

seasons

Hy-Vee
EMPLOYEE OWNED

HELPFUL PRODUCTS AND IDEAS FOR HEALTHY LIVING

DELIGHTFUL
COOKIE PAIRINGS
AND IDEAS

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A TASTY CLASSIC—
MILK & COOKIES
YUM!

101 BISCUIT IDEAS

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**SMOKIN'
GOOD BBQ**

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BACK TO
SCHOOL BASICS:
organization tips,
meal plans &
study help

pg. 8

BACK TO
SCHOOL 2013
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IOWA STATE FAIR FAVORITES: THE FACES, THE FUN, THE FOOD

PERFECTLY
CRISPY.



Hot, fresh and ready to go.



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seasons Hy-Vee

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Hy-Vee Seasons magazine
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Please ask our helpful employees if you need assistance locating these products.

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(while quantities last).**

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

Please recycle after use.



Letter

Dear Hy-Vee reader,

When I was growing up, I spent summers on my aunt and uncle's dairy farm in Decorah, Iowa, helping milk their Holstein herd and harvest the second crop of hay. When I was 10, I was already driving the tractor while my uncle hauled in the hay—he knew I wasn't strong enough to lift those bales.

At the end of each summer, I'd get back home just in time to shop for school. Mom outfitted my six sisters, two brothers and me as quickly as she could.

At 16, I started working for Hy-Vee's Save-U-More store in Des Moines. After years of working hard on my aunt and uncle's farm, a shift at the store was a treat; all I had to do was be helpful, smile and talk to people. I started full-time with Hy-Vee a week after I graduated from Creighton University. At first my dad didn't get what I was doing. He thought I should become a lawyer, but over the years he's come to see that I made a good move.

As parents and kids start thinking about getting back to school, remember that Hy-Vee is here to help with supplies. You trust us with your food—add pencils and paper to the list.

This issue of *Hy-Vee Seasons* puts special focus on the coming school year. We give you some guidance with meals and more in "Back to School," *page 8*. Other topics in this issue include health in "Gluten-Free," *page 42*, a barbecue story, "Low & Slow Smoking," *page 32*, and a look at a favorite event, "A Great State Fair," *page 66*. Enjoy.

Sincerely,

Jay Marshall
Senior Vice President
Marketing and Merchandising



Biting into one of Hy-Vee's delicious new Bakery Cookies is an act of pure pleasure. From a simple and sweet Sugar Cookie to an M&M Double Chocolate overload, each of the many varieties has a smile baked right into it.

PHOTOGRAPHY TOBIN BENNETT

FAMOUS BAKERY cookies



A photograph showing three cookies balanced on top of glasses of milk. The cookie on the left is a chocolate chip cookie. The middle cookie is an M&M Double Chocolate Cookie, featuring colorful M&M's candies embedded in a chocolate cookie. The cookie on the right is a plain, golden-brown cookie. The glasses of milk are white and partially filled.

We, too, *Love* fresh-baked cookies.

That's why we went on a mission to find better cookie recipes. Once we had them, we added better ingredients, bigger chips, plumper raisins and creamier peanut butter. For our chocolate, we turned to Ghirardelli and then added M&M's and Reese's Pieces to boost the flavor even more. So our Oatmeal Raisin Cookie is the chewiest, our Peanut Butter Cookie is the snappiest and our M&M Double Chocolate Cookie is the tastiest. Every one of our 15 cookies can only be described in superlatives. Richest. Most flavorful. The best.

cookies & pairings

Each of the 15 scrumptious Bakery Cookies waiting for you at Hy-Vee pairs wonderfully with milk, coffee and the other beverages listed below.

CHOCOLATE CHIP with Ghirardelli chocolate chips—serve with milk or Colombia roast coffee

M&M—serve with chocolate milk or hot cocoa

OATMEAL RAISIN—serve with hot apple cider or Earl Grey tea

PEANUT BUTTER—serve with French roast coffee or chocolate milk

OATMEAL—serve with cappuccino or brown ale

MONSTER with Ghirardelli chocolate chips and M&M's—serve with cold milk or Guinness stout

SUGAR—serve with green tea or champagne

ENGLISH TOFFEE—serve with jasmine tea or a sweet Riesling

PEANUT BUTTER WITH REESE'S—serve with chocolate milk or hot cocoa

OATMEAL CHOCOLATE CHIP with Ghirardelli chocolate chips—serve with milk or Pinot Noir

PEANUT BUTTER CHOCOLATE CHIP with Ghirardelli chocolate chips—serve with hot cocoa or Guinness

HOMESTYLE BROWNIE with Ghirardelli chocolate—serve with milk, peppermint tea or a tawny port

MOLASSES—serve with oolong tea or an oatmeal stout

M&M DOUBLE CHOCOLATE with Ghirardelli chocolate chips and M&M's—serve with Italian roast coffee or rosé port

SNICKERDOODLE—serve with breakfast-blend coffee or Moscato d'Asti sparkling wine



brownie bonanza



Top a Homestyle Brownie Cookie with buttercream frosting and semisweet chocolate shavings.

cinnamon roll



Pipe cream cheese frosting onto a Snickerdoodle Cookie.

oatmeal dip



Dunk Oatmeal Cookies into white and dark chocolate dip.

tutti-frutti



Arrange strawberries, blueberries and kiwi on a Sugar Cookie topped with fruit dip.

birthday cake



Swirl vanilla frosting onto an M&M Cookie and add sprinkles.

ice cream sandwich



Use a cookie cutter to cut a thick circle of vanilla ice cream and sandwich between two Chocolate Chip Cookies.

The deep, sweet flavors of Hy-Vee's new Bakery Cookies are so rich that dressing them up further seems unnecessary—but unnecessary ideas are sometimes the best. Try these ideas if you are serving special guests, hosting a party or desire more extravagance in your life.



BACK TO SCHOOL

Just when you got your summer groove on, you see another school year approaching. Supply lists arrive, back-to-school ads appear and fall practice begins. The laid-back pace of family life is about to speed up. Use the ideas here—and help from Hy-Vee—to get your household organized for the best school year ever.

TEXT STEVE COOPER, KAITLYN GABRIEL, LAUREN CHORPENING AND MARYGRACE TAYLOR

PHOTOGRAPHY KING AU AND TOBIN BENNETT

It's tradition. Every year on the first day of school, kids in new outfits line up for photos, to be shared with grandparents. For the next nine months kids and parents will be dashing about in search of this or that until the moment they fly out the door. Fortunately, you have a partner in Hy-Vee, as you try to get a grip on what you need so your family can fare better in the coming race against the clock.

At Hy-Vee, we carry many necessities needed to claim victory in each area, which allows your kids to triumph during their best school year ever. There are four areas where a family wins or loses on school days: eating, personal appearance, study areas and health. Master these and your family excels.

Balanced meals

Take stress out of meal planning by using two-week breakfast-lunch-and-dinner menus, *pages 14, 16 and 23*. Each was put together by a Hy-Vee dietitian. Find more recipes and mealtime ideas at our website, www.hy-vee.com. Nutritious meals are directly linked to school performance, supplying young minds with the fuel they need to achieve.

Fabulous looks

Clean clothes and well-scrubbed faces on the outside give kids a lift inside. This starts with organized bedrooms, *page 12*, which quickly settle the daily “what should I wear?” question. Good room layouts answer other conundrums of being a kid, like “where are my shoes?” and “where do dirty shirts go?”

Study nooks

Whether a study desk, *page 10*, is in the bedroom or family room, make sure it offers enough light, quiet and storage areas so it will serve as a retreat for concentration. Look to us for supplies such as paper, markers, folders and rulers.

Brilliant smiles

Without a healthy body, children can't reach the heights we hope for them. Discover basics about nutrition and how parents can work with schools to best help kids, *page 26*. You can rely on Hy-Vee dietitians and pharmacists for expert guidance and insightful information needed to keep kids moving forward to success.

ART PROJECTS

KEEPSAKES

Create a workspace
that promotes good
study habits!



STUDY UP

Team up with your kids and kick off the year with a new study space. Let them make it their own with favorite artwork and energetic pops of color.

1. Every student needs a desk. Bedrooms provide a quiet place to study and get organized. But when it comes to computers, younger kids need supervision. You can tuck a computer center into little-used corners of a kitchen or family room. Or build a study nook by anchoring two deep bookcases about four feet apart on a blank wall, then mount a sturdy desktop between the two cases and slide a bank of drawers under the top.

2. Keep color, comfort and character in mind. The goal is to promote good habits, but kids are more likely to use a space they've helped design. Decorate with their own artwork or favorite theme, and let them choose the color scheme.

3. Let there be light! Good lighting is essential, especially when reading is involved. Couple overhead lighting with a desk lamp so lights can be turned down when working on the computer. Avoid window glare on screens when choosing where to set up shop.

4. Provide the power to succeed. Set up the study space near an outlet or two for plugging in a lamp and keeping a laptop or other devices charged. Internet access and a printer may be needed, too.

5. Corral supplies. With up to eight subjects on their schedules, kids need a variety of supplies. Keep pens, pencils, paper, glue sticks, rulers and other necessities stashed close-at-hand in bins or drawers.

6. Help kids stay organized and task-oriented. Provide them with the tools they need to see the big picture as they juggle schoolwork and schedules. Tools may include a computer-based school planner, a student planner notebook for carrying to school, or a wall calendar. Add a white board and dry erase markers for jotting down ideas and lists.

3 WAYS TO UPDATE



1. Upgrade standard cardboard boxes with papers that match the space's color scheme and create storage options for schoolwork.



2. Think outside the (pencil) box. Decorate storage tins with paper to turn supplies into desktop decor.



3. Keep your child looking ahead by displaying the week's schedule on clipboards painted with chalkboard paint.



GET IT TOGETHER

Do mornings feel frenzied? Lighten the load by letting kids take control of their wardrobes. With these simple upgrades to their bedrooms, you can help them transition into getting dressed on their own and alleviate the morning rush.

When it comes to kids and clothing, autonomy begins with an organized closet. Establish a clear expectation that clothing will always be hung or folded, and choose storage pieces that use closet space efficiently. Label drawers or baskets to make it easier for kids to put things where they belong. Separate items that are used daily, such as socks and underwear, and make sure they're easy to reach. Keep in mind your kids' heights when installing a bar or shelf. Every aspect of the space should make it easy for them to get ready for school on their own, as much as possible. Make use of higher storage space by keeping fall clothes within reach and winter clothing up above—then swap them when the seasons change.

Weekly Wear

Picking out school clothes ahead of time cuts down on the morning rush. On Sunday evenings, have your kids choose outfits for the entire week. Keep their choices organized by day in hanging storage, *opposite*, or on labelled hangers. This saves time during the week and gives you the opportunity to approve choices or mix and match clothing into alternative outfits. It will also help your kids feel a sense of ownership and encourage habits of planning ahead. Since clothing can be contingent on weather, try to have options that work rain or shine. You can also include clothing for soccer practice, dance class or other after-school activities. Designate storage space for these special clothes. Make your kids' lives easier by keeping all gym shorts in a labeled storage bin, *opposite*.

ADD SOME COLOR

Today's trendy clothing breaks down gender stereotypes. Even the boldest colors and patterns are no longer exclusively for girls or boys. This year's hot colors include bright poppy pinks, berry purple, turquoise and neutrals splashed with metallics. The combinations are endless. Keep kids' closets colorful and include bins to hold socks, underwear and special clothes for sports, dance class or dress-up. Don't be surprised if they favor wearing crazy pants with wild tops—being young doesn't last forever!

IF THE SHOE FITS Choose a storage option that helps kids keep their colorful shoes in order. Designate a special place in a back hall or garage to leave wet or dirty shoes.





On the first day of school, take pictures of your kids in their new school outfits!



2 Weeks of Breakfast

Menu prepared by Hy-Vee dietitian Jamie Jarvis, Independence, Missouri

MONDAY



Apple Oatmeal*,
recipe below

TUESDAY

Ham-and-Egg Breakfast Quesadilla*

Orange slices

WEDNESDAY

Fruit Smoothie of your choice*

Whole grain toast

THURSDAY

French Toast Kabobs*

Hard-boiled egg



Old Orchard Healthy Balance and Cran Naturals 64 oz.
3/\$5.00

FRIDAY

Banana Hot Dog*

Glass of skim milk

Breakfast Egg Muffin*

Cantaloupe

On-the-Go Parfait*



Strawberry and Banana Cream Waffles Meal*

Fruity Breakfast Wedges*

Hearty Oatmeal Pancakes*,
recipe opposite

Scrambled Eggs

*For recipes, go to www.hy-vee.com and search by recipe name.

APPLE OATMEAL

Warm and sweet, this oatmeal will keep your child going strong all through morning studies.

Prep time: 15 minutes

Cook time: 30 minutes

Serves 4 (1¼ cups each).

4 crisp apples, such as Jazz or Pink Lady

1 cup Hy-Vee steel-cut oats

4 cups water

3 tablespoons packed Hy-Vee brown sugar, divided

½ teaspoon Hy-Vee ground cinnamon

¼ teaspoon Hy-Vee salt

½ cup Hy-Vee plain nonfat Greek yogurt, strained, divided

Shred 2 apples using the large holes of a box grater, leaving the core behind. Heat a large saucepan over medium-high heat. Add oats and cook, stirring, until lightly toasted, about 2 minutes. Add water and the shredded apples; bring to a boil. Reduce heat to maintain a simmer and cook, stirring frequently, for 10 minutes.

Meanwhile, chop the remaining 2 apples. After the oats-apple mixture has cooked for

10 minutes, stir in the remaining chopped apples, 2 tablespoons brown sugar, cinnamon and salt; continue cooking, stirring occasionally, until the apples are tender and the oatmeal is quite thick, 15 to 20 minutes more. Divide the oatmeal among 4 bowls. Top each portion with 2 tablespoons yogurt and ¼ teaspoon brown sugar.

Nutrition facts per serving: 280 calories, 3 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 170 mg sodium, 60 g carbohydrates, 8 g fiber, 27 g sugar, 8 g protein. Daily values: 2% vitamin A, 10% vitamin C, 6% calcium, 10% iron.

WHAT KIDS NEED

Kids who eat breakfast regularly perform better in school and are less likely to be overweight. The protein, calcium and fiber available in a balanced breakfast help fuel their entire day. But getting everyone out the door on time is no small task! Fortunately, with a two-week schedule, *opposite*, of quick, easy breakfast options, the only thing scrambling will be your eggs.



HEARTY OATMEAL PANCAKES

There's a wealth of nutrients in these pancakes, and a side of scrambled eggs adds even more.

Prep time: 10 minutes

Cook time: 6 minutes

Serves 2 (3 pancakes each).

¼ cup Hy-Vee all-purpose flour

¼ cup Hy-Vee whole wheat flour

½ cup Hy-Vee quick oats

1 tablespoon Hy-Vee granulated sugar

1 teaspoon Hy-Vee baking powder

½ teaspoon Hy-Vee baking soda

½ cup Hy-Vee skim milk

2 tablespoons Hy-Vee egg substitute

2 tablespoons Hy-Vee unsweetened applesauce

Butter and maple syrup, optional

Combine flours, oats, sugar, baking powder and baking soda in a small bowl. Add milk, egg substitute and applesauce; mix until large lumps have broken.

Pour ¼ cup batter for each pancake onto a hot griddle coated with cooking spray. Cook pancakes until tops are covered with bubbles and edges look dry; flip and cook other side. If desired, serve with butter and maple syrup.

Nutrition facts per serving:

240 calories, 1.5 g fat, 0.9 g saturated fat, 0 g trans fat, 0 mg cholesterol, 660 mg sodium, 48 g carbohydrates, 4 g fiber, 12 g sugar, 10 g protein. Daily values: 4% vitamin A, 0% vitamin C, 15% calcium, 15% iron.

A FRESH FRUIT
SMOOTHIE IS ENERGY
IN A GLASS

2 Weeks of Lunch

Menu prepared by Hy-Vee dietitian Laura Kimm, Ankeny, Iowa



MONDAY

Banana Dog*

Mini sweet
peppers

Skim milk



TUESDAY

Bonnie's Chicken
Vegetable Soup*

Cheese cubes

Whole grain
crackers

100 percent
fruit juice

WEDNESDAY

Garden Patch
Muffin Tin Pizzas*

Soy crisps

Apple cups

Skim milk



THURSDAY

Strawberry-
Banana Smoothie*

Mini bran muffin

Celery with
peanut butter

FRIDAY

Crispy Cheddar-
Ranch Chicken*

Mixed greens
and vegetables
with dressing

Fresh berries

Skim milk

Peachy Yogurt
Parfait*

Sliced turkey,
lettuce, tomato
on a whole
grain bun

100 percent
fruit juice

Chicken and Rice
Soup*

Raw broccoli
florets with
hummus dip

Grapes

Skim milk

Chocolate
Banana Berry
Smoothie*

Whole grain
crackers with
string cheese

Baby carrots

Apple Chicken
Quesadilla*

Vegetable
skewers with
ranch dip

Skim milk

Power-Packed
Fruit Roll-Up*

Cucumber slices
with ranch dip

Skim milk

*For
recipes, go to
www.hy-vee.com
and search by
recipe name.





LUNCH, LET'S EAT!

Packing a lunch at home lets you ensure your child is getting a meal with balanced nutrition. Always include foods supplying protein, and pack plenty of fruits and veggies. When shopping for the week, look for whole grains in breads, wraps or pitas. Make your life easier by using the two-week menu, *opposite*.



Crunchables Coated Vegetables:
select varieties 10 oz. \$2.19



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



Fast Fixin' Breaded Chicken Valu Bags:
select varieties 20 to 24 oz. \$3.99



Creme Curls Assorted Creme Horns
4 pk. \$2.49



Flatout Flatbreads & Foldits: select
varieties 8.5 to 14 oz. 2/\$5.00



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



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

THAT'S A WRAP

With the new Land O'Frost Wrap Kit, putting together a nutritious wrap will only take a few moments. Each kit contains enough ham or turkey, cheese and tortillas to make about five wraps. If desired, add lettuce, tomatoes and other toppings and condiments. Or speed lunch prep by choosing the deli-quality meats in a Sub Sandwich Kit.



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



PACK A LUNCH YOUR KIDS WILL LOVE

Breakfast may be the most important meal of the day, but lunch is surely a close second. Kids who eat a balanced lunch are more alert in school.

It's not enough to put together a healthy lunch, it has to be a healthy lunch your kids will actually eat! You know the basics: Kids need whole grains, fruits and veggies, dairy and some protein. The trick is picking foods they can't resist. Fruit cut into bite-size pieces, veggies with a yogurt dip, whole-grain sandwiches with their favorite toppings, fruity yogurt. If your kids don't like meat, try nuts or hummus dip with whole-grain pita chips. They'll get plenty of protein and nutritious whole grains to help them stay alert through the afternoon. Keep your pantry and fridge stocked with a variety of foods and lunch will be a breeze. Don't forget food safety. Pack perishables in an insulated bag with a refreezable ice pack to keep them fresh until lunchtime.



Pack energy into every lunch,
fill it with brain-building fuel,
load with favorite flavors.

wrap it up

Roll-ups, stuffed pitas and bite-size morsels entice kids to eat just the right amount of good-for-them foods. Presentation matters to kids, too. Cut roll-ups into small pieces and secure with a toothpick. Place tiny pieces of cheese, a few crackers, small rolls of lunch meat and veggies in colorful holders and watch them disappear. Let kids devise their own combinations. The more involved they are in preparing healthy foods, the more they'll enjoy them.



CHOOSE FRUIT

Your children want lunches that are fun to eat. You're concerned about nutrition. Put a smile on their faces with Smucker's Fruit Spreads.



Smucker's Fruit Spreads:
select varieties 12 to
18 oz. 2/\$5.00



Jif Peanut Butter: select
varieties 28 oz. \$3.99





Wrap their lunch with love.

Your kids are going back to school. And that means you're back to making lunch-bag favorites they'll love. Whether it's a PB&J sandwich, healthy veggies, or their favorite mac 'n cheese, GLAD® brings it all together with a wide variety of choices that help protect the food they love most.

Available at
HyVee
EMPLOYEE OWNED

Glad Zipper bags, GladWare or Press'n Seal: select varieties 3 to 100 ct. or 70 ft. \$2.99



gluten-free



Blue Diamond
Nut Thins: select
varieties 4.25 oz.
\$2.88

Hy-Vee HealthMarket
aisles are filled with a
selection of nutritious
gluten-free snacks.



apples

Apple wedges topped with
protein-rich peanut butter and
dotted with chips are a good-
for-you snack.

chips & dip

For an after-school snack, substitute
veggies and yogurt for high-fat chips
and dip.



popsicles

Blend fruit, milk and
a little sweetener to
make homemade
popsicles. Fill paper
cups, top with foil to
support popsicle
sticks and freeze.



veggie stix



Good Health Veggie
Stix 6.75 oz. \$3.69

For those special occasions that
call for a salty snack, try one of the
many new varieties of Veggie Stix.

healthy SNACKING

After a day at school, kids need an afternoon boost. But beware of high-fat, low-calorie snacks that pack on the pounds. Go heavy on fruits and veggies, and offer smaller servings of protein and dairy.

Kids love almost anything on a stick. Let them load sticks with their favorite in-season fruits. These make great desserts too!

fruit kabobs

hummus & veggies

High-protein hummus, made from chickpeas, has become a kid favorite. Serve with green beans, peapods and other veggies for dipping.

fruit dip

Dip fruit wedges in dark chocolate and you have a sweet and healthy treat everyone will love.

roll-ups

Roll up string cheese in thin slices of lunch meat, and you've got a dairy-rich protein boost perfect for a snack or lunch.

Bar-S Deli Shaved lunchmeats: select varieties 8 or 9 oz. 2/\$4.00

popchips

Popchips are popped, not fried or baked. As a result, they contain almost no fat and have fewer calories than ordinary chips.

Popchips: select varieties 3 or 3.5 oz. 2/\$5.00



Capri Sun 100% Juice or Super V:
select varieties 10 ct. \$3.19



Planters NUT-rition Nuts: select varieties
8.6 to 10.25 oz. \$5.88



Kraft Philadelphia Whipped Cream
Cheese: select varieties 8 oz. \$2.39



Kraft String Cheese Mozzarella or
2% Mozzarella 24 oz. \$5.99



Lunchables: select varieties
7.6 oz. to 15.6 oz. 2/\$6.00



Oscar Mayer Deli Fresh Family Size:
select varieties 16 oz. \$5.88



Oscar Mayer Wallet Packs: select
varieties 9 or 10 oz. \$2.69

Dinner Time

It's a fact: Kids love mac and cheese. When life gets too hectic, you can still give them an easy nutritious meal that's ready in minutes.

BEST-EVER QUICK MAC & CHEESE

Dress up Kraft Macaroni & Cheese with some of your favorite complementary ingredients. Simply heat the mac & cheese in a microwave, then stir in slices of precooked deli-style chicken strips and bits of tomato, sprinkle bread crumbs over the top and add a parsley sprig. Or make up your own recipe for a delicious meal that takes only moments to prepare.



Kraft Macaroni & Cheese
Cups: select varieties
1.9 to 2.44 oz. 3/\$3.00





2 Weeks of Dinner

Menu prepared by Hy-Vee dietitian Christy Frese, Cedar Rapids, Iowa

MONDAY

Barbecue Pork Sandwiches*

Frozen vegetables



TUESDAY

Quick Beef Fajitas with Pico de Gallo*

Fresh pineapple



WEDNESDAY

Ginger and Brown Sugar-Glazed Salmon Meal*

Uncle Ben's Ready Rice Whole Brown

Fresh fruit

THURSDAY

Easy Stuffed Shells*

Mixed greens with your favorite salad dressing

FRIDAY

Roasted Vegetable Pizza*

Fruit smoothies

Baked Pepper Fish* with vegetables

Rice (make extra to eat with dinner on Wednesday)

Roasted Chicken and Vegetables*

Baked ciabatta rolls

Pineapple Pork Stir-Fry*

Rice (leftovers from Monday)

Quick Meatball Hoagies*

Fresh-cut veggies and your favorite dip

Chicken Alfredo Pizza Meal*

Fruit kabobs



*For recipes, go to www.hy-vee.com and search by recipe name.

NUTRITION Proper nutrition in childhood establishes lifelong eating habits that contribute to your children's overall well-being, helping them develop their full potential as they lead healthy lives.



Frito-Lay SunChips & Baked Lay's: select varieties 8.75 to 11.5 oz. 3/\$9.00



Green Mountain, Tully's, Donut House, Swiss Miss and Cafe Escapes K-Cups: select varieties 12 pk. \$7.99



Beanitos Bean Chips: select varieties 6 oz. \$3.19



Clorox Cleaners: select varieties 32 oz. to 35 ct. 2/\$5.00



Hot Pockets, Lean Pockets, Stuffed Sandwiches 12 pk. or Cheeseburger Sliders 22 ct. select varieties \$10.99



Magnum Ice Cream Bars and Fruttare Real Fruit Bars: select varieties 3 to 6 pk. \$3.98



Daisy Brand Sour Cream: regular or light 24 oz. \$2.99



Trident, ID, Bubblicious or Dentyne: select varieties 9 to 18 pk. 5/\$5.00

8 WAYS TO GET THEM TO EAT FRUITS & VEGGIES

Forget making smiley face snack plates out of crudité's. Here's real-world, no-nonsense advice to ensure your kids eat more good-for-them vegetables and fruits.

GO WITH KNOWN FAVORITES.

If your child has a veggie she likes, it's OK to take advantage by serving it often. Likely winners: Corn and carrots for younger kids and broccoli (yes, really!) for older kids, finds a recent study.

COOK 'EM RIGHT.

Hy-Vee chef Richard Babcock, Overland Park, Kansas, suggests dropping veggies into boiling water for a minute. "Shock them in ice water and they stay crunchy." He amps up the flavor with a balsamic reduction made with a cup of vinegar and $\frac{1}{4}$ cup of sugar, reduced to half. "My kids love the sweet, tangy flavor," he says.

RUMBLING TUMMIES! TAKE ADVANTAGE.

Kids are less picky when they're hungry, upping the odds that they'll gobble up whatever you put in front of them. If you know your child is famished after soccer practice, have a container of veggies and hummus waiting when you pick her up.

SET UP A SALAD BAR.

When salad bars are put in school cafeterias, student veggie intake skyrockets, studies show. Make the same principle work for you by serving individual salad fixings and letting your gang help themselves. Richard suggests searing a few vegetables on the grill. "Just toss

them in olive oil and seasonings and sear them for a minute or two. The grill marks and smoky flavor are a real hit."

GET SNEAKY.

Hide stealth veggies in kid-friendly dishes. "For instance, puree a cup or so of spinach and add it to a smoothie. It's really nutritious and hides well so kids don't know it's there," says Laura Kimm, Hy-Vee dietitian in Ankeny, Iowa.

BE A GOOD ROLE MODEL.

Whether you're trying to get your child to be more active, be more polite or eat more vegetables or fruits, the do-as-I-say-not-as-I-do model never gets you far. Make veggies and fruits a regular part of your own healthy diet, and increase the odds that your troops will fall into line, too.

KNOW YOU ARE DOING THE RIGHT THING.

Moms who serve vegetables are described as more loving and thoughtful than moms who don't, according to research. So even if your kid groans at greens, you can at least take comfort that he knows innately you care when you serve healthful foods.



RAISE KIDS TO EAT
FRUITS AND VEGGIES
FOR LIFE.



NATURE MADE

For 40 years, Nature Made has been obsessed with quality. Nature Made products are made from the purest ingredients and found by scientific research to be safe and beneficial.

HEALTHY VITAMINS

Here are some essential vitamins for children and how they can get them in their diets.

1. Vitamin A. Critical for vision, it is also involved in immune function, tissue repair and building a healthy heart, lungs and kidneys. Good sources include milk, cheese, eggs, sweet potatoes, spinach, carrots and pumpkin pie.

2. B Vitamins. Family includes B2, B3, B6 and folate (also called B9). All are critical for metabolism, energy, circulation and a healthy nervous system. Good sources are vitamin-fortified cereals, meat, fish, chicken, eggs, dairy products, nuts and beans.

3. Vitamin B12. Proper red blood cell formation and brain function are among the tasks this B vitamin accomplishes. It also helps to make DNA, the genetic material in all body cells. This vitamin is only found in animal protein and fortified breakfast cereals.

4. Vitamin C. Fruits and veggies provide this vitamin, which is essential to growth and development.

5. Vitamin D. Builds bones by helping the body absorb calcium from food. Skin produces vitamin D when exposed to sunlight, and this vitamin is also found in wild salmon, tuna and other fatty fish. Vitamin D-fortified orange juice, milk and yogurt are also good sources.

Consult your doctor before starting children on vitamin supplements.

CALCIUM!

Fewer than one in 10 girls and only one in four boys ages 9 to 13 have an adequate intake of calcium.

National Institutes of Health

KIDS & OBESITY

In the past 30 years, obesity has more than doubled in children and tripled in adolescents. Excessive weight can lead to heart disease, diabetes, sleep apnea and bone and joint problems. Obesity can also negatively impact the social development of children.

Putting kids on a weight-loss diet is not the answer. Their bodies need good foods for development. Instead, teaching them healthy eating habits is the simple cure, according to the Centers for Disease Control. Parents can keep children's weight under control and encourage healthy habits by providing meals consisting of reasonably sized portions of:

- plenty of vegetables, fruits and whole grain
- low-fat or non-fat milk or dairy products
- lean meats, poultry, fish, lentils and beans

Children should also increase physical activities.

Everything can be enjoyed in moderation, but children should avoid the calorie-rich temptations of high-fat, high-sugar or salty treats. Offer them easy-to-prepare, low-fat and low-sugar treats that are 100 calories or less. These include apples, bananas, blueberries and carrots.

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TAKING MEDS TO SCHOOL

Your child has been experiencing frequent headaches, so you are sending medicine tablets with her to school. Public and private schools in many states require children to drop off most prescription and over-the-counter medications with the school nurse or a school official as the child enters school. In consultation with parents, school nurses are the gateway through which medications are given to students. A doctor's note is also usually required, even for headache remedies. Hy-Vee pharmacists are happy to help too. "We provide patients with an appropriately labeled duplicate bottle, so parents can send a bottle to school and have a bottle at home," says pharmacy manager Warren Narducci, of Hy-Vee in Shenandoah, Iowa.





cauliflower

Let cauliflower surprise you. No longer just a mild-mannered background player, cauliflower comes in brilliant colors that offer a noticeable uptick in flavor. It's even inspiring new dishes from top chefs.

TEXT COURTENAY WOLF PHOTOGRAPHY TOBIN BENNETT

Bursting with freshness and flavor, cauliflower is topping menus at trendy restaurants and inspiring chefs from coast to coast.

Cauliflower has long been popular in Mediterranean and Indian cuisine for its ability to soak up every bit of flavor that comes its way. Called one of the top vegetables of 2013, this versatile favorite takes well to any cooking method. Chefs love it, whether it's been roasted, pan-fried, sautéed, pureed or simmered in a well-seasoned sauce.

When roasted, cauliflower takes on a sweet, nutty flavor, making it a revelation for those who know it only as a bland, often over-steamed side dish. Served plain or with sauces, it wins over even the most reluctant audience. Combined with a zesty cheese sauce and baked, it's a rich, toasty replacement for mac and cheese. Pureed in a creamy cauliflower soup, its savory depth will have your family begging for seconds. Paired with chickpeas and mushrooms in a hearty stew, it's a deeply satisfying meatless entrée.

To roast, cut into one- to two-inch-thick equal-size "trees" and toss with olive oil and seasonings, or slice it into inch-thick "steaks," *page 31*. Roast it in an oven at 420°F for 15 to 30 minutes, turning *once*. Or pan roast in a heavy skillet on the stove, turning as needed to brown sides.

Try one of the purple, green or orange varieties. Purple is a sweeter, nuttier variety long grown in the Mediterranean region. Green is a hybrid of cauliflower and broccoli, offering the best of both. Mild and creamy orange was found growing naturally in a Canadian field about 40 years ago. While all cauliflower is high in vitamin C, the orange variety is also a good source for beta-carotene, which is rich in vitamin A, vital for healthy eyes.

Cauliflower comes from the same healthful family as broccoli, collards and kale, and is available year-round. Choose a firm head with no blemishes. Store it stem-side up in a refrigerator crisper drawer for up to five days. The whole head is edible. To prepare, remove the edible leaves and cut off and discard the small base of the stem. Once cut, use cauliflower immediately.

Steaming Cauliflower

To properly steam, place cut florets from a cauliflower head in a medium saucepan with ½ cup water. (Or place 1 inch of water in the bottom of a saucepan and cauliflower in a steamer basket.) On stovetop, bring water to boiling. Reduce heat to simmer; cover and cook for 12 to 15 minutes or until tender yet firm.



MINI CAULIFLOWER BITES

Serve these pizzalike appetizers to give party guests a surprise. Each bite is a healthful, gluten-free experience.

Prep time: 20 minutes

Cook time: 17 to 19 minutes

Makes 24 bites.

5 cups roughly chopped, trimmed cauliflower (about 16 ounces)

1 Hy-Vee large egg, lightly beaten

1½ cups Hy-Vee finely shredded Italian blend cheese, divided

½ teaspoon Hy-Vee dried basil

¼ teaspoon Hy-Vee dried rosemary, crushed

Dash Hy-Vee salt

2 tablespoons chopped roasted red pepper, divided

2 tablespoons thinly sliced green onion, divided

72 gluten-free miniature turkey pepperoni slices, such as Hormel

Tomato Pizza Sauce, optional (see recipe right)

Preheat oven to 450°F. Coat 24 (1¼-inch) muffin cups with cooking spray; set aside.

Place cauliflower, half at a time, in a food processor. Cover and process with on/off pulses just until cauliflower is finely chopped (do not puree cauliflower). Transfer to a medium microwave-safe bowl. Microwave, uncovered, on high about 8 minutes or until tender, stirring once or twice. If necessary, pat dry with paper towels to remove any excess moisture. Cool. Add egg, 1 cup cheese, basil, rosemary and salt to cauliflower; stir to combine. Spoon about 1 tablespoon of the mixture into each prepared muffin cup. Press evenly onto the bottoms and up the sides of cups. Bake for 7 to 8 minutes or until crusts are golden, edges are browned and centers are set. Remove from oven.

Spoon ¼ teaspoon roasted red pepper and ¼ teaspoon green onion onto each muffin cup. Top each with a rounded teaspoon of cheese and 3 pepperoni slices. Bake 2 to 3 minutes more or until cheese is melted. Carefully

remove from muffin cups. Serve warm with Tomato Pizza Sauce for dipping.

Nutrition facts per serving: 30 calories, 1.5 g fat, 1 g saturated fat, 0 g trans fat, 15 mg cholesterol, 85 mg sodium, 1 g carbohydrate, 0 g fiber, 1 g sugar, 3 g protein. Daily values: 2% vitamin A, 20% vitamin C, 6% calcium, 2% iron.

TOMATO PIZZA SAUCE

Serves 14 (about 2 tablespoons each).

Makes about 1¼ cups.

1 (15 ounce) can crushed fire-roasted tomatoes or crushed tomatoes

1 teaspoon balsamic or red wine vinegar

1 teaspoon Hy-Vee dried basil

½ teaspoon Hy-Vee sugar (optional)

½ teaspoon dried marjoram or oregano

¼ teaspoon Hy-Vee garlic powder

⅛ teaspoon Hy-Vee salt

⅛ teaspoon cayenne pepper

In a medium bowl combine tomatoes, vinegar, basil, sugar (if desired), marjoram, garlic powder, salt and cayenne pepper. Store any remaining sauce in the refrigerator, covered, for up to 1 week or freeze for up to 3 months.

Nutrition facts per serving: 10 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 95 mg sodium, 3 g carbohydrates, 1 g fiber, 2 g sugar, 1 g protein. Daily values: 4% vitamin A, 8% vitamin C, 0% calcium, 2% iron.



CAULIFLOWER STEAK WITH SALSA VERDE

Cut the steak from the center of a head of cauliflower so a piece of the stem is included. The stem keeps the steak from falling apart.

Prep time: 20 minutes

Cook time: 25 to 30 minutes

Serves 2.

¼ cup packed Italian flat-leaf parsley

1 jalapeño, seeded and quartered

2 cloves garlic

2 tablespoons lime juice

2 tablespoons plus 4 teaspoons

Hy-Vee Select olive oil, divided

⅛ teaspoon plus ½ teaspoon

Hy-Vee salt, divided

1 large head cauliflower

¼ teaspoon Hy-Vee black pepper

1 ounce shaved Parmesan cheese

In a food processor, combine parsley, jalapeño, garlic, lime juice, 2 tablespoons olive oil and ⅛ teaspoon salt. Process 1 minute.


Preheat oven to 420°F. Remove and discard cauliflower leaves; rinse head under running water. With stem up, slice through head on both sides of stem, leaving a 2-inch section that has the stem attached. (Save florets without stem for another use.) Cut center section into 2 steaks about an inch wide.

Pour 4 teaspoons olive oil into middle of a shallow baking pan; coat both sides of each cauliflower steak with the oil. Season both sides of steaks with the remaining ⅛ teaspoon salt and black pepper. Arrange cauliflower slices in the pan. Roast for 15 minutes or until browned; turn and roast 10 to 15 minutes more or until tender. Serve topped with prepared salsa verde mixture and shaved Parmesan.

Grilling directions: Preheat grill to medium heat. Cut, oil and season cauliflower as directed above. Place seasoned cauliflower steaks on grill grate over direct heat; cook for 7 to 8 minutes per side or until tender.

Nutrition facts per serving: 350 calories, 27 g fat, 6 g saturated fat, 0 g trans fat, 10 mg cholesterol, 1,040 mg sodium, 19 g carbohydrates, 7 g fiber, 6 g sugar, 12 g protein. Daily values: 15% vitamin A, 280% vitamin C, 25% calcium, 10% iron.





LOW & SLOW

SMOKING

The heart of barbecue is the rich smoky flavor of Texas-style beef brisket, the sticky sweetness of fall-off-the-bone Kansas pork ribs or the tangy mustard of Carolina pulled pork. Nothing beats the sheer pleasure of meats smoked slowly at low temperatures.

TEXT DERRICK RICHES
PHOTOGRAPHY TOBIN BENNETT



Smoking is slow, methodical and relaxing, while grilling is fast, energetic and involving. Smoking is done at low temperatures, typically less than 250°F. Grilling requires at least 350°F, and it's often much hotter. Smoking allows time for tough, sinewy lower-cost meats to become tender, flavorful and deeply satisfying. Grilling is best with lean, tender, premium meats.

Chicken and fish are also prime candidates for smoking, the process enriching their naturally mild flavors. "Whole chicken is perfect for smoking," says Dennis Falbo, of the Hy-Vee Service Meat Department in Rochester, Minnesota. After a few hours, a whole bird will be fork tender and smoky.

GO WITH THE FLOW

The secret of barbecue is heat, time and, above all, learning to balance smoke and airflow. Vents on smokers and grills allow you to control the intensity of smoke by adjusting the amount of air flowing through the burner.

There is a tendency for novice smoker chefs to overwhelm meats with thick, dense clouds of smoke. Though immersing meat in smoke is the goal, you can't hold it in heavy smoke for too long. Heavy smoke creates an oily substance called creosote when it envelops food for too long. That makes food

bitter and your tongue numb. "Pay attention to smoke," says Dennis. "Many people don't like too strong of a smoke flavor. It is best to allow a shorter time on the smoke until you find the amount you want."

SMOKING IN A CHARCOAL GRILL

You'll need a fire in one half of the bottom of a kettle-style charcoal grill. Charcoal is ready when it is hot, ashy grey and glowing. Place an empty aluminum pan in the bottom of the grill to catch drips. Fill another aluminum pan about halfway with water and place it next to the coals. The water keeps the meat moist. Add large 2-inch chunks of wood—half wet, half dry—to the burning coals. Hickory, oak or apple work well. Put the cooking grate in place, and place the meat on the grate above the drip pan. Close the grill lid, then adjust vents to hold the temperature between 225°F and 250°F. Add hot charcoal as needed to maintain temp. If needed, get more briquettes going in a chimney starter. To increase smoky flavor, add more wood.

Smoking times range from 4 to 5 hours for chicken, 5 to 6 hours for a rack of ribs, 6 to 8 hours for pork butt and 8 to 10 hours for brisket. Meats are done when the internal temperature reaches 180°F to 190°F.



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varieties 5 to 8 oz. 2/\$5.00



BBQ RIBS



DOWN-TO-THE-BONE GOODNESS

Night Before: Moisten ribs with water. Add rub and put back into refrigerator.

Day Of: Soak half of wood chunks—hickory, apple or wood of your choice—for 30 minutes. Leave other half of wood chunks dry. Mix wood with hot, grey-ash charcoal. After fire is going, remove ribs from the refrigerator and add more rub, as desired. Place ribs in the smoker. Experienced

barbecue chefs look for a pink smoke ring just below the surface of the meat. This indicates smoke has penetrated. It will develop during the first hour of cooking if you keep the temperature below 140°F. Having enough carbon (wood, NOT lump charcoal) is critical. After 1 hour, open vents to bring temp to 225°F–250°F. Cook for 4 to 6 hours, holding meat at an internal temp of 165°F–170°F.

PULLED PORK



SMOKY SWEETNESS ON A BUN

Night Before: Moisten pork butt with water. Add rub and put back into refrigerator.

Day Of: Soak half of wood chunks—hickory and mesquite combined with a lot of apple wood—for 30 minutes. Leave other half of wood chunks dry. Mix wood with hot, grey-ash charcoal. After your fire is going, remove the pork butt from the refrigerator and add

more rub, as desired. Place the meat in the smoker. A dark pink smoke ring will develop in pork, just as it does in beef. For the first 2 hours of cooking, keep the temperature below 140°F. Having enough carbon (wood, NOT lump charcoal) is critical. After 2 hours, open vents to bring temp to 225°F–250°F. Cook 1 to 1½ hours per pound, holding meat at an internal temperature of 190°F–210°F.



SURPRISE

10 UNEXPECTED FOODS YOU CAN SMOKE

1. CORN Remove husks from one side of the ear and all the silk. Brush exposed kernels with butter and place on smoker, husk side down. Smoke with hickory for 30 minutes.

2. CHEESE Cold smoke below 60°F for 2 to 3 hours with cherry or apple wood.

3. PEACHES Cut in half, remove stone and smoke at 225°F for 30 minutes. Perfect topped with vanilla ice cream.

4. SALT Make your own smoked salt by spreading two cups of kosher salt evenly on a large aluminum tray. Place in smoker for 1 to 2 hours, until salt develops a brownish color. Cool and place in an airtight container.

5. JALAPEÑOS Chipotle peppers are dry-smoked red jalapeños. Smoke with mesquite wood until browned and wrinkled. To preserve, dry in a food dehydrator and store in an airtight container.

6. MUSHROOMS Smoke with hickory wood for one hour at 225°F. These are fantastic on their own or in any recipe that calls for mushrooms.

7. ONIONS Cut off top and bottom, remove outer skin and slice down three-quarters of the way from the top several times so the onion opens like a flower. Top with 1 tablespoon butter, salt and pepper, and smoke for 1 hour.

8. PECANS Toss 2 pounds raw pecans with ½ cup butter and salt to taste. Place on smoker with hickory wood at 225°F for 1 hour. Stir pecans halfway through.

9. MAC & CHEESE Boil pasta until almost done, about 7 minutes. Drain and stir in 1 cup milk and 1 can of cheddar cheese soup. Pour mix into 9×13-inch pan. Top with 2 cups shredded cheddar or other cheese. Smoke for 2 hours—longer for a crispier top.

10. SWEET POTATOES Slice sweet potatoes and put them in a skillet with butter, brown sugar and herbs. Smoke with a turkey or other meat at 225°F to 250°F. Maple is a good choice for the wood.



POTATOES

SMOKED POTATO SALAD

As with meat, smoking potatoes adds intense flavor. Make plenty and use the leftovers for smoked mashed potatoes—another deeply satisfying dish.

Prep time: 15 minutes

Cook time: 45 to 60 minutes

Serves 8 (about ½ cup each).

2 cups hickory or mesquite wood chips for smoking, divided

1 (1½ pound) bag Hy-Vee Smart Bite Flavor Fusion potatoes

¼ cup Hy-Vee Select olive oil, divided

1½ tablespoons Hy-Vee Select red wine vinegar

2 cloves garlic, minced

1 teaspoon celery seed

1 teaspoon Hy-Vee Dijon mustard

½ teaspoon Hy-Vee salt

¼ teaspoon Hy-Vee black pepper

1 small red onion, sliced

½ cup diced medium green pepper

2 tablespoons chopped flat-leaf parsley

2 tablespoons chopped fresh thyme

2 tablespoons chopped fresh basil

Soak wood chips in water 1 hour. Remove grill rack and set aside. Prepare grill for indirect grilling by heating burners or coals on one side to medium-high and leaving other side unheated. Keep grill temperature at 400°F. Pierce the bottom of a disposable foil pan several times with a sharp knife. Place 1 cup of drained wood chips in pan; place on lit element or hot coals. Replace grill rack.

Place potatoes in single layer in a disposable foil pan; toss with 1 tablespoon olive oil to

coat. Place pan of potatoes over unheated side of grill. Close lid; cook for 45 to 60 minutes or until tender, adding remaining 1 cup wood chips after about 20 minutes. Remove pan of potatoes; cool slightly.

In a large bowl, whisk together remaining 3 tablespoons olive oil, red wine vinegar, garlic, celery seed, mustard, salt and pepper. Remove and separate small, inner rings of onion and add to bowl. (Save outer rings for another use.) Stir in potatoes, green pepper, parsley, thyme and basil. Serve warm or at room temperature.

Nutrition facts per serving: 130 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 190 mg sodium, 17 g carbohydrates, 2 g fiber, 1 g sugar, 2 g protein. Daily values: 4% vitamin A, 50% vitamin C, 2% calcium, 6% iron.

SMOKING EQUIPMENT

Smoking, or more specifically barbecue, is a way of life for many. Choices in smoking equipment can overwhelm at first, so some serious shopping is necessary before settling on a specific model.

There are good choices among units dedicated to smoking, but even a quality charcoal grill with good airflow control is up to the task. Look for a smoker that fits your personality, budget and needs, and buy one that is appropriately sized for your needs.

There are electric, wood pellet, charcoal, hardwood and gas smokers on the market, with costs ranging from \$60 to \$10,000 or more. Kamado-style grills are also fantastic smokers. The insulated shells, usually ceramic, hold in heat, making them efficient grills and smokers.

Some cooks display their love for smoking with elaborate custom smoking rigs they tow to barbecue cook-offs. Others gladly spend to have the latest computer controls, temperature probes and cell phone apps for precision cooking. But most backyard chefs are traditionalists who keep equipment simple.

Hy-Vee offers a selection of barbecue equipment, including smokers and accessories.

WOOD PAIRINGS

ALDER

Most commonly used with seafood but can work well with beef and pork.

APPLE

Light and sweet flavor is commonly used with pork and poultry, but its mild flavor works well with any meat.

CHERRY

Great with chicken. Can be used with any meat.

HICKORY

Has a very strong flavor. A little goes a long way. A combination of hickory and another wood can be pleasing. Goes well with any meat.

MAPLE

Adds a mild flavor and pairs well with pork and poultry.

OAK

Goes well with beef and works with all meats. Great to pair with other woods.

PECAN

Has a more assertive, spicy flavor. Works with beef, pork, chicken.

HOW TO BRINE

It seems counterintuitive to brine an ocean fish—that is, soak it in a saltwater solution before cooking. But brining delivers an entrée that is moist and full of flavor.



1. To brine a small amount of fish, you'll need a large nonmetallic bowl, 2 quarts warm water, $\frac{3}{4}$ cup kosher salt and $\frac{3}{4}$ cup sugar.



2. Dissolve salt and sugar in a bowl of water. Combine with any desired seasonings. Let the solution cool to room temperature.



3. Submerge fish in brine and refrigerate the bowl for 2 hours or longer. Remove fish, thoroughly rinse and let it air-dry in the refrigerator for 1 hour before smoking.



SMOKED TROUT OR SALMON

Night Before: Mix a brining solution by blending 1½ cups kosher salt and 1½ cups sugar in a gallon of water. Add any seasonings you desire. Place 3 to 4 pounds of fish in brine and refrigerate for up to 12 hours.

Day Of: Soak half of wood chunks for 30 minutes. Alder and apple wood work well. Leave other half of wood chunks dry. Mix wood with hot, grey-ash charcoal. An hour before smoking, remove fish from brine and rinse well. Allow fish to air-dry in the refrigerator for 1 hour before smoking. Place air-dried fish in the smoker. For the first hour of cooking, keep the temperature below 150°F to allow the fish to soak up smoke. After 1 hour, open vents to bring temp to 200°F. Cook until fish reaches an internal temperature of 165°F. Small, thin fish may take only an hour total, while a large, thick fish may take three hours or longer.

BRINED FISH



BRISKET



Night Before: Pick a brisket that is soft enough to sag at each end when you hold it centered on one palm. Moisten brisket with water.

Add rub and put back into refrigerator.

Day Of: Soak half of wood chunks, hickory or your choice, for 30 minutes. Leave other half of wood chunks dry. Mix wood with hot, grey-ash charcoal. After your fire is going, remove the brisket from the refrigerator and add more rub as desired. Place meat in

the smoker. For the first 2 hours of cooking, keep the temperature below 140°F and a dark pink smoke ring will develop just below the meat's surface. That's perfection. Having enough carbon (wood, NOT lump charcoal) is critical. After 2 hours, open vents to bring temp to 225°F–250°F. Cook for 1 to 1½ hours per pound holding the internal temp at 180°F–190°F.

RUBS

SPICY 1 lime (halved), 2 tablespoons Hy-Vee salt, 2 teaspoons Hy-Vee chili powder, 2 teaspoons Hy-Vee garlic powder, 2 teaspoons onion powder, 1 teaspoon Hy-Vee paprika, 1 teaspoon cayenne pepper, 1 teaspoon crushed Hy-Vee red pepper flakes, ½ teaspoon Hy-Vee ground cumin, 1 teaspoon Hy-Vee ground black pepper, ½ teaspoon coriander, ½ teaspoon dried cilantro, 1 tablespoon Hy-Vee brown sugar, 2 teaspoons ham-flavored base (bouillon).

MEMPHIS 3 tablespoons Hy-Vee paprika, 2 tablespoons Hy-Vee salt, 2 tablespoons onion powder, 2 tablespoons fresh ground Hy-Vee black pepper, 1 tablespoon cayenne, 1 tablespoon Hy-Vee dried thyme.

KANSAS CITY 3 tablespoons Hy-Vee brown sugar, 1 tablespoon Hy-Vee ground black pepper, 1 tablespoon Hy-Vee salt, 1 tablespoon Hy-Vee chili powder, 1 tablespoon Hy-Vee garlic powder, 1 tablespoon onion powder, 1 tablespoon Hy-Vee red pepper flakes, 1 teaspoon cayenne, 1 tablespoon Hy-Vee dried thyme, 1 tablespoon Hy-Vee ground sage. Rub safflower oil on ribs before putting on the rub.

POULTRY ¼ cup kosher salt, ¼ cup Hy-Vee ground black pepper, ¼ cup Hy-Vee seasoned salt, ⅓ cup Hy-Vee ground nutmeg.

SMOKY HERB 2 teaspoons Hy-Vee chili powder, 2 teaspoons ham-flavored base (bouillon), 4 tablespoons Hy-Vee brown sugar, 2 teaspoons smoked salt, 3 teaspoons Hy-Vee garlic powder, 1 tablespoon Hy-Vee ground black pepper, 2 teaspoons Hy-Vee dried thyme, ½ teaspoon Hy-Vee ground sage.

gluten-free

Get the facts on cutting gluten from your diet. There are plenty of tasty options.

TEXT CHERYL HARRIS, RD
PHOTOGRAPHY KING AU AND TOBIN BENNETT

The majority of breads, bran cereals and granolas are healthy foods for most of us, but each of these can cause big problems for people who have a genetically linked disorder triggered by gluten, a protein contained in wheat and other grains.

An autoimmune condition called celiac disease that affects about 1 percent of Americans is caused by gluten found in wheat, barley, rye and many oat products. For those affected, eating gluten can lead to serious stomach distress, slow growth, weight loss, nutritional deficiencies, osteoporosis and more.

In addition, about 6 percent of Americans may be gluten-sensitive. They suffer from a range of symptoms, including stomachaches, fatigue, brain fog and depression.

If you believe gluten is a problem for you, don't change your diet until you have been diagnosed by a doctor. While a gluten-free diet is good for those with celiac or gluten sensitivity, going gluten-free isn't necessarily a healthier diet for everyone.

"It takes time to adjust to a gluten-free diet, so only do so after you've consulted with your doctor," says dietitian Lori Graff of Hy-Vee in West Des Moines. "If you do go gluten-free, you'll need guidance because you'll be taking a lot of iron out of your diet and your supply of many B vitamins will need to be replaced."

The good news is that, although there is a learning curve as you adjust to a new way of eating, it's easier and tastier than ever to make needed dietary changes. You may still eat many favorites because they have no gluten, including fruits, vegetables, nuts, dairy, eggs, beans, beef, fish, poultry, rice and most ice creams.

Look for "Gluten-Free" shelf signs in the Hy-Vee HealthMarket aisles for more nutritious options. There are plenty of gluten-free products, including baking staples, pastas, snacks and a good selection of frozen foods. If you have questions about gluten, Hy-Vee dietitians are available with answers.

If you love baking, look for gluten-free all-purpose flours, which can be substituted in most recipes for regular flour and still taste like the real thing. Or try one of the many cake and bread mixes for quick and easy baking. Ask a Hy-Vee employee if you don't find a specific product you need.

To spot products with gluten, read labels closely. Foods such as bread, pasta, crackers and most baked goods usually contain wheat and other gluten sources. It's also found in such unexpected foods as broth, chocolate, candy, soy sauce, imitation seafood, marinades and nonstick sprays.

As with anything new, transitioning to a gluten-free diet takes education and adjustment. But it gets easier with time, and you can expect the reward of better health.

IT'S *easy* BEING GLUTEN-FREE

Maybe you'd like to make a gluten-free pizza tonight from scratch. Or fried chicken? Mac & cheese? All these and more are available in the Gluten-Free section of the Hy-Vee HealthMarket. Foods you may find are listed below. If you don't see what you need, ask the HealthMarket manager or a Hy-Vee dietitian.

- Chocolate puffed cereals
- Pancake mixes
- Baking flours, including flours made from rice, potatoes, tapioca and quinoa
- Spaghetti in a microwavable pouch
- Frozen pizza—mini or family-size
- Burritos and enchiladas
- Rice-flour bread and wraps
- Chicken nuggets
- Sauces, gravies and salad dressings
- Dried pasta
- Boxed or microwavable mac & cheese
- Premade pie crust
- Mixes for chocolate brownies, cakes, banana bread and other baked goods
- Semisweet chocolate chips
- Ice cream cones
- Cupcakes
- Rolled oats

Look for this sign at your Hy-Vee to easily locate Gluten-Free products.





GLUTEN-FREE SUPREME PIZZA

Set aside any reservations about how you can possibly live without pizza. This gluten-free recipe will satisfy your desire for Italian.

Prep time: 25 minutes

Rest time: 20 minutes

Cook time: 26 to 28 minutes

Serves 8 (1 wedge each).

2 cups gluten-free all-purpose flour blend

1 (¼ ounce) packet quick-rise active dry yeast (2¼ teaspoons)

1 teaspoon xanthan gum*

½ teaspoon Hy-Vee salt

½ teaspoon Hy-Vee granulated sugar

¾ cup Hy-Vee skim milk, warmed to 105°F to 115°F

1 Hy-Vee large egg

2 tablespoons plus ½ teaspoon

Hy-Vee Select olive oil, divided

½ cup Hy-Vee pizza sauce

¼ pound bulk Italian sausage, cooked and drained

½ cup chopped red bell pepper

½ cup chopped green bell pepper

½ cup sliced fresh mushrooms

½ cup Hy-Vee sliced black olives

1 cup Hy-Vee shredded pizza blend cheese

20 slices pepperoni

¼ cup sliced green onion

In a large bowl, combine gluten-free flour, yeast, xanthan gum, salt and sugar. Add warm milk, egg and 2 tablespoons olive oil; beat with electric mixer on low speed to combine, then on high speed for 1 minute. Transfer to a parchment-lined cookie sheet; roll out dough to a 12- or 13-inch circle.** Cover dough with plastic wrap and let rise for 20 minutes.

Preheat oven to 400°F. If using pizza stone, preheat stone on lowest rack in oven while oven preheats; slide pizza dough and parchment onto stone. Or, place parchment-lined cookie sheet on middle rack of oven. Bake for 12 minutes. Remove from oven.

Brush remaining ½ teaspoon olive oil on outer 1-inch rim of crust. Spread pizza sauce to within ½ inch of edge. Top with cooked sausage, red pepper, green pepper, mushrooms and olives. Sprinkle with cheese and pepperoni. Bake for 14 to 16 minutes or until cheese is melted and crust is golden. Sprinkle with green onion. Cool slightly; cut into wedges.

*If your gluten-free all-purpose flour contains xanthan gum, cut the xanthan gum in this dough to ½ teaspoon.

**If dough is too sticky to roll out, cover hand with a plastic sandwich bag lightly coated with olive oil or nonstick cooking spray and pat dough evenly onto parchment-lined cookie sheet.

Nutrition facts per serving: 380 calories, 19 g fat, 4 g saturated fat, 0 g trans fat, 40 mg cholesterol, 850 mg sodium, 41 g carbohydrates, 2 g fiber, 3 g sugar, 11 g protein. Daily values: 15% vitamin A, 40% vitamin C, 15% calcium, 6% iron.

GLUTEN-FREE PEANUT BUTTER COOKIES

Each bite of this cookie is filled with the yummy flavors of peanut butter and chocolate. Adjusting to gluten-free isn't quite as challenging as some make it sound.

Prep time: 10 minutes

Cook time: 18 to 22 minutes

Serves 24 (1 cookie each).

1 cup Hy-Vee creamy peanut butter
¾ cup Hy-Vee packed brown sugar
2 Hy-Vee large eggs
1 teaspoon Hy-Vee baking soda
1 teaspoon Hy-Vee vanilla extract
¼ teaspoon Hy-Vee salt
⅔ cup gluten-free rolled oats
⅔ cup M&M's candy-coated chocolate pieces
or gluten-free semisweet chocolate chips

Preheat oven to 350°F. With an electric mixer, beat together peanut butter, brown sugar, eggs, baking soda, vanilla and salt until thoroughly

mixed. Stir in oats and chocolate pieces. Drop by rounded tablespoons, 2 inches apart, on parchment-lined or ungreased cookie sheets. Bake for 9 to 11 minutes or until edges are golden. Cool 2 minutes on baking sheet; remove and cool on wire rack.

Nutrition facts per serving: 130 calories, 7 g fat, 2 g saturated fat, 0 g trans fat, 15 mg cholesterol, 135 mg sodium, 13 g carbohydrates, 1 g fiber, 10 g sugar, 4 g protein. Daily values: 0% vitamin A, 0% vitamin C, 2% calcium, 4% iron.





101 THINGS TO DO WITH Biscuits

A CAN OF BISCUITS COMES STUFFED WITH POSSIBILITIES FOR TASTY NEW MEALS. THE DOUGH MORPHS INTO BREAKFAST TURNOVERS, PRESSED CUBAN SANDWICHES, TUNA MELT MINI PIZZAS, CHUTNEY PEAR PASTRIES OR ANY OF THE IDEAS YOU'LL FIND HERE.

PHOTOGRAPHY TOBIN BENNETT





1 GARLIC KNOTS *Hy-Vee.com*

2 Strawberries-and-Cream Breakfast Biscuits

Hy-Vee.com

3 Sausage Gravy and Biscuits *Hy-Vee.com*

4 Strawberry Breakfast Parfait *Hy-Vee.com*: Layer

each parfait with a split, baked biscuit that has been brushed with melted butter and sprinkled with coarse sugar before baking. Add vanilla yogurt and fresh strawberries.

5 Monkey Bread 1 *Hy-Vee.com*

6 Apple Cinnamon Rolls *Hy-Vee.com*

7 Breakfast Turnovers: Flatten jumbo biscuits to

¼-inch thick. Place rounded tablespoon of scrambled egg in center; top with cooked bacon pieces and shredded cheese. Fold over; seal edges by pressing with fork. Bake at 350°F for 9 to 12 minutes.

8 Crunchy Pecan Ring *Hy-Vee.com*

9 Sausage Sandwich: Microwave an egg on a plate until cooked. Fold it in half, twice. Place a hot breakfast sausage slice on bottom of baked biscuit; top with hot egg, a slice of American cheese and the biscuit top.

10 Pumpkin-Pecan Biscuit: Top buttered biscuit with canned pumpkin and ground pecans.

11 Easy Caramel-Orange Ring *Hy-Vee.com*

12 Monkey Bread 3 with nuts, *Hy-Vee.com*

13 Parmesan Butter Pan Biscuits: Cut biscuits into quarters, dip in melted butter then grated Parmesan cheese. Bake 5 pieces per cup in greased muffin tins at 350°F for 15 minutes.

14 Taco Puffs *Hy-Vee.com*

15 Single-Serve Monkey Bread *Hy-Vee.com*

16 Honey Biscuit: Spread warm biscuit with butter and honey.

17 Biscuit Dogs: Flatten biscuits into 4-inch rounds. Roll a hot dog into each biscuit. Bake, seam side down, on baking sheet in 375°F oven for 10 to 12 minutes.

18 Bacon and Onion Biscuits: Cut biscuits into quarters, dip in olive oil then real bacon bits and onion flakes. Bake 5 pieces per cup in greased muffin tins at 350°F for 15 minutes.



1 GARLIC KNOTS

19 Monkey Bread Muffins *Hy-Vee.com*

20 Cinnamon-Cream Cheese Buns: Flatten unbaked biscuits. Spread with softened cream cheese. Roll up, cut into thirds and place three pieces cut side up in greased muffin cups. Brush with melted butter; sprinkle with cinnamon-sugar. Bake at 350°F for 15 minutes.

21 Goopy Caramel Rolls *Hy-Vee.com*

22 Italian Bites: Cut unbaked biscuits into four pieces. Dip into ½ cup Italian salad dressing and roll in ½ cup Parmesan cheese. Divide between 12 greased muffin cups. Bake at 350°F for 15 minutes or until brown.

23 PB&Js: Spread with peanut butter and grape jelly.

24 Breakfast Egg Muffin *Hy-Vee.com*: Use biscuit in place of English muffin.

25 BLUEBERRY COBBLER DESSERT *Hy-Vee.com*

26 Raspberry Puffs: Flatten buttermilk biscuits into 3-inch rounds. Spoon 1 rounded tablespoon raspberry cream cheese in center; cover cheese with dough, shape into a ball. Roll in melted butter, then sugar. Bake at 375°F about 15 minutes.

27 Pecan Monkey Bread *Hy-Vee.com*

28 Biscuit Croutons: Cut baked biscuits into ¾-inch cubes; place in baking pan. Lightly coat with nonstick cooking spray; sprinkle with Italian or poultry seasoning. Bake at 400°F for 8 to 10 minutes or until crisp. Use for topping soups or salads.

29 Crab Salad Purses *Hy-Vee.com*

30 Donuts *Hy-Vee.com*

31 Artichoke-and-White Bean Flatbread: Instead of pizza crust, flatten and press together 8 to 10 unbaked biscuits to make one crust; follow remaining instructions, *Hy-Vee.com*, except bake at 400°F for 12 to 15 minutes.

32 Dead Bat Pull Apart *Hy-Vee.com*

33 Chili-Cheese Bread: Press together 8 to 10 unbaked biscuits to make a 10-inch round. Brush with olive oil; sprinkle with chopped canned green chilies and Colby Jack cheese. Top with pickled jalapeño slices. Bake at 400°F for 20 to 25 minutes.

34 Pizza Biscuits *Hy-Vee.com*

35 Super Nachos: Quarter 2 cans biscuits. Place in a 13×9-inch baking pan. Sprinkle with salsa, green pepper and olives. Bake at 350°F for 20 minutes. Sprinkle generously with cheddar cheese; bake 10 minutes more.

36 Guacamole Bites: Split biscuits horizontally and bake, cut side up, at 350°F about 8 minutes or until lightly toasted. Spread cooled biscuits with guacamole; top with chopped tomato, bacon pieces, green onion, roasted sunflower nuts, shredded cheese and/or cilantro.

37 Melted Cheese Quarters: Quarter 2 cans biscuits. Combine ⅓ cup melted butter and ¾ teaspoon each dill weed and garlic powder. Coat half of biscuit pieces with butter mixture; place in 13×9-inch pan. Sprinkle with 2 cups shredded cheddar. Repeat, using only ½ cup cheese on top. Bake at 350°F about 35 minutes.

38 CHICKEN POT PIE CASSEROLE

39 Sloppy Joe Pizzas *Hy-Vee.com*

Wherever *Hy-Vee.com* is noted, that recipe is available at our website.

25





38. CHICKEN POT PIE CASSEROLE

Rich and creamy chicken topped with golden brown biscuits makes the perfect one-dish meal.

Prep time: 25 minutes

Cook time: 20 to 25 minutes

Serves 8.

$\frac{1}{2}$ cup Hy-Vee unsalted butter

1 teaspoon Hy-Vee dried chopped onions

1 teaspoon Hy-Vee salt

1 teaspoon Hy-Vee black pepper

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

$\frac{1}{2}$ teaspoon dried sage

$\frac{3}{4}$ cup Hy-Vee all-purpose flour

1 (32 ounce) carton Hy-Vee chicken stock

1 $\frac{1}{2}$ cups Hy-Vee skim milk

2 $\frac{1}{4}$ cups chopped, cooked chicken

1 (16 ounce) package Hy-Vee frozen mixed vegetables

1 (16 ounce) can Hy-Vee jumbo flaky homestyle biscuits

Preheat oven to 350°F. In a large saucepan, melt butter over medium heat. Add chopped onions, salt, black pepper, thyme and sage. Mix in flour to form a paste. Whisk chicken broth and milk into mixture. Cook until thick and bubbly.

Stir chicken and frozen vegetables into thickened chicken broth mixture. Transfer mixture into an 11x7-inch casserole dish. Top with biscuits, spacing evenly. Bake for 20 to 25 minutes or until biscuits are golden brown and sauce is bubbly.

Nutrition facts per serving: 450 calories, 20 g fat, 11 g saturated fat, 0 g trans fat, 70 mg cholesterol, 1,230 mg sodium, 44 g carbohydrates, 2 g fiber, 10 g sugar, 20 g protein. Daily values: 20% vitamin A, 6% vitamin C, 8% calcium, 15% iron.

40 Mozzarella Rolls: Enclose $\frac{3}{4}$ -inch slices of string cheese in flattened biscuits, pinching to seal. Dip in melted butter; roll in mixture of grated Parmesan and Italian seasonings. Bake on greased baking pan in 375°F oven about 12 minutes. Serve warm with pizza sauce.

41 Tuna and Egg Biscuits *Hy-Vee.com*

42 Feta Cups: Halve unbaked biscuits horizontally, pressing halves into greased mini muffin cups. Combine feta, chopped pimiento-stuffed olives, lemon juice, minced garlic and dried oregano; spoon into cups. Sprinkle with Parmesan. Bake at 400°F for 8 to 10 minutes.

43 Greek Flatbread: Flatten jumbo biscuits into 4-inch rounds on ungreased cookie sheets. Spread pesto to within $\frac{1}{4}$ inch of edge. Sprinkle with feta and shredded mozzarella. Bake at 400°F for 10 to 13 minutes. Top with sliced cherry tomatoes.

44 STRAWBERRY

SHORTCAKE: Brush 8 biscuits with milk and sprinkle a heavy layer of sugar; bake. Hull and slice a quart of strawberries and sprinkle with $\frac{1}{2}$ cup sugar. Fill cooled biscuits with strawberries and whipped cream.

45 Cranberry-Gouda Party Sandwiches: Flatten biscuits to 5-inch diameter and bake at 400°F for 10 to 15 minutes or until golden. Spread flat sides of cooled biscuits with Dijon mustard and cranberry relish. Fill with deli turkey, smoked Gouda slice and fresh spinach.

46 Tuna Melt Mini Pizzas *Hy-Vee.com*

47 Corn Chowder Platter: Serve biscuits open face with Corn Chowder, *Hy-Vee.com*, spooned over the top. Sprinkle with shredded cheddar cheese.

48 Pepperoni Bites *Hy-Vee.com*

49 Hawaiian Mini Pizza: Instead of mini pizza made with English muffins, *Hy-Vee.com*, flatten jumbo biscuits into 4-inch rounds, add toppings and bake at 400°F for 12 minutes or until golden.

50 ICE CREAM WAFFLES:

Cook biscuits in waffle iron until brown and crisp. Top with ice cream and favorite toppings.

51 Chicken Salad Sandwich: Fill split biscuits with lettuce and Chicken Salad Delight, *Hy-Vee.com*.

52 Tuna on a Biscuit: Serve open-faced, topped with Creamy Tuna Spread, *Hy-Vee.com*, and veggies.

53 Beef Delight: Heat 2 slices deli roast beef topped with Swiss cheese until cheese is melted. Cut open a large biscuit; place meat and cheese in biscuit. Top with Dijon mustard. If desired, dip sandwich into warm beef broth.

54 Quick-Serve Biscuit: Serve open-face with Crunchy Pea Salad, *Hy-Vee.com*.

55 Garlic-and-Herb Chicken Pockets *Hy-Vee.com:* Use four biscuits in place of crescent rolls.

56 Southern Ham Party Biscuits: Once baked, spread softened butter, poppy seed, Dijon mustard and onion powder on cut sides of split biscuits. Fill with shaved ham. Heat, covered, in a 350°F oven for 10 minutes or until warm.



44

The image shows three white plates of waffles topped with ice cream, arranged on a light-colored tablecloth with horizontal blue stripes. The top-left plate features a waffle with a scoop of vanilla ice cream, chocolate chips, and a drizzle of light-colored syrup. The top-right plate has a waffle with a scoop of ice cream topped with almonds, a drizzle of dark chocolate syrup, and a side of chocolate sauce. The bottom-center plate also has a waffle with a scoop of ice cream topped with almonds, a drizzle of dark chocolate syrup, and a side of chocolate sauce. Two silver spoons are placed on the tablecloth, one near the top-right plate and one near the bottom-center plate.

50. ICE CREAM WAFFLES



57 EGG BACON CUPS *Hy-Vee.com*

58 Biscuit Bowls: Flatten jumbo biscuits to 6-inch rounds. Spray 6-ounce custard cups with nonstick cooking spray; press biscuits over cups to form bowls. Place biscuit, bottom side up, on baking sheet. Bake at 350°F for 15 to 18 minutes. Fill with soup or salad.

59 Bubble Pizza *Hy-Vee.com*

60 Grilled Cheese: Flatten jumbo biscuits into 6-inch rounds. Cook on medium setting of griddle 3 minutes per side or until golden. Place cheese between two rounds; return to griddle and cook 2 minutes per side.

61 Foldovers: On ungreased cookie sheet, press jumbo biscuits into 6-inch rounds. Coat both sides with cornmeal. Bake at 375°F for 11 to 13 minutes or until golden. Layer with shaved deli meat and shredded cheese. Bake 2 minutes to melt cheese. Fold in half.

62 Quick Cheese Puffs *Hy-Vee.com*

63 Mini Mediterranean Pizza *Hy-Vee.com*

64 Chicken Caesar Foldover: Bake Foldovers, #61, layering with romaine lettuce, shredded chicken and shredded Parmesan and drizzling with Caesar dressing. Fold in half.

65 Simple Chicken and Biscuits *Hy-Vee.com*

66 Slow Cooker Turkey and Biscuits *Hy-Vee.com*

67 Homestyle Tortillas: On a floured board, roll biscuits into 8-inch circles. Cook on both sides in a lightly greased skillet over medium heat about 1½ minutes per side. Fill with your favorite taco ingredients.

68 Pulled Pork Sliders: Spoon pulled pork mixture onto jumbo split, baked biscuit halves. Top with creamy coleslaw and biscuit top.

69 Barbecue Cups *Hy-Vee.com*

70 Beefed-up Biscuit Casserole *Hy-Vee.com*

71 Santa Fe Homestyle Substitute Homestyle Tortilla, #67, in Sante Fe Wrap, Hy-Vee.com.

72 MINI PIZZAS *Hy-Vee.com*

73 King Crab a la Carbonara *Hy-Vee.com:* Eliminate the 1½ pounds of pasta. Thicken liquid with 1 tablespoon of cornstarch thinned with 2 tablespoons cold water. Serve on top of biscuits.

74 Biscuit-Topped Chicken Potpie *Hy-Vee.com*

75 Large Veggie Casserole *Hy-Vee.com*

76 Cheeseburger Casserole *Hy-Vee.com*

77 Easy Dumplings: Heat canned chicken soup until boiling. Quarter biscuits; drop into simmering soup. Simmer, uncovered, 10 minutes. Cover and simmer 10 minutes more. Sprinkle with chopped parsley.

78 Slow-Cooker Chicken Pot Pie *Hy-Vee.com*

79 Weeknight Chicken Pot Pie *Hy-Vee.com*

80 Garlic Butter Biscuits: Brush refrigerated biscuits with garlic butter and sprinkle with Parmesan before baking. Serve with Turkey-Vegetable Soup, *Hy-Vee.com*.

81 Buttermilk Biscuits: Brush with buttermilk before baking. Serve with Grilled Baby Back Ribs, *Hy-Vee.com*.

82 Salsa Chicken Pizza Minis *Hy-Vee.com*

83 Cubans: Flatten jumbo biscuits into 6-inch rounds. Brush half of the rounds with Dijon mustard; spread with dill pickle relish. Top with sliced Swiss cheese and shaved ham. Top with remaining rounds. Cook on panini or sandwich grill for 3 to 4 minutes.

84 Beef Stew Biscuits *Hy-Vee.com*

85 Caribbean Homestyle: Use Homestyle Tortillas, #67, to make Caribbean Pork Fajitas, *Hy-Vee.com*.

86 Barbeque Bean Cups *Hy-Vee.com*

87 Chowder Tops: Make Clam Chowder, *Hy-Vee.com*, but simmer for 30 minutes. Spoon chowder into individual buttered ramekins. Top each with an uncooked biscuit and brush tops with milk. Bake ramekins in 450°F oven for 8 minutes or until biscuits are brown.

88 Cheeseburger Bubble Pizza *Hy-Vee.com*

89 Farmer's Casserole *Hy-Vee.com:* Before baking, top casserole with refrigerated biscuits.

90 Creamed Chicken: Instead of potatoes, use unbaked biscuits in Creamed Chicken with Mashed Potatoes, *Hy-Vee.com*. Bake for 25 minutes.

91 Quick Turkey 'n' Biscuits *Hy-Vee.com*

92 Mini Egg Calzones *Hy-Vee.com*

93 Salmon Burgers *Hy-Vee.com:* Make 8 small patties instead of 4. Serve on split baked jumbo biscuits.

94 Chicken or Tuna Casserole *Hy-Vee.com:*

Halfway through baking time, top with biscuit dough. Bake until biscuits are brown.

95 Grilled Fruity Biscuits: Dip unbaked biscuits in melted butter, then coarse sugar. Bake on pizza stone until brown. Cut in half and spoon Great Fruit Salad, *Hy-Vee.com*, over top. Garnish with whipped cream.

96 Easy Mini Fried Pies: Instead of pie crust, use biscuit dough; roll to 4-inch in diameter. *Hy-Vee.com*

97 Farmhouse Barbecue Muffins *Hy-Vee.com*

98 Chutney Pear Pastry: Halve unbaked biscuits horizontally; place on baking sheet. Flatten slightly; gently press fresh sliced pear into dough. Brush with melted butter. Bake at 400°F for 12 minutes. Top with brie wedge and small spoonful of mango chutney; bake 2 to 3 minutes to soften cheese.

99 Nutella Pockets: Flatten biscuits into 4-inch rounds. Spread 1 tablespoon Nutella in center; top with 8 small marshmallows. Fold over; crimp edges with fork to seal. Brush with milk; sprinkle with sugar. Bake at 375°F about 15 minutes or until golden, *Hy-Vee.com*.

100 Cherry Biscuits and Cream *Hy-Vee.com*

101 MONKEY BREAD SUPREME

72 MINI PIZZAS



101. MONKEY BREAD SUPREME

Warm and gooey monkey bread comes together in minutes with Hy-Vee Buttermilk Biscuits.

Prep time: 15 minutes

Cook time: 30 to 34 minutes

Serves 12.

1 cup Hy-Vee granulated sugar

3 teaspoons Hy-Vee cinnamon

3 (12 ounce) cans Hy-Vee Buttermilk Texas Style Biscuits

1 peeled, cored and chopped Pink Lady apple, divided

1 cup chopped pecans, divided

1 cup Hy-Vee unsalted butter

1 cup packed Hy-Vee light brown sugar

Preheat oven to 350°F. Spray a 10-inch fluted angel food cake pan with nonstick cooking spray. In a gallon-size resealable plastic bag, combine sugar and cinnamon. Shake and set aside.

Open one can of biscuits and cut each biscuit into quarters. Drop 8 to 10 biscuit pieces into cinnamon-sugar mixture. Shake to coat each piece. Place in prepared pan. Repeat until all biscuit pieces from the first can are coated.

Top coated pieces with half the chopped apple and half the chopped pecans.

Repeat layer using second can of biscuits and remaining apple and pecan pieces. Cut up

third can of biscuit pieces, coat in cinnamon-sugar and place on top of the apple and pecan pieces.

Melt butter in a small saucepan and add brown sugar. Boil for 1 minute. Pour over top of biscuits. Bake for 30 to 34 minutes or until golden brown and no longer doughy in center. Let cool for 10 minutes in pan. Turn pan over onto serving plate.

Nutrition facts per serving: 550 calories, 25 g fat, 11 g saturated fat, 0.5 g trans fat, 40 mg cholesterol, 740 mg sodium, 80 g carbohydrates, 3 g fiber, 40 g sugar, 6 g protein. Daily Values: 10% vitamin A, 2% vitamin C, 4% calcium, 15% iron.





ROOTS & GREENS

Discover the buried treasure of root crops. These humble vegetables disguise nutrition-rich flavor in earthy packages. Stretch your grocery dollar by whipping these roots into seasonally inspired comfort food recipes your whole family will love.

TEXT JULIE MARTENS PHOTOGRAPHY TOBIN BENNETT

Celebrate flavor and nutrition as fall sweeps into town with a bounty of root crops. Whether it's the nutty flavor of roasted parsnip or the delicate sweetness of mashed rutabaga, you'll find variety, great taste and even some fun when you invite root crops to your dinner table.

There are four good reasons for giving these cool-weather mainstays a spot in your mealtime menus. First, they taste great. Second, they're affordable and even downright cheap in season. Third, they store for weeks. Fourth, they're packed with health-promoting nutrition and fiber.

COOKING WITH ROOTS

Using root crops in the kitchen isn't difficult. The same cooking techniques you draw on to prepare potatoes work with these vegetables. Steaming, roasting, mashing—these familiar fixes work with parsnips, turnips, rutabagas and beets. These roots also blend beautifully with potatoes. Compared to traditional spuds, sweet potatoes, beets, raw carrots and some other root vegetables boast lower glycemic index numbers—a measurement of a food's potential to raise your blood sugar level. This makes them a superior option for those who have or may develop diabetes. Mash parsnips with caramelized garlic and you'll convert mashed potato fanatics to a new taste.

Count on root vegetables to shine in surprising but yummy combinations, such as roasted sweet potatoes and chipotle stirred into a hearty lentil stew, or turnips cooked in Jamaican jerk seasoning. Raw radishes offer a crunchy, peppery bite, but cook them lightly in oil and you'll discover a mild sweetness. Serve sautéed radishes with fresh salad greens, bacon, avocado and feta cheese, or make them part of stir-fry dishes. Also try the milder, sweeter watermelon radish, an heirloom Chinese daikon with hints of pink and magenta inside a pale green, edible rind.

Beets possess the highest sugar content of any vegetable. If your only encounter has been the canned or school-cafeteria versions, your palate is in for a thrill when you try fresh beets. Roast them for a sweet, caramelized treat that tastes amazing tossed with toasted walnuts, goat cheese, balsamic vinegar and olive oil. Beets also stand in as a healthy, colorful potato chip substitute. Slice thinly, toss in oil, roast and lightly season for a sweet-and-salty snack.

You can skip cooking altogether and toss roots raw with salad fixings or, in the case of jicama, use it to add a refreshing crunch to fresh fruit salads. Versatility is root crops' middle name. They'll headline in a side dish, bring a little zing to stir-fries and even thicken soup—all while serving up outstanding nutritional benefits.



SAUTÉ THE GREENS

Beet greens are earthy, slightly bitter and, when sautéed with mushrooms, savory and appealing. Wash greens and remove thick stems. To sauté, heat oil in a skillet, add chopped garlic and mushrooms for 3 minutes. Add coarsely chopped greens, toss them with garlic and mushrooms, and heat until greens wilt. Stir in a splash of balsamic vinegar and a pinch of kosher salt. Serve with toasted hazelnuts, olives or bacon.

ROOT CROPS 101

Botanically, these tasty jewels are taproots, tuberous roots, or in the case of potato, an enlarged stem. Collectively, vegetables with chubby buried plant parts are referred to as root crops. These enlarged roots serve as the place where plants store nutrients and minerals.

The roster includes fun shapes and a rainbow of colors. There are bulbous beauties, such as radish, rutabaga, beet and turnip. Conical members, such as carrot and parsnip. And the quirky profiles of sweet potato, jicama and other tubers fill out the ranks. A few roots—purplish turnips, deep red beets, orange carrots and red radishes—offer outstanding nutrition in their edible leafy greens.

BRINGING THE HARVEST HOME

You'll find root vegetables in the produce section year-round, but grab crops in season to savor the fullest flavor profile. Fall-ripening roots actually become sweeter as autumn's cooler air arrives and triggers plants to convert root starches to sugar. Carrots and parsnips sweeten up after kissed by frost. Others, such as sweet potato, develop their characteristic sugary profile during storage.

Root crops store well, some lasting weeks to months without losing nutrition or freshness. For longest home storage, start with firm roots that aren't withered, wilted or bruised. Remember root crops hail from an underground environment, so they prefer dark, cool storage conditions. Refrigerate most in a perforated plastic bag in a vegetable drawer for up to three weeks.

ROOTING FOR NUTRITION

Root crops fill autumn fare with good-for-you nutrition. As a group, they are typically low in fat and calories and high in complex carbohydrates, which fuel active bodies with slow-release energy. They're packed with fill-you-up fiber and belong on every calorie counter's list of nutritious power foods. These underground vegetables bring intense colors to the table, a clue that they're brimming with disease-fighting antioxidants.

Roots absorb minerals from soil, bringing mineral nutrition—including potassium, phosphorus and magnesium—into the dishes you serve. With their flavor, versatility and health-promoting benefits, root crops are an ideal addition to fall family suppers, acting as an immune booster just before cold and flu season hits.

ROAST THE ROOTS

Roasting and grilling bring out roots' natural sweetness as they caramelize. Prep is minimal: Slice or quarter roots into chunky pieces, toss with a splash of olive oil, spread on a parchment-lined pan, season and roast. Season with salt and fresh or dried herbs, such as thyme or sage, or add smoked paprika, chipotle or other spicy seasonings. Drizzling orange juice over veggies also adds flavor. Bake for 20 to 40 minutes at 350°F to 400°F until fork tender and edges are crispy brown. Or roast on the grill. Serve as a side dish, or add to soups, stews or omelets. Serve over quinoa, barley or whole wheat pasta for a meatless entrée.

Improve your
veggie-roasting
techniques. Watch
our video at
[www.hy-vee.com/
resources/videos](http://www.hy-vee.com/resources/videos)





ROOT VEGETABLE GRATIN

Put a little more bite into a gratin by replacing potatoes with slightly edgier ingredients.

Prep time: 20 minutes

Cook time: 70 to 75 minutes

Rest time: 10 to 15 minutes

Serves 6.

½ small rutabaga, peeled, quartered and sliced ⅛-inch thick, divided

1 medium turnip, peeled and sliced ⅛-inch thick, divided

1 medium parsnip (4 ounces), peeled and sliced ⅛-inch thick, divided

1 medium onion, sliced ⅛-inch thick, divided

½ teaspoon Hy-Vee salt, divided

¼ teaspoon Hy-Vee dried thyme, divided

¼ teaspoon Hy-Vee black pepper, divided

3 ounces shredded Gruyère cheese (about ¾ cup), divided

3 ounces Hy-Vee shredded Parmesan (about ¾ cup), divided

½ cup heavy cream

¼ cup Hy-Vee chicken broth

2 tablespoons Hy-Vee panko bread crumbs

Preheat oven to 375°F. In a 10×6-inch baking dish, layer half the rutabaga, turnip, parsnip, onion, salt, thyme, pepper and Gruyère and Parmesan cheeses. Repeat layers except for the Parmesan. Reserve the remaining 1½ ounces Parmesan for final crumb topping.

Combine cream and chicken broth; pour over vegetables. Cover with foil; bake for 55 minutes or until bubbly. Increase oven heat to 425°F. Combine remaining Parmesan and bread crumbs. Sprinkle over top of vegetables.

Bake, uncovered, 15 to 20 minutes more or until vegetables are tender and cheese is golden brown. Let stand 10 to 15 minutes before serving.

Nutrition facts per serving: 230 calories, 16 g fat, 10 g saturated fat, 0 g trans fat, 55 mg cholesterol, 520 mg sodium, 12 g carbohydrates, 3 g fiber, 5 g sugar, 10 g protein. Daily values: 10% vitamin A, 30% vitamin C, 35% calcium, 2% iron.

PICKLED BEET SALAD

You'll get a taste for beets once you bite into the pickled variety. The beet's surprising sweetness is balanced by the tart vinegar.

Prep time: 15 minutes

Cook time: 50 to 55 minutes

Rest time: 6 hours to overnight

Serves 6 (½ cup each).

3 medium beets

2 medium carrots, peeled and
julienne-cut into 2-inch strips

1 medium parsnip, peeled and
sliced ¼-inch thick

8 ounces daikon, scrubbed and cut into
½-inch pieces

1 cup Hy-Vee vinegar

¾ cup Hy-Vee granulated sugar

¾ cup water

1 teaspoon Hy-Vee salt

½ teaspoon Hy-Vee ground cloves

2 (3-inch-long) cinnamon sticks

Lettuce cups, optional

Green onion curls, optional

Wash beets; cut off all but 1 inch of stems, discarding stems. In a large saucepan or Dutch oven bring 2 quarts of water to boiling. Add whole beets; simmer 40 to 45 minutes or until tender. Drain. When cool enough to handle, slip off skins; discard. Chop and set aside.

Meanwhile, in another large saucepan, bring 1 quart of water to boiling. Add carrots, parsnips and daikon; simmer uncovered about 5 minutes or until crisp-tender. Drain. Submerge in cold water to cool vegetables; drain again.

In one of the large saucepans, combine vinegar, sugar, water, salt, cloves and cinnamon sticks. Bring to boiling. Add cooked beets, carrots, parsnip and daikon. Return to boiling; reduce heat. Cover and simmer 5 minutes. Cool, then chill mixture 6 hours or overnight. Drain and remove cinnamon sticks before serving. If desired, serve in lettuce cups garnished with green onion curls.

Nutrition facts per serving: 160 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 510 mg sodium, 37 g carbohydrates, 3 g fiber, 31 g sugar, 1 g protein. Daily values: 70% vitamin A, 25% vitamin C, 4% calcium, 4% iron.



GUIDE TO ROOTS

RADISH Look for bright green tops and firm roots. Remove tops for storage. Refrigerate unwashed in perforated plastic bags for up to 7 days. Cooking softens peppery taste.

JICAMA White flesh has a slightly sweet, nutty flavor. Select medium-size round tubers. Store like potatoes in a cool, dry, dark place for 3 to 4 weeks. Starch converts to sugar with prolonged storage. Serve raw or roasted. Peel and cut into cubes or sticks. Blends well with lime juice, salt and black beans.

POTATO Select spuds with a heavy, dense feel, a smooth skin and few eyes. Avoid green patches. Choose russets (brown skin) for baking or mashing; yellow, red or white for boiling, roasting or gratins. Store for 2 to 3 months in a cool (45°F to 55°F) dark place.

BEET Choose those that are fresh and firm. Attached leaves should be unwilted. Trim leaves, but don't trim tail. Refrigerate unwashed in a plastic bag for 7 to 10 days. Flesh will become soft, sweet and buttery with cooking.

TURNIP Select them firm from golf- to tennis-ball-size with intact stem and root ends. Store in vegetable bags in the coldest part of the fridge. Use baby turnips within a few days; larger ones last several weeks. Raw, they add a tangy zing to salads or veggie trays. Roasting mellows flavor.

RUTABAGA Yellow flesh has a slightly sweet, nutty flavor; high in vitamin C and potassium. Tastes great raw, or steam and mash with potatoes. Look for firm 3- to 5-inch roots. Smaller roots are sweeter. Keep in vegetable storage bags in fridge up to 14 days.

PARSNIP

Select firm roots less than 7 inches long with a pale color. Cut parsnips oxidize; treat with lemon juice if not cooking immediately. Refrigerate for 2 weeks or longer. Roast to accent mild, nutty flavor or shred into slaw. Swap with carrots in recipes.

WATERMELON RADISH

These are a large, mild-tasting daikon radish. Refrigerate unwashed for several weeks. Trim the tail before using.

SWEET POTATO

Skin contains three times the antioxidant power of flesh, so choose smooth, unblemished tubers. Should feel firm. Store in a dark, dry, cool (50°F to 60°F) place, not the fridge, for up to 4 weeks. Roast to caramelize and heighten sweetness.

CARROT

Choose firm, brightly colored carrots with fresh, unwilted green tops. Remove tops before wrapping, unwashed, in a plastic bag. Store 2 weeks or longer away from apples and pears, which release gases that turn carrots bitter.

Note: The times given for storage are conservative to ensure maximum quality and flavor.

ZUPPA ITALIANO

The flavors of this creamy soup are much more complex than expected from a meat-and-potatoes dish. Its rich taste will leave you feeling content.

Prep time: 5 minutes

Cook time: about 40 minutes

Serves 7 (about 1½ cups each).

4 slices Hy-Vee bacon, chopped

1 pound ground Italian sausage

1 large onion, chopped

4 cloves garlic, minced

½ teaspoon Hy-Vee crushed red pepper

6 cups Hy-Vee chicken broth

2 large russet potatoes, thinly sliced

½ teaspoon Hy-Vee salt

1 cup heavy cream

4 ounces kale, trimmed and chopped
(2 packed cups)

In a large saucepan or Dutch oven, cook bacon over medium-low heat until crisp. Transfer bacon to bowl with a slotted spoon, drain any grease and wipe out saucepan with paper towel.

Add sausage, onion, garlic and crushed red pepper to saucepan. Cook over medium-high heat until sausage is brown.

Add chicken broth, potatoes and salt. Bring to boiling; reduce heat, cover and simmer for 20 minutes. Add cream and bacon; heat through. Just before serving, stir in kale.

Nutrition facts per serving: 370 calories, 24 g fat, 12 g saturated fat, 0 g trans fat, 70 mg cholesterol, 1,160 mg sodium, 26 g carbohydrates, 2 g fiber, 3 g sugar, 13 g protein. Daily values: 45% vitamin A, 45% vitamin C, 8% calcium, 10% iron.





CHEF VS.

He's committed to good cooking and loves to teach others. He gets joy out of showing customers a new dish, then hearing later about their success.

MASHED PARNIPS

A filling dish, the parsnips would be kind of bland without horseradish, Chef Lew says.

Prep time: 15 minutes

Cook time: 15 minutes

Serves 6 (about ½ cup each).

8 medium parsnips (about 2 pounds),
peeled and cut into ½-inch chunks

1 cup Hy-Vee shredded Swiss cheese

4 tablespoons Hy-Vee butter

1 tablespoon cream-style horseradish

½ teaspoon Hy-Vee salt

2 tablespoons chopped fresh parsley

In a large saucepan, bring 2 quarts water to a boil. Add parsnips; return to boil, reduce heat and simmer for 15 minutes or until tender. Drain. While still hot, whip parsnips with electric mixer until mashed. Add cheese, butter, horseradish and salt; continue whipping until combined. Transfer to a serving bowl; garnish with parsley.

Nutrition facts per serving: 280 calories, 15 g fat, 8 g saturated fat, 0 g trans fat, 40 mg cholesterol, 270 mg sodium, 31 g carbohydrates, 7 g fiber, 8 g sugar, 7 g protein. Daily values: 10% vitamin A, 45% vitamin C, 20% calcium, 6% iron.

BEEF, TURNIP AND POTATO MASH

Here's a sweet take on traditional mashed potatoes. Beets bring the sugar and a brilliant cranberry color.

Prep time: 15 minutes

Cook time: 65 to 80 minutes

Serves 8 (about ½ cup each).

3 medium beets, stems and roots
removed (about 1 pound)

1 medium russet potato (about 8 ounces)

2 medium turnips (about 1¼ pounds)

2 tablespoons Hy-Vee butter

1 teaspoon Hy-Vee salt

2 tablespoons chopped fresh parsley

Preheat oven to 400°F. Wrap beets and potato in foil; place on a baking sheet. Bake for 50 to 60 minutes or until tender. Meanwhile, in a 3-quart saucepan, bring 1½ quarts water to a boil. Peel and cut turnips into ½-inch cubes. Simmer turnips for 15 to 20 minutes or until tender. Drain.

Peel and quarter beets and potato; place in food processor. Add turnips, butter and salt. Cover; process until smooth. Transfer to a serving bowl; garnish with parsley.

Nutrition facts per serving: 80 calories, 4 g fat, 2 g saturated fat, 0 g trans fat, 10 mg cholesterol, 350 mg sodium, 11 g carbohydrates, 2 g fiber, 4 g sugar, 1 g protein. Daily values: 4% vitamin A, 20% vitamin C, 2% calcium, 4% iron.

"Root vegetables generally have a mild flavor. Kick them up with horseradish. That gives them a punch and opens up the taste buds."

CHEF LEW MILLER, HY-VEE IN MARSHALLTOWN, IOWA

DIETITIAN

She's enamored with helping customers and appreciates seeing their lives improve by eating more nutritious foods. To her, carrots are a girl's best friend.



"I eat carrots at least every other day. You can **never go wrong** with them."

REGISTERED DIETITIAN DENISE BOOZELL,
HY-VEE IN INDIANOLA, IOWA

CREAMY CARROT AND SWEET POTATO SOUP

Seasoned with cinnamon and nutmeg, the sweet potato base definitely makes this a taste of fall. Greek yogurt boosts nutrition.

Prep time: 30 minutes

Cook time: about 40 minutes

Serves 8 (about 1½ cups each).

1 tablespoon Hy-Vee canola oil

1 cup chopped onions

¼ teaspoon Hy-Vee ground cinnamon

¼ teaspoon ground nutmeg, plus additional for topping

4¾ cups peeled, cubed sweet potatoes (about 1½ pounds)

3 cups chopped carrots (about 1 pound)

1 (32 ounce) carton Hy-Vee

33%-less-sodium chicken broth

2½ cups water

¼ cup Hy-Vee skim milk

½ teaspoon Hy-Vee salt

¼ teaspoon Hy-Vee freshly ground black pepper


½ cup Hy-Vee plain Greek yogurt, divided

In a large Dutch oven, heat canola oil over medium heat. Add onions to pan; cook 4 minutes or until tender, stirring occasionally. Stir in cinnamon and ¼ teaspoon nutmeg; cook 1 minute, stirring constantly. Add sweet potatoes, carrots, broth and water; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until vegetables are tender.

Place half of soup mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in

blender lid (to avoid splatters). Blend until smooth. Pour into a large bowl. Repeat with remaining soup mixture. Stir in skim milk, salt and pepper. Top each serving with about 2 teaspoons plain Greek yogurt. Sprinkle with nutmeg, if desired.

Nutrition facts per serving: 130 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 500 mg sodium, 26 g carbohydrates, 5 g fiber, 8 g sugar, 4 g protein. Daily values: 430% vitamin A, 10% vitamin C, 6% calcium, 4% iron.



For a dinner party or a relaxing way to end the day, here are wine recommendations from Sue Navratil, Certified Specialist of Wine at the Hy-Vee Wine & Spirits Department in Ankeny, Iowa.

PHOTOGRAPHY TOBIN BENNETT

WINES *of summer*

THORNY ROSE SAUVIGNON BLANC

The pure, zesty fruits of this wine hit the palate in a rush that makes you say “WOW!”. A bit tart and brightly acidic, serve with asparagus or dishes with green leafy herbs.



RODNEY STRONG PINOT NOIR RUSSIAN RIVER VALLEY Pinot Noir has light body and fresh acidity, offering a flavorful mix of cherry and raspberry with a hint of vanilla, some spice and a dash of earth. Try it with cedar-planked salmon.

KUNG FU GIRL RIESLING

Layers of aromas leap from the glass and flavors of apricot, nectarine and lime are present. Charming, intense and slightly sweet, it pairs well with spicy foods.



J VINEYARDS AND WINERY PINOT GRIS

Fresh, zesty lemon and lime, plus a touch of orange and honey, create a great fruit and acid balance. Pair this with seafood on a bright sunny patio.



FRANCIS FORD COPPOLA SOFIA ROSÉ The blend of this dry wine is 80% Syrah and 20% Grenache, offering floral aromas with flavors of raspberry, melon, cherry and a touch of orange zest. A very food-friendly choice.



BERINGER CABERNET SAUVIGNON KNIGHTS VALLEY

A great choice when grilling steak for guests, this Cabernet holds big, complex flavors of blue and black fruits, plum, graphite and smoke. Steak softens the medium tannins in this wine.

RIONDO PROSECCO SPAGO

NERO A light-bodied Italian wine, effervescent with a touch of sweetness. Try it with a BLT sandwich.



OCTAVE VINHO VERDE

From Portugal, this tangy and slightly spritzzy wine is light-bodied with a touch of mineral and citrus flavors. Pair with salad and risotto.



A photograph of an elderly man with glasses, wearing a white chef's hat, a white shirt, and a black bow tie. He is smiling and standing in front of a building with a red awning that says "ICE CREAM". Behind him, a sign for the "IOWA STATE FAIR ICE CREAM PARLOR" is visible. The text "A Great State FAIR" is overlaid on the image, with "A Great State" in blue and "FAIR" in large red outline letters.

A Great State FAIR

IowaStateFair

LET'S GO TO THE FAIR!

The Iowa State Fair is hard to beat. It's a late-summer family fest of food on-a-stick, farm animals large and small, spectacular grandstand shows and homespun arts, crafts and food competitions.

TEXT STEVE COOPER

PHOTOGRAPHY TOBIN BENNETT AND IOWA STATE FAIR

There's nothing better on a summer evening than strolling the tree-lined grounds at the Iowa State Fair while eating a smoked turkey drumstick hot off the grill... unless it's scarfing down a double bacon corn dog or devouring one of the Midwest's treasured delicacies—pork chop on-a-stick. The food list goes on, and yours may include a gargantuan funnel cake or a monkey tail (chocolate-covered banana). It's ALL so wonderful.

Every year nearly a million people from all over the world make their way to Des Moines, Iowa, for one of the nation's largest state fairs. They come for people-watching that's as good as a stage show and rides that are completely tilt-a-thrill. They come to see immense draft horses and tiny miniature horses. They relax under hundred-year-old oaks, enjoying food on-a-stick as their favorite bands perform on one of the free stages. They ooh and aah over blue-ribbon pies plump with fruit, craft projects that deserve medals and 4-H kids as cute as their little lambs, then pause to watch the nutty guy demonstrating vegetable choppers in the Varied Industries building, the clown acts, men on stilts and balloon-animal makers roaming about.

If you want to see an authentic American treasure, get to the Iowa State Fair August 8 to 18. Or attend a state fair in your region.

FAIR FACT

If there wasn't a state fair, summer wouldn't be summer for thousands of Iowans and other Midwesterners. Gib McConnell of Indianola, shown opposite, was one of the regulars for 37 years. For 18 years, he operated an ice cream stand near Heritage Village. It's now run by his son, Larry McConnell.





FOUNTAIN SERVICE

DRINK

Coca-Cola

FAIR FOOD

The Iowa State Fair boasts nearly 200 food stands and more than 50 delectable items available on-a-stick. Here are just a few of the yummy foods you'll find at the fair.

- **Blue Sapphire Funnel Cake:** gourmet chocolate-cake batter, deep-fried and topped with homemade icing or powdered sugar
- **Chocolate-Covered Deep-Fried Cheesecake:** name says it all
- **Double Bacon Corn Dog:** a hot dog wrapped in bacon, deep-fried, dipped in bacon-bit-enriched batter and deep-fried again
- **Caribbean-Style Crab Fritters:** available at Ollie's Crab Fritters
- **Fruit on-a-Stick:** served with a yogurt dipping sauce



MAKE YOUR OWN!

1. PORK CHOP ON-A-STICK

During last year's state fair, the pork chop on-a-stick was tweeted about more than any other food, according to news reports. Make your own. We like it lightly seasoned and grilled, others like it deep-fried and slathered with sauces. Just cook, skewer and eat.

2. CORNDOG

Bring the fair experience home with a favorite that appeals to every generation. The best batters include cornmeal, flour, a little sugar, eggs and buttermilk. Prepare batter, skewer hot dog, dip dog in batter and deep fry. Don't skimp on the quality of the hot dogs.

A well-made dog can handle lots of mustard and a stick.

3. NUTTY BAR

Purchase a rectangular box of vanilla or other flavor ice cream. Cut ice cream into rectangles, skewer with a stick and freeze. After the ice cream is fully frozen, melt one 12-ounce package of chocolate chips and $\frac{1}{2}$ cup of vegetable oil in a microwave oven. Let chocolate cool to room temperature. Dip the ice cream in the chocolate, spooning chocolate over it as necessary to completely cover. If desired, roll in crushed peanuts or other toppings while the chocolate is still soft. Freeze to set chocolate.

4. WEDGE SALAD ON-A-STICK

Cut a head of iceberg lettuce into small wedges. Skewer a wedge with a stick, slide on a cherry tomato, drizzle with the salad dressing of your choice and sprinkle on bits of bacon. Include other vegetables and fruits as desired.

5. FRIED SNICKERS

Skewer a Snickers bar or other candy bar and freeze, which will limit melting when the bar is deep-fried. Preheat vegetable or peanut oil. Prepare a thick batter from pancake or funnel cake mix. Thoroughly coat the candy with batter and place in heated oil until golden brown, about 2 to 4 minutes. Let candy bar cool before eating.

6. MONKEY TAIL

Skewer a firm, just-ripe banana, brush with citrus juice to keep it from browning and place in freezer. After the banana has frozen, melt one 12-ounce package of chocolate chips and $\frac{1}{2}$ cup of vegetable oil in a microwave oven. Dip the banana in the chocolate, spooning chocolate over it as necessary to completely cover. If desired, roll in sprinkles or other toppings while the chocolate is still soft. Freeze to set chocolate.

FAIR FACT

The Iowa State Fair, also known as "America's classic state fair" is listed in **1,000 Places to See Before You Die**, a *New York Times* bestseller.



**AUGUST
8 TO 18!**

WALKING AROUND THE FAIR

Meander through mostly empty state fair streets early in the morning and you'll sense the anticipation. Push through crowds at noon and you start to feel a joyful urgency—can you see everything today? Settle on a bench after the night's last grandstand act and digest a long day of fun. Yes, this is heaven.

1. Scattered across the fairgrounds is an astonishing assortment of **FOOD AND DRINK STANDS**. There's everything from deep-fried pickles to crab fritters to jalapeño burgers. They ought to call it the Iowa State Feast.

2. Take a gander at the chickens, cows, horses, sheep and even fish in the **AVENUE OF BREEDS**. Located in the northwest corner of the Swine Barn, you can tour the exhibits from 9 a.m. to 9 p.m. daily.

3. You've never seen so many **BLUE RIBBONS**. They are awarded for pumpkin cooking, needlepoint, quilting, horseshoe pitching, joke telling, chicken throwing, husband calling and other delicate maneuvers.

4. **KIDS LOVE IT HERE**. There's a Kids' Zone with art activities and a Blue Ribbon Club. Those ages 2 to 10 can become "Little Hands on the Farm." See www.iowastatefair.org for more activities and information.

5. Take the **SKY GLIDER** to one of the nation's great Midway attractions. There's the famous double Ferris wheel, Rock N Roll Himalaya ride, arcade games, a slide, a zipline and a Kiddieland with nearly 20 attractions.

6. Horses are on parade at the fair. Don't miss the draft-horse teams as they pull wagons around the **PIONEER LIVESTOCK PAVILION**, a landmark in red brick dating to 1902. Also, tour the horse barn.

7. **THE GRANDSTAND** comes alive each night with varied entertainment. Get a ticket to see a country star, a comedian or a tractor pull. There's always plenty of free music and other performances at the fair, too.

8. For more than 100 years, the **BUTTER COW** has brought us to the fair. The tradition continues this year as Sarah Pratt sculpts a cow from 600 pounds of low-moisture, pure cream Iowa butter. Will the all-butter Elvis return?

FAIR FACT

Day-trippers aren't the only ones at the fair. There are campers, too. More than 2,300 campers register for spots to park their trailers. Hundreds more just get in line before opening day and hope for a piece of turf.

THE HEART OF THE FAIR

The roots of the Iowa State Fair run deep. It started as an annual celebration of the nation's richest soil and the people who work it.

Farm families make the drive into Des Moines each year to honor their heritage at the fair. You can see their pride in displays of tractors, cattle, seed, horses, combines, home-canned fruit, quilts and much more.

Animal pens are a major exhibit area, housing an agrarian menagerie that includes prize hogs, cows, bulls, rabbits, chickens and Belgian horses. Competitions among farmers and all comers include a farm hitch obstacle race, log skidding, barnyard horse pull and cultivator competition. There's even an old-fashioned carriage turnout, where teams of up to six horses hitched to coaches take turns around a ring. Judges award points for, among other things, the manners of the horses.

These long-observed amusements are a connection to the past and a promise to the future. We farmed then, we farm now and we will continue to farm. That farmers and the vital work they do are honored with a fair every August seems only fitting. They cast a giant shadow on this country, providing food the rest of us get to eat year-round.

But today's fair also celebrates the creativity and talent found in Iowa's towns and cities. Talent shows, art and photography competitions, and science and technology exhibits pay homage to the vitality of modern-day Iowa.



3 MEALS UNDER \$10

Serving a casserole, vegetarian burgers or chicken kabobs for four people requires minimum fuss and time, even on a tight budget.

PHOTOGRAPHY TOBIN BENNETT



BEAN BURGER PATTIES

Mashed pinto beans are a main ingredient of these good-for-you patties. Cheese and seasonings add plenty of flavor to this easy meatless entrée.

Prep time: 15 minutes

Cook time: 6 minutes

Serves 4.

1 (15 ounce) can Hy-Vee pinto beans, rinsed and drained	\$0.79
½ cup Hy-Vee shredded Colby Jack cheese	\$2.39
¼ cup Hy-Vee whole wheat	
Italian-seasoned bread crumbs	pantry staple
2 tablespoons finely chopped red onion	
plus 4 thin slices	\$1.34
½ teaspoon Hy-Vee ground cumin	pantry staple
½ teaspoon Hy-Vee garlic salt	pantry staple
¼ teaspoon Hy-Vee ground black pepper	pantry staple
1 teaspoon Hy-Vee parsley flakes	pantry staple
1 large Hy-Vee egg white	pantry staple
1½ teaspoons Hy-Vee vegetable oil	pantry staple
¼ cup Hy-Vee mayonnaise	pantry staple
¼ cup Hy-Vee ketchup	pantry staple
1 tablespoon Hy-Vee mustard	pantry staple
4 Hy-Vee whole wheat hamburger buns	\$1.99
4 iceberg lettuce leaves	\$1.48
Carrot sticks	\$0.99

\$8.98

In a medium bowl, mash pinto beans with a fork. Add cheese, bread crumbs, chopped red onion, cumin, garlic salt, pepper and parsley. Add egg white and stir until well combined. Shape bean mixture into 4 (½-inch-thick) patties.

Heat oil in a large nonstick skillet over medium-high heat. Add patties to pan; cook 3 minutes on each side or until patties are browned and thoroughly heated.

In a small bowl, combine mayonnaise, ketchup and mustard. Place patties on bun topped with lettuce leaves, mayonnaise sauce and red onion slices. Serve with carrot sticks, if desired.

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



\$9.44

TUNA NOODLE CASSEROLE

Shredded Parmesan adds a delicious topping to this hearty homemade favorite.

Prep time: 5 minutes

Cook time: 23 to 30 minutes

Serves 6 (about 1½ cups each).

1 (12 ounce) package wide egg noodles	\$2.99
1 (15 ounce) jar Hy-Vee Creamy Alfredo Pasta Sauce	\$1.99
1 (12 ounce) can Hy-Vee tuna, drained	\$0.89
2 cups frozen broccoli florets	\$1.18
½ cup Hy-Vee shredded Parmesan cheese	\$2.39

Preheat oven to 400°F. Coat a 2-quart casserole dish with non-stick cooking spray. Prepare noodles as directed on package. Drain well.

Combine cooked noodles, Alfredo sauce, tuna and broccoli. Spread into prepared casserole dish and top with Parmesan cheese. Bake for 15 to 20 minutes.

CHICKEN KABOBS

When washing and cutting zucchini, try to keep skin intact. This protective layer is key in helping the vegetable retain water and flavor during cooking.

Prep time: 10 minutes

Rest time: 30 minutes

Cook time: 8 minutes

Serves 4.

4 (12-inch-long) bamboo skewers

½ pound skinless, boneless chicken

breast, cut into 1-inch cubes	\$1.50
1 medium zucchini, cut into 1-inch slices and quartered	\$1.19
1 medium red onion, cut into 1-inch pieces	\$1.34
1 large red pepper, cut into 1-inch pieces	\$0.99
½ cup Hy-Vee Italian dressing	\$1.29
Hy-Vee salt and Hy-Vee pepper, to taste	pantry staple
1 (8.8 ounce) package Uncle Ben's Ready Rice	
Long Grain and Wild rice, cooked	\$2.00

Soak skewers in water for 30 minutes.

In a large bowl, carefully combine chicken, zucchini, onion, red pepper and Italian dressing. Thread chicken and vegetable pieces onto skewers—pepper, zucchini, chicken, onion. Repeat four times. Grill at medium heat, turning frequently, until chicken is cooked, about 8 to 15 minutes. Season with salt and pepper. Serve with prepared rice.

\$8.31



New *at* Hy-Vee

Personal care may be a necessity, but new products at Hy-Vee make it more of a pleasure.

PHOTOGRAPHY TOBIN BENNETT

Ride the Edge

Men need a Shield as they face the daily battle. Axe Shield products will give their skin just that—a layer of skin protection.

Axe Shield Shave Gel or Axe Shield 2-in-1 Face Hydrator & Post-Shave Lotion will keep skin nourished. And Shield formulas are designed to keep men feeling smooth and cool for hours.

Also try Axe Chilled Cooling Face Wash. Whether it's morning or evening, this face wash instantly refreshes faces and minds.



15% off Axe Men's Face Wash: select varieties 4.2 or 5 oz.

15% off Axe Men's Hydrator: Chilled or Shield 3.3 oz.

15% off Axe Shave Gel: Chilled or Shield 7 oz.

CRY, BABY

The proposal caught you completely off guard.
Or the present is so wonderful, lovely and sweet,
you are overwhelmed. Or the ending was so very sad.
Have a good cry. Have a Kleenex.



Viva paper towels 8 giant rolls to
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count: select varieties 3 pk. \$4.47

Purex Liquid 50 oz. or Purex Ultra Packs
18 ct. select varieties \$2.99

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varieties 16 to 24 oz. \$4.38



CRAVING RICE?

Looking for a way to complement an elegant meal? Need
a side dish in a hurry? Invite Uncle Ben's over next time
you expect any of these questions to arise. Uncle Ben's
Ready Rice is the answer. It comes in 16 varieties, each
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at all you will be eating Vegetable Harvest, Brown Basmati,
Rice Pilaf or many others. There's even Creamy Four Cheese
with Vermicelli Pasta.



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



Mars Single Candy Bars: select
varieties 3/\$2.00



Mars Ice Cream Snickers Value
Pack: select varieties 12 pk. \$6.77



Mars Ice Cream Novelties:
select varieties 3 to 14 ct. \$3.88

THE LOOK

During your getting-ready morning rush hour, it's good to have Axe personal care products as your allies. Whether you choose such Axe product lines as Primed, Anarchy or others, you can relax. That's all, just relax. Axe is here to help you with shampoos, shower gels, body sprays, deodorants and other products you need to make your appearance count.



Axe Shampoo and Conditioner: select varieties 12 oz. \$5.49

Axe Styling Aid: select varieties 2.64 to 6 oz. \$5.99

Axe Shower Gel: select varieties 13.5 or 16 oz. \$3.99

Axe Antiperspirant/Deodorant and Spray: select varieties 2.7 to 4 oz. \$4.39



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Devour. Gobble. Nosh. Down. Have another? There are no shortage of ways to describe snacking on Nabisco cookies, crackers and other treats. Grab a package and enjoy.



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Packs: select varieties
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SOFT & DELISH

As important as meat, cheese and condiments are on your lunchtime sandwich, your meal will turn out to be merely ordinary without perfectly baked slices of Sara Lee bread. Enjoy a sandwich that's full of flavor—and that starts with the bread. Let the sweet, light taste of Sara Lee provide the foundation for your noon meal.



Sara Lee Honey Wheat
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Sara Lee Whole Grain
White Bread 20 oz. \$2.29



Sara Lee Whole Grain White
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Sara Lee Delightful Wheat
Hamburger or Hot Dog Bun
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Many feel that Breton crackers are best with cheese, a dip or summer sausage. Try each and decide for yourself.

Breton crackers: select varieties 7 to 8.8 oz. 2/\$6.00



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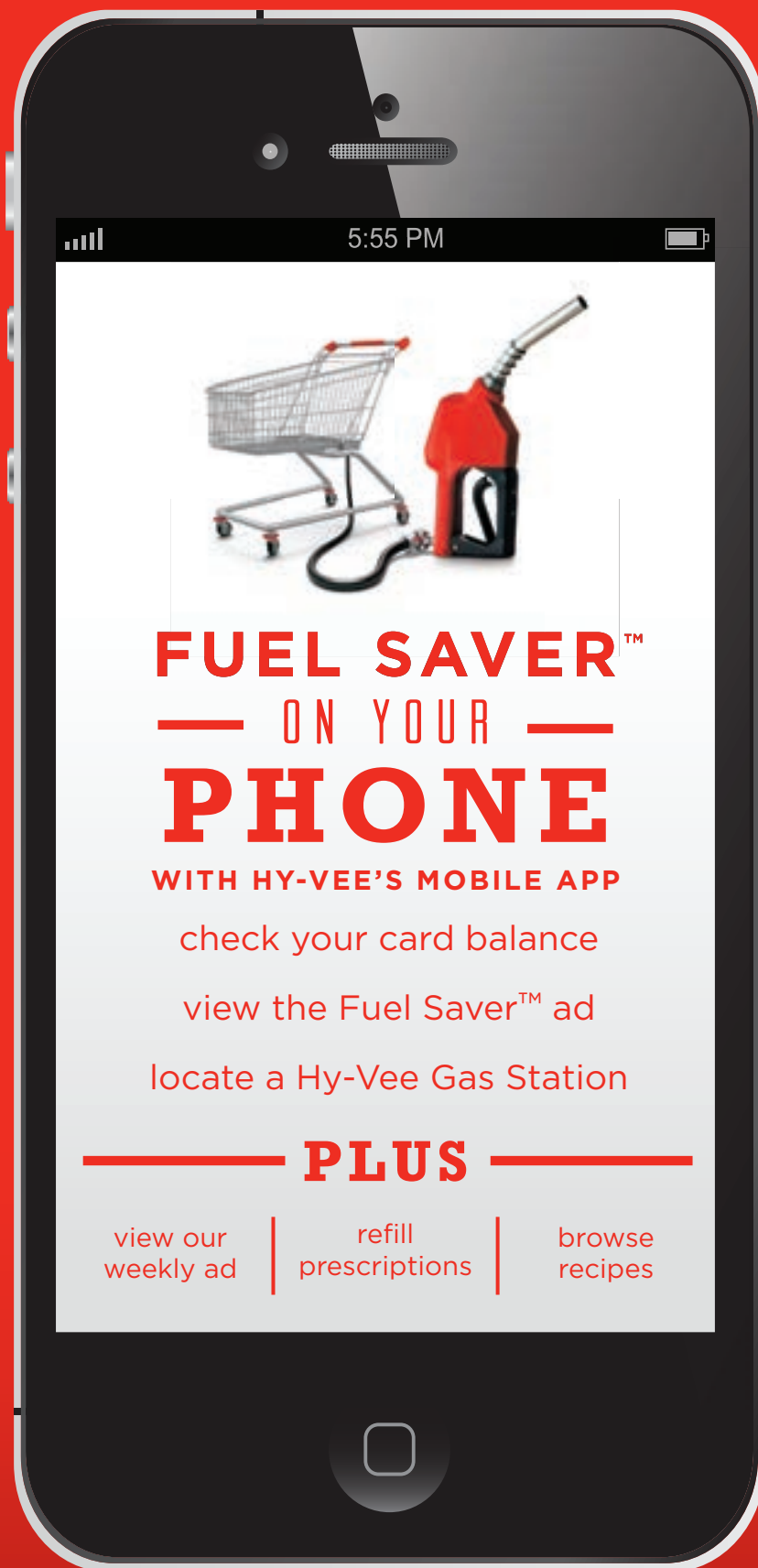
100% NATURAL

Next Issue

FALL 2013

The wind is shifting, dry leaves are gently rolling across your yard and a chill is beginning to take hold. It's time once again to warm your hands against a deep dish of macaroni and cheese. In the next issue of *Hy-Vee Seasons Magazine*, you will find recipes for a variety of succulent, creamy mac and cheese meals. We'll also be sharing ways to prepare another seasonal delight: beans. Let us transform your thinking about this humble food. Done right, there's nothing common about a steaming pot of beans. Look for the next *Hy-Vee Seasons* around September 25, 2013. Sign up for free home delivery by visiting our website at www.hy-vee.com/seasons.





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