

seasons

Hy-Vee
EMPLOYEE OWNED

HELPFUL PRODUCTS AND IDEAS FOR HEALTHY LIVING

23 COMFORTING
FALL RECIPES

BEST PIECRUST EVER!

MELT-IN-YOUR-MOUTH
CINNAMON ROLLS

FALL 2011
~~\$4.95~~ FREE
Hy-Vee.com

SNAPPY NEW
APPLES: SWEET,
JUICY TASTES

SCARY GOOD HALLOWEEN: SPOOKY PARTY FOODS & PROJECTS



PARTY TRAYS

Make your event truly special with Hy-Vee party trays. Our trays are an elegant addition to any event and are customizable to fit any occasion or budget.



Table of Contents

gathering

4 cheers to fall

Whether you call a fall backyard party Oktoberfest or a happy gathering, using a Bavarian menu brings rich flavors to the table.

34 fright night party

Once a year, friends get together to dress outrageously, eat frightening foods and go batty. Here are some new twists on Halloween favorites.

52 bounty of color

Dress your home in a nature-inspired palette. Fill it with produce and flowers fresh from the garden.



Learn from
*Australian chef
Curtis Stone*
as he shares his
expertise in Hy-Vee
Seasons Magazine.

eating

12 autumn harvest

Notice all the intriguing new apples showing up at your Hy-Vee store? Come take a close look at such tasty treats as Sweetango, Jazz and Piñata. Yummy.

20 the allure of cinnamon

Although this spice has been savored for thousands of years, its aroma remains fresh and its taste appealing. Most foods improve with cinnamon.

26 best crust ever

The title of this pie story makes a bold claim. After you try our crust and pastry recipes, you'll discover that this is no idle boast.

42 purely prime

Those who enjoy fine steak or pot roast with all the trimmings know that Amana Beef has exceptional quality. Learn more about your next dinner.

celebrating

58 team tailgate

Some of the best action at a college football game takes place in the parking lot. Get your grill on and you'll discover why.



seasons

FALL 2011 • VOLUME 5 ISSUE 5

HY-VEE, INC.

EXECUTIVE VICE PRESIDENT, SUPPLY CHAIN & MARKETING:
JON WENDEL

ASSISTANT VICE PRESIDENT, ADVERTISING: BRETT BREMSER
ASSISTANT VICE PRESIDENT, GRAPHIC DESIGN: MATT NANNEN
ASSISTANT VICE PRESIDENT, MARKETING: DONNA TWEETEN
CREATIVE STAFF: BRITT BUSCH, LINDSEY FUNK,
MINDY VAN GUNDY, HILLARY HALSTEN, SARA HEIM,
DAWN LAUER, RYAN NEVILLE, JESSICA SWIGART, CARLY FLAWS

GREY DOG MEDIA, LLC INTEGRATED MARKETING

DIRECTOR OF BUSINESS OPERATIONS: ADAM VENTLING
BUSINESS DIRECTOR: ANDREW VENTLING
EDITORIAL DIRECTOR: WANDA J. VENTLING
ART DIRECTOR: LAUREN LUFTMAN
EXECUTIVE EDITOR: STEVE COOPER
MANAGING EDITOR: ALISON VENTLING
STYLE EDITOR: BRITNI VENTLING
RECIPE EDITOR: EMILY ALLEN
EDITORIAL ASSISTANT: ANDY SOMMER
FOOD EDITORS: JILL JOHNSON, LOIS WHITE
COPY EDITOR: COURTENAY WOLF
PROOFREADER: M. PEG SMITH
FOOD STYLISTS: SUSAN STRELECKI, JILL JOHNSON
HAIR AND MAKEUP STYLISTS: RONA JACOBS,
MARY-KATE GALES, LINDSAY DONALD
PREMEDIA/IMAGING DIRECTOR: MICHAEL GOSHON
COVER PHOTOGRAPHER: LAURIE BLACK

THIS PAGE AND OPPOSITE PHOTOGRAPHER: LAURIE BLACK
All products shown in *Hy-Vee Seasons* are available from
local Hy-Vee stores. Please ask our helpful employees if you
need assistance locating these products.

*Prices effective October 5, 2011,
through November 2, 2011. (while quantities last).*

© 2011 by Hy-Vee, Inc. All rights reserved. Printed in the U.S.A.

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.

We value your opinion. To sign up to receive
Hy-Vee Seasons magazine or to offer ideas for future
issues, visit www.hy-vee.com/seasons.



Please recycle after use.

Letter

Dear Hy-Vee Friends,

Fall reminds me of the long drives that my family used to take each season when my brothers, sisters and I were young. We'd wind through Galena, Prairie du Chien and La Crosse, gazing out the windows at the surrounding fall foliage. The magnificent trees were like a painter's canvas, vibrant with colors. We would stop at the cheese shops, see how everything was made and enjoy freshly churned cheese curds.

Then Halloween would come and my mom always made it a festive time. We would go to the fabric store to pick out patterns and just the right materials. I may be a little biased, but our costumes were always the best. There were also homemade caramel apples that my brothers, sisters and all our friends gobbled up. Mom's secret was mixing the caramel with condensed milk and butterscotch chips, which gave the candy shell a soft, sticky quality. Sugar cookies in the shapes of bats, pumpkins and ghosts were also on the menu.

Most of these traditions continue today as I make these treat recipes with my children. Mom has even taught her grandkids to make her caramel apples.

As you have probably already figured out, fall and Halloween are the theme of this issue of *Hy-Vee Seasons*. Whether you plan a seasonal party or focus only on Halloween, you'll want to gather ideas from "Cheers to Fall," *page 4*; "Fright Night Party," *page 34*, and "Bounty of Color," *page 52*. Discover recipes and decorating advice that will delight friends and family. Also, don't miss our tempting pastry recipes—including a delicious crust—in "Best Crust Ever," *page 26*.

There is more, of course. More recipes, more fun and chef Curtis Stone. He's featured in "Purely Prime," *page 42*. Don't miss a page and grab all the great ideas that are offered. Enjoy.

Janette Schorg, Bakery Supervisor
Northeast District
Iowa, Minnesota, Wisconsin



A vibrant bouquet of fall flowers in a rustic metal bucket. The bouquet includes purple roses, pink dahlias, yellow pom-poms, and various greenery. The bucket is placed on a wooden table with a yellow patterned cloth. The background is a blurred green garden.

Cheers to Fall!

With gorgeous fall color and a slight chill in the air, relaxed and casual outdoor dining is the perfect way to decompress and savor the season. For a backyard gathering with a twist, host an Oktoberfest-inspired party. Stock the menu with German favorites, including wine and beer pairings that add to the lively theme.

TEXT STACI SCHEURENBRAND
PHOTOGRAPHY ADAM ALBRIGHT



There's no better way to enjoy the mild days and pleasant evenings of Indian summer than to gather friends for an outdoor Oktoberfest-inspired casual dinner. Break out a bountiful anti-pasto platter of smoked meats, rich cheeses and tangy pickles. Hang colorful decorative lighting, and party into the evening.

SAVORY SPREAD

For our get-together, we saved time by purchasing sliced deli meats and assorted cut cheeses at Hy-Vee. Black Forest ham, Bavarian cheeses, tangy German mustards and German beers gave our guests a true taste of Bavaria with a minimum of fuss. Other time-savers included jarred pickles and pickled vegetables, such as sweet peppers, baby corn, beets and pearl onions.

Quick German Ale Soup was a real crowd-pleaser and goes together effortlessly. In a slow cooker, combine a 48-ounce package of frozen Hy-Vee Soup Du Jour Wisconsin Cheese soup, 1 cup of heavy cream, 1 teaspoon of dill and 1 bottle of German doppelbock beer. Heat, stirring occasionally. It's ready when the ingredients have thoroughly combined and the soup is hot. We served it in small bowls with chunks of Baking Stone Sicilian Bread as dippers. It was a big hit with our friends.

If there is one place to splurge, it's dessert. The Apple with Walnuts and Dried Fruit Strudel Minis, recipe [page 9](#), are quick

and simple to make using freezer-ready puff pastry. Served warm or cold, they are so delicious that your party crew will sing your praises as they nosh on these marvels. For those looking for lighter fare, we served an assortment of seasonal fresh fruits. A German dessert wine added a sweet finish.

FUSS-FREE FARE

Regardless of what you serve, create a party menu with fresh and succulent foods. Ours was easy to put together over the course of a couple of days.

Fill your table with the heartier comfort foods of fall. A beautiful display brimming with savory breads, root vegetables, shaved ham, grilled sausages, hard and soft cheeses and pickled vegetables is not only enticing, it comes together in a snap. Baskets of apples, pears and persimmons arranged around the table are quick ways to add pops of edible color. And if you want bread with bite, pick out a Baking Stone rye or a pumpernickel.

A nip in the air shouldn't stop you from firing up the grill. In keeping with the autumn theme, swap the burgers for company-pleasing picks such as kielbasa, smoked sausages and chops, and slow-cooked German short ribs. Make-ahead side dishes simmering in slow cookers, crocks filled with spicy spreads and dips and desserts made with fragrant scents and seasonal fruit round out the meal.

FROM CHEF CURTIS STONE



"Let your guests discover new tastes. Put out some hard cheeses and some soft cheeses for your friends to sample. Serve one of the brilliant Wisconsin cheddars to eat with some honeycomb and crackers. Then maybe soft Brie and crunchy fruit, like apples. That will get people talking. Surprise them a little. That's the fun."





Baking Stone Sicilian Bread
20 oz. \$2.99



SIMPLE STAGING

A party theme matters far less than the spirit you bring to the event. The key to effortless entertaining is to host a gathering that is as much fun for you as it is for your guests. Food and drinks served buffet-style set a leisurely tone and encourage everyone to relax. In the same casual spirit as the menu, choose decorations that provide maximum effect with minimal effort.

For our party, we created lighting just for the occasion. Starting with simple 5-watt clear globe-style Christmas lights, we cut decorative paper for the shades. A template can be downloaded at www.hy-vee.com/seasons. We slipped the shades over the lights, taking care not to let papers touch the lamps. Use lighting outside only and never leave them unattended.

Light strands were attached to an arbor and to surrounding trees, providing a backdrop to fall's early dusk. Friends lingered, chatted and enjoyed the ambience. This easy-to-plan casual party may just become a fall tradition.

There are other ways to brighten your fall table with natural touches. Any assortment of muted autumn colors will suit the occasion. A mix-and-match of jewel-tone napkins or patterned fabrics draped over tabletops allows wood tones to peek through. Use a slab of marble or wood for a serving platter and add height with a cake stand to hold a soup tureen. Flowers loosely arranged in galvanized containers or earthenware pitchers form a lovely centerpiece for a buffet table, while understated bouquets in clear glass vases add more color to a dining table.

LIVELY SPIRITS

For an Oktoberfest menu, an array of beers assembled in an assortment of wheat, pale and dark varieties is customary. Use your imagination to create an ice chest from whatever you have on hand—just be sure to line it with plastic. We used old metal buckets with a touch of character for icing beers, wines, soft drinks and mineral water.

APPLE WITH WALNUTS AND DRIED FRUIT STRUDEL MINIS

Rich buttery pastry enfolds a mixture of sweet spiced apples, raisins, dried cranberries and walnuts.

Serves 18.

1 Hy-Vee large egg
1 tablespoon water
¼ cup Hy-Vee granulated sugar
1 teaspoon Hy-Vee salt
2 tablespoons Hy-Vee all-purpose flour
1 teaspoon Hy-Vee ground cinnamon
½ teaspoon Hy-Vee nutmeg
½ teaspoon Hy-Vee ground cloves
4 medium Pink Lady apples, peeled, cored and thinly sliced
3 tablespoons golden raisins
3 tablespoons Hy-Vee dried cranberries
½ cup Hy-Vee English walnut pieces
1 (17.3-ounce) package Pepperidge Farm puff pastry sheets (2 sheets), thawed
Hy-Vee powdered sugar, optional

Preheat oven to 375°F. In a small bowl, beat egg and water with a fork; set aside.

In a large bowl, combine granulated sugar, salt, flour, cinnamon, nutmeg and cloves.

Add apples, raisins, cranberries and walnuts, stirring until evenly coated with mixture.

Sprinkle additional flour on work surface. Unfold one pastry sheet on work surface. Leave remaining sheet in refrigerator until ready to use. Roll the pastry sheet into a 9×18-inch rectangle. Using a sharp knife, cut each pastry into 3×3-inch squares. Divide apple mixture among 18 squares. Lay another pastry square over the top and pinch the edges closed. The pastry will be very full. Repeat for second sheet of pastry. Place unbaked pastries on a baking sheet. Brush tops of pastries with egg mixture. Cut two or three slits in the top of each pastry.

Bake for 25 minutes or until pastry is golden brown. Bake in batches, if needed, refrigerating unbaked pastries until ready to bake. Dust cooled pastries with powdered sugar, if desired.

Nutrition facts per serving:

180 calories, 10 g fat,
2.5 g saturated fat, 0 g trans fat,
10 mg cholesterol, 270 mg sodium,
20 g carbohydrates, 2 g fiber,
9 g sugar, 3 g protein. Daily values:
0% vitamin A, 2% vitamin C,
0% calcium, 6% iron.



8th Continent Soymilk: select varieties
64 oz. \$2.77



Hy-Vee Cinnamon, Regular or Reduced Fat Crescents: select varieties
8 to 13.9 oz. 3/\$5.00



Bigelow Tea: select varieties
18 or 20 ct. \$2.38



Bear Creek Soup: select varieties
7 to 13 oz. \$3.49



Hy-Vee Bread Crumbs: select varieties
6 or 10 oz. \$0.99



Hy-Vee Cookies Chubs or Break and Bake Cookies: select varieties
16 or 16.5 oz. 2/\$4.00



General Mills Bugles, Chex or Gardetto's: select varieties 14.5 or 15 oz. 2/\$6.00



German wines remain a mystery to many. Ease in with a Riesling, a slightly sweet light white wine.

Then try some of the finer varieties, such as a sophisticated white Grüner Veltliner or red Dornfelder.

K.J. HARNACK

Our beer expert, K.J., is the wine and spirits manager at a Hy-Vee store in Omaha. Always working on his knowledge of beer, K.J. has been to Europe four times for study, worked as a commercial beer brewer and is certified as a national beer judge. He says, “Most people think of German beers as stout, murky, heavy and dark, but they are actually quite the opposite. The most popular German beers are the Pilsners and the wheat beers. Light beers. It is true that Germans like their beer. Over there, beer is part of the food pyramid.”

ROBERT RICHARDS

Robert, the wine and spirits manager at the Hy-Vee store in Madison, Wisconsin, believes the wines of Germany deserve more respect. “There are two things that people assume about the nature of German wines. First, they think that these wines will always be sweet. The truth is, though, that some can be quite dry—and refreshingly so—with nice clean acidity that balances the taste. Second, they assume that German wines are not very complex. Some are quite complex. Yes, there are Rieslings that taste like grape juice with a little wine in it. Others age quite well and develop into fine wines.”



Pilsner Urquell The name urquell means “original source,” a fitting name for this import that comes from Pilsner, Czech Republic, where Pilsner beer was first brewed in 1842. Because it cuts through oils found in meats, it’s a favorite with dinner.



Ayinger Celebrator This is a true German doppelbock, which means double beer. Intensely dark because the barley in it is baked to a dark brown. It has a nice roasty, chocolaty flavor that also tastes of coffee. Try it with some apple strudel.



Paulaner Brewed in Munich, this light beer has the qualities of a premium lager. Made with malted barley, it’s yeasty, light and golden. Lager is the most commonly consumed beer in the world. Goes well with light meats and pizza.



Weihenstephaner This is called a hefe weissbier, meaning it is a pale wheat beer. Some say it tastes like liquid wheat with a rich complex flavor. The formula was concocted at a German monastery about 1,000 years ago. Goes well with a meal that includes sausage.



Sierra Nevada This wheat beer, Kellerweis, is brewed in the U.S. after the Bavarian fashion. True to others of this style, there are hints of orange citrus and spicy coriander in the recipe of this golden brew. Pairs well with pork or enjoy on its own.



New Belgium Similar to European Pilsners, Blue Paddle is a golden beer that’s light and pleasant in any circumstance. Has an amber look with a foamy head that diminishes quickly. It’s enjoyed by vegetarians, fish-eaters and cheese-lovers.



Georg Albrecht Schneider In German, spatlese means “late harvest.” This Riesling Spatlese is made from grapes harvested as late in the season as possible, enhancing the sweet fruit flavors. Good with meat from the grill or with rich foods.



Nachtgold Made from grapes picked after the first frost, this wine is called Eiswein (ice wine in English). Very sweet and fruitier than most wines, with intense aromas, it’s best served as a dessert-in-a-glass. It’s also a fun conversation starter.



Jackson-Triggs Vidal Icewine comes from vineyards in Ontario, Canada. The flavor is delightful and the price is quite affordable. When picked, the grapes have more sugar-loaded pulp than liquid, resulting in a dessert wine with distinctively sweet character.



Relax Produced in Germany, this light sweet white Riesling is not too tart or acidic. It’s a good choice for dinner parties, pairing well with main dishes as divergent as sausage and fish. It complements most cheeses and vegetables.



Black Sheep A German Dornfelder with pinot noir grapes can be hard to find. For a delicious replacement, try this dark, fruity French pinot noir. Hints of blackberries and ripe cherries create a fullbodied flavor. One of the most versatile wines, it goes well with meats and spicy foods.



Hopler Grown near the Danube River in Austria, Grüner Veltliner grapes produce a fresh bright wine that’s particularly good with an antipasto platter, salads and pasta, or as an aperitif. It’s a popular choice for casual parties.

Autumn Harvest

It's crunch time, so indulge in the latest varieties of crisp, juicy apples. They're bursting with flavor and goodness. Your best bite of all may be the SweetTango, which Hy-Vee is introducing this year. Also, try one of our fabulous recipes, including delicious apple crumble muffins and a surprising stir-fry.

TEXT LOIS WHITE PHOTOGRAPHY LAURIE BLACK





Nothing says fall like cracking off a big bite of a shiny, juicy apple. Some of us long for tart and crisp; others prefer sweet and juicy. With so many varieties, apples are one of nature's tastiest gifts. In addition to a delight in every bite, they're loaded with health benefits.

Plus, apples are magic when cooking. Is there anything as alluring as the scent of fresh-baked apple pie? Dumplings and cobblers also have a way of making us feel downright good as cooler weather arrives. And don't forget apples on a stick. Bathed in gooey caramel, they're a luscious treat for young and old alike.

BEYOND DELICIOUS

Choices at one time were limited—soft Red Delicious, Jonathans and the tart, green Granny Smith. Today's selection offers a mélange of colors, distinct tastes and textures. Apple breeder David Bedford of the University of Minnesota considers the “eating experience” to be the most important part of a great apple. When testing an orchard apple—and he's tasted millions—David first observes its color, determines if it's ripe, bites into it, feels its textures and tastes its juices. In order for it to pass, it has to have a “wow” factor—the right amount of crispness and levels of sweet and tart.

Breeding new apple varieties is a lengthy process, often taking 20 to 30 years. During that time, researchers study and taste more than 10,000 apples while searching for just the right combination of characteristics for each new variety. David compares this process to combing a beach. “You know there are two diamonds hidden in the beach sand. You search for those.” Thanks to apple breeders like David, we now have an abundance of choices.

TAKE A HEALTHY BITE

You've heard the old adage: An apple a day keeps the doctor away. We all know we should eat more fruit. But why apples?

“They're an easy fruit to munch on before a meal if you're looking for a way to reduce your calorie intake,” says Kaitlin Anderson, a Hy-Vee registered dietitian in Rochester, Minnesota. She cites a recent study at Pennsylvania State University, where normal-weight men and women were given apples to eat before lunch. Participants who ate the apples consumed 187 fewer calories than those who ate nothing before the meal. “If you think of an apple as an extra course, you'll think you're eating more but you'll actually be eating less,” says Kaitlin.

Apples are a good source of both soluble and insoluble fiber. Just one contains more fiber than you'll get in a head of lettuce. “Keep in mind that much of the fiber comes from the peel, which is why it's a good idea to eat apples with their skin,” says Kaitlin. Soluble fiber, such as pectin, helps prevent cholesterol buildup in the lining of blood vessel walls, thus reducing the incidence of atherosclerosis and heart disease. The insoluble fiber in apples provides bulk in the intestinal tract, holding water that cleanses the digestive system.

The fruit may also cut your risk of heart disease, according to a new study of the health benefits of fiber consumption. The study found that for every 10 grams of fiber consumed per day, the risk of developing heart disease decreased 14 percent and the risk of dying from heart disease decreased 27 percent. Fiber from fruits, such as apples, appeared to be slightly more protective than cereal fiber. Apples also offer cancer protection. Researchers at Cornell University have discovered that phytochemicals in the skin of apples provide huge antioxidant and anticancer benefits.

AMAZING APPLES

When you eye apples at your local Hy-Vee, take note of newer varieties. These have been developed for lively flavor and improved texture. Try them all—and remember that variety is the spice of life.

HONEYCRISP

Look & Taste: Brushed scarlet fruit over a yellow background; has well-balanced flavor, outstanding crispness and juiciness.

Great for: Snacking, salads, sauces and freezing; also holds its shape well and develops complex flavor when baked.



JAZZ

Look & Taste: A reddish maroon New Zealand apple with areas of green, yellow and orange; refreshingly crisp with a crunchy, sweet juicy bite.

Great for: Eating out of hand as well as baking. Thanks to its dense flesh, it holds its shape well for pies and maintains lively flavor.

SWEETANGO

Look & Taste: A blush apple with deep red coloration over a yellow breaking background; crunchy, juicy and sweet with hints of fall spices.

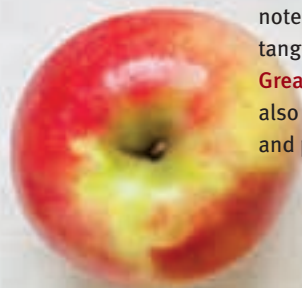
Great for: Snacking and salads.



PINK LADY

Look & Taste: Tender-skinned apple with a pink to reddish-pink blush over a yellow background; noted for its crisp texture and tangy-sweet flavor.

Great for: Snacking and baking; also good for making applesauce and pureed soups.



AMBROSIA

Look & Taste: Butter-yellow-skin apple that is often blushed red; offers sweet flavor, crisp texture and low acidity.

Great for: Snacking and desserts; retains firm texture when cooked or baked. It's slow to brown after cutting, ideal for fresh fruit salads.



PIÑATA

Look & Taste: Stripy bright red apple with a yellow-orange background. A surprise to the taste buds; refreshingly crisp and juicy with a combination of tart and sweet, tropical flavors.

Great for: Snacking, in salads, sauces and freezing; also poaching and baking.





CARAMEL APPLES

These tasty caramel apples may look like they came out of a gourmet shop, but they're easy to make with caramel apple wraps from Hy-Vee produce sections, melted chocolate and your choice of toppings.

Wash the apples and remove the stems. Wrap each apple in two sheets of caramel wrap, one wrap over the bottom and the other over the top of the apple, overlapping in the middle. Heat the apples to set the caramel according to package instructions. Insert a stick into the core of each apple. We used cleaned and sharpened green twigs to add a touch of rustic style. Or use the sticks that come with the wraps.

Melt chocolate chips or flavored baking morsels in the microwave in 15-second intervals on HIGH (being careful not to scorch). Milk chocolate, white chocolate, semiweet and butterscotch are some of our favorites. Dip each apple about halfway.

While the chocolate (or other flavor) is still soft, roll the apples in a variety of toppings, or sprinkle the toppings on. You'll want to have these ready beforehand. We used pecans, chocolate chips, crushed Heath bars, walnuts and marshmallows in ours, but the sky's the limit. Involve the kids and let them get creative.

Place the apples on a pan and refrigerate to set the chocolate. Once the chocolate has set, drizzle more chocolate over the toppings. Yum!

BAKED APPLE CRUMBLE MUFFINS

English walnuts and a generous helping of apples set these muffins apart. Kids love these wonderful fall snacks.

Serves 18 (1 muffin each).

Topping:

- ½ cup Hy-Vee unsalted butter
- ¼ cup Hy-Vee granulated sugar
- ¼ cup plus 2 tablespoons packed Hy-Vee light brown sugar
- 2 teaspoons Hy-Vee ground cinnamon
- ¼ teaspoon Hy-Vee ground nutmeg
- Pinch of Hy-Vee salt
- 1⅓ cups Hy-Vee all-purpose flour
- ½ cup Hy-Vee chopped English walnuts

Muffins:

- 1½ cups packed Hy-Vee light brown sugar
- ⅓ cup Hy-Vee vegetable oil
- ⅓ cup Hy-Vee unsweetened applesauce
- 1 Hy-Vee large egg
- 1½ teaspoons Hy-Vee vanilla extract
- 2½ cups Hy-Vee all-purpose flour
- ½ teaspoon Hy-Vee baking soda
- 1½ teaspoons Hy-Vee baking powder
- ¼ teaspoon Hy-Vee salt
- ¾ teaspoon Hy-Vee ground nutmeg
- 2 teaspoons Hy-Vee ground cinnamon
- ½ teaspoon Hy-Vee ground cloves
- ¼ teaspoon Hy-Vee ground ginger
- 1 cup buttermilk
- 1¼ cups Hy-Vee chopped English walnuts
- 2½ cups apple, chopped into ¾-inch pieces

For topping: In a small saucepan, melt butter over medium heat. Remove pan from the heat and add the granulated sugar, brown sugar, cinnamon, nutmeg and salt. Stir with a rubber scraper, pressing when necessary, until smooth. Add flour and mix until well-blended and pasty. Fold in chopped walnuts; set aside.

For muffins: Preheat oven to 350°F. In a large bowl, whisk together brown sugar, oil, applesauce, egg and vanilla until smooth.

In a separate bowl, sift together flour, soda, baking powder, salt, nutmeg, cinnamon, cloves and ginger. Stir oil mixture into flour mixture alternately with buttermilk. Stir in walnuts. Fold in apples, mixing until just combined. Spoon into greased standard-size muffin cups, filling almost full. Break up the topping mixture with your fingers into medium-size pieces. Evenly sprinkle the topping pieces over

the muffin batter. Bake 25 to 30 minutes or until golden brown and tops spring back when lightly touched.

Nutrition facts per serving: 370 calories, 17 g fat, 4.5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 140 mg sodium, 52 g carbohydrates, 2 g fiber, 28 g sugar, 5 g protein. Daily values: 4% vitamin A, 2% vitamin C, 6% calcium, 10% iron.





Stemilt Washington Sweetango Apples
\$2.98 lb.

APPLE BASICS: SELECTION, STORAGE AND CORING

Apple harvest begins in late August or early September and lasts right through November. Because apples keep well in cold storage, they are available year-round at your local Hy-Vee.

Most varieties are good for eating out of hand, including the Sweetango apples being introduced this fall at Hy-Vee. For cooking, you have several choices. For sweet apples, choose Gala, Fuji, McIntosh and Golden Delicious. For sweet-tart apples, try Braeburn, Jonagold and Jonathan. For a mildly tart choice, go with Rome Beauty, and for tart, reach for Granny Smith. The Jonathan, Granny Smith and Braeburn varieties are excellent for baking because of their sturdy texture and balance of sweetness with pronounced tartness and hints of spiciness.

When selecting apples, look for firm, nicely colored fruit with smooth skin free of bruises and blemishes. Avoid overripe apples, which can be detected when an apple yields slightly when squeezed.

For the crispest apples, store the fruit in the coldest part of the refrigerator for one week or more. If storing apples with other vegetables, keep them separate in their own plastic bag. Apples are odor-sensitive and will absorb odors from potatoes, cabbage, onions and other strong-flavor produce.

GETTING TO THE CORE

Apples contain fibrous seed cores, which are usually removed if the apple is used in cooking.

To core a whole apple, hold it firmly upright on a work surface. Starting at the stem end, push a sharp tube-shaped apple corer straight down through the center of the apple.

To core an apple that will be cut into pieces, cut the fruit in half from stem to blossom end. Turn the halves flat side down and cut them in half again to make quarters. Using a paring knife, make angled cuts around the core in V-shaped quarters, releasing the core.

Once the apple is cored, use a sharp chef's knife to cut the flesh into pieces. Flesh browns quickly. After cutting, toss pieces with lemon juice or keep them in a bowl of water, with or without lemon, until ready to use.



GINGER CHICKEN AND APPLE STIR-FRY

Apple may not come to mind at the mention of stir-fry, but you will be surprised and pleased with this delicious entrée.

Serves 4 (about 1½ cups stir-fry and ½ cup rice each).

½ cup Hy-Vee apricot preserves
2 tablespoons Hy-Vee soy sauce
2 tablespoons Hy-Vee apple cider vinegar
2 teaspoons Hy-Vee cornstarch
½ teaspoon curry powder
¼ teaspoon Hy-Vee crushed red pepper
1 tablespoon Hy-Vee canola oil
2 teaspoons grated fresh ginger

2 cups sliced, cored firm apples (2 medium)
1 cup red or yellow bell pepper strips
(1 medium)
12 ounces boneless, skinless chicken breasts,
cut into 1-inch pieces
1½ cups fresh snow peas
2 cups hot cooked Hy-Vee brown rice

For sauce, stir together preserves, soy sauce, apple cider vinegar, cornstarch, curry and crushed red pepper in a small bowl. Set aside. Heat oil in a large nonstick skillet over medium-high heat. Stir-fry ginger for 15 seconds. Add apples and bell pepper strips; stir-fry for 2 minutes. Remove from skillet and

set aside. Add chicken to skillet (adding more oil if necessary); stir-fry for 2 to 3 minutes or until golden brown. Stir sauce and add to skillet. Cook and stir until bubbly. Return apple mixture to skillet. Cook and stir about 2 minutes more. Top with pea pods and heat through. Serve over rice.

Nutrition facts per serving: 400 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 55 mg cholesterol, 580 mg sodium, 63 g carbohydrates, 5 g fiber, 25 g sugar, 22 g protein. *Daily values:* 30% vitamin A, 110% vitamin C, 4% calcium, 10% iron.



APPLE CHIPS WITH GOAT CHEESE DIP

Purchase apples with some snap, such as Honeycrisp, to go with this tangy dip. The flavors are a tasty match, and part of the delight is the contrast in textures.

Serves 4.

$\frac{1}{2}$ cup Hy-Vee granulated sugar
 $\frac{1}{2}$ cup water
 2 apples, sliced $\frac{1}{8}$ -inch thick and seeds removed
 Goat Cheese Dip, right

Preheat oven to 200°F. Grease a large baking sheet; set aside. In a small saucepan, heat sugar and water over medium heat until sugar is dissolved. Remove from heat and

place apple slices in batches in liquid for about 20 seconds. Remove slices to cooling rack placed over paper towels. Discard any remaining liquid. Allow excess liquid to drip off then place slices on prepared baking sheet. Bake for 2 hours or until dry.* Cool chips completely on cooling rack. Serve chips with Goat Cheese Dip, if desired. Chips can be stored up to 1 week in an airtight container.

*Test Kitchen Tip: If at the end of 2 hours, the chips are still soft, continue to bake in the oven for another 1 to 2 hours. Depending on how large the slices are and how juicy the apples are, baking time may be longer. Apples should feel mostly dry and edges shriveled slightly when done.

Nutrition facts per serving: 70 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 19 g carbohydrates, 2 g fiber, 16 g sugar, 0 g protein. Daily values: 0% vitamin A, 6% vitamin C, 0% calcium, 0% iron.

GOAT CHEESE DIP

Serves 12 (2 tablespoons each).

4 ounces Hy-Vee cream cheese, softened
 $\frac{1}{2}$ cup heavy whipping cream
 3.5 ounces goat cheese

Combine cream cheese, heavy cream and goat cheese. Beat with an electric mixer or by hand until smooth.

Nutrition facts per serving: 100 calories, 9 g fat, 6 g saturated fat, 0 g trans fat, 30 mg cholesterol, 75 mg sodium, 1 g carbohydrates, 0 g fiber, 1 g sugar, 3 g protein. Daily values: 8% vitamin A, 0% vitamin C, 4% calcium, 0% iron.



APPLE TRAY

Apples are too good to let time determine whether you serve them or not. When hosting a few friends on a busy day, Hy-Vee can help put refreshing fruit slices on the table with an apple tray. Each comes with a caramel dipping sauce, and is a convenient choice that your guests will enjoy—and will give you time to relax.

Sliced Apple Tray with Dip 2 lb. \$8.99





Cinnamon Rolls

Filling:

- 3/4 cup brown sugar
- 2 tsp. ground cinnamon
- 4 tbsp. softened butter

Tring:

- 2 tbsp. butter
- 3 tbsp. buttermilk
- 1 tsp. vanilla extract
- 3 cups powdered sugar



The Allure of Cinnamon

The aroma of cinnamon fills us with the warmth of our most cherished memories ... that first bite of pumpkin pie after a Thanksgiving feast ... warm snickerdoodles fresh out of the oven ... mulled cider by the fire. In one way or another, many of our most blissful moments in life have been sprinkled with a little cinnamon. It truly is the spice of life.

TEXT JENNIFER RUISCH PHOTOGRAPHY TOBIN BENNETT

Add it to French toast, apple pie and coffee. It's an alluring ingredient in perfume, a favorite flavor of gum, a top choice among candle scents and a far more exciting toothpick. Cinnamon is the queen of all spices and the aroma is irresistible. Just pull a pan of cinnamon rolls out of the oven and watch how fast they disappear. The spice is so intoxicating that it has threatened to ignite wars.

References to cinnamon go back almost 5,000 years in Chinese writing. The spice later became valuable in trading between Asia and Europe and was used as currency. It was even a table favorite when Nero ruled ancient Rome. The word cinnamon comes from the Hebraic and Arabic term *amomon*, which means fragrant spice plant.

CINNAMON 101

Cinnamon comes from the dried bark of evergreen trees in the laurel family. These trees are allowed to grow for several years, then cut down. The following year shoots appear, which are then stripped of their thin inner bark and dried. The dried bark rolls up into a tubular form and becomes a cinnamon stick, or quill.

While there are about 100 varieties of cinnamon available, true cinnamon (*Cinnamomum zeylanicum*) originated in Ceylon,


now Sri Lanka. Almost all commercially ground cinnamon sold in the U.S. today is cassia (*Cinnamomum aromaticum*). Cassia is often referred to as "Chinese cinnamon" and is less costly than true cinnamon. It's hard to tell the difference between the two varieties, though some say true cinnamon is slightly sweeter and more refined. However, cassia's flavor is a little stronger, so it requires smaller amounts when added to recipes.

All cinnamon is sold in either quill or ground powder form. Quills can be stored for long periods of time—up to 100 years in the right conditions. Ground cinnamon keeps for 6 months to a year. When it no longer smells sweet, it's time to throw it out.

HEALTH BENEFITS

The ancient Egyptians believed cinnamon could effectively cure many ailments. They were definitely on to something. Among spices, cinnamon has one of the highest levels of antioxidants, believed to lower the risk of cancer, heart disease and memory loss. One teaspoon of cinnamon has as much antioxidant capacity as a cup of pomegranate juice or a half-cup of blueberries.

Research has also shown that polyphenols in cinnamon mimic insulin, which regulates the body's blood sugar levels.



According to Kodi Moore, a Hy-Vee dietitian in Kansas City, “This means cinnamon can actually help lower blood sugar in people with type 2 diabetes.”

Cinnamon can also help reduce the risk for cardiovascular disease, Kodi says. It does this by lowering LDL cholesterol, total cholesterol and triglycerides in the body. It also has an anticlotting effect on blood, which improves blood flow to the heart.

The anti-inflammatory effect of cinnamon has been shown to lessen joint pain associated with arthritis. Additionally, the USDA in Maryland reported that cinnamon has the ability to stop or minimize the proliferation of leukemia and lymphoma cancer cells. Even if you’re in excellent health, cinnamon is still a reliable source of manganese, fiber, iron and calcium—so eat up!

To experience the benefits of cinnamon, Kodi suggests adding a half teaspoon to a tablespoon to your daily diet, though she says recommendations vary. “I don’t really recommend cinnamon supplements,” she says. “Just try to incorporate ground cinnamon into more of the foods you eat everyday and you should be fine.”

SPICE FOR YOUR LIFE

Adding a little more of the spice to your favorite recipes will give a boost to your health and your taste buds. Incorporate cinnamon into a couple of the easy, mouthwatering recipes on the following pages. Here are other ways to eat more cinnamon:

- Add some to a banana-strawberry smoothie for a healthy jump-start the day.
- Mix into honey mustard dressing to use on a sandwich or salad.
- Sprinkle cinnamon, salt and pepper on sweet potato chunks drizzled with olive oil.
- For an easy snack, cut up apples, pears or butternut squash and sprinkle on some cinnamon, then microwave for 1 minute.
- Sprinkle cinnamon on grilled bananas for delicious, exotic flavor.
- Add a little to carrot cake, apple pie or banana bread recipes.

CINNAMON MAKES SCENTS

The scent of cinnamon has been shown to boost brain function and memory. Make use of this exhilarating aroma in your home:

- Place a pot of water on the stove and add 2 tablespoons of ground cinnamon or a cinnamon quill. Simmer to make your home smell inviting.
- Combine cinnamon oil and water in a spray bottle. Mist rooms with this all-natural air freshener.
- Add a few drops of cinnamon oil to a beeswax candle before burning to create an unforgettable ambience.

FROM CHEF CURTIS STONE



“Use cinnamon quite sparingly. It’s something that *works better with a little restraint*. My granny always used it in her apple pies.”

BUTTERMILK CINNAMON ROLLS

These are best the first day. They can be stored in an airtight container in the refrigerator for up to three days. Reheat in the microwave on HIGH for 10 seconds.

Serves 12.

¾ cup buttermilk
½ cup Hy-Vee granulated sugar
4 tablespoons Hy-Vee butter, cut up
4 tablespoons Hy-Vee vegetable shortening
1 teaspoon Hy-Vee salt
¼ cup cold water
4 cups plus 3 tablespoons Hy-Vee all-purpose flour, divided
1 (¼ ounce) package (2¼ teaspoons) active dry yeast
2 Hy-Vee large eggs

Filling:

¾ cup packed Hy-Vee brown sugar
2 teaspoons Hy-Vee ground cinnamon
4 tablespoons Hy-Vee butter, softened

Icing:

2 tablespoons Hy-Vee butter
3 tablespoons buttermilk
1 teaspoon Hy-Vee vanilla extract
3 cups Hy-Vee powdered sugar

In a small saucepan, combine ¾ cup buttermilk, granulated sugar, 4 tablespoons butter, shortening and salt. Heat over medium heat until butter and shortening are almost melted, stirring frequently. Remove from heat; stir in cold water. In a large bowl, stir together 4 cups flour and yeast. Stir in buttermilk mixture and eggs. Stir until a soft dough forms. Turn out onto countertop; knead in up to 3 tablespoons more flour for 5 minutes. Dough should be soft but not sticky. Cover; let rise in a warm place (80 to 85°F) until doubled in size, about 1 hour.

For filling, in a small bowl thoroughly combine brown sugar and cinnamon. Grease a 16×12-inch baking sheet. Roll out dough to a 16×12-inch rectangle. Spread softened butter over dough, leaving a ½-inch border along one long edge. Spread brown sugar-cinnamon filling evenly over butter. Starting from the filled edge, roll up tightly; pinch seam closed. Reshape roll to form an 18-inch cylinder with flat ends and a consistent diameter. Cut into 12 slices, using a sawing motion with a serrated knife, or work a piece of thread under the cylinder, pull up ends, cross them and

pull to cut. Place 2 to 3 inches apart on prepared baking sheet.* Cover loosely with plastic wrap; let rise until nearly doubled in size, about 45 minutes.

Preheat oven to 350°F. Uncover rolls and bake for 20 to 25 minutes or until light brown. Cool 5 minutes on baking sheet; remove to wire rack to cool. For icing, melt 2 tablespoons butter in a medium bowl in the microwave. Beat in buttermilk and vanilla. Add powdered sugar and beat until smooth. Drizzle over warm rolls.

*Note: To bake rolls later, omit the rising step. Cover with plastic wrap and refrigerate for up to 14 hours. Remove from refrigerator and allow to rise in a warm place (80 to 85°F), loosely covered, for 2 to 2½ hours or until nearly doubled. Continue as directed above.

Nutrition facts per serving: 500 calories, 15 g fat, 8 g saturated fat, 0 g trans fat, 55 mg cholesterol, 230 mg sodium, 85 g carbohydrates, 2 g fiber, 49 g sugar, 8 g protein. Daily values: 8% vitamin A, 0% vitamin C, 6% calcium, 15% iron.



DRINKING CHOCOLATE

Leave your drink packets in the box. This hot chocolate is so rich and thick it is best served in small portions.

Serves 4 (about $\frac{1}{3}$ cup each).

1 $\frac{1}{4}$ cups Hy-Vee 2% milk

2 ounces unsweetened chocolate, finely chopped

$\frac{1}{4}$ cup Hy-Vee granulated sugar

Pinch Hy-Vee salt

1 teaspoon Hy-Vee vanilla extract

Cinnamon sticks, for garnish

Heat milk in a small saucepan over medium-low heat until steam rises, stirring occasionally. Add chopped chocolate, sugar

and salt; bring to a boil, whisking frequently. Simmer 45 seconds more, whisking constantly. Remove from heat. Stir in vanilla. Serve warm, garnished with a cinnamon stick, if desired.

Note: To prepare in advance, transfer mixture to a glass liquid measuring cup. Cover and store in the refrigerator up to 3 days. Reheat in the microwave on HIGH for 10- to 15-second intervals, stirring after each interval. Or reheat in a saucepan over low heat.

Nutrition facts per serving: 160 calories, 9 g fat, 6 g saturated fat, 0 g trans fat, 5 mg cholesterol, 40 mg sodium, 21 g carbohydrates, 2 g fiber, 16 g sugar, 4 g protein. Daily values: 25 vitamin A, 0% vitamin C, 10% calcium, 15% iron.

CINNAMON CHURROS

You might think of these as Spanish-style donuts. We prefer to think of them as delicious. Sweetened cinnamon makes them memorable.

Serves 6.

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

3 tablespoons Hy-Vee butter

1 tablespoon plus $\frac{1}{4}$ cup Hy-Vee granulated sugar, divided

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

$\frac{1}{2}$ cup Hy-Vee all-purpose flour

1 Hy-Vee large egg

$\frac{1}{4}$ teaspoon Hy-Vee vanilla extract

Hy-Vee canola oil for deep-fat frying

1 tablespoon Hy-Vee ground cinnamon

In a medium saucepan, combine water, butter, 1 tablespoon sugar and salt. Bring to boiling over medium heat. Add flour all at once, stirring vigorously with a wooden spoon. Cook and stir until mixture forms a ball and pulls away from the sides of the pan. Remove from heat. Cool for 10 minutes. Add egg and vanilla, beating well with a wooden spoon. Transfer mixture to a decorating bag fitted with a large star tip. Heat 3 inches of oil in a deep saucepan to 375°F. Carefully pipe 4-inch logs of mixture directly into the oil. Fry a few logs at a time in hot oil about 2 minutes or until golden brown on all sides, turning if needed. Drain on paper towels. Keep warm in a 300°F oven while frying remaining churros. In a medium bowl, combine remaining $\frac{1}{4}$ cup sugar and cinnamon. Roll warm churros in cinnamon-sugar mixture to coat. Serve warm.



\$2.00 off Spice Island Grinders or Spices; select varieties 0.4 to 5 oz.



CINNAMON BUTTER-GLAZED GNOCCHI AND SWEET POTATOES

For a dish that is new to many, we chose to simplify things by using frozen gnocchi. It's a tender dumpling-like pasta. Cubed sweet potatoes are the other main ingredient.

Serves 8 (½ cup each).

2 medium sweet potatoes, peeled and cut into 1-inch cubes

2 tablespoons packed Hy-Vee brown sugar

2½ teaspoons Hy-Vee ground cinnamon, divided

½ cup Hy-Vee unsalted butter

3 tablespoons Grand Selections maple syrup

¼ teaspoon Hy-Vee ground black pepper

3 tablespoons freshly snipped sage

1 (16 ounce) package frozen potato gnocchi

Hy-Vee shredded Parmesan cheese, optional

Fresh sage leaves, optional

Preheat oven to 400°F. In a medium bowl, combine sweet potatoes, brown sugar and 1 teaspoon cinnamon. Stir to coat potatoes. Spread evenly on a lightly greased baking sheet. Bake 25 to 30 minutes or until browned. Halfway through baking time, begin the next step.

In a large saucepan, melt butter. Add maple syrup, remaining 1½ teaspoons cinnamon, black pepper and snipped sage; simmer. In a

medium pot, bring 2 quarts of water to a boil; add gnocchi. Gnocchi will start to rise to the surface of water. Once risen, allow to cook for 3 minutes. Strain gnocchi then place into butter sauce. Continue to simmer in butter sauce 2 to 3 minutes or until sauce has thickened. Add baked sweet potato cubes and toss lightly to coat. Serve warm. If desired, garnish with Parmesan cheese and fresh sage leaves.

Nutrition facts per serving: 240 calories, 12 g fat, 7 g saturated fat, 0 g trans fat, 30 mg cholesterol, 210 mg sodium, 33 g carbohydrates, 2 g fiber, 10 g sugar, 2 g protein. Daily values: 110% vitamin A, 8% vitamin C, 2% calcium, 4% iron.

Best ever? You may be skeptical. You've seen that claim before and it's led to disappointment. But believe us, this exceptional recipe will serve as the foundation for some amazing pies. We've included recipes for a variety of pastries so you can taste for yourself. Just look at the crusts on these pages. Each is like a golden crown. That's no accident.

TEXT JILL JOHNSON PHOTOGRAPHY LAURIE BLACK

A close-up photograph of a pie crust filled with blueberries. The crust is a light golden-brown color and is filled to the brim with fresh blueberries. The blueberries are dark blue with a thin white bloom. The pie is set against a light, neutral background.

best crust ever



Perfection by another name is a generous layer of sweet, tart fruit tucked inside a homemade piecrust. Whether you make pie with *apples, peaches, blueberries* or another seasonal favorite, the secret to pastry success is in the crust. While nature supplies the fruit for the filling, making a memorable crust is in your hands.

You may prefer that your pie comes in traditional attire: a full crust with both top and bottom, *crinkled edges evidence of your own fingerprints*. The pastry should be so light that it gives way easily to a fork as the glistening surface flakes apart in microthin layers.

You may prefer a crostata stuffed with berries or a sweet little fried pie. You might even crave our chocolaty peanut butter pie. Take your pick. *It's all perfection.*

THE ULTIMATE PIE PASTRY

This is the piecrust you've been looking for. It performs a feat of magic. On first bite you may think that the star of your pie will be the fruit or whatever filling you choose. But no. The star here is clearly the crust. This crust is remarkably delicate and buttery. It almost seems to float on your tongue. We show you how to make it using a pastry blender or food processor.

(Makes one 9-inch double-crust pie)

4 tablespoons vegetable shortening, cut into ½-inch pieces

2 cups Hy-Vee all-purpose flour

4 teaspoons Hy-Vee granulated sugar

½ teaspoon Hy-Vee salt

8 tablespoons cold Hy-Vee unsalted butter, cut into ½-inch pieces

3 to 4 tablespoons ice water



1. Chill cut-up shortening in freezer 5 minutes. In a medium bowl, combine flour, sugar and salt. Scatter shortening over flour mixture. Cut in with a pastry blender to evenly coat flour particles with shortening. Mixture should resemble cornmeal in texture. (A good alternative is to cut shortening in with a food processor. Pulse about 10 times.)



2. Scatter butter pieces over the mixture. Cut in with pastry blender (or pulse in food processor about 10 times) to make coarse crumbles with some pea-size pieces that will produce steam when they melt, resulting in a flaky crust.



3. Add water 1 tablespoon at a time until 3 tablespoons are added, and 1 teaspoon at a time after that, tossing with a fork (or pulsing 3 times) after each addition until dough starts to hold together when pinched. To avoid toughening dough, do not overmix. Gather dough into a ball.



4. Fold the ball of dough over on itself 3 times to blend ingredients. Flecks of butter should be visible. Divide the dough in half and shape into 4-inch disks. Wrap in plastic wrap; refrigerate 30 minutes or up to 2 days.



5. Dust countertop and rolling pin with flour. Roll out each disk from center to edges into a 12-inch round. Using spatula to release pastry from surface, rotate and re-flour surface to prevent sticking. Transfer to pie plate. Ease into plate without stretching; trim even with plate. Fill with desired filling.



6. Place top crust over filling. Trim pastry ½ inch beyond edge of plate. Fold top pastry under bottom pastry and pinch to seal. Cut slits in pastry; crimp edges. If desired, brush with milk and sprinkle with a teaspoon of sugar before baking.

7. To bake an apple, peach or blueberry pie, set oven rack in lowest position. Preheat oven to 425°F. Place pie on baking sheet. Bake for 25 minutes. Reduce heat to 375°F. Cover edges of pie with foil to prevent overbrowning. Bake 35 to 40 minutes more or until golden.

Fruit Pies At A Glance

Use the list of filling proportions below to make fresh fruit pies with just the right consistency and sweetness. For apple pies, toss cut-up fruit with lemon juice, then stir in the sugar-flour mixture. For peach and blueberry, first coat fruit with the sugar-flour mixture, then stir in lemon juice.

Apple

8 cups sliced apples
1 tablespoon lemon juice
½ to ¾ cup sugar
3 tablespoons flour
½ to 1 teaspoon cinnamon

Peach

½ to ¾ cup sugar
3 tablespoons flour
6 cups sliced peaches
2 teaspoons lemon juice

Blueberry

⅔ to ¾ cup sugar
¼ cup flour
5 cups blueberries
2 teaspoons lemon juice

MINI SALTED CARAMEL APPLE PIES

A hint of sea salt brightens the apple-caramel-pecan flavor combo, giving this deliciously decadent pie added zing.

Serves 6.

½ cup plus 1 tablespoon Hy-Vee all-purpose flour, divided
½ cup plus ¼ cup Hy-Vee granulated sugar, divided
½ teaspoon Hy-Vee ground cinnamon
¼ cup cold Hy-Vee unsalted butter
½ cup Hy-Vee chopped pecans
Half of The Ultimate Pie Pastry recipe (opposite)
4 cups thinly sliced apples
1 tablespoon Hy-Vee lemon juice
15 individually wrapped caramels, unwrapped
1 tablespoon Hy-Vee skim milk
Flake sea salt

Set oven rack in lowest position. Preheat oven to 425°F. For crumb topping, combine ½ cup flour, ½ cup sugar and cinnamon.

Cut in butter. Stir in pecans. Set aside. Divide pastry into 6 equal portions. On a lightly floured surface, roll each portion into a thin 6-inch circle, keeping unrolled portions in refrigerator. Ease pastry circles into six 4½-inch tart pans*. Trim pastry extending beyond edges of pans. For apple filling, toss apples with lemon juice. Combine 1 tablespoon flour and ¼ cup sugar; toss with apples. Using ⅔ cup for each pie, arrange slices in pastry-lined pans. Sprinkle with crumb topping. Place pans on baking sheet; place on lowest oven rack. Bake for 10 minutes. Reduce heat to 375°F. Bake an additional 30 to 35 minutes or until pastry and topping are golden. Let cool 10 minutes. For

caramel sauce, combine caramels and milk in a microwave-safe bowl. Heat in microwave on HIGH for 1 minute, stirring every 20 seconds. Watch carefully so mixture does not boil over. Drizzle each pie with caramel sauce. Just before serving, sprinkle each with a pinch of flake sea salt.

**Test Kitchen Tip:* For a smaller portion size, bake these in 12 standard muffin cups or custard cups.

Nutrition facts per serving: 500 calories, 26 g fat, 12 g saturated fat, 0 g trans fat, 45 mg cholesterol, 200 mg sodium, 66 g carbohydrates, 3 g fiber, 38 g sugar, 5 g protein. Daily values: 10% vitamin A, 6% vitamin C, 6% calcium, 8% iron.

mini salted caramel apple pies



berry & peach crostata

BERRY & PEACH CROSTATA

This rustic Italian-inspired dessert comes together quickly. The earthy flavors of sweet berries and peaches nestled in flaky pastry entice the senses. Perfect for brunch or dinner.

Serves 6.

Half of The Ultimate Pie Pastry recipe
(See page 28)

$\frac{3}{4}$ cup fresh or frozen raspberries
 $\frac{3}{4}$ cup fresh or frozen blueberries
 $\frac{3}{4}$ cup fresh or frozen sliced peaches
2 tablespoons plus 1 teaspoon Hy-Vee
sugar, divided
Water

Preheat oven to 400°F. On floured baking parchment, roll out pastry into 12-inch circle. Transfer parchment and pastry to baking sheet. Arrange fruit in center of pastry, leaving the outer 2 to 3 inches uncovered. Sprinkle fruit with 2 tablespoons sugar. Fold edges of pastry over fruit, pleating or crimping edges as desired. Brush crust lightly with water and sprinkle with remaining 1 teaspoon sugar. Bake 35 to 40 minutes or until fruit is bubbly

and crust is golden brown. Cool on a wire rack 10 minutes; remove crostata and parchment from baking sheet and cool until serving time. Cut into 6 slices.

Nutrition facts per serving: 220 calories, 12 g fat, 6 g saturated fat, 0 g trans fat, 20 mg cholesterol, 100 mg sodium, 26 g carbohydrates, 2 g fiber, 9 g sugar, 3 g protein. Daily values: 6% vitamin A, 10% vitamin C, 0% calcium, 6% iron.

PEANUT BUTTER PIE

A crunchy chocolate cookie crust provides the perfect base for a rich peanut butter filling crowned with chocolate cream and salted peanuts. Everyone from kids to grandparents loves this combo.

Serves 16.

2 cups finely crushed Hy-Vee Dunksters chocolate sandwich cookies (about 20 cookies)

4 tablespoons Hy-Vee butter, melted

8 ounces Hy-Vee cream cheese, softened

$\frac{3}{4}$ cup Hy-Vee creamy peanut butter

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

2 teaspoons Hy-Vee vanilla extract

$1\frac{1}{2}$ cups heavy whipping cream, divided

4 ounces semisweet chocolate

Hy-Vee dry roasted peanuts, optional

Preheat oven to 375°F. In a medium bowl, combine crushed cookies and melted butter. Press the cookie crumb mixture evenly into the bottom and sides of a 9-inch tart pan or pie plate. Bake the crust for 7 minutes or until set. Cool completely. In a separate medium

bowl, beat cream cheese, peanut butter, sugar and vanilla until smooth and blended. In another medium bowl, using the same beaters, beat 1 cup of heavy whipping cream until firm peaks form. Fold the whipped cream into the peanut butter mixture, lightly stirring until combined. Spoon filling into cooled crust. Refrigerate until set, about 1 hour. Meanwhile, in a small microwave-safe bowl, combine the remaining $\frac{1}{2}$ cup heavy whipping cream and semisweet chocolate. Microwave on HIGH for 30-second intervals until the cream is hot and the chocolate is melted. Stir until blended, then allow to cool until only slightly warm. Spread the chocolate topping over the chilled peanut butter filling and, if desired, top with dry roasted peanuts. Refrigerate until firm, about 30 minutes. Cover and store in the refrigerator.

Nutrition facts per serving: 340 calories, 27 g fat, 13 g saturated fat, 0 g trans fat, 55 mg cholesterol, 170 mg sodium, 24 g carbohydrates, 1 g fiber, 17 g sugar, 5 g protein. Daily values: 10% vitamin A, 0% vitamin C, 4% calcium, 6% iron.

peanut butter pie



Pillsbury Refrigerated Pie Crusts
14.1 oz. \$2.88



Sparboe Farms Omega Plus Eggs
12 ct. \$1.99



Coffeemate Coffee Creamer: select varieties 10.2 or 15 oz. \$3.99



Hy-Vee Cooking Oils: canola, vegetable or blended vegetable 48 oz. \$2.98



Keurig Coffee Brewer \$119.99



Keurig Coffee K Cups: select varieties
12 ct. \$7.49



Lucky Leaf Apple or Cherry Pie Filling
21 oz. 2/\$5.00

CANNED PIE FILLING

A 21-ounce can of fruit pie filling contains about $2\frac{1}{3}$ cups of fruit and thickened juice, enough to fill roughly two-thirds of a 9-inch pie plate. For a more plentiful proportion of fruit to crust, use $1\frac{1}{2}$ cans or $3\frac{1}{2}$ cups of filling. To amply fill a 10-inch pie, use 2 cans of filling.

EASY MINI FRIED PIES

Warm flaky crusts enfold a fruity pie filling for a taste that reminds everyone of favorite State Fair foods. The best thing? They're fast, easy to make and finger-friendly.

Serves 8 (1 pie each).

Hy-Vee canola oil

1 (14.1 ounce) package Pillsbury Refrigerated Pie Crusts, at room temperature

1 egg white, lightly beaten

8 tablespoons prepared or canned pie filling, divided

Hy-Vee powdered sugar, optional

Fill a fryer or high-rimmed skillet with at least 2 inches of canola oil. Heat to 375°F.

Unroll packaged piecrusts on a work surface. Using a 4-inch round cutter, cut out 4 rounds from each of the two piecrusts. Discard scraps. Brush the inside edge of each mini crust with egg white. Place 1 tablespoon pie filling on the center of each mini crust. Fold each mini crust in half around the filling and firmly press edges closed, making sure all edges are tightly sealed. Carefully place one mini pie in the oil at a time and fry until golden brown, about 4 minutes. Turn the pies as needed for even browning. Remove pies to a cooling rack over paper towels to drain. Sprinkle with powdered sugar, if desired.

easy mini fried pies

FROM CHEF CURTIS STONE




"I like pie made right. I like a full-butter crust and *I make it pretty indulgent* with plenty of cinnamon, nutmeg and great fruit—whatever is in season."



pumpkin

Hy-Vee Homestyle Pies

When you have the luxury of time, baking a pie is a magical way to stir appetites and memories. But there's not always time for such luxuries. That's why Hy-Vee offers its Homestyle Pies. These delicious treats are just what the name implies: a return to the flavors of home. Whether you want a slice of apple, blueberry, cherry, peach, pumpkin, pineapple upside-down, Southern pecan or caramel-apple-walnut, Hy-Vee bakers are ready with a pie of pure pleasure. Each has all the qualities you love in a homemade dessert, including a delicious golden crust and sweet, fresh fillings. Stop by the store and pick up one today.



With a few easy decorating tricks, you can turn your home into a macabre setting for a Halloween party. Use our recipes and project patterns to create ghoulish snacks and take-home treats that guests of all ages will love.

TEXT CARA COREY

PHOTOGRAPHY ADAM ALBRIGHT

AND ANDY LYONS

Fright Night Party

Drama is the key ingredient for making Halloween parties frightfully fun for kids and adults. Imagine walking into a mad scientist's laboratory filled with cobwebs, mysterious objects under glass and strange specimens on display. It's scary, but also exciting to discover what lurks in here.

Create an eerie scene in your dining room, kitchen, basement or garage using things you have around the house or found at a flea market. Add a spooktacular offering of fun and healthful foods that will have your guests shrieking with delight.

PROPPED UP

It takes only a few big props to set the stage for a magical table that will transform the average gathering into something guests will rave about for days. A couple of old windows, granny's cast-off trunk and a vintage chair and typewriter inspired this party's dilapidated lab theme. Let the items you find inspire a laboratory, haunted house, creepy dining room, graveyard or other wickedly fun party theme. Cover the serving table with black fabric or sheets, hang scrim or gauzy fabric dyed black or gray for ratty curtains and add a dastardly dose of fake cobwebs and nasty looking vermin from the party store to ramp up the fear factor.

Stacks of old books (age the pages with tea) can hold glass containers and tarnished silver trays of food at varying heights. Add a creepy centerpiece with an arrangement of dead branches, using a garden urn filled with gravel to hold a few cuttings from fall tree pruning.

For project instructions and patterns,
go to: www.Hy-Vee.com/seasons

Leave the branches as is or spray them black. Cover the rock with Spanish moss. Decorate the tree with popcorn- and candy-filled cones and boxes. Embellish apothecary jars and food coasters with specimen labels. Paper projects are easy to make with the patterns available on the website at www.hy-vee.com/seasons.

Lighting helps set the mood, so dim the overhead or ambient lights and go for directed task lights instead. Use mini spotlights, flashlights or battery-operated candles to draw attention to a few special objects, such as a skull or bat.

SPINE-TINGLING TREATS

Keep your ghosts and goblins satisfied with a spread of yummy and healthy Halloween-themed treats. Serve veggies resembling body parts, dried fruit fashioned as bugs and everybody's favorite, macaroni-and-cheese with Wimmer's Little Smokies made to look like tasty little worms. Fun treats include popcorn and candy. The SodaStream Home Soda Maker is a lively addition to the party that lets everyone create favorite drinks.

For dessert, serve cake pops dipped in melted candy coating and colorfully decorated to resemble ghosts and witches. The pops are stuck into a gnarly hill, made from a piece of foam covered with sprouts sprinkled with a little soy sauce.

Take-home favors carry the Halloween party theme with bug-motif boxes of M&M's candy and fancy wraps for Planters nut bars.

CAKE POP DECORATING INSTRUCTIONS

These delightful little monsters are easy to make with a fudge brownie mix and candy coatings. Use your imagination and come up with your own little ghoulies.

Prepare fudge brownies according to package instructions. Shape prepared fudge brownies into 1½-inch balls. Chill until firm or freeze. Insert a 6-inch cookie stick into chilled balls.

For ghosts, support a cookie rack about 6 inches above countertop. Cover with

parchment paper. Dip chilled balls into melted white candy coating. Allow excess to drip off. Insert stick end through parchment paper, allowing the dipped balls to rest on the parchment. When candy coating has set up, decorate faces with melted chocolate candy coating placed in a disposable decorating bag or resealable plastic bag.

For cats, dip chilled balls into melted chocolate candy coating. Insert the sticks into a piece of foam plastic or floral foam and let chocolate set up. Attach ears (chocolate-dipped mini M&M's) and eyes (halved M&M's)

with more melted chocolate. Attach slivers of black licorice for whiskers and a red Hershey's Kissable or quartered mini M&M for the nose.

For witches, dip chilled balls into green melted candy coating (or green and yellow). For hair, attach long slivers of black licorice. For hats, separate a few Oreo cookies and discard filling. Attach a cookie to top of ball with some melted candy coating. Add a dark chocolate Kiss on top of cookie. Decorate faces with mini M&M's and piped melted chocolate coating.





It's easy to recreate the projects from our Gothic Halloween spread at home, using patterns available at www.hy-vee.com/seasons. For each project, print the patterns onto white heavy paper, cut them out and assemble them before your party.

Popcorn Cones Roll spiderweb-patterned paper cones, add a string hanger and line them with black tissue paper to hold popcorn and jelly beans.

Bug Boxes Print and fold these creepy-crawly treat boxes for guests to take home. Each box measures $1\frac{3}{4} \times 1\frac{1}{2} \times 3\frac{1}{2}$ inches, just big enough to hold a handful of candies or a fun-size candy bar.

Specimen Papers Once you've printed labels for each candy bug specimen, you can stain them with tea and burn the edges for an antiques look.

Jar Labels Give each container of veggies a cheeky label, calling them shrunken brains, broken fingers and bloodshot eyeballs.

Apothecary Jars Fill glass jars in various shapes and sizes with carrots, cherry tomatoes and cauliflower for dipping. Labels for the jars can be printed at www.hy-vee.com/seasons. For the dip cups, cut the top portion off a paper cup then use decorative shears to edge the top. Fill each with one of your favorite prepared dips.

Edible Specimens Use dried fruits, nuts and licorice to create flies, spiders, butterflies and other insects, coating them with melted dark and colored white chocolate to create heads and bodies. Attach body parts with a small amount of chocolate then allow to dry for an hour. Place on printed specimen papers.

Wormy Mac This tasty snack will surely make your guests squirm. Make boxed mac and cheese. Slice party-size sausages lengthwise and boil in water. Serve in paper cups and let the worms slither on top of creamy mac and cheese.



Hy-Vee Dried Fruits:
selected varieties
6 oz. \$1.69



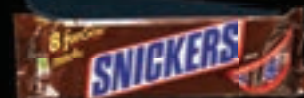
Wimmer's Big 'N Meaty or Big 'N Cheesy Summer Sausage 20 oz. \$4.48

Wimmer's Little Smokies: select varieties 14 or 16 oz. 2/\$5.00



M&M's Stand Up Bag:
select varieties
30 to 42 oz. \$8.98

Mars Fun Size Bars: select
varieties 8 pk. 4/\$5.00



Creepy Candy Boxes

At the end of the party, give your guests something sweet to take home in these petite bug-covered boxes. Print the boxes from our online pattern, fold into shape and fill with colorful M&M's or fun-size candy bars.



Kraft Soft Philadelphia Cream Cheese:
select varieties 8 oz. \$2.28



Oscar Mayer Deli Fresh Lunchmeat
Family Size: select varieties 16 oz. \$5.49



Nabisco Snack Crackers : select varieties
12 to 16 oz. \$3.99



Kraft Miracle Whip or Mayo: select
varieties 22 oz. \$2.99



Claussen Pickles: select varieties
20 to 32 oz. 2/\$5.00



Planters Peanuts: select varieties
10 to 12.5 oz. \$2.49



Crystal Light: select varieties 8 qt. or
On the Go 10 pks. \$2.38

Frightful Treats

Kraft Planters nut bars make a great protein-rich treat for party guests. Continue the Fright Night theme by creating these simple candy wrappers. You'll find detailed instructions for the wrappers at www.hy-vee.com/seasons.



Snackwells or Planters
Bars: select varieties
6.10 to 8.10 oz. 2/\$5.00



Help Kraft Foods donate 25 million meals to Feeding America®

'Like' us at [Facebook.com/KraftFightHunger](https://www.facebook.com/KraftFightHunger) and Kraft Foods will donate
one meal to your local Feeding America food bank:

*Kraft Foods will donate up to 4,000,000 meals via online and mobile activities as part of our goal of providing 25 million meals. The monetary equivalent of meals will be donated. \$0.14 equals one meal secured by Feeding America on behalf of local food banks. © 2011 Kraft Foods

SodaStream

There's a new way to enjoy a cold soda—the SodaStream Home Soda Maker. Instead of keeping space-consuming bottled and canned soda on hand, all you need is the SodaStream tabletop dispenser to make your own flavored soda or sparkling water. Just fill a SodaStream bottle with water, give it a blast of fizz with the touch of a button and add the flavoring you desire. With this system, serve yourself in a flash. SodaStream maker and flavored soda mixes are available at Hy-Vee. You'll like the health benefits, too. This soda contains no high-fructose corn syrup or aspartame. Are you ready for a fizzy refresher?

SodaStream Soda Maker \$79.99

SodaStream Syrup Mix \$4.99



When you're ready to indulge your senses and appeal to your appetite, it's hard to beat the sumptuous tastes of a prime T-bone, tenderloin or ribeye from Amana Beef. That's good eating.

TEXT COURTENAY WOLF
PHOTOGRAPHY ADAM ALBRIGHT

Purely Prime





As Midwesterners, we've had a long love affair with beef. Most of us grew up a short drive from pastures where some of the world's finest cows were raised on lush grasses and rich yellow corn. Dinner often meant sitting down to a succulent steak, a fork-tender roast or smoky barbecued ribs, and we couldn't get enough of that satisfying flavor.

You'll still find beef that good today. It's 100% Natural Amana Beef, raised in the Midwest and hand-selected for quality. These steaks, roasts and other cuts are available exclusively at Hy-Vee.

"With my first bite of Amana Beef, I knew this was the way meat was supposed to taste. I'd never had any beef this good," says chef Anne Cort, who works at the Hy-Vee in Olathe, Kansas. She didn't need her usual sauces to create a rich savory flavor. "Just some good salt and pepper and a simple au jus is all." When she returns home these days to visit relatives in the South, she sometimes takes along Amana Beef. "They just don't have any meat this good."

"We work with some of the Midwest's finest family farmers, including Amana Farms," says John Hagerla, vice

president at PM Beef, the company responsible for processing Amana beef. "These are farmers who take wonderful care of their cattle, making sure they're raised in sustainable ways and given the highest quality corn diets." That care and personal attention translates into a noticeable difference in flavor.

Amana Beef is produced in cooperation with the Amana Society and Amana Farms, located in the Amana Colonies, a national historic landmark in eastern Iowa. This is some of the most beautiful land in the state, with gently rolling hills shaded by woods of Austrian pine, hickory and various fruit trees.

The Amanas are rooted in traditions of faith, hard work and living close to the land. From the 1850s to the 1930s, German settlers of the Society produced all their food and goods. As times changed, the group sought partners with the same commitment to quality and sustainability. "We're proud of our relationship with family farmers here in the Midwest who maintain the high standards Amana is known for," says John Peterson, CEO of the Amana Society.

Add Some Spice

These seasoning blends add layers of flavor to beef. Chef Curtis Stone says, "It's fun to play with rubs and that sort of stuff. You can be so experimental and really tailor what you want for your palate."

1. Steak Seasoning Blend

4 tablespoons salt
1 tablespoon black pepper
1 tablespoon dehydrated onion
1½ teaspoons dried garlic
1½ teaspoons crushed red pepper flakes
1½ teaspoons dried thyme
1½ teaspoons dried rosemary
1½ teaspoons dried fennel

2. Herb Blend

2 tablespoons paprika
1 tablespoon garlic powder
1 tablespoon dried thyme
1 tablespoon dried tarragon
2 teaspoons salt
1 teaspoon ground black pepper

3. Onion Seasoning

4 teaspoons beef bouillon granules
3 tablespoons onion flakes
1 teaspoon onion powder
¼ teaspoon celery salt

4. Peppercorn Blend

5 tablespoons of peppercorns, cracked
5 tablespoons plus two teaspoons of olive oil
1 tablespoon kosher salt

5. Spicy Barbecue Blend

1 teaspoon black peppercorns
½ teaspoon cumin seeds
½ teaspoon dried thyme
½ teaspoon dried marjoram
½ teaspoon cayenne pepper
2 teaspoons paprika
2 teaspoons mustard powder
½ teaspoon salt
1 tablespoon packed brown sugar

In keeping with the Society's high standards, all Amana Beef is USDA Choice or Prime, the highest possible grades. Each cut is among the best available. Hy-Vee chef Jack Craft in Cedar Rapids, Iowa, appreciates the consistent quality. "Amana Beef has the marbling that assures tenderness, without being fatty. That's what I'm looking for—that complex flavor," he says.

While many people have cut back on portion sizes to support better health, chef Anne says that there's no need to cut back on flavor. "In fact, quality becomes even more important when you're eating less," she says. "You want to enjoy that rich aroma and long-lasting meaty flavor in every bite. That's what Amana Beef has."

Anne recommends serving a 4- to 6-ounce Amana filet sizzling hot off the grill, paired with a fresh salad and oven-baked sweet potato fries. This is an easy, healthful meal with plenty of satisfying flavor.

Another fan of Amana Beef is chef and Hy-Vee spokesman Curtis Stone. For the Australian, Amana represents the very best of what he looks for in his own cooking.

"The story behind Amana Beef is a really special one," he says. "The way settlers in the Amanas lived and did their farming—they took great care. That's always the best way. You get out what you put in. The more care and love you put into the ingredients—or the livestock you raise—the more you're going to be rewarded at the other end, when it is served."

Whether cooking or grilling, Curtis offers several pointers. First, proper seasoning of meat is critical for a successful meal.

"I do think that when you have a nice steak, you don't want to overcomplicate it by putting a hundred different spices on it and covering it with a sauce and this and that. Keep it simple," he says.

Salt is the most common ingredient added to beef. But don't use it too early in the process because it will draw moisture out of the meat. If you are using just salt and pepper, limit the drying affect by sprinkling these on just before you begin to cook. Follow this rule also if you are applying a rub to the cut.

Rubs are a good way to enhance flavor, but Curtis limits these to just three or four spices.

"For instance," he says, "we just did a chili-rubbed top sirloin the other night. The rub was just cumin, chili powder and garlic powder, plus the salt and pepper. So it had a little spice to it. You know chili powder and cumin cross over into so many territories that you could go a little Middle Eastern with a steak or do a bit of Indian or even give it a Far Eastern flavor. Great tastes to try."

Curtis believes that mustard is a "match made in heaven" for beef. He also likes to flavor beef with horseradish or an au jus sauce made from the drippings.

Of course, you'll need kitchen tools to prepare your feast. Curtis believes that fewer tools, rather than more, are the way to go.

"The only three tools that you really need are good sharp knives, a nice big chopping board and a decent cookware set."

For knives, he finds that paying for quality is more important than quantity. Instead of purchasing a full knife set of mixed quality, Curtis recommends investing in three good knives—a cook's knife with a big heel for chopping, a small knife for veggie preparation and a long slicer to carve roasts.

He says, "A good knife is really just one you like to use. Get knives that suit the way you cook and you'll be happy with them."

FROM CHEF CURTIS STONE



"When I get a beautiful piece of beef, it's like an oyster to me. It's perfect the way it is. God made it just right. So all you do is add a little salt and pepper, maybe some oil. Then throw it on the grill. It's delicious just like that. Or put a simple rub on it. I grilled an Amana Beef top sirloin like that just yesterday. It was divine."

CHEF CURTIS STONE'S MIDWESTERN CHILI-STUFFED BAKED POTATOES

Cool autumn nights call for hearty meals. This warm spicy chili made with Amana ground beef develops a rich flavor as it simmers. Spoon it over baked potatoes and add favorite toppings.

Serves 8

For chili:

4 cups water

9 dried red California or New Mexico chiles, stems and seeds removed

8 garlic cloves, peeled

4 cups Hy-Vee beef broth

Kosher salt, to taste

2 tablespoons Hy-Vee canola oil

2 pounds Amana 85%-lean ground beef

2½ teaspoons Hy-Vee ground cumin

1½ teaspoons freshly ground Hy-Vee black pepper

½ teaspoon cayenne pepper, optional*

2 white onions, finely diced

1½ cups canned crushed tomatoes

1 tablespoon Grand Selections white wine vinegar

1½ cups canned red kidney beans, drained and rinsed

For potatoes:

about 2 cups kosher salt

8 medium russet potatoes, scrubbed

1 tablespoon Hy-Vee canola oil

Accompaniments: grated white cheddar cheese, chopped green onions, plain Greek yogurt or sour cream, for serving

To make chili:

Bring 4 cups of water to boil in a large saucepan. Remove pan from heat and add dried chiles to water. Weigh down chiles with plate and let soak until chiles soften slightly, about 20 minutes. Remove chiles from water; discard water.

To make chile sauce, combine softened chiles, garlic and beef broth in blender and blend until smooth. Season sauce to taste with salt and set sauce aside.

Heat oil in heavy large pot over high heat. Add ground beef to pot and cook until meat is browned, about 8 minutes. Stir in cumin, black pepper and cayenne pepper (if using it). Add onions and sauté until onions are tender, about 5 minutes.

Stir chile sauce, tomatoes and vinegar into beef mixture. Bring to gentle simmer. Reduce heat to medium-low and simmer gently, uncovered, stirring occasionally until sauce thickens slightly, about 1 hour. Season chili to taste with salt.

Stir beans into chili. Cover and simmer very gently, stirring occasionally, until chili thickens slightly and flavors blend, about 15 minutes. Season chili to taste with salt.

Meanwhile, to bake potatoes:

Preheat oven to 400°F. Spread 2 cups of salt on small baking sheet. Pierce potatoes all over with fork or skewer, and rub potatoes with oil. Set potatoes atop salted baking sheet and sprinkle small amount of salt on potatoes as well.

Bake potatoes until paring knife can be inserted into middle of potatoes without resistance, about 1 hour. Remove potatoes from oven and set aside for 3 minutes.

To serve:

Split potatoes in half lengthwise and crosswise, and gently squeeze open potatoes. Spoon chili into potatoes. Serve with cheese, green onions, and yogurt or sour cream.

*NOTE: Cayenne pepper is very spicy. Use it at your discretion.

Nutrition facts per serving: 560 calories, 18 g fat, 5 g saturated fat, 1 g trans fat, 65 mg cholesterol, 610 mg sodium, 64 g carbohydrates, 12 g fiber, 9 g sugar, 36 g protein. Daily values: 240% vitamin A, 45% vitamin C, 10% calcium, 30% iron.



CHEF ANNE CORT'S EYE OF ROUND ROAST WITH VEGETABLES

Chef Anne recommends pairing a selection of oven-roasted vegetables with a tender Amana eye of round drizzled with pan sauce.

Serves 14 (about 4 ounces each).

**½ pound thin carrots with tops,
tops trimmed**

**1 pound fresh Brussels sprouts,
stem ends trimmed**

**1 pound beets, tops removed, peeled
and quartered**

**8 ounces boiling or pearl onions, trimmed,
peeled and large ones halved**

Grand Selections olive oil

Hy-Vee sea salt

Freshly ground Hy-Vee black pepper

1 (5-pound) Amana eye of round roast

3 tablespoons stone-ground mustard

3 tablespoons Hy-Vee horseradish

½ cup red wine

2 cups Hy-Vee beef stock

Preheat oven to 400°F. Lay carrots, Brussels sprouts, beets and onions in a roasting pan and drizzle with olive oil. Season with salt and pepper. Roast, uncovered, for 25 minutes or until tender. Remove from pan, cover with foil and set aside. While vegetables are roasting, generously season roast with salt and pepper and rub with olive oil. Brown all sides in a large skillet over medium-high heat. Mix mustard and horseradish together to form a paste and brush on all sides of seared roast. Place in roasting pan and roast, uncovered, for 40 minutes or until internal temperature reaches 125°F for rare. For medium rare, cook

10 minutes more or until internal temperature reaches 135°F. Remove roast from pan; cover and let rest 15 minutes before carving.

Meanwhile, add red wine to roasting pan and bring to a boil over medium-high heat. Boil, stirring frequently and scraping up the bits on the bottom of the pan, until wine is reduced by half, about 2 minutes. Stir in beef stock and continue to boil until reduced by half, about 7 minutes. Season to taste with salt and pepper. Arrange roast and vegetables on a serving platter and drizzle with sauce.

Nutrition facts per serving: 240 calories, 4 g fat, 2 g saturated fat, 0 g trans fat, 70 mg cholesterol, 230 mg sodium, 9 g carbohydrates, 2 g fiber, 4 g sugar, 37 g protein. *Daily values:* 50% vitamin C, 45% vitamin A, 4% calcium, 15% iron.

Proctor Silex 1.5 qt
Slow Cookers. Available
in many colors. \$16.99

CREAMY POLENTA

Chef Anne's cheesy polenta is a tasty alternative to mashed potatoes.

Serves 14 (½ cup each).

4 cups hot water

2 cups Hy-Vee half-and-half, warmed

2 cups stone-ground polenta

3 tablespoons Hy-Vee butter, melted

**1 (8 ounce) package Hy-Vee shredded
sharp cheddar cheese**

Hy-Vee sea salt, optional

Freshly ground Hy-Vee black pepper, optional

Stir together water, half-and-half, polenta and butter in a slow cooker. Stir in cheese. Cover and cook on HIGH for 2 hours. Stir mixture well. Cover and continue cooking until thick, about 30 minutes more. Stir mixture well and, if desired, season with salt and pepper. Serve warm. Polenta will thicken upon standing.

Nutrition facts per serving: 200 calories, 12 g fat, 7 g saturated fat, 0 g trans fat, 35 mg cholesterol, 120 mg sodium, 17 g carbohydrates, 1 g fiber, 0 g sugar, 7 g protein. *Daily values:* 8% vitamin A, 0% vitamin C, 15% calcium, 4% iron.

CHEF ANNE CORT

*trained at Johnson
& Wales University
in Charlotte, North
Carolina. She's been a
chef for 25 years.*





CHEF JACK CRAFT
trained at
Western Culinary
Institute in
Portland, Oregon.
He's been a chef
since 1997.



CHEF JACK CRAFT'S HEARTY BEEF STEW

This roast becomes very tender after hours over low heat in a slow cooker. The ale cooks down to a tasty sauce.

Serves 6 (about 1 cup each).

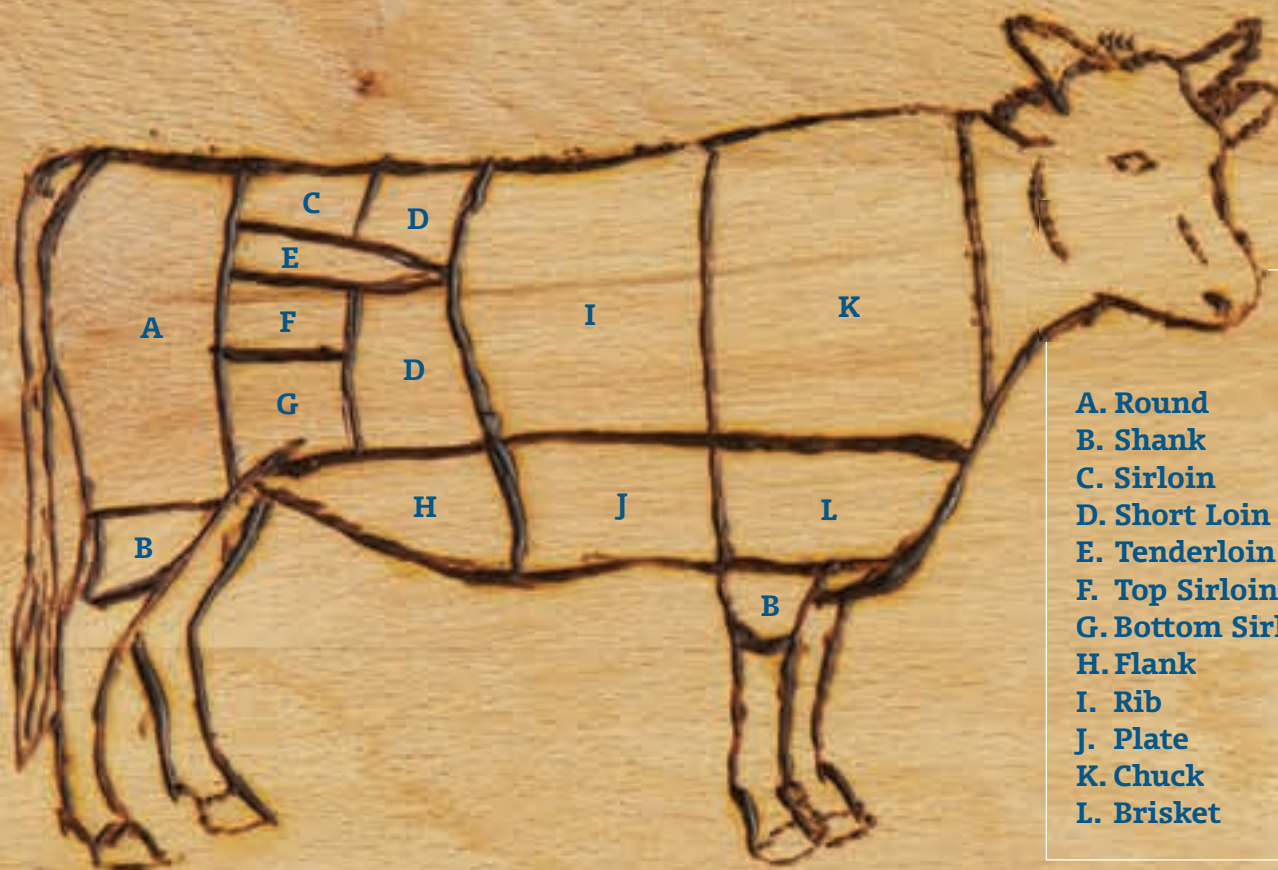
1½ pounds boneless Amana chuck roast,
cut into 1½-inch pieces
1½ tablespoons Hy-Vee all-purpose flour
½ teaspoon Hy-Vee sea salt
¼ teaspoon Hy-Vee ground black pepper
1½ tablespoons Hy-Vee unsalted
butter, divided
2 medium yellow onions, chopped
2 cloves garlic, minced
1½ cups amber ale, such as
Grolsch, divided
1 tablespoon Hy-Vee Dijon mustard
1½ teaspoons packed Hy-Vee light
brown sugar
2 sprigs fresh thyme
1 bay leaf
½ pound new potatoes, quartered

½ pound
carrots, sliced
1 slice day-old
Baking Stone
French bread, cut
into ½-inch cubes
Fresh thyme, for garnish

Toss cubed beef with flour, salt and pepper. Melt 1 tablespoon butter in a large skillet over medium-high heat. Add half the beef and cook, stirring occasionally, until beef is lightly browned on all sides, about 5 minutes. Transfer to a 5-quart slow cooker. Repeat with remaining beef. Lower heat to medium-low and melt remaining ½ tablespoon butter in same pan. Add onions and sauté until golden brown, about 15 minutes. Stir in garlic and ½ cup ale and simmer 3 minutes. Transfer to slow cooker. Stir in remaining ale, mustard, brown sugar, thyme and bay leaf. Cook on LOW for 6 hours.

Stir in potatoes, carrots and bread cubes. Continue cooking on LOW for 2 hours until sauce has thickened and meat and vegetables are tender. Remove bay leaves and thyme sprigs. Garnish with fresh thyme, if desired.

Nutrition facts per serving: 270 calories, 8 g fat, 3.5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 370 mg sodium, 19 g carbohydrates, 2 g fiber, 3 g sugar, 26 g protein. Daily values: 130% vitamin A, 20% vitamin C, 4% calcium, 15% iron.



- A. Round
- B. Shank
- C. Sirloin
- D. Short Loin
- E. Tenderloin
- F. Top Sirloin
- G. Bottom Sirloin
- H. Flank
- I. Rib
- J. Plate
- K. Chuck
- L. Brisket

EASY STEPS TO A DELICIOUS MEAL

One steak has such sublime delicacy, you can cut it with the edge of your fork. But the next cut won't cut. It's tough, requiring some effort. What's the difference? Several factors: the type of cut, the way it was cooked, the time it cooked and whether it was tenderized or marinated. All these factors play a role in determining whether meat slices or resists. To help you understand the rules, Jeff Kernan, shown on *page 42*, is Hy-Vee assistant market manager in Urbandale, Iowa. He offers his insights, tips and tricks for smart selection and skillful cooking.

When purchasing Amana Beef from your Hy-Vee meat specialist, it's important to know your goal for a steak or roast, Jeff says. Do you want the meat cooked to rare, medium-rare, medium, medium-well or well doneness? Let the butcher know your goal and he or she can tell you about how long to cook the cut and what the temperature should be in the center of the meat when you remove it from the heat. "A really nice gift for anybody is a digital fork thermometer," Jeff says. "You just stick it into your steak and it gives you a readout instantly. Then you know the meat is properly cooked."

GAUGING DONENESS

RARE: 120 to 125°F, center is bright red, pinkish toward the exterior portion

MEDIUM-RARE: 130 to 135°F, center is very pink, slightly brown toward the exterior portion

MEDIUM: 140 to 145°F, center is light pink, outer portion is brown

MEDIUM-WELL: 150 to 155°F, not pink

WELL DONE: 160°F and above, steak is uniformly brown throughout

GIVE IT A REST

After grilling a steak or taking a roast from the oven, allow the meat to stand for 10 to 15 minutes before you carve. While the meat is resting, it continues to cook inside. The internal temperature will rise 5 to 20°F during this time, which allows juices to settle inside the beef. When this advice is ignored and meats are cut immediately after removal from the grill, juices flood onto your cutting surface. This results in portions that are dry and less flavorful than if they had rested.

CUT	DESCRIPTION AND TASTE	HOW TO COOK
 Top Round Steak <i>Round (A)</i>	Similar to sirloin, but a little tougher. Needs to be tenderized but slices quite well.	Braise meat or tenderize it before broiling, grilling or stir-frying.
 Eye of Round Roast <i>Round (A)</i>	This is a very lean boneless cut of beef, so some prefer it for health.	Cook with a moist heat process such as braising or slow cooking. Roasting is another way to enjoy this cut.
 Bottom Round Roast <i>Round (A)</i>	This lean economical cut makes a fine stew when cooked at low heat.	May be served as oven roast, but makes a wonderful cut for a braise.
 Bacon-wrapped Sirloin Filet <i>Sirloin (C)</i>	Center-cut sirloin is tender. Bacon adds a smoky flavor while making the steak juicy.	Intended for grilling. There's no need to use many seasonings. Serves up juicy and tender.
 T-Bone Short Loin <i>(D)</i>	From the loin, the bone adds to the full flavor. Cut should be about 1 inch thick.	Rubs, all-purpose seasonings or just salt and pepper are fine. Cook to 135°F center temperature.
 Big T Short Loin <i>(D)</i>	This is a bigger T-bone, up to 1½ inches thick at 25 ounces. Eat it alone or divide it.	Same rules as a regular T-bone. Let this rest for at least 10 minutes before cutting.
 New York Strip Steak <i>Short Loin (D)</i>	A tender cut, this grilling steak is sometimes called a Strip Steak or a Kansas City Strip.	Grill a 1-inch strip steak 10 to 12 minutes or until it reaches desired doneness, turning once.
 Tenderloin <i>Tenderloin (E)</i>	Perhaps the highest quality and most tender of all beef cuts.	Coat with a mustard or herb rub, then grill or roast. It will be so moist, you won't need a sauce.
 Top Sirloin <i>Top Sirloin (F)</i>	This cut is generally tender and produces a tasty steak (when it's not overcooked).	Good for grilling, broiling or skillet-cooking. Apply seasoning to impart wonderful flavor into the steak.
 Ribeye Steak <i>Rib (I)</i>	Every bite of this heavily marbled boneless steak is tender and flavorful. As good as it gets.	Grill in the same manner as a New York Strip steak. Broiling or skillet-cooking are tasty alternatives.
 Rib Roast <i>Rib (I)</i>	For ease of serving, ask the meat specialist to cut along the bones to loosen, then tie bones in place.	Season with a dry rub on fatty side. Place fat side up so rub melts into meat while roasting.
 Boneless Chuck Roast (Pot Roast) <i>Chuck (K)</i>	Ask the meat specialist to tie the roast together. Then your roast will cook more evenly.	Excellent choice for a slow-cooker meal. Heat in beef broth for added flavor.

Bounty of Color

Fresh-picked beauties harvested from the world's produce and flower gardens are charming companions for smile-inducing table and dining room displays. Find the makings for bountiful botanical designs in the produce aisle and floral market at your local Hy-Vee.

TEXT WANDA VENTLING PHOTOGRAPHY LAURIE BLACK



rustic simplicity

This dining room decor entertains the eye today and the palate later. Fill vintage vegetable and fruit baskets with colorful petite potatoes and march the containers down the center of a burlap-sack-dressed table. Make a coordinating sideboard arrangement using aged baking tins and a few hydrangea stems in a water pitcher. The raw spuds will be good for days and can be used for everything from potato soup to a delicious side dish.



Announce the fall harvest with centerpieces filled abundantly with fresh veggies, fruits and flowers. Produce makes beautiful displays anytime of the year, but especially in fall. When decorating budgets are tight, these clever arrangements offer a special benefit: In some cases, the vegetables and fruit can be eaten at meals.

Food safety is important to consider when creating mixed arrangements. A good rule is to never let food and flowers touch if you plan to eat the food. There is an exception: If the flowers are edible and have had no chemical treatments, you should be safe. When in doubt, use separate containers for flowers and food.

Fruit is a beautiful addition to a large floral display. Grapes, apples and pears can be fastened to skewers with floral wire and poked into floral foam, along with flower stems. Always wash the fruit beforehand. Chemicals may have been used on the fruit, and this may harm flowers. When the flowers fade, throw away the entire arrangement, including the fruit.

Baking tins, baskets, bowls and cake plates or glass containers from the floral department all work to show off nature's bounty.

mums the word

Add drama to your pumpkin display with a ring of mums. Place an inverted sturdy bowl or ramekin (to hold the pumpkin out of the water) in the center of a serving tray. Trim water-soaked floral foam to create a ring around the dish. Hold the ring together using skewers poked into foam pieces. Cut mum stems to about 3 or 4 inches and insert into the foam. Cover the foam and place the pumpkin on dish.



Mum Bouquet 18-stem \$20.00

fresh green

(opposite top left) Pack a variety of leaf lettuce—from bright green to burgundy—into a clear salad or flower bowl. Push the cut end of three artichokes into the arrangement. Tie the bowl with luxurious ribbon. To keep the lettuce fresh, store it in the refrigerator until just before guests are seated. Return it to the fridge shortly after the meal for later use.

veggie bright

(opposite top right) Embellish white pillar candles with crisp veggies wrapped with twine. Make this easy by placing a rubber band around the center of the candle. Lift the band up as you go, placing vegetables underneath it. When covered, wrap the outside with twine and tie. Cut the rubber band and remove, trying not to disturb the vegetables.

sweet & sour

(opposite bottom left) Citrus fruits look frosty and beautiful when coated with sugar. Wash the fruit and dip into egg whites. Hold the fruit with one hand over a bowl of sugar and use a small mesh sieve or your fingers to sprinkle sugar evenly over the surface. Place on waxed paper to dry. Use as a centerpiece or to decorate each place setting. Discard lemon later.



Börger Cup

Katie Booth is no ordinary Hy-Vee floral manager. She is now known as a Börger Cup winner, an award she is shown holding here. The award is a national prize given for the best floral display in supermarkets and high-volume florists. Katie, who works in Cherokee, Iowa, won for Best Color Harmony with her winning design, "Paint Your World with Roses." In June, she traveled to the International Floraculture Expo in Miami to accept her cup, made from Orrefors crystal.





Indoor Pelee Mum
6-inch \$10.00

seasonal display

More is often better, as this display of mums demonstrates. We gathered as many 6-inch pots of variegated chrysanthemums as would fit into a tin box. This approach makes a larger impact than if the pots were separated. Adding some recently harvested pumpkins completes the scene.

wildflowers and pears

Design a fresh arrangement for your next event. Mixed wildflowers, a few pears and a laissez-faire design approach will make this rewarding project fun. Remember: It doesn't have to be perfect!

HOW-TO INSTRUCTIONS

Materials

- Footed container
- Floral foam
- Floral tape
- 1 package skewers
- 3 wildflower bouquets
- 5 to 7 pears

1. Place dry floral foam in a sink or cake pan and cover it with cool water. Let it soak, flipping if needed, until the foam is saturated with water. Trim floral foam with a knife to fit it snugly into the container. Depending on the container size, this may require one or more blocks of foam. Place strips of floral tape over the floral foam to secure to the container.
2. Place three large flowers, such as sunflowers, in the foam to form a triangle. Note: When making a two-sided arrangement, use two additional sunflowers to form a triangle on the back side.
3. Fill in around the sunflowers with other flowers. Start with large or sturdy flowers and progress to small or fragile blooms to create a pleasing arrangement.
4. Push one or two skewers into each pear. Push the skewered pears into the arrangement.



A bounty of hydrangeas, sunflowers, roses, bells of Ireland, mums and snapdragons create a lush bed for green pears.



Wildflower Bouquet \$25.00






TEAM TAILGATE

You've been waiting all year. It's time to break out the team colors, pack up the grill and get there early for the best parking spot. College football season is here and it's time to tailgate.

TEXT WANDA VENTLING AND JOY TAYLOR PHOTOGRAPHY TOBIN BENNETT



Come fall when early morning frost chills the bones, the diehards—guys and gals who rise before dawn without complaint—set up tents and trailers, grills and big screens in stadium parking lots across the Midwest. The heat is on. Flags fly, fight songs blast and grills blaze. These are the places where fans fuel up to cheer on a few fearless men as they clash bodies for the glory of a win.

THE BIG GAME

This year a new rivalry begins. The University of Nebraska and the University of Iowa will go head-to-head in a much-anticipated Big Ten Conference game dubbed, “The Hy-Vee Heroes Game.” The newest trophy-game matchup, sponsored by Hy-Vee, will benefit nonprofit organizations in the Heartland.

“With the Heroes Game, Hy-Vee has a truly unique opportunity to sponsor two legendary football programs and what we believe will be the new classic post-Thanksgiving rivalry game,” Hy-Vee President and COO Randy Edeker said. “We also have the opportunity to use this great new rivalry to recognize some incredible people doing incredible good throughout the Heartland.”

The first Hy-Vee Heroes Game between Iowa and Nebraska on Friday, November 25, at Memorial Stadium in Lincoln will be televised nationally by ABC. In advance of the game, fans of each school will be encouraged to nominate everyday citizens

of Iowa and Nebraska who deserve to be honored for extraordinary acts of heroism. One citizen-hero from each state will be invited to attend the game as a special guest of the teams, receive on-field recognition and have his or her name inscribed on the game trophy.

Whether you're cheering for a Big Ten or Big 12 team, your favorite high school or pee-wee game, Hy-Vee can help build a spread that will make every game day a winner.

TAILGATING: FOOTBALL FUEL

Early morning risers warm up with breakfast bagels made fresh in the parking lot. The eggs are cooked in a large-size muffin tin sprayed with cooking spray. Place the tin on the grill and crack open the eggs. The sausages and bagels can be placed directly on the grate.

During the countdown to game time, the go-to foods are meat, cheese, vegetable and fruit trays from the Hy-Vee deli. You can find all the favorites, including saucy ribs and hot wings. Check out www.hy-vee.com to order or call your local Hy-Vee.

Round out the feast with a trio of meatballs—turkey, ham and beef—and companion sauces, [pages 62–63](#), little smokies in KC Masterpiece BBQ Sauce, [page 60](#), and an eye-popping sub sandwich with Creamy Horseradish Sauce, [page 65](#). This spread will satisfy even the most famished fans.



KC Masterpiece BBQ Sauce:
select varieties 18 oz. 2/\$3.00



DELI IS DELICIOUS

Here's prime tailgating fare: a tasty sandwich that's easy to manage. The main ingredients are Premium Sliced Deli Meats. Make them turkey, ham and roast beef. All are winners.



Land O' Frost Premium
Sliced Lunchmeats:
select varieties
10 to 16 oz. \$3.99



Land O' Frost Bistro
Favorites Sliced
Lunchmeats: select
varieties 6 oz. \$2.59

COUNT ON SPECIAL TEAMS

Huddle with your Hy-Vee deli and catering department for a mealtime game plan that lets you focus on the fun. Sure crowd-pleasers are an assortment of deli trays, ready-made salads, chips and salsa and the makings for a super sub sandwich featuring Hy-Vee deli meats and cheeses.

For food you make at home, there's no need to stress on prep the day of the game: Bake turkey—or beef or ham—meatballs the night before. For the trip to the stadium, seal meatballs tightly in plastic containers. As game time gets closer, rewarm the meat on a portable grill or if you have one, an RV's microwave oven.

The sauces can also be prepared at home, but it's best to serve the two hot sauces from slow cookers and the cold sauce set in a larger bowl of ice on-site. Use colorful little slow cookers, available at Hy-Vee in several colors, for the sauces and little smokies. And don't forget tailgating essentials: plenty of hot and cold drinks, salty and sweet snacks, trash bags, a team-colored tablecloth (look for team logo products at select Hy-Vees), plates, napkins, plastic ware, ice, coolers, grills and serve ware.

FROM CHEF CURTIS STONE

"Tailgating is a new part of America that I've discovered quite recently. You do it right in the States. *Absolutely tailor-made.* Just park your car and eat right there. Brilliant!"



EARLY BIRD SPECIAL

Tailgating success begins by claiming a good parking spot for your party. So arrive early. Once you set up camp, enjoy this pregame Sunrise Breakfast, made with Sara Lee bagels and Jimmy Dean sausage. All you need to add are cheese and eggs.



Sara Lee Deluxe Bagels: select varieties 20 oz. 2/\$5.00



Ball Park Meat Franks: select varieties 12.8, 14 or 16 oz. 2/\$5.00



Hillshire Farm Smoked Sausage: select varieties 13.5, 14 or 16 oz. \$2.99



Jimmy Dean Breakfast Sausage or Bacon: select varieties 2.2 to 16 oz. \$2.99



State Fair Corn Dogs: select varieties 8.13 to 16 oz. 2/\$5.00



Sara Lee Natural 100% Whole Wheat or 100% Multi-Grain Bread 24 oz. 2/\$5.00



Sara Lee Deli Split Rolls 16 oz. or Large White Hamburger Buns 21 oz. 2/\$5.00



Sara Lee Delightful Hamburger or Hot Dog Wheat Buns 12 oz. 2/\$5.00

HAM BALL SAUCE

Take the home field advantage with this tangy traditional favorite.

Serves 12 (2 tablespoons each).

1 (10.75 ounce) can Hy-Vee tomato soup
1 cup packed Hy-Vee brown sugar
½ cup Hy-Vee cider vinegar
1 teaspoon Hy-Vee ground mustard

In a small saucepan, stir all ingredients together. Simmer over medium heat until sauce thickens slightly. For tailgating, sauce can be prepared ahead of time and placed in a slow cooker to stay warm.

Nutrition facts per serving: 90 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 105 mg sodium, 22 g carbohydrates, 0 g fiber, 20 g sugar, 0 g protein. Daily values: 2% vitamin A, 6% vitamin C, 2% calcium, 2% iron.

EASY MARINARA SAUCE

Garden-fresh flavors make this hearty sauce a perfect pair for Italian Beef Meatballs.

Serves 12 (2 tablespoons each).

1 small onion, chopped (about ½ cup)
⅓ cup chopped green bell pepper
1 tablespoon Grand Selections olive oil
1 (14.5 ounce) can Hy-Vee petite diced tomatoes with garlic and olive oil
2 tablespoons Hy-Vee tomato paste
2 tablespoons chopped fresh basil

In a small saucepan, cook the onion and bell pepper in olive oil over medium heat about 8 minutes or until tender. Add the undrained tomatoes and tomato paste. Simmer, uncovered, about 10 minutes. Stir in basil before serving. For tailgating, sauce can be prepared ahead of time and placed in a slow cooker to stay warm.

Nutrition facts per serving: 20 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 105 mg sodium, 3 g carbohydrates, 0 g fiber, 2 g sugar, 0 g protein. Daily values: 4% vitamin A, 8% vitamin C, 0% calcium, 2% iron.

TZATZIKI SAUCE

A refreshing yogurt sauce adds the finishing touch to Greek Turkey Meatballs.

Serves 12 (2 tablespoons each).

1 medium cucumber, peeled, seeded and chopped
1 (6 ounce) container Hy-Vee low-fat plain yogurt
2 teaspoons chopped fresh mint leaves
1½ teaspoons Grand Selections olive oil
1 clove garlic, minced
2 teaspoons fresh lemon juice
Hy-Vee salt, optional
Freshly ground Hy-Vee black pepper, optional

In a nonmetal bowl, mix together cucumber, yogurt, mint, olive oil, garlic and lemon juice. Season with salt and pepper, if desired. Blend well. Cover and chill until ready to serve.

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



Proctor Silex 1.5 qt
Slow Cookers. Available in
many colors. \$16.99



HAM BALLS

Create your own fan club with these easy-to-prepare ham balls.

Serves 6 (4 ham balls each).

- 1 Hy-Vee large egg
- 1 cup graham cracker crumbs
- ½ cup Hy-Vee 2% milk
- ¾ pound ground ham
- 6 ounces ground pork
- 6 ounces lean ground beef

Heat oven to 350°F. In a medium bowl, combine eggs, cracker crumbs and milk. Add ground meats and mix well. Shape into 24 meatballs, about 1½ inches in size. Place on broiler pan and bake for 20 minutes or until internal temperature reaches 160°F. For tailgating, skewer cooked meatballs ahead of time and reheat on grill.

Nutrition facts per serving: 280 calories, 15 g fat, 6 g saturated fat, 0 g trans fat, 100 mg cholesterol, 820 mg sodium, 14 g carbohydrates, 0 g fiber, 7 g sugar, 20 g protein. Daily values: 2% vitamin A, 0% vitamin C, 4% calcium, 8% iron.

ITALIAN BEEF MEATBALLS

Tailgate like a pro with cheesy Italian meatballs topped with Easy Marinara Sauce.

Serves 6 (4 meatballs each).

- 2 Hy-Vee large eggs
- ¼ cup dry Hy-Vee whole wheat bread crumbs
- ¼ cup chopped fresh basil
- ¼ cup Hy-Vee finely shredded Italian blend cheese
- ¼ cup finely chopped onion
- ¼ teaspoon kosher salt
- ¼ teaspoon Hy-Vee ground black pepper
- 1 pound lean ground beef

Heat oven to 350°F. In a medium bowl, combine eggs, bread crumbs, basil, cheese, onion, salt and pepper. Add ground beef and mix well. Shape into 24 meatballs, about 1½ inches in size. Place on a broiler pan and bake for 20 minutes or until internal temperature reaches 160°F. For tailgating, skewer cooked meatballs ahead of time and reheat on the grill.

Nutrition facts per serving: 160 calories, 7 g fat, 3 g saturated fat, 0 g trans fat, 110 mg cholesterol, 310 mg sodium, 4 g carbohydrates, 0 g fiber, 1 g sugar, 19 g protein. Daily values: 4% vitamin A, 2% vitamin C, 6% calcium, 10% iron.

GREEK TURKEY MEATBALLS

If your team loves gyros, they'll love these. Top them with Tzatziki Sauce for an authentic Greek taste.

Serves 6 (4 meatballs each).

- 1 Hy-Vee large egg
- 1 cup Hy-Vee whole wheat bread crumbs
- 1 teaspoon Hy-Vee paprika
- ½ teaspoon Hy-Vee oregano
- ½ teaspoon Hy-Vee thyme
- ½ teaspoon Hy-Vee ground black pepper
- 1 pound 93%-lean ground turkey (not ground turkey breast)

Heat oven to 350°F. Combine egg, bread crumbs, paprika, oregano, thyme and pepper in a large bowl. Add ground turkey and mix well. Shape into 24 meatballs, about 1½ inches in size. Place on a broiler pan and bake for 20 minutes or until internal temperature is 160°F. For tailgating, skewer cooked meatballs ahead of time and reheat on the grill.

Nutrition facts per serving: 200 calories, 7 g fat, 2 g saturated fat, 0 g trans fat, 85 mg cholesterol, 250 mg sodium, 13 g carbohydrates, 2 g fiber, 1 g sugar, 19 g protein. Daily values: 4% vitamin A, 0% vitamin C, 6% calcium, 15% iron.

It's THE BIG DOG

The big story here is the Bar S Jumbo Jumbos Frank—"big" being the critical word. Of course, there are other words, too. Like mouthwatering and juicy.



Bar-S Jumbo Jumbos Franks
80 oz. \$6.99

Carl Buddig Deli Cuts: select
varieties 3 or 4 oz. 10/\$10.00

Tennessee Pride Biscuits: select
varieties 14.7, 16.3 or 19.2 oz
\$4.99

Buddig Deli Cuts: select varieties
16 oz. \$3.99

PIZZA BITES

Looking for a quick hit of yummy? This is it. The pepperoni pizza-flavor Hot Pocket warms you up and makes the day better. Each bite is filled with a saucy goodness that will leave you smiling.



Hot Pockets Sandwiches:
select varieties 12, 13 or
14 ct. \$10.99



Lean Cuisine Market
Creations, Classics, or
Casual Eating: select
varieties 6 to 10.5 oz.
4/\$11.00



Lean Cuisine Simple
Favorites: select
varieties 5 to 11.5 oz.
4/\$9.00

PINWHEEL SNACKS

With DiLusso deli meats and cheeses from Hy-Vee plus lettuce and a tortilla wrap, you can roll and cut up snacks in a hurry.

DiLusso Deli Colby, Colby Jack or Provelone Cheese per lb. \$5.99

DiLusso Deli Deluxe Deli Ham per lb. \$5.99

DiLusso Deli Hard and Genoa Salami, Pepperoni per lb. \$6.49



BAKING STONE SUPER SUB



This is no ordinary sub sandwich. It's a super sub! Four loaves of Honey Whole Grain and Seed Batard were set end-to-end to build a sandwich nearly four feet long. We piled high the deli meats, cheese, lettuce, tomatoes, bell peppers and onions. Then we slathered the whole thing with tangy horseradish sauce. You don't get much more super.

CREAMY HORSERADISH SAUCE

We loaded our endless sub with plenty of fresh tastes. Horseradish will really wake them up.

Serves 8 (2 tablespoons each).

¼ cup whipping cream, chilled

⅓ cup Hy-Vee light mayonnaise

3 tablespoons Hy-Vee prepared horseradish

1 tablespoon minced fresh chives

½ teaspoon Hy-Vee salt

⅛ teaspoon Hy-Vee ground black pepper

In a small mixing bowl, beat the cream with an electric mixer on medium speed until cream is thick with soft peaks. Fold in mayonnaise, horseradish, chives, salt and pepper. Serve immediately or cover and chill up to 24 hours. If held overnight, stir before serving.

Nutrition facts per serving: 50 calories, 5 g fat, 2 g saturated fat, 0 g trans fat, 15 mg cholesterol, 290 mg sodium, 1 g carbohydrates, 0 g fiber, 0 g sugar, 0 g protein. Daily values: 2% vitamin A, 0% vitamin C, 0% calcium, 0% iron.



Daisy Sour Cream: regular or light
16 oz. \$2.19



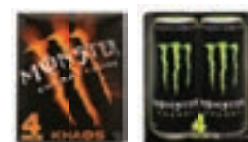
Naked Juice: select varieties
15.2 oz. \$2.49



Hefty Foam Plates or Bowls: select varieties 16 to 50 ct. 2/\$4.00



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



Monster Energy Drinks: select varieties
4 pk. \$5.99



Red Baron Frozen Pizza: select varieties
14.76 to 22.63 oz. 3/\$10.00



Farmland Smoked Rope Sausage:
select varieties 14 or 16 oz. \$2.99



Fast Classics Breaded Tenders, Strips
or Wings: select varieties
20 to 28 oz. \$6.99



RO★TEL: select varieties 10 oz. \$1.18



Healthy Choice Soups: select varieties
14 or 15 oz. \$0.99



Healthy Choice Complete Selections or
Cafe Steamers: select varieties
9.5 to 12.5 oz. \$2.77



Healthy Choice Lunch Steamers, All
Natural or Select Entrees: select varieties
8 to 9.9 oz. 2/\$5.00



Manwich 15.5 oz. \$0.99



Egg Beaters: select varieties
15 or 16 oz. \$2.18



Fleischmann's Sticks 1 lb. and
Fleischmann's Sticks and Bowls:
select varieties 11.4 to 16 oz. \$1.28



Swiss Miss Pudding: select varieties
6 pk. 2/\$4.00



FAMOUS QUESO

PREP IN 10 MINUTES. SERVES 20

1 can (10 oz.) **RO★TEL**® Original Diced
Tomatoes & Green Chilies, undrained
1 pkg (16 oz.) **Velveeta**® Pasteurized
Prepared Cheese Product, cut into cubes

Combine undrained tomatoes and cheese in medium saucepan.
Cook over medium heat 5 minutes or until cheese is completely
melted and mixture is well blended, stirring frequently. Serve
warm as a dip with tortilla chips or crackers.



BIG FLAVORS.



SLIDER PULL-APARTS

PREP IN 15 MINUTES. SERVES 6

1 pound ground sirloin beef
1 can (15.5 oz.) **Manwich**®
Original Sloppy Joe Sauce
1 pkg (12 oz.) Hawaiian
dinner rolls (in tray)

Cook beef in large skillet over medium-high heat about 7 minutes or until crumbled and no longer pink, stirring occasionally; drain. Stir in sauce; heat through. Remove attached rolls from package; do NOT separate. Cut in half horizontally leaving bottom half slightly thicker than top half. Spread beef mixture evenly over bottom of rolls. Place top of rolls over beef. Place on serving platter. Have fun pulling sliders apart following roll indentations or cut apart using serrated knife.

BEEFY CHILI SKILLET WITH

PREP IN 15 MINUTES. SERVES 6



1 pound ground sirloin beef (90% lean)
2 cans (15 oz. each) **Wolf®** Brand Chili
with Beans
1 can (14.5 oz.) **Hunt's®** Diced
Tomatoes, undrained

Cook beef in large skillet over medium-high heat until crumbled and no longer pink, stirring occasionally; drain. Stir in chili and undrained tomatoes. Reduce heat to low; simmer 5 to 7 minutes or until hot, stirring occasionally.



LITTLE TIME.



Banquet Boxed Chicken: select varieties
12 to 15 oz. \$2.28



Banquet Family Entrees: select varieties
24.25 to 28 oz. \$2.18



Marie Callender's Pies: select varieties
28 to 46 oz. \$5.99



Orville Redenbacher's Microwave
Popcorn: select varieties 6 to 10 pk.
2/\$4.00



Crunch 'n Munch 4 oz. 3/\$3.00



Wolf Brand Chili: select varieties 15 oz.
2/\$3.00



Hunt's Stewed or Diced Tomatoes:
select varieties 14.5 oz. \$1.18



Hunt's Tomato Sauce: select varieties
8 oz. 3/\$1.00

Body Language

Toned & trim with Tonalin®

Is your body trying to tell you something? As we age, our bodies lose muscle and gain fat. You can fight back naturally, with safe, effective Tonalin® CLA. Tonalin® is clinically proven to reduce body fat by up to 10%. It can increase muscle mass and enhance your body shaping results ... to help you stay leaner, longer. For that trim, healthy feeling, try Tonalin® – your body will thank you!

Available where quality supplements and healthy foods are sold, or online at www.tonalin.com



Tonalin®

For reducing body fat

www.tonalin.com

*Tonalin® CLA (conjugated linoleic acid). This product is to be used in conjunction with a healthy calorie reduction and exercise program. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. If you are pregnant, plan to become pregnant, or lactating, please consult a health care professional before taking this or any other dietary supplement. ©2011 All Rights Reserved. Tonalin® CLA (conjugated linoleic acid) is an exclusively licensed product of Cognis Group.

The breakfast bar has been raised.

★ NEW ★



The great taste of IHOP® is finally available in your own kitchen. Including Omelet Crispers™, French Toast Stuffed Pastries™ and Griddle n' Sausage Wraps™. It's the delicious goodness of IHOP®, home at last.



★★★★★ **Save \$1.00** ★★★★★
on any IHOP at Home™ frozen breakfast item

RETAILER: We will reimburse you face value plus \$0.08 handling on the specified products only. Invoices providing proof of purchase of sufficient stocks of couponed merchandise must be shown on request. Coupon may not be assigned, transferred or reproduced. Coupon is void where prohibited, taxed or restricted by law. Cash value 1/100 of one cent. Coupons also refused if not submitted through agencies or clearinghouses approved by us. For prompt payment of this coupon, please send to the following Golden County Foods, CMS Dept. 43002, 1 Fawcett Dr. Del Rio, TX 78840.

CONSUMER: One coupon per purchase only on product(s) indicated, any other use constitutes fraud. Void if reproduced, altered or expired. Do not transfer. Consumer must pay sales tax.
expires: 2/24/12

IHOPatHome.com



0743002-110222



• **Look for it in your grocer's freezer •**

IHOPatHome.com

Hy-Vee seasons hy-vee.com

Pets Bring Health and Happiness

Pets Lower Blood Pressure, Reduce Stress
and Make Us Happier

Pet owners live long, healthy, happy lives.

Whether our pets are big and sloppy, tiny and skittish, noble or ornery, shy or zealous, they carve out a huge place in our lives. Studies suggest that pet owners' blood pressure, cholesterol and even triglyceride levels are generally lower than those of people who do not own pets. Pet owners tend to recover from illnesses faster. Pet owners seem to experience less stress. Pet owners in general are less likely to need to visit a doctor or take medications.

Australia, a country that has more pets than any other in the world, claims that cats and dogs saved their national health expenditure an estimated \$3.86 billion. Aside from the medical benefits, pet owners are happier, less lonely, and more content.

What is it about pets that make our lives so much better? Perhaps it's in their ability to bring us balance and a level of intimacy we may not otherwise have.

Balance? Yes. If you are not a terribly "driven" person, who would otherwise be a confirmed couch potato, your dog or cat is probably getting you off the couch and on your feet. Your pet's invitation to play is hard to resist. Your dog may enthusiastically request a walk, or at least to go outside.

If you are over-scheduled and too busy to breathe, when your dog or cat asks to be petted and loved, it will cause you to take a moment to slow down and enjoy life – as often as possible.

If you are extremely neat and tidy, your pet will teach you that having an immaculate house may not be as important (or obtainable) as you once thought.

If you are shy, your pet will help you meet people and talk to them.

If you are used to caring only for yourself, your pet will show you how fulfilling it is to care for someone else.

If you tend to feel useless or worthless, your pet will show you how important you are.

If you tend to believe you are king or queen of the universe, your pet will bring you the humility you need to come back down to earth, usually as you clean up after him.

Intimacy? Definitely. We are able to have a relationship with our pets that is nearly impossible with other humans. We can talk to them anytime, about anything. We can just be with them, stroking their fur, communicating our feelings in our own way, with or without words. Our pets understand our moods, comfort our sorrows, and never judge us. And unlike our human friends, our pets never outgrow us, never tire of us, and never disappoint us.

No matter how badly you feel about yourself, your pet always thinks you are the best thing on two legs, and is always thrilled to see you. What can make your life better than that?

Visit your local Hy-Vee for great prices on all your petcare needs.

1. Beggin' Strips: select varieties
6 oz. \$2.99
2. Purina Cat Chow: select varieties 13 or 17.6 lb.
\$11.00
3. Purina Dog Chow: select varieties
17.6 to 22 lb. \$10.00



MANUFACTURER'S COUPON EXPIRES 11/30/11

Save \$2

on one (1) 17.6lb or larger bag of Purina® Active Senior 7+ Proactive Nutrition for Your Mature Dog, Purina® Little Bites Big Nutrition & Taste, or Purina® Healthy Morsels™ Soft & Crunchy Bites

007243 

CONSUMER: Required purchase necessary. Coupon may not be copied or transferred. No other coupon may be used to purchase the same package(s). Fraudulent submission or receipt could result in legal action or prosecution under federal mail and/or computer fraud statutes. **RETAILER:** Nestlé Purina PetCare Company, CMS, Dept. #17800, 1 Fawcett Drive, Del Rio, TX 78840 will redeem this coupon per our Coupon Redemption Policy, available upon request (in the case of free goods, shelf price). Consumer must pay sales tax. **GOOD ONLY IN USA, APOs, FPOs.** Void where prohibited. Cash value: 1/20¢. Trademarks owned by Société des Produits Nestlé S.A., Vevey, Switzerland. Printed in U.S.A.



Pharmacy

MEET THE PEOPLE WHO MAKE THE DIFFERENCE

We're here to help you.

The friendly staff at your local Hy-Vee Pharmacy is always ready to help you with your medical needs. We can fill your prescriptions, give flu shots, answer questions about medications you take, offer guidance in selection of over-the-counter drugs, help you keep prescription costs under control and many other services. For information, check with us at your local Hy-Vee Pharmacy or go to www.hy-vee.com.



READY FOR THE DAY

With places to go and people to see, you have to look and feel your best. Let Suave personal care products for women and men help you make a great impression every time. Suave offers professional-quality shampoos, washes and other items in such fragrances as tropical coconut and ocean breeze.



Suave Hand & Body Lotion:
select varieties 18 oz. \$2.49

Suave Antiperspirant or Deodorant:
select varieties 2.6 oz. \$1.68

Suave Body Wash: select varieties
12 oz. \$1.68

Suave Shampoo or Conditioner:
select varieties 22.5 oz. 2/\$3.00

Next Issue

HOLIDAY

That chill in the air signals that the Holiday season will soon be here with its family gatherings, parties and sumptuous meals. The next issue of *Hy-Vee Seasons* offers a host of party and decorating ideas to take you from Thanksgiving through New Year's Day, along with helpful insights from Chef Curtis Stone. For home delivery, visit www.hy-vee.com/seasons.

BUTTERBALL

**TRADITIONAL
TURKEY DINNER**
\$59.95

**Serves 8 - only \$7.49 per person.
Choose up to three family-size
dishes or pies.**

Allow up to two hours of reheating time.
Family-size side dishes serve 8 to 12.

**ORDER
ONLINE**



STEAMSHIP ROUND HAM DINNER
\$99.95



OVEN-ROASTED PRIME RIB DINNER
\$99.95



BONELESS TURKEY BREAST DINNER
\$34.95



HyVee.com

IT'S EASY TO PLACE YOUR ORDER ONLINE!

Visit Hy-Vee.com, select your dinner, choose a pick-up date and check out.