





STEAK SALAD SANDWICHES WITH EDAMAME AIOLI

For local flavor, Chef Brandon Zawada mixed edamame into the aioli used as a condiment on this sandwich. Edamame is a type of soybean, a major crop in Illinois.



*Prep: 15 minutes | Refrigerate: 2+ hours |
Grill: 7 to 12 minutes | Rest: 5 minutes | Serves 4*

1 (1-pound) beef shoulder top blade (flat-iron) steak,
cut $\frac{3}{4}$ to 1 inch thick

2 tablespoons stone-ground mustard
2 tablespoons Hy-Vee honey
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{4}$ teaspoon Hy-Vee black pepper
 $\frac{1}{2}$ cup frozen shelled edamame, thawed
1 clove garlic, minced
 $1\frac{1}{2}$ teaspoons lemon zest
 $1\frac{1}{2}$ tablespoons lemon juice
 $\frac{1}{4}$ cup Hy-Vee Select extra virgin olive oil
 $\frac{1}{2}$ round Baking Stone Sourdough Bread or
1 whole French baguette, split
1 cup arugula
 $\frac{1}{2}$ cup sliced seedless cucumber

1. Trim fat from steak. Place steak in a large resealable plastic bag set in a shallow dish; set aside.

2. For marinade, in a small bowl, whisk together mustard, honey, salt and pepper. Reserve half of the marinade for serving; cover and chill. Add remaining marinade to steak in bag; seal bag. Turn to coat steak. Marinate in the refrigerator for 2 hours or overnight, turning bag occasionally.

3. Meanwhile, for edamame aioli, place edamame, garlic, zest and lemon juice in food processor. Cover and process just until smooth. Add oil, a little at a time, until mixture is thoroughly combined. Cover and chill until ready to serve.

4. When ready to grill, drain steak, discarding marinade. Preheat grill to medium heat for direct cooking. Grill steak 7 to 9 minutes for medium-rare (145°F) or 10 to 12 minutes for medium (160°F), turning once halfway through cooking.

5. Remove steak from grill; let rest for 5 minutes. Cut into thin slices. To assemble sandwiches, spread edamame aioli over both sides of bread. Arrange steak slices on bread bottom. Drizzle with reserved marinade. Generously top with arugula and cucumber. Add bread top and cut into four portions.

Nutrition facts per serving: 810 calories, 36 g fat, 11 g saturated fat, 0 g trans fat, 80 mg cholesterol, 1,070 mg sodium, 84 g carbohydrates, 4 g fiber, 13 g sugar, 36 g protein. Daily values: 4% vitamin A, 10% vitamin C, 8% calcium, 45% iron.



Prep: 15 minutes | Grill: 18 to 25 minutes | Serves 2

1 (16- to 18-ounce) beef T-bone steak, cut ½ inch thick

1 teaspoon kosher salt

1 teaspoon Hy-Vee cracked black pepper

1 tablespoon Hy-Vee Select extra virgin olive oil

¼ cup finely chopped shallots

¼ cup Merlot

¼ cup plus 2 tablespoons Hy-Vee beef broth

2 tablespoons Hy-Vee butter, softened

1 cup thinly sliced baby bella,

shiitake and/or oyster mushrooms

1 clove garlic, minced

1 tablespoon chopped fresh thyme

¼ cup crumbled blue cheese

1. Trim fat from steak; season both sides of steak with salt and pepper.
2. Preheat grill to medium heat for direct cooking. Grill steaks for 18 to 21 minutes for medium-rare (145°F) or 22 to 25 minutes for medium (160°F), turning once halfway through grilling.
3. Meanwhile, for sauce, in a medium skillet heat olive oil over medium heat. Add shallots and cook until soft. Add Merlot; continue cooking until reduced to a syruplike consistency. Add broth and cook until bubbly. Stir in butter until melted. Gently toss in mushrooms and garlic; cook until mushrooms are slightly tender. Sprinkle with thyme.
4. Let grilled steak rest for 5 minutes. Top with blue cheese crumbles and serve with mushroom sauce.

Nutrition facts per serving:

720 calories, 49 g fat, 21 g saturated fat, 0 g trans fat, 145 mg cholesterol, 1,470 mg sodium, 7 g carbohydrates, 1 g fiber, 3 g sugar, 50 g protein. Daily values: 10% vitamin A, 8% vitamin C, 10% calcium, 35% iron.



BLUE CHEESE-TOPPED T-BONE WITH MERLOT-MUSHROOM SAUCE

Wisconsin is known for its cheese, which is why Chef Rebecca Crump topped a T-bone with crumbled blue cheese. The combination of the beef flavor with the salty tartness of the cheese really stands out.



Prep: 10 minutes | Refrigerate: 4+ hours | Grill: 16 to 20 minutes | Rest: 5 minutes

Serves 4

- 1½ pounds beef flank steak
- ½ cup rice wine vinegar
- ½ cup sake cooking wine
- ½ cup lime juice
- 2 tablespoons Hy-Vee honey
- 2 tablespoons Hy-Vee soy sauce
- 2 tablespoons grated fresh ginger
- 2 teaspoons sriracha or hot pepper sauce
- 2 teaspoons Hy-Vee salt
- 4 cloves garlic, minced
- 1½ cups Hy-Vee Select olive oil
- Corn and Edamame Succotash (see recipe, www.hy-vee.com/recipes)
- 1 head Napa cabbage, quartered lengthwise, leaving root attached

1. Trim fat from steak. Place steak in a large resealable plastic bag set in a shallow dish; set aside.
2. For marinade, in a blender combine rice wine vinegar, cooking wine, lime juice, honey, soy sauce, ginger, sriracha, salt and garlic. Cover and blend until smooth. While blender is running, slowly add olive oil. Reserve half the marinade for serving; cover and chill. Pour remaining marinade over steak in bag; seal bag. Turn to coat steak. Marinate in the refrigerator for 4 to 12 hours, turning bag occasionally.
3. Just before grilling, prepare foil packet of Corn and Edamame Succotash, omitting the tomatoes and cilantro at this step.
4. Preheat grill to medium heat for direct cooking. Remove steak from bag; discard marinade. Grill steak and Corn and Edamame Succotash packet for 16 to 20 minutes or until vegetables are tender and steak reaches medium doneness (160°F), turning the packet and steak once halfway through grilling. Remove vegetable packet and steak from grill; let rest for 5 minutes. Place cabbage quarters on grill rack. Cook for about 2 minutes or until slightly charred.
5. Thinly slice steak diagonally across the grain into strips. Open vegetable packet; add tomatoes and cilantro as directed. Arrange a cabbage quarter on each plate. Top with steak slices. Drizzle with some of the reserved marinade. Serve with succotash mixture.

Nutrition facts per serving (marinated flank steak only): 660 calories, 51 g fat, 10 g saturated fat, 0 g trans fat, 55 mg cholesterol, 1000 mg sodium, 9 g carbohydrates, 1 g fiber, 6 g sugar, 38 g protein. Daily values: 20% vitamin A, 45% vitamin C, 8% calcium, 15% iron.

M MARINATED FLANK STEAK WITH CORN AND EDAMAME SUCCOTASH

This dish reminds Chef Jessica Dolson of her Iowa childhood. Dinnertime meant good, simple food, such as garden-fresh tomatoes, farm-raised beef and sweet corn.

Prep: 5 minutes | Grill: 14 to 22 minutes | Serves 4
4 (5-ounce each) beef sirloin steaks, cut 1 inch thick
1½ teaspoons Hy-Vee cracked black pepper
½ teaspoon kosher salt
¼ cup Salsa Verde (see recipe, below)
Creamed Corn (see recipe, www.hy-vee.com/recipes)

1. Trim fat from steaks. Sprinkle steaks evenly with pepper and salt; rub them in with fingers.
2. Preheat grill for direct cooking over medium heat. Grill steaks 14 to 18 minutes for medium-rare (145°F) or 18 to 22 minutes for medium (160°F).
3. Drizzle steaks with Salsa Verde and serve with Creamed Corn.

SALSA VERDE

Prep: 20 minutes | Cook: about 35 minutes | Serves 40
(about 2 tablespoons each)
1 bunch cilantro
1 head garlic

2½ pounds tomatillos, husked and washed
4 to 6 jalapeño peppers*
1 teaspoon Hy-Vee kosher salt, divided
1 lime, juiced

1. Wash cilantro. Trim ¼ inch off stem ends and discard; set aside.
2. Break garlic into individual cloves; do not peel. Place garlic cloves in a large skillet over medium-low heat. Cook until garlic is browned and blistered on all sides, about 15 minutes, or until garlic is fragrant and tender to the touch. Remove from heat. Cool and peel garlic.
3. Place same skillet over medium-high heat. Working in batches, toast tomatillos and jalapeños on all sides until slightly browned and blistered, about 10 minutes. They should retain most of their color and texture. Once toasted, cool quickly by plunging into ice water. Once cooled, drain and quarter tomatillos.

4. Blend in two batches. Place half of garlic, half of quartered tomatillos and half of salt in a blender. Cover and blend on high until well blended, about 1 minute. With blender running, add half the jalapeños, one at a time. Stop and taste after adding 2 jalapeños; continue adding according to your heat preference. Blend mixture until smooth, about 2 minutes. Turn blender to low and add half the lime juice and half the cilantro. Blend until cilantro is just blended in, about 30 seconds. Add additional salt, if needed. Transfer mixture to jars. Repeat with remaining ingredients. Store salsa, covered, in the refrigerator for 5 to 7 days.

* Note: Chile peppers contain volatile oils that can burn your skin and eyes. When working with jalapeños, wear protective gloves.

Nutrition facts per serving: 570 calories, 40 g fat, 21 g saturated fat, 0.5 g trans fat, 135 mg cholesterol, 560 mg sodium, 19 g carbohydrates, 2 g fiber, 6 g sugar, 34 g protein. Daily values: 30% vitamin A, 35% vitamin C, 6% calcium, 15% iron.



SIRLOIN STEAK WITH CREAMED CORN AND SALSA VERDE

This sirloin steak from Chef Keith Walsh nicely sums up Nebraska. There's corn, of course. Then there's a splash of salsa to represent the state's growing Latino population. Finally, the simple, straightforward meal reflects a state where folks admire straight talk and hearty meals.



HOISIN-GINGER FILET MIGNON SKEWERS

If arranging grilled steak on a bed of rice in Minnesota, you'll want to make it wild rice—a staple of the state. Chef James Marthaler created this Asian-influenced meal with an eye toward locals.

Prep: 25 minutes | Grill: 6 to 12 minutes | Rest: 5 minutes | Serves 6

2 pounds filet mignon
2 medium red bell peppers
1 large summer squash
2 medium white onions
16 bamboo or wooden skewers
 $\frac{2}{3}$ cup hoisin sauce
 $\frac{2}{3}$ cup Hy-Vee soy sauce
6 tablespoons Hy-Vee Select olive oil
4 tablespoons minced fresh ginger
2 tablespoons chopped fresh thyme
4 cloves garlic, minced
2 teaspoons Hy-Vee black pepper
2 teaspoons lemon juice
1 teaspoon Hy-Vee salt
3 cups hot cooked wild rice

1. Cut the beef into $\frac{1}{2}$ -inch cubes. Cut bell peppers, summer squash and onion into $\frac{1}{2}$ -inch pieces. Thread the meat and vegetables onto skewers*; keeping a little space between the pieces so they grill more evenly.
2. For glaze, whisk together hoisin sauce, soy sauce, olive oil, ginger, thyme, garlic, black pepper, lemon juice and salt. Reserve half the mixture for serving. Brush the food on the skewers with some of the remaining mixture.
3. Preheat grill to medium heat for direct cooking. Grill skewers 6 to 8 minutes for medium-rare beef (145°F) or 10 to 12 for medium (160°F), turning once and brushing skewers frequently with glaze.
4. Remove skewers from grill. Let rest 5 minutes before serving. Serve over wild rice with reserved glaze.

*Using bamboo or wooden skewers instead of metal will help keep the steak from overcooking on the inside. Soak the skewers in water for at least 30 minutes before grilling to prevent them from burning.

Nutrition facts per serving: 560 calories, 25 g fat, 6 g saturated fat, 0 g trans fat, 100 mg cholesterol, 3,510 mg sodium, 46 g carbohydrates, 4 g fiber, 19 g sugar, 40 g protein. Daily values: 30% vitamin A, 110% vitamin C, 8% calcium, 20% iron.





Prep: 5 minutes | Chill: 2+ hours | Grill: 10 to 15 minutes |
Rest: 3 to 5 minutes | Serves 6

6 (8- to 10-ounce) beef rib eye steaks, cut 1 inch thick
½ cup Boulevard Brewery Dark Truth Stout beer or other dark stout beer
3 tablespoons packed Hy-Vee dark brown sugar
2 tablespoons Hy-Vee canola oil
2 tablespoons Hy-Vee Worcestershire sauce
3 cloves garlic, minced
1 teaspoon Hy-Vee stone-ground mustard
2 tablespoons crushed Hy-Vee black peppercorns
Truffled Parsnip-Potato Mash (see recipe, www.hy-vee.com/recipes)

1. Trim fat from steaks. Place steaks in a large resealable plastic bag set in a shallow dish. For marinade, in a small bowl, whisk together beer, brown sugar, oil, Worcestershire sauce, garlic and mustard. Add marinade to steaks in bag; seal bag.

Turn to coat steak. Marinate in the refrigerator for 2 hours or overnight, turning bag occasionally.

2. Drain steaks, reserving marinade. Place marinade in saucepan and bring to boiling. Sprinkle peppercorns over both sides of each steak; press in with your fingers.

3. Preheat grill to medium heat for direct cooking. Grill steaks to desired doneness, turning once and brushing with marinade. Allow 10 to 12 minutes for medium-rare (145°F) or 12 to 15 minutes for medium (160°F). Let steaks rest for 3 to 5 minutes so juices redistribute evenly throughout the steak.

Nutrition facts per serving: 650 calories, 45 g fat, 16 g saturated fat, 0 g trans fat, 150 mg cholesterol, 170 mg sodium, 10 g carbohydrates, 1 g fiber, 7 g sugar, 44 g protein. Daily values: 0% vitamin A, 2% vitamin C, 6% calcium, 20% iron.



B



BEER-MARINATED RIBEYE STEAKS

For Chef Mark Webster, the direct connection between food and the Kansas City area will always be barbecue. "When I meet chefs across the country and the world, they all want to know about our barbecue," he says.

Prep: 15 | Grill: 10 to 15 minutes |
Rest: 3 to 5 minutes | Serves 4

2 tablespoons Hy-Vee sugar
2 tablespoons finely ground coffee
1 tablespoon Hy-Vee garlic powder
4 (8 ounces each) boneless Kansas City strip
steaks, 1 inch thick

1 tablespoon Hy-Vee Select extra-virgin olive oil
Kosher salt and Hy-Vee black pepper, to taste

1. For rub, in a small bowl combine sugar, coffee and garlic. Lightly brush steaks with olive oil; sprinkle with salt and pepper. Season steaks evenly with the rub. Let stand at room temperature for 30 minutes.

2. Preheat grill to medium heat for direct cooking. Grill steaks to desired doneness, turning once. Allow 10 to 12 minutes for medium rare (145°F) or 12 to 15 minutes for medium (160°F). Let steaks rest for 3 to 5 minutes so juices redistribute evenly throughout the steak.

Nutrition facts per serving: 460 calories, 19 g fat, 6 g saturated fat, 0 g trans fat, 95 mg cholesterol, 135 mg sodium, 9 g carbohydrates, 0 g fiber, 6 g sugar, 54 g protein. Daily values: 0% vitamin A, 0% vitamin C, 6% calcium, 25% iron.



COFFEE-RUBBED KANSAS CITY STRIP STEAK

Picking the signature cut of beef for Kansas City wasn't difficult for Chef Jeff Kelly. He started with a KC strip and encrusted it with ground coffee. Rich, salty steak and coffee are a surprisingly natural pairing.



Prep: 25 minutes | Grill: 1 to 1¼ hours | Rest: 15 minutes | Serves 16

Wojapi Sauce (see recipe, below)

1 (4½- to 5-pound) beef tenderloin

1 teaspoon kosher salt

1 cup roasted and salted sunflower kernels

1 tablespoon chopped fresh thyme

1 tablespoon chopped fresh sage

1 tablespoon coarsely ground black pepper

4 tablespoons Hy-Vee butter, softened

Additional salt

Fry Bread (see recipe, www.hy-vee.com/recipes)

1. Prepare Wojapi Sauce; set aside.
2. Trim silverskin and excess fat from tenderloin. Butterfly tenderloin by slicing it lengthwise almost but not completely in half, so that you can open it like a book. Cover with plastic wrap and pound meat to even thickness. Sprinkle with salt.
3. Place sunflower kernels in resealable plastic bag. Pound kernels into bits. Add thyme, sage and pepper. Add butter and knead mixture with your hands until combined; set aside.
4. To stuff and roll tenderloin, spoon strained fruit from Wojapi Sauce mixture down center of tenderloin; spread evenly. Roll up tenderloin and tie with 100-percent cotton string at 2-inch intervals. To create even thickness, fold under smaller end of tenderloin and tie in place with string.
5. Season tenderloin with additional salt. Pat sunflower mixture evenly on top portion of tenderloin, pressing in gently.
6. Prepare grill for indirect cooking. Oil grill rack. Place tenderloin on grill rack over drip pan. Grill until meat thermometer inserted in the thickest section registers 135°F for medium-rare, about 1 to 1¼ hours. Remove tenderloin from grill; cover and let stand 15 minutes before slicing. Meat temperature will rise 10°F during standing time. Serve with Fry Bread and remaining Wojapi Sauce as a dip.

Nutrition facts per serving: 430 calories, 30 g fat, 12 g saturated fat, 0 g trans fat, 85 mg cholesterol, 210 mg sodium, 14 g carbohydrates, 2 g fiber, 9 g sugar, 24 g protein. Daily values: 2% vitamin A, 6% vitamin C, 2% calcium, 20% iron.

WOJAPI SAUCE

Prep: 10 minutes | Cook: about 45 minutes

2 cups frozen organic dark cherries

2 cups fresh blueberries

¼ cup Hy-Vee honey

1 to 1½ cups water

¼ cup cold water

¼ cup Hy-Vee cornstarch

1 tablespoon coarse ground black pepper

2 teaspoons dried thyme

1. In a medium saucepan, combine cherries, blueberries and honey. Cover fruit with water and bring to boiling over medium heat. Cook mixture for 30 minutes or until thickened.
2. Meanwhile, in a glass measuring cup, combine ¼ cup cold water and cornstarch until a smooth paste forms. Stir mixture into the hot fruit mixture. Bring to boiling and simmer until mixture thickens. Add pepper and thyme. Cook and stir 5 minutes more. Pour the fruit mixture into a strainer, reserving the strained juice to use as a dipping sauce and fruit mixture from the strainer for stuffing the tenderloin.

SUNFLOWER-ENCRUSTED BEEF TENDERLOIN

A swirl of a berry sauce called Wojapi can be seen at the center of this beef. Enjoyed by Native Americans for untold generations in South Dakota, Wojapi inspired Chef Jamie Koehler to create a savory-sweet dish. Ask your Hy-Vee meat specialist to double-butterfly the tenderloin for you.



HOOKED ON GRILLED SEAFOOD

WORDS Jim Matthews PHOTOS King Au



*Shrimp Grills in
4 to 8 Minutes!*

The only thing easier than grilling seafood is eating it. Follow the cooking times, *below*, checking for internal temperatures* in the later stages. Avoid overcooking, which dries out the seafood and diminishes flavor.

FISH FILLETS, STEAKS AND BONELESS CUBES

Preheat grill to medium-high temperature. Coat grate with cooking oil. Place fish on grill for time given, turning once halfway through grilling time. Fish is done when it reaches an internal temperature of 145°F and it flakes in chunks when gently pulled apart.

	SIZE	COOKING TIME
FILLETS	½ inch thick	6–8 minutes
FILLETS AND STEAKS	¾ inch thick	8–10 minutes
	1 inch thick	10 minutes
BONELESS CUBES (kebabs)	1-inch cubes	8–10 minutes

WHOLE FISH

Place whole fillets and whole fish on cooking grates. Cook for time given, following instructions *above*. Instead of coating grates with cooking oil, many chefs prefer to lightly coat fish with mayonnaise to seal in moisture. You won't taste the mayonnaise.

	SIZE	COOKING TIME
WHOLE FISH	1 inch thick	10 minutes
	1½ inches thick	12–16 minutes
	2 to 2½ inches thick	20–30 minutes
	3 inches thick	30–40 minutes

SHELLFISH

Preheat grill to medium-high temperature. Coat grates with cooking oil. With shells still intact, place shellfish on grill for time given. Cook crab, lobster, shrimp and scallops until opaque in thickest parts; turn once halfway through cooking time. Scrub and rinse live clams, mussels and oysters. Grill until shells open. Throw away any that do not open.

	SIZE	COOKING TIME
CRAB, WHOLE	about 2½ pounds	10–12 minutes
LOBSTER, WHOLE	about 2 pounds	18–20 minutes
LOBSTER TAILS	8 to 10 ounces	8–10 minutes
SHRIMP	Medium (21–25 per pound)	4–5 minutes
	Large (10–15 per pound)	5–6 minutes
	Extra Large (less than 10 per pound)	6–8 minutes
SCALLOPS (SHELLS OFF)	1 to 2 inches in diameter	4–6 minutes
CLAMS (HARD SHELLS)	Medium	5–8 minutes
MUSSELS (IN SHELLS)	Less than 12 per pound	4–5 minutes
OYSTERS (IN SHELLS)	Small	8 minutes

*Information about internal temperatures and how to check shellfish for doneness comes from www.foodsafety.gov, U.S. Department of Health and Human Services.



Sizzlin' Potatoes

WORDS Lois White PHOTOS Tobin Bennett



Dig these smokin' hot potatoes. Right off the grill, they're sliced, diced, seasoned or topped in amazingly delicious ways. Give spuds of all shapes and sizes a tasty twist with these fun, fast recipes.



SWEET POTATO SKEWERS

Slide these sweet pieces onto skewers, and they're perfect for grilling.

Prep: 15 minutes | Grill: 20 minutes | Serves 6
6 skewers*

4 medium sweet potatoes
1 tablespoon Hy-Vee Select olive oil
2 tablespoons Hy-Vee butter
¼ cup packed Hy-Vee brown sugar
2 tablespoons Hy-Vee Select 100% pure maple syrup
⅓ teaspoon ground nutmeg

1. Preheat grill to medium heat for direct cooking. Peel sweet potatoes; cut into 1-inch chunks. Thread 5 to 6 sweet potato chunks onto each skewer. Brush with olive oil.
 2. For glaze, in a small saucepan, melt butter over medium heat. Stir in brown sugar until dissolved. Mix in syrup and nutmeg. Cook until smooth; set aside.
 3. Place potato skewers on oiled grill rack. Grill for 20 minutes or until tender, flipping every 5 minutes. Brush with glaze during the last 3 minutes of grilling.
- *Note: If using wooden skewers, soak them in water for 30 minutes before grilling.

Nutrition facts per serving: 210 calories, 6 g fat, 3 g saturated fat, 0 g trans fat, 10 mg cholesterol, 45 mg sodium, 38 g carbohydrates, 4 g fiber, 21 g sugar, 2 g protein. Daily values: 460% vitamin A, 40% vitamin C, 6% calcium, 6% iron.



FINGERLING BITES

Naturally buttery, these spuds grill quickly. Small new red potatoes work just as well as the fingerlings.

Prep: 15 minutes | Grill: 10 to 12 minutes | Serves 4

8 fingerling potatoes
1 tablespoon Hy-Vee Select olive oil
¼ teaspoon kosher salt
¼ teaspoon Hy-Vee black pepper
¼ cup Hy-Vee sour cream
Toppings: bacon bits, shredded cheese and/or chopped green onions, optional

1. Bring a medium saucepan of water to boil over high heat. Add potatoes and return to boiling. Cover, reduce heat to medium-high and parboil until potatoes are just fork-tender, about 5 to 7 minutes. Drain. Cut potatoes in half.
2. Preheat grill to medium-high heat for direct cooking.
3. Toss potatoes with olive oil; sprinkle with salt and pepper. Place potatoes, skin-sides down, on an oiled grill rack. Grill until just cooked through, about 5 minutes.
4. Top potatoes with sour cream and desired toppers.

Nutrition facts per serving: 150 calories, 6 g fat, 2 g saturated fat, 0 g trans fat, 10 mg cholesterol, 135 mg sodium, 21 g carbohydrates, 3 g fiber, 1 g sugar, 3 g protein. Daily values: 2% vitamin A, 35% vitamin C, 4% calcium, 4% iron.



NEW POTATOES HOBO PACK

Potatoes and herbs steam to perfection on a grill in a foil packet, making cleanup a breeze.

Prep: 10 minutes | Grill: 35 to 45 minutes | Serves 4

- 1 pound new red potatoes
- 2 tablespoons Hy-Vee butter, melted
- 2 cloves garlic, minced
- ½ teaspoon seasoning salt
- 1 tablespoon chopped fresh rosemary

1. Preheat grill to medium heat for direct cooking. Fold a 36×18-inch piece of heavy foil in half to make an 18-inch square.
2. Scrub potatoes thoroughly; pat dry. Cut potatoes into uniform 1-inch pieces. Place in center of foil.
3. In a small bowl combine butter, garlic, seasoning salt and rosemary. Drizzle over potatoes. Bring up two opposite edges of foil; seal with a double fold. Fold remaining edges to completely enclose potatoes, leaving space for steam to build.
4. Grill potato packet for 35 to 45 minutes or until potatoes are tender, turning packet several times during cooking. Remove packet from grill. Carefully open packet.

Nutrition facts per serving: 130 calories, 6 g fat, 3.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 210 mg sodium, 19 g carbohydrates, 2 g fiber, 1 g sugar, 2 g protein. Daily values: 4% vitamin A, 15% vitamin C, 2% calcium, 4% iron.

TATER CHIPS WITH YOGURT-MINT DIP

Complement burgers and sandwiches with these crispy thin chips. You can season chips in other ways too. Try spice rubs intended for barbecuing or sprinkle on flavored salts.

Prep: 15 minutes | Grill: 8 to 10 minutes | Serves 4

- ½ cup Hy-Vee plain Greek yogurt
- 3 tablespoons chopped fresh mint
- 2 teaspoons Hy-Vee Select olive oil
- 2 teaspoons Hy-Vee honey
- 1 teaspoon kosher salt, divided
- 4 medium Yukon gold or other yellow-flesh potatoes (about 1½ pounds)
- 2 tablespoons Hy-Vee butter, melted
- ¼ teaspoon Hy-Vee black pepper

1. Combine yogurt, mint, olive oil, honey and ½ teaspoon salt. Stir until well blended. Cover and chill until serving time.
2. Preheat grill to medium heat for direct cooking.
3. Scrub potatoes thoroughly; pat dry. Using a mandoline or sharp knife, cut potatoes lengthwise into ⅛-inch-thick slices. In a large bowl, combine potatoes, melted butter, remaining salt and pepper; toss well.
4. Place some of the potato slices in a single layer on oiled grill rack. Grill until golden brown and crispy, 4 to 5 minutes per side. Watch closely so potatoes don't burn. Grill remaining potatoes in batches. Serve with yogurt dip.

Nutrition facts per serving: 230 calories, 8 g fat, 4 g saturated fat, 0 g trans fat, 15 mg cholesterol, 550 mg sodium, 35 g carbohydrates, 3 g fiber, 5 g sugar, 7 g protein. Daily values: 4% vitamin A, 10% vitamin C, 15% calcium, 10% iron.



CHIPOTLE FRIES

Russets are the best for cooking on the grill. They're golden and crispy on the outside and soft and fluffy on the inside. Serve these spicy wedges with ranch dressing.

Prep: 5 minutes | Grill: 40 minutes | Serves 4

1 pound russet potatoes
2 tablespoons Hy-Vee butter, melted
1 tablespoon Hy-Vee Select olive oil
2 cloves garlic, minced
1½ teaspoons kosher salt
1 teaspoon ground chipotle chile pepper
1 teaspoon lime zest

1. Preheat grill to medium heat for direct cooking.
2. Scrub potatoes thoroughly with a brush; pat dry. Cut potatoes lengthwise into wedges. In a medium bowl, combine butter, olive oil, garlic, salt, ground chipotle chile pepper and lime zest; toss potatoes in chipotle-butter mixture.
3. Line grill rack with a piece of foil sprayed with nonstick cooking spray. Using a fork, prick foil in several places. Place potato fries on foil. Grill for 40 minutes or until tender, turning occasionally.

Nutrition facts per serving: 190 calories, 9 g fat, 4 g saturated fat, 0 g trans fat, 15 mg cholesterol, 730 mg sodium, 24 g carbohydrates, 3 g fiber, 1 g sugar, 3 g protein. Daily values: 4% vitamin A, 20% vitamin C, 2% calcium, 8% iron.



HASSELBACK POTATOES

Thinly sliced russet potatoes (Hasselback style), drizzled with butter, magically fan out on the grill.

Prep: 10 minutes | Grill: 30 to 40 minutes | Serves 2

2 large (10 ounces each) russet baking potatoes, scrubbed
2 tablespoons Hy-Vee butter, melted
½ teaspoon kosher salt
¼ teaspoon Hy-Vee black pepper
½ cup Hy-Vee shredded sharp cheddar cheese

1. Scrub potatoes thoroughly with a brush; pat dry. Cut off a thin slice lengthwise from each potato to create an even base for potato to rest on. Carefully cut vertical slits in each potato approximately every ¼ inch and about three-fourths of the way through each potato. Microwave potatoes on HIGH for 5 minutes, flipping potatoes halfway through. Drizzle butter over each potato. Sprinkle with salt and pepper.
2. Preheat grill to high heat for indirect cooking. Place potatoes over cool side of grill; cover and grill until soft in the center and crisp around the edges, about 30 to 40 minutes. Remove from grill and top with shredded cheese.

Nutrition facts per serving: 320 calories, 16 g fat, 10 g saturated fat, 0 g trans fat, 45 mg cholesterol, 590 mg sodium, 38 g carbohydrates, 4 g fiber, 2 g sugar, 8 g protein. Daily values: 10% vitamin A, 30% vitamin C, 15% calcium, 10% iron.





LIFE GIVES YOU LEMONS

AWAKEN YOUR SENSES ON A HOT SUMMER DAY WITH TANGY, REFRESHING LEMONS. WHETHER USED AS ZEST, JUICE OR EVEN CURD, THIS SPARKLING CITRUS ADDS A LIVELY PUNCH TO AN ARRAY OF YUMMY TREATS, FROM PICNIC BARS TO SWEET, MELTY ICE CREAM.

WORDS Lois White PHOTOS King Au

Zesty Ice Cream Pie

This sweet and tart, light and creamy pie contains a double dose of lemon. Baking the cookie crumb crust makes it firm and crunchy.

*Prep: about 1½ hours | Chill: 4+ hours | Freeze: 4+ hours |
Stand: 10 to 15 minutes | Serves 16*

1 tablespoon grated lemon zest
½ cup fresh lemon juice
1 cup plus 2 tablespoons Hy-Vee granulated sugar, divided
3 Hy-Vee large eggs
2 cups Hy-Vee half-and-half, divided
1 teaspoon Hy-Vee vanilla extract, divided
6 tablespoons Hy-Vee butter
1½ cups finely crushed Hy-Vee vanilla wafers (about 50)
½ cup ground Hy-Vee almonds (about 4 ounces whole almonds)
1 cup whipping cream
¼ cup Hy-Vee powdered sugar
Lemon zest, optional

1. For ice cream, in a medium saucepan, whisk together lemon zest and lemon juice, 1 cup sugar

and eggs. Whisk in 1 cup half-and-half. Cook over medium heat, stirring constantly with a wooden spoon, until custard coats the back of the spoon. (To check the custard for doneness, swipe a finger across the back of the spoon. When the custard is done, the line made by your finger will remain without the custard running back together.)

2. Transfer custard to a medium bowl placed in a larger bowl of ice water. Stir custard until cooled. Stir in remaining half-and-half and ½ teaspoon vanilla. Cover and refrigerate for 4 to 24 hours.

3. Preheat oven to 375°F. Lightly coat a 9-inch pie plate with nonstick cooking spray; set aside.

4. For crust, melt butter; stir in remaining 2 tablespoons granulated sugar. Add wafers and almonds; toss to mix. Spread in prepared pie plate; press evenly onto bottom and sides. Bake for 5 minutes or until edges are lightly brown. Cool completely on a wire rack.

5. Prepare ice cream using chilled custard mixture in a 1-quart ice cream freezer according to manufacturer's directions. Spoon ice cream into prepared pie shell, spreading evenly. Cover and freeze for 4 hours or until firm.

6. Remove pie from freezer and let stand for 10 to 15 minutes before cutting. Meanwhile, beat whipping cream, powdered sugar and remaining ½ teaspoon vanilla with an electric mixer on medium speed until stiff peaks form (tips stand straight). Spread the whipped cream over the pie. Sprinkle with zest, if desired. Serve immediately.

Nutrition facts per serving: 300 calories, 19 g fat, 10 g saturated fat, 0 g trans fat, 80 mg cholesterol, 75 mg sodium, 30 g carbohydrates, 1 g fiber, 23 g sugar, 4 g protein. Daily values: 10% vitamin A, 6% vitamin C, 6% calcium, 4% iron.



Pucker-Up Cake Roll

Bright and tangy bursts of lemon come from the sunshiny filling inside.

*Prep: about 35 minutes | Bake: 12 to 15 minutes |
Chill: 2 to 24 hours | Serves 12*

Clear Lemon Filling, recipe *below right*

1 cup cake flour or $\frac{3}{4}$ cup plus 2 tablespoons

Hy-Vee all-purpose flour

1 teaspoon Hy-Vee baking powder

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

3 Hy-Vee large eggs

1 cup Hy-Vee granulated sugar

$\frac{1}{2}$ cup water

1 teaspoon Hy-Vee vanilla extract

Hy-Vee powdered sugar

1. Prepare Clear Lemon Filling. While filling chills, prepare cake.
2. Preheat oven to 350°F. Grease a 15×10×1-inch jelly roll pan with nonstick cooking spray. Line bottom of pan with parchment paper; spray with nonstick cooking spray and lightly flour the pan. Set aside.
3. In a small bowl, combine flour, baking powder and salt; set aside.
4. In a mixing bowl, beat eggs with an electric mixer on high until thick, about 5 minutes. Gradually beat in granulated sugar. On low speed, add water and vanilla. Mix in dry ingredients until batter is smooth. Pour batter into prepared pan, spreading evenly. Bake for 12 to 15 minutes or until center springs back when lightly touched.
5. Dust a large sheet of parchment paper with powdered sugar. Immediately loosen edges of cake from pan with a buttered knife. Invert cake onto

prepared parchment paper. Carefully peel off the parchment paper baked onto the cake bottom.

6. Starting with a short side of the cake, roll up the warm cake and parchment paper together in a spiral. Roll to end of parchment. Place rolled cake in parchment on a wire rack and cool completely, about 1 hour.

7. When ready to fill, unroll the cake, but leave the cake on the parchment. Spread Clear Lemon Filling over top of cake to within 1 inch of the edges. Reroll cake, using the parchment to lift and guide the cake into an even roll. Cover and chill for 2 to 24 hours. Just before serving, sprinkle powdered sugar over cake and slice.

Clear Lemon Filling: In a heavy medium saucepan, whisk together $\frac{3}{4}$ cup Hy-Vee sugar, 3 tablespoons Hy-Vee cornstarch and $\frac{1}{8}$ teaspoon Hy-Vee salt; whisk in $\frac{3}{4}$ cup water. Cook, stirring constantly over medium heat, until sugar mixture thickens and boils. Boil for 1 minute more, stirring constantly. Remove from heat. Whisk in 1 tablespoon Hy-Vee butter and 2 teaspoons grated lemon zest until butter is melted. Gradually stir in $\frac{1}{2}$ cup fresh lemon juice and, if desired, 2 drops yellow food coloring. Cover and refrigerate for 2 hours. Makes 1 $\frac{1}{4}$ cups.

Nutrition facts per serving: 190 calories, 2.5 g fat, 1 g saturated fat, 0 g trans fat, 50 mg cholesterol, 140 mg sodium, 41 g carbohydrates, 0 g fiber, 30 g sugar, 3 g protein. Daily values: 2% vitamin A, 4% vitamin C, 2% calcium, 6% iron.



Brite Bite Lemon Bars

These refreshingly sweet bars pack a punch & the soft, flaky shortbread crust adds buttery goodness to every bite.

Prep: 15 minutes | Bake: 30 to 40 minutes | Makes 32 bars

2 cups plus 3 tablespoons Hy-Vee

all-purpose flour, divided

½ cup Hy-Vee powdered sugar

¼ cup Hy-Vee cornstarch

1 cup cold Hy-Vee butter, sliced

4 Hy-Vee large eggs

1½ cups Hy-Vee granulated sugar

⅔ cup fresh lemon juice

⅓ cup Hy-Vee whole milk

2 teaspoons grated lemon zest

Additional Hy-Vee powdered sugar

1. Preheat oven to 350°F. Line a 9×13-inch baking pan with foil, extending the foil over the edges. Spray foil with nonstick cooking spray; set aside.

2. In a large bowl, combine 2 cups flour, ½ cup powdered sugar and cornstarch. Using a pastry

blender, cut in butter until mixture resembles coarse crumbs. Press mixture into bottom of prepared pan. Bake for 15 to 20 minutes or until the edges are light brown.

3. Meanwhile, for filling, in a medium bowl whisk together eggs, granulated sugar, 3 tablespoons flour, lemon juice, milk and lemon zest. Pour filling over hot crust. Bake for 15 to 20 minutes or until center is set. Cool completely in pan on a wire rack. Cover and store in the refrigerator. Just before serving, use foil to lift uncut bars out of pan. Cut into bars and sift additional powdered sugar over top.

Nutrition facts per serving: 140 calories, 7 g fat, 4 g saturated fat, 0 g trans fat, 40 mg cholesterol, 10 mg sodium, 19 g carbohydrates, 0 g fiber, 12 g sugar, 2 g protein. Daily values: 4% vitamin A, 4% vitamin C, 0% calcium, 2% iron.

Lemon Pull-Apart Bread

Craft two gorgeous loaves of lemon & almond bread at one time. Lemon icing adds a sweet finishing touch.

*Prep: 30 minutes | Thaw: 3 hours | Rest: 30 to 50 minutes |
Bake: 30 to 40 minutes | Makes 2 loaves and serves 36 (1 slice each)*

1 (3-pound) package frozen sweet bread dough
6 tablespoons grated lemon zest (from 4 to 5 lemons)
¾ cup Hy-Vee granulated sugar
4 tablespoons Hy-Vee butter, softened
1 (2-ounce) package Hy-Vee sliced almonds, toasted, divided
2 cups Hy-Vee powdered sugar
2 tablespoons Hy-Vee butter, melted
3 to 4 tablespoons fresh lemon juice

1. Thaw bread dough according to package directions.
2. Line two 9x5-inch loaf pans with parchment paper, leaving a 1-inch overhang on each long side. Spray parchment with nonstick cooking spray; set aside.
3. For lemon sugar, in a small bowl combine lemon zest and granulated sugar; set aside.
4. When dough is thawed, on a lightly floured surface, roll one dough portion into a 12x8-inch rectangle. Cut dough rectangle into two 12x4-inch strips; set aside. Repeat with remaining dough portions for six strips total.
5. To assemble loaves, brush some of the softened butter onto a dough strip; sprinkle with 2 heaping tablespoons lemon sugar and about 1 tablespoon almonds. Top with a second dough strip, repeating with the butter, lemon sugar and almonds. Repeat three more times to create a stack of five strips. Top with remaining dough strip. Cut the stack crosswise into six 4x2-inch sections. Carefully transfer three of the sections, stacking cut-sides up, into one of the prepared pans, leaving room around the edges to allow for the dough to rise and expand. Place remaining sections in second pan. Cover and let rise in a warm place until double, about 30 to 50 minutes.
6. Preheat oven to 350°F degrees. Bake loaves for 30 to 40 minutes or until golden brown and cooked through. If top of bread becomes too golden before bottom is cooked through, lightly cover with foil until baked through. Transfer pans to a wire rack and let cool in pans for 10 to 15 minutes. Remove loaves from pans and cool.
7. While bread is cooling, in a medium bowl, combine powdered sugar and melted butter. Add enough lemon juice to create an icing consistency. Spread icing onto each loaf; sprinkle with remaining almonds.

Nutrition facts per serving: 170 calories, 4.5 g fat, 1.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 170 mg sodium, 30 g carbohydrates, 0 g fiber, 13 g sugar, 3 g protein. Daily values: 2% vitamin A, 0% vitamin C, 0% calcium, 6% iron.





Sunshine Cheesecake

The key to achieving an extra-creamy cheesecake is in the baking!
Just use our water method.

Prep: about 50 minutes | Bake: 2 hours |

Rest: 2 hours | Chill: 4 hours | Serves 16

2 lemons

6 Hy-Vee large eggs, divided

1½ cups Hy-Vee granulated sugar, divided

6 tablespoons Hy-Vee butter, cubed

**3 cups finely crushed Hy-Vee graham crackers
(about 40)**

½ cup Hy-Vee butter, melted

**4 (8 ounces each) packages Hy-Vee
cream cheese, softened**

2 teaspoons Hy-Vee vanilla extract

1. For lemon curd, grate lemon peels for 1½ teaspoons zest. Squeeze lemons for ½ cup juice; strain juice. In a medium heavy saucepan, whisk together two eggs, ⅓ cup sugar, lemon zest and lemon juice. Add cubed butter. Cook over medium heat, whisking constantly, until lemon mixture thickens and bubbles all over. Strain mixture through a sieve, pushing it through with a spatula as needed.

Cool.

2. Preheat oven to 375°F. For crust, in a large bowl, stir together crushed graham crackers and melted butter until crackers are moistened. Press mixture onto bottom and about 1 inch up the sides of a 9-inch springform pan. Bake for 5 minutes or until edges are light brown. Cool on a wire rack. When cool, place crust-lined pan on a double layer of 18×12-inch heavy-duty foil. Bring up edges of foil and mold around sides of pan to form a watertight seal.

3. Reduce heat to 325°F. For filling, in a mixing bowl, beat cream cheese with an electric mixer on medium speed for 3 minutes or until smooth. Gradually add remaining 1 cup sugar, beating until well blended. Add remaining four eggs, one at a time, beating on low just until combined. Beat in vanilla.

4. Pour two-thirds of filling (about 4 cups) into crust-lined pan. Carefully spoon 1 cup lemon curd over top. Using a table knife, gently swirl filling and curd. Spoon remaining filling over top. Gently swirl remaining curd into filling.

5. Place springform pan in a large roasting pan. Pour enough boiling water into roasting pan to reach halfway up sides of springform pan. Bake for 1 hour or until cake edges jiggle slightly when springform pan is gently shaken. Turn off oven and leave cheesecake in oven, with door shut, for 60 minutes.

6. Carefully remove springform pan from water bath. Remove foil from pan. Cool cheesecake in springform pan on a wire rack for 15 minutes. Using a small sharp knife, loosen the crust from sides of pan; cool for 30 minutes. Remove sides of pan; cool cheesecake completely on rack, about 1 hour. Cover and chill at least 4 hours before serving.

Nutrition facts per serving: 470 calories, 33 g fat, 18 g saturated fat, 1 g trans fat, 160 mg cholesterol, 300 mg sodium, 39 g carbohydrates, 1 g fiber, 29 g sugar, 7 g protein. Daily values: 25% vitamin A, 6% vitamin C, 8% calcium, 6% iron.



Naughty but Nice Madeleines

It may be naughty to overindulge in these tempting sponge cakes. Next time you can be nice and just have one or two.

Prep: 20 minutes | Chill: 1 hour to 24 hours |

Bake: 8 to 10 minutes | Serves 24 (1 madeleine each)

1 tablespoon Hy-Vee unsalted butter, melted

Hy-Vee all-purpose flour

½ cup Hy-Vee unsalted butter

3 Hy-Vee large eggs, at room temperature

¾ cup Hy-Vee granulated sugar

⅛ teaspoon Hy-Vee salt

2 tablespoons grated lemon zest

1½ tablespoons fresh lemon juice

1 teaspoon Hy-Vee vanilla extract

1¼ cups cake flour or 1 cup plus 2 tablespoons

Hy-Vee all-purpose flour

¾ teaspoon Hy-Vee baking powder

LEMON GLAZE

1 cup Hy-Vee powdered sugar

1½ tablespoons fresh lemon juice

1½ tablespoons water

1. Brush madeleine molds with melted butter. Dust lightly with flour, tapping out excess. Chill pan in refrigerator while preparing batter.

2. In a 1-quart microwave-safe bowl, melt ½ cup butter in the microwave; set aside. In a mixing bowl, beat eggs, sugar and salt on medium-high speed until pale and thickened, about 5 minutes. Beat in lemon zest, lemon juice and vanilla until combined.

3. In a separate bowl, combine flour and baking powder; using a sifter or fine sieve, sift one-third of flour mixture at a time over egg mixture, folding in after each addition with a rubber spatula. Spoon about ½ cup of the batter into the melted butter; stir until well-combined. Fold butter mixture into remaining batter. Cover and chill at least 1 hour or up to 24 hours.

4. Preheat oven to 400°F. Using a rounded tablespoon of batter for each mold, mound batter

into prepared pan; do not spread. Bake for 8 to 10 minutes or until edges are just light golden and centers are puffed and set. Invert and tap pan over cooling rack to remove.

5. If glazing, cool just until easy to handle. Meanwhile, prepare glaze. Whisk together powdered sugar, lemon juice and water. Dip each madeleine into glaze, coating both sides. Cool thoroughly on cooling rack, ridge-side up, until glaze sets.

6. If leaving unglazed, sift powdered sugar over cooled madeleines. Serve madeleines the same day, if possible. Store unglazed madeleines in a tightly covered container and glazed madeleines in a loosely covered container for up to 3 days.

Nutrition facts per serving: 120 calories, 5 g fat, 3 g saturated fat, 0 g trans fat, 35 mg cholesterol, 40 mg sodium, 16 g carbohydrates, 0 g fiber, 11 g sugar, 1 g protein. Daily values: 4% vitamin A, 2% vitamin C, 0% calcium, 4% iron.

California Cream Puffs

With its exquisite taste, lavender adds a sophisticated accent to the tender pudding-filled desserts.

*Prep: about 40 minutes | Bake: 22 to 23 minutes |
Chill: 1 to 3 hours | Rest: 30 minutes | Makes about 24*

1½ cups water, divided
½ cup Hy-Vee unsalted butter
¼ teaspoon Hy-Vee salt
1 cup Hy-Vee all-purpose flour
4 Hy-Vee large eggs
2 cups whipping cream
½ cup Hy-Vee skim milk
1 (3.4-ounce) package Hy-Vee instant lemon pudding mix
4 tablespoons plus 1 teaspoon fresh lemon juice
1 teaspoon grated lemon zest
1 tablespoon dried lavender blossoms
2 cups Hy-Vee powdered sugar
Dried lavender blossoms

1. Preheat oven to 400°F. Line a baking sheet with parchment paper; set aside.
2. To make cream puff dough, in a medium saucepan, heat 1 cup water, butter and salt over medium heat until mixture begins to boil. Add flour; stir vigorously with a wooden spoon for 1 minute. Remove from heat; stir in eggs, one at a time, until each is incorporated. Fill a pastry bag fitted with a large open star decorating tip with cream puff dough. Pipe ½-inch-diameter circles of


dough onto prepared baking sheet, spacing each 2 inches apart. Continue piping two more circles on top of each dough portion, ending with a point in the center. Bake puffs for 22 to 23 minutes or until golden. Cool on a wire rack.

3. To make filling, in a large mixing bowl, combine whipping cream, milk, dry pudding mix, 4 tablespoons lemon juice and lemon zest. Beat with an electric mixer on low to combine. Beat on medium for 2 minutes or until thickened, scraping sides of bowl. Beat on high for 30 to 60 seconds or until stiff peaks form. Cover and chill at least 20 minutes.

4. To make icing, in a small saucepan bring remaining ½ cup water to boiling. Add lavender blossoms; remove from heat and steep for 5 minutes. Pour through a fine-mesh sieve to remove lavender; discard lavender, reserving lavender water. In a medium bowl, whisk together powdered sugar, 2 tablespoons lavender water and 1 teaspoon lemon juice to make a thin icing.

5. To assemble, fill a decorating bag fitted with a slender round decorating tip with lemon cream filling. Poke a hole in the bottom of each cream puff; fill with lemon filling. Cover and chill up to 3 hours. Dip filled cream puffs into lavender icing, allowing excess to drip off. Place on parchment or on a cooling rack; sprinkle with additional lavender blossoms. Let stand until icing sets, about 30 minutes.

Nutrition facts per serving: 190 calories, 12 g fat, 7 g saturated fat, 0 g trans fat, 70 mg cholesterol, 90 mg sodium, 19 g carbohydrates, 0 g fiber, 14 g sugar, 2 g protein. Daily values: 10% vitamin A, 2% vitamin C, 2% calcium, 2% iron.



A SPLASH OF THIS, A SQUEEZE
OF THAT. THE OPPORTUNITY
FOR SOMETHING COLD AND
FRUITY THAT TICKLES THE
PALATE IS HERE. SO SIT BACK
AND HAPPILY SIP WHEN THE
HEAT GETS THE BEST OF YOU.

WORDS Lois White PHOTOS King Au and Tobin Bennett

SUMMER COCKTAILS

Drink your dessert with this decadent combo of rich vanilla ice cream and delicious liqueurs.

Serves 6

- 1½ tablespoons sweet vermouth
- 2 ounces whiskey
- 3 tablespoons caramel ice cream sauce
- 2½ tablespoons grenadine
- ½ teaspoon Angostura bitters
- 2½ cups Hy-Vee vanilla ice cream
- 6 Maraschino cherries, optional
- 6 strips orange zest, optional

Combine vermouth, whiskey, ice cream sauce, grenadine and bitters; divide mixture among six glasses. Add a scoop of ice cream to each. If desired, garnish each with a cherry and orange zest.



Moscato is a light-bodied sweet white wine that pairs well with summer fruits in this thirst-quenching drink.

Serves 6


- 3 cups fresh fruit, see options *below*
- One 750-milliliter bottle Moscato wine
- One 750-milliliter bottle Prosecco or dry champagne, chilled
- 1 cup white grape juice

Place fruit in a large pitcher. Pour remaining ingredients over top. Refrigerate for 2 to 6 hours before serving over ice.

Citrus-Berry Sangria: Use 1½ cups sliced grapefruit (1 large grapefruit), 1 cup sliced Cara Cara or blood orange (1 large orange) and ½ cup halved fresh strawberries.

Melon Sangria: Use 1½ cups watermelon balls and 1½ cups cantaloupe balls.

PEACH SPRITZER



Sweet peaches, tart lime and fragrant rosemary make an unbeatable summer cocktail that gets a refreshing lift from bubbly lemon-lime soda.

Serves 2

1 cup ice cubes

6 tablespoons peach-flavored vodka
(3 ounces)

4 tablespoons peach nectar

1½ tablespoons lime juice

2 tablespoons Rosemary Simple Syrup,
recipe *below*

½ cup Hy-Vee lemon-lime soda, chilled

Peach slices, optional

Rosemary sprigs, optional

In a cocktail shaker combine 1 cup of ice cubes, vodka, peach nectar, lime juice and Rosemary Simple Syrup. Shake cocktail shaker to blend ingredients. Pour contents of shaker into two ice-filled cocktail glasses. Top with lemon-lime soda.

For garnish, grill peach slices on grill rack or in a grill pan for about 3 minutes per side or until slightly caramelized. Garnish each drink with a peach slice and a sprig of rosemary.

Rosemary Simple Syrup: Combine 1 cup water, 1 cup Hy-Vee sugar and 4 fresh rosemary sprigs in a small saucepan. Bring to a simmer, stirring until sugar dissolves. Remove from heat, let rest for 15 minutes. Strain syrup; discard rosemary. Cover and chill the syrup.



CHERRY MOJITO

Cherry rum adds a sweet, robust flavor as it's poured over muddled mint, fresh cherries and lime juice.

Serves 8

15 pitted cherries

¼ cup fresh mint leaves

2 tablespoons fresh lime juice

1 (12-ounce) can frozen lemonade concentrate, thawed (1½ cups)

1½ cups cherry rum (12 ounces)

4½ cups chilled club soda (36 ounces)

Ice cubes

Fresh mint sprigs, optional

Place cherries, ¼ cup mint leaves and lime juice in a cocktail shaker or muddling glass. Use a muddler* to gently “bruise” the mint and release the cherry juice.

Pour muddled contents into a pitcher; add lemonade concentrate and cherry rum, and stir to combine.

Just before serving, slowly add club soda and stir together. Serve in ice-filled glasses.

If desired, garnish with mint sprigs.

**Note: Many summer cocktails use fresh ingredients such as herbs and fruit, and muddling is often required. Muddling helps to release the flavors of the fresh ingredients so they bind better with the alcohol.*

COOLEST ICE POP COLOR INTO YOUR CUBES FOR PRETTY PARTY DRINKS.

Fresh Berries: Wash fruit. Cut up larger pieces, if necessary, to fit into ice-tray compartments. Place one or more berries in each tray compartment. Fill with water and freeze.

Fresh Mint: Wash mint leaves. Pack one or more leaves into each tray compartment; fill with water and freeze.

Edible flowers: Fill each tray compartment about one-third full with water and add an edible flower, facing down. Freeze. Once frozen, fill compartments with more water, and freeze again. Use flowers that are grown to be eaten and haven't been chemically treated. Safe flowers include nasturtiums, pansies and roses.

Citrus: Thinly slice oranges, lemons or limes. Cut up larger pieces, if necessary, to fit in tray compartments. Place one slice in each compartment; fill with water and freeze.

Tropical: Place a small pineapple wedge and halved Maraschino cherry in each compartment; fill with pineapple juice and freeze.

Two-Tone: Fill each compartment three-quarters full with orange juice. Freeze. Once frozen, fill remaining area in each compartment with red grenadine. Freeze again.

Layered Fruit Juice: Use three different colored juices, such as pomegranate, orange and pineapple. Use canned, bottled or fresh juice. The more color, the better. Add a small amount of the first juice to each compartment; freeze for 30 minutes. Add the second juice; freeze for 30 minutes. Add the third juice and freeze until ice is firm.

Kiwi and grapes: Wash kiwi and red grapes. Peel kiwi; cut up to fit the tray squares. Place kiwi and a grape in each compartment; fill with water and freeze.



SUMMER MADE EASY. FRESH ICED TEA IN MINUTES!

Takeya Loose Tea: select varieties 1 ct. \$5.98
Takeya Tea Pitchers: Kiwi or Raspberry 2 qt. \$15.99





Decked-out

DOGS

Ball games, barbecues and bonfires all share one very tasty link—hot dogs. Here are 11 colorful ways to take your hot dogs from tame to amazing!



WORDS Lois White PHOTOS Tobin Bennett

Spicy Korean

Prepare Spicy Mayo*; let stand for 20 minutes before serving. In a skillet, sauté sliced white onion and shredded carrot in butter until tender. Grill hot dog, brushing with Korean barbecue sauce during the last 1 to 2 minutes of grilling. Place grilled hot dog in lettuce-lined Hy-Vee Baking Stone sesame seed hoagie. Top with onion and carrot mixture. Drizzle Spicy Mayo over top; sprinkle with sliced green onion.

* **Spicy Mayo:** Combine ½ cup Asian mayonnaise, 2 teaspoons garlic chili paste and 1 tablespoon Hy-Vee sugar.



Rainbow

Cut thin strips of red and yellow bell pepper, red onion, radish and snow peas. Shred carrot and cucumber. Toss each vegetable separately with some White Wine Vinaigrette.* Place grilled hot dog in toasted bun. Top with the vegetables.

* **White Wine Vinaigrette:** Combine 3 tablespoons Hy-Vee Select olive oil, ½ cup Hy-Vee Select white wine vinegar and 1 tablespoon Hy-Vee sugar.

Classic Chicago

Place grilled hot dog in toasted Hy-Vee Baking Stone poppy seed hoagie. Top with Hy-Vee sweet pickle relish, chopped onion, tomato wedges, a Hy-Vee dill pickle spear, pickled peppers and dash of celery salt. Drizzle with Hy-Vee yellow mustard and sprinkle with poppy seeds.



BLT

Cut a slice of Hy-Vee thick-cut peppered bacon in half lengthwise. Wrap one strip around hot dog and secure with toothpicks. Grill it. Line a toasted wheat bun with butter lettuce leaves and tomato slices. Place grilled bacon-wrapped hot dog in bun. Top with Hy-Vee honey Dijon mustard.



Ham 'n' Swiss

Line a toasted Hy-Vee Baking Stone hoagie bun with 2 slices of Hy-Vee Swiss cheese and 2 slices of Hy-Vee deli Virginia ham. Place grilled hot dog in bun. Place sandwich on grill rack to melt cheese. Remove from grill; serve with Hy-Vee stone-ground Dijon mustard.

Potato

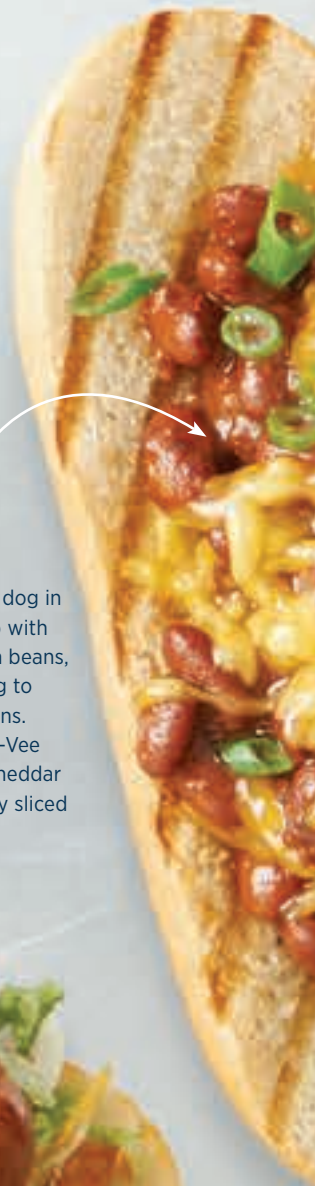
In a large skillet, cook ½ cup Hy-Vee Southern-style hash browns as directed, adding a small amount of chopped red bell pepper and chopped red onion during the last 2 minutes of cooking. Season to taste with Hy-Vee salt and black pepper. Remove from heat and stir in some chopped tomato. Place grilled hot dog in a toasted Hy-Vee Baking Stone hoagie bun. Top with potato mixture and sprinkle with Hy-Vee shredded cheddar Jack cheese.

All-Star Chili

Place grilled hot dog in toasted bun. Top with canned chili with beans, heated according to package directions. Sprinkle with Hy-Vee shredded mild cheddar cheese and thinly sliced green onions.

Walking Taco

Sprinkle toasted Hy-Vee Baking Stone hoagie bun with Hy-Vee shredded lettuce. Place grilled hot dog in bun. Spoon on your favorite salsa; top with crushed taco-flavored chips and Hy-Vee shredded Mexican-blend cheese.



Aloha

Grill hot dog as directed, brushing with Hy-Vee teriyaki barbecue marinade during the last minute of grilling. Grill fresh pineapple chunks and red onion wedges. Place grilled hot dog in toasted bun, top with pineapple and onion; sprinkle with black sesame seeds.

Bruschetta

Spread garlic butter on a bun and toast on the grill. Place grilled hot dog in toasted bun. Top with mozzarella pearls. Place sandwich on grill rack to melt the cheese. Remove from grill; top with quartered cherry tomatoes and basil leaves.

Guacamole

Place grilled hot dog in toasted bun. Top with freshly made Guacamole* and thin slices of fresh jalapeño pepper.

* **Guacamole:** Peel and seed a ripe avocado. Combine pulp with 1 teaspoon lemon juice and dash of cumin. Add ¼ cup cooked and drained Hy-Vee sweet corn, ¼ cup chopped tomato and 2 tablespoons chopped red onion.



Easy GRILLING

Can't stand the heat? Step out of the kitchen and see what your grill can do for you! Quick-cooking meats? Yes. Seafood? Done. Summer's finest produce? Absolutely! These eight super-tasty meals are sure to become family faves.

WORDS Lois White PHOTOS Tobin Bennett

Fish Tacos

WITH PINEAPPLE SLAW

Firm-fleshed mahimahi grills in under ten minutes and requires no flipping! Instead of mayonnaise, Greek yogurt and fresh pineapple moisten convenient coleslaw. A final squeeze of lemon heightens flavors even more.

Prep: 10 minutes | Grill: 6 to 8 minutes | Serves 6 (2 tacos each)

2 cups Hy-Vee coleslaw mix
1 cup fresh pineapple pieces
3 tablespoons diced red bell pepper
1 green onion, sliced
3 tablespoons Hy-Vee plain Greek yogurt
 $\frac{3}{4}$ teaspoon Hy-Vee salt, divided
 $2\frac{1}{4}$ teaspoons Sriracha Hot Chili Sauce, divided
2 tablespoons Hy-Vee Select olive oil
2 teaspoons Hy-Vee chili powder
2 (12 ounces each) packages Hy-Vee frozen mahimahi fillets, thawed
12 (6-inch) flour or corn tortillas
1 small lemon, cut into 8 wedges

1. Grease grill rack. Preheat grill to medium-high heat for direct cooking.
2. For pineapple slaw, in a medium bowl, combine coleslaw mix, pineapple, red pepper, onion, yogurt, $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon Sriracha sauce; set aside.
3. In a medium bowl, combine olive oil, chili powder and remaining $\frac{1}{2}$ teaspoon salt; dip both sides of each fish fillet in oil mixture to coat. Place fish skin-sides down on grill rack. Grill, covered, without turning for 6 to 8 minutes or until fish flakes easily with a fork. Transfer to a plate; keep warm. Grill tortillas about 20 seconds per side or until warm and slightly grill-marked. Break fish into bite-size pieces; sprinkle with remaining 2 teaspoons Sriracha sauce and squeeze juice from two lemon wedges over fish. Divide fish and slaw among tortillas. Serve with remaining lemon wedges for squeezing over tacos.

Nutrition facts per serving: 350 calories, 10 g fat, 2 g saturated fat, 0 g trans fat, 85 mg cholesterol, 870 mg sodium, 37 g carbohydrates, 3 g fiber, 7 g sugar, 27 g protein. Daily values: 20% vitamin A, 45% vitamin C, 10% calcium, 20% iron.

pork chops

WITH BLUE-BERRY-MANGO SALSA

Browse the seasoning aisle for a grill seasoning that strikes your fancy. Hy-Vee's Hickory House line offers several outstanding choices, and any will complement this sweet and savory salsa.

Prep: 15 minutes | Rest: 20 to 30 minutes |

Grill: 10 to 14 minutes | Serves 4

4 bone-in pork loin chops, cut 1 inch thick

4 teaspoons Hy-Vee Hickory House Heart of the Grill seasoning rub

1¾ cups fresh blueberries

1¼ cups chopped mango

½ cup chopped cucumber

¼ cup minced red onion

3 tablespoons chopped fresh cilantro or sage

2½ tablespoons lime juice

½ teaspoon Hy-Vee crushed red pepper flakes

¼ teaspoon Hy-Vee salt

1. Rub pork chops with seasoning rub. Let stand at room temperature for 20 to 30 minutes.
2. Meanwhile, for salsa, place blueberries in a medium bowl; slightly mash ⅓ of them with a fork. Stir in mango, cucumber, onion, cilantro or sage, lime juice, red pepper and salt; set aside.
3. Preheat grill for direct cooking over medium heat. Grill chops for 10 to 14 minutes or until done (145°F), turning halfway through grilling. Transfer chops to a plate and let stand 5 minutes. Serve with salsa.

Nutrition facts per serving: 510 calories, 24 g fat, 8 g saturated fat, 0 g trans fat, 170 mg cholesterol, 640 mg sodium, 19 g carbohydrates, 3 g fiber, 14 g sugar, 54 g protein. Daily values: 15% vitamin A, 50% vitamin C, 15% calcium, 15% iron.



STUFFED AVOCADOS

A couple minutes on the grill brings new excitement to avocados. The flesh becomes warm and tender.

Prep: 10 minutes | Grill: 7 to 13 minutes | Serves 8

4 tablespoons plus 4 teaspoons Hy-Vee Select olive oil, divided

3 tablespoons fresh lime juice

3 tablespoons chopped fresh cilantro

2 teaspoons Hy-Vee honey

½ teaspoon Hy-Vee Dijon mustard

¼ teaspoon Hy-Vee salt

½ teaspoon cayenne pepper

4 cups shredded lettuce

1 cup shredded carrots

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

1 cup Hy-Vee chunky salsa

1 teaspoon ground cumin

¾ cup fresh or frozen corn

4 medium avocados, halved and seeded

4 tablespoons Hy-Vee traditional feta crumbles

1. Preheat grill to medium-high heat for direct cooking.
2. For salad, whisk together 4 tablespoons olive oil, lime juice, cilantro, honey, mustard, salt and cayenne. Toss in lettuce and carrots; set aside.
3. In a medium cast-iron skillet, combine beans, salsa and cumin. Place skillet on grill rack over heat; cook on uncovered grill until mixture bubbles, about 5 minutes. Stir in corn; cook until heated through and no excess liquid remains.
4. Meanwhile, brush cut sides of each avocado half with ½ teaspoon olive oil. Place cut-sides down on grill; grill for 2 to 3 minutes. Fill avocado halves with black bean mixture; top with feta. Serve with salad.

Nutrition facts per serving: 340 calories, 25 g fat, 4 g saturated fat, 0 g trans fat, 5 mg cholesterol, 550 mg sodium, 26 g carbohydrates, 12 g fiber, 6 g sugar, 6 g protein. Daily values: 50% vitamin A, 25% vitamin C, 8% calcium, 10% iron.



JERK PORK TENDERLOIN WITH BALSAMIC GRILLED PEACHES

Grill the peaches just a minute or two, until the natural sugars in the fruit caramelize to a golden brown.

Prep: 15 minutes | Grill: 31 to 37 minutes | Serves 4

3 medium peaches, pitted and quartered

1 tablespoon Hy-Vee Select olive oil

1¼ to 1½ pounds pork tenderloin

2 teaspoons Jamaican jerk seasoning

½ cup Hy-Vee Select balsamic vinegar

3 tablespoons packed Hy-Vee brown sugar

1 clove garlic, minced

½ teaspoon Hy-Vee salt

3 tablespoons Hy-Vee butter

4 cups arugula, optional

1. Preheat grill to medium-high heat for indirect cooking. Brush all surfaces of peach quarters with olive oil. Place flesh-sides down on grill rack over direct heat. Grill for 1 to 2 minutes per side or until golden brown grill marks appear; remove peach quarters and set aside.
2. Rub pork tenderloin with jerk seasoning; lightly spray with cooking spray. Place meat on grill rack over indirect heat. Cover and grill for 30 to 35 minutes or until done (145°F). Remove meat; cover and let rest about 5 minutes.
3. Meanwhile, for balsamic glaze, in a small saucepan on stove top, combine balsamic vinegar, brown sugar, garlic and salt. Bring to boiling; reduce heat. Simmer, uncovered, 5 to 10 minutes or until slightly thickened. Remove from heat. Whisk in butter until melted.
4. Arrange arugula on plate, if desired. Bias-slice meat ¾ inch thick. Arrange meat and peaches over arugula. Drizzle with balsamic glaze.

Nutrition facts per serving: 360 calories, 15 g fat, 7 g saturated fat, 0 g trans fat, 115 mg cholesterol, 160 mg sodium, 25 g carbohydrates, 2 g fiber, 23 g sugar, 31 g protein. Daily values: 15% vitamin A, 10% vitamin C, 2% calcium, 10% iron.



SWEET CHILI CHICKEN THIGHS WITH SESAME VEGETABLES

A side of cooked rice is all you need to complete this winning grilled meal.

Prep: 10 minutes | Rest: 15 to 20 minutes |

Grill: 15 to 18 minutes | Serves 8

½ cup sweet chili sauce

½ cup Hy-Vee light soy sauce

2 teaspoons grated fresh ginger or ½ teaspoon

Hy-Vee ground ginger

2 pounds skinless, boneless chicken thighs

1 small yellow summer squash, sliced ½ inch thick

1 cup sugar snap pea pods

1 cup petite baby carrots

½ teaspoon Hy-Vee salt

1 clove garlic, minced

½ teaspoon Hy-Vee crushed red pepper

1 teaspoon toasted sesame oil

Vegetable oil

1. Stir together chili sauce, soy sauce and ginger. Reserve ¼ cup sauce; pour remaining sauce into a bowl. Add chicken, turning to coat. Marinate at room temperature for 15 to 20 minutes.
2. Meanwhile, fold a 36x18-inch piece of heavy foil in half to make an 18-inch square. Place squash, pea pods and carrots in center of foil. Sprinkle with salt, garlic and crushed red pepper. Drizzle with sesame oil. Bring up opposite edges of foil; fold down twice. Fold in ends to seal, leaving space for steam to build.
3. Brush grill grate with vegetable oil. Preheat grill to medium heat for direct cooking. Remove chicken from marinade, shaking off excess; discard marinade. Place chicken and foil packet on grill over direct heat. Cover and grill for 15 to 18 minutes or until done (165°F), turning chicken once. Before serving, spoon reserved sauce over chicken.

Nutrition facts per serving: 190 calories, 5 g fat, 1.5 g saturated fat, 0 g trans fat, 110 mg cholesterol, 740 mg sodium, 7 g carbohydrates, 1 g fiber, 5 g sugar, 23 g protein. Daily values: 45% vitamin A, 15% vitamin C, 2% calcium, 6% iron.

flavor SECRETS

YOUR HY-VEE store carries a wide variety of convenient condiments for serving up the tastiest, juiciest meats. Ask for recommendations at the Hy-Vee Meat Department or try one of the following for wonderfully complex flavors.

BOTTLED SAUCES offer variations of sweet, spicy, fruity and smoky flavors. To keep the sauce from burning, brush it on the meat during the last few minutes of grilling.

MARINADES, such as those in Hy-Vee's Hickory House line, bring out the best in meats. The combination of acid, oil and seasonings works magically to infuse meat with flavor—and it tenderizes too. Marinate smaller cuts for 30 minutes before grilling.

RELISHES of chopped seasonal fruits (including melon), chiles, olives and other fresh ingredients add a crowning zing to grilled meats.

SALSA, a zesty, colorful embellishment, can range from tangy and briny to herbal or fruity. Use salsas to dress up grilled fish, poultry and pork.

SPICE AND HERB SEASONING BLENDS are super flavor enhancers. Even your favorite seasoning packets can double as spice rubs. Simply rub the savory seasoning directly on the meat just before grilling.



GRILLED DELI PANINI

Turn your grill into a panini press with a baking sheet and a couple of bricks. Hy-Vee Baking Stone focaccia provides the perfect platform for building a colossal sandwich to divide into six servings.

Prep: 15 minutes | Grill: 6 to 8 minutes | Serves 6

- 1 (16-ounce) loaf Hy-Vee Baking Stone jalapeño-cheddar focaccia bread
- 2 tablespoons Hy-Vee Select olive oil
- ½ cup Hy-Vee mayonnaise
- 2 cloves garlic, minced
- 8 ounces sliced mozzarella or Monterey Jack cheese
- 8 ounces deli roast beef
- 1 cup roasted red pepper strips
- ½ medium red onion, thinly sliced
- 1½ cups fresh spinach leaves

1. Preheat grill to medium heat for indirect cooking. Cut focaccia in half horizontally. Brush outsides of halves with olive oil. Combine mayonnaise and garlic; spread on cut sides of bread halves. Place half the cheese slices on bottom bread half. Top with beef, pepper strips, onions and spinach leaves. Top with remaining cheese and other focaccia half.
2. Place on grill over indirect heat. Place a baking sheet on top of sandwich and weight sheet with two bricks wrapped in foil. Cover and grill for 6 to 8 minutes or until bread is golden and cheese melts, turning sandwich over once. To serve, cut into six slices.

*To turn panini, use hot pads to remove bricks and baking sheet. Using a large spatula and the baking sheet as a guide, carefully turn panini.

Nutrition facts per serving: 520 calories, 28 g fat, 9 g saturated fat, 0 g trans fat, 45 mg cholesterol, 1,290 mg sodium, 47 g carbohydrates, 3 g fiber, 4 g sugar, 26 g protein. Daily values: 50% vitamin A, 60% vitamin C, 35% calcium, 25% iron.



CHIPOTLE-ORANGE CHICKEN AND VEGETABLE STRIPS

Combine the bright, smoky flavors of orange and chipotle in a sauce for a fresh take on dinner.

Prep: 5 to 10 minutes | Grill: 6 to 8 minutes | Serves 4

- Cooking oil for brushing grill grate**
- 6 tablespoons Hy-Vee frozen orange juice concentrate, thawed
- 3 tablespoons finely chopped chipotle peppers in adobo sauce
- 1 tablespoon Hy-Vee spicy brown mustard
- ½ teaspoon Hy-Vee salt
- ½ cup Hy-Vee barbecue sauce
- 12 ounces fresh green beans, trimmed
- 2 yellow bell peppers, cored and cut lengthwise into ¾-inch strips
- 1¼ pounds Hy-Vee boneless chicken breast tenders

1. Brush grill grate with cooking oil. Preheat grill to medium-high heat for direct cooking. In a large bowl, stir together orange juice concentrate, chipotle peppers, mustard and salt. In a small bowl, combine barbecue sauce and 2 tablespoons of the orange juice mixture; reserve for brushing.
2. Add beans and bell peppers to orange juice mixture in large bowl, stirring to coat. Transfer vegetables to a baking sheet, shaking off and reserving sauce. Add chicken to same large bowl, stirring to coat. Transfer chicken to baking sheet; discard sauce.
3. Transfer chicken and vegetables from the baking sheet onto the grill rack. Grill for 6 to 8 minutes or until tender, turning occasionally. Brush reserved sauce over chicken before serving.

Nutrition facts per serving: 260 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 80 mg cholesterol, 1,100 mg sodium, 35 g carbohydrates, 4 g fiber, 25 g sugar, 29 g protein. Daily values: 50% vitamin A, 200% vitamin C, 4% calcium, 15% iron.

shrimp salad

WITH PIÑA COLADA VINAIGRETTE

Rich with pineapple and coconut flavors, piña colada mix is available at Hy-Vee's Wine & Spirits Department.

Prep: 10 minutes | Grill: 2 to 3 minutes | Serves 4

¼ cup piña colada mix

4 tablespoons Hy-Vee canola oil, divided

1½ tablespoons Hy-Vee apple cider vinegar

1 tablespoon Hy-Vee honey

1½ teaspoons grated fresh ginger or ½ teaspoon Hy-Vee ground ginger

½ teaspoon bottled hot pepper sauce

8 cups Hy-Vee spring mix salad greens

4 assorted baby peppers, halved and cut into ¼-inch strips

2 star fruits or kiwis, sliced

1 (14-ounce) can hearts of palm, drained

1 teaspoon Hy-Vee lemon-pepper seasoning

1½ pounds large shrimp, peeled and deveined

¼ cup flaked coconut

1. For vinaigrette, whisk together piña colada mix, 2 tablespoons canola oil, vinegar, honey, ginger and hot sauce; set aside. In a salad bowl, combine greens, peppers, fruit and hearts of palm; set aside.

2. Generously brush a grill wok with vegetable oil; place on grill grate. Preheat grill for direct cooking over medium-high heat.

3. In a large bowl, combine the remaining 2 tablespoons canola oil and lemon-pepper seasoning. Add shrimp; toss to coat. Grill shrimp over direct heat for 2 to 3 minutes, turning as needed. Transfer to a plate to cool slightly. Just before serving, top salad with shrimp and flaked coconut. Serve with prepared vinaigrette.

Nutrition facts per serving: 360 calories, 18 g fat, 3 g saturated fat, 0 g trans fat, 215 mg cholesterol, 1,550 mg sodium, 24 g carbohydrates, 6 g fiber, 13 g sugar, 28 g protein. Daily values: 120% vitamin A, 180% vitamin C, 20% calcium, 30% iron.





Gourmet BURGERS

Tonight's going to be a sizzling, juicy, crazy-fun occasion as you fire up the barbie for burgers. Start by purchasing burger-worthy meat—grill-ready patties prepared in a Hy-Vee Meat Service Department. No matter the gourmet style you serve, these ample burgers always elevate the pleasure level. No fast-food joint can match the fresh-tasting results.

BUTTERY BURGER

The recipe for our amazing Buttery Burger is available online at www.hy-vee.com/seasons or through the free tablet version of *Hy-Vee Seasons*. Download at the App Store, Google Play or Amazon.

SUNNY-SIDE UP BURGERS

Eggs and hash browns bring out the pork flavors in the burger patty. This is comfort food at its finest.

Prep: 15 minutes | Grill: 14 to 18 minutes | Serves 4

8 ounces 80%-lean ground beef
8 ounces lean ground pork
½ cup finely chopped onion
1 tablespoon gourmet burger seasoning
2 cups Hy-Vee frozen shredded hash brown potatoes
1 tablespoon Hy-Vee Select olive oil
1 tablespoon plus 2 teaspoons Hy-Vee butter, divided
½ teaspoon Hy-Vee salt
4 Hy-Vee large eggs
Hy-Vee salt and Hy-Vee black pepper, to taste
4 slices Hy-Vee whole wheat or white bread, toasted
Hy-Vee ketchup, optional

1. Gently combine beef and pork with the onion and the burger seasoning. Form the mixture into four ¾-inch-thick patties.
2. Place the hash brown potatoes, olive oil, 1 tablespoon butter and ½ teaspoon salt in the center of a 24x12-inch piece of heavy foil. Fold the short ends of the foil over the potatoes, forming a double seal. Seal sides of package, leaving room for heat expansion.
3. Preheat grill to medium heat for direct cooking. Grill patties and potato packet 14 to 18 minutes or until burgers are done (160°F) and potatoes are hot with crispy browned areas, turning patties and potato packet once halfway through grilling.
4. Meanwhile, heat a 10-inch skillet on a stove top over medium heat. Add remaining 2 teaspoons butter and wait until it foams. Add eggs to hot butter; sprinkle with salt and pepper. Reduce heat to low. Cook eggs for 3 to 4 minutes or until whites are completely set and yolks begin to thicken.
5. Serve burgers on toast with hash browns and eggs. Serve with ketchup, if desired.

Nutrition facts per serving: 690 calories, 41 g fat, 16 g saturated fat, 1 g trans fat, 285 mg cholesterol, 650 mg sodium, 47 g carbohydrates, 2 g fiber, 1 g sugar, 33 g protein. Daily values: 10% vitamin A, 20% vitamin C, 15% calcium, 25% iron.

BLT BURGERS

Sizzling bacon, oozing melted cheese and a grilled burger combine into a satisfying meal.

Prep: 15 minutes | Grill: 14 to 18 minutes | Serves 4

1½ pounds 80%-lean ground beef
1 medium onion, finely chopped
1½ tablespoons gourmet burger seasoning
16 slices Hy-Vee white or whole wheat bread
4 tablespoons Hy-Vee butter, softened
8 slices Hy-Vee American or cheddar cheese
Lettuce leaves
2 tomatoes, thinly sliced
8 slices Hy-Vee bacon, halved, cooked

1. Combine beef, onion and seasoning. Form mixture into four ¾-inch-thick patties.
2. Preheat grill to medium heat for direct cooking. Grill burgers for 14 to 18 minutes or until done (160°F), turning once halfway through grilling.
3. Meanwhile, for “grilled cheese” buns, lightly spread one side of each bread slice with butter. Top unbuttered sides of eight bread slices with cheese. Top with remaining eight bread slices, unbuttered sides down. Preheat a large skillet on a stove top over medium heat. Heat one sandwich in the skillet until bread is golden and cheese is melted, turning once halfway through cooking. Repeat with remaining sandwiches.
4. Serve burgers on lettuce-lined “grilled cheese” buns with tomato and bacon slices.

Nutrition facts per serving: 1,040 calories, 68 g fat, 31 g saturated fat, 2.5 g trans fat, 210 mg cholesterol, 2,080 mg sodium, 56 g carbohydrates, 3 g fiber, 10 g sugar, 50 g protein. Daily values: 25% vitamin A, 25% vitamin C, 35% calcium, 40% iron.

Fresh Tarragon Butter

Try this all-purpose butter on our Buttery Burger, shown *opposite*, or melt it over cooked vegetables.

Combine 8 tablespoons Hy-Vee unsalted butter, softened; 2 teaspoons chopped fresh tarragon; 2 cloves garlic, minced; ¼ teaspoon kosher salt; and ¼ teaspoon each cayenne pepper and black pepper. Spoon mixture onto a piece of parchment paper. Roll to create log shape. Twist ends of paper to seal. Refrigerate log until firm, about 3 hours.

Nutrition facts per 1 tablespoon serving: 100 calories, 12 g fat, 7 g saturated fat, 0 g trans fat, 30 mg cholesterol, 60 mg sodium, 0 g carbohydrate, 0 g fiber, 0 g sugar, 0 g protein. Daily values: 8% vitamin A, 0% vitamin C, 0% calcium, 0% iron.



RED, WHITE AND BLUE CHEESEBURGERS

Tangy blue cheese draws out the beefy flavors of the burger while the bun provides the appealing taste and chew of a soft pretzel.

Prep: 15 minutes | Grill: 12 to 16 minutes | Serves 4

1 pound 80%-lean ground beef
2 cloves garlic, minced
1 teaspoon Hy-Vee black pepper
2 ounces blue cheese crumbles,
plus extra for garnish
4 Hy-Vee bakery pretzel buns, split
2 tablespoons Hy-Vee Select olive oil
½ medium white onion, chopped
1 cup cherry tomatoes, coarsely chopped
¼ teaspoon Hy-Vee salt
4 whole cherry tomatoes

1. Combine beef with garlic and pepper. Shape meat mixture into eight ¼-inch-thick patties. Roll cheese into four balls and flatten into disks. Place disks onto center of four patties. Top with remaining patties; press edges to seal.
2. Preheat grill for direct cooking over medium heat. Grill burgers 12 to 16 minutes or until done (160°F), turning once halfway through grilling. Brush cut sides of buns with olive oil. Toast on grill, cut-sides down, during the last minute of grilling.
3. Meanwhile, in a small bowl combine onion, tomatoes and salt. Spoon one-fourth of mixture onto each bun bottom. Add a burger to each and top with additional blue cheese crumbles. Cover with top of bun. Skewer a whole cherry tomato into top of each bun.

Nutrition facts per serving: 680 calories, 35 g fat, 12 g saturated fat, 1.5 g trans fat, 90 mg cholesterol, 1,080 mg sodium, 60 g carbohydrates, 3 g fiber, 7 g sugar, 33 g protein. Daily values: 8% vitamin A, 10% vitamin C, 15% calcium, 35% iron.



NEW

FROM HY-VEE

★ GOURMET FARE ★

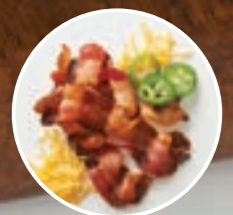
A special night calls for a special burger—a Hy-Vee Gourmet Steakhouse Burger. These premade patties come in a variety of tastes, such as Swiss Mushroom, Cheddar Bacon and, new this summer, the Jack Daniel's burger made with cheddar cheese and Jack Daniel's #7 BBQ Sauce. All are ready for you now at the Meat Service Counter—all you have to do is add lettuce, tomatoes, bacon and other fixings of your choice.



**Burger Mignon
Gourmet
Steakhouse Burger**



**Jack Daniel's Gourmet
Steakhouse Burger
with J.D. #7 BBQ Sauce**



**Cheddar Bacon
Gourmet
Steakhouse Burger**

A L L A B O U T T H E

melt!

Smooth, gooey and warm—melted cheese makes just about anything taste better.

Serve it in a trademark East Coast sandwich, as the heart of south-of-the-border nachos and as a nutty cheddar dip for snappy apples.

“Provolone is a no-fail cheese that’s lovely when melted. For the best results, use our fresh-sliced artisan cheeses,” says Jay Murray, cheese specialist at Hy-Vee Ankeny #2, Iowa.

PHILLY-STYLE CHEESE STEAKS

Philadelphians pride themselves on a sandwich containing thinly sliced pan-fried beefsteak and sautéed peppers topped with lots of melted cheese in a crusty bun.

Prep: 10 minutes | Cook: about 15 minutes | Serves 6

2 tablespoons Hy-Vee butter, softened

⅛ teaspoon Hy-Vee garlic powder

6 Hy-Vee Bakery multigrain ciabatta rolls, split

1 pound beef top round steak*

½ teaspoon Hy-Vee salt

½ teaspoon Hy-Vee Italian seasoning

¼ teaspoon Hy-Vee black pepper

1 tablespoon Hy-Vee canola oil

1 medium onion, sliced

3 cloves garlic, minced

2 red and/or green bell peppers, cut into ¼-inch strips

2 teaspoons Hy-Vee Worcestershire sauce

6 slices Hy-Vee provolone or pepper Jack cheese

1. Preheat oven to 450°F. Combine butter and garlic powder. Spread butter mixture onto cut sides of rolls. Place rolls, buttered-sides down, on a baking pan. Toast until light golden brown, about 1 to 2 minutes.
2. Cut steak against the grain into thin slices. Season with salt, Italian seasoning and black pepper; set aside.
3. In a large skillet, heat oil over medium-high heat. Add onion and garlic; cook for 2 minutes, stirring frequently. Add bell peppers; continue cooking and stirring until vegetables are tender, about 3 minutes. Remove and keep warm.
4. Add beef and Worcestershire sauce to skillet; cook and stir until beef reaches desired doneness, about 4 minutes.
5. Divide beef and vegetable mixture among roll bottoms. Top with cheese slices and roll tops. Heat in oven until cheese is melted, about 2 minutes.

*Note: Chill steak in the freezer for 30 minutes for easier slicing.

Nutrition facts per serving: 430 calories, 19 g fat, 8 g saturated fat, 0 g trans fat, 55 mg cholesterol, 760 mg sodium, 34g carbohydrates, 3g fiber, 4g sugar, 26g protein. Daily values: 20% vitamin, 80% vitamin C, 20% calcium, 20% iron.



CHEDDAR-BEER FONDUE DIP

Heating the cheese mixture slowly is the secret to ensuring a smooth, well-flavored fondue.

Cook: 15 minutes | Serves 24 (about 2 tablespoons each)

- 1 (12-ounce) bottle light beer**
- 2 cloves garlic, minced**
- ½ teaspoon Hy-Vee Dijon mustard**
- ½ teaspoon bottled hot pepper sauce**
- 4½ cups Hy-Vee shredded sharp cheddar cheese**
- 2½ tablespoons Hy-Vee cornstarch**
- Rye or Italian bread cubes, optional**
- Granny Smith apple slices, optional**

1. In a medium saucepan, heat beer over medium heat just until boiling; stir in garlic, mustard and hot pepper sauce.
2. In a bowl, toss cheese with cornstarch. Slowly stir cheese mixture into beer mixture. Continue stirring until mixture is smooth and thick, about 4 to 6 minutes total. Serve with bread cubes and apple slices, as desired.

Nutrition facts per serving: 90 calories, 7 g fat, 4.5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 140 mg sodium, 3 g carbohydrates, 0 g fiber, 0 g sugar, 5 g protein. Daily values: 4% vitamin A, 0% vitamin C, 15% calcium, 0% iron.



EASY CHEESY NACHOS

Layering a generous amount of cheese between the chips ensures that every chip has molten goodness on it.

Prep: 5 minutes | Bake: 5 minutes | Serves 10

- 1 (10-ounce) bag Hy-Vee Cantina-style tortilla chips**
- 2 cups Hy-Vee shredded Mexican-blend cheese**
- Assorted toppings (sliced jalapeño peppers, corn, chopped red onion, quartered cherry tomatoes, chopped avocado, sliced green onions and/or chopped fresh cilantro)**

1. Preheat oven to 400°F. Line a baking sheet with aluminum foil.
2. Spread half the tortilla chips on prepared baking sheet in an even layer. Sprinkle 1 cup shredded cheese evenly over the chips. Layer again with remaining chips and cheese. Sprinkle jalapeños and corn over top, if desired. Bake until cheese is melted and bubbly, about 5 minutes. Remove from oven and garnish with red onion, tomatoes, avocado, green onions and cilantro, if desired.

Nutrition facts per serving: 250 calories, 17 g fat, 7 g fat, 0 g trans fat, 25 mg cholesterol, 260 mg sodium, 18 g carbohydrates, 2 g fiber, 0 g sugar, 8 g protein. Daily values: 8% vitamin A, 0% vitamin C, 20% calcium, 2% iron.



GARDENING

101

WORDS Julie Martens PHOTOS Tobin Bennett

Even if you have limited space for a garden, you can experience the wonder of growing your own foods and flowers. Whether planting in containers, a raised bed or a square-foot garden, it's easy to raise crops bursting with sun-ripened flavors and nutrition.





Square-Foot Gardening

Try your hand at raising table-worthy vegetables and be delightfully surprised at the delicious results. Fresh-from-the-yard flavors and a lower family food budget are just the beginning of the rewards to be reaped. You'll also harvest bushels of health-promoting benefits, including stress relief and a stronger immune system. All this can be accomplished in a garden requiring very little space.

THE BASICS

When you have limited room for gardening, the best solution is planting in raised beds or containers. Either of these gardening approaches promises an exceptionally high yield of veggies.

Raised beds. These above-ground gardens are usually made with a wood frame, such as the one shown *above* and sold at Hy-Vee Garden Centers. Keeping these beds no more than 4 feet wide allows you to maintain crops by leaning into the garden. Soil, mulch and fillers to improve drainage fill the box. Square-foot gardening is a popular high-yield method similar to raised beds. Read about it, *right*.

Container gardening. Anything that can hold soil is a potential garden, such as a large plastic pot or an old wheelbarrow. The advantage here is flexibility. No matter the size a yard is, there are containers that will fit. A well-placed container allows

you to position plants to capture sunshine or place veggies and flowers where they become design elements within your yard.

For a successful garden, position plants so they will get plenty of sunshine and water. Use quality soil that allows sufficient drainage. Most fruits and vegetables need a minimum of six hours of direct sunlight in the Midwest. Place your garden where it's convenient for tending and harvesting.

DESIGN IDEAS

Shapes, sizes and materials for containers are almost endless.

- Add a rustic cedar planting box to a sunny spot on a deck.
- Purchase large, colorful pots of 10 gallons and up. These can be moved from season to season—or even during a season—until you find the perfect position for sun.
- Use half of a wooden barrel to host a gathering of tomato plants.
- Check out water tanks in various sizes at farm stores. They are ideal for planting.
- Create a focal point for your yard by stacking small pots on a bench with larger pots in front on the ground. Keep in mind the heights to which the plants will grow.
- Attach a collection of 1- or 2-gallon-size metal cans to a fence, a shed or other utilitarian surface.

Square-foot gardening makes it easy to plant significantly more vegetables, allowing you to enjoy an abundant harvest from a small area.

Start with wood frame similar to a raised-bed frame. Build a 4×4-foot frame with walls about 12 inches high. Fill it 6 inches deep with soil. Attach a latticelike grid of thin wood strips across the frame top to divide the bed into 12-inch squares. Plants are arranged together as closely as possible.

Here's what you need to get started:

- A garden frame. The Hy-Vee raised-bed frame, shown *above*, also works for a square-foot garden. Just add a grid to the top.
- A bottom. This keeps out weeds. Make a bottom from weed cloth or plywood with holes for drainage.
- A grid. Starting at one corner of the frame top, put a mark every 12 inches between frame posts. Using six 4-foot-long narrow strips of wood for a 4×4-foot frame, attach the strips at every mark to crisscross the box.
- Soil. Purchase garden soil, peat moss and vermiculite for a planting medium that supports growth.

KIDS' GARDEN PICKS

Children should begin gardening early, says Hy-Vee garden expert Jerry Kluver. "By the time they are five, kids should be in the garden touching the dirt and discovering the smells." A current trend is encouraging kids to grow the same vegetables and flowers that are grown in gardens at the White House. Here's a list of those popular plants.

BROCCOLI	A patch of broccoli resembles a small grove of trees, which amuses kids. Plant in late summer as a fall crop. Grown in partial shade, broccoli thrives as the air cools. Ready to harvest in 80 days.
CARROTS	Smaller carrots are sweet and tender, making them a perfect snack for children. This familiar food is loaded with vitamin A. Plant in loose soil by mid-August and pick in about six weeks.
GREEN BEANS	These require little care except for regular weeding and giving them plenty of water during dry spells. Planted in a sunny spot, they reach maturity in about 45 days.
POTATOES	Plant a chunk of a potato containing two eyes to produce a plant. Most potatoes sold as food are treated so they won't grow. Instead, purchase starter potatoes at a Hy-Vee Garden Center. Plant in spring.
PUMPKINS	Plant pumpkin seeds soon to have one ready as a jack-o'-lantern by Halloween. Pumpkins take about 100 to 120 days to grow, depending on variety. Once a plant appears, it needs plenty of water.
RADISHES	Radishes provide almost instant gratification for kids. These veggies are fully grown in as little as 25 days. Plant in late summer and you'll have an abundance of radishes in fall.
SUGAR SNAP PEAS	Because no shelling is required to eat sugar snap peas, they have become a garden favorite. Try a bush variety, which provides an abundance of crisp produce that can be eaten raw or cooked.
SPINACH	With thick, dark green leaves, spinach always looks inviting in a salad. Planted in late summer for a fall harvest, spinach is fully grown in about 45 days. It's a good source of vision-enhancing vitamin A.
SUNFLOWERS	There's excitement when bold blooms start popping about 60 days after planting. For variety, plant a sunflower seed mix that offers flowers ranging from 3 to 8 inches in diameter.
TOMATOES	Choose a variety of cherry tomatoes or other smaller types that kids can gobble up easily. Most tomatoes reach maturity about 75 days after they've been planted in full sun.

PARENTS: Sharing gardening time with your children will be as wonderful for you as it is magical for them, says Jerry Kluver of Hy-Vee. "You'll never feel closer to your children than when you're down in the dirt working together," he says.



WAYS TO GET YOUR KIDS *involved*

Kids and gardens go together like peanut butter and jelly. Children have a natural curiosity about the world around them, and they join in eagerly when invited to explore and experience the magic of seeds and growth. Here's how to ignite interest in gardening.

- Choose the right plants. Purchase large, easy-to-handle seeds, such as squash, sunflowers, pumpkins or peas. If your child is interested in flowers, moonflower vines and four o'clock plants offer big seeds and time-telling blooms.

- Kids go for names. Look for veggie varieties with fun names like Baby Boo pumpkin, Flying Saucer squash, speckled trout-back lettuce or Thumbelina carrot. Or pique kids' interest with unusual colors, including purple beans, white carrots, orange cauliflower or even blue potatoes.

- Deliver immediate gratification. Kids love gardens with fast-growing plants, such as radishes that sprout in only 4 days, Alpine Strawberries and green onions.

- Teach patience. On the flip side of instant gratification, you can also instill the idea that rewards don't come overnight. Plant leaf lettuce, sugar snap peas, tomatoes or corn, and they'll learn.

- Engage kids with visual displays. Grow a leafy hideout by planting a bamboo-stake tepee with pole beans. In beds or containers, plant a food-themed garden, such as a pizza, stir fry, salsa or salad garden. Then let kids help prepare meals using their homegrown ingredients.

- Create memories. Take pictures throughout the growing and harvesting seasons, and encourage your kids to journal about their garden adventures. Not only will you be growing fresh foods, but also healthy eaters and kids who will be lifelong gardeners.

NATURAL BEAUTY

WORDS Alison Herr PHOTOS Tobin Bennett

To achieve natural beauty, gently nourish, refresh and feed your skin the right nutrients. The traditional way is eating a healthy diet, but foods added to lotions and potions also help beautify your outer self. Whether you make beauty aids at home or purchase similar products at Hy-Vee, try blends containing foods to naturally cleanse, moisturize and tone your skin and hair.

MAKE YOUR OWN BEAUTY AIDS

Your latest solutions for cleaner, healthier skin and hair can be found among the fruits and vegetables at Hy-Vee. The DIY recipes, shown *below*, are gentle enough to eat—and gentle enough to apply to your skin or hair. The path to the most beautiful you goes through the Hy-Vee Produce Department.



LEMON FACE TONER

A few moments cleansing your face with this toner reduces redness and swelling. A mild tonic, with less than 20 percent alcohol, it keeps the upper layers of the epidermis moisturized while reducing pores.

Prep: 5 minutes | Makes 16 ounces

½ cup lemon juice, strained
1 cup water
¾ cup witch hazel

In a bottle, mix ingredients. Store bottle upright. Shake before each use. Apply with a cotton pad.



LAVENDER & SUGAR FOOT SCRUB

Invigorating with a light floral scent, lavender acts as a relaxant, antibacterial and mood lifter among other benefits. Impatiens flower oil helps calm irritability and offers a pleasing balance to the lavender scent.

Prep: 5 minutes | Makes 2-4 scrubs

½ cup organic sugar
1 tablespoon natural fragrance-free lotion
2 teaspoons dried lavender flowers, crushed
2 drops lavender flower oil
2 drops impatiens flower oil

In a jar with a locking, air-tight lid, mix all ingredients, combining well. Store in the airtight jar.

To use, massage scrub onto feet to exfoliate skin. Rinse with clear water and pat feet dry.



AVOCADO HAIR MASK

Dry hair is softened and conditioned by vitamin E and essential fatty acids found in the avocado and by potassium in the banana. This formula works as well for men as it does for women.

Prep: 5 minutes | Makes 1 mask

1 avocado
1 banana
½ teaspoon olive oil

Peel avocado and remove pit. In a bowl, mash avocado and banana. Add oil, mixing well to combine all the ingredients.

Apply mask to damp hair. Wrap hair with plastic wrap for 30 minutes to keep hair mask in place. Rinse hair with warm water. Discard any leftover avocado mixture.



ROSEMARY HAND MOISTURIZER

This antibacterial, cleansing and aromatic lotion blend soothes as it moisturizes.

Prep: 10 minutes | Makes 15 ounces

¾ cup almond oil
½ cup coconut oil
3 tablespoons shea butter hand cream
¾ cup rose water
½ cup aloe vera gel
1 vitamin E capsule
1 tablespoon minced rosemary

Melt almond oil and coconut oil for 30 seconds in a microwave. In a jar with a locking, airtight lid, mix oils and hand cream, stirring until well combined. Add rose water, aloe vera gel, contents of vitamin E capsule and rosemary. Mix well and store in the airtight jar.

Mixture will thicken as it cools.

NATURAL SKIN CARE TIPS:

Save money on makeup removers by using **ALMOND OIL** as an alternative. It may feel oily at first, while it breaks down makeup. • Adding a small amount of **CORNSTARCH** extends the effective use of commercial face powders. • Try making your own translucent powder using equal parts green clay and cornstarch, putting in a pinch of **COCOA POWDER** for a hint of color. • Not just for medicinal use, an **HERBAL POUltICE** works wonders to reduce facial puffiness and inflammation. • Adding a gallon of **WHOLE MILK** to a bath acts as a natural moisturizer. It's a nonabrasive solution for men and women suffering from eczema or other sensitive skin conditions.

Note: Before using any of these DIY recipes, test each to make sure you have no adverse reaction. Test a small amount on your skin or hair. Discontinue use if you see discoloring, a rash or any other sign of a problem.

A
HEALTHIER
YOU



50% off all Nature Made
Gummies, Vitamelts, Vitamin C
or Vitamin D: select varieties
40 to 500 ct.

SOLUTIONS: NATURAL BEAUTY

WHOLESOME BEAUTY CARE

Like the food-based treatments on the previous page, the natural beauty products, shown *below*, include foods in their formulas. Try a moisturizer containing vitamins, a scrub made with honey, a lemon shampoo and other products.





Always or Tampax: select varieties 24 to 54 ct. \$6.88



Crest Toothpaste 5.8 to 8 oz.
Fixodent 1.4 or 1.6 oz. Glide Floss 2.5 to 50 m.
Oral B Tooth Brushes each,
Oral B Floss 3.5 m. or Floss Picks 75 ct.
\$2.97



Gillette Disposables: select varieties 2 to 12 ct. \$7.88



Secret, Old Spice or Gillette: select varieties 2.6 to 6 oz. \$3.99

Fresh breath
and a set of
pearly whites.
A healthy smile
never felt so good!



Stack the day in your favor with an open-faced presentation.



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



Land O'Frost Bistro Favorites:
select varieties 6 oz. \$2.68



Wimmer's Natural Casing Weiners:
select varieties 12 oz. 2/\$7.00



Wimmer's Summer Sausage:
select varieties 20 oz. \$4.99



GET THE GOODS

Great deals abound at your local Hy-Vee. Save by picking up the foods, drinks and household items shown here and throughout *Hy-Vee Seasons*.

FRIDGE AND FREEZER



Hy-Vee Chicken or Pork Meatballs: select varieties 16 oz. \$4.88



Newman's Own Frozen Skillet Entrées: select varieties 22 oz. \$6.88



Newman's Own Pasta Sauce: select varieties 15 or 24 oz. 2/\$5.00



Newman's Own Salad Dressing: select varieties 16 oz. \$3.29



Silk Yogurt: strawberry, peach, mango or blueberry 5.3 oz. 5/\$5.00

BAKERY AND FLORAL



Sargento Sliced Cheese: select varieties 6.7 to 8 oz. 2/\$5.00



Oscar Mayer Deli Fresh Meats: select varieties 16 oz. \$5.99



Farmer's Garden Pickles: select varieties 26 oz. \$3.19



Baking Stone Jalapeño-Cheddar Focaccia Bread 16 oz. \$4.99



Blooming Patriotic Wrap and Pick \$10.00



Organic Herbs: chive, basil, oregano, parsley, thyme and mint \$6.00

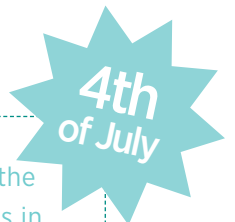


Hy-Vee Floral Grand Selects Flower Bunches: \$8.99



LET YOUR FLORAL FLAG FLY! Celebrate the red, white and blue with star-shape hydrangeas in a patriotic bag symbolizing the American flag. Let this arrangement shout out your love of country and its many gifts, including some of the most breathtaking flowers found anywhere in the world.

White Shooting Star Hydrangea in Patriotic Burlap Bag \$25.00



PANTRY



Planters Trail Mix: nut and chocolate or sweet and nutty 6 oz. \$2.49



Bertolli Olive Oils: Extra Virgin, Extra Light or Classico 25.5 oz. \$9.77



Pompeian Olive Oil: extra virgin, light or pure 16 oz. \$4.98



Weber Seasonings: select varieties 2.5 to 3 oz. 2/\$4.00



Weber BBQ Sauce: select varieties 18 oz. 2/\$4.00



Trident, Dentyne, Stride or Bubblicious Gum: select varieties 10 to 18 pc. 5/\$5.00

BEVERAGES



Hefty One Zip Bags: select varieties 12 to 40 ct. \$3.77



Old Orchard Healthy Balance or Cranberry Naturals: select varieties 64 oz. \$1.88



V8 V-Fusion Beverages: select varieties 4, 6 or 8 pk. 2/\$6.00



International Delight Iced Coffee: select varieties 64 oz. \$3.77



Jolly Time Microwave Popcorn: select varieties 4.8 to 10.5 oz. 2/\$4.00



Pop Secret Popcorn: select varieties 3 ct. \$2.28

SNACKS

POP UP THE FUN



**MAKE YOUR
DINNER A
HOME RUN
WITH
JOHNSONVILLE
SAUSAGE.**



Johnsonville Smoked or Cooked
Sausage and Brats:
select varieties
12 to 14 oz. \$2.99



THIS SUMMER, LEAVE
NO ONE SCREAMING FOR ICE CREAM.

HURRY INTO YOUR
LOCAL HY-VEE FOR **15% OFF**

ICE CREAM MAKERS, MIXERS AND ROCK SALT.

COOKIES ... ICE CREAM ... M&M'S ... WHAT MORE COULD YOU ASK FOR?



Mars Ice Cream Novelties: select varieties 3 to 14 ct. \$3.98



Mars Single Candy Bars: select varieties 1.14 to 1.92 oz. 4/\$3.00



Mars Uncle Ben's Rice: select varieties 6 to 15.8 oz. \$1.99



Mars Snickers Ice Cream Bars 12 pk. \$6.77



WITH FLAVOR THAT
TASTES AS GOOD
AS IT LOOKS, ONCE
YOU OPEN BREYERS
GELATO YOU WON'T
NEED TO HANG ON
TO THE LID.

Breyers Gelato: select varieties 28.5 oz. \$3.98



Ben & Jerry's Ice Cream: select varieties 1 pt. \$3.98



Fruittare Real Fruit Bars or Magnum Bars 3 to 6 pk. \$3.98



Klondike Ice Cream Bars, Reese's, Mounds, York Peppermint Ice Cream Bars or Popsicles: select varieties 4 to 30 pk. \$3.98



MORE REASONS TO LOVE SEASONS!

Introducing the new digital version of *Hy-Vee Seasons* for tablets—including **Kindle Fire**. Readers get all print-edition stories, plus cooking-technique videos as bonus features. There's also a cooking mode that displays instructions in large, easy-to-read text.

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- HELPFUL COOKING VIDEOS
- RECIPES, IDEAS AND TIPS
- EMAIL RECIPES TO FRIENDS
- LINKS TO HY-VEE'S SOCIAL NETWORKS
- STORE YOUR ISSUES IN ONE PLACE

**NOW
ON YOUR
KINDLE!**



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Coming Next

BACK TO SCHOOL 2014

About the time the 2014 Back to School issue of *Hy-Vee Seasons* arrives, families will be gearing up for the school days ahead. You can depend on Hy-Vee to help you get the kids ready. Whether your children are just starting kindergarten or will complete high school this school year, look to *Hy-Vee Seasons* for smart ideas for feeding, equipping and preparing your children. Look for the Back to School issue in stores on July 23. For free home delivery of our print edition or to download our new free digital version for tablet devices, visit our website at www.hy-vee.com/seasons





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