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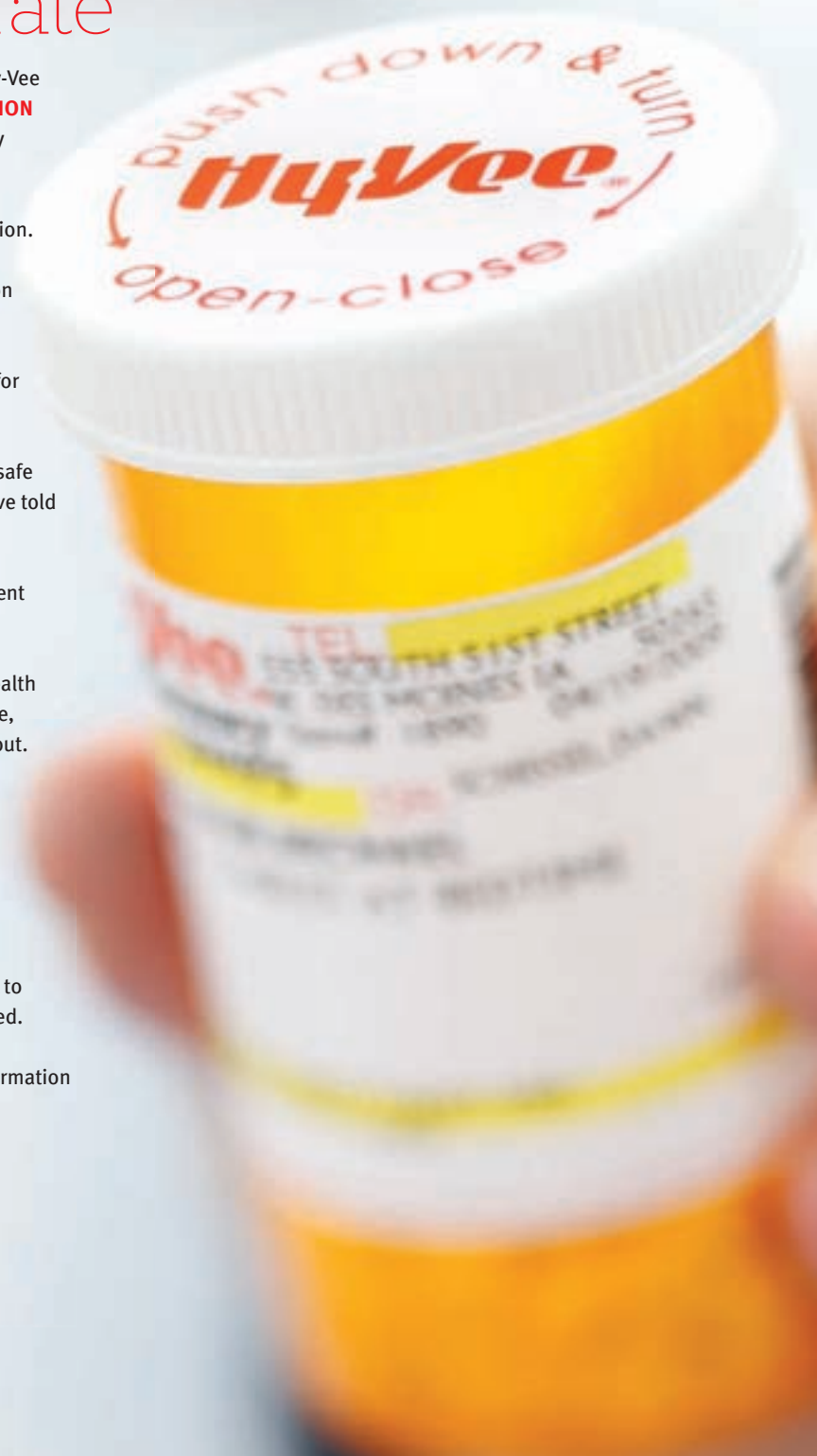


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seasons

BACK TO SCHOOL 2012 • VOLUME 6 ISSUE 4

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5th BIRTHDAY
Hy-Vee Seasons Magazine

Celebrating 5 years of memorable stories, recipes, decorating, gardening and more. Watch for special birthday features in the next issue.

Letter

Dear Hy-Vee reader,

As I reminisce about my school days, I realize that playing sports and participating in group activities while I was young prepared me for my life and career.

I vividly remember the grueling early-morning practices before school with my teammates, as well as other after-school commitments. I gained an immeasurable feeling of accomplishment day after day. It was a challenge not everyone is willing to take, but being part of a group effort was very valuable for me. Though my teammates and I faced different dynamics in our homes, we learned to get along and we gained strength as a group. We relied on one another to achieve goals, we learned to win with pride and dignity and, most significantly, we experienced emotional defeats while keeping our self-respect intact.

Some of you may still be in school discovering these important life lessons, but those of you who now cheer on younger players from the sidelines understand how valuable our youthful experiences are. Winning feels great. But I believe that when we were told back in our early years to “pick yourself up, dust yourself off and get back on the field,” that was the real purpose of the game. The advice to press on despite circumstances is something we all need to grasp, regardless of age.

Once I began my full-time career with Hy-Vee, my teammates were no longer my classmates but they are the thousands of men and women that work for this great company. For 34 years I have taken pride in being one of this team. Each and every day we rely on one another to make sure we are following the playbook and game plan that was passed on to all of us from our current and former leaders dating back 80+ years.

As part of our service to customers, we offer this issue of *Hy-Vee Seasons*. Don't miss any of the recipes, helpful information or insights. Read “Peaches,” *page 4*, to increase your knowledge about a favorite fruit, understand what keeps Olympic swimmer Rebecca Soni in the race for the gold in “Winning at Breakfast,” *page 32*, and pick up a new hobby—canning and drying fruit—in “Stockpile the Season,” *page 60*. Come and join us. Be part of the team.

Sincerely,

Andy McCann

Senior Vice President, Retail Health

A juicy, fragrant orchard-fresh peach is one of summers' greatest pleasures. It's also an ingredient you'll want to try in a satisfying array of dishes. Learn how to select the best and use them in five great recipes.

TEXT RICHARD SWEARINGER PHOTOGRAPHY KING AU AND ECKERT FAMILY FARMS

Peaches

Even before you get them home, peaches are irresistible. Their yellow-red skin blushes at you from the produce aisle. The sweet fruit-and-flower aroma wafting out of the grocery bag inspires visions of fresh and healthful meals. But it is their flavor—fruity and full, a bit tropical, slightly creamy with a little acid tang—that makes them the stars of the summer kitchen.

Peaches improve every part of a meal, especially when combined with spicy or meaty flavors. Cook them into such entrées as Cajun Shrimp and Peach Kabobs, *page 10*, and the Grilled Peach Salad with Ham, Mozzarella and Arugula, *page 9*. They also brighten up comfort foods. We added them to a breakfast favorite to create Peaches and Cream French Toast Bake, *page 7*. Dessert gets its due with Peach Melba Parfaits, *page 12*, an update of the classic combination of peaches and raspberries.

BUYING FRESH PEACHES

There's a crucial fact about growing great peaches, says Chris Eckert, president of Eckert Orchards Inc., which has been raising peaches since 1862 in Belleville, Illinois. "A peach won't get sweeter after it's harvested," he says. That means you need to buy peaches that are already ripe.

When selecting peaches, look for fruit that is slightly firm with no wrinkles, that yields somewhat to pressure. The red blush is an indicator of the variety of peach, but not its ripening status. For peaches that are always at peak freshness, check out a new brand in the story "Ripe 'N Ready Peaches," *page 11*.

Harvest is demanding, a race against time. Peaches are only at their best for a day or two in July and August, so workers hit the fields as soon as it's light enough to see. The fruit is picked by hand and hauled by tractor to packing warehouses, where it is sorted, washed and packed in boxes. These are rapidly cooled to precisely 34°F to prevent what Chris calls the "cardboard flavor and texture" of fruit that has been allowed to get too warm.

"Peaches start to break down between 36°F and 50°F, so we don't encourage our customers to refrigerate them," he says.





Each day's picking and packing is done by afternoon and Eckert peaches reach stores within 48 hours of picking, Chris says.

"The closer you eat that peach to the tree, the better it's going to taste," he says. "We're excited to deliver that kind of experience for the consumer."

STORING

Peaches sometimes need a day or two to reach their full eating potential. Do not refrigerate; instead, store peaches in a brown paper bag to let them soften.

The peaches won't get sweeter, Chris says, but the tart acids in the fruit will begin to mellow out and they will seem sweeter. Peaches will keep at room temperature up to 5 days.

The fruit is a good source of nutrition. One large peach has 68 calories, 10 percent of your daily fiber, 11 percent of recommended vitamin A, 19 percent of vitamin C and 10 percent of potassium.

PEELING

Many recipes call for peeling peaches before cooking. You'll be able to slip their skins off easily if you give the fruit a 1 to 2 minute dip in a large pot of rapidly boiling water and then transfer them to a bowl of ice water.

To pit a peach, cut it lengthwise into halves around the pit. Twist the halves in opposite directions to separate them. Pull out the pit with your fingers.

CANNED

When peaches are out of season, enjoy the flavor of summer simply by opening a can. Juice- and water-packed varieties are available if you're watching sugar intake.

Dice canned peaches and add to Asian stir-fries. Or create a sorbet. Take the lid off of a heavy-syrup can of peaches and place it in the freezer. Once frozen, transfer contents to a blender or food processor. (The peaches will not freeze completely solid because of the syrup.) Process the peaches until slushy. Add sugar to taste, and serve. For a comforting winter dessert or snack, poach peaches in their canning liquid with a pinch or two of cloves. For a barbecue treat, canned peaches are good brushed with a little oil, sprinkled very lightly with salt and grilled just until grill marks appear and peaches are heated through.

FROZEN

Individually quick-frozen peaches are a lifesaver for smoothie lovers and wonderful for filling winter pies.

GRILLING

Chris likes to grill fresh peaches and serve them over ice cream. Here's his recipe:

Wrap 3 cups of sliced fresh peaches in a foil pouch with about 3 tablespoons of brown sugar and a shot (2 tablespoons) of cognac. Seal up the pouch, set it on the grill for 20 minutes. Supporting the bottom of the packet with a wide spatula, remove the packet from the heat, let cool slightly and open pouch carefully—steam may billow out. Serve over ice cream.

**PEACHES AND CREAM FRENCH
TOAST BAKE**

Crispy brown on the outside and creamy rich on the inside, this make-ahead dish is the perfect lazy Sunday brunch solution. Cut your bread slices almost a full inch thick and leave them out on the counter to dry. They'll soak up the custard much better than freshly cut slices.

Prep time: 30 minutes

Rest time: 8+ hours

Cooking time: 50-60 minutes

Serves 12.

4 firm ripe peaches

1 cup packed Hy-Vee brown sugar

½ cup Hy-Vee butter, cut up

2 tablespoons Grand Selections pure maple syrup

1 (16-ounce) loaf day-old Baking Stone French bread, 1-inch cubed

1 (8-ounce) package Hy-Vee cream cheese, cubed

12 Hy-Vee large eggs

1½ cups Hy-Vee half-and-half

1 teaspoon Hy-Vee vanilla extract

½ cup Hy-Vee slivered almonds, toasted

1 tablespoon Hy-Vee powdered sugar

¼ teaspoon Hy-Vee ground nutmeg

Grease a 9×13-inch baking dish; set aside.

Score the bottom of each peach with a paring knife, making an X on the bottom of each. Fill a medium saucepan half full of water; bring to boiling. Add the peaches. Return to boiling; reduce heat. Gently simmer for 5 minutes.

Remove peaches and cool slightly. Peel the peaches and cut into slices. (You should have 2 cups.)

In a medium saucepan, combine brown sugar, butter and maple syrup. Cook and stir over medium heat until brown sugar is dissolved.

Pour brown sugar mixture into prepared baking dish. Arrange cooked sliced peaches on top of brown sugar mixture. Place half of the bread cubes over peaches. Layer with cream cheese and remaining bread.

In a large bowl, whisk together eggs, half-and-half and vanilla. Pour over bread layers in dish. Cover and refrigerate overnight.

Remove from refrigerator and let stand for 30 minutes at room temperature before baking. Top with slivered almonds. Bake, uncovered, in a 350°F oven for 50 to 60 minutes or until top is golden and filling is set. Combine powdered sugar and nutmeg; sprinkle over top before serving.

Nutrition facts: 460 calories, 25 g fat, 12 g saturated fat, 0.5 g trans fat, 240 mg cholesterol, 340 mg sodium, 48 g carbohydrates, 2 g fiber, 26 g sugar, 13 g protein. Daily values: 20% vitamin A, 6% vitamin C, 15% calcium, 15% iron.



PEACHES AND SPICE HONEY

Enjoy this juicy, sweet fragrant spread on toasted Baking Stone Honey Whole Grain Bread or spoon it over plain oatmeal or yogurt.

Prep time: 40 minutes

Cook time: 1 hour

Makes 13 half-pints. Serves 156 (1 tablespoon servings).

½ lemon with rind, seeded, cut into chunks
½ orange with rind, seeded, cut into chunks
14 cups chopped fresh peaches with skins, pitted (approximately 14–18 peaches)
2 cups Hy-Vee honey
2½ cups Hy-Vee granulated sugar
1 cinnamon stick
13 half-pint canning jars

Place orange and lemon chunks in a food processor, cover and process until finely chopped. Pour into a large saucepan or Dutch oven.

Put peach chunks into food processor in batches. Cover and process each batch until smooth. Add peaches to orange and lemon mixture.

Add honey, sugar and cinnamon stick. Bring to boiling; reduce heat. Cook, uncovered, over low heat for 30 to 35 minutes or until mixture coats

a spoon, stirring often. Remove and discard cinnamon stick.

Meanwhile, wash canning jars and lids and sterilize in boiling water bath. Place hot jars onto a cooling rack just before filling; leave lids in the boiling water. Ladle hot peach mixture into hot, sterilized canning jars, leaving a ¼-inch headspace. Wipe jar rims with a clean cotton dishtowel and place canning lids on top. Tighten ring over lid. Repeat with all jars.

Process filled jars in a boiling-water canner for 5 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. Note: Lids will seal as the jars cool. The center of the lid will indent making a slight “ping” sound. If the jars do not seal properly, refrigeration is required.

Nutrition Facts per serving: 30 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 8 g carbohydrates, 0 g fiber, 7 g sugar, 0 g protein. Daily Values: 0% vitamin A, 2% vitamin C, 0% calcium, 0% iron.





GRILLED PEACH SALAD WITH HAM, MOZZARELLA AND ARUGULA

Peaches become caramelized and extra sweet on the grill. The sweetness of grilled peaches is a wonderful complement to peppery arugula and salty ham. Fresh mozzarella cheese adds satisfying richness to this creative salad.

Prep time: 15 minutes

Cook time: 10 minutes

Serves 4.

- 5 firm ripe peaches, divided
- 2 tablespoons Grand Selections olive oil
- Hy-Vee sea salt and Hy-Vee freshly ground black pepper, to taste
- 6 cups arugula or Hy-Vee mixed salad greens
- 8 ounces sliced fresh mozzarella cheese
- 8 ounces sliced Black Forest ham
- 3 tablespoons Grand Selections extra-virgin olive oil
- 3 tablespoons Grand Selections balsamic vinegar
- 2 tablespoons Hy-Vee honey
- 1 tablespoon Hy-Vee Dijon mustard
- ½ teaspoon Hy-Vee sea salt
- ½ teaspoon Hy-Vee cracked black pepper

Preheat grill to medium. Halve and pit 4 peaches; brush both sides with 2 tablespoons olive oil. Season with salt and pepper. Place peaches, cut sides down, on grill rack. Cover grill and cook until charred and softened, 4 to 5 minutes. Turn peaches over and continue grilling until skin begins to blister and slide off, 4 to 5 minutes.

For each serving, divide arugula or salad greens among 4 dinner plates. Top each with 2 peach halves, 2 ounces mozzarella slices and 2 ounces ham slices. Drizzle each salad with about 3 tablespoons of Peachy Balsamic Dressing, recipe right.

Peachy Balsamic Dressing: Peel and pit 1 peach and place in a blender or food processor with 3 tablespoons extra-virgin olive oil, balsamic vinegar, honey, Dijon mustard, sea salt and cracked black pepper. Cover and blend or process until smooth.

Nutrition facts per serving: 480 calories, 31 g fat, 11 g saturated fat, 0 g trans fat, 70 mg cholesterol, 1140 mg sodium, 26 g carbohydrates, 2 g fiber, 23 g sugar, 22 g protein. Daily values: 30% vitamin A, 20% vitamin C, 35% calcium, 10% iron.

CAJUN SHRIMP AND PEACH KABOBS

Fresh summer herbs add a flavorful note to these spicy kabobs. If using wooden skewers, soak them in enough water to cover for at least 30 minutes before grilling.

Prep time: 30 minutes

Cook time: 8 minutes

Serves 4 (2 kabobs and about 2 tablespoons Cajun Butter each).

¾ cup Grand Selections olive oil

1 small onion, finely chopped

3 cloves garlic, minced

1 tablespoon Cajun seasoning

1 teaspoon chopped fresh rosemary

1 teaspoon chopped fresh thyme

½ teaspoon Hy-Vee sea salt

1 pound raw jumbo shrimp (21 to 25 ct), peeled and deveined

3 firm ripe peaches, pitted

4 green onions, cut into 1-inch pieces

8 skewers

½ cup Hy-Vee unsalted butter

2 teaspoons chopped fresh cilantro

½ teaspoon Cajun seasoning

¼ teaspoon Hy-Vee garlic powder

Dash hot pepper sauce

Combine olive oil, onion, garlic, 1 tablespoon Cajun seasoning, rosemary, thyme and salt in a medium bowl. Add shrimp; toss to coat. Cover and refrigerate for no longer than 30 minutes.

Meanwhile, cut each peach into 8 chunks. Remove shrimp from marinade and reserve marinade. Thread 3 shrimp, 3 peach chunks and 3 onion pieces onto a skewer. Repeat with 7 remaining skewers. Brush lightly with reserved marinade. Discard any marinade that remains.

Grill skewers, uncovered, on the greased grill rack over medium-hot heat for 6 to 8 minutes or until shrimp are opaque, turning once halfway through grilling. Serve with Cajun Butter, below.

Cajun Butter: Melt butter in a small saucepan. Stir in cilantro, ½ teaspoon Cajun seasoning, garlic powder and hot pepper sauce.

Nutrition facts per serving: 360 calories, 28 g fat, 15 g saturated fat, 1 g trans fat, 205 mg cholesterol, 750 mg sodium, 13 g carbohydrates, 2 g fiber, 9 g sugar, 17 g protein. Daily values: 30% vitamin A, 15% vitamin C, 8% calcium, 4% iron.





RIPE 'N READY PEACHES

Which kind of peach lover are you: Do you like your peaches soft and juicy? Or crunchy and sweet?

Regardless of which you prefer, there's plenty of succulent just-picked peaches waiting for you in the produce aisle at Hy-Vee.

If you prefer a soft peach, yellow-flesh peaches will be your ticket to fruit nirvana.

If you're one of the rest who like crunchy, look for white-flesh peaches and nectarines.

Educating peach lovers about the differences between varieties is just one of the ways that an innovative fruit partnership in California is using its decades of expertise to improve the produce-buying experience for shoppers across the nation.

For more than 50 years, the Parnagian and Britz families of California's San Joaquin Valley have been growing and shipping sweet, delicious peaches. They grow some very good peaches, which are available under the Ripe 'N Ready label at Hy-Vee.

The standards are strict. Of more than 2 million boxes of peaches raised this year by the two families, only a quarter of them will meet the sweetness and flavor requirements for the Ripe 'N Ready label, says Doug Sankey, marketing manager for the company.

The quest to deliver the perfect peach begins with planting the right varieties of trees, but it also involves sacrifice and patience. Ripe 'N Ready crews move through the orchards several times each season, thinning the fruit to ensure that the trees produce fewer, but larger and tastier peaches.

The crews wait to pick each peach until the fruit reaches maximum sweetness. "We try to keep the fruit on the trees a little longer than others might so they'll be ripe when we pick them," Doug says.

Once picked, peaches go to packing houses for cooling and crating—but with a difference. Ripe 'N Ready ships the fruit to Hy-Vee in special trays that are only one layer deep, with individual wells for each peach.

"The fruit doesn't touch each other, and the produce we ship out seldom has issues with bruising," Doug says.

Delicious Ripe 'N Ready peaches are available from mid-May to mid-September.

"There is something great about all the peaches," Doug says. "Hy-Vee has great, great produce managers. They partner with the right people around the country. They're very astute as to who is doing what."

Ripe 'N Ready

PEACH MELBA PARFAITS

Invented in the 1890s by a French chef, this classic dessert layers sunny peaches and tart raspberries—two favorite summer fruits—with vanilla ice cream.

Prep: 15 minutes

Cook: 30 minutes

Serves 4.

4 firm ripe peaches

2 cups white wine

2 cups water

1 cup Hy-Vee granulated sugar

1 teaspoon Hy-Vee vanilla extract

1 large mint sprig

2 cups fresh raspberries

1 tablespoon Hy-Vee powdered sugar

2 tablespoons Hy-Vee lemon juice

2 cups Hy-Vee vanilla ice cream

Garnish suggestions: whole fresh raspberries or mint sprigs

Score the bottom of each peach with a paring knife, making an X on the bottom of each (this will help with peeling later). Combine wine, water, sugar, vanilla and mint sprig in a large saucepan. Bring mixture to boiling. Add peaches. Return mixture to boiling; reduce heat. Gently simmer for 5 to 10 minutes or until skins are softened. Remove peaches from syrup and cool slightly.

Return the peach cooking liquid to high heat and bring to a boil. Reduce the mixture to 1 cup, about 15 minutes. Remove syrup from heat. Discard mint and set syrup aside.

Peel the peaches and halve each peach, removing the pit. Cut each half into 4 slices. Place in a shallow bowl. Pour $\frac{1}{2}$ cup of the reserved liquid over peaches and refrigerate until well chilled.

Combine raspberries, $\frac{1}{3}$ cup of the syrup, powdered sugar and lemon juice in a food processor. Cover and process until well pureed. Strain the raspberry mixture through a fine-mesh sieve. Chill until serving time.

To assemble parfaits, alternate layers of peach slices, raspberry sauce and vanilla ice cream. If desired, garnish with fresh raspberries and mint sprigs. Serve immediately.

Nutrition facts: 520 calories, 8 g fat, 4.5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 70 mg sodium, 94 g carbohydrates, 6 g fiber, 79 g sugar, 4 g protein. Daily values: 10% vitamin A, 45% vitamin C, 10% calcium, 6% iron.





FREEZING PEACHES

Preserve summer goodness all winter long by freezing a batch or two of peaches. Follow these directions from Elizabeth Andress, Ph.D, a food safety specialist and professor of foods and nutrition with the University of Georgia Extension.

The key to quality, she says, is to process the peaches start to finish without interruption. If peaches stand too long, their texture will begin to break down.

Start by selecting peaches that are ripe and give under gentle thumb pressure. Working in batches of about 5 pounds at a time, peel and pit according to directions on page 6.

In a very large bowl, stir together 3 tablespoons of lemon juice and 4 cups of water, or use a commercial anti-browning product such as FruitFresh mixed according to package directions. This solution will prevent the peaches from darkening. Cut peaches into quarters or thick slices, and transfer immediately to the water-lemon juice or anti-browning mixture.

With a slotted spoon, remove peaches from the solution, allow to drain and arrange in a single layer on cookie sheets. Put sheets in your freezer. Freeze until firm and then transfer to zip-top freezer bags.

Frozen peaches will keep 6 to 8 months.

To thaw, allow to stand in the refrigerator overnight and serve while still slightly icy.

Frozen peaches add delicious taste to pies and sauces for pork. Or eat thawed peaches on their own as a sweet reminder of summer.

From Chef Curtis Stone



“Place fresh ripe peach halves cut side up on a foil-lined baking sheet, sprinkle them with brown sugar, then roast them at five hundred degrees Fahrenheit until the sugar caramelizes. Serve them warm with plain yogurt and honey.”

The combination of buttery toasted white bread and creamy melted American cheese is hard to beat. But thanks to the amazing cheeses offered at the deli counter, there are innumerable ways to enjoy this classic for lunch or dinner.

TEXT RICHARD SWEARINGER
PHOTOGRAPHY TOBIN BENNETT

**OOEY,
GOOEY
AND**

Cheesy



Nothing compares to a well-made grilled cheese sandwich. A few minutes in the pan between two slices of bread releases the nutty, dairy-sweet flavor in any cheese, highlights the delicious balance between creamy and sharp and transforms the texture to velvety and smooth.

All you really need are bread, cheese and a little butter, but we're going to show you how to make them even better with such imaginative additions as pickles, bacon, Thousand Island dressing and flavored mayo, as well as different breads and new varieties of cheeses from the deli aisle of your local Hy-Vee.

We're in the golden age of the grilled cheese: Never have there been so many choices of breads and cheeses; what was once a quick lunch staple has gained serious respect. All over the country chefs are putting them on menus, and there's even a Grilled Cheese Invitational cooking contest staged annually in Los Angeles.

Still, the best thing about this grilled cheese is how easy it is to make at home. Creating a sandwich like this one, *opposite*, with golden-brown bread and hot, perfectly melted cheese takes just three basics—bread, a slice or two of cheese and butter. Sandwich cheese between slices of bread and toast in melted butter in a medium-hot pan for 2 to 3 minutes per side until the cheese

melts. (Faster still, you can skip the butter, melt the cheese in the microwave on HIGH for 30 to 60 seconds, and spread it on toasted bread.) That's it. Quick, easy and satisfying.

Because these sandwiches are so simple to make, they're easily personalized to your taste, whether you like the classic combination or want to enjoy something a little more adventurous.

Julie Anderson, Hy-Vee delicatessen manager in Ankeny, Iowa, for 14 years, says cheese types have tripled in that time. Her main goal is helping customers discover new flavors from the deli.

"We're happy to give you a sample of anything you want to try," she says.

Hy-Vee goes the extra mile to train employees about food. In late March, a group of Hy-Vee delicatessen managers and store directors—including Julie—visited the factory of the 98-year-old Henning's Wisconsin Cheese company in Kiel, Wisconsin. They went to learn about new cheeses and increase their depth of cheese knowledge.

"It stirred up my passion for cheese again," says Jessica Davis, delicatessen manager at the Hy-Vee in Cedar Falls, Iowa.

To stir up your own cheese passion, especially in its grilled form, try these ideas.



From Chef Curtis Stone

“Pesto and caramelized onions are *two great flavor boosters* in grilled cheese sandwiches. For a different take on traditional grilled cheese, stuff a whole ciabatta with cheese and grill it over low heat in a covered barbecue.”



START WITH BREAD

Build your grilled cheese adventure from the outside in. Begin by changing the bread. Thick slices of crusty Italian Country from Hy-Vee's line of Baking Stone Bread makes a hearty sandwich with lots of crunch. Hy-Vee's Kiev Pumpernickel or Rosemary Garlic bread are good choices too—especially for a dinner grilled cheese. Even changing the thickness of the bread can make a difference. Texas toast produces a tall sandwich for heartier eaters, while thin bread results in a crispier sandwich with more cheese flavor.

ADD A CHEESE OR TWO

Cheese-making in America has been enjoying a rebirth in recent years. Recipes and aging methods are being fine-tuned. Farmers are seeking out the best breeds of cows, sheep and goats—and the right mix of feed—to make better-tasting cheese.

There's a cheese renaissance in Wisconsin. The Di Lusso Deli Company has just debuted its artisan line, with Monterey Blue, Smoked Gouda and Havarti Herb. Henning's is now offering onion-chive, horseradish and garlic-dill flavored cheddars.

Cheese combined with chile peppers is another up-and-comer, says Julie. Pepper Jack is an old standby, but new types—just right for grilling in sandwiches—are now on the market. At Hy-Vee you'll find Henning's Hatch Pepper Heritage Cheese, see recipe, page 17. Di Lusso also makes Chipotle Cheddar.

Julie's favorites for grilling are provolone with a pepper Jack, or Chipotle Cheddar with American cheese. “Why stop at two,” she says. “Try an herb Havarti with American cheese and Muenster.”

Add brown mustard, a few pickle slices or roasted red peppers for a change. For a slightly sweet grilled cheese sandwich, include thinly sliced, well-drained fruit.

A group of Hy-Vee delicatessen managers and supervisors, below, display wheels of the new Hatch Pepper Cheese from Henning's Wisconsin Cheese. The Hy-Vee crew includes, left to right, Patrick Tinder, Katie Graham, Jessica Davis, Tim Glahn, Julie Anderson and Tom Anderson.





**ULTIMATE GRILLED HATCH PEPPER
CHEESE SANDWICHES**

Hot, but not too hot, the famous peppers from Hatch, New Mexico are more about flavor than fire. They wake up the mild cheese.

Prep time: 15 minutes

Cook time: 16 minutes

Serves 4.

**8 (½ inch each) slices Baking Stone
Roasted Garlic Bread**

**16 ounces Hatch Pepper Heritage Cheese,
cut into 8 slices**

12 ounces deli-sliced pepper turkey
**1 ripe avocado, seeded, peeled and cut
into 16 slices**
4 tablespoons Hy-Vee butter, softened

Top each of 4 slices of bread with one slice of cheese, 3 ounces turkey, 4 slices of avocado and another slice of cheese. Top each with one of the remaining slices of bread. Spread both sides of each sandwich with butter.

Heat a large skillet or griddle over medium heat. Cook each sandwich for 2 minutes or

until bottoms are golden. Turn sandwiches over; cook for an additional 2 to 3 minutes or until bottoms are golden and cheese is melted. Adjust heat as necessary to prevent the sandwich from overbrowning.

Nutrition facts per serving: 810 calories, 57 g fat, 29 g saturated fat, 0 g trans fat, 190 mg cholesterol, 1600 mg sodium, 26 g carbohydrate, 4 g fiber, 1 g sugar, 47 g protein. Daily values: 40% vitamin A, 8% vitamin C, 60% calcium, 4% iron.

**APPLE AND BACON
BREAKFAST SANDWICHES**

There's not an expected taste in the ingredients for this surprising sandwich. That's the joy. It's a cavalcade of flavors.

Prep time: 25 minutes

Cook time: 16 minutes

Serves 4.

8 slices Hy-Vee double-smoked bacon

1 medium apple

12 ounces Brie cheese, divided

1 teaspoon chopped fresh thyme, divided

4 tablespoons Hy-Vee butter,

softened, divided

8 (½-inch-thick) slices Baking Stone

Rosemary Garlic bread

In a medium skillet, cook bacon until crisp; drain and set aside. Core and thinly slice apple, leaving peel on.

Top each of 4 bread slices with 1½ ounces Brie, 2 slices bacon, 4 apple slices, ¼ teaspoon thyme and another 1½ ounces Brie. Top each with remaining bread.

Spread ½ tablespoon butter on the outside of each piece of bread. Heat a large skillet or griddle over medium heat. Add two

sandwiches; cook 2 minutes or until bottoms are golden. Turn sandwiches over and cook another 2 to 3 minutes or until bottoms are golden and cheese is melted. Repeat with remaining sandwiches.

Nutrition facts per serving: 840 calories, 49 g fat, 25 g saturated fat, 0 g trans fat, 130 mg cholesterol, 1540 mg sodium, 70 g carbohydrates, 5 g fiber, 6 g sugar, 32 g protein. Daily values: 20% vitamin A, 4% vitamin C, 15% calcium, 10% iron.



HENNING'S CHEESE FACTORY

To the marriage, one mate brings solid Midwestern values that are enhanced by a dash of creativity. The other is from New Mexico, a bit of a spitfire with a pleasing boldness.

This unlikely couple is the new Hatch Pepper Heritage Cheddar from Henning's Wisconsin Cheese. You're invited to share in the happiness of this union by making a toasted grilled cheese sandwich with the delicious new cheese variety. You'll enjoy the mildly piquant personality that the peppers bring to the table.

"Hatch Pepper Heritage Cheddar isn't real spicy. It's mild so the chiles add a lot of flavor without being hot," says Julie Anderson, deli manager of the Hy-Vee store in Ankeny, Iowa.

Anderson and five other Hy-Vee delicatessen managers and store directors traveled recently to Kiel, Wisconsin, to visit the Henning's cheese factory. The trip was part of an ongoing effort at Hy-Vee to increase the expertise of specialty-department staffs. Everyone in the group received hands-on production experience—separating the curds and whey—and participated in other parts of the process.

A highlight was helping create a batch of Hatch Pepper Heritage Cheddar. Each block of the white cheese was dotted with pepper morsels.

"The idea for this cheese came from Kenan Judge at Hy-Vee," says Henning's president Kert Henning. "I asked him to let me know if he ever had an idea we could use to make a special cheese. He didn't let a second go by and he said, 'Hatch peppers.' Of course, my response was, 'What's a Hatch pepper?'"

Within days, a test batch was prepared along with several alternates. About six months later it was official—everyone loved that first batch. It soon went into limited-run production.

And what about the name Hatch? It's a village near the Rio Grande River in New Mexico where pepper-growing conditions are ideal. The soil is rich and fertile, the days are long and sunny, and there's just enough water to produce the "best chile peppers in the world." The long, green Hatch peppers are shipped fresh to Hy-Vee in late August and stocked until the supply is gone—usually just a few weeks. Hatch Pepper Heritage Cheddar will only be available for a limited time, as well.

For a collection of recipes from Henning's Wisconsin Cheese, visit www.vy-vee.com/seasons.



Julie Anderson tries her hand at stirring cheese, *top*. The Hy-Vee team becomes expert in cheesemaking by watching a Henning's employee, *center*, work a milky river. Tim Glahn, *above left*, flips a block of still-wet cheese. Kerry Henning, master cheesemaker, *above right*, gives the Hy-Vee team instruction in proper handling of the curds and whey.



McCormick Vanilla: 1 oz. \$1.99



McCormick Black Pepper, Cinnamon, Paprika, Cumin or Chili Powder: 1 to 2.5 oz. \$1.58



Pompeian Olive Oil: select varieties 16 oz. \$3.99



Morton Kosher Salt: 16 oz. \$1.48



Colavita Balsamic Vinegar 2l. \$3.99

CRANBERRY AND CHICKEN GOUDA MELTS

This is like the grilled cheese that moved away from home young and returned decades later as a completely new creation. A little tart, somewhat sweet, this is a sandwich for adventurous adults.

Prep time: 20 minutes

Cook time: 16 minutes

Serves 4.

¼ cup Hy-Vee canned cranberry sauce

3 tablespoons Hy-Vee Dijon mustard

8 (½ inch each) slices Baking Stone Marbled Rye Bread

8 ounces cheese curds, divided

4 slices smoked Gouda cheese, divided

4 ounces deli-sliced oven-roasted

chicken breast, divided

2 ounces fresh spinach leaves, divided

4 tablespoons Hy-Vee butter, softened

In a small bowl combine cranberry sauce and mustard and spread on each slice of bread. Top

each of 4 slices of bread with one-eighth of the cheese curds, 1 slice of Gouda cheese, 1 ounce chicken and one-fourth of the spinach leaves. Top each with one-fourth of the remaining cheese curds and 1 bread slice. Spread both sides of each sandwich with butter.

Heat a large skillet or griddle over medium heat. Cook each sandwich for 2 minutes or until bottoms are golden. Turn sandwiches over; cook for an additional 2 to 3 minutes or until bottoms are golden and cheese is melted. Adjust heat as necessary to prevent overbrowning.

Nutrition facts per serving: 690 calories, 48 g fat, 28 g saturated fat, 0 g trans fat, 125 mg cholesterol, 1950 mg sodium, 31 g carbohydrates, 5 g fiber, 5 g sugar, 35 g protein. Daily values: 40% vitamin A, 4% vitamin C, 80% calcium, 6% iron.





THREE-CHEESE PESTO TOMATO MELT

With a nod toward Italy, this sandwich is a combination of fresh flavors. The star is a nutty, sweet Gruyère, similar to Swiss but milder.

Prep time: 15 minutes

Bake time: 5 minutes

Serves 4.

8 (½ inch thick) slices Baking Stone Asiago
Batard bread

2 tablespoons basil pesto

4 ounces Gruyère cheese, sliced, divided

2 Roma tomatoes, thinly sliced, divided

4 slices Hy-Vee mild cheddar cheese, divided

4 tablespoons Hy-Vee unsalted butter,
softened

Spread one side of each bread slice with pesto. Place one-fourth of sliced Gruyère cheese, one-fourth of tomato slices and 1 slice cheddar cheese on top of 4 of the pesto-spread bread slices. Top each with remaining bread slices, pesto side down. Spread both sides of each sandwich with butter.

Heat a large skillet or griddle over medium heat. Cook each sandwich for 2 minutes or until bottoms are golden. Turn sandwiches over; cook for an additional 2 to 3 minutes or until bottoms are golden and cheese is melted. Adjust heat as necessary to prevent the sandwich from overbrowning.

Nutrition facts: 620 calories, 36 g fat, 21 g saturated fat, 0 g trans fat, 105 mg cholesterol, 1070 mg sodium, 49 g carbohydrates, 3 g fiber, 4 g sugar, 26 g protein. Daily values: 25% vitamin A, 25% vitamin C, 60% calcium, 6% iron.

BEYOND THE ORDINARY

Sample an artisan cheese and you'll realize what all the buzz is about.

Whether as familiar as cheddar or as seductive as Havarti, artisan cheeses are specially crafted in small batches by skilled, passionate cheesemakers.

Di Lusso Deli Company has added the Artisan Cheese Collection to their extensive offering of Wisconsin cheeses. Four varieties are produced.

Each is a classic cheese with a special ingredient or twist to create complex, layered flavors.



smoked
GOUDA



monterey
BLUE





cheese

Smoked Gouda

flavor profile

Features a butter and smoky-sweet flavor that mellows to uncover a caramel taste.

meltability

When the heat comes up, this cheese goes soft and creamy. A smooth topper for a hamburger patty.

Monterey Blue

Rich, robust blue cheese is softened by a subtle touch of creamy Monterey Jack.

Provides a flowing melt that works well for pizza, dips and buffalo wings.

Havarti Herb

Creamy and buttery, it gets an Italian accent from oregano, basil and parsley.

Melts smoothly to perk up omelets and dishes with pasta or rice.

Chipotle Cheddar

Chipotle peppers imbue this classic cheese with a smoky, slightly spicy character.

Flows like lava, retaining some body as it melts. Perfect for a quesadilla.

chipotle
CHEDDAR



Concentration is like magic. It can jump-start learning, boost grades and lead to a lifetime of success. Nutritionists say the brain is the first organ in the body to snatch magic-making nutrients from what we eat. This process peaks overnight as kids sleep. Connections in neural cells are strengthened and children's elaborate brain circuitry is developed and refined. Not a bad return on some berries, grains, veggies and a good night's rest.

FUEL FOR THOUGHT

Whether you're serving breakfast, lunch, dinner or a bedtime snack, include at least one of these super brain foods.

- **Salmon and other fatty fish.** Facing a mental skills test? Eat a salmon salad sandwich. The fish's omega-3 fatty acids DHA and EPA promote brain function and growth.
- **Eggs.** The yolks contain protein and choline, a vitaminlike substance vital for the creation of memory stem cells deep within the brain.
- **Oatmeal.** The fiber in this "grain for the brain" works with vitamins E and B, potassium and zinc to help young bodies and brains function at full capacity.
- **Whole grains.** Other brain-friendly foods include whole-wheat couscous and pastas, whole-grain breads and even a few tortillas and chips. Don't forget low-fat popcorn—a fun, whole-grain snack!
- **Strawberries and blueberries.** Ultrahigh in antioxidants, berries can be bought frozen in bags, ready-made for snacking or adding to smoothies. Research on strawberries and blueberries confirms they improve memory function.
- **Beans.** To power brain functions and help with clear thinking, beans provide protein, complex carbs and fiber. Kidney and pinto

beans are a good source of omega 3 fatty acids, which fuel brain development in children.

- **Lean beef.** Its zinc helps memory. Plus, lean beef is one of the best-absorbed sources of iron, an essential mineral that helps kids stay energized and able to concentrate. As little as one ounce a day helps the body absorb iron from other sources.
- **Milk and yogurt.** These are packed with protein and B vitamins—essentials for growth of brain tissue, neurotransmitters and enzymes, which provide energy to the brain. Kids benefit from low-fat milk over cereal or yogurt smoothies.
- **Colorful veggies.** Loaded with antioxidants, such foods as sweet potatoes, tomatoes, carrots, pumpkin and spinach help keep brain cells in good repair and going strong.

BRAINS NEED SLEEP

In addition to eating the right foods, it's critical to children's brain development for them to get enough sleep, says dietitian Julie McMillin, Hy-Vee director of health and wellness.

"Studies have shown that children who get a good night's sleep have higher IQ levels and are absent from school less often," McMillin says. "Getting a good night's sleep is like giving your body and brain a mini vacation. Also children who do not get enough sleep tend to crave and eat sugary or starchy food during the day to provide energy to stay awake, increasing their risk of their becoming obese or overweight."

The following pages contain recipes for suppers and snacks from four Hy-Vee dietitians, all mothers. Try these foods to boost kids' brain power.

Back-to-school calls for new clothes and enough supplies and electronics to start a small business. But the most important outlay may be the makings for snacks and meals that help hungry young brains grow and learn.

TEXT ANITA LARSEN PHOTOGRAPHY TOBIN BENNETT

Bedtime brain food



Licia Blue Truck



Kaitlin Anderson & Owen
Hy-Vee dietitian in Rochester, Minnesota

“When kids refuse to drink regular milk, consider a smoothie before flavored milk. For my son Owen, I created a recipe loaded with the fresh and frozen fruits he enjoys—and a cup of whole milk.”

tropical toddler Smoothie

individual baked *Oatmeal*



Abby Heidari, Aiden, Taylor & Joey

Hy-Vee dietitian in Leawood, Kansas

“I served the baked oatmeal to my kids before they went to bed and they loved it. It’s not really a cookie—it’s kind of a cluster that you pick apart. It has blueberries, banana and applesauce. Berries are good because they contain antioxidants. It also has flax seed, which contains omega 3 and is good for the brain.”



Tracey Shaffer, Olivia, Ian & Alec
Hy-Vee dietician in Blue Springs, Missouri

“I wanted something with cherries in it, which helps kids get to sleep faster at night because the fruit contains melatonin. Getting a good night’s sleep is really good for everyone, but particularly for kids. I also put just a bit of chocolate in it because that is always something kids enjoy.”

dark chocolate cherry
No-Bake Bites

chicken & black bean

Quesadilla



**Martha Nepper, Jeremy,
Natalie, Nick & Stephanie**
Hy-Vee dietitian in Omaha, Nebraska

“It’s good to think about having something with fiber in it before bed. It keeps kids from getting hungry as they sleep. Don’t want them waking up in the middle of the night with their stomachs growling.”



belVita Breakfast: select varieties
8.8 oz. \$2.99



Quaker Chewy Bars: select varieties
6.1 to 6.7 oz. \$2.38



Nabisco Snackwell or 100 Calories
Snacks: select varieties 3.7 to 7.75 oz.
\$2.77



Del Monte Fruit Cups: select varieties
4 ct. Or Chillers 8 ct. \$2.28



Just BARE Boneless Skinless Split Breast:
14 oz. \$3.99



Laughing Cow Mini Babybels: select
varieties 4.2 to 4.5 oz. \$3.99



Cranberry Naturals Reduced Calorie Juice
Drinks: select varieties 64 oz. 2/\$4.00

TROPICAL TODDLER SMOOTHIE

Sure to please, this sweet treat is full of healthful fruits and B vitamins.

Prep time: 5 minutes

Serves 3 (1 cup each).

- 1 cup whole milk
- 1 cup frozen mango chunks
- 5 frozen whole strawberries
- ½ banana
- ½ cup Hy-Vee orange juice
- Ice

Add all ingredients to blender. Blend until smooth.

Nutrition facts: 140 calories, 3 g fat, 1.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 35 mg sodium, 27 g carbohydrates, 3 g fiber, 21 g sugar, 4 g protein. Daily values: 15% vitamin A, 110% vitamin C, 10% calcium, 2% iron.



INDIVIDUAL BAKED OATMEAL

Keep these brain-friendly treats on hand for an evening snack or a busy morning meal.

Prep time: 10 minutes

Bake time: 35-40 minutes

Serves 24 (1 each).

- 2 Hy-Vee large eggs
- 1 tablespoon Hy-Vee vanilla applesauce
- 1 cup Grand Selections pure maple syrup
- 1 ripe banana, mashed
- 1 cup blueberries
- 5 cups Hy-Vee old-fashioned quick oats
- 1 teaspoon Hy-Vee salt
- 3 teaspoons Hy-Vee baking powder
- ¼ cup ground flax seed
- 1 tablespoon Hy-Vee cinnamon
- 2½ cups Hy-Vee skim milk

Preheat oven to 350°F. Line 24 muffin cups with liners and spray with non-stick cooking spray. In a large bowl, mix eggs, vanilla, applesauce and maple syrup together. Add mashed banana and blueberries.

In a separate bowl, mix together oats, salt, baking powder, flax seed and cinnamon. Add milk to dry mixture. Combine oatmeal mixture with egg mixture. Fill muffin cups. Bake 35-40 minutes or until set. Best eaten warm with additional milk served on top. Can also freeze in freezer-safe bag and reheat when needed.

Nutrition facts: 130 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 15 mg cholesterol, 190 mg sodium, 25 g carbohydrates, 3 g fiber, 11 g sugar, 4 g protein. Daily values: 2% vitamin A, 2% vitamin C, 6% calcium, 6% iron.



DARK CHOCOLATE CHERRY NO-BAKE BITES

Whip up this healthful treat, full of antioxidants and fiber.

Prep time: 20 minutes

Serves 12 (1 each).

- ½ cup Hy-Vee old-fashioned rolled oats
- ¼ cup almond flour
- 2 tablespoons ground flax seed
- 2 tablespoons Hy-Vee honey
- ½ teaspoon Hy-Vee vanilla extract
- ¼ cup almond butter
- ¼ cup dark chocolate chips
- ¼ cup Hy-Vee dried cherries

Combine oats, almond flour and flax seed in a medium bowl. In a small separate bowl, stir together honey, vanilla and almond butter. Using a spatula, mix together flour mixture, almond butter mixture, chocolate chips and dried cherries in a medium bowl. Refrigerate for 30 minutes before shaping into 12 (1-inch) balls. Store, covered, in the refrigerator.

Nutrition facts per serving: 110 calories, 7 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 15 g sodium, 12 g carbohydrates, 2 g fiber, 7 g sugar, 3 g protein. Daily values: 2% vitamin A, 0% vitamin C, 4% calcium, 4% iron.



CHICKEN AND BLACK BEAN QUESADILLA

An easy meal—packed with high-quality proteins—for those evenings when after-school activities keep you running.

Prep time: 6 minutes

Cook time: 20 minutes

Serves 8 (1 each).

- 1 lb ground chicken breast
- 1 (15-ounce) can Hy-Vee black beans, drained and rinsed
- ½ cup pineapple salsa
- ½ teaspoon ground cumin
- ½ cup diced red and yellow bell peppers
- 1½ cups Hy-Vee 2%-milk shredded cheddar cheese, divided
- Black pepper, to taste
- 8 (8-inch each) Hy-Vee whole wheat tortillas
- Additional salsa, optional

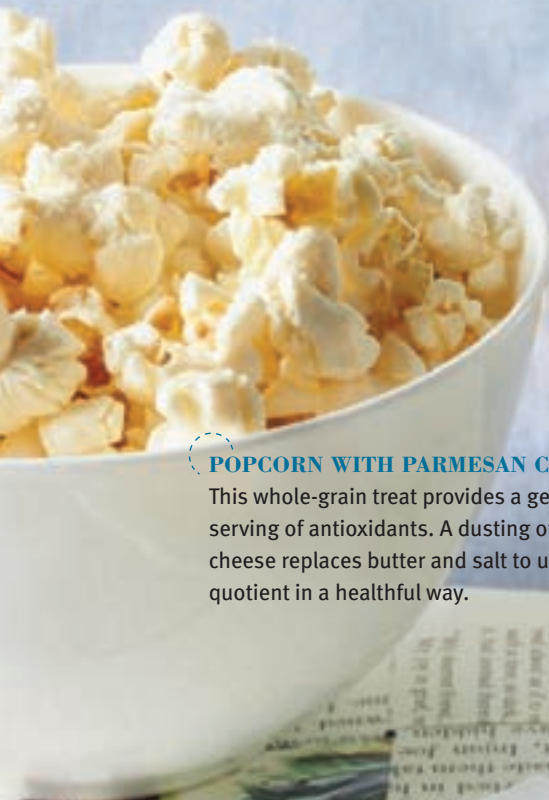
In a non-stick skillet, cook ground chicken until no longer pink. Drain and return to skillet. Stir in beans, ½ cup salsa, cumin, bell peppers and ½ cup shredded cheese. Heat through. Season with black pepper to taste. Spoon about ½ cup chicken mixture over half of each tortilla. Sprinkle each with 2 tablespoons shredded cheese. Fold tortilla over filling and place on microwave-safe plate. Microwave 30 seconds to 1 minute, or until cheese is melted. Serve with additional salsa, if desired.

Nutrition facts per serving: 360 calories, 11 g fat, 4 g saturated fat, .5 g trans fat, 60 mg cholesterol, 940 mg sodium, 38 g carbohydrates, 7 g fiber, 4 g sugar, 24 g protein. Daily values: 10% vitamin A, 25% vitamin C, 25% calcium, 20% iron.



Quick bedtime snacks

A light evening snack can help kids get a good night's sleep, but focus on foods that boost brain power and support healthy growth. Avoid snacks high in fat, sugar and salt, full of empty calories.



POPCORN WITH PARMESAN CHEESE

This whole-grain treat provides a generous serving of antioxidants. A dusting of Parmesan cheese replaces butter and salt to up the flavor quotient in a healthful way.



YOGURT PARFAIT Combine lowfat yogurt with berries and you've got a treat that packs a brain-boosting punch. B vitamins in yogurt help brains develop, while berries improve memory function.



MILK

A small glass of lowfat milk delivers a boost of protein and B vitamins essential for the growth of healthy brains.



APPLESAUCE WITH CINNAMON

Unsweetened applesauce with a dash of cinnamon gives kids plenty of healthful fiber along with a dose of quercetin, which may protect brain cells from damage by free radicals.



CHEESE AND CRACKERS Whole-grain crackers and a small piece of reduced-fat cheese offer a nutritious boost. Keep portions down to avoid adding unneeded fat and calories.

Winning AT Breakfast

As world leader in women's breaststroke competition, Olympic swimmer Rebecca Soni has her sights set on capturing gold once again at the London Olympic Games this summer. Coupled with intense physical training, Soni credits "the most important meal of the day" for her winning ways.

TEXT KALSEY McCALL PHOTOGRAPHY TOBIN BENNETT

The sun is barely glowing in the Southern California sky when three-time Olympic medalist Rebecca Soni starts her day. With coffee dripping into the pot, Soni pours a bowl of Kellogg's Raisin Bran and slices a ripe banana into the bowl, savoring it before she dives into another intense training session.

"My diet is extremely important and plays a big role in my energy level throughout the day," says Soni. An early riser, she has usually eaten breakfast, walked her beloved dog, Kody, and taken her first plunge into the pool by 7:30 a.m..

With the 2012 London Games just around the corner and winning a gold medal four years ago still vivid in her mind, Soni has tightened her training regimen. She spends two to six hours working out each day in and out of the pool—a discipline that requires a nutritious breakfast at the foundation of every day.

"I like to have a balanced breakfast, and I think the variety makes a big difference," says Soni. "I eat a lot of little meals throughout the day and try to make sure I get enough protein and carbohydrates. I have to make sure I have enough fuel to make it through my practices to get the best possible results."

Eating a healthful breakfast each morning increases the body's energy level and boosts metabolism. Many studies show that beginning the day with a nutritious meal can improve concentration and increase cognitive ability, especially in children, according to the American Dietetic Association.

Harvard researchers suggest that a healthy breakfast of high-fiber cereal can help you lose weight and keep diabetes, heart disease and stroke at bay—especially when you pair cereal with nonfat milk and

fruit, as Soni does regularly. Researchers believe it's best to choose cereals that contain at least 6 grams of fiber per serving.

But don't limit breakfast to high-fiber cereals only. As Soni has discovered in her daily routine, variety is key to a balanced diet and the cure to breakfast boredom.

Try keeping healthy, high-protein foods on hand and ready to grab and go. Hard-boiled eggs are an inexpensive and easily prepared nutritious food that can keep you fueled all morning long. Try adding a sliced hard-boiled egg and a lean protein such as Canadian bacon to a high-fiber muffin, or grab a protein-packed Greek yogurt to jump-start the day.

For elite athletes like Soni, the key is eating a hearty breakfast followed by small snacks and meals throughout the day. On competition days, Soni finds it crucial to eat a protein-rich breakfast such as a bagel with peanut butter and fresh fruit.

For snacks, Soni keeps a good variety on hand for a quick energy boost between training sessions.

"I like to snack on nuts, fruit, Kellogg's Special K Granola, Special K Fruit & Yogurt and Nutri Grain Cereal Bars," says Soni.

No matter your personal goal, eating breakfast is the first step on the road to achieving your personal best. For Soni, bringing home gold at the 2012 Olympic Games is top on the priority list for August.

Make eating a healthy breakfast easy and enticing by keeping grab-and-go items on hand and creating time in your morning routine to enjoy protein-packed foods. Your body and mind will thank you for it.



THE GIRL BEHIND the gold

Swimmer Rebecca Soni, 25, dazzled the world at the 2008 Olympic Games at Beijing when she triumphed with one gold and two silver medals while setting a world record in the 200-meter breaststroke race. Soni, a six-time NCAA Champion, then set a world record in the 100-meter breaststroke at the 2009 World Championships and was named Swimmer of the Year by *Swimming World Magazine*. Busy on land, too, Soni works with the United Nations Foundation's Girl Up campaign to improve the lives of the world's adolescent girls. She also volunteers as an assistant swimming coach at her alma mater, the University of Southern California.

Kellogg's



Proud Sponsor

QUICK & EASY BREAKFAST IDEAS

It may be a cliché, but breakfast is the most important meal of the day. Treat your body right by getting the nutrition you need each morning to carry you through a busy day with plenty of mental and physical energy. Make a good breakfast a priority and success won't be far behind.



BALANCED BAGEL

No matter how hurried, you'll start the morning with an energy boost from this nutritious whole grain bagel. Flavors blend in each bite. The breadly crunch of the bagel mixes with smooth banana, the creamy sweetness of peanut butter and a hint of chocolate. Prepare it in moments and conquer the day.

- ½ whole grain bagel
- 2 tbsp. peanut or almond butter
- 1 banana
- 1 tbsp. mini dark chocolate chips



BERRY GOOD

The surprise here is that the oats are served uncooked. Put a raw scoopful into your dish. As you spoon up some oats, allow them to wade into the Greek yogurt, where they soften as they soak up moisture. Nutritionists point to oatmeal, berries and yogurt as key ingredients for a keep-you-fit breakfast. Here they all are in one simple meal.

- 1 cup vanilla-flavored Greek yogurt
- ¼ cup Hy-Vee old fashioned oats
- ½ cup mixed berries
- 1 tbsp. honey
- 1 tsp. ground flax seeds



SUNNY-SIDE MUFFIN

Packed with protein, eggs are a quick way to fuel your tank for the busy day ahead. We fried our egg sunny-side up. Prepare it any way you like. Adding cheese and spinach brings subtle tastes to this sandwich. Why an Ezekiel muffin? Made with ancient grains, this bread has bold, elemental flavors that give this breakfast an appealing presence.

- 1 toasted Ezekiel muffin
- 1 handful baby spinach leaves
- 1 slice cheese
- 1 cooked egg





Kellogg's Mini Wheats: select varieties
15.5 to 18 oz. 2/\$6.00



Kashi GoLean Cereals: select varieties
12 to 15 oz. 2/\$6.00



Kellogg's Special K: select varieties
11.4 to 19.5 oz. 2/\$6.00



Kellogg's Fruity Snacks or Sandwich
Crackers: select varieties 8 to 11.04 oz.
\$1.99



Keebler On The Go Snacks: select
varieties 9 to 16.8 oz. 2/\$9.00



Eggo Frozen Waffles: select varieties
24.6 to 29.6 oz. \$3.99



Fudge Shoppe or Cinnamon Roll
Cookies: select varieties 6.6 to 15 oz.
2/\$5.00



Kellogg's Pop-Tarts: select varieties
4.86 to 22 oz. \$2.88



Nutri-Grain or Granola Bars: select
varieties 7.4 to 10.4 oz. 2/\$5.00



MorningStar Farms: select varieties
5.25 to 12 oz. 3/\$10.00

GOOD HEALTH in every bowl

Admit it, a bowl of Kellogg's Frosted Mini-Wheats is enticing. But is this the well-balanced morning meal that the experts encourage all of us to eat? Yes, it is. A high-fiber bowl of this cereal will supply your body with many of the nutrients it needs, including significant amounts of protein, iron, thiamin, riboflavin, niacin, folic acid and others. Plus, it gives you 15 percent of the carbohydrates you need for the day. Maybe you need to rethink breakfast cereal.

TEAM SPIRIT

Successful schools are a team effort and Hy-Vee has long been an active supporter of academics and athletics. This is particularly true in the Kansas City area, where stores are helping the next generation achieve their goals.

TEXT MEGAN THODE PHOTOGRAPHY TOBIN BENNETT



You feel it in your chest first—the slow and steady thump-thump-thump of the drum as voices rise and fall in unison with the vibrato of aluminum bleachers stomped underfoot to the beat. Flashes of green, gold and purple shimmer as the crowd dances and shakes to the rhythm. The air is crisp and cool, yet thick with anticipation under the bright lights. On the field, lips move silently as hands slap hands and bodies bounce up and down in a huddle.

Suddenly, the drumbeat swells and the crowd roars as the field action explodes. Barely heard over the cheers is the quarterback's hut-hut commands, the clash of helmets and the grunts of the fallen. It's Friday night in Blue Springs, Missouri. On this particular night, this is Hy-Vee's High School Football Game of the Week.

During his 35 years in education, Mark Bubalo, activities director for Blue Springs South High School, has seen Hy-Vee



**BLUE SPRINGS SOUTH
FOOTBALL TEAM**



Frito Lay Variety packs: select varieties
32 ct. \$9.99



Tony's Original Frozen Pizza: select
varieties 12.14 to 17 oz. 4/\$9.00



Clorox Cleaners: select varieties
32 oz. or 35 ct. \$2.78



Glad Storage Bags or Containers: select
varieties 3 to 100 ct. \$2.98



Magnum Ice Cream Bars: select varieties
3 pk. \$3.99



Kleenex Facial Tissue: select varieties
3 pk. \$4.97



Emerald Premium Nuts: select varieties
10 to 12 oz. \$3.99



Wishbone or Western Dressings: select
varieties 7 or 16 oz. \$1.99

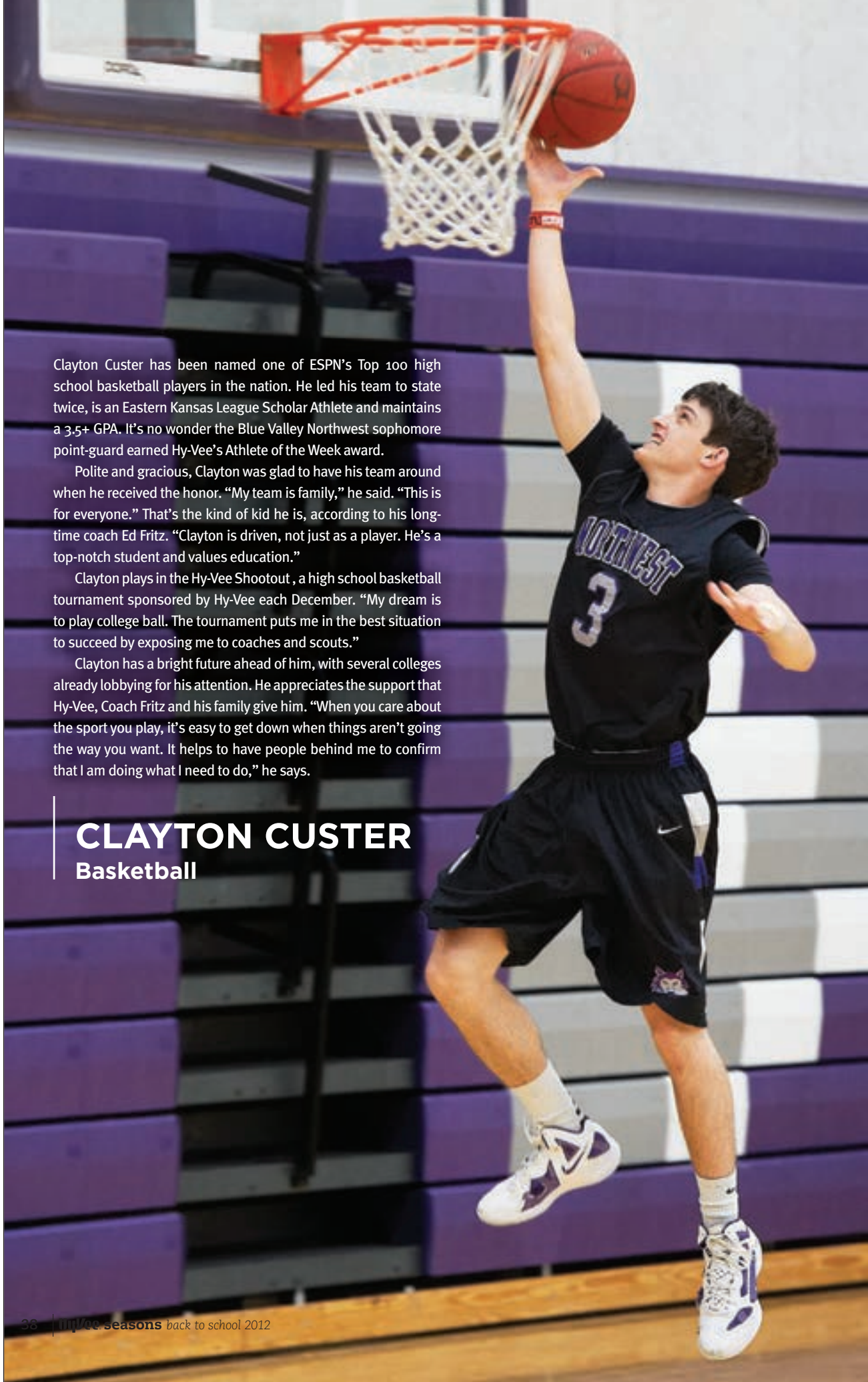
Clayton Custer has been named one of ESPN's Top 100 high school basketball players in the nation. He led his team to state twice, is an Eastern Kansas League Scholar Athlete and maintains a 3.5+ GPA. It's no wonder the Blue Valley Northwest sophomore point-guard earned Hy-Vee's Athlete of the Week award.

Polite and gracious, Clayton was glad to have his team around when he received the honor. "My team is family," he said. "This is for everyone." That's the kind of kid he is, according to his long-time coach Ed Fritz. "Clayton is driven, not just as a player. He's a top-notch student and values education."

Clayton plays in the Hy-Vee Shootout, a high school basketball tournament sponsored by Hy-Vee each December. "My dream is to play college ball. The tournament puts me in the best situation to succeed by exposing me to coaches and scouts."

Clayton has a bright future ahead of him, with several colleges already lobbying for his attention. He appreciates the support that Hy-Vee, Coach Fritz and his family give him. "When you care about the sport you play, it's easy to get down when things aren't going the way you want. It helps to have people behind me to confirm that I am doing what I need to do," he says.

CLAYTON CUSTER Basketball





“Sports allow teens to **assume leadership roles, handle conflict and learn teamwork.**” —MATT PRICE

change lives through scholarships, food donations for fundraising activities, public recognition of hard-working high school athletes and, most recently, a donation of \$10,000 to the Booster Club for a new scoreboard. Bill Lindsey, athletic director at Lincoln College Preparatory Academy, agrees.

“Hy-Vee is going out of their way to create an interest in students’ lives,” he says. “This is so vital. For some kids, this is the first time they know that someone is watching. It encourages them to reach for a potential they never thought possible. And for that recognition, we are so appreciative.”

Blue Valley Northwest High School basketball coach Ed Fritz is thankful for the slam-dunk role Hy-Vee plays at his school. Not only does Hy-Vee make it possible for athletes to further their education through scholarships, they employ students in stores, cultivating their future on and off the field or court. Assistance from the Hy-Vee is “another way our kids feel supported by those that live and work around them,” he says.

Nancy Pagel, marketing director for Hy-Vee, says, “The money and programs we provide are appreciated. But above all, the recognition the kids are receiving is why we continue to promote high school sports. We want student athletes to know we think they are exceptional and that what they are doing is important.”

SUCCEEDING THROUGH SPORTS

Experts agree that sports are about more than who wins or loses on Friday night. Research at the Institute for the Study of Youth Sports at Michigan State University found that young people who play sports do better in school, have enhanced social skills and are less likely to smoke or use alcohol and drugs. The President’s Council on Physical Fitness and Sports reports that athletically active teens develop self-esteem, confidence and healthy bodies. They’re also more likely to finish high school and college.

“My players are more disciplined with time management, have a stronger focus in class and are better prepared for the future,” Ed says. “They have a different perspective on life and are equipped with the tools to lead an active, fit life long after they stop playing for me.”

“Sports allow teens to learn perseverance, how to balance priorities and the meaning of hard work,” says Matt Price, area amateur scout for the Kansas City Royals.

Parents have a role in this, too. According to the Rutgers Youth Sports Research Council, supportive parents have increased interaction and are more responsive and sensitive to their children’s social, emotional and intellectual needs.

It’s never too late for kids to get involved. Coach Lindsey’s best advice for kids is to step up to the plate.

“The first step is to give it a shot,” says Coach Lindsey. “Find something you are interested in and work hard. The rest will come.” Camps are a great way to get introduced to a new sport, learn the rules and gain experience. For sports that schools may not offer, such as martial arts, triathlon, gymnastics or cycling, independent leagues and clubs offer a competitive and encouraging environment. There are also team opportunities off the field. Bookkeepers, trainers and student managers are as important as star players.

Whatever role a student finds, enjoying a great experience is where Hy-Vee wants to help. Nancy says, “Being involved in Kansas City’s high school sports is a perfect fit for us.”

Simple Pleasures

Here's a way to perk up on a draggy day. Pop in a refreshing Wrigley gum, a favorite for generations. Or try sugar-free Orbit or Eclipse.



Eclipse or Orbit Gum: select varieties 3 pk. \$2.28

Wrigley Gum: select varieties 40 or 60 oz. \$2.77



LAUREN BROWN Volleyball, Basketball and Track Scholarship

Three-sport athlete. Volunteer. Tutor. Advocate. Role model. International Baccalaureate diploma candidate.

No, you aren't reading from a stack of business cards. It's a list of Lauren Brown's achievements. A Lincoln College Preparatory Academy senior and Hy-Vee all-star, Lauren was selected as one of ten 2012 KMBC-TV Hy-Vee Scholar Athletes and awarded a \$1,000 scholarship for her achievements.

She plays volleyball, basketball and is a sprinter on the track and field team. A top scholar, she volunteers at The Children's Mercy Hospitals and Camp WIN for KC, tutors eighth graders and founded Operation MED, a disease awareness program in her school. "I work hard at everything I do, and want to be a role model for the younger girls. I want them to see that anything is possible," Lauren says. "When Hy-Vee recognized my hard work, it gave me the confidence to push on. And just as important, it gives my freshman teammates something to reach for."

Lauren plans on majoring in biology premed in college next year, and those who know her have no doubt she is leaving behind a legacy that will carry her and her peers to great heights.

AND IT'S HY-VEE WITH THE ASSIST...

Since 1998, Hy-Vee has been the exclusive broadcast sponsor of Kansas City high school sports. Every major television station in the Kansas City area features Hy-Vee's sponsorships in the form of Athlete of the Week, Game of the Week and Team of the Week recognitions. Two major high school basketball tournaments are also sponsored annually, the Hy-Vee Shootout Tournament and the Hy-Vee-Pepsi All Star Basketball Challenge Tournament.

In addition to activities in the Kansas City area, all individual Hy-Vee stores help schools in their communities, regardless of where they are located throughout the Midwest. They may donate money for a new scoreboard, add to a booster club's budget or even supply the food for a school event. These benefit all high school teams, including track, baseball and other sports. The Hy-Vee Foundation also awards up to \$80,000 in college scholarships each year to high school seniors.

You'll also catch Hy-Vee making waves and pounding pavement at the Hy-Vee IronKids Midwest Series. The family-friendly weekend gives seasoned triathletes ages 6 to 15 a platform to compete, while introducing the multisport to first-timers in a fun, safe and positive environment.

"Hy-Vee recognizes the importance of teamwork, setting goals and learning valuable life lessons," says Nancy Pagel, marketing director for Hy-Vee, "all of which can be achieved through sports."

Hy-Vee's helping hands reach far beyond athletic programs. The Hy-Vee Fundraising Coupon Book offers schools and nonprofits a means of raising significant funds, creating endless opportunities.



Jumbo Treats

Chewy cookies loaded with M&M's surround a scoop of creamy-rich vanilla. It's the new Mars Ice Cream Sandwich. Another word for it? Sweet!



Mars Ice Cream Bars: select varieties
6 or 12 pk. \$3.49

Mars Ice Cream Novelties: select
varieties 3 to 14 pk. \$3.49

Skin Games

Good hygiene can be fun—even for kids. Get creative by humming a tune while brushing with flavored toothpastes, scrubbing with silly soaps and rewarding kids with stars on a daily chart. Before you know it, your kids will smile when it's time to clean up! And so will you.

TEXT ELAINE COOPER PHOTOGRAPHY TOBIN BENNETT

FOR THE KIDS

- Children love to cooperate with hygiene if it looks like a good time. While washing hair can turn into a battle, try kid-friendly soaps and shampoos that are easy on their sensitive eyes and come adorned with cartoon character labels. Some kids need a daily shampoo, especially if they're in PE or it's hot. Showers work well for older kids. Always pay attention to safety and such slogans as "no child left alone in a tub."
- Brushing teeth should start at an early age—as soon as they emerge from the gums. Use a kid-size brush and a kid-safe toothpaste, applying a pea-sized portion of paste, or less. Help your kids brush their teeth until they are 6 or 7 years old. Flossing for kids should start as soon as two teeth begin to touch each other. Reluctant brushers are more apt to enjoy their cleaning if parents sing a fun song while cleaning the teeth of small ones.



FOR THE MEN

- Caring for men's hair may be less time-consuming than women's, but it still requires the right products. Then there's shaving: Whether you enjoy a beard or mustache or prefer a smooth shave, the right techniques will keep your skin healthy and help you avoid razor bumps. Shave in the shower or immediately after. Warm moisture softens hair and opens pores. Use a performance shaving formula to lubricate skin, a very sharp razor and gentle strokes. Finish off with an alcohol-free after-shave cream to soothe and moisturize.
- Teeth require brushing at least twice a day and flossing once. Cleaning the tongue daily removes bacteria that causes bad breath. Special brushes are available to scrape the tongue. Your mouth will sing—your kissing partner, too.
- Daily showers and deodorant are necessities. Rich lathering gels and bars nourish the skin and cleanse the body. Studies show semisolid antiperspirants—gels or solids—keep men drier than aerosols.

FOR THE WOMEN

- Choosing the right hair products can make your tresses shine. If your scalp is extra oily or sweaty from working out, use a gentle, daily shampoo. If you tend toward the dry side, avoid daily washing and select a leave-in conditioner. Treating yourself to a deep conditioner once a week will leave you with gloriously shiny hair.
- As dentists insist, daily flossing is as important as brushing. A variety of flosses are available for the task. The one you use should slide between your teeth, then slightly dip below the gum line to remove excess particles. If your teeth are close together, pick a slicker floss with strength, so it snaps in and out of the gap easily. Not sure if your flossing technique is doing the job? Check with your dentist.
- Apply gentle facial cleaners in the morning and evening. Makeup removers safe for the eyes should remove mascara and liner without irritation. Scrubs can be used periodically, but your daily routine should gently remove makeup and excess oils and dirt. Apply a daily moisturizer with sun protection while skin is damp and pores are open. Your skin will glow!



Advil Tablets, Caplets or Liquigels:
select varieties 80 or 100 ct. \$9.97

Save 20% off all Clean and Clear and
Neutrogena Skin Care

Listerine Mouthwash: select varieties
32 oz. or 1 L. \$4.97

reason to b•lève

We **b•lève** that beauty is more than skin deep. It's a matter of confidence—and making the right choices for your skin, hair and body. So you'll want to use all the new **b•lève** daily care products, including our soothing and effective skin care creams and lotions with natural technology, shown *opposite*.

b•lève offers luxurious bath-and-body products. Body washes and lotions deliver instant encapsulated moisture to your skin and keep you feeling soft and comfortable all day. Select **b•refreshed**, **b•tranquil** or **b•passionate**. Let your mood guide your choice.

Natural ingredients like olive oil, white tea and cactus in **b•lève** hair care products let you shine. Advanced cationic chemistry targets damage. Choose from **b•voluptuous**, **b•colorful** and **b•hydrated**.

All gentle, alluring **b•lève** products are comparable to salon brands. Get them at Hy-Vee.



*Scan this QR code to view a brief video about the **b•lève** line of beauty products.*



There's a fine line between wrinkles and aging beautifully. That's why there are **b·lève** products to keep your skin soft and youthful.

Suitable for sensitive skin, **b·lève** natural formulations use advanced grape-extract technology to gently moisturize, firm and rejuvenate skin cells damaged by daily attacks from sun, wind and the elements.

The five-part program includes

- **b·luminous**, a creamy, hypoallergenic facial cleanser, which gently removes dirt and makeup.
- **b·youthful**, a face and eye serum with a rich moisture-inducing formula designed to help repair skin cells.
- **b·awakened**, an advanced eye cream that provides intense moisture to delicate skin around the eyes.
- **b·vibrant**, a moisturizing, rejuvenating day lotion with SPF 15 for protection from the sun.
- **b·restful**, a rich, softly scented night cream that replenishes moisture and promotes skin elasticity.



Axe Shower Gel: select varieties
12 oz. \$3.99

Axe Shampoo or Conditioner:
select varieties 12 oz. \$4.99

Axe Body Spray: select varieties
4 oz. \$3.99

Axe Antiperspirant or Deodorant:
select varieties 2.7 or 3 oz. \$3.99

Axe Styling Products: select
varieties 2.64 oz. \$4.99

sons follow dads

Like father, like son, the old saying goes—and that includes good skin care. Healthy skin is just as important for males as for females. By allowing sons in on their dads' habits, dads are setting a good hygiene example that sons may carry into adulthood. A daily shower or bath is a must.

Body odor is an issue that's likely to creep up on adolescent boys. It's caused by naturally occurring bacteria, released when boys enter puberty. Sweating is not the cause. You may be tempted to start your son on the same antiperspirant you use, but consider selecting a natural deodorant that makes the skin unfriendly for bacteria, neutralizing odors. Natural deodorants don't contain aluminum salt and other chemicals that block pores, interfering with the body's natural cooling process.

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Duracell Multi Pack Batteries: select varieties 2 ct. 9V, 4 ct. C/D or 8 ct. AAA/AA or Ultra Advance 6 ct. AAA/AA \$6.99



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Look for it at **HyVee**
HYVEE STORES

ESTABLISHING A ROUTINE

In the midst of our busy lives, remembering the basics can often escape us—and our kids. A daily achievement chart is a good way to prompt effective hygiene habits, while helping children establish a routine. Put the chart up in a prominent place—on a bedroom door or a bulletin board. Shy or private children may want their chart kept in private locations, where older brothers or sisters can't see it.

A ready-to-use chart for kids based on our list of daily hygiene tasks, *below*, can be downloaded for printing from www.hy-vee.com/seasons. Each task has a box where getting a job done is noted. When an item is accomplished, note it with a check mark or apply a sticker. Reward kids as they fill up columns with checks or stickers. Their happy smiles will help reinforce good hygiene habits.

If our chart won't work for your family, make a custom chart suited to your child's particular needs. If a daily application of deodorant is needed, add the appropriate box. If a shower is only needed every other day, make boxes for only the days needed.

Daily hygiene tasks:

- Brush teeth (morning, after school, night)
- Floss (evening)
- Wash hands (before eating and after using the toilet)
- Wash face (morning, evening)
- Comb hair (morning, evening)
- Wear clean clothes
- Use natural deodorant (older kids)
- Shower or bathe with soap
- Wash hair



CHEAP • EASY

QUICK



Those who rely on a steady diet of restaurant meals are generally eating too much, not eating a balanced diet and paying a high price for poorer health. What's the alternative? Keep the pantry and refrigerator stocked with healthy ingredients so you can whip up a fast, easy meal at a moment's notice and maintain good health while you enjoy each bite.

TEXT STEVE COOPER
PHOTOGRAPHY TOBIN BENNETT



Having a pantry and fridge stocked with nutritious, budget-friendly basics makes it easy for everyone in your family to eat healthful, tasty meals at home. The trick is keeping the right foods on hand, ensuring that you always have ingredients for an easy meal that's sure to please.

PANTRY ITEMS

If your shelves are overflowing with processed foods or little-used items—huge bags of chips, big cans of pumpkin and a trove of hot-pepper jars—you may want to sweep these out.

Restock with our list of recommended staples, *page 51*. Add items you know from experience your household needs on a regular basis. Give yourself time to gather everything, watching for sales and specials.

When purchasing, pay attention to the use-by dates and avoid

processed foods. Buy larger sizes of foods you use up quickly and smaller sizes of long-lasting ingredients. When staples are on sale, purchase in quantity and store in tightly sealing plastic containers.

REFRIGERATED ITEMS

Pay attention to use-by dates on refrigerated foods. To save money, stock up on yogurt, cheese and cold products in larger containers and packages. Store these in the coldest part of your refrigerator to maximize shelf life.

FRESH ITEMS

Talk to Hy-Vee produce staff about how to store fruits and vegetables to keep them fresh for the maximum length of time. They will point out such varieties as Ripe 'N Ready peaches, which have an extended shelf life.

START TO FINISH: 90 minutes
COST PER SERVING: under \$2.00*



WALKING POTATO

Bake potatoes and pile on the toppings. This tasty, inexpensive meal is filling and nutritious.

Prep time: 15 minutes

Cook time: 1 hour and 15 minutes

Serves 4.

4 large potatoes

4 slices Hy-Vee bacon

1 cup Hy-Vee chili with beans

2 stalks green onions, finely chopped

1 cup Hy-Vee shredded cheddar cheese

1 tomato, diced

Hy-Vee sour cream, optional

Preheat oven to 350°F. Wash and dry potatoes. Poke potatoes with fork several times. Place directly on oven rack and bake for 1 hour and 15 minutes or until tender.

Meanwhile, cook bacon in a large skillet; drain and cut into pieces. Heat chili with beans according to package directions.

Split open cooked potatoes and top each with chili, bacon, green onions, cheese, tomato and, if desired, sour cream.

Nutrition facts: 400 calories, 16 g fat, 9 g saturated fat, 0 g trans fat, 45 mg cholesterol, 660 mg sodium, 45 g carbohydrates, 6 g fiber, 4 g sugar, 18 g protein. Daily values: 15% vitamin A, 40% vitamin C, 25% calcium, 15% iron.

*Cost per serving may vary slightly per location.

STOCKING UP

A key to saving money on your food budget is keeping the pantry and refrigerator stocked with staples. With these on hand, you can avoid the “but there’s nothing to eat” excuse for buying a takeout meal.

PANTRY

- Whole Grain Pasta
- Brown Rice
- Whole Wheat Bread
- Oatmeal
- Flour
- Beans, Dry or Canned
- Chicken, Beef and Vegetable Stock
- Pasta Sauce
- Tuna
- Tomato Soup
- Canned Tomatoes
- Balsamic Vinegar
- Olive Oil
- Salt, Pepper, Spices
- Sugar or Stevia
- Peanut Butter

REFRIGERATED

- Skim Milk
- Eggs (Omega 3)
- Reduced-Fat Cheeses
- Fruit Juice
- Butter/Margarine
- Low-Fat or Greek Yogurt
- Luncheon Meats
- Jam/Jelly
- Ketchup
- Barbecue Sauce
- Salsa
- Tortillas
- Low-Fat Salad Dressing
- Unsalted Raw Nuts

FRESH

- Lettuce
- Tomatoes
- Spinach
- Baby Carrots
- Apples
- Oranges
- Bananas
- Melon
- Onions
- Garlic
- Potatoes
- Peppers

FROZEN

- Fruits
- Vegetables
- Chicken Breast
- 90% Lean Beef

Greek Bites

Set out Mediterranean flavors for your guests with these tasty little triangles. Toast slices of Sara Lee Hearty and Delicious Bread and cut two triangles from each piece. Top with pesto, feta cheese, sliced cherry tomatoes, toasted pine nuts and shredded mozzarella. Heat in 350°F oven until the cheese just starts to melt.



Sara Lee Hearty and Delicious Breads: select varieties 24 oz. 2/\$5.00



Sara Lee Deluxe Bagels: select varieties 6 ct. \$2.98

Sara Lee Honey Wheat Bread 20 oz. 2/\$4.00

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



One-Pouch Feast

Here’s meat, potatoes and vegetables all in one packet. Simply slice Wimmer’s Natural Casing Polish Sausage, Yukon potatoes, zucchini, red pepper and red onion. Add salt, pepper and season to taste. Wrap in aluminum foil and seal shut. Cook on the oven shelf of a grill at medium-high temperature for about 30 minutes. Or bake in an oven at 400 °F for about 20 minutes.

Wimmer’s Big ‘N Meaty or Big ‘N Cheesy Summer Sausage 20 oz. \$4.69

Wimmer’s Natural Casing Wieners 12 oz. \$2.98



Wimmer’s Smoked Sausage: select varieties 16 oz. \$2.98



An adventure
is waiting
(in the soup aisle)!

Available in 6 freakin' good varieties!



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Saucy Chicken

Dip pieces of Fast Fixin' Right Size Value Breaded Chicken into lively sauces for a taste of fun.

Chicken can be prepared in a microwave oven in seconds or baked in the oven in just 15 minutes.

Prepare these sauces as the companions:

- Spicy Barbecue Sauce: Mix ½ cup ketchup, ½ cup barbecue sauce, 2 tablespoons of hot sauce.
- Herbed Ranch: Mix ½ cup ranch dressing, 1 tablespoon of chopped cilantro. Garnish with chopped cilantro.
- Curry Mayo: Mix ½ cup mayonnaise, 1 teaspoon honey, 1 teaspoon of curry powder and 1 teaspoon of lemon juice. Garnish with chopped green onions.

Fast Fixin' Right Size Value Breaded Chicken: select varieties 22 to 26 oz. \$3.99

Land O' Frost Premium Lunch Meats: select varieties 10 or 16 oz. \$3.99

Land O' Frost Wrap or Sub Kits: select varieties 14.5 to 24 oz. \$4.99

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



CAVATELLI

Spaghetti seems one-dimensional compared to this rich baked dish. Cheese, bell pepper and pepperoni give it a pleasingly complex flavor.

Prep time: 10 minutes

Cook time: 45 minutes

Serves 10 (1 cup each).

- 1 (13.25-ounce) box Hy-Vee whole wheat rotini pasta
- 1 (24-ounce) jar Hy-Vee pasta sauce, divided
- 1 (8-ounce) bag Hy-Vee finely shredded mozzarella cheese, divided
- 1 green bell pepper, seeded and chopped
- 1 yellow onion, chopped
- ¼ cup chopped Hy-Vee pepperoni

Preheat oven to 350°F. Cook pasta according to package directions, drain and pour into a greased 9×13-inch baking dish. Stir in ½ jar of pasta sauce and half the bag of mozzarella cheese. Sauté pepper and onion to soften, about 5 minutes; add to pasta in baking dish. Pour remaining ½ jar pasta sauce over pasta and sprinkle with remaining cheese. Bake, uncovered, 30 minutes or until heated through and cheese melts.

Nutrition facts per serving: 270 calories, 8 g fat, 3 g saturated fat, 0 g trans fat, 15 mg cholesterol, 500 mg sodium, 37 g carbohydrates, 5 g fiber, 8 g sugar, 13 g protein. Daily values: 10% vitamin A, 20% vitamin C, 20% calcium, 10% iron.

START TO FINISH: 55 minutes
COST PER SERVING: under \$1.00*

*Cost per serving may vary slightly per location.

CURTIS STONE'S GRILLED CHILI-RUBBED STEAKS WITH SUMMER SUCCOTASH

Simple, healthful ingredients provide the foundation for this delicious better-than-restaurant-quality dinner.

Prep time: 2½ hours • Total Time: 3 hours
Serves 4.

For steaks:

- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 2 teaspoons garlic powder
- 1½ teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 Amana boneless top sirloin steaks (16 ounces each)
- 1½ tablespoons extra-virgin olive oil
- Lime wedges, for serving

For succotash:

- 3 ears fresh corn, husked
- 2 small zucchini, quartered lengthwise
- 4 ounces green beans, trimmed
- 1 red bell pepper, quartered, seeded
- 3 tablespoons extra-virgin olive oil, divided

- Kosher salt and freshly ground black pepper
- 2 tablespoons fresh lime juice
- 1 garlic clove, minced
- 3 green onions, thinly sliced

To prepare steaks:

Mix chili powder, cumin, garlic powder, salt and pepper in small bowl to blend. Generously sprinkle 4 teaspoons of spice mixture all over each steak; reserve any remaining spice mixture for another use. Cover steaks and refrigerate for at least 2 hours and up to 1 day.

Prepare barbecue grill for medium-high heat. Drizzle oil over steaks and grill until they are brown on both sides and cooked to desired doneness, about 4 minutes per side for medium-rare. Transfer steaks to carving board and let rest for 5 minutes.

Meanwhile, to make succotash:

Lay corn, zucchini, green beans and bell pepper on baking sheet and drizzle with 2 tablespoons of oil. Turn to coat vegetables with oil and sprinkle with salt and black pepper.

Grill corn for 10 minutes, turning occasionally, or until corn kernels begin to char in spots. Grill zucchini, green beans and bell pepper until charred in spots and crisp-tender, about 2 minutes for green beans and 5 minutes for zucchini and bell pepper.

Cut corn kernels off cob; discard cob and transfer kernels to large bowl. Cut zucchini, green beans and bell pepper into bite-size pieces and add to bowl with corn.

Whisk lime juice and garlic in small bowl to blend. Whisk in remaining 1 tablespoon of oil. Drizzle over vegetables and toss to coat. Toss in green onions. Season succotash to taste with salt and pepper.

To serve:

Mound succotash on plates. Cut steaks crosswise into thin slices. Fan steak slices around succotash and serve with lime wedges.



Smiles for the School Year

From quick after-school snacks to easy family dinners, we have everything you need for the busy days ahead.



Hunt's Tomato Sauce or RO*TEL Sauce: select varieties 8 oz. 2/\$0.88



Kid Cuisine: select varieties 7 to 10.6 oz. 2/\$4.00



Hunt's Manwich: select varieties 15 or 15.5 oz. \$1.18



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



Hunt's Ketchup: select varieties 24 oz. \$1.28



Banquet Boxed Boneless Chicken: select varieties 12 to 15 oz. \$2.29



Reddi-Wip: select varieties 6.5 oz. \$2.18



Orville Redenbacher's Microwave Popcorn: select varieties 2 to 4 pk. 2/\$4.00



UNWRAP



SEE IT POPI™



PULL OFF TOP FILM



ENJOY RIGHT FROM THE BAG!

THE LATEST IN

Presentation is part of the trick to making school lunches inviting for your children. Replace nondescript brown sacks with colorful, snappy containers and foods that put fun on the menu.

TEXT JIM MATTHEWS PHOTOGRAPHY TOBIN BENNETT



LUNCHBOXES

There's a reason kids' fast-food meals come in containers that look like starships. Just as adults appreciate food served with style and panache, children take pleasure in food presented with flare and a good bit of fun. So make your child's next school lunch a wonderment with visual appeal. Design a tote, shape a sandwich and cut up fruits and veggies. Get your kids involved.

STORY MEALS

Since all children love stories, it's easy to get them interested in eating foods that are part of a favorite tale. For instance, a younger child may enjoy the story of the *Three Little Pigs*. Make a lunch that includes three small pigs-in-a-blanket made with rolled lunch meat and crescent rolls or bread. If your child loves *The Very Hungry Caterpillar* story, make the bug by using several crackers divided by layers of cheese, lunch meats, peanut butter or jams. Or you and your child can make up your own story and the creatures in it.

TAKE ALONG A BENTO

The latest trend in carrying lunch is the bento box. Based on a Japanese bento, these boxes may be plastic containers not

much different than you use to store foods. Most models have two or three food compartments. Some have containers within containers, so entrées, fruits and vegetables are each stored separately—something many kids appreciate.

Kids are wild about designer bentos. These come formed and painted to look like panda bears, frogs, kittens and other fun characters. Some come with handles, some travel in small tote bags and others are meant to slip into backpacks.

If you don't want to invest, make your own bento boxes. Plastic containers can be dressed up with printed paper or you can paint animal figures on the box lid.

When purchasing boxes, there are several things to consider:

- Is the box big enough? Many models may not offer enough capacity for an older child's lunch.
- Is the lid secured tightly? Make sure or there may be a mess.
- Is the box dishwasher safe?

Inside the box, give foods a lift by wrapping them in printed paper, just like at fast-food restaurants. Cut sandwiches into favorite animal shapes. If you have fun with it, so will your child.



Fruitwich

The name says it all. Slather peanut butter on a piece of bread, layer on banana slices and squeeze on Smucker's Fruit Spread. Or top a bagel and cream cheese with strawberries and a flavor-filled shot of Fruit Spread.



Jif Peanut Butter: select varieties 17.3 or 18 oz. \$2.99
 Smucker's Fruit Spreads: select varieties 12.75 or 18 oz. \$2.99



CHICKEN LETTUCE WRAP

Each bite is a fresh crunch when you wrap lunch ingredients with lettuce.

Prep time: 15 minutes

Serves 2 (2 wraps each).

- 1 (5-oz.) can Hy-Vee chunk chicken breast in water, drained and flaked
- 2 tbsp shredded carrots
- 1 tbsp minced red bell pepper
- 2 tbsp Asian salad dressing
- 2 large leaf or romaine lettuce leaves
- 4 (11x4-inch) sheets parchment paper
- Twine

Stir together chicken, carrots, bell pepper and dressing in a small bowl. Remove rib from center of lettuce leaves and cut leaves in half from top to bottom leaving two long, narrow pieces. Spoon one-fourth of the chicken mixture onto the base of each leaf half and roll up. Place one lettuce roll along the 4-inch edge of one piece of parchment paper. Wrap halfway, then fold up bottom flap of paper and continue rolling. Secure with twine. Repeat with other 3 lettuce rolls. Cover and chill.

Nutrition facts per serving:

130 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 40 mg cholesterol, 710 mg sodium, 9 g carbohydrates, 1 g fiber, 7 g sugar, 13 g protein. Daily values: 45% vitamin A, 15% vitamin C, 0% calcium, 0% iron.

WRAPS

A snap to assemble, wrap a whole-wheat tortilla around your lunch.

Prep time: 15 minutes

Serves 1.

- 2 tbsp Hy-Vee light mayonnaise
- 1 Hy-Vee whole wheat flour tortilla
- 1 romaine lettuce leaf
- 2 slices Hy-Vee bacon, cooked
- ¼ cup diced fresh tomato
- 2 tbsp Hy-Vee corn

Spread mayonnaise evenly over the top of tortilla. Top with romaine, bacon slices, diced tomato and corn. Roll up tightly. Cut in half to serve.

Nutrition facts per serving:

360 calories, 19 g fat, 5 g saturated fat, .5 g trans fat, 25 mg cholesterol, 1000 mg sodium, 35 g carbohydrates, 5 g fiber, 3 g sugar, 10 g protein. Daily Values: 40% vitamin A, 20% vitamin C, 6% calcium, 15% iron.





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

Zoo Food

Perk up your child's school year by making Tuesdays animal sandwich day. Leave ordinary choices to others. Fill the lunch box with sandwiches shaped like rhinos or dolphins, as above, or horses, pigs, lions or apes. Cut bread

into animal shapes using a cookie cutter and fill with favorite ingredients. We chose Slow-Roasted Turkey Breast, one of Oscar Mayer's Deli Fresh Meats. We added cucumber and condiments for a taste that will stay fresh until lunchtime.



Planters Nutrition Nuts: select varieties 8.75 to 10.25 oz. \$4.99



Planters Dry Roasted Peanuts: select varieties 16 to 20 oz. \$3.99



Kraft Grated Parmesan Cheese: select varieties 8 oz. \$3.69



Kraft Mozzarella String Cheese: regular or 2% Milk 24 oz. \$7.49



Oscar Mayer Lunchables Complete: select varieties 11.4 to 14.7 oz. 2/\$6.00



Oscar Mayer Sliced Lunchmeats: select varieties 9 to 10 oz. \$2.88

Stockpile THE Season



The art of home food preservation, once essential for survival, has returned as a practical pleasure. Desires to eat healthy, buy local and minimize waste are sparking an upsurge in canning and drying just-picked produce. The satisfying sight of shelves filled with colorful jars of fruits and vegetables, and the year-round enjoyment of their wholesome contents offer rich rewards for saving the best of the season.

TEXT JILL JOHNSON PHOTOGRAPHY ANDY LYONS

Sink your teeth into a warm, juicy tomato fresh off the vine and you'll find yourself wishing you could savor the flavor all year long. Wish no more. Home canning captures the pleasures of nature's edible treasures. Preserving vegetables and fruits when flesh is ripe and sugars are at their peak locks in the highest quality and truest flavors possible.

Health benefits of canning are impressive, as well. Promptly and properly canned harvests can be as nutritious as store-bought produce. In addition, today's health-conscious cooks value the freedom to control the amount of salt and sugar added to their home-canned goods.

Home preservation is picking up steam. Just as industrious canning zealots of the 1970s were about to unload their prized canning jars in garage sales, concerns about health, thrift and the environmental concerns reawakened a fascination with preserving food. As a result, canning has become a culinary hobby, dovetailing nicely with burgeoning trends toward home gardening and buying local. Cutting back on shipped-in goods and reusing canning jars seems to make sense to a resource-careful generation.

When it boils right down to it, surplus fruits and vegetables lead most people into their first canning experience. A bumper crop of cucumbers or a windfall gift of sun-blushed apples from the neighbor's tree stirs ambitions to salvage precious commodities. Described as taking cooking one step further, canning easily becomes a passion. Once you've heard the sweet metallic pop of successfully sealed lids, admired a shelf of glass trophies containing multicolored produce or bitten into a pickle you canned yourself, chances are good you'll be at it again soon.

THE ULTIMATE CONVENIENCE FOOD

The payback for in-season effort is the luxury of opening a jar when you need it. In addition, home preservation adds diversity to your pantry. Without taking up refrigerator or freezer space, custom-filled jars wait for their culinary cue, playing roles beyond the obvious to simplify food preparation. For example, besides

being a mighty fine brush-on for grilled chicken or burgers, Honey Chipotle Barbecue Sauce, *page 65*, adds layers of flavor to canned pork and beans when a spoonful or two is stirred in. A little mixed with salsa tempers picante flavors with sweet smokiness; half a jar poured over slow-cooked, shredded pork shoulder makes remarkable pulled pork sandwiches. Apple Pie Preserves, *page 63*, bring comforting flavors to bagels or toast and steal the spotlight as a warm, cinnamony pancake topping or ready filling for quick tartlets or turnovers. Bread and Butter Pickles, *page 62*, rise above condiment status when used as a key ingredient in potato salad.

EASY TO GET STARTED

Though canning is not something to tackle when you're in a hurry, it does fit busy schedules when viewed as a leisure activity. Unlike previous generations whose winter food supply depended on marathon sessions to preserve as much harvest as possible, you can put up a few pounds of garden or purchased produce in under two hours (the time it takes to watch a movie).

Compared to other hobbies, gear required for canning is reasonably priced. You can buy a decent water-bath canner for under \$30 and reusable jars are inexpensive. Pick up a jar lifter, canning funnel and flat lids for a few dollars each. You probably have hot pads, a ladle and tongs on hand already.

Compared to what our ancestors knew when they canned, research has greatly expanded our knowledge of safe canning procedures. Updated guidelines for proper methods, adequate acid levels and boiling times that prevent growth of harmful bacterial spores foster safe practices as well as consumer confidence. Though Grandma's recipes are rich with sentiment, only recipes adhering to current guidelines endorsed by the United States Department of Agriculture or the National Center for Home Food Preservation are trustworthy. The canning recipes in this article have been tested under these guidelines and possess the high acid levels required for water bath canning. Low-acid foods must be canned using a pressure canner.



USES FOR BREAD & BUTTER PICKLES

- Make outstanding potato salad using this pickle mixture. Stir it in from the jar for bites of bold flavor or coarsely chop to disperse.
- Use as a topper on subs or pulled pork sandwiches.

BREAD & BUTTER PICKLES

The sweet tangy crunch of these beauties brings a taste of summer's bounty to any meal. A delightful holiday gift, if they last that long!

Prep time: 3 hours 20 minutes

Cook time: 15 minutes

Makes 3 pints. Serves 48 (about 2 tablespoons each).

2 pounds small pickling cucumbers, sliced ¼ inch thick

1 large onion, thinly sliced

½ cup sweet red pepper, chopped

2 tablespoons pickling salt

Ice

1½ cups Hy-Vee granulated sugar

1½ cups Hy-Vee apple cider vinegar

2 teaspoons mustard seed

½ teaspoon celery seed

½ teaspoon turmeric

⅓ teaspoon ground cloves

In a large saucepan or Dutch oven, combine cucumbers, onion and red pepper. Sprinkle with pickling salt. Cover with a 2-inch layer of crushed ice or ice cubes. Let stand at room temperature 3 hours.

Drain cucumber mixture in colander; do not rinse. Set cucumber mixture aside.

Prepare the jars, lids and water-bath canner, see page 64.

Add sugar, vinegar, mustard seed, celery seed, turmeric and cloves to saucepan or Dutch oven. Add cucumber mixture. Bring to boiling; remove from heat.

With a slotted spoon, fill sterilized jars with pickle mixture. Also ladle hot liquid into the jars, leaving ½-inch headspace. Process in boiling water bath for 5 minutes.

Nutrition facts: 25 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 250 mg sodium, 6 g carbohydrates, 0 g fiber, 6 g sugar, 0 g fiber, 0 g protein. Daily values: 2% vitamin A, 4% vitamin C, 0% calcium, 0% iron.

APPLE PIE PRESERVES

Warm, rich apples laced with nutmeg and cinnamon create a heavenly treat. Tucked in a tart, spread on fresh-baked bread or served with a rich pork roast, they're sure to please.

Prep time: 20 minutes

Cook time: 20 minutes

Makes about 6-7 half-pints. Serves 48 (about 2 tablespoons each).

2 pounds apples, peeled, cored and finely chopped (about 6 cups)

2 cups Hy-Vee 100% apple juice

1 tablespoon Hy-Vee lemon juice

2¼ cups Hy-Vee granulated sugar, divided

1 (1.75-ounce) package powdered fruit pectin for less- or no-sugar-needed recipes

1½ teaspoons Hy-Vee ground cinnamon

¼ teaspoon ground nutmeg

½ teaspoon Hy-Vee butter

Prepare the jars, lids and water-bath canner, see page 64.

In a large saucepan or Dutch oven, combine apples, apple juice and lemon juice. Bring to boiling; reduce heat to medium and simmer about 12 minutes or until apples are soft.

In a separate bowl, stir together ¼ cup granulated sugar, fruit pectin, cinnamon and nutmeg; stir into apple mixture. Return to boiling. Stir in remaining sugar and butter. Return to boiling once again. Remove from heat. Ladle into sterilized jars, leaving ¼-inch headspace. Process in boiling water bath for 10 minutes (after water has returned to full boil).

Nutrition facts: 50 calories, 0 g fat, 0g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 13 g carbohydrates, 0 g fiber, 12 g sugar, 0 g protein. Daily values: 0% vitamin A, 2% vitamin C, 0% calcium, 0% iron.

USES FOR APPLE PIE PRESERVES

- Make an easy, homemade dessert. Spoon into pastry for apple turnovers.
- Heat; serve on waffles, pancakes or ice cream.



10% off Ball or Kerr Canning Items: 12 ct.



Del Monte Canned Tomatoes or Contadina Pizza Sauce: select varieties 14.5 or 15 oz. \$0.99



Daisy Brand Sour Cream: 24 oz. \$2.99



Almond Breeze: select varieties 64 oz. \$3.28



ReaLemon or ReaLime Juice: 8 oz. 2/\$3.00



JJ's Fruit Pies: select varieties 4 oz. 2/\$1.00

WATER-BATH CANNING 101

1. Inspect jars to make sure they are free of nicks and cracks. Wash and rinse jars thoroughly using warm, soapy water or a dishwasher. When recipes call for processing 10 minutes or more in a boiling water bath, sterilizing is not necessary; simply fill jars with hot water while preparing food. (For jars processed less than 10 minutes, sterilize by placing them in canner. Fill canner with water to 1 inch above jar tops. Bring to a boil and boil 10 minutes. Remove jars with lifter, saving water in the canner for processing.)

2. You'll want enough water in the canner to cover filled jars by 1 or 2 inches. For a full load of pint jars, fill canner half full of water, adding more water for fewer jars, and bring it to a simmer while you prepare the food

3. Wash and prepare food. Place lids in a small saucepan, cover with water and boil several minutes, leaving them in the water until ready to use. Using a canning funnel to limit spills, fill jars to head space level stated in recipe. Head space is the distance between the top of the jar and the food.

4. Work out any air bubbles with a nonmetal spatula. Use a scrupulously clean, damp cloth to wipe jar rims. With tongs, remove lids from hot water one at a time and place on jars; screw on lids.

5. With jar lifter, grab jar securely below the screw band and lower into water bath, keeping jar upright at all times to prevent contents from interfering with seal. Cover canner. Boil for time given in recipe, starting timer when water comes to a rolling boil.

6. With lifter, remove processed jars from canner and place 1 inch apart on a towel or rack to cool for 12 hours, without tightening bands or pressing on lids. When cool, use a permanent marker to record contents and date on lid. Remove bands and, if necessary, wipe jars clean of any residue before storing in a cool, dry place.



See how easy it is to can fresh produce. View video at www.hy-vee.com/resources/videos

HONEY CHIPOTLE BARBECUE SAUCE

Sweet and spicy with a touch of heat, this barbecue sauce adds zing to any meal.

Prep time: 1 hour

Cook time: 2 hours 30 minutes

Makes 4 pints. Serves 64 (2 tablespoons each).

10 pounds ripe tomatoes or 6 (28-ounce each) cans Hy-Vee diced tomatoes, drained
2 cups chopped onions
1½ cups chopped green pepper
5 cloves garlic, finely chopped
2 chipotle peppers in adobo sauce, coarsely chopped
1½ cups Hy-Vee cider vinegar
1 cup packed Hy-Vee brown sugar
½ cup Hy-Vee honey
2 teaspoons Hy-Vee chili powder
2 teaspoons paprika
2 teaspoons Hy-Vee ground mustard
2 teaspoons Hy-Vee salt
1 teaspoon freshly ground Hy-Vee black pepper

If using fresh tomatoes, loosen skins by scoring the skin on the bottom of each tomato with a sharp knife and plunging several tomatoes at a time into a pot of boiling water for 1 minute. Using a slotted spoon, transfer to a bowl of ice water for about 1 minute. Slip off skins and quarter tomatoes. Using fingers or a spoon, scoop out and discard seeds and juice. Squeeze or cut tomatoes into small pieces; drain in a colander, saving juice for another use, if desired.

USES FOR HONEY CHIPOTLE BARBECUE SAUCE

- A few tablespoons of this lively condiment single-handedly perks up pork and beans.
- For well-rounded flavor, stir a little into purchased salsa to add sweetness and heat.

In a Dutch oven combine tomatoes, onions, green pepper, garlic and chipotle peppers. Bring to a boil. Reduce heat and maintain an aggressive simmer, uncovered, for 30 minutes. Carefully puree in several batches in a blender or food processor for 30 to 60 seconds or until smooth. Return to saucepan.

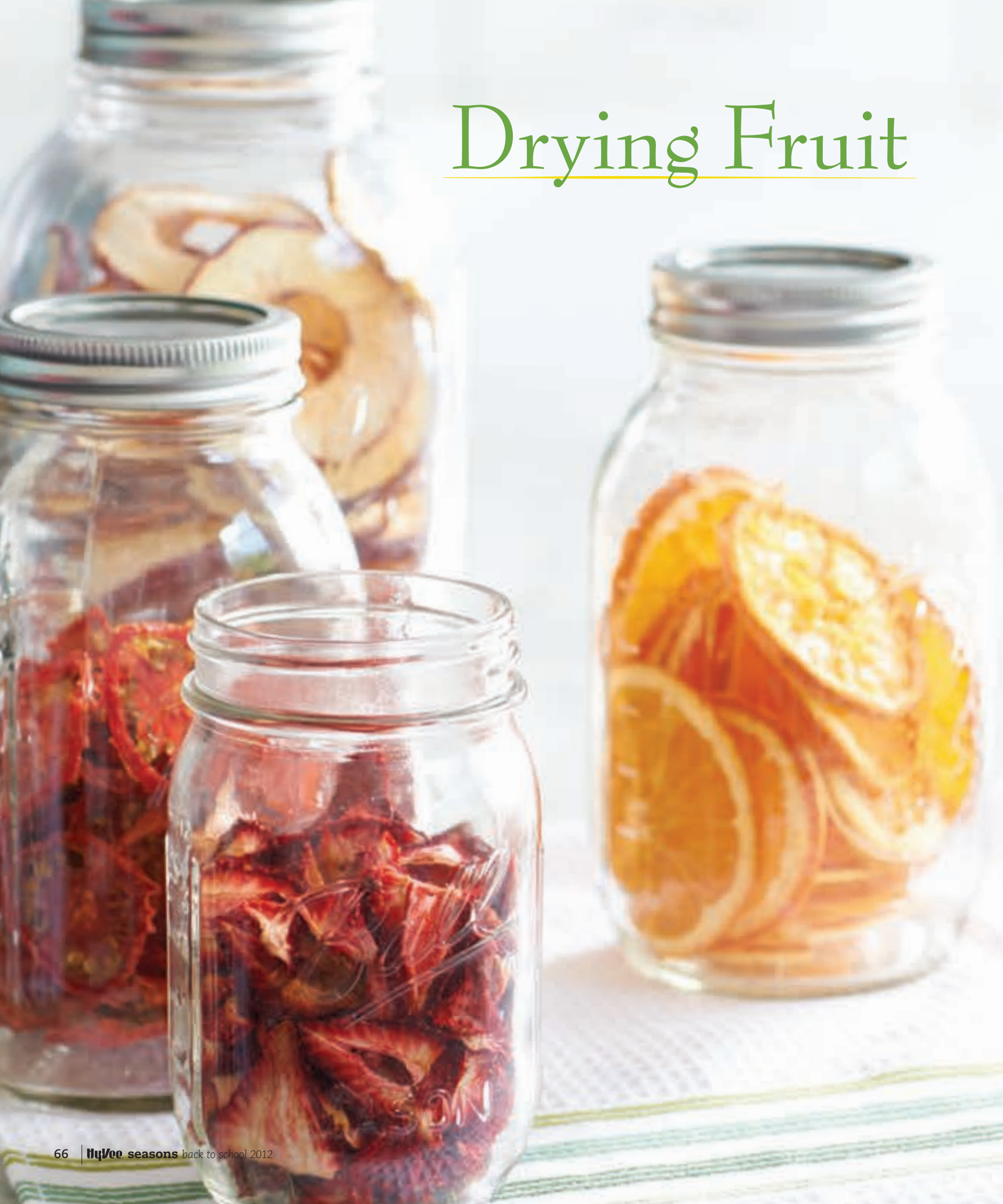
Add vinegar, brown sugar, honey, chili powder, paprika, ground mustard, salt and black pepper. Return to a boil. Reduce heat and maintain an aggressive simmer, uncovered, for 2 hours or until sauce thickens to the consistency of ketchup, stirring frequently. About 15 minutes before sauce is ready, prepare the jars, lids and water-bath canner, see *opposite*. For a smoother sauce, puree again before putting in jars.

Ladle sauce into sterilized jars, leaving ½-inch headspace. Process in boiling water bath for 20 minutes after water has returned to full boil.

Nutrition facts per serving: 40 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 85 mg sodium, 9 g carbohydrates, 1 g fiber, 8 g sugar, 1 g protein. Daily values: 10% vitamin A, 20% vitamin C, 2% calcium, 2% iron.



Drying Fruit



DRYING FRUIT 101

When you come into an abundance of beautiful, ripe fruit, drying is one sweet way to preserve it. Because drying removes water from fresh fruit, it generally increases calories and some nutrients, while damaging others. Dried fruit may increase energy levels while fresh fruit is better for a balanced diet. Drying is a simpler process than canning, requiring less hands-on attention and equipment. Dried fruits and vegetables require less storage space. A food dehydrator gives the best results, but you can also use an oven that has a 140°F setting. Drying is the most practical way to preserve herbs; with a dehydrator, they're dry within a day of picking. Perhaps the biggest advantage of drying food is that it concentrates sugars, yielding flavor-packed, high-energy snacks that fill a significant need for busy, active lifestyles. Dried berries, apples, peaches and bananas make tasty, totable snacks by themselves, or use them to upgrade granola, trail mixes, cookies and muffins. For best results, dehydrate fruit at peak ripeness. Wash and remove any imperfections. Core large fruit and peel it, except for apples, oranges and tomatoes. When cutting, remember that the more uniform the thickness, the more evenly fruit will dry.

GIVE 'EM THE TREATMENT

Light-colored fruits benefit from a 5-minute soak in ascorbic acid (vitamin C) solution to inhibit browning. Follow directions for diluting commercial ascorbic acid mixtures, found near canning supplies at Hy-Vee, or dissolve six crushed 500 mg vitamin C tablets in 2 cups water. Lemon, orange or pineapple juices are less potent alternatives.

FIT TO BE DRIED

1. Arrange fruit without overlapping in a single layer on dehydrator trays. If the dehydrator has specific temperature settings, set it to 140°F. Always follow the manufacturer's instructions for operating your dehydrator.
2. Do not add fresh, moist fruit to a dehydrator containing partially dried fruit. The added humidity will delay drying of the partially dried fruit. If you notice fruit drying faster on some trays, rearrange trays occasionally.
3. Sufficiently dried fruit has no pockets of moisture present. To test dryness, tear fruit in half. If moisture beads appear along the tear, continue drying.
4. Package in small enough portions that fruit will be used within several days of opening. The best containers are tightly closed jars, plastic containers with tight-fitting lids or zippered storage bags with excess air squeezed out. Store dried fruit in a cool, dry, dark place for 6 to 12 months. Store dried tomatoes in the freezer up to 12 months.
5. Dried fruit can be eaten as is or rehydrated for use in smoothies, fruit desserts or breads. One cup of dried fruit reconstitutes to about 1½ cups. To rehydrate, cover dried fruit with boiling water and let soak for 1 hour or more. Dried tomatoes can be added directly to soups and stews or rehydrated before adding to salads, pasta dishes or pizza.

FOOD	CUT ...	DRY FOR...	UNTIL ...
Apples	¾ inch thick	6 to 12 hours	Pliable
Bananas	¼ inch thick	8 to 16 hours	Almost crisp
Nectarines, Peaches	Halved, quartered or cut ¾ inch thick	6 to 20 hours	Pliable
Oranges	Sliced ¼ inch thick	6 to 12 hours	Pliable
Pineapple	¾ inch thick	6 to 16 hours	Pliable, not sticky
Strawberries	½ inch thick	6 to 16 hours	Almost crisp
Tomatoes	Halved, quartered or sliced ¾ inch thick	6 to 16 hours	Pliable to almost crisp
Herbs	Sprigs	4 hours (thyme) to 24 hours (rosemary)	Brittle

a
NEW
SPIN

on

LAUNDRY

Even with loads of experience, you've probably encountered a few laundry malfunctions—bleeding colors, stains that won't budge, yellowing shirts. Our tell-all laundry list offers time-saving tips and easy tricks to avoid those laundry faux pas. And we'll give you the story on the newest option—single-load detergent packs.

TEXT AMBER BARZ PHOTOGRAPHY TOBIN BENNETT



STAIN-TREATING TRICKS

Most stains can be removed easily if you act quickly. Getting fabric into the washer fast will give you the upper hand. Have a set-in stain? Use these tips to make it disappear. Test the treatment suggestion on a hidden area to ensure the garment is colorfast.

Banish yellow. Hate those yellow underarm stains that show up on your favorite white shirts? These stains are caused by aluminum compounds found in many antiperspirants. To prevent discoloring, launder white tops immediately after wearing. For existing stains, mix $\frac{1}{4}$ cup each of baking soda, hydrogen peroxide and water. Rub the solution into a stain and allow it to sit for 30 minutes. Then launder the piece as usual.

Soak away red. Immediately immerse in cold water for 30 minutes any garments stained by juice, wine, ketchup, pizza sauce, barbecue sauce or berries, then launder as usual. For stubborn stains, mix an enzyme-based stain remover into the soak water.

Apply heat to grease (butter, oil and mayo). Pretreat greasy stains with a prewash stain remover or rub liquid detergent into the stain. Launder in the hottest water safe for the fabric.

Rub out green. Pretreat grass stains on washable fabrics with a stain remover or rub a liquid detergent into the stain. Launder in the hottest water safe for the fabric.

Try the new multipurpose detergent doses. These single-load wash-day solutions contain detergent, stain fighters and brighteners to save you the hassle of searching out stains.

A new WRINKLE IN LAUNDRY

Chances are you've settled on the type of detergent you prefer, but have you noticed there's a new kind on Hy-Vee shelves? Single-load detergent doses in packets, pods, sheets and tabs are showing up in the laundry aisle next to liquids and powders. The promise is convenience: no more drips or spills. You simply toss the pack in the drum (not the dispenser, regardless of machine type) and load your dirty laundry.

Packets prevent detergent overdosing, which can leave soap residue on clothes. It also eliminates detergent buildup that may cause a musty odor in today's high-efficiency front-loaders. Earth-friendly, money-saving single-load doses provide an excellent cleaning experience in any type of washer. There are even packets that deliver detergent, stain fighter and brightener in a single toss.

HOW OFTEN *should* you WASH?

Unless the weather has been sticky or you've been active, follow the four-hour rule: With the exception of undergarments and white tops, if you wore an item less than four hours give it another go. Wash after

- **Every wear:** socks, undies, white tops, tanks and camisoles.
- **1 to 2 wears:** bras and shorts.
- **1 to 3 wears:** shirts and dresses.
- **3 to 4 wears:** PJs.
- **4 to 5 wears:** jeans, dress pants and skirts.
- **Weekly:** sheets. This removes skin flakes, bacteria and sweat. At the very least, wash sheets every other week.

Wash new before you wear. New garments, especially wrinkle-free, may be coated with formaldehyde, putting you at risk for contact dermatitis. A prewear wash also prevents excess dye from staining skin or other fabrics.

WORKSAVING TIPS

Increase laundry efficiency and spend more time enjoying life.

- **Color your hampers.** Invest in three hampers: one white, one light and one dark to make it easy for family members to sort their own washables.
- **Schedule the loads.** Do one load color or type a day. Post a weekly schedule in the laundry room so your family knows when washables need to be in the hampers.
- **Reduce or eliminate hand-washing.** Tuck delicates inside a mesh bag with a zipper and wash them on the gentle cycle. Take items out of bag and place on top of machines to dry.
- **Avoid overloading.** Stuffing the washer reduces its cleaning power; stuffing the dryer prevents wet loads from tumbling enough to quickly dry.
- **Use the machine settings.** If your load isn't all that dirty, choose a quick-wash setting. If your dryer has a setting that senses when the clothes are dry, use it.
- **Vent daily.** Clean the lint filter before each dryer load, and check that your exhaust vent is clear. Lint-filled machines work harder and longer to dry clothes. A clogged vent can cause the dryer to overheat and catch fire.

*Listen for the beep.
Taking clothes out of the dryer and
folding them or laying them flat
often eliminates the need to iron.*

Purex Laundry Detergent:
select varieties 50 oz. or 18 ct. \$2.99

Arm & Hammer Laundry Detergent:
select varieties 62.5 to 75 oz. or
24 ct. 3/\$10.00





dishwasher **SINGLE-LOAD DETERGENT PACKS**

Single-load doses for dishwashers are loaded into the machine's automatic soap dispenser. Multi-action packages remove stuck-on food, fight stains and rinse away soap residues.

In 2010, new laws required the removal of phosphates from all detergents. New dishwasher formulas don't fight filming on glass as well as previous formulas, especially in hard-water areas. For better results, use a rinse aid and set your water temperature to at least 120°F. If needed, rinse glassware after washing and dry with a soft cloth. To remove existing film, put 2 cups of white vinegar in a bowl and place the full bowl on the bottom rack of the dishwasher. Run glassware through a cycle without adding additional detergent. Rinse and dry glasses.

Get your clothes back to school clean in 4 easy steps!

Step 1



Brilliant Clean

Tide: select varieties
150 oz. \$17.68

Step 2



Silky Softness

Downy Fabric Softener:
select varieties 41 to 51 oz.
\$4.99

Step 3



Feisty Freshness

Downy Unstoppables: select
varieties 13.2 oz. \$6.68

Step 4



Stain Fighter

Tide Stain Release Duo Packs:
select varieties 18 ct. \$5.99

= BACK TO SCHOOL CLEAN

New *at* Hy-Vee

Keep pets well-fed, give yourself an energy boost, enjoy some amazingly crisp pickles, whiten teeth as you brush and check out these other new products. All are available at your local Hy-Vee store.

PHOTOGRAPHY TOBIN BENNETT



Clean Kitties

You have a new friend in the battle to keep the cat box dry and free of dust and bad odors. Tidy Cats' new Pure Nature is formulated with cedar, corn and pine. These natural materials were chosen for their absorbency, clumping ability and outstanding odor control. The texture is like fine sand.

Purina Tidy Cats Pure Nature 12 lb. \$9.99

Water Boosters

Add a blast of flavor to water while giving yourself a boost of vitamins B3, B6 and B12 with Hy-Vee Liquid Water Enhancers. Performance Enhancer also adds electrolytes and Energy Enhancer adds caffeine. Whether you need increased stamina, quick energy or more nutrition, pick an enhancer.

New Hy-Vee Liquid Water Enhancers: select varieties
1.62 oz. \$2.69



Nighty Night

On nights when sleep seems elusive, try ZzzQuil from the makers of Vicks NyQuil. This sleep aid will help you drift off to sleep quickly and includes only non-habit-forming ingredients. ZzzQuil comes in liquid and tablet forms and is intended for relief of occasional sleeplessness. It is not intended for use against colds or pain.

ZzzQuil 6 oz. or 12 ct. \$4.99



Happy Pets

Be Happy dry foods for cats and dogs promise completely nutritious meals. These formulas support healthy vision, bones, teeth, immune systems, muscles and coats. Brace yourself. Your pet will be energetic and happy.

Purina Be Happy Dog Food and Cat Food 13 to 15 lb. \$8.49



Rich and Creamy

Single-serving Homestyle Macaroni & Cheese meals from Kraft are microwaveable. Flavors include White Cheddar with Cheese Sauce, and Sharp Cheddar with Cheese Sauce and Oscar Mayer Bacon.

Kraft Homestyle Macaroni & Cheese Singles
3.6 to 4 oz. \$2.29



More Nutritious

Iron Kids Better White bread from Sara Lee is a new way to add balance to your family's diets. It has all the fiber and four times the calcium as 100 percent whole wheat bread. Also, there are no trans fats. As for taste, Better White has the flavor and texture of white bread.

Sara Lee Iron Kids Sandwich Bread:
select varieties 24 oz. \$2.29



Whiter & Brighter

Colgate Optic White uses a unique technology with hydrogen peroxide to make it easier to whiten your teeth as you brush. Get results you can see with everyday use.

Colgate Optic White Mouthwash
8 or 16 oz. \$5.49

Sweet or Tart

Harvested at the peak of freshness and hand-packed to protect the taste, new Farmer's Garden pickles from Vlasic are bold and snappy. Cucumbers, garlic, peppers, carrots, herbs and spices come together to bring homemade goodness right from the farm to your table.

Vlasic Farmer's Garden Pickles
26 oz. \$3.48



Amana Beef

100% NATURAL



hand-cut

100% natural USDA Choice Amana Beef is raised in the Midwest to guarantee the most flavorful steak available. Hand selected and expertly cut by your Hy-Vee Meat Specialist to guarantee every cut meets our strict standards of tenderness, quality and flavor. **Yes...it's only available at Hy-Vee.**



MIDWEST RAISED | EXPERTLY CUT | GUARANTEED DELICIOUS