

seasons

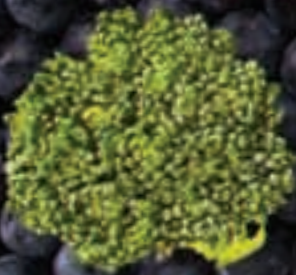
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seasons

Hy-Vee

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PROOFREADERS: M. PEG SMITH, JENNIFER RUISCH

FOOD STYLIST: SUSAN STRELECKI

HAIR AND MAKEUP STYLISTS: RONA JACOBS, MARY-KATE GALES

PREMEDIA/IMAGING DIRECTOR: MICHAEL GOSHON

COVER PHOTOGRAPHER: ADAM ALBRIGHT

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Letter

Dear Hy-Vee Friends,

One of the most amazing things that has happened to me since my first Olympics is having a huge following of little girls and boys. It's something important to me. It's an honor. I have an obligation to live up to their feelings that I am their role model.

I was the same way about my heroes while growing up. It comes with the accomplishments and it's a good part of the job. But I still can't wrap my head around it when all these little girls crowd around for autographs. I'm just a normal person, too. It just so happens that I work out at the gym quite a lot.

One of the messages I try to give them is that they should eat well. I eat a lot of fresh fruits, vegetables and chicken, and I love organic foods. I encourage fans to watch what they eat, too.

My whole healthy-lifestyle philosophy is something that I have in common with my friends at Hy-Vee. That's why I enjoy being affiliated with the company.

This Back-To-School issue of *Hy-Vee Seasons* is all about families, eating together and staying healthy. In the opening story, "Family Dinner," page 4, you'll read about the importance of sharing a daily meal. Chef Curtis Stone, a new voice for Hy-Vee, weighs in with his ideas and recipes. You'll also want to read "Food for Thought," page 24, to discover which foods provide the fuel and nutrients needed to keep your brain operating at its optimal level day-in and day-out.

For the fun of it, there's "All-American Dogs," page 32, that celebrates hot dogs and offers some tasty new ways to prepare them for friends and family. Other stories focus on sack lunches for school, hosting a team party for high school athletes and adding nutritious seafood to your diet. Oh, yes, there's also a story about me, "Precious Medal," page 38.

All in all, it looks like this issue is another gold-medal performance for Hy-Vee.

Shawn Johnson, Olympic Gold Medalist
West Des Moines, Iowa



family *DINNER*

Having dinner as a family is like planting a garden.
It takes some organization, diligence, patience and love.
But if you keep this commitment, your entire family will be rewarded.

TEXT LOIS WHITE PHOTOGRAPHY ANDY LYONS



It's easy to think of school as the place where our children learn everything. But it's not true. There's no better place than home for finding teachable moments, such as learning good manners at the dinner table or understanding how to engage in conversation with older people when grandparents visit.

In such matters, there is no more important hour than when the family eats together, says chef Curtis Stone, a new spokesman for Hy-Vee. He came by his strong feelings in an honest way—eating and talking nightly with his mother, brother and sister around the dinner table at home in Melbourne, Australia.

Lorraine Stone, Curtis' mother, always had a more significant agenda than just eating a meal, he says. She had the children play a game each night that she called "Best and Worst." Each of the children had to talk about their day as they were gathered at the table. This often led to lengthy conversations that shaped how the Stone kids saw each other and the world.

"I wouldn't trade those times for anything," Curtis says.

ON CLOSER INSPECTION

Like many common routines, the importance of the family dinner hour is often overlooked. But researchers have proven that this age-old ritual has long-term value for our households and society. Consider these findings:

- Teens from households where family dinner is common are more apt to be well-adjusted and more motivated in school, according to a 2007 Columbia University study. They also relate better to their peers and are less likely to drink alcohol, smoke cigarettes or try marijuana.
- A survey found that kids ages nine to 14 years who typically eat dinner with their families will consume more fruits and

vegetables, drink less soda and eat less fried foods. Their diets also have higher amounts of such key nutrients as calcium, iron and fiber, said researchers in the Obesity Prevention Program at the Harvard Medical School.

- The American Academy of Pediatrics recommends that families share dinner as often as possible. Regular mealtimes with parents and children increases each child's sense of belonging and stability, and boosts the family's feeling of group connection.

A MATTER OF TIME

Time pressure is the common reason that parents say the family can't dine together. But they are losing out. Dinner is the best chance parents have for relaxed conversation with their children. This is where family stories are told, knowledge is gained and behavior gently modified. These are critical moments for families.

Curtis believes time can be redeemed by creating quick meals that are short on prep time and long on nutrition. "Family dinners shouldn't take all day to prepare. They just need a bit of tender loving care. Tender is the key word here!" he says.

A strong believer in simple salads and veggies, Curtis says, "Keep an arsenal of quick-cooking tender vegetables on hand, such as asparagus, zucchini and yellow squash. These veggies don't even need to be peeled—another time-saver—and they cook quickly whether you put them on the grill, roast them in a hot oven or sauté them in a skillet."

As for the tomatoes, "choose an assortment of ripe tomatoes in varying colors and shapes, cut them into large chunks, drizzle with extra-virgin olive oil and balsamic vinegar and season with salt, pepper and fresh basil. Serve as a salad or on grilled bread."

Above all, cooking and eating together should be fun.

FROM CHEF CURTIS STONE



"My mum was a busy lady. She was a single mum who owned her own business while bringing up a family. Most of the time, dinner was something she threw together at the end of the day for my brother, my sis and I. But what we ate was never as important to her as that we were all together."

BRUSCHETTA SALAD

Baby arugula provides a nice bed for assorted fresh tomatoes, basil, Parmesan cheese and other pleasant ingredients. Top it with an excellent balsamic vinegar and olive oil. It's like a trumpet at dawn.

Serves 4.

8 (½ ounce each) slices French baguette
3½ tablespoons Grand Selections olive oil, divided
1 clove garlic, halved
5 ounces baby arugula
3 medium heirloom tomatoes, chopped
8 cherry tomatoes, halved
8 fresh basil leaves
¼ cup Grand Selections balsamic vinegar
Hy-Vee salt and Hy-Vee cracked black pepper, to taste
¼ cup freshly shaved Parmesan cheese

Brush baguette slices with 1½ tablespoons olive oil and grill until toasted. Rub garlic halves over toasted bread; set aside. Arrange arugula and tomatoes on a plate or in a large bowl. Top with basil leaves. In a small bowl, combine vinegar, remaining 2 tablespoons olive oil, salt and pepper. Drizzle over salad and toss gently to coat. Sprinkle with Parmesan before serving.

Nutrition facts per serving: 250 calories, 14 g fat, 3 g saturated fat, 0 g trans fat, 5 mg cholesterol, 330 mg sodium, 22 g carbohydrates, 2 g fiber, 6 g sugar, 7 g protein. Daily values: 40% vitamin A, 50% vitamin C, 15% calcium, 10% iron.





CHEF CURTIS STONE'S GRILLED T-BONE STEAK WITH CHIMICHURRI SAUCE

The chimichurri sauce, which goes on after the steak is grilled, does a tasty job of waking up the beef flavor.

Serves 4.

3 cloves garlic, peeled
¼ cup fresh cilantro
¼ cup fresh flat-leaf parsley
1 tablespoon fresh thyme leaves
½ tablespoon fresh oregano leaves
1 tablespoon crushed red pepper flakes*
Zest of 1 lemon
2 tablespoons red wine vinegar
¼ cup olive oil
2 (14- to 16-ounces each) Amana T-bone steaks
Kosher salt and freshly ground black pepper

To make the chimichurri sauce:
 Mash garlic in a mortar and pestle or food

processor. Add cilantro, parsley, thyme and oregano, and continue mashing until herbs are coarsely ground. Mash in red pepper flakes, then lemon zest and vinegar. Slowly drizzle in oil while mixing. Season chimichurri sauce to taste with salt and pepper.

To grill the steaks:

Prepare grill for medium-high heat. Sprinkle steaks with salt and pepper. Set steaks, fat side down, on grill. Grill until fat is rendered and golden brown, about 4 minutes. Lay steaks, cut side down, on grill and cook to desired doneness, about 4 minutes per side for medium-rare doneness. Transfer steaks to plates and rest for 4 minutes. Spoon

chimichurri sauce over and around steaks and serve.

**Test Kitchen tip: The heat level of dried hot red pepper flakes can vary. Adjust to your taste.*

Nutrition facts per serving: 380 calories, 24 g fat, 6 g saturated fat, 0 g trans fat, 80 mg cholesterol, 105 mg sodium, 2 g carbohydrates, 1 g fiber, 0 g sugar, 36 g protein. Daily values: 40% iron, 20% vitamin A, 15% vitamin C, 2% calcium.

Scan for more
exclusive recipes.



If your son loves grilled corn, Curtis suggests having a corn-shucking race and award him the title of Master Chef when he's finished. If your daughter loves pasta, ask her to stir it as it cooks and crown her as the family's Pasta Expert Extraordinaire for determining perfect al dente doneness.

"Teach your kids how to make a simple vinaigrette," he says. "Then encourage them to create their own concoctions using different oils, vinegars and herbs each time."

CAPTURE THE TIME

If time still seems like the stumbling block to getting the family around the table, focus on prep work. Time saved up front can make the whole process go smoother. Here are helpful tips.

- Collect quick and easy recipes. Make dishes, such as the recipe from Curtis, *opposite*, that utilize a handful of ingredients. When appropriate, ask the kids to help with preparations.

- Go with simple sides. If the main dish takes time, choose uncomplicated sides with flavors and textures that best complement the entrée. If your main dish is robust in flavor, serve with a tossed salad or bowls of steamed vegetables. If you're serving a soup or stew, accompany it with bread or crackers.

- Plan ahead. A well-stocked kitchen saves time. Keep such healthful options as fruits, vegetables and whole-grain breads on hand. Make casseroles, such as chicken and noodles or enchiladas, ahead to save cooking and cleanup time on busy weeknights. Prep ingredients ahead in large quantities. For example, brown enough ground beef for two meals, or cook a double batch of rice, noodles or potatoes and refrigerate portions for later use.

- Use time-saving appliances. Prepare lasagna in a skillet rather than baking in the oven, or micro-cook steamed veggies. The slow cooker is another good option. Put everything together before leaving for work in the morning. You'll come home to the delicious smell of a cooked meal.

A KEY TO HAPPINESS

The more you're committed to having sit-down dinners, the easier it will be to create wholesome meals everyone will enjoy. As a result, family members will be happier and get along better.

"I believe your family will be nourished in ways no multi-vitamin can come close to," says author Laurie David, who wrote *The Family Dinner: Great Ways to Connect with Your Family One Meal at a Time*. "You'll be making dinner history yourself by creating memories and rituals that your kids will carry and savor forever."

When parents make dinner a priority, kids see the value of family sharing and caring. In essence, parents are reinforcing that family time is more valuable than football, friends or flute lessons. Research has proven again and again that dinner is the most important activity families can participate in together. "Everything we worry about as parents—drugs, alcohol, obesity, academic achievement and nutrition—can be improved by the simple act of eating and talking together around the table," Laurie says.

The family table is a safe and comfortable place for young people to master the arts of life. They develop patience while waiting for food to be passed. They become helpers as they assist younger siblings in filling glasses with milk. Mealtimes provide opportunities for lively discussions, while teaching key social skills—listening, conversing and expressing opinions.

Laurie says, "Having dinner together is the thing that civilizes us. It makes us stop and purposefully be a family."





ROSEMARY POTATOES

Pro Health Baby Potatoes are called for in this earthy recipe. Fried, they are crispy outside, while tender inside. A little butter helped make them a golden-brown.

Serves 6.

1 tablespoon Grand Selections olive oil
1 tablespoon Hy-Vee butter
1 (1.5 pound) package Pro Health Baby Potatoes, quartered
6 pearl onions, peeled
1 tablespoon chopped fresh rosemary
½ teaspoon Hy-Vee sea salt

In a large skillet, heat olive oil and butter over medium heat. Add the potatoes and onions. Cover and cook 5 minutes. Uncover and stir in rosemary. Continue cooking until potatoes are golden brown, stirring occasionally. Season with salt just before serving.

Nutrition facts per serving: 130 calories, 4 g fat, 1.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 230 mg sodium, 23 g carbohydrates, 2 g fiber, 1 g sugar, 2 g protein. Daily values: 2% vitamin A, 6% vitamin C, 8% calcium, 6% iron.

Pro Health Smart Bite
Baby Potatoes:
select varieties 24 oz. \$2.99



TRIPLE BERRY SOUP WITH ALMOND CREAM

The sugar level of this healthful bowl of berries has been kept to a minimum. Except for the fruit, the only thing for a sweet tooth is a dollop of whipping cream.

Serves 4.

½ cup heavy whipping cream

2 tablespoons Hy-Vee powdered sugar

¼ teaspoon Hy-Vee almond extract

1½ cups strawberries, washed and stemmed, divided

1½ cups blackberries, washed, divided

1½ cups raspberries, washed, divided

½ cup Hy-Vee white grape juice

2 tablespoons Hy-Vee granulated sugar

Chill beaters and a small mixing bowl in the freezer. Pour whipping cream into the chilled bowl and beat until cream begins to thicken. Add powdered sugar and almond extract and

beat until soft peaks form. Cover and store in the refrigerator.

Meanwhile, in a blender or food processor, puree ½ cup strawberries, ½ cup blackberries and ½ cup raspberries, grape juice and granulated sugar until smooth. Cover and store in the refrigerator.

Put the remaining washed berries on a paper towel-lined cookie sheet to dry. To serve, divide pureed soup among 4 bowls and top each with mixed berries and whipped cream mixture.

Nutrition facts per serving: 220 calories, 12 g fat, 7 g saturated fat, 0 g trans fat, 40 mg cholesterol, 15 mg sodium, 29 g carbohydrates, 7 g fiber, 20 g sugar, 2 g protein. Daily values: 10% vitamin A, 100% vitamin C, 6% calcium, 4% iron.



Wishbone, Western Salad Dressings or Wishbone Spritzers: select varieties 7.0 or 16 oz. \$1.99



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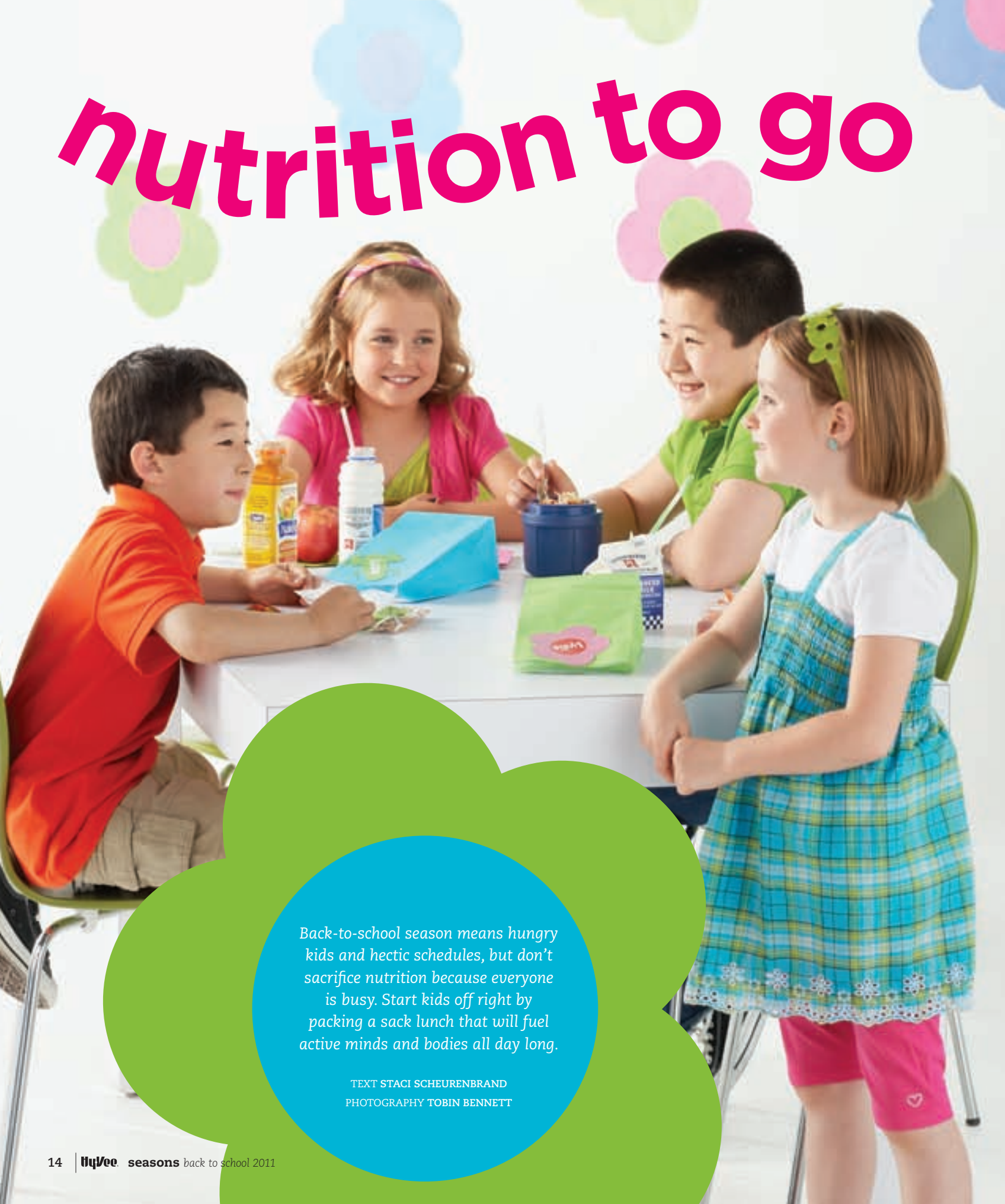


FROM CHEF CURTIS STONE



“The end goal is to create *happiness around the dinner table*. It doesn’t have to be overly complicated.”

nutrition to go

A photograph of four children sitting around a white table, smiling and eating. On the table are various school lunch items: a carton of orange juice, a carton of milk, a blue container of food, a green container of food, and a blue paper bag. The children are dressed in casual clothing. The background is white with colorful floral decorations. A large green and blue circular graphic is overlaid on the bottom left of the image.

Back-to-school season means hungry kids and hectic schedules, but don't sacrifice nutrition because everyone is busy. Start kids off right by packing a sack lunch that will fuel active minds and bodies all day long.

TEXT STACI SCHEURENBRAND
PHOTOGRAPHY TOBIN BENNETT



Although most U.S. schools participate in the National School Lunch Program, many kids still do not get an adequate variety of low-fat, high-energy, nutrient-dense foods at their midday meal. A simple, cost-effective solution is packing wholesome homemade meals, which provide kids the energy they need and establish healthy eating habits.

SMART EATING

While the trend toward mega-size portions is most evident in restaurants and fast-food establishments, food from home shares some blame. In a renewed effort to help the nation get a grip on its out-of-control eating, the the United States Department of Agriculture (USDA) has replaced the food guide pyramid, which was first published in 1992. Given the current obesity problem, it's safe to say that the pyramid had only limited impact. The USDA is now promoting the MyPlate program (www.choosemyplate.gov), which offers nutrition advice in the form of a colorful dinner-plate graphic. Shown are four compartments for nutritious food groups—fruits, grains, vegetables and proteins. There's also a glass of milk on the side. That's it. No ounces, no cups, no long-winded instructions. Instead, the graphic delivers such implied messages as enjoy food but eat less, control portions, eat plenty of fruits and vegetables and get plenty of whole grains.

Enlist children in deciding what's for lunch. "By getting the kids involved in choosing, preparing and packing their own lunches, they are more motivated to eat what they pack and learn good eating habits in the process," says Julie Gieseman, a registered dietitian at Hy-Vee in West Des Moines. For quick guidance about nutrition, look for NuVal scores when shopping. "Simply select products with higher NuVal scores to trade up for health and even your 'sometimes' foods will have a nutritional advantage over regular lunchbox fare," says Gieseman.

WHAT A BODY NEEDS

The message of the old USDA food pyramid was lost on many. The new MyPlate chart, *below*, couldn't be simpler. You should eat fruits, veggies, grains, protein and dairy every day. That's the message.





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Chicken Strips: select varieties
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Laughing Cow Cheese Wedge: select
varieties 6 oz. \$3.49



FRUIT JELLIES

Purchased fruit leather is good, but
fruit and a sweetener is all you need to
make a nutritious version at home.

Serves 8.

**2 cups strawberries, washed and
stemmed**

1 tablespoon agave nectar

Preheat oven to 200°F. Line a 9×13-
inch pan with parchment paper.
In a blender, combine strawberries
and agave nectar, cover and blend
until smooth. Pour mixture into
prepared pan and spread evenly.

Bake for 3 to 5 hours or until
mixture feels dry to the touch
and is no longer sticky. Let cool.
If mixture is still sticky, let dry
overnight. Remove fruit and paper
from pan. Using a scissors, cut into
1½-inch-wide strips. Leaving paper
attached, roll up strips and store
in an airtight container at room
temperature for up to 3 days.

Nutrition facts per serving: 20 calories,
0 g fat, 0 g saturated fat, 0 g trans fat,
0 mg cholesterol, 0 mg sodium,
5 g carbohydrates, 1 g fiber, 4 g sugar,
0 g protein. Daily values:
0% vitamin A, 35% vitamin C,
0% calcium, 0% iron.

Healthful Lunch Checkoff

- ☒ Bread
- ☒ Carrots
- ☒ Strawberry
- ☒ Turkey
- ☒ Milk





FRUITS AND VEGETABLES. Colorful, tasty and fun to dip, fruits and vegetables are full of vitamins, minerals, antioxidants and fiber. While potatoes, green beans, corn and peas are staples on the school lunch tray, fresh broccoli, spinach and dark green leafy vegetables are better options because they are rich in iron and calcium. “Fresh fruits and vegetables are the best choice, but on occasion, unsweetened fruit cups and juice boxes containing one-hundred-percent fruit or vegetable juice make easy, packable solutions for the lunchbox,” says Gieseeman. “To save time, clean, cut, peel and portion fruits and vegetables into snack-size containers on the weekend for a quick grab-and-go during the week.”

DAIRY. Low-fat dairy options have the same nutrients as full-fat varieties—minus the fat. Cottage cheese, yogurt and cheese sticks are natural sources of calcium and they make healthful additions to any meal.



WHOLE GRAINS. “Unlike the enriched grains that are typically found in a school lunch, whole grains are high in fiber, which helps kids feel fuller longer and provides them with a higher concentration of vitamins and minerals,” Gieseeman says. Build a better sandwich with whole grain breads, thin buns or bagels. Whole-grain crackers with low-fat cheese are good and even peanut butter and jelly is healthier in a whole-wheat wrap.

LEAN PROTEIN. High-protein sources include lean meats (ham, turkey, chicken, beef), seafood, low-fat cheese, hard-boiled eggs and nuts (including their spreadable counterparts). For optimal blood sugar and energy balance, combine protein with fiber. If your kids’ school offers a salad bar, amp it up with leftover meat, shredded cheese or beans that can be added to a salad.

As Easy as 1-2-3

“When packing lunches at home, think inside the lunchbox and fill it up with nutritious, well-constructed meals,” says Julie Gieseeman, a registered dietitian at Hy-Vee in West Des Moines. “A perfectly balanced, healthy lunchbox should include three essential ingredients: whole grains, lean protein and a fruit or vegetable. For added nutrition, skip the juice boxes that contain added sweeteners and round out the meal with low-fat milk.”

Healthful Lunch Checkoff

- ☑ Pasta
- ☑ Carrot
- ☑ Orange Juice
- ☑ Turkey
- ☑ Cheese



TURKEY MEATBALLS AND PASTA

Packing freshly made pasta in a sack lunch is convenient and healthy. Make the best-for-your-child choice by using only whole-wheat pasta.

Serves 6.

- 1 (1.2 pound) package ground turkey
- ¼ cup Hy-Vee whole wheat breadcrumbs
- 2 tablespoons finely shredded carrot
- 1 teaspoon Hy-Vee dried Italian seasoning
- ½ teaspoon Hy-Vee salt
- ¼ teaspoon Hy-Vee black pepper
- 8 ounces dry Hy-Vee whole wheat rotini or penne pasta (3 cups)
- 2 cups Hy-Vee pasta sauce
- ¼ cup Hy-Vee shredded Parmesan cheese (optional)

Preheat oven to 375°F. Lightly coat a baking pan with nonstick cooking spray.

In a medium bowl, combine ground turkey, breadcrumbs, carrot, Italian seasoning, salt and pepper. Shape mixture into 24 meatballs. Place meatballs in prepared pan. Bake for 18 to 20 minutes or until no longer pink.

Meanwhile, cook pasta according to package directions. Drain. Cook pasta sauce until heated through.

Divide pasta among 6 serving plates. Top each serving with 4 meatballs and ½ cup sauce. Sprinkle with Parmesan cheese.

For lunches to go:

Transfer pasta, meatballs and sauce to individual insulated containers that are safe for heat.

Nutrition facts per serving: 330 calories, 10 g fat, 2.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 750 mg sodium, 40 g carbohydrates, 6 g fiber, 8 g sugar, 26 g protein. Daily values: 15% vitamin A, 2% vitamin C, 8% calcium, 20% iron.

Count on Kraft

Wrap up a winning lunch with nutritious and kid-friendly foods from Kraft. Fresh veggies and tender chicken strips get a flavor kick from Kraft Caesar Salad Dressing and Kraft Parmesan Cheese. With its whole wheat tortilla, this lunch earns top honors in flavor and nutrition.

CHICKEN CAESAR WRAP

Sprinkle some shredded Parmesan on this chicken wrap for added flavor. Your child will also be getting a significant portion of the calcium that children require each day.

Serves 1.

- 3 ounces Oscar Meyer Deli Fresh grilled chicken breast
- 1 cup washed and torn curly leaf lettuce
- 2 tablespoons Kraft Caesar Classic dressing
- 2 tablespoons Kraft shredded Parmesan cheese
- 1 Hy-Vee multigrain tortilla

In a small bowl, lightly toss chicken, lettuce, dressing and Parmesan cheese. Place mixture on tortilla. Fold up tightly.

Nutrition facts per serving: 450 calories, 24 g fat, 6 g saturated fat, 0 g trans fat, 75 mg cholesterol, 1,530 mg sodium, 26 g carbohydrates, 4 g fiber, 2 g sugar, 31 g protein. Daily values: 60% vitamin A, 6% vitamin C, 15% calcium, 10% iron.

Healthful Lunch Checkoff

- ☒ Tortilla
- ☒ Lettuce
- ☒ Apple
- ☒ Chicken
- ☒ Cheese



Kraft Salad Dressing: select varieties 8 oz. 10/\$10.00



Nabisco Tray packs or Kraft Handi Snacks: select varieties 9.44 to 25.20 oz. \$3.99



Kraft Grated Parmesan Cheese: select varieties 7 to 8.8 oz. \$2.99



Oscar Mayer Deli Fresh Sliced Meat: select varieties 16 oz. \$5.77



Oscar Mayer Carving Board Lunchmeats: select varieties 7 to 7.5 oz. \$3.77



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Lunchable Completes: select varieties 11.4 to 14.6 oz. \$2.77



Snackwells or Planters bars: select varieties 6.15 to 8.10 oz. \$2.77



SACK-LUNCH EXTRAS

Nothing beats H₂O when it comes to quenching thirst and providing something good for the body. But if ordinary water just won't do, buy only 100 percent juice and be careful about its contents. Avoid beverages that include artificial ingredients. If fizz is what they crave, introduce kids to flavored seltzers or add a splash of fruit juice to carbonated water. Milk, fresh fruit and vegetable juice and herbal teas are better beverage options than sodas and other sugary drinks.

Apples, bananas, mini carrots and celery are lunch-box ready, but there are also new tastes to try. Pack some jicama slices instead of carrots or substitute papayas and mangoes for grapes and oranges. Or, for a quick sandwich substitute, assemble a hearty treat with cheese, pepperoni and bell pepper bits skewered with a straight pretzel.



Mott's Apple Sauce: select varieties
6 pk. \$1.99

Naked Juice: select varieties
15.2 oz. 2/\$5.00



- Healthy Lunch Checkoff
- ☒ Pretzel
 - ☒ Bell Pepper
 - ☒ Mango Juice
 - ☒ Pepperoni
 - ☒ Cheese

Lunch with Sara Lee

When lunchtime finally arrives, kids need a healthful meal that will get them through the afternoon. It's time for a sandwich made with nutritious Sara Lee breads and deli lunch meats.

Sara Lee foods are made with the goodness of home, every day. You can trust Sara Lee to use quality ingredients, so your family can enjoy great-tasting meals that fit today's busy lifestyle.

It takes only moments to put together a ham sandwich on a Sara Lee whole wheat bagel. After piling on the Sara Lee deli meat, just add whatever your child likes, such as lettuce, tomato, pickle and other condiments. Include a cup of milk and an apple with lunch, and your child will be ready to conquer the afternoon.



Hillshire Farm Deli Select Ultra Thin or Hearty Slices: select varieties 8 or 9 oz. \$3.49



Jimmy Dean Breakfast Sandwiches or Skillets: select varieties 13 to 20 oz. \$3.99



Sara Lee Premium Deli Sliced Meats: select varieties \$6.99 lb.



EarthGrains Natural Breads: select varieties 24 oz. \$2.78



Ball Park Beef, Cheese or Angus Franks: select varieties 12.8, 14, 14.5, 15 or 16 oz. \$3.49



Sara Lee Honey Wheat Bread 20 oz. \$2.29



Ball Park Hot Dog or Hamburger Buns 8 ct. 12 oz. \$1.99

Sara Lee Deluxe Bagels: select varieties 20 oz. \$2.48

Healthful Lunch Checkoff

- ☒ Bagel
- ☒ Apple
- ☒ Lettuce
- ☒ Ham
- ☒ Cheese

Smucker's Sensibly Sweet

Spread a little joy onto crispy carrot strips or pack a smile-inducing sandwich featuring America's favorite comfort foods—Smucker's jams and jellies. Swirl these into peanut butter for delicious, nutritious treats. Convenient lunch- and snack-size containers are quick to pack for a school lunch.



Jif Peanut Butter: select varieties 17.3 or 18 oz. \$2.18

Smucker's Jams, Jellies or Preserves: select varieties 12.75 to 18 oz. \$2.68

SERVING SIZES

Here are the serving sizes for kids as suggested by the United States Department of Agriculture.

Grains	5 to 8 years 5 servings per day 9 to 13 years 5 to 7 servings per day	1 serving each: • 1 slice of bread or small tortilla • 5 whole wheat crackers • ½ English muffin • ½ cup cooked pasta, rice or cereal
Vegetables	5 to 8 years 3 servings per day 9 to 13 years 4 to 6 servings per day	1 serving each: • ½ cup raw or cooked vegetables • 1 cup leafy greens (spinach or lettuce) • ½ cup legumes (lentils or soybeans)
Fruit	5 to 8 years 2 to 3 servings per day 9 to 13 years 3 to 4 servings per day	1 serving each: • ¾ cup fruit juice or 1 6-ounce juice can • ½ cup fruit (chopped, fresh or canned)
Dairy	5 to 8 years 2 to 3 servings per day 9 to 13 years 3 servings per day	1 serving each: • 1 cup milk • 8-ounce container of yogurt • 1½ ounces of cheese (natural, such as cheddar) • 2 ounces processed cheese
Protein	5 to 8 years 5 servings per day 9 to 13 years 5 to 6 servings per day	1 serving each: • 2 tablespoons peanut butter • 2 to 3 ounces cooked lean meat or poultry • 2 to 3 ounces fish • ½ cup cooked dried beans • 1 medium egg

Use these guidelines to help plan a healthy meal for your child that meets his or her needs:

- 1 cup of leafy greens (8 ounces or 16 tablespoons) is about the size of a softball
- 3 ounces of meat is the size of a deck of cards
- 1 ounce of cheese is about the size of two dice or one slice of deli cheese
- 1 tablespoon is about the size of your thumb
- 1 teaspoon is about the size of your pinky

For Daily Food Plans tailored to your child 2 years of age or older, visit the United States Department of Agriculture's site: www.choosemyplate.gov

Healthful Lunch Checkoff

- ☑ Oats
- ☑ Apple
- ☑ Celery
- ☑ Tuna
- ☑ Milk



FRUITY PETTUTI GRANOLA BARS

Kids can snack smart on a wholesome bar that's low in fat and rich in fiber and other nutrients.

Serves 12.

- 1 cup low-fat granola
- ½ cup Hy-Vee quick oats
- ½ cup Hy-Vee whole wheat flour
- ½ cup Hy-Vee dried mixed berry blend
- ¼ cup Hy-Vee sweetened flake coconut
- 1 Hy-Vee large egg
- ⅓ cup Hy-Vee canola oil
- ⅓ cup agave nectar

Preheat oven to 350°F. Line an 8-inch square baking pan with foil, allowing foil to go over edges of pan. Lightly coat foil with non-stick spray. In a large bowl, combine granola, oats, flour, dried fruit and coconut. Set aside.

In a small bowl, combine egg, oil and agave nectar; stir into granola mixture. Press mixture in prepared pan. Bake for 20 to 25 minutes or until lightly browned around the edges. Cool in pan on a wire rack for 2 hours. Grasp ends of foil and lift from pan. Cut into 12 bars. Wrap each bar in plastic wrap. Store wrapped bars at room temperature for up to 3 days, or freeze the wrapped bars in an airtight freezer container for up to 3 months.

Nutrition facts per serving: 170 calories, 8 g fat, 1 g saturated fat, 0 g trans fat, 15 mg cholesterol, 20 mg sodium, 23 g carbohydrates, 3 g fiber, 12 g sugar, 3 g protein. Daily values: 4 % vitamin A, 0% vitamin C, 2% calcium, 4% iron.



V8 V-Fusion Juices: select varieties
6 pk. or 46 oz. \$2.99



Dole Ready to Eat Vegetables:
select varieties 12 oz. \$1.88



DiLusso Deli Premium Sliced American
Cheese \$3.99 lb.



Bakery Fresh Bagels \$0.79 ea.



Pringles Super Stack: select varieties
162 to 191 gr. 2/\$3.00



Keep your memory
in tip-top shape
with a carrot from
the garden.

Researchers
believe eating
broccoli may help
heal brain injuries.



food for thought

The human brain is a marvelous machine. For seven decades and more, it computes, analyzes, records, stores, senses and controls all body functions. It even knows when to go into sleep mode. Yet, it's only fueled by the brain foods we eat—such as blueberries, avocados and an occasional piece of chocolate.

TEXT ELAINE M. COOPER, R.N. PHOTOGRAPHY ADAM ALBRIGHT

When it comes to smart eating that will keep your brain functioning at an optimal level, you need more than dull-looking foods. In fact, your gray matter craves color, and lots of it.

Think blues, reds, oranges, dark green—a whole palette of nutrition both enticing to the eyes and nourishing to your neurons. Berries, dark vegetables and avocados are the best example. The brighter the color, the better, says Beth Freehill, registered dietitian at the Hy-Vee in Clinton, Iowa.

“Focus more on a variety of colors,” Beth says. “The bigger the variety you can have, the better you’re going to be as far as getting your nutrition in.”

Colorful fruits and veggies are called brain foods because they contain antioxidants, which are substances that target the health of your gray matter, research has shown. Antioxidants work in the brain to decrease inflammation, resist destruction of cells and enhance transmission of nerve impulses. The result? There is better memory and sharper thinking for all ages and decreased risk for dementia as people age. The best part is that most of these foods are delicious.

Take the long list of berries, including blueberries, strawberries, raspberries and cranberries. All possess anti-inflammatory substances and antioxidant qualities that allow cells to repair themselves. Berries are a sweet way to keep your brain working in all the marvelous ways that it should.

A recent study shows that eating a daily diet rich in fruits and vegetables feeds your brain the antioxidants needed to keep it sharp. Adults who consume .9 pounds of fresh fruit and vegetables every day have higher antioxidant levels, which helps maintain brain health. The positive results were not seen in another test group that consumed less than .2 pounds of fruit and veggies per day.

There is also the necessity of energy to power the brain. At about three pounds, the brain makes up only 2 to 3 percent of a person's weight. Yet even at rest, the brain consumes 17 percent of the body's energy. If you consume about 2,000 calories per day, about 400 of those calories are going to keep your brain operating and in good condition.

While many brain foods are colorful, a few foods on the

list don't come in primary colors. Fish, for instance, is high on the brain-food list because it is rich in omega-3 fatty acids. Good sources include wild salmon, tuna, herring, whitefish, sardines, mackerel and lake trout.

"We know how great omega-3 is for heart health," Beth says, "but it is so important for brain health."

Research has shown that these fatty acids support cell survival by enhancing overall brain function. Deficiencies can lead to depression and poor memory. This is reason enough to remember the fresh seafood department at your Hy-Vee.

Scott Stoll, M.D., author of a soon-to-be-published nutrition book called *Alive!* (available in October 2011), encourages eating wild salmon because it is the species richest in omega-3 fatty acids. "Wild salmon eat algae (a natural source of omega-3), while farm-raised salmon eat corn and processed fish pellets devoid of omega-3 fatty acids." Dr. Stoll, who works with athletes recovering from injury, believes good nutrition is essential for recovery as well as for good health in general. "These foods are not only brain foods, they're whole-body foods."

Dr. Stoll is heartened by the promotion of foods in a way that brings attention to the importance of healthy eating. Talking about brain foods "encourages people in a very positive way to begin making a shift toward a healthier diet."

Foods that are good for your brain include the following:

- Dark-color vegetables. Brighten brain function with the

right veggies. Spinach, kale, red bell peppers, broccoli, beets, carrots and several others are rich in vitamins and minerals that allow optimal functioning of neurons. Healthy neurons make communication within the brain possible, whether assisting thinking processes, memory or body function.

- Walnuts and almonds. Most nuts also contain omega-3 fatty acids as well as antioxidants that resist cell destruction. Because nuts are high in calories and fat, avoid overeating them.

- Eggs. They provide a high amount of choline, which facilitates mental functioning. Since our bodies don't synthesize much of this substance, eggs should be high on your list of brain foods.

- Lean meats. Iron in meat is essential because it transports oxygen to the brain. But there's a catch. Iron will only be helpful if it is properly absorbed into the body. Encourage this process by eating lean meat with a salad that includes fruits rich in vitamin C.

- Dark chocolate. Not only is it incredibly tasty, but dark chocolate is also filled with antioxidants that help brains. Combine dark chocolate with such fruits as blueberries, and you've created a dessert to remember—literally! Avoid dark chocolate that is highly processed and that has a high sugar content. The more cacao in a chocolate, the better it will be for your brain. Dr. Stoll likes to make antioxidant-rich chocolate smoothies with pitted dates, kale, ice, unsweetened almond milk and raw organic cocoa powder. "It's wonderful and our children love it!" he says with enthusiasm.

- Avocados. This is another food containing omega-3 fatty acids, so whip up some guacamole and enjoy this wonderful fruit.

- Whole grain breads, cereals and wheat germ. The complex carbohydrates in these foods give the brain a boost, especially when combined with protein foods. For breakfast have oatmeal and an egg, or for lunch eat whole-grain bread with meat as a sandwich. Eating complex carbohydrates and protein groups together causes a productive partnership that enhances the effect on the brain's nerve cells.

- Coffee. Here's a surprise: Coffee is considered by some to be a superfood for the brain. Coffee beans are rich in antioxidants and have been shown to reduce the risk of mental decline in regular drinkers of the brew. Coffee is also a great pick-me-up for a lull in alertness. But drinking caffeinated beverages should be limited to the early part of the day so the caffeine doesn't interfere with sleep—a critical time for brain restoration.

FROM CHEF CURTIS STONE



"I love serving sautéed spinach as a side dish or in panini sandwiches, omelets or lasagnas. Raw fresh spinach is great in cold wraps or tossed into pasta dishes."

TOP 15 BRAIN FOODS

Power up your brain cells and keep them healthy with these foods.

1. Blueberries – These treats supply your brain with antioxidants that help keep cells healthy. Try them in oatmeal for a nutritious breakfast.

2. Raspberries – Whether growing wild or cultivated, raspberries are one of the most antioxidant-rich berries.

3. Strawberries – In addition to antioxidants, strawberries are high in vitamin C. A strawberry dessert is good for you.

4. Salmon – A great source for omega-3 fatty acid. Eating fish at least twice a week is considered a good nutrition goal.

5. Eggs – These contain choline, a fat-like B vitamin, which enhances memory and minimizes fatigue.

6. Broccoli – Have more broccoli because it contains vitamin K, which helps with overall brain performance.

7. Spinach – Dark green vegetables, such as spinach, have been shown to slow development of dementia in women.

8. Almonds – A handful of almonds gives you a healthy dose of vitamin E, which contains antioxidants.

9. Bell Peppers – These peppers contain large amounts of vitamin C, which helps protect brain cells. Slices of red bell peppers are sweet.

10. Carrots – There is evidence that carrots reduce inflammation in brain cells and guard against memory loss.

11. Avocado – Almost as good for your brain as blueberries, avocados contain fats that keep blood flowing. Add avocado to salads.

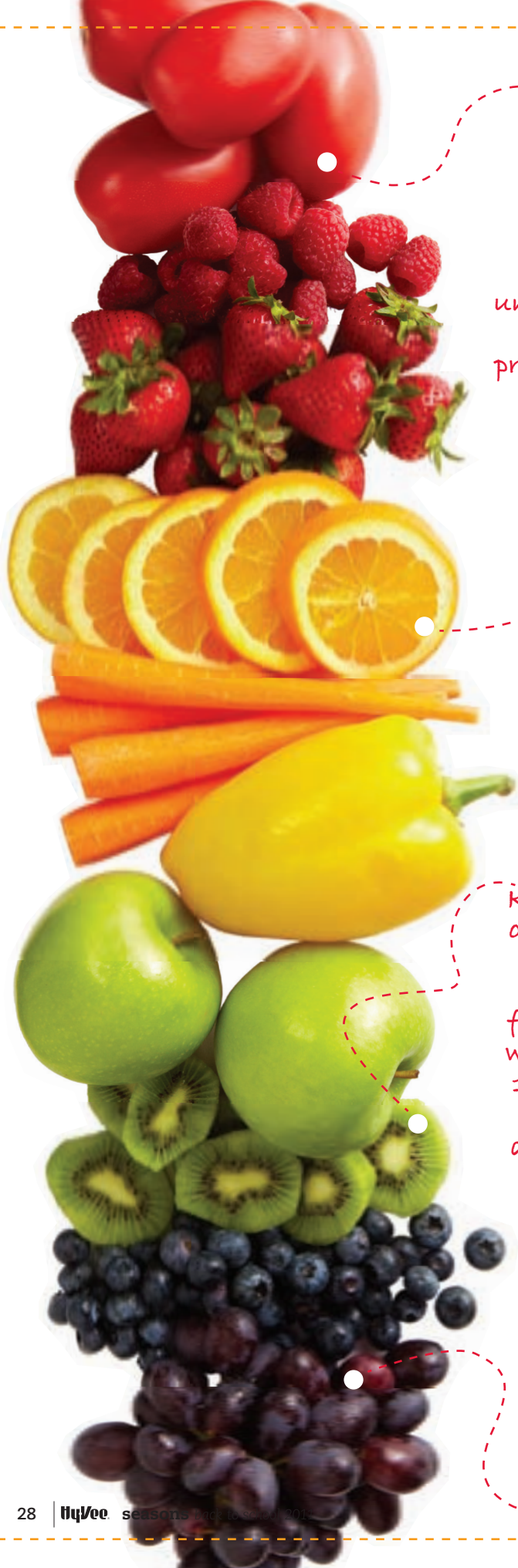
12. Flaxseed – Rich in omega-3 fatty acids, flaxseed is good mixed into a smoothie or yogurt.

13. Beans – Raise alertness and stimulate nerve impulses in your brain (a good thing) with beans.

14. Coffee – This is the number one source of antioxidants in the American diet. Excessive amounts, though, interfere with sleep—bad for the brain.

15. Dark Chocolate – Not only does this yummy food contain antioxidants, it also spurs production of endorphins, which improves your mood.





Cooked tomatoes release lycopene, which helps prevent prostate, lung and stomach cancers. Even raw tomatoes are a nutrition bonanza.

A substance found under an orange peel will help reduce cholesterol production in your body.

A TASTY PALATE

It's been called the rainbow diet, color-coded eating and superfood cuisine. Though not necessarily strict vegetarians, many who are interested in improving their health are filling their plates with nutritious fruits and vegetables as the main course in daily meals.

It's easy to understand why. Recent medical research is giving reasons to embrace the broccoli floret, gobble the mango and devour the cherry. Turns out that these wonders of nature can do wonders for our bodies. And the more colorful a food, the better it is for us, it seems. Consider the following color combos at your next meal.

Green and red. Make a quick and easy salad that includes a cup of lettuce topped with $\frac{1}{2}$ cup of bell peppers, tomatoes and radishes. Mix in a cup of kale, too, as a secret weapon. Kale gives you 1,327 percent of the daily value for vitamin K, 192 percent for vitamin A and 88 percent for vitamin C.

Red, orange, green and purple. Chop once and eat twice by preparing enough fruit salad for a couple of days. Include strawberries, blueberries, grapes, apple and kiwi. Rich in vitamins, fiber and everything good for you, a fruit salad will energize you while keeping your weight in check.

Orange, purple and red. Make a pot of navy bean soup. The beans are white, it's true, but they are loaded with fiber, essential amino acids, minerals and vitamins. Add carrots, purple onion, tomatoes and other veggies. Among their many benefits, onions help prevent osteoporosis and asthma attacks, and reduce the symptoms of diabetes. Try a bowl and, as they say in the Navy, you'll be good to go.

Grapes are a good source for such essential dietary minerals as copper, iron and manganese.

Kiwi is one of the most nutrient-dense fruits. One will provide 16 percent of your daily fiber need.



GRILLED VEGETABLE SANDWICH

Start with a rich whole-wheat bread, add tomatoes, spinach and green peppers and blanket it all with cheddar cheese. Pop it in the grill and you have a healthy meal in minutes.

Serves 1.

- 2 slices Big Sky Bakery whole wheat three-seed bread
- 1 slice Hy-Vee cheddar cheese
- 1 ring green pepper
- 4 slices Roma tomato
- ½ cup baby spinach leaves

Heat countertop grill. On one piece of bread, layer cheese, green pepper ring, tomato slices and spinach leaves. Place remaining slice of bread on top.

Place on the grill surface and close the lid. Cook for 3 minutes or until cheese is melted. Remove from grill with spatula and cut in half to serve.

Nutrition facts per serving: 320 calories, 10 g fat, 4 g saturated fat, 0 g trans fat, 25 mg cholesterol, 480 mg sodium, 49 g carbohydrates, 8 g fiber, 10 g sugar, 16 g protein. Daily values: 24 % vitamin A, 35% vitamin C, 15% calcium, 4% iron.

George Foreman Champ Grill:
black, red or white \$15.99





GREEN SMOOTHIE

The color comes from nutrient-rich spinach, but almond butter and blackberries are the taste leaders here.

Serves 2 (about 1½ cups each).

1 tablespoon Hy-Vee vanilla 100% whey protein powder
2 tablespoons Blue Diamond almond butter
2 tablespoons chia seeds
¼ cup blackberries
1 large banana, halved
1 cup vanilla almond milk
1 cup crushed ice
3 cups loosely packed fresh spinach

Place all ingredients in blender and blend until smooth. Pour into glasses and serve immediately.

Nutrition facts per serving:
280 calories, 13 g fat,
1.5 g saturated fat, 0 g trans fat,
5 mg cholesterol, 180 mg sodium,
36 g carbohydrates, 11 g fiber,
17 g sugar, 9 g protein.
Daily values: 30% vitamin A,
25% vitamin C, 25% calcium,
20% iron.

BERRY SMOOTHIE

Strawberries and raspberries supply the flavor. Nutrition is enhanced with yogurt and flaxseed meal.

Serves 1 (about 2½ cups).

1 cup sliced fresh strawberries
1 cup raspberries
1 tablespoon flaxseed meal
⅓ cup Hy-Vee vanilla lowfat yogurt
1 cup crushed ice

Combine all ingredients in blender; blend until smooth. May use more or less ice depending upon personal preference.

Nutrition facts per serving:
220 calories, 5 g fat, 0.5 g saturated fat,
0 g trans fat, 5 mg cholesterol,
65 mg sodium, 41 g carbohydrates,
13 g fiber, 25 g sugar, 8 g sugar,
8 g protein. Daily values: 2% vitamin A,
220% vitamin C, 20% calcium, 10% iron.

SMOOTH & NUTRITIOUS

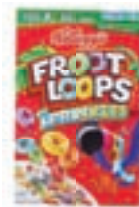
Out of bed but racing to make it out the door, you have little time for breakfast—yet a big need for an energy boost. How about a smoothie? In a couple of minutes, you can load the blender with what's on hand, from berries to yogurt to protein powder to skim milk—and give it a spin. In moments, you'll have a tall tasty breakfast that you can drink as you catch the morning news.



Kellogg's Mini-Wheats: select varieties 15.8 to 18 oz. \$2.49

Fuel up with Fiber

A fiber-rich breakfast helps kids stay full and focused. Yet nine out of ten Americans don't get enough. Kellogg's Frosted Mini-Wheats cereal has bran, a concentrated source of dietary fiber, in the eight layers of 100% whole wheat. This means one delicious serving has 25% of the recommended daily requirement of fiber and 85% of the daily recommended requirement of whole grains.



Kellogg's Frosted Flakes, Froot Loops, Apple Jacks or Corn Pops 12.2 to 14 oz. 2/\$4.00



Kellogg's Cracker Packs or Fruit Snacks: select varieties 8 to 11 oz. \$1.99



Eggo Waffles: select varieties 10.75 to 12.6 oz. \$2.28



Nutri-Grain Bars or Fudge Granola Bars: select varieties 6.7 to 10.4 oz. 2/\$5.00



Kellogg's Pop-Tarts: select varieties 13.5 to 14.7 oz. 2/\$4.00



Club or Cheez-It Crackers: select varieties 7.5 to 16 oz. \$2.49



Nabisco On-The-Go Caddies: select varieties 8.88 to 16.8 oz. \$3.99



ALL-AMERICAN DOGS

*Each region has a preferred way to dress a hot dog.
But it's time to teach some old dogs new tricks.*

TEXT JIM MATTHEWS PHOTOGRAPHY TOBIN BENNETT

Americans love hot dogs and we prove it with our wallets. Each year, we spend more than \$1.6 billion in supermarkets on these one-hand meals.

The experts at the National Hot Dog and Sausage Council keep track of evidence that demonstrates our commitment to the dog. Here are a few discoveries they have made:

- If all 150 million hot dogs eaten by Americans on the Fourth of July were placed end-to-end, they would stretch from Washington, D.C., to Los Angeles five times over.
- Legend has it that Babe Ruth once ate 12 hot dogs and downed eight drinks between games of a doubleheader.
- Mickey Mouse spoke his first words in the 1929 cartoon “The Carnival Kid.” Selling wienies, he shouted, “Hot dogs! Hot dogs!”
- Low-fat and fat-free “better-for-you” hot dogs are climbing in sales as tasty new recipes come to market.

Expand your palate for hot dogs by looking at how they are dressed around the country. In Kansas City, appetites crave dogs beneath heaps of sauerkraut. Southerners prefer to have their dogs “dragged through the garden,” that is, topped with coleslaw. Many New Yorkers enjoy a scoop of sweet onions in a tomato-based sauce. Chicago is famous for its all-beef kosher-style dog, neon-green relish, chopped onions and tomatoes on a poppy seed bun. As good as these are, there are even more choices.

Here are three fresh takes on the hot dog. Full recipes are in the pages ahead.

- **Dallas Mango Tango Dog.** While chili is the favorite topping in the Lone Star State, Texans will soon discover that a new taste sheriff is in town. It begins with a natural-casing dog. This traditional meat product is appreciated for its rich, juicy flavor and the way it snaps when you take a bite. The dog is dressed with fresh salsa made from mango, black beans, corn and spices. This one has a very Tex-Mex flavor.
- **Honolulu Luau Dog.** This dog is a surprise. Most of us have never thought about—let alone eaten—a hot dog dressed for a luau. Smother it with pineapple, mango marinade, cream

cheese and bacon bits. The main ingredient is a rich, spicy dog, which has been sold on the East Coast for almost a century. The verdict? It’s a stunner with flavors that combine to let the meaty hot dog play the starring role while other ingredients play tasty supporting parts.

- **Boston Bacon Beanie Wienie.** This will convince your tablemates they’ve been transported to Beantown. It starts with—what else?—beans. Using canned beans saves prep time, but you add the drama with molasses, brown sugar and mustard. After heating the beans, wrap bacon around smoked sausages and put them on the griddle. Once assembled, the taste is revolutionary.



BOSTON BACON BEANIE WIENIES

This take on a classic combo calls for a smoked sausage rather than a hot dog. This meat gives the sandwich a strong foundation that's a good match for the tangy beans.

Serves 6.

- 1 (28 ounce) can Hy-Vee original baked beans*
- 2 tablespoons molasses
- 2 tablespoons Hy-Vee packed brown sugar
- 2 teaspoons Hy-Vee mustard
- 6 Wimmers smoked sausages
- 6 slices Hy-Vee lower-sodium bacon
- 6 Hy-Vee whole wheat bakery brat buns, split and lightly toasted
- Sliced green onions and/or Hy-Vee shredded cheddar cheese (optional)

Heat baked beans, molasses, brown sugar and mustard in a small pan over medium-low heat. Stir occasionally.

Wrap each sausage with a slice of bacon. Heat a griddle or large pan over medium heat. Place bacon-wrapped sausages on preheated pan and cook until bacon is crisp, about 4 minutes per side.

Wimmer's Smoked Sausage: select varieties 16 oz. \$3.77



Place bacon-wrapped sausages on toasted buns and cover each with about ½ cup of baked beans. Garnish with green onions and/or shredded cheddar, if desired.

*Test Kitchen tip: For a less messy dog, drain baked beans slightly.

Nutrition facts per serving:

700 calories, 31 g fat,
13 g saturated fat, 0 g trans fat,
45 mg cholesterol, 1,760 mg sodium,
86 g carbohydrates, 9 g fiber,
28 g sugar, 25 g protein. Daily values:
0% vitamin A, 2% vitamin C,
10% calcium, 35% iron.





HONOLULU LUAU DOGS

Lining a hot dog with mango marinade and pineapple may not be your usual approach. Try it, though, and you'll find the flavors seem made for each other.

Serves 7.

- 1 tablespoon KC Masterpiece spicy mango marinade
- 1 teaspoon Hy-Vee honey
- 1 (14 ounce) package Nathan's beef franks
- 7 Hy-Vee hot dog buns
- 7 tablespoons Hy-Vee cream cheese, softened
- 7 spears fresh pineapple
- 7 tablespoons Oscar Meyer Real Bacon Recipe Pieces

In a small bowl, mix marinade and honey; set aside. On a griddle, cook franks to preferred doneness. Toast hot dog buns and spread cream cheese on each side. Place a cooked frank on each bun and pineapple spear on each side of the frank. Drizzle with marinade mixture. Sprinkle with bacon pieces.

Nutrition facts per serving: 380 calories, 23 g fat, 10 g saturated fat, 0 g trans fat, 55 mg cholesterol, 930 mg sodium, 34 g carbohydrates, 1 g fiber, 7 g sugar, 14 g protein. Daily values: 6% vitamin A, 20% vitamin C, 8% calcium, 15% iron.

Nathan's Franks: select varieties
12 or 16 oz. \$3.49



DALLAS MANGO TANGO DOGS

Go Tex-Mex with fresh flavors. Mango salsa with beans and corn complements the taste of the dog. Playing a sharp note, the lime juice adds an element of surprise.

Serves 12.

1 medium mango, peeled, pitted and cut into ¼-inch cubes

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

1 cup Hy-Vee Grand Selections frozen super-sweet corn, thawed

½ cup diced red pepper

¼ cup thinly sliced green onions

1 tablespoon chopped fresh parsley

1 tablespoon fresh lime juice

1 teaspoon minced garlic

¼ teaspoon ground cumin

12 Wimmer's natural-casing wieners

12 Hy-Vee bakery brat buns, sliced

In a medium bowl, combine mango, black beans, corn, red pepper, onions, parsley, lime juice, garlic and cumin. Let salsa stand 30 minutes to develop flavors.

Cook wieners until internal temperature reaches 165°F. Place wieners on buns. Top each with ⅓ cup salsa.

Nutrition facts per serving: 550 calories, 28 g fat, 10 g saturated fat, 0 g trans fat, 65 mg cholesterol, 1,310 mg sodium, 54 g carbohydrates, 4 g fiber, 8 g sugar, 23 g protein. Daily values: 10% vitamin A, 35% vitamin C, 6% calcium, 15% iron.



GEORGE FOREMAN CHAMP GRILL

George Foreman calls this grill the Champ because it's a world beater among small appliances. You can fry up three hot dogs or a couple of hamburgers in a few minutes, while the fat and grease drain away from the food. It heats up quickly and, for easy cleanup, it has nonstick coatings on the cooking surfaces.

George Foreman Champ Grill: available in red, black or white \$15.99

Wimmer's Natural Casing Wieners: select varieties 12 oz. \$3.99



Hot Dog geography lesson



Hebrew National Franks: select varieties
11 or 12 oz. 2/\$6.00



chicago STYLE

*yellow mustard, sweet relish,
onions, tomatoes, serrano
peppers and celery salt*



pittsburgh PERFECT

*hot meatless chili and
yellow mustard*



louisiana FLAVOR

*barbecue sauce,
grilled onions and
fresh tomatoes*



atlanta DOG

*cole slaw, meatless chili,
onions, ketchup
and mustard*



Chef Boyardee Microcups: select
varieties 7.25 to 7.5 oz. 5/\$5.00



Banquet Bagged Chicken: select
varieties 24 or 26.5 oz. \$3.99



Hunt's Ketchup 24 oz. \$1.19



Orville Microwave Popcorn: select
varieties 2 to 4 pk. \$1.99




Reddi Wip Topping: select varieties
6.5 or 7 oz. \$2.19



Kid Cuisine Dinners: select varieties
7 to 10.6 oz. \$1.99



Manwich: regular or thick and chunky
15.5 oz. \$0.99



Shawn Johnson thought her Olympic days were behind her until she injured her knee in a skiing accident in 2010. During a quiet period of recovery, she realized just how much she missed gymnastic competition. Now she's back in the gym training to win a spot on the U.S. team for the 2012 Olympics. Will this Midwestern athlete grab another gold medal?

TEXT STEVE COOPER
PHOTOGRAPHY ADAM ALBRIGHT

Precious Medal

As she skied down a Colorado mountainside in January 2010, Shawn Johnson was an Olympic gold medalist who considered herself retired from competitive gymnastics. Then she hit a patch of icy snow.

That afternoon was only the third time Shawn had ever been on skis. Like most athletes, Shawn was always eager to try new sports. But ever since she first set her sights on the 2008 Summer Olympics, she refrained from just-for-fun activities—such as snow skiing—which put her at risk for injury.

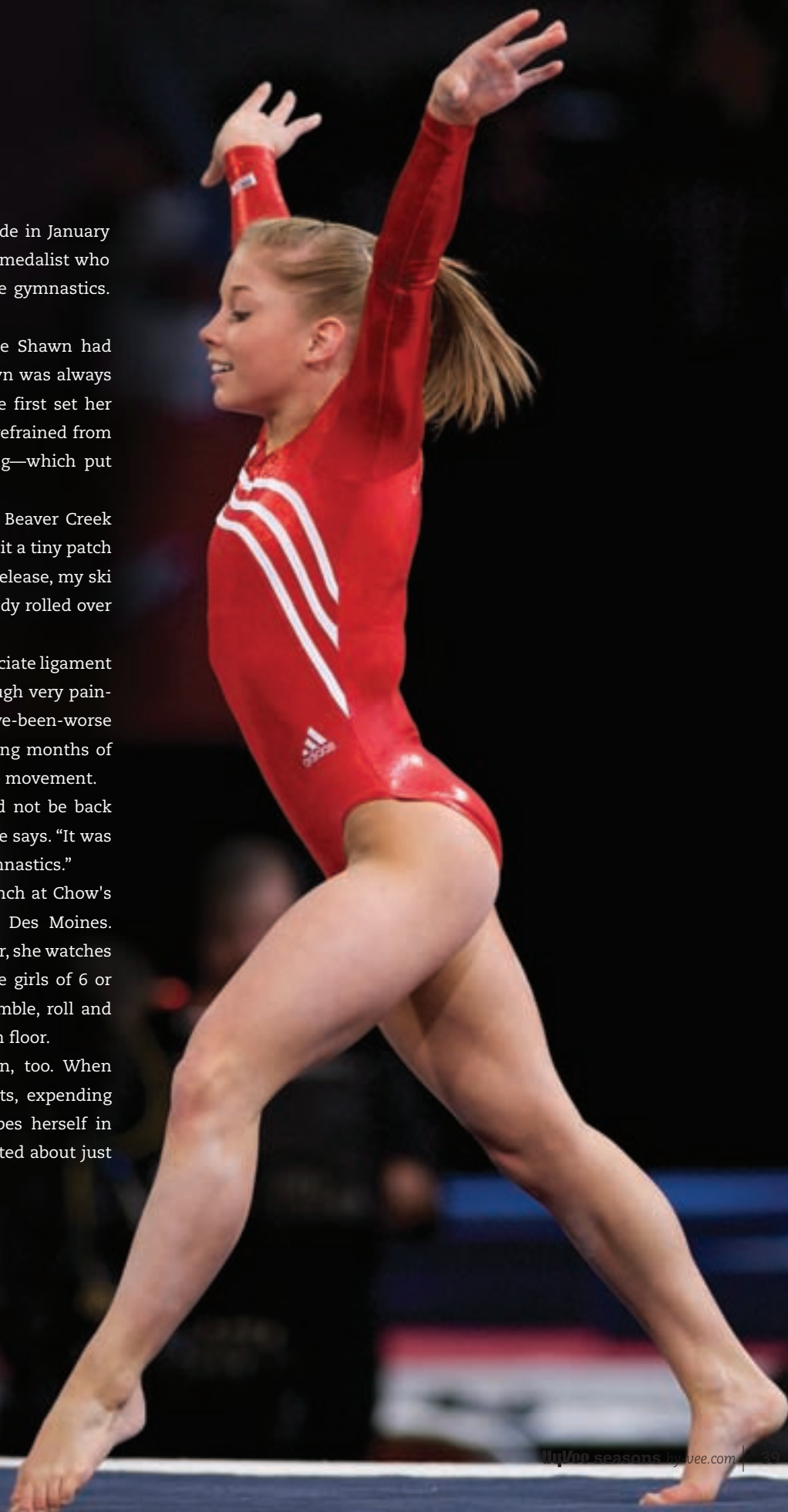
“I was with a group of people skiing at Beaver Creek and on my last run of the day,” she says. “I hit a tiny patch of ice, the safety release on my skis didn’t release, my ski got caught in the snow, and, as I fell, my body rolled over my knee.”

In that moment, she tore the anterior cruciate ligament (ACL) and meniscus in her left knee. Although very painful, the injury was of the bad-but-could-have-been-worse variety. With reconstructive surgery and long months of physical therapy, Shawn recovered full knee movement.

“Had it not happened, I probably would not be back here training and getting back in shape,” she says. “It was because of my knee that I came back to gymnastics.”

As Shawn speaks, she is sitting on a bench at Chow’s Gymnastics and Dance Institute in West Des Moines. Looking through the glass wall in front of her, she watches a half-dozen children—mostly bouncy little girls of 6 or 7 years in brightly colored gym tights—tumble, roll and jump across the blue mats covering the gym floor.

This was how it all started for Shawn, too. When she was 3 years old, she was on the mats, expending enormous amounts of energy. She describes herself in those early years as a wild child who cavorted about just for the love of it.



"I don't think there was a day that I didn't love gymnastics. My parents let me try soccer and dance and track. Even though I loved them all, I loved gymnastics much more than the others. This was what I wanted to do and gymnastics was always my best sport," she says.

When she was six, Shawn began training with Liang Chow, a Chinese athlete who began gymnastics at age five. He won more than 30 gold medals in international competitions, including World Cup Master Champion and Asian Games Champion. In 1990 he immigrated to the U.S. to coach gymnastics at the University of Iowa, and eight years later opened a small gym in West Des Moines. Shawn was among the first young athletes through the doors and eager to learn.

Soon she was entering competitions in the low-stress junior division. She focused on her routines and kept improving. Her sights were always on the next contest, but she harbored no secret ambitions to reach for Olympic glory.

"My parents never taught me to be all or nothing. I wasn't in gymnastics to get a gold medal or a perfect score. Yeah, the Olympics were there and my coach talked about it, but that was never the biggest picture to me. I just wanted to be in the gym and work hard. The Olympics were just the outcome of all that work," she says.

As she put in time and began bringing home ribbons and medals, Chow saw that this child was

special. She worked hard, paid the price. She could compete at a high level. There were possibilities here.

"There was no one moment when I knew all she could do. There is no miracle that happens. It takes time to see the talent in anybody. It takes hard work, strategies and opportunities. I saw that this was possible with Shawn," Chow says.

When she was 12, she made the commitment to pursue a spot on the U.S. Olympic Team that would compete at the 2008 Summer Olympics in Beijing, China. Shortly after that, Chow sent a letter and a video extolling Shawn's flourishing skills to Márta Károlyi, who served as national coordinator of the U.S. women's gymnastics team.

"I told her that I believed this kid could help the U.S. team," he says.

With the goal set, expectations were higher and Shawn's training regimen got tougher. While other girls her age were busy with school activities, over-nighters with friends and going to football games, she was in the gym.


In some respects, she was different than the other future Olympians she competed against. She didn't move to a new city for an opportunity with a big-name trainer; instead, she lived at home and continued to train with her longtime coach. She got stronger, more skilled and competitive.

Still, it's not an easy road for any adolescent.



*"I still have a
LONG way to go to be in
contention for making
any kind of team,
but . . . I feel motivated
and excited to push myself."*





*"With Hy-Vee,
they have basically
become part of
my family.
They've been with
and behind me since
before
the Olympics."*



HY-VEE BECOMES A SUPPORTER

During that period of development, she also needed help from outside supporters. That's when the Hy-Vee team stepped forward and embraced Shawn's dream. They became an early corporate sponsor, helping where they could so Shawn could compete nationally and then journey to Beijing.

"With Hy-Vee, they have just basically become part of my family. They've been with and behind me since before the Olympics. They help me and I help them," she says. Nearby, on a wall in Chow's gym, is a wall mural showing Shawn in action and, in large letters, the Hy-Vee logo.

Even with supporters, there were challenging times and occasional discouragements as she prepared.

"Sure, there were times I didn't want to do this anymore. I'd tell my parents and my coach that I had to stop. I would take off from everything for a day or two or a week or a month. But then I would always miss it. I didn't go back to it because of the Olympics, though. I just loved gymnastics. It's that simple," she says.

Eventually, Shawn was chosen for the U.S. Olympic team and went on to memorably take the gold medal for balance beam and silver medals for floor exercise and all-around competitions.

AFTER THE OLYMPICS

In the year following the Olympics, she became a sweetheart of the sports world and snagged a long list of corporate endorsement deals. Her win also led to awards from ESPN, Teen Choice Awards, American Athletic Union and the Associated Press.

She joined the *Tour of Gymnastics Superstars*, which traveled the country putting on performances. It was pure enjoyment for the athletes—finally free from training.

"All of us had watched everything we ate for four years, and the tour finally gave us a chance to eat what we wanted. We must have stopped at every drive-in restaurant and ice cream shop in the country," she says, laughing.

At most stops, Shawn and her cohorts visited children in hospitals. She fondly recalls visiting a boy with cancer who was depressed and rarely spoke. Shawn got him to talk and smile.

"But it wasn't about me. He had watched the Olympics and loved the swimming events. So when he found out that I had met Michael Phelps [who won eight gold medals in 2008 for swimming] and talked to him, the little boy just broke out in this big smile. It was great," she says.

Surprisingly, her most recognized triumph may have been her 2009 victory on *Dancing with the Stars* on ABC television.

"It's kind of funny that more people know me from *Dancing with the Stars* than from the Olympics," Shawn says. "I was on NBC with the Olympics for a few hours on a few days, but with *Dancing*, I appeared over and over for the entire season, and then there was all the coverage after winning. It's kind of goofy."

She's been back home for months now after her surgeries, recovery and therapy. Now she is getting focused on the next goal: the London Olympics. That's less than a year away.

Six to eight hours a day go into her current training regimen.

"I won't finish until 10 o'clock tonight. Things change with the days, but I'm always putting in time on something," she says. "Some mornings I do conditioning and in the afternoon I work on skills or events. Mondays after practice, I do an hour of dance and then go to the fitness center and do cardio."

Though she isn't where she wants to be, she does see a road from here to London.

"I don't have to win every event, but I have to show up. I'm getting stronger. I'm starting to get focused.

"But I'm learning that it's not easy to come back from two knee surgeries. I'm learning a lot. I'm adapting," says the 19-year-old Olympic veteran. "When the time comes, I'll be ready."





A postgame party for teen athletes in your home gives you an opportunity to coach. Help kids plan the event but hand off the hosting to them.

TEXT KATHY EASTMAN PHOTOGRAPHY KING AU AND TOBIN BENNETT



POSTGAME PARTY

Friday night has been alive with action, raw energy and winning shots. Players on the girls' and boys' teams pushed hard up and down the court, drove for the basket and blocked shots. Though it's not basketball season yet, these high-school teams were getting in gear with a preseason skirmish.

Now it's time for recovery and relaxing with teammates. Rather than sending the crowd off to a local hangout for a burger and fries, invite them all—boys and girls—to hang out at your house. Open your refrigerator and they will come. They'll gladly eat, socialize, joke around and show off. Kids will be kids.

Your role: taking care of preparty strategizing, food preparation and no-fuss decorating. You'll also want to linger closely during the party as a support. Always available; never intrusive.

PREGAME ACTION

Draft your teen to help plan a menu that is loaded with fun foods that also provide nutrition and are easy to make. Keep in mind that calories exerted during a game need to be replenished. After the last whistle, kids are in urgent need of sustenance.

Your strategy is to make the party interactive, serving foods that young guests can cook themselves. This is a good game plan because the kids feel in control and cooking together is fun. It also ensures that foods will be hot when teens are ready to eat.

Burgers, brats, pizza, tacos, grilled sandwiches and barbecue are near-universal hits with teens. Slip in some fruits and veggies to add some healthy choices that would otherwise be filled by snacks that have empty calories.

For a party that hits nothing but net for teens, follow the recipes on the following pages. These go together without much fuss and will score huge points with your child's friends.

- **Pocket Pizzettes.** Pita bread is filled with pizza sauce, cheeses, veggies and meats, and heated on a countertop grill. Preparation is an individual sport, with each teen stuffing pizzettes with their personal-favorite tastes.

- **Easy Gourmet Sliders.** Using a countertop grill, each athlete cooks and dresses his or her mini-burgers as preferred.

- **Chocolate Dream Spooner.** The sweet tastes here are created with fudge cookies and instant pudding and pie filling.

- **Banana Cream Spooner.** With banana as the main ingredient, this dessert wins big with pudding and vanilla wafers.

- **Creamy Nacho Dip and Spicy Honey Mustard Dip.** The crowd will cheer after tasting these dips with fresh Baking Stone Bread.

A WINNING LOOK

Get the house in the game, too, with decorations that cheer on the team. Keep it simple. Fly the school colors on trays, plates and such, while making the school nickname or mascot the center of it all. Tiger paw prints, as shown here, are a good example.

Using a computer, create logo flags big enough to enliven a room and small enough to decorate a cupcake. Enlist your teen and his or her friends to come up with ideas for quick symbols that celebrate the team.

TIMEOUT AT YOUR HOUSE

As soon as teens arrive for the party, have them help pull out trays of fixin's from the fridge and set up the party. Food goes next to the appropriate cooking appliances, whether grill, sandwich press or griddle. Stay around just long enough to be certain they are using the equipment properly.

Your job complete, it's time to withdraw and let the kids bond over a meal, private jokes and shared memories. From the other room, you'll overhear the laughter and good-natured ribbing of their camaraderie. And with any luck at all, your teen will become the evening's MVP.



Wimmer's Little 'N Meaty Snack Bites
6 oz. \$1.99



Wimmer's Little Smokies: select varieties
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Weber Grill Creations Seasonings: select
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Weber Marinades: select varieties
1.12 oz. 2/\$1.00



POCKET PIZZETTES

Teens will enjoy putting together this stuffed pita bread sandwich. Encourage them to leave it on the grill long enough to fully melt all the cheeses and blend the flavors.

Set up a spread of various ingredients alongside the countertop grill:

Pita bread halves

Hy-Vee pizza sauce

Hy-Vee shredded cheese, such as mozzarella, cheddar or Parmesan

Finely chopped or sliced fresh vegetables, such as bell peppers, mushrooms, tomatoes, broccoli, carrots, spinach or onions

Meats, such as pepperoni, Canadian bacon, cooked and drained sausage or cooked and drained ground beef

Preheat countertop grill. Fill each pita bread half with about 2 tablespoons pizza sauce, about 2 tablespoons shredded cheese, about 2 tablespoons vegetables and about 2 tablespoons meat to prevent pitas from splitting and overflowing.

Place pitas on grill surface and gently close lid. Cook for 2 to 3 minutes or until cheese is melted. If desired, cut in half before serving.

EASY GOURMET SLIDERS

These mini-burgers only take a couple of bites, but they are full of flavor. Offer an array of toppings, including sauces and—for the more adventurous—some peppers.

Serves 4 (2 sliders each).

2 tablespoons Hy-Vee Worcestershire sauce

1 tablespoon Weber gourmet burger seasoning

1 pound ground beef

8 Hy-Vee bakery cocktail buns

Heat countertop grill. Mix Worcestershire sauce and seasoning into ground beef.

Using hands, form into 2-inch balls and flatten into patties. Place on preheated grill surface and close lid. Cook for 4 minutes or until juices run clear. Remove with a spatula and place on bun. Serve with desired toppings.

Nutrition facts per serving: 370 calories, 11 g fat, 4 g saturated fat, 0 g trans fat, 110 mg cholesterol, 410 mg sodium, 32 g carbohydrates, 2 g fiber, 7 g sugar, 39 g protein. Daily values: 0% vitamin A, 2% vitamin C, 2% calcium, 35% iron.





TIGERS



Create simple team pennant flags using PC word-processing software.

Design two equal-size triangles, rotating points to face outwards with shorter sides touching at center. Place your team or sport logo on a background of school colors. Print, trim flags' edges, fold in half around toothpick. Secure with double-sided tape.

BANANA CREAM SPOONERS

This is a little like an upright banana split made with pudding instead of ice cream. Perch a vanilla wafer and a banana slice on top.

Serves 8.

1 (3.4 ounce) box Hy-Vee vanilla instant pudding and pie filling

2 cups Hy-Vee skim milk

1 large banana, peeled and cut into ¼-inch slices*

1 cup crushed mini Nilla wafers

1 cup Hy-Vee whipped topping, thawed, divided

8 mini Nilla wafers

Hy-Vee lemon juice (optional)

Prepare vanilla pudding according to package directions, using milk. In each of 8 mini-glasses, layer pudding, a banana slice, crushed wafers, pudding, a banana slice and crushed wafers. Top each with 2 tablespoons whipped topping. Garnish with a whole wafer and a banana slice.

**Test kitchen note: If desired, brush banana slices with lemon juice to prevent browning.*

Nutrition facts per serving: 150 calories, 3.5 g fat, 1.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 240 mg sodium, 28 g carbohydrates, 0 g fiber, 21 g sugar, 3 g protein. Daily values: 2% vitamin A, 2% vitamin C, 8% calcium, 2% iron.

CHOCOLATE DREAM SPOONERS

Building this dessert is as simple as layering crushed cookies, whipped topping and pudding—until the glass is full. The raspberry on top is like a three-point shot in basketball—a sweet experience.

Serves 8.

1 (3.9 ounce) box Hy-Vee chocolate instant pudding and pie filling

2 cups Hy-Vee skim milk

8 Hy-Vee fudge sandwich crème cookies

1 cup Hy-Vee whipped topping, thawed, divided

8 fresh raspberries, garnish

Prepare chocolate pudding according to package directions, with milk. Twist apart layers of each sandwich cookie; discard filling. Place cookies in a bag or bowl and crush. In each of 8 mini-glasses, layer pudding, crushed cookies, whipped topping, crushed cookies and pudding. Top each with 2 tablespoons whipped topping. Garnish with a raspberry.

Nutrition facts per serving: 150 calories, 3 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 300 mg sodium, 28 g carbohydrates, 0 g fiber, 18 g sugar, 3 g protein. Daily values: 2% vitamin A, 0% vitamin C, 8% calcium, 4% iron.



FRESH FROM THE OVEN



Each loaf of Baking Stone Bread is hand-crafted and baked fresh daily at your local Hy-Vee Bakery. With more than 20 varieties now offered, your household can enjoy these naturally preserved breads every day. Breads include classic French baguettes, flavorful focaccias, tangy sourdough and many more. Nothing's quite as good as bread that's fresh out of the oven.



Pretzel Bread 9 oz. \$1.99

SPICY HONEY MUSTARD DIP

Want more spice in each bite? Increase the amount of mustard.

Serves 14 (2 tablespoons each).

$\frac{3}{4}$ cup Hy-Vee light mayonnaise

$\frac{1}{2}$ cup stone ground mustard

$\frac{1}{2}$ cup Hy-Vee honey

1 loaf Hy-Vee Baking Stone pretzel bread, cut into strips, for serving

Whisk together mayonnaise, mustard and honey in a medium mixing bowl.

To serve, pour into serving dishes and serve with strips of Baking Stone pretzel bread, if desired.

Nutrition facts per serving: 70 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 5 mg cholesterol, 220 mg sodium, 11 g carbohydrates, 0 g fiber, 10 g sugar, 0 g protein. Daily values: 0% vitamin A, 0% vitamin C, 0% calcium, 0% iron.

CREAMY NACHO DIP

Cans of diced tomatoes and green chiles are sold at different heat levels. You may want to make two batches of dip—one with the mild version and another that's hot.

Serves 16 (2 tablespoons each).

$\frac{1}{4}$ pound lean ground beef

$\frac{1}{2}$ cup chopped onion

1 (10-ounce) can Rotel Diced Tomatoes and Green Chiles, drained

8 ounces Velveeta prepared cheese product, cut into 1-inch cubes

Hy-Vee Baking Stone Pretzel bread, cut into strips, for serving

In a medium skillet, brown ground beef. Add onion and cook until tender. Add diced tomatoes and green chiles and cheese product. Heat until cheese product is melted. Pour into serving dishes. Serve with Baking Stone Pretzel bread, if desired.

Nutrition facts per serving: 60 calories, 3.5 g fat, 2.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 270 mg sodium, 2 g carbohydrates, 0 g fiber, 2 g sugar, 5 g protein. Daily values: 6% vitamin A, 2% vitamin C, 8% calcium, 2% iron.



PICTURE-PERFECT PARENTING

The friends shown here are three good reasons for parents to open their homes for postgame parties. This type of social gathering encourages teenagers to bond in new ways and discover friendships that may last for decades to come. The high schooler who plays host at the party may also gain a deeper understanding about his or her mom and dad by the time the evening is over.

A make-your-own-meal party is just the kind of event that can do all this. It helps teens learn to create their own fun in a constructive way. It's also an opportune moment for team members to de-stress right after they have come straight from the practice court. "There is nothing athletes like better and need more than good, nutritious foods," says Judith Lodden, family therapist and family life educator in West Des Moines.

Organized properly, such parties have several strengths, Lodden says, as does the supporting of teens in their pursuit of athletics. Sports can help keep kids out of trouble because the endeavor occupies both their bodies and minds. Working together as a team offers friendship opportunities and support outside the family.

As for the parents' role, this is a time to give kids some space so they can learn to host and attend a gathering on their own, Lodden says. Still, it's important for the kids to know there's adult supervision nearby. "As a parent, you should be the frame around the picture, not the picture," she says.



Marinade. Dipping sauce. Game night referee.



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SEAFOOD

(MADE SIMPLE)

Most of us enjoy the taste of fish. But how in the world do you cook it? If that's the question you find yourself asking, you're not alone. Hy-Vee chefs share their secrets for preparing fast and tasty fish recipes you'll love.

TEXT COURTENAY WOLF PHOTOGRAPHY KING AU

"How can I tell if it's done? What do I serve with it? Can I grill it? I get these and other 'fishy' questions all the time," says Hy-Vee Chef Jack Craft, who works his magic in Cedar Rapids, Iowa.

It's not surprising. Most Midwesterners grew up eating meat. We know how to cook a steak, grill a chop or throw together a dozen chicken dishes, but hand us a piece of fish and many of us are intimidated. It doesn't have to be that way. With a little experimentation, it's easy to develop a tasty repertoire of recipes to take advantage of this healthful protein source.

For maximum benefit, the American Heart Association recommends eating fish at least twice a week, though it should be baked, broiled or grilled but never fried. Fish (either fin or shellfish) reduces the risk of heart disease, the leading cause of death in both men and women, according to the *Journal of the American Medical Association*. The omega-3 fatty acids found in fish can help lower blood pressure and heart rate, and provide pregnant mothers with DHA, important for brain development in infants. Fish is associated with a lower risk of stroke, depression and mental decline as we age. (For more about the benefits of omega-3 fatty acids, see "Food for Thought," page 24.)

Not knowing how to choose the right species of fish stymies many consumers. If you're wondering about the difference between freshwater fish, such as trout, and saltwater fish, such as salmon, Jack says it's just a matter of taste. "A good piece of fish is a blank canvas," Jack explains. "You can use it to create dozens of recipes in under 20 minutes." The secret: "Buy the freshest fish possible and keep it simple. I tell people fish is your 'go to' meal if you're on a tight schedule. Add a side of rice or herbed roasted potatoes and a salad or grilled veggies, and you have dinner on the table."

Another barrier for many home cooks is the fear of bones, according to Chef Evan Sikkema of the Hy-Vee in Dubuque, Iowa. Put your mind at ease. "At least 90 percent of our varieties are boneless. Most of the other 10 percent have tiny bones that cook away. Always ask at the Hy-Vee seafood department if you're concerned," Evan says.



START FRESH

Chefs agree: When it comes to fish, freshness counts. Hy-Vee takes the unusual step of requesting that U.S. Department of Commerce inspectors be on-site to examine fish as it comes into the central facility. “A good fish recipe has to start with really fresh fish. We get several shipments a week. Hy-Vee never allows any questionable fish to get to the store,” Jack says. All fresh fish come with a sell-by date. If it doesn’t sell by that date, it’s disposed of.

To check freshness, give fish the sniff test. “I always offer to let a customer smell the fish. A really nice fish will either have no odor or will have a salty odor. If you touch it, it is nice and firm; it doesn’t flake apart.” Jack advises cooking fish immediately or storing it on ice in your refrigerator for no more than two days.

KEEP IT SIMPLE

If you’re new to cooking fish, start with a mild white fish like cod, tilapia or trout, Jack says. If you prefer, choose a fish with a stronger flavor, such as salmon. “Drizzle it with olive oil, a splash of lemon and fresh herbs—thyme, dill and basil all work well.” Bake it at about 350°F. A good rule is 10 minutes for every inch of thickness, but it can vary depending on your oven and the type of fish, so watch it closely.

The most important tip for success: Don’t overcook. “Fish cooks really fast,” Jack says. “Cook it to the point that it’s not quite done—just starting to flake, still a little translucent in the middle. Take it out of the oven and by the time you get it on the table, carryover cooking will finish it up. It continues cooking for up to 5 minutes.”

Once you are comfortable baking, try a light marinade coating of basil vinaigrette, fresh tarragon or thyme—most fresh herbs work well. With a meatier fish, such as halibut or salmon, use sesame oil, garlic, fresh ginger and soy sauce. A splash of citrus juice brightens the flavor of most fish, but don’t go overboard. Marinate light white fish for 10 to 15 minutes and meatier varieties for up to 30 minutes, then bake.

For simple stovetop cooking, Jack suggests sautéing sliced summer squash, onions and fresh cherry tomatoes in olive oil. Once the vegetables start cooking, lay cod, swai or other mild white fish fillets on top. Add a splash of dry white wine, if desired. Cover and cook briefly on low to medium heat. Serve with brown rice.

FIRE UP THE GRILL

Virtually any fish can be grilled with the right techniques. Salmon, halibut, swordfish and other firm fish can be cooked right on the grill on medium heat. But don’t overcook. “Push on it with a fork or finger. Once it flakes easily and is a uniform color, take it off,” Evan says. “If it’s not done enough, you can always cook it a

FROM CHEF CURTIS STONE



“When I’m standing at the fish case, I’m looking for *moist, supple fish*. Before the fish monger wraps it, I always ask for a *quick whiff* to make sure the fish has a clean smell.”

little longer, but don’t overdo it.”

Evan uses a fish basket or veggie tray for lighter fish that may fall apart if placed directly on the grill. “You still get that smoky grilled flavor, but you don’t risk losing fish through the grate.”

For a one-dish meal with no cleanup, make simple foil wraps filled with fish, summer vegetables, a little olive oil and herbs. Seal and grill. Just remember to choose veggies that cook quickly.

FRESH OR FROZEN

“If you’re buying frozen fish for convenience, select a fish high in moisture content, like salmon, tuna or mahi mahi,” says Chef John Weiler of Hy-Vee in Urbandale, Iowa. “These will maintain their flavor better than lighter, flakier fish. Of course, most shellfish come in frozen and hold their flavor well.”

Take fillets out of the freezer and transfer to the refrigerator in the morning. They’ll be thawed by dinnertime and you can prepare them just as you would fresh fish.

OTHER ADVICE FROM CURTIS STONE

Curtis says that selecting the best fish is the key ingredient in a fine fish dinner. He chooses fish that are moist and supple.

“I look for the freshest fish possible. That’s the golden rule! My next step is to pick out fish fillets that are all about the same size so they’ll cook within the same amount of time.”

After he gets the fish home, it takes just minutes to cook.

“I prefer cooking fish the day it is purchased, which is why I love it for last-minute dinner plans. Using a hot pan gives fish a nice golden-brown sear. That color is a great visual cue that it’s time to turn it over. If you’re worried about fillets sticking to the pan, use a nonstick pan and never overcrowd the pan. Fish should be turned just once—too much flipping and your fish may fall apart.”

Fresh Alaskan Halibut Steaks
per lb. \$15.99



CHEF JACK'S GRILLED CITRUS-MARINATED HALIBUT STEAKS WITH PEACHY SALSA

With its mild taste, halibut is a good choice for a fruit salsa. Each flavor complements the other, and this ocean fish has a melt-in-your-mouth quality.

Serves 4 (1 halibut steak and about ½ cup salsa each).

Marinade ingredients:

- ½ cup Hy-Vee orange juice
- 3 tablespoons Grand Selections olive oil
- 1 lime, zested and juiced
- 2 tablespoons Hy-Vee packed brown sugar
- 1 clove garlic, finely chopped
- ¼ teaspoon Hy-Vee sea salt
- ¼ teaspoon freshly cracked Hy-Vee black pepper
- 4 (6 ounces each) halibut steaks

Peachy salsa ingredients:

- 2 cups chopped peaches
- ¼ cup chopped red onion
- ¼ cup chopped red, yellow or orange bell pepper
- 1 tablespoon finely chopped fresh cilantro

1 jalapeño or Serrano pepper, seeded and finely chopped*

1 tablespoon fresh lime juice

¼ teaspoon Hy-Vee sea salt

For marinade, combine orange juice, olive oil, lime zest and juice, brown sugar, garlic, sea salt and black pepper. Place halibut steaks in a resealable plastic bag and pour in marinade. Reseal, shake gently and refrigerate for 30 minutes to 1 hour.

Meanwhile, prepare salsa. Combine peaches, onion, bell pepper, cilantro, jalapeño, lime juice and sea salt in a bowl. Cover and refrigerate until serving time.

Preheat grill to medium-high heat. Spray grill rack with grill-safe nonstick spray. Grill halibut steaks, covered, 4 to 5 minutes per side or

until fish begins to flake easily with a fork. Remove fish from grill and serve with salsa.

*Note: Wear gloves while handling peppers and do not touch face or eyes.

Nutrition facts per serving: 270 calories, 7 g fat, 0 g saturated fat, 0 g trans fat, 70 mg cholesterol, 250 mg sodium, 12 g carbohydrates, 2 g fiber, 10 g sugar, 36 g protein. Daily values: 10% vitamin A, 45% vitamin C, 2% calcium, 2% iron.

CHEF JACK CRAFT
TRAINED AT
WESTERN CULINARY
INSTITUTE IN PORTLAND,
OREGON. HE'S BEEN A
CHEF SINCE 1997.



TIPS & TRICKS

Hy-Vee chefs all agree: Fish is a convenient, nutritious food that more families should add to their regular menu. To help with the preparation of seafood dinners, three of these chefs offer advice for home cooks.

GRILLING FISH

If Chef Evan Sikkema is preparing fish that has been frozen, he first lets it thaw for 24 hours in the refrigerator. When he's in a rush, fish can be thawed by placing it in a plastic storage bag under a running faucet. Fish thawed in a microwave oven often cooks unevenly, he says.

"I always start with a thoroughly cleaned grill and grates," he says. "Make sure the grates are well oiled with canola or vegetable oil."

Prep the fish with salt, pepper and olive oil or butter.

"I prefer using a charcoal grill because of the flavor it creates on the fish. On a hot grill, the flavors have a better chance of searing quickly into the fillet," Evan says.

Many people like using a wood cooking plank on the grill. Though Evan doesn't, he says it does have the advantage of cooking the fish a little more slowly, so there is less chance of overcooking.

PAN-SEARING FISH

Pan-searing fish is nothing more than quickly frying a fish in a little bit of oil. In addition to requiring only a few minutes to cook the main dinner course, pan-searing lets the cook accurately judge whether a fish fillet is done or not.

"It's easier not to overcook fish when pan-searing. The cook times are cut in half, compared to other cooking methods," says Chef John Weiler.

Pour a small amount of oil into a large, nonstick pan and heat it at moderate heat. It's best to use standard olive oil because this variety lets the fish flavor come through, while extra virgin olive oil tends to become a more dominant buttery taste.

Place the fish, skin-side down into the pan. Each side is done when the fish is firm to the touch and not gooey, Weiler says. White fish will flake and the flesh will separate easily. Salmon is done when small white fat globules begin appearing.

MARINATING FISH

Chef Jack Craft offers these tips for marinating fish.

- Do not marinate for a long time. At most, 30 to 60 minutes is about all you need to marinate the majority of varieties.
- Tuna, shark and swordfish could stand a little longer marinating because of the density of these species.
- If left too long to marinate, acidic marinades (lemon juice or white wine) will eventually begin to "cook" fish. Though it may look as though it has been cooked, this method will not kill all bacteria. So watch your timer.



Frozen Alaskan Pollock Fillets
16 oz. pkg. \$2.99



CHEF EVAN'S GRILLED SALMON PITAS

An upscale version of an everyday sandwich, the salmon grills in just minutes. The fish flavor is distinctive enough that pico de gallo and other ingredients won't overwhelm it.

Serves 5 (two halves each).

1 cup prepared pico de gallo
3 tablespoons chopped fresh cilantro
1 cup cooked Hy-Vee brown rice
½ cup reduced-sodium black beans,
drained and rinsed
2 tablespoons Newman's Own
lime vinaigrette
1 tablespoon chopped fresh dill
12 ounces fresh salmon
Hy-Vee coarse sea salt and fresh cracked
Hy-Vee black pepper, to taste
5 multigrain pita pockets, halved

In a medium bowl, toss together pico de gallo, cilantro, rice, beans, vinaigrette and dill. Cover and set aside. Meanwhile, preheat grill to medium heat. Lightly season salmon with salt and pepper. Lightly oil grill rack. Place salmon on grill and cook for 4 to 6 minutes per side, or until fish flakes easily with a fork. Cooking time will vary depending on thickness of fish. When salmon is almost done, place pitas on the grill to warm. Remove salmon from grill and flake over rice mixture. Using a scraper, gently fold the mixture together. Season to taste with salt and pepper. Stuff each pita half with approximately 3 tablespoons salmon mixture. Serve immediately.

**CHEF EVAN
SIKKEMA**
TRAINED AT KIRKWOOD
COMMUNITY COLLEGE.
HE'S BEEN A CHEF
SINCE 2007.



Nutrition facts per serving: 390 calories, 11 g fat, 2.5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 680 mg sodium, 51 g carbohydrates, 6 g fiber, 6 g sugar, 22 g protein. Daily values: 4% vitamin A, 8% vitamin C, 4% calcium, 8% iron.

Fresh Alaskan Sockeye Salmon
Fillets per lb. \$13.99





CHEF JOHN'S PAN-SEARED COD WITH FENNEL AND ORANGE

A sweet piece of cod is nicely complemented by the orange zest and segments. The white wine cooks off and leaves a mellow hint behind.

Serves 6.

- 2 navel oranges
- 3 tablespoons Hy-Vee canola oil, divided
- 2 large Belgian endives, quartered lengthwise
- Hy-Vee salt and freshly ground Hy-Vee black pepper, to taste
- 1 large fennel bulb, trimmed, cored and cut into 8 wedges
- 6 (8 ounces each) cod fillets
- 3 tablespoons white wine, such as sauvignon blanc, divided
- 1 shallot, minced
- 2 teaspoons chopped fresh tarragon leaves; reserve stems for cooking and whole leaves for garnish
- 6 tablespoons cold Hy-Vee unsalted butter, cut into pieces

Grate zest from 1 orange and set aside. Cut away orange peel and pith from both oranges. Working over a bowl to catch the juice, cut between the membranes to release orange sections. Squeeze excess juice from the membranes of each orange into bowl. Set aside.

Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add endive, cut side down, season with salt and pepper and cook until browned, about 4 minutes. Flip and brown the other side. Transfer to plate to keep warm.

Previously Frozen Alaskan Cod Fillets \$6.99 lb.

Add another tablespoon oil to the same pan and add fennel wedges, cut-side-down. Season with salt and pepper and cook until browned, about 4 minutes. Flip and brown the other side. Transfer to the plate with the endive and keep warm.

Pour $\frac{1}{4}$ cup reserved orange juice into a small saucepan. Stir in half the reserved orange zest (discard remaining zest), $1\frac{1}{2}$ tablespoons white wine, shallot and tarragon stems. Bring to a boil and reduce to 2 tablespoons of liquid. Remove from heat; discard stems. Whisk in 4 tablespoons butter, 1 tablespoon at a time. Stir in chopped tarragon and season with salt and pepper. Keep warm.

Heat remaining tablespoon oil in a large nonstick skillet over medium-high heat. Season cod with salt and pepper. Cook until browned and just cooked through, about 4 minutes per side. Cook cod in batches, if necessary, adding more oil to the pan if needed. Remove from pan.

Turn off heat and add remaining $1\frac{1}{2}$ tablespoons white wine to hot pan and

scrape bits off bottom of pan. Stir in 6 orange segments and remaining 2 tablespoons butter. Stir until melted and creamy.

Transfer fennel and endive to serving platter and drizzle with pan sauce. Top with cod fillets and garnish with remaining orange segments. Drizzle with shallot-tarragon sauce and, if desired, garnish with tarragon leaves. Serve immediately.

Nutrition facts per serving: 370 calories, 20 g fat, 8 g saturated fat, 0 g trans fat, 120 mg cholesterol, 640 mg sodium, 16 g carbohydrates, 8 g fiber, 5 g sugar, 33 g protein. Daily values: 90% vitamin A, 70% vitamin C, 15% calcium, 10% iron.

CHEF JOHN WEILER
TRAINED AT DES MOINES
AREA COMMUNITY
COLLEGE. HE'S BEEN A
CHEF SINCE 1998.



SHELLFISH 101

Easy to cook, rich in nutrients and bursting with flavor, shellfish are worth adding to your seafood menu. Hy-Vee chef John Weiler says, “Most shellfish are done cooking as soon as they lose translucency. Don’t overcook—they’ll become tough and tasteless!”

Shrimp – Available cooked and uncooked, shrimp are sized from extra-small to extra-colossal by how many there are in a pound (for example, 51–60 in a pound are rated small). Uncooked shrimp usually come frozen in the shell, split down the back and deveined, making them easy to peel. Thaw on ice in the refrigerator or run cold water over them. Cook in the shell or peeled. Boil, grill or sauté uncooked shrimp 3 to 6 minutes at most. Add cooked shrimp at the end of a recipe to avoid toughening, or just warm them on the grill.

Scallops – Sweet, tender and mild, silver-dollar-size sea scallops are perfect for grilling, broiling or pan searing in butter or olive oil, 2 to 4 minutes each side. Nickel-size bay scallops are delicious in soups, casseroles, on top of salads or added to a pasta dish at the last minute. Steam or boil very briefly.

Mussels – Delicate taste and high-protein, low-fat content have made mussels a favorite the world over. Two dark shells cover and protect the mussel. When cooked, the shell opens revealing the tender mussel inside. Any shell that doesn’t open should be discarded. World-wide, the favored way to prepare mussels is steamed gently in white wine, parsley, shallots, garlic and butter just until they open. Mussels can also be added to soups, casseroles and stir-fried meals.

Lobster – Sweet and succulent, lobster is considered a delicacy. Whether as frozen lobster tails or a live lobster from your Hy-Vee in-store tank, be careful not to overcook. Boil in salted water or steam just until the lobster loses its translucency and becomes opaque. Or ask your Hy-Vee staff to butterfly 8-ounce lobster tails. To cook, douse in a mixture of melted butter, lemon juice and fresh garlic, and grill on medium to medium-high heat, meat-side down, for 2 to 3 minutes. Turn, lower the heat and close the grill lid for 5 to 6 minutes.

Crab – Cooked crab meat can be eaten fresh or served in a variety of salads, sandwiches, soups, dips and pâtés. Precooked when you purchase it, crab only needs warming in hot recipes.

FROM CHEF CURTIS STONE

“I love crab legs. Those sexy legs are actually cooked, so the shells can be cut open with kitchen shears and the meat plucked out to make a crab salad or put it on top of guacamole.”







SEAFOOD GUIDE

Deciding on the type of fish you will prepare depends on your flavor preferences. Do you want mild taste? Stick with a freshwater fish, such as walleye, or light-tasting saltwater fish, such as swai, tilapia and mahi mahi. Those who say they prefer a fishy taste generally mean that they enjoy eating such deep-sea catch as halibut or swordfish. Here's a chart that will help you identify the type of fish you want to serve. Experiment with things you haven't tried. If you haven't yet eaten grouper or ahi tuna, you should.

	FISH	DESCRIPTION/ TASTE	HOW TO COOK	WHAT TO PAIR WITH IT
	WALLEYE	Freshwater, light mild flavor, smaller fillets.	Bake in oven with a little butter, lemon-pepper, salt and lemon juice.	Pair with fresh corn on the cob and salad. Serve with a buttery chardonnay.
	STEELHEAD TROUT	Freshwater, high in omega-3s, firm, moist and flavorful.	Easy for beginners; grill, broil or pan-sear.	Pair with herb polenta or couscous. Serve with a pinot noir.
	CATFISH	Freshwater, dense, firm, and rich.	Blacken and pan sear or bake.	Wrap in warm flour tortillas with fresh cabbage, avocado, tomato, cilantro and lime juice. Serve with dark ale.
	SALMON	Saltwater, firm orange flesh high in omega-3s.	Easy for beginners, grill, broil or bake. Marinate for variety.	Sauté mushrooms in butter. Serve with salad and a pinot noir.
	COD	Saltwater, very mild, slightly sweet white fish, great for those wary of fish.	Easy for beginners; bake or broil. Brush on butter and squeeze on lemon juice when baked.	Serve with roasted or baked vegetables or rice and a light salad. Pair with sauvignon blanc.
	HALIBUT	Saltwater, mild, firm white flesh, high in omega-3s, sweet succulent taste.	Great on the grill, use oil, salt and pepper; sear both sides.	Pair with roasted sweet pepper relish and a side salad. Serve with a pinot grigio.



FISH	DESCRIPTION/ TASTE	HOW TO COOK	WHAT TO PAIR WITH IT
	SWAI Saltwater, white fish from Southeast Asia, a touch milder than cod.	Easy for beginners. Bake or broil, or steam with sautéed vegetables in olive oil on stove top.	Pairs well with sautéed vegetables and a mild rice. Serve with a sauvignon blanc.
	MAHI MAHI Saltwater, from Hawaiian waters, flavorful, similar to swordfish, lean, firm.	Steam or grill. Also good baked in foil-wrapped packets with summer veggies.	Marinate with a bottled Italian dressing if grilling. Serve with a gewürztraminer.
	SWORDFISH Saltwater, firm, dense, meaty fish; carries flavors really well.	Great on the grill, can be baked too. Use jerk seasonings, rubs and citrus; cook only 2 to 3 minutes a side.	Pairs well with tomatoes, eggplant ratatouille and grilled summer squashes. Serve with a lighter sauvignon blanc.
	AHI TUNA Saltwater, sushi grade tuna, red flesh high in omega-3s, rich meaty flavor.	Can be pan-seared rare (red in the middle), 3 to 4 minutes per side in a super-hot iron skillet, or grilled 1 minute per side and sliced thin.	Sprinkle with sesame or poppy seeds. Serve with soy sauce, wasabi or hot pepper sauce and freshly sliced tomatoes. Pair with a light merlot.
	TILAPIA Saltwater, very mild white fish, good for those wary of fish.	Bake or pan sauté with olive oil, a splash of lemon juice and salt and cracked pepper.	Serve with grilled summer squash, asparagus or a bed of lightly steamed garlicky greens. Pair with a light chardonnay.
	GROUPER Saltwater, firm, flavor is sweet, similar to halibut.	Grill, bake or poach. Grouper steaks make a dramatic presentation.	Keep it simple. Sprinkle with lemon juice or sautéed mushrooms. Pair with sauvignon blanc.

Race Ready



Competitors in this year's Hy-Vee Elite Cup Triathlon will soon be off and running (and biking and swimming). Just as athletes and coaches plan for victory, you should develop a game plan for watching the day's events.

TEXT STEVE COOPER PHOTOGRAPHY TOBIN BENNETT

They're at the starting line . . . and go! The dash is on for great seats at this year's Hy-Vee Elite Cup 5150 Triathlon. The competition is set for September 4 in Des Moines. It should be an incredible day for spectators, with plenty of prime spots for viewing.

SET A STRATEGY

Watching these events won't be quite like going to a baseball or basketball game. No ball field or arena offers the diversity of venues necessary for a triathlon, which includes swimming, biking and a 10-kilometer run and is open to select professionals and all amateurs. Event planners are staging it so spectators can catch all the critical action from just a few spots in downtown Des Moines and around the nearby state capitol grounds.

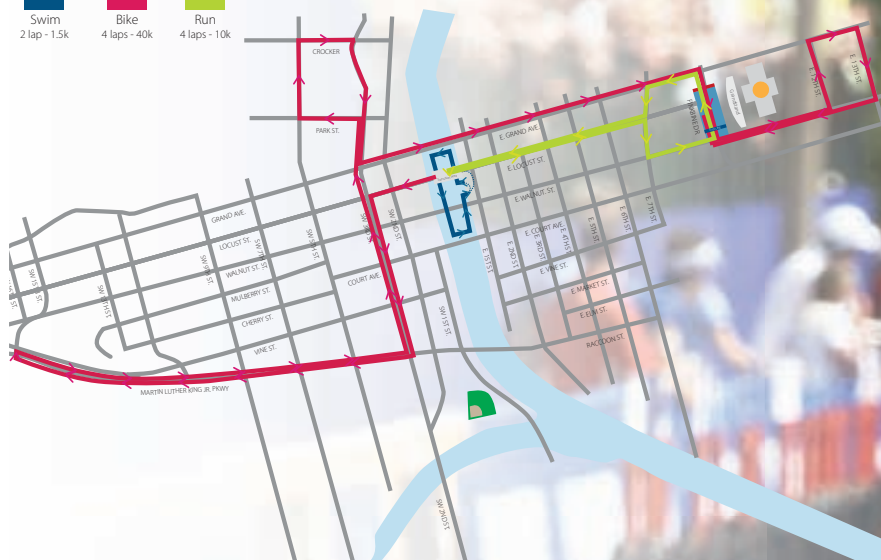
There are several prime viewing locations. Choose one of the

following spots or wander between several areas to catch as much of the action as possible.

- **State Capitol Grounds.** A grandstand with seating for more than 2,000 people will be erected at Finkbine Drive near the intersection with Locust Street. A 17×23-foot Jumbotron video screen will offer viewing for the grandstand area. Live camera shots will televise the action from various locations, including Gray's Lake, where the amateurs will swim and transition to the bicycle race.

- **Simon Estes Riverfront Amphitheater.** With seating capacity of about 2,000 and plenty of lounging space around the edges, this grassy hillside offers a comfy perch for watching professional Elite swimmers compete on the Des Moines River. Spectators at this location can also look south to watch bike and foot racers as they cross the Locust Street and Walnut Street bridges.





• **Downtown bridges.** In addition to the bridges at Locust and Walnut, spectators will be allowed to walk across the Grand Avenue and Court Avenue bridges, which will provide an up-close view of various activities throughout the day. A first-aid tent for spectators will be located near City Hall.

Events begin at 6:45 a.m. as a wave of amateur swimmers dive into Gray's Lake. The day ends about 6 p.m. with award ceremonies near the Finkbine Drive grandstand. With a crowd as large as 30,000 people attending through the day, plan an early arrival.

Drinking water will be available. Food stands, beverage tents and a beer garden will be set up just east of City Hall, near the river. Parking plans were not yet complete at this writing, but ample parking is being arranged.

To get the latest information about parking, check online at www.hy-veetriathlon.com. Click on the "spectators" tab. Also check your local Hy-Vee for a spectator guide, which will be available about two weeks before the event.

RACE WITHIN A RACE

To make the professional competition even more exciting to watch than in previous years, a new race-within-a-race has been added. As laps are completed in the swimming, biking and running events, the leader of each lap will receive a cash prize of \$5,150. "This should really heat up the competition," says Darin Hirl, director of event marketing for Hy-Vee. For biking and running, the lap finish line will be near the grandstand. For swimming, the finish line can be seen from the Simon Estes Riverfront Amphitheater.

Swimming, biking and running return September 17 when about 2,000 younger competitors race in the Hy-Vee IronKids Championship in West Des Moines. Grandstand viewing will be at Valley High School Stadium. Competition begins at 8 a.m. and is expected to end around noon.

Get the Laundry Low-Down

It's those familiar sights, and sometimes smells, that haunt every family's household. Hampers and laundry rooms filled with piles of laundry just waiting to be sorted and washed. While laundry might not be a favorite household task, it has to be done. We wanted to share some of our favorite tips on making the laundry process less daunting.

Not enough hours in the day to finish all of the laundry?

Instead of wasting countless hours sorting clothes by color, you might want to think about purchasing a hamper that can hold clothes in multiple sections. This way you toss like clothes in the same section and you won't have to sort later.

Break up the laundry by days, whites on Monday, dark clothes on Tuesday, etc. Febreze® Fabric Refresher is the perfect companion for this system; the fine mist eliminates odors from fabric and freshens the air in your home. Spray a little of this fabric refresher into the hamper on clothes that won't be washed until Thursday or Friday.

For large families with more clothes to wash, make a game out of doing laundry. This might mean an extra dessert for kids or TV channel control for a spouse who is willing to help out.

Is that a stain?

Nothing is more frustrating than finding a stain on your brand new clothes. Save the moment instantly with Tide® to Go, the #1 instant stain remover.

Didn't catch the stain as it happened? Try New Tide® Stain Release Duo Packs. It is formulated to give you an extra boost of power to remove tough stains the first time. Simply spray it on stains before you throw your clothes in the wash, and it goes to work releasing stains and lifting them right out of the fabric.

Laundry time

Whether you prefer to wash all clothes in cold water or you need a specific detergent for your high efficiency washer, you can find what you're looking for with Tide® Liquid Laundry Detergent. Choose from a wide range of Tide products to meet your every fabric care need.

To achieve that fresh scent and soft feel that you desire from your clothes, consider adding a dose of Ultra Downy® Fabric

Softener into every load. Plus, it is specially formulated to keep clothes static-free.

Remember, your washing machine needs love too. Try to avoid overloading your washer. If the machine is too full, your dirty clothes might just stay dirty. While you might think the washer is the cleanest appliance in your home, a good cleaning might be of benefit. Running white vinegar or Tide® Washing Machine Cleaner through the washer will sanitize the inside and clear away any unwanted soap scum.

Nearing the finish line

Prefer to hang your clothes out on the line, but it's raining? You can still achieve that outdoor fresh scent by tossing in a Bounce® Dryer Bar. Not only does it give you that "great clothesline smell" that you enjoy so much, but it helps control static and repel lint and hair.

Make sure to remove clothes from the dryer promptly to prevent wrinkled clothing. Plus, once your dryer is warmed up from the first load of laundry, following loads will most likely dry faster, especially when you start with light weight items and follow up with heavier items like towels and blankets.

Installing a closet rod or shower-curtain rod line directly into your laundry room is a great way to hang more delicate, dryer-resistant items. If there is limited space, a retractable clothesline or drying rack will do the trick.

Folding, folding, folding

Create a designated space for folding laundry. This might be a large counter, dining room table, or the couch in front of the television. Since folding the laundry can be time consuming, making this process as enjoyable as possible is a must! It is highly suggested that listening to music or catching up on a favorite TV show be done while folding.

Your weekly laundry routine is almost over. Putting clean clothes away is the step that most people enjoy the least. To make this easier, designate a colored laundry basket for each family member and place all of his or her folded clothes in that basket. Each is now responsible for a basket and putting clothing where it belongs. (And we don't mean in the hamper!)

For more tips visit www.laundry.com.

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Downy Liquid Fabric Softener: select
varieties 41 or 51 oz. \$5.49



Bounce Dryer Bar lasts up to 3 months
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cheer them on

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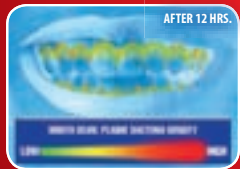


Next Issue

FALL

For those who love the days of Golden Delicious, Gala, Granny Smith, Fuji, Honeycrisp and every fruit of the apple tree, fall is the best time of year. It's certainly a fine time to check out Hy-Vee Seasons. We'll offer recipes, Halloween ideas, family fun and more. Look for the magazine in the mail, at your local Hy-Vee store or online at www.hy-vee.com/seasons.

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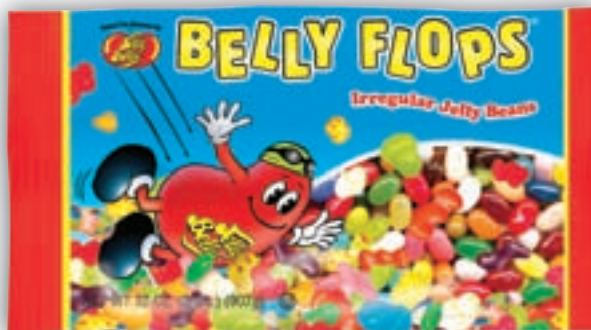
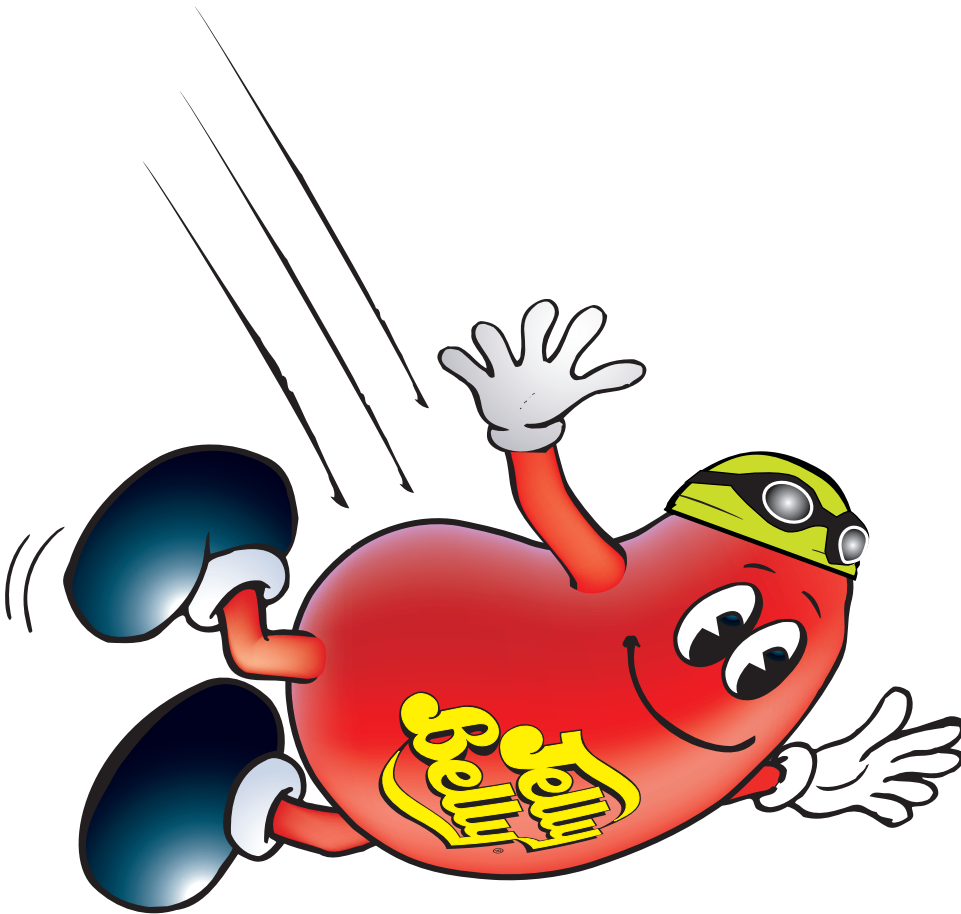
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