

# seasons

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## FALL FAVES!

# 47

RECIPES  
TO PLEASE  
A CROWD

- Tailgate Dips
- Gourmet Popcorn
- Hearty Bean Soups
- 5-Ingredient Main Dishes
- The Best Mac & Cheese

*(Like these custom creations  
on page 57)*



Pretzel 101  
*You'll flip (and twist!)  
for this great fall treat*

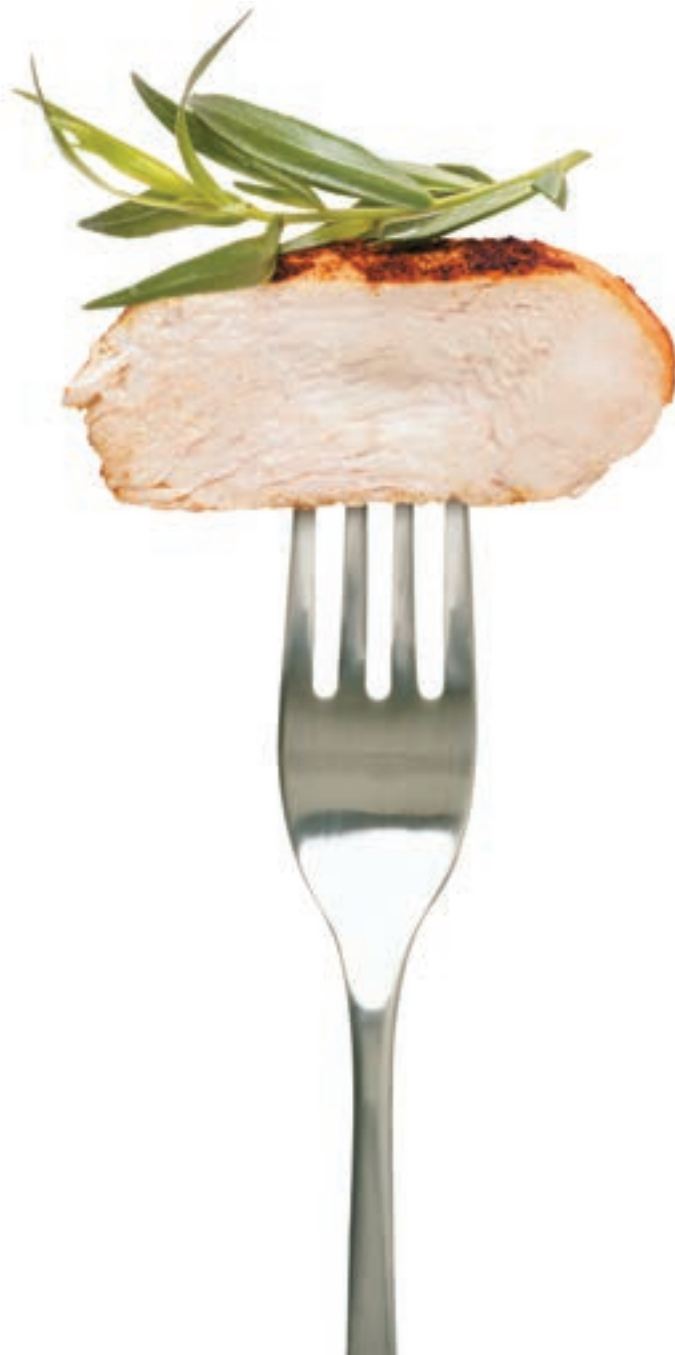
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AIR CHILLED IS **COOL.**





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





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Improve meals, decorating and more by watching smart, upbeat DIY videos. Find the titles *below* and more at [www.hy-vee.com/resources/videos](http://www.hy-vee.com/resources/videos)

- Selecting and Preparing Steak
- Perfect Pies
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## ONLINE

It's true that there's a helpful smile in every aisle at Hy-Vee. But Hy-Vee offers much more. Discover what else we can do for you and your family by visiting our website, [www.Hy-Vee.com](http://www.Hy-Vee.com)

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- Sign up for a Hy-Vee Fuel Saver card and soon you may be saving \$2 or more a gallon on gasoline.
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*About Our Editor:* Nate Stewart started working at Hy-Vee as a stock boy when he was 16 years old. Since then, he's served as store director in several locations and is now vice president for perishables. To stay current with customer interests, he analyzes trends in food and lifestyle that he sees on [Pinterest.com](https://www.pinterest.com).

and that distance stretches more each year. Other things change too. One year, I dressed up like a pirate and so did my son. Those kinds of things come and go so quickly. Many of you have experienced the same thing with your own children.

This issue brings changes in *Hy-Vee Seasons*. We've freshened the look and added new features that we hope you'll enjoy. While still offering a strong lineup of recipes and entertaining ideas, our design has been updated with a more reader-friendly, engaging presentation. In the front and back sections, you'll find new regular features, such as "You Asked" on *page 4* and "In Season" on *page 7*.

Continuing our focus on food and entertaining, discover how a traditional comfort-food favorite can be refashioned as an upscale dinner in "Mac & Cheese" on *page 52*. Go to "Once Upon a Midnight Dreary" on *page 28* for colorful Halloween party ideas that are truly quick and easy.

Sincerely,

Nate Stewart, Vice President of Perishables

## DEAR HY-VEE READER,

Hands down, fall is my favorite time of year. When the air starts to cool, it brings back a flood of memories from playing football and my college years. It's special and there's nothing else like it. I can smell football in the air.

In my household, fall is the start of the year. Leaves are changing, the kids are back in school and Halloween arrives. There is a day each fall when my kids, Quinn and Jillian, seem like they've grown up overnight. They're suddenly a year older.

I also see this at Halloween. In the early years, we walked the kids around in strollers, then we walked along side-by-side and now they are going out in front—

# ASK US

“Are there any new flavors or floral tips that we need to try for fall?”  
For answers, we turned to Hy-Vee department managers.



**WITH FALL HERE, WHAT NEW OR INTERESTING TASTES SHOULD SHOPPERS BE LOOKING FOR AT HY-VEE?**

**A:** Sawmill Hollow Family Farm in Missouri Valley, Iowa, produces a line of aronia berry juice. When you add this berry juice to apple juice, it tastes like an AMAZING grape juice. My kids refer to it as ‘ronia grape juice.’ At my house, aronia also puts the pink in the pink lemonade. You can also add aronia juice to shakes or smoothies. This fruit—a variety of chokeberry—contains a very high level of antioxidants.

April Smith, HealthMarket Manager, Sioux Falls, SD



**A: MAKE AN ARRANGEMENT BY BUNCHING FLOWERS OF THE SAME KIND INSTEAD OF MIXING THEM UP. THIS WILL CREATE COLOR BLOCKS, GIVING THE FLOWERS PRESENCE IN A ROOM.**

Ruth Swenson, Floral Manager, Mankato, MN



**A:** Shoppers pick up a lot of spaghetti squash in fall and people actually use it for spaghetti. Out of all the squashes, it’s my favorite. Serve it with marinara sauce, and the flavor really is pretty good. Fall is also when we’ll be stocking a lot of apples. My personal favorite—and that of a lot of people—is Honeycrisp, but there are many varieties to choose from these days.

Patrick Fineran, Produce Manager, Clinton, IA



**A:** In my opinion, the pumpkin pies we make at the Hy-Vee in Watertown should be more widely known than Wall Drug. We will sell about 1,400 of them over the next few weeks from a phenomenal recipe. If I’m going to hang my hat on one thing I am proud of, it’s gotta be this. So stop by for your piece of the pie!

Dave VanderWeide, Bakery Manager, Watertown, SD

## FALL PARTY RECIPES IN THIS ISSUE

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# FRESH SANDWICHES

FOR A MIDDAY FEAST OF DELI-QUALITY BEEF, HAM, TURKEY AND MORE, TURN TO LAND O'FROST.



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

## CIABATTA ROAST

Land O' Frost Premium Roast Beef with cheddar and lettuce on ciabatta buns



## FALL FAVE

Land O' Frost Premium Turkey with radicchio, provolone, green apples and cinnamon on marble rye



## BLTT

Land O' Frost Premium Smoked Turkey with bacon, lettuce and tomatoes on sourdough



## CALI'

Land O' Frost Premium Chicken with cucumbers, red peppers and avocado on seeded whole wheat

## HAM STACK

Land O' Frost Premium Smoked Ham with dijon, Swiss, arugula and red onion on wheat



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*Ciabatta Bread with  
Chunky Red Sauce, Sausage,  
Italian Sausage, Pepperoni,  
Mushrooms, Green Peppers,  
Black Olives, Cheddar  
Cheese and Mozzarella*



*Jalapeno Cheddar  
Bread with Chicken  
Breast, Feta Cheese, Red  
Onion, Red and Yellow  
Bell Peppers, Olive Oil  
and Cracked Pepper*

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Garlic, Italian and many more  
breads in the bakery.*



*Flatbread  
with Basil Pesto,  
Cherry Tomatoes,  
Pine Nuts and Sage*





# FRESH PICKED

Sweet and spicy with an aroma that's pure autumn, pears shine in baked tarts, pies, cakes, savory pork entrées and crisp salads. Or eat them fresh.



## BARTLETT

The juiciest of pears, enjoy these full-flavored pears fresh or in pear sauces and butters. They cook down quickly and are best mixed with Bosc or Anjou in pies. Ripen in 4 to 5 days, turning golden yellow. Available July to March (except January).



## ANJOU

Sweet, juicy and firm with a hint of citrus. An all-purpose favorite, great for snacking, slicing fresh into salads. Red or green fruits ripen in 7 to 10 days without changing color. Available September to July.



## BOSC

Crisp and highly aromatic with a spicy flavor, a Bosc is delicious raw and holds its shape well when poached or baked. Russet brown fruit ripens in 5 to 7 days without changing color. Bosc are sweeter and more flavorful earlier in the ripening process than most pears. Available August to March.



## PACKHAM

Exceptionally fragrant with a rich honeyed flavor. A popular dessert pear, ideal for cooking, poaching or using in salads. The pale green fruit ripens in 3 to 8 days without changing color. Available April to June.

### SELECTING THE BEST PEARS

Picked just as they reach maturity and cooled to intensify sweetness, pears must ripen at room temperature for a few days. When the narrow stem end has a fragrant aroma and gives slightly under gentle pressure, it is ready to eat. Pay close attention. Pears ripen from the inside out and overripe fruit become mushy. Ripe pears will keep in a plastic bag in the refrigerator for a few days.



### PEAR TART

*Prep: 15 minutes | Cook: 18 to 20 minutes |  
Makes 18 (1 tart each)*

**1 (17.3-ounce) box puff pastry sheets,**  
thawed in refrigerator  
**3 whole pears, unpeeled, seeded and thinly sliced**  
 **$\frac{3}{4}$  cup Hy-Vee apricot preserves**  
**1 Hy-Vee large egg, whisked**  
**Powdered sugar, optional**

**1.** Preheat the oven to 450°F. Cut each puff pastry sheet into 9 squares and place on parchment-lined cookie sheet. Top with pear slices. In a microwave-safe bowl, heat apricot preserves for 30 seconds, or until warmed and spreadable. Spread apricot preserves over pear slices. Brush edges of pastry with whisked egg.

**2.** Bake for 18 to 20 minutes or until puff pastry is golden brown. Cool on wire rack. Sprinkle with powdered sugar, if desired.

### TRULY SWEET TART

THIS ELEGANT TART IS  
DECEPTIVELY SIMPLE TO MAKE.  
IN MINUTES YOU CAN CREATE  
A DESSERT WORTHY OF YOUR  
FAVORITE BAKERY.

*Nutrition facts per serving:* 170 calories, 8 g fat, 2 g saturated fat, 0 g trans fat, 10 mg cholesterol, 140 mg sodium, 23 g carbohydrates, 1 g fiber, 9 g sugar, 2 g protein. Daily values: 0% vitamin A, 2% vitamin C, 0% calcium, 4% iron.



# succulents CENTERPIECE

It's easy to design a centerpiece that goes from everyday to elegant in a matter of minutes.

**STEP 1:** Create a lasting centerpiece—one you can use everyday—by planting a 6-pack of succulents, *below*. Use a low container with 3- to 4-inch sides and a drainage hole. Add enough rocks or pebbles to cover the bottom of the container. Add cacti-and-succulents soil mix, which provides the drainage necessary for succulent plants.

**STEP 2:** Dress up your everyday centerpiece with fresh flowers. Designing is fun and fast. Choose a few blooms from Hy-Vee's Flower Market line or from the cooler. Then, clip the ends and put two or three blooms together into a water-filled tube (available from the Hy-Vee floral department). Poke three to five tubes into the arrangement.

## WHAT YOU NEED

- TIN CONTAINER
- ROCKS AND SOIL MIX
- ONE 6-PACK OF SUCCULENTS
- 12-18 WHITE FLOWERS (FRESIA, RANUNCULAS AND MUMS, SHOWN)
- 5 FLOWER TUBES



WORDS Wanda Ventling PHOTOS Tobin Bennett

Look to your Hy-Vee Florist for help in finding the items shown here and to learn about other great centerpiece ideas.

# BEAN QUEENS

Great service has always been a hallmark of the Starbucks Coffee experience at Hy-Vee. Now the best are getting better as baristas deepen their coffee knowledge through the Certified Coffee Master program.





Most Starbucks Coffee servers at Hy-Vee wear green aprons, but sometimes you may spot a black apron. Black is only worn by those who have earned certification as a Coffee Master. This is the first year that Hy-Vee has participated in Starbucks' coffee-education program and among the initial graduates are Coffee Masters Linda Nickel of the store in Yankton, South Dakota, and Deb Coufel of the store in Columbus, Nebraska. They explained the benefits of the program.

### Q WHAT IS THE CERTIFIED COFFEE MASTER PROGRAM?

**A Linda:** It's a lengthy program that you work on at your own pace. I started in June of last year and finished in March. I learned a lot in the training as a barista but went deeper as a master, following the journey of coffee beans from the plant to what ends up in the cup.

**Deb:** You go through a book, learning about regions of the world where coffee is grown, what makes a great coffee and what processing does to coffee flavor. There is also a section about Starbucks' history and philosophy. Chapters end with a pretest you take yourself. After you complete the book, there's a test.

### Q HAS IT HELPED WITH YOUR JOB?

**A Deb:** Definitely. The program has helped me engage with the customers, particularly when I'm having them try some sample tastes. There will be a little lull in the conversation here or there. Then I can say, "Did you know?" and give them a fun fact. That's the fun thing about learning about the history of coffee.



Deb Coufel, Coffee Master, Columbus, Nebraska



Linda Nickel, Coffee Master, Yankton, South Dakota

**MISTO IS HALF COFFEE AND HALF CREAM OR MILK.** SOME CALL THE BLEND CAFÉ AU LAIT. COFFEE MASTER LINDA NICKEL SAYS THAT DONE RIGHT, MISTO TASTES ABOUT THE SAME AT HOME AS IT DOES AT STARBUCKS.

### Q WHAT'S NEEDED FOR A PERFECT CUP?

**A Linda:** You need portion, grind, water and freshness. Portion is the right amount of coffee. With grind, you have to grind the beans for the type of coffee maker you are using. A French press requires a course grind, for instance. For water, go with filtered water at the right temperature. I did tap water versus filter water testing, and you can taste the difference. Finally, coffee is best when the beans are fresh.

### Q DO YOU HAVE A QUICK TIP ON COFFEE?

**A Linda:** Most people think that blonde roast coffee is lower in caffeine because it looks lighter. But that's not true. The longer a coffee bean is roasted, the darker it becomes and the less caffeine it has.

**Deb:** If you have some hot coffee left over in the morning, refrigerate it and make an iced drink later.

### Q HOW ABOUT OTHER USES FOR COFFEE?

**A Deb:** I love my French press and use it daily. For the beans, my favorite is Gold Coast Blend because it's rich and has a smooth flavor. A natural pairing with Gold Coast is chocolate. Can't go wrong with that.

### Q WHAT DO YOU USUALLY HAVE AT HOME?

**A Linda:** Ever try a coffee float? They're a nice treat on a sunny day when you're sitting under a tree.

**Deb:** Try Via, a Starbucks coffee that is microprocessed and dried. Use it in recipes like brownies. For espresso brownies, you just pour in a packet of Via with the batter for an espresso flavor.

### Q WHEN DID YOU FIRST DRINK COFFEE?

**A Linda:** I was 46 when I had my first cup of coffee. I had never had it before I applied for this job. I figured, if I'm going to serve coffee, I better start drinking it. So I went to a Starbucks and ordered my first coffee drink.

**Deb:** I was probably about 10 when I started drinking coffee. I was with my dad and if you were with my dad, you drank coffee. I had it with lots and lots of cream and sugar. Now I drink it black.



### Flavored Misto

Prep: 10 minutes | Serves 1

12 ounces dark roast Starbucks coffee, freshly brewed  
4 ounces cream, heated  
1 ounce Starbucks syrup, Toffee Nut or preferred flavor  
Whipped cream  
Nutmeg powder

1. Brew coffee. While the coffee is brewing, heat cream in a saucepan.
2. Pour syrup into a large coffee mug. Add coffee and cream, stir.
3. Top coffee with whipped cream and dust with nutmeg.

# GET THE VEGGIES, TASTE THE FRUIT



V8 V-Fusion Beverages: select varieties 4 to 8 pk. \$3.18



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# how to make PRETZELS

The perfect pretzel requires some nifty sleight-of-hand. Dough is twisted over here, tugged up over there. After it is baked, the knot, the dough, the whole thing disappears in a flurry of quick bites.

## WHAT YOU NEED

*Prep: 25 minutes | Rest: 50 minutes | Cook: 30 minutes | Makes 8*

**1½ cups warm water (110°F to 115°F)**

**1 tablespoon Hy-Vee sugar**

**2 teaspoons kosher salt**

**1 (¼ ounce) packet active dry yeast**

**4½ cups Hy-Vee**

**all-purpose flour**

**4 tablespoons Hy-Vee**

**unsalted butter, melted**

**Hy-Vee vegetable oil**

**10 cups water**

**⅔ cup Hy-Vee baking soda**

**1 large egg yolk, beaten**

**1 tablespoon water**

**Pretzel salt or coarse kosher salt, to taste**

## GET STARTED:

In a large mixing bowl, combine water, sugar and kosher salt. Sprinkle the yeast on top of water mixture. Allow to sit for 5 minutes or until the mixture begins to foam.

Add the flour and butter, and knead with dough hook on mixer until the dough is smooth and pulls away from the side of the bowl, approximately 4 to 5 minutes. Remove the dough from the bowl, clean the bowl and then oil it well with vegetable oil.

Return the dough to the bowl, cover with plastic wrap and let sit in a warm place for approximately 50 to 55 minutes or until the dough has doubled in size.

Preheat the oven to 450°F. Line a baking sheet with parchment paper and lightly brush with vegetable oil. Set aside.

Mix beaten egg yolk with water. Shape pretzels by following steps shown on *page 14*.

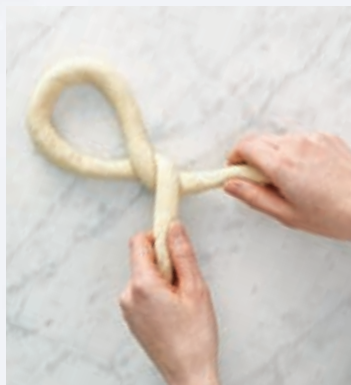
*Nutrition facts per serving:* 320 calories, 7 g fat, 4 g saturated fat, 0 g trans fat, 25 mg cholesterol, 490 mg sodium, 56 g carbohydrates, 2 g fiber, 2 g sugar, 8 g protein. Daily values: 4% vitamin A, 0% vitamin C, 2% calcium, 20% iron.







**STEP 1:** Turn the dough out onto a slightly oiled work surface and divide into 8 equal pieces. Roll each piece of dough into a rope about 24 inches long.



**STEP 2:** Make a U-shape with the rope. Holding the ends of the rope gently, cross them over each other twice, forming the twist.



**STEP 3:** Lift the rope ends and press them into the bottom of the U, forming the pretzel shape. Place onto a parchment-lined baking sheet.



**STEP 4:** Bring 10 cups of water and  $\frac{3}{4}$  cup baking soda to a rolling boil in an 8-quart saucepan. Place the pretzels one at a time into the water for 30 seconds each. Remove pretzels from water using a large flat slotted spatula.



**STEP 5:** After boiling, return each pretzel to the baking sheet. Brush the tops with the beaten egg yolk-and-water mixture and sprinkle with the pretzel salt.



**STEP 6:** Bake until dark golden brown, approximately 12 to 14 minutes. Transfer to a cooling rack for at least 5 minutes before serving.

## STUFFING

PUMP UP THE FLAVOR BY STUFFING PRETZELS WITH CHEESE, PEANUT BUTTER OR OTHER FLAVOR ADD-INS. START BY ROLLING DOUGH INTO A FLAT RECTANGLE ABOUT  $\frac{3}{8}$ -INCH THICK. SPRINKLE OR PLACE INGREDIENTS IN A THIN LAYER ACROSS THE DOUGH. BY HAND, ROLL UP THE DOUGH SO IT IS SMOOTH WITH NO CREASES. SEAL IT TIGHTLY. COOK, FOLLOWING STEPS 4, 5 AND 6.

## STUFF 'EM WITH...

- SEMISWEET CHOCOLATE
- PEANUT BUTTER
- PIZZA SAUCE WITH PEPPERONI AND CHEESE
- MOZZARELLA

“THE WAY THESE PRETZELS ARE BOILED IS THE SAME WAY I LEARNED TO BOIL BAGELS IN MY FATHER’S BAKERY WHEN I WAS GROWING UP.”

DAVE KELDERMAN, BAKERY MANAGER,  
HY-VEE URBANDALE, IOWA






# FALL '13

GREAT BEANS • ONCE UPON A  
MIDNIGHT DREARY • SLOW AND  
EASY DOES IT • 5 INGREDIENTS,  
FIVE RECIPES • MAC & CHEESE •  
PASS THE DIP

**SWEET & SPICY  
NUT MEDLEY** *page 48*





RICH MORSELS SWIMMING  
IN A SAVORY SOUP, SPICY  
BEAN TACOS HIGH ON  
FLAVOR AND LOW ON  
FAT, CREAMY BEANS WITH  
PASTA... THE POSSIBILITIES  
FOR FABULOUS GOOD-  
FOR-YOU MEALS ARE  
NEARLY ENDLESS WITH  
BEANS. YOU CAN EVEN  
MAKE THEM INTO  
CHOCOLATE BROWNIES.

WORDS Jill Johnson  
PHOTOS King Au and Tobin Bennett

# GREAT BEANS





Beans have long been a superstar of world cuisine. It's true. Who could imagine Latin dishes without refried pinto beans, country French without white bean cassoulet or Middle Eastern without chickpea hummus? American traditions include Boston baked beans, green bean casserole and countless variations on chili beans.

A hearty steaming bowl of mixed beans spiked with sweet bacon and onions becomes creamy and irresistibly tempting after a few hours of simmering. Break down as they cook, beans blend deliciously with other ingredients. Plump and tender beans are the not-so-secret ingredient that complement, unify and thicken many dishes. If you haven't sampled one recently, serve our White Chili or Calico Beans, shown on *pages 20–21*.

## THE VARIETIES

Common varieties, including pinto, navy, kidney and black, are available in dried form. Look for them bagged or in Hy-Vee bulk-purchase bins. Precooked canned beans are convenient to add to cooked dishes or can be chilled for topping a salad. Green, wax and fava beans are available fresh, frozen and canned.

## A HEALTH STORY

What we know today about the nutritional resumé of beans explains how they became an essential at dinner around the world. Dry bean varieties (known as pulses, along with dried peas and lentils) contain little fat, no cholesterol and a third to half of your recommended daily dose of fiber.





With an impressive water content and low glycemic index, beans are a natural appetite regulator—you feel full faster and stay satisfied longer compared to some other foods.

Topping the list of bean benefits is their protein density. Most beans fall just a few amino acids short of a complete protein.

It's also important that beans contain lean protein, says Courtenay Kruse, a Hy-Vee dietitian in Overland Park, Kansas. Meat and dairy foods supply plenty of protein, but many also come with saturated fats and cholesterol.

Beans are three of the four best dietary sources for antioxidants.

## IN THE POT

Fully cooking dried beans enhances their flavor and digestibility. Soaking beans

before cooking helps tenderize them. When cooking, give beans all the time they need on a cooktop—usually about 1½ hours at a gentle simmer. For flavor, add meats, garlic and spices right from the start, holding off on salt and acidic ingredients, such as lemon juice, vinegar or tomatoes, until near the end to avoid toughening the outer bean coat.

Canned beans are a nutritious, time-saving option, Courtenay says.

"I rarely cook dry beans," Courtenay says, "because canned beans are a healthy choice. If you're concerned about sodium content, just drain and rinse, which cuts the sodium by about a third. You can toss beans with quinoa and they are good to pair with rice."

Sample all the varieties you'll discover in our bean guide on *pages 24–25*.

## EDAMAME IS THE BEAN WITHIN A SOYBEAN POD.

FOR A SNACK, BRING WATER IN A POT TO A BOIL. ADD ENOUGH SALT TO WATER SO IT TASTES ABOUT LIKE SEA WATER. ADD WHOLE PODS AND COOK UNTIL THE BEANS INSIDE ARE TENDER, ABOUT 5 MINUTES. DRAIN AND RINSE WITH COLD WATER TO COOL. GENTLY SQUEEZE BEANS OUT OF PODS. SEASON WITH SEA SALT OR SOY SAUCE.



## SQUASH AND BLACK BEAN SOFT SHELL TACOS

*For a change of pace, try whole black beans rather than traditional refried beans in your taco. Flavorful whole beans have more taste presence and they're a healthier choice.*

*Prep: 15 minutes | Cook: 30 to 35 minutes | Serves 6  
(2 tacos each)*

**2 tablespoons Hy-Vee Select olive oil**  
**1 tablespoon Sriracha sauce**  
**1 tablespoon lime juice**  
**3 cups ½-inch cubes butternut squash**  
**1 large red bell pepper, seeded and  
cut into strips**

**12 (6-inch) Hy-Vee flour tortillas**  
**2 (15-ounce each) cans Hy-Vee black beans,  
rinsed and drained**  
**¾ cup Hy-Vee salsa**  
**3 tablespoons hot pepper peach spread (optional)**  
**¾ cup crumbled queso fresco cheese**  
**Chopped fresh cilantro, to garnish**

1. Preheat oven to 375°F.  
2. In a 13×9-inch baking dish, combine olive oil, sriracha and lime juice. Add squash cubes and bell pepper strips; toss to coat. Roast 30 to 35 minutes or until tender and lightly browned, stirring after 15 minutes.  
3. In a medium skillet over medium heat, toast tortillas for 30 to 60 seconds per side or just until

light brown spots appear. Fold in half and cool.

4. In a medium microwave-safe bowl, combine beans and salsa, heat, covered, in the microwave on HIGH for 2 minutes. Heat hot pepper peach spread, if desired, in a small microwave-proof bowl on HIGH for about 15 seconds or until melted.

5. To assemble, spoon ¼ cup black bean mixture, ¼ cup squash mixture and 1 tablespoon cheese into each tortilla. Drizzle with melted peach spread, if desired. Garnish with cilantro.

*Nutrition facts per serving:* 390 calories, 12 g fat, 4.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 1280 mg sodium, 59 g carbohydrates, 12 g fiber, 5 g sugar, 13 g protein. Daily values: 170% vitamin A, 70% vitamin C, 25% calcium, 20% iron.

# BLACK BEANS





## CALICO BEANS

*When a bowl of pork and beans grows up, this is what it wants to be. Each bite is a chuck-wagon blend of bacon, beans and a brown-sugar sweet sauce.*

*Prep: 25 minutes | Cook: 3 hours | Serves 27  
(about ½ cup each)*

**1 pound 85% lean ground beef**

**½ pound Hy-Vee bacon**

**1 medium onion, chopped**

**2 (15-ounce each) cans Hy-Vee dark red kidney beans**

**1 (15-ounce) can Hy-Vee great Northern beans**

**1 (15-ounce) can Hy-Vee pinto beans**

**1 (15.5-ounce) can lima beans**

**1 (15-ounce) can Hy-Vee butter beans**

**2 (16-ounce each) cans Hy-Vee pork and beans  
in tomato sauce**

**1 cup packed Hy-Vee brown sugar**

**¼ cup Hy-Vee apple cider vinegar**

**1 tablespoon Hy-Vee mustard**

**¼ cup Hy-Vee ketchup**

**1.** Preheat oven to 350°F.

**2.** In a large skillet, cook ground beef over medium heat until browned. Drain grease and remove ground beef from pan; set aside. In same skillet, cook bacon

over medium heat until browned. Drain off the excess fat from the bacon; cut into ½-inch pieces. Set aside.

**3.** Drain all the beans except for the pork and beans. In a large slow cooker or oven-safe stew pot, mix together all ingredients. Cover and bake for 3 hours.

*Nutrition facts per serving:* 230 calories, 7 g fat, 2 g saturated fat, 0 g trans fat, 25 mg cholesterol, 620 mg sodium, 30 g carbohydrates, 6 g fiber, 11 g sugar, 13 g protein. Daily values: 0% vitamin A, 4% vitamin C, 6% calcium, 15% iron.

DARK RED KIDNEY,  
GREAT NORTHERN, PINTO,  
LIMA, BUTTER BEANS







# GREAT NORTHERN BEANS

## WHITE CHILI

*Whether served as an entrée or in a small cup as an opening course, white chili is lower in fat than more familiar beef chili. Can be made with turkey too.*

*Prep: 5 to 10 minutes | Cook: 40 minutes | Serves 8*

- 2 tablespoons Hy-Vee Select olive oil
- 2 medium onions, chopped
- 1 (4-ounce) can Hy-Vee diced green chilies
- 1 tablespoon minced garlic (about 6 cloves)
- 2 teaspoons Hy-Vee chili powder
- 1½ teaspoons ground cumin
- 1 teaspoon Hy-Vee dried oregano
- ¼ teaspoon Hy-Vee salt
- ¼ to ½ teaspoon cayenne
- 1 (32-ounce) carton Hy-Vee 33%-less-sodium chicken broth
- 3 (15-ounce each) cans Hy-Vee Great Northern beans, rinsed and drained
- 4 cups cubed, cooked chicken (about 2 pounds)
- 1 cup cooked Hy-Vee white rice
- 1 medium tomato, diced
- 2 green onions, sliced

1. In a Dutch oven, heat olive oil over medium-high heat. Add onions; sauté until tender, about 5 minutes. Add chilies, garlic, chili powder, cumin, oregano, salt and cayenne; cook 2 minutes. Add broth and beans; reduce heat, cover and simmer 20 minutes.
2. With potato masher or immersion blender, mash beans slightly. Add cooked chicken and cook, covered, for 10 to 15 minutes or until heated through. Serve topped with rice, tomato and green onion.

*Nutrition facts per serving:* 320 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 55 mg cholesterol, 850 mg sodium, 41 g carbohydrates, 10 g fiber, 5 g sugar, 29 g protein. Daily values: 10% vitamin A, 20% vitamin C, 10% calcium, 15% iron.





# LIMA BEANS

## PASTA WITH LIMA BEANS AND BROCCOLETTE

*With their smooth, pasty yet firm texture and mild flavor, lima beans are a supportive companion for pasta. Available in small and large sizes or use fava beans.*

*Prep: 15 minutes | Cook: about 30 minutes | Serves 8 (about 1½ cups each)*

**1 pound Hy-Vee frozen baby lima beans or  
2 pounds fresh fava beans in pods\***  
**8 ounces broccolette**  
**1 (16-ounce) box Hy-Vee penne rigate pasta**  
**2 tablespoons Hy-Vee Select olive oil**  
**1 medium onion, chopped**  
**4 cloves garlic, minced**  
**¾ cup Hy-Vee 33%-less-sodium chicken broth**  
**½ cup dry white wine**

**2 tablespoons fresh lemon juice**  
**1 tablespoon Hy-Vee butter**  
**¼ teaspoon Hy-Vee salt**  
**¼ teaspoon crushed red pepper flakes**  
**½ cup Hy-Vee shredded Parmesan cheese**

\*If using frozen lima beans: Omit this step. If using fresh fava beans: Shell fava beans using a paring knife to remove tip and peel string. Remove beans; set aside.

1. Trim and discard ends of broccolette; cut into 2-inch pieces. Prepare a large bowl of ice water; set aside.  
2. In a Dutch oven, cook lima or fava beans in 3 quarts of boiling salted water for 1 minute; remove beans to ice water to cool, reserving boiling water in pot. Add pasta to boiling water; cook 4 minutes. Add broccolette and continue cooking 3 minutes more; drain.

3. For the fava beans, use a sharp knife to cut end of shell from each bean. Squeeze beans from shells, discarding shells.

4. In a large skillet, heat olive oil over medium heat. Add onion; cook until tender. Add lima or fava beans and garlic; cook 3 minutes more.

5. Add cooked pasta, broccolette, chicken broth, wine, lemon juice, butter, salt and crushed red pepper to skillet; cook 3 to 5 minutes or until pasta absorbs most of the liquid. Sprinkle with Parmesan just before serving.

*Nutrition facts per serving:* 410 calories, 8 g fat, 2.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 240 mg sodium, 67 g carbohydrates, 11 g fiber, 15 g sugar, 19 g protein. Daily values: 20% vitamin A, 60% vitamin C, 15% calcium, 20% iron.



## FRESH AND CANNED BEANS

You'll find these versatile beans in salads, in stir-fries, in pasta dishes, as snacks, on the grill and in a variety of side dishes. Tender beans with edible pods are available in the produce aisle. Green, wax and fava beans are also available canned.

**Green Beans:** These mild, familiar beans are also called snap beans for the sound they make when broken. When choosing beans, look for crisp pods. Limp pods usually mean the bean is past its peak.

**Fava Beans:** Available fresh in spring and summer, fava beans are large with a buttery texture and a taste that is richer than other beans. Most American cooks remove the beans from their pods and strip away the soft shell enveloping each bean. In Europe, fava beans are more often served still in pods, cut into pieces.

**Edamame:** Described by the U.S. Department of Agriculture as “a snack with a nutritional punch,” edamame, or soybeans, are high in protein and low in fat and cholesterol. They can be eaten as a snack, a vegetable dish or used in soups.

**Chinese Long Beans:** Also called yard-long beans because they grow 12 to 36 inches, these Asian legumes are similar to green beans. There is a hint of black-eyed peas and asparagus in the taste. Chinese long beans hold up better than green beans when cooked over high heat, such as in a wok.

**Wax Beans:** A pale yellow variety of green beans, wax beans are slightly sweet in taste. Store in a refrigerator, in a plastic bag or plastic container, for up to 5 days. Do not rinse or cut before storing newly purchased beans.





**Pinto Beans:** When cooked, these beige and brown speckled beauties turn rosy brown. They are prized for their easy-to-mash texture and distinctive flavor in refried beans and other Latino dishes.



**Black-Eyed Peas:** This earthy legume is a true bean. A staple in the South, they are cooked to perfection with ham hocks and rice in Hoppin' John, a New Year's Day tradition. Texas Caviar, a marinated bean appetizer, spreads their fame.



**Great Northern Beans:** Slightly larger than navy beans, these popular legumes boast a velvety texture and mild flavor. Use in white bean chili, stews and casseroles to thriftily enhance nutrient value.



**Red Kidney Beans:** Large and pinkish red or burgundy, they are world-renowned for their smooth texture and mildly sweet flavor. Regulars in chili, curries, salads and New Orleans red beans and rice.



**Lima Beans:** Named after the capitol of Peru, these kidney-shaped beans come in large (called Fordhook) or baby varieties. They have a starchy, buttery texture with a hint of sweetness.



**Mixed Soup Beans:** Whether purchased as a blend or mixed at home, this colorful hodgepodge of legumes provides a nutritious and textural backbone for hearty soups.



**Navy Beans:** Once a staple food for the U.S. Navy, these white beans are molasses-sweetened superstars in Boston baked beans. Small but sturdy, they soften during cooking without losing their shape.



**Small Red Beans:** Sometimes called chili beans, these are smaller than kidney beans but used in similar ways. They hold their shape and flavor when cooked, and are common in Indian and Creole cuisines.



**Garbanzo Beans:** Also called chickpeas, the variety most common in the U.S. is beige and acorn-shaped with firm texture and nutty flavor. It's a key ingredient in 3-bean salad and Middle Eastern hummus.





**Adzuki Beans:** Small, round red beans with a stitch of white along the seams, they are popular in East Asia as a sweet pastry filling. Their delicate nutty flavor also shines in stir-fries and salads.



**Cannellini Beans:** Also known as white kidney beans, their gentle, nutty flavor complements garlic, cured meats and other strong flavors in Italian soups and salads.



**Black Beans:** Also called black turtle beans, they are seen in Brazilian, Cuban and other Latin American dishes. A dense, meaty texture makes them well suited for vegetarian dishes.

## DRIED VS. CANNED BEANS

Canned beans shave hours from prep time with little compromise in flavor or nutrient content. Keep them handy for turning leftover vegetables and rice into vegetarian main dishes, replacing meat in tacos or boosting protein and fiber in spaghetti sauce, salads and...brownies! See brownie recipe, *page 27*. Before use, rinse and drain canning liquid, which may contain considerable salt and additives.

Cooking dried beans from scratch yields long-simmered flavor and impressive cost savings. When time is short, consider using a safe, modern pressure cooker to speed the process. Store cooked beans in the refrigerator up to 5 days or in the freezer for up to 3 months (use after thawing in hot water 5 minutes). Use beans within a year of purchase to ensure softening.

	CANNED BEANS	DRY BEANS
PROS	<ul style="list-style-type: none"> <li>• Open can and heat</li> <li>• Saves 2 cooking steps</li> <li>• Nutritionally similar to dried</li> <li>• 2- to 3-year shelf life</li> </ul>	<ul style="list-style-type: none"> <li>• Inexpensive</li> <li>• No surprise additives</li> <li>• Can “cook-in” desired flavors</li> <li>• Can dump soak water to remove undigestible sugars</li> </ul>
CONS	<ul style="list-style-type: none"> <li>• Higher cost</li> <li>• Additives, especially salt</li> <li>• Possible BPA use to manufacture cans is a health concern</li> </ul>	<ul style="list-style-type: none"> <li>• Longer prep time</li> <li>• Must preplan cooking</li> <li>• 1-year shelf life</li> </ul>



## SOAKING AND COOKING DRY BEANS

Soaking is an important step that ensures beans will become tender and cook evenly. Changing water at several intervals helps reduce undigestible sugars. Beans are fully hydrated when they almost double in size and when split open, there is no pale, dry center. Before rinsing, pick out any stones or shriveled beans. Rinse in a colander under cool running water, swirling with your hand, *left*.

To soak, drain and combine beans with three times their volume of fresh water, *left bottom*. Let stand 8 hours or overnight. Discard water and rinse.

To cook, place beans in pot filled with three times the beans' volume in fresh water. Bring to boiling, then gently simmer until beans are tender when mashed against the pot with a fork. If a protein foam forms during cooking, it will reabsorb as beans take up water.

For convenience, use a slow cooker: Place soaked, rinsed beans in slow cooker on high setting, add water (three times the volume of the beans), cover and cook 1 hour. Reduce to a low setting; cover and cook the beans 6 to 8 hours or until tender.





## 4-BEAN SALAD

*Spiked with an appealing sweetened vinegar, four-bean salads have a lively personality. They're sweet, sour, oniony and earthy all at once.*

*Prep: 10 minutes | Serves 12 (about ½ cup each)*

1 (14.5-ounce) can Hy-Vee cut green beans, drained  
1 (14.5-ounce) can cut yellow wax beans, drained  
1 (15-ounce) can Hy-Vee light red kidney beans, drained  
1 (15-ounce) can Hy-Vee garbanzo beans, drained  
1 cup sliced red onion  
¾ cup chopped green bell pepper  
1 cup Hy-Vee apple cider vinegar  
½ cup Hy-Vee vegetable oil  
1 cup Hy-Vee sugar  
1 teaspoon Hy-Vee salt  
½ teaspoon Hy-Vee black pepper

1. In a large bowl, combine beans, red onion and green pepper. In a separate bowl, whisk together vinegar, oil, sugar, salt and black pepper; pour over bean mixture. Toss four-bean salad well and chill for at least 4 hours. Store salad in refrigerator.

*Nutrition facts per serving:* 230 calories, 10 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 570 mg sodium, 31 g carbohydrates, 5 g fiber, 19 g sugar, 4 g protein. Daily values: 2% vitamin A, 10% vitamin C, 4% calcium, 8% iron.



GREEN, YELLOW, KIDNEY,  
GARBANZO BEANS





# BLACK BEANS

## BLACK BEAN BROWNIES

*Surprise your kids or your guests by serving brownies made with beans. It's a clever way to add nutritional value to dessert and the fudge flavor hits the mark.*

*Prep: 20 minutes | Cook: 35 minutes | Serves 20*

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

**1½ cups Hy-Vee semisweet chocolate chips**

**¼ cup Hy-Vee unsalted butter**

**¾ cup Hy-Vee canola oil**

**1¾ cups Hy-Vee sugar**

**1 tablespoon Hy-Vee vanilla extract**

**3 Hy-Vee large eggs**

**1½ cups Hy-Vee all-purpose flour**

**½ cup plus 2 tablespoons Hy-Vee unsweetened cocoa powder**

**1 teaspoon Hy-Vee baking powder**

**¼ teaspoon Hy-Vee salt**

**½ cup Hy-Vee mini semisweet chocolate chips**

1. Preheat oven to 350°F. Grease a 13×9-inch pan with nonstick cooking spray; set aside.
2. In a food processor, puree black beans until smooth, scraping the sides of bowl as needed.
3. Place a large heatproof bowl over a pan of boiling water. Add pureed black beans, 1½ cups semisweet chocolate chips and butter to bowl. Stir with a wire whisk until butter and chocolate are melted and combined. Remove from heat. Add canola oil and mix until combined. Stir sugar and vanilla into chocolate mixture until smooth. Add eggs 1 at a time. Mix thoroughly between additions until all 3 eggs have been added.
4. In a large bowl, sift flour, cocoa powder, baking powder and salt. Mix until combined. Add chocolate mixture to flour mixture and stir until just combined. Pour into prepared baking pan and smooth top of brownies with a spatula. Sprinkle mini chocolate chips on top of batter.
5. Bake brownies for 35 minutes. They may seem underdone but will continue to bake in pan after removed from oven.

*Nutrition facts per serving:* 340 calories, 18 g fat, 6 g saturated fat, 0 g trans fat, 35 mg cholesterol, 135 mg sodium, 44 g carbohydrates, 4 g fiber, 30 g sugar, 5 g protein. Daily values: 2% vitamin A, 0% vitamin C, 2% calcium, 10% iron.









# ONCE UPON A MIDNIGHT DREARY

'Tis a dark day, Halloween, of ravens and ghosts and shadowy hauntings that strike fear in our hearts. Gather loved ones in a brightly lit scene with delicious foods. But, remember...don't turn out the lights.


Edgar Allan Poe would go mad for a Halloween celebration that pays homage to his poem, "The Raven." Set the stage with a ghostly-white table and references to his infamous bird and haunting words. Decorating is quick, easy and cheap. Parchment paper from Hy-Vee's baking aisle covers the table, whitewashed bricks raise up food and fun décor, including dividers for plastic cups, tombstone container markers, raven-motif snack bags and pumpkins. Download cutout designs for pumpkins at [www.hy-vee.com/seasons](http://www.hy-vee.com/seasons). You may also want a tall, reedy plant from the Hy-Vee floral department. The star of the table is a popcorn bar—a 2013 food trend—featuring a selection of five custom blends plus a supersized, pumpkin-shaped popcorn ball. Dippers, fresh veggies and bagel-chips-and-pretzel mix are served in divided plastic cups along with a smaller cup of dip. Antipasto skewers, candied apples and pudding shots round out the offerings.

WORDS Kathy Barnes and Wanda Ventling PHOTOS King Au



# MENU

**PUMPKIN PUDDING PARFAITS** (*Above right*) In juice or shot glasses layer pumpkin spice instant pudding, made according to package instructions, with vanilla wafers and nondairy whipped topping. If you like, add bananas to the layers. Garnish with wafers and/or bananas. **VEGGIE CUPS** (*Right*) Make double-sided cardstock dividers from downloadables for clear plastic cups. Fill opposite sides with a mix of crackers, bagel chips and pretzels and fresh vegetables (dry veggies on paper towels before placing in cups). Pair with readymade dips. **ANTIPASTO SKEWERS** (*Below*) Make mini skewers of fresh cheese, veggies and cured meat, and add a basil garnish.

 Download these party food labels at [www.hy-vee.com/seasons](http://www.hy-vee.com/seasons)





## CANDY APPLES

*Swirl an apple in the heated candy liquid until coated, then continue twirling while holding over the pan. Set to cool on a nonstick surface, the candy has a crisp, shiny coating after it hardens.*

*Prep: 20 minutes | Serves 8*

**8 Fuji apples**

**8 skewers**

**2 cups Hy-Vee granulated sugar**

**1 cup light corn syrup**

**½ cup hot water**

**¾ cup red cinnamon candies**

**5 drops red food coloring**

**1 cup chopped nuts, optional**

1. Prepare a baking sheet by lining with aluminum foil and spraying foil with nonstick cooking spray. Wash and dry the apples. Remove the stems and stick the skewers firmly in the stem ends.

2. In a medium saucepan, combine sugar, corn syrup and water over medium-high heat. Stir until sugar dissolves, then continue to cook, without stirring, until mixture reaches 250°F, checking with a candy thermometer. Wash down the sides of the pan with a wet pastry brush occasionally to prevent crystallization.

3. Once the candy reaches 250°F, add cinnamon candies and stir briefly to incorporate. Continue to cook, washing down the sides, until it reaches 285°F.

4. Remove from heat. Add food coloring, stirring candy so that it is smooth and even. Hold an apple by the skewer and dip it in the candy, tilting the pan at an angle and rotating the apple to cover it completely with a smooth, even layer. Bring it out of the candy and twirl it to remove excess. Roll in chopped nuts, if desired, then set on prepared baking sheet. Repeat with remaining apples.

5. Allow apples to cool at room temperature. Candy apples are best enjoyed within 24 hours.

### *Nutritional facts per serving:*

480 calories, 0 g fat, 0g saturated fat,

0 g trans fat,

0 mg cholesterol,

30 mg sodium,

125 g carbohydrates,

4 g fiber, 114 g sugar,

0 g protein. Daily values:

2% vitamin A,

10% vitamin C, 2% calcium,

2% iron.







No. 3

No. 1

No. 2

## POPCORN TRENDS

What's a hot trend in party food this year? Popcorn bars—several kinds of popcorn grouped together offer diverse flavor choices. In addition to those shown, here are some more to try: Bacon corn: Pop corn in bacon grease and add pieces of cooked bacon. Thanksgiving corn: Pour on maple syrup and add in walnuts, pecans and dried cranberries. Garlic Parmesan corn: Use garlic-infused oil and sprinkle with cheese.



# POPCORN



No. 4

## No. 1 PEANUT BUTTER CUP POPCORN

8 cups Basic Popcorn\*  
½ cup honey  
½ cup granulated sugar  
¾ cup peanut butter  
1 teaspoon vanilla extract  
3 squares almond bark, melted  
1 cup Reese's mini peanut butter cups

Line a baking sheet with parchment paper. Place popcorn in a large bowl. In a small saucepan combine honey and sugar. Bring mixture to a boil; reduce heat and simmer for 2 minutes. Remove from heat and stir in peanut butter and vanilla. Pour the mixture over popcorn. Gently toss with a wooden spoon until popcorn is coated. Spread on prepared baking sheet. Drizzle popcorn with melted almond bark and let cool. Stir in mini peanut butter cups.

## No. 2 CAKEY BUTTER PECAN KETTLE CORN

½ cup popcorn kernels  
3 tablespoons oil  
3 tablespoons sugar  
½ cup chopped pecans  
½ teaspoon salt  
8 ounces white chocolate almond bark  
½ cup dry yellow cake mix

In covered saucepan place popcorn and oil. Sprinkle sugar on top and pop corn. Pour into a large bowl and stir in pecans and salt. In a microwave-safe bowl, melt bark and stir in cake mix. Pour over popcorn and stir. Transfer mixture to parchment paper. Let cool.

## No. 3 WHITE CHEDDAR CHEESE POPCORN

8 cups Basic Popcorn\*  
½ cup white cheddar popcorn seasoning

In a large bowl combine popped popcorn and white cheddar popcorn seasoning. Mix until combined.

## No. 4 CANDIED FRUIT POPCORN

8 cups Basic Popcorn\*  
½ cup Hy-Vee unsalted butter  
3 tablespoons light corn syrup  
½ cup Hy-Vee sugar  
1 (3-ounce) box Hy-Vee orange-flavored gelatin

Preheat oven to 300°F. Line a baking sheet with parchment paper. Put popped popcorn in a large bowl. In a medium saucepan, heat butter and corn syrup over medium heat. Stir until butter is melted and mixture is combined. Stir in sugar and gelatin. Increase heat and bring to a boil. Immediately reduce heat and simmer for 5 minutes, stirring continuously. Pour mixture over popcorn and toss with wooden spoon to coat. Spread popcorn on prepared pan and spread out evenly. Bake for about 5 minutes or until crunchy. Cool completely.

## No. 5 SWEET CINNAMON ROLL POPCORN

12 cups Basic Popcorn\*  
1 cup Hy-Vee pecan pieces  
1 cup packed Hy-Vee brown sugar  
¾ teaspoon Hy-Vee cinnamon  
½ cup Hy-Vee unsalted butter, cubed  
¼ cup light corn syrup  
1 teaspoon Hy-Vee vanilla  
2 squares vanilla almond bark  
¾ cup caramel pieces

Preheat oven to 275°F. Line a baking sheet with parchment paper; set aside. Place popped popcorn and pecans in a large bowl; set aside. In a large microwave-safe bowl, combine brown sugar and cinnamon. Add butter and corn syrup. Microwave on HIGH for 30 seconds and stir to combine. Microwave for an additional 4 minutes, stirring halfway through. Stir in vanilla. Pour mixture over popcorn and toss gently with a wooden spoon to coat. Spread popcorn mixture onto prepared baking sheet. Bake for 20 minutes, stirring halfway through. Melt almond bark; drizzle over popcorn and let cool completely. Break popcorn into pieces and stir in caramel pieces.



\* For Basic Popcorn recipe and full recipes with nutrition information for the variations shown here, visit our website at [www.hy-vee.com/seasons](http://www.hy-vee.com/seasons)



No. 5





## POPCORN PUMPKIN

*Make this massive popcorn ball for a fun centerpiece. Dress it up with candies or drizzle with melted chocolate almond bark.*

*Prep: 30 minutes | Serves 20*

**¼ cup Hy-Vee unsalted butter**

**4 squares (8 ounces) white almond bark**

**1 (10.5-ounce) package Hy-Vee mini marshmallows**

**2½ batches Basic Popcorn recipe**

**(20 cups popped popcorn)**

**¼ cup white sprinkles**

**7 pieces black licorice, each cut 2½ inches long**

1. In a large saucepan, melt butter over low heat. Stir in almond bark and marshmallows, stirring continuously until mixture is smooth. Pour marshmallow mixture over popcorn and mix well. Stir in sprinkles.
2. Press half the popcorn mixture into a well-greased round bowl with a diameter of 8 inches. Continue piling the popcorn mixture on top of bowl, mounding it and molding it with your hands into a pumpkin shape. Cover and refrigerate 30 minutes. Remove from bowl by twisting.
3. Using a serrated knife, cut a 1-inch slice off the sphere to stabilize the pumpkin. In the center top of the pumpkin, cut a circle that is 1 inch in diameter and 1 inch deep.
4. On a microwave-safe plate, lay licorice pieces next to each other and microwave for 10 to 15 seconds or until soft and pliable. Press licorice pieces together with the ends flush, creating a stem. Wrap licorice stem in tin foil to hold in place and put in freezer for 10 minutes to set it. Remove and discard foil and insert stem into hole on top of pumpkin.

*Nutrition facts per serving:* 230 calories, 14 g fat, 7 g saturated fat, 0 g trans fat, 15 mg cholesterol, 160 mg sodium, 26 g carbohydrates, 1 g fiber, 16 g sugar, 1 g protein. Daily values: 4% Vitamin A, 0% Vitamin C, 0% Calcium, 2% Iron.

## FORMING THE PUMPKIN

Making the popcorn ball is half skill and half amusement. After accomplishing step 1 in the recipe *above*, coat the inside of an 8-inch diameter round bowl with cooking spray. Press half of the popcorn into the bowl. Continue piling the popcorn mixture on top of bowl, carefully mounding it and molding it with your hands into a pumpkin shape. Cover with plastic wrap and refrigerate for 30 minutes. To remove the ball from the bowl, sit with the bowl held between your knees. Firmly but carefully start twisting the top half of the ball. Breaking the ball free may take a strong tug. Once removed, continue on to Step 3.







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# LOVE THE DOVE



## HOW TO CARVE A PUMPKIN



- 1.** With a sharp knife, open the pumpkin from the top. Remove the pulp and seeds.
- 2.** Using a fine-tip color pen, trace a stencil or draw a scene freehand. Using a pumpkin-, clay- or wax-carving tool or crafting stylus, make a clear outline. Break through the outer skin only along edges of the design's negative areas.
- 3.** Using a pumpkin-carving tool or mat knife, cut out the design.
- 4.** Perch your carving for display. You may need as many as four tea lights for the best glow. Warning: Never leave a burning candle in your home unattended. A safe alternative is an LED pumpkin tea light.



**1** For 25 downloadable pumpkin carving templates, visit our website. Designs include owls, black cats, candlesticks and witches on broomsticks. Find them at [www.hy-vee.com/seasons](http://www.hy-vee.com/seasons)



**QUOTH THE RAVEN,  
“NEVERMORE”**



*Flavor AND easy does it*







When allowed to stew all day in a slow cooker, low-cost cuts of beef become deeply comforting. Entrées, side dishes, desserts and even bread can be made in a slow cooker. Plug in and relax.

WORDS Steve Cooper PHOTOS Tobin Bennett

Transforming lower-cost cuts of meat, root vegetables and other ingredients into mouth-watering, delicious one-pot meals takes only a slow cooker and a little time. A long spell at low heat gives flavors the time needed to mingle, penetrate and combine into something new.

In a slow cooker, meats become tender, grains swell with savory broth, beans soften and flavors such as onions, potatoes and carrots blend. Simmered to perfection, melded flavors greet you like long lost friends as aromas waft out of the kitchen.

## THE APPLIANCE

Slow cookers are two-piece appliances. Most have a body concealing electric coils that heat up a ceramic inner pot, which holds the food. With the cooker on high (about 300°F), meals are ready in 2 to 4 hours. Set low (about 200°F), meals take 6 to 8 hours.

Most households will be completely satisfied with a 6-quart model, though smaller and larger units are available. Prices range from under \$50 for a good cooker to \$250 for an extravagant one.

## THE MEAL

Prepping a slow-cooker meal takes only 15 to 30 minutes of cutting and chopping. When preparing meat, it is best to thaw it, trim excessive fat and, for enhanced flavor, brown the meat first on a cooktop. Put all ingredients into a slow cooker and fill it half to two-thirds full with water, broth or other liquids. Do not fill completely. Many cooks find it convenient to do all prep in the morning, then leave the cooker on through the day. Stir in fresh herbs toward the end of the cooking cycle so flavors are not ruined by overcooking.

After lavish hours in a slow cooker, meals are more nutritious and much heartier than anything that comes from a box or a bag.





## POT ROAST

*Once you've used a slow cooker for a pot roast, you'll never prepare one in an oven again. A full day of low heat nurtures the meat to perfection. You may not even need a fork to pull apart this tender, juicy roast—big chunks may simply fall off.*

*Prep: 15 minutes | Cook: 8 to 10 hours | Serves 8*

**2½ pounds chuck roast**

**Hy-Vee salt and Hy-Vee black pepper, to taste**

**Hy-Vee garlic powder, to taste**

**1 (1-ounce) packet Hy-Vee dry onion soup mix**

**¾ cup water**

**¾ cup red wine**

**1 pound carrots, roughly chopped**

**1 (1.5-pound) package Hy-Vee Smart Bite Strawberry Reds Potatoes, halved**

**1 bunch celery, chopped**

**1 medium white onion, roughly chopped**

**1.** Season both sides of roast with salt, pepper and garlic powder. In a 4-quart slow cooker, add the soup mix, water and wine and stir together. Place roast in cooker and cover and cook on LOW.

**2.** After the first 4 hours, place all vegetables in the cooker. Continue cooking 4 to 6 hours more. Total cooking time is 8 to 10 hours

*Nutrition facts per serving:* 430 calories, 11 g fat, 4 g saturated fat, 0 g trans fat, 145 mg cholesterol, 480 mg sodium, 27 g carbohydrates, 4 g fiber, 5 g sugar, 52 g protein. Daily values: 190% vitamin A, 45% vitamin C, 10% calcium, 30% iron.







## EGGLESS SLOW-COOKER HERB BREAD

*The rich, herbal aromas of this deliciously textured bread will sweep you away to Provence, the home of country French dining. This makes it all the more amazing that it's prepared in a slow cooker.*

*Prep: 20 minutes | Rest: 70 minutes | Cook: 1½ to 2 hours | Serves 10*

**1 cup warm water, about 110 to 115°F**  
**1 tablespoon Hy-Vee granulated sugar**  
**1 (¼-ounce) package active dry yeast**  
**1 teaspoon Hy-Vee salt**

**1 tablespoon finely chopped fresh rosemary**  
**⅓ teaspoon Hy-Vee dried oregano**  
**2 teaspoons herbes de Provence**  
**¼ teaspoon Hy-Vee black pepper**  
**2 tablespoons Hy-Vee Select olive oil**  
**1½ cups Hy-Vee white whole wheat flour**  
**½ cup Hy-Vee all-purpose flour**

1. In a large bowl, combine water, sugar and yeast. Let sit 10 minutes to proof. Stir in salt, rosemary, oregano, herbes de Provence, black pepper, olive oil and both flours. Form a ball and knead on a clean floured surface, adding more flour if needed to

prevent sticking. Once a smooth ball is formed, place in a lightly greased bowl, covered. Let rise for 1 hour.  
2. Punch down dough and reshape into a ball. Place on parchment paper and put in 4-quart slow cooker. Turn machine to HIGH; allow to cook for 1½ to 2 hours. Remove from slow-cooker and cool on wire rack.

*Nutrition facts per serving:* 110 calories, 3.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 230 mg sodium, 19 g carbohydrates, 3 g fiber, 2 g sugar, 3 g protein. Daily values: 0% vitamin A, 0% vitamin C, 0% calcium, 6% iron.





## SLOW-COOKER GINGER-ORANGE CHEESECAKE

*Call this an upside-down cake because the graham cracker bottom is on top of the cheesecake in the cooker. Once done, flip it so the crust is the bottom.*

*Prep: 25 minutes | Cook: 2½ hours | Refrigerate: 4 to 24 hours | Serves 12*

**16 ounces Hy-Vee cream cheese, softened**  
**¾ cup Hy-Vee sugar**  
**1 tablespoon orange juice**  
**1 tablespoon Hy-Vee all-purpose flour**  
**½ teaspoon Hy-Vee vanilla**  
**3 egg whites**  
**1 tablespoon orange zest**  
**½ teaspoon grated ginger**  
**1 cup warm water**  
**¾ cup graham cracker crumbs**  
**¾ tsp Hy-Vee cinnamon**  
**5 tablespoons Hy-Vee butter, melted**  
**½ cup Hy-Vee sugar**  
**½ cup orange juice**  
**6 ounces frozen or fresh cranberries**  
**Powdered sugar, optional**  
**Additional orange zest, for garnish, optional**

1. Lightly coat a 1½-quart soufflé dish with non-stick cooking spray. Cut a circle out of parchment paper to fit in the bottom of the soufflé dish and a strip to go around the inside of the dish. Place parchment circle on bottom of soufflé dish. Place strip inside the upright dish.

2. In a large bowl, beat cream cheese, ¾ cup sugar, 1 tablespoon orange juice, flour and vanilla together until combined. Beat in eggs with mixer on low speed just until combined. Stir in 1 tablespoon orange zest and ginger. Pour filling into prepared soufflé dish. Cover dish tightly with aluminum foil.

3. Pour water into 3½- to 5-quart slow cooker. Place soufflé dish in cooker. Cover and cook on HIGH for 1 hour.

4. Meanwhile, in a small bowl, combine graham cracker crumbs, cinnamon and butter. After 1 hour, carefully remove aluminum foil from dish and sprinkle crumb mixture on top of cream cheese mixture, gently pressing down with hands. Cover again with foil and cook, covered, for 1½ hours. Carefully remove dish from cooker with hot pads and let cool completely. Place covered in refrigerator graham cracker side up and chill 4 to 24 hours.

5. In a medium saucepan, combine ½ cup sugar and ½ cup orange juice and cook over medium heat. Stir in cranberries and cook until the cranberries start to pop, about 10 minutes. Remove from heat and place sauce in a bowl. Cranberry sauce will thicken as it cools.

6. When ready to serve, remove the cheesecake from the refrigerator. The cake must be flipped. Cut a circle of clean cardboard slightly larger than the cake. Supporting the cake with the cardboard, gently turn over and place cardboard on work surface. A few firm knocks on the dish bottom should break free the cake. If it resists, flip back over and gently run a knife around the edge, between the parchment side strip and the dish.

7. Serve cheesecake with cranberry sauce and garnish with powdered sugar and orange zest, if desired.

*Nutrition facts per serving:* 300 calories, 18 g fat, 10 g saturated fat, 0.5 g trans fat, 55 mg cholesterol, 170 mg sodium, 31 g carbohydrates, 1 g fiber, 26 g sugar, 4 g protein. Daily values: 15% vitamin A, 15% vitamin C, 4% calcium, 2% iron.



# SLOW COOKER Q & A



## WHAT FEATURES SHOULD I LOOK FOR WHEN PURCHASING?

A glass lid is a necessity for letting you see how the meal is progressing. Try to avoid opening the lid while the appliance is on—it quickly loses heat. Digital controls are not necessary, but they do let you set time and temperature precisely. This is a feature you'll appreciate as you gain experience.

## I'VE HEARD THAT SLOW COOKERS SHOULD BE TESTED FOR TEMPERATURE ACCURACY. HOW?


Because it's critical to safely cook food, make certain your unit is heating up as it should. Fill the cooker half to two-thirds full with water. With the lid on, let the water heat on low for 8 hours. Using a food thermometer, see if the water is 185°F to 200°F. If not, replace the cooker.

## HOW CAN I GET STAINS OUT OF A BLACK CROCK?

Fill pot halfway with water, add 1 cup of white vinegar and heat on high for two hours. Then clean as usual.

## SHOULDN'T THEY BE CALLED CROCK POTS?

Only one is called a Crock-Pot. Rival Co. introduced that trademarked brand name in 1971.



Simplify mealtime with these recipes, each limited to five main ingredients. We've reached out to Louisiana for shrimp, created a hearty salad sandwich, made French toast with Brie, and topped a sage-and-sausage stuffing with gravy and an egg. Also try our sweet-and-salty roasted nuts. Each of these recipes has a bold personality that will draw you back again and again. Recipes are on *pages 50-51*.

PHOTOS Adam Albright

INGREDIENTS

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**FIVE  
RECIPES**



# 1 COBB SALAD SANDWICH





SAGE  
STUFFING  
MIX

2 OVER-THE-TOP STUFFING

GRAVY

FRIED SAGE

ITALIAN SAUSAGE

CELERY





RICE

FROZEN  
VEGETABLES

SHRIMP

CELERY

ANDOUILLE SAUSAGE

### 3 SHRIMP & SAUSAGE JAMBALAYA



## 4 SWEET & SPICY NUT MEDLEY

WALNUTS

THYME

ALMONDS

CHILI  
POWDER

CASHEWS





MAPLE  
SYRUP

FRENCH  
BREAD

BANANA

5 Brie-stuffed  
French Toast

CHOPPED  
WALNUTS

BRIE





## COBB SALAD SANDWICH

*As high in protein as it is in flavor, rotisserie chicken speeds preparation of this sandwich. The main ingredients are chicken, bacon, lettuce, blue cheese dressing and hoagie buns.*

*Prep: 10 minutes | Serves 6*

- 6 hoagie buns**
- 6 lettuce leaves**
- 1 Hy-Vee rotisserie chicken, sliced**
- 3 Hy-Vee large eggs, hardboiled and sliced**
- 12 slices Hy-Vee bacon, cooked and cut in half**
- ¾ cup chunky blue cheese dressing, divided**
- 1 teaspoon paprika, divided**

1. Slice buns open. To assemble, start with placing 1 slice of lettuce on bread, then top each with one-sixth of the chicken, eggs and bacon. Drizzle 2 tablespoons of blue cheese dressing on each sandwich and sprinkle with paprika.

*Nutrition facts per serving:* 610 calories, 30 g fat, 8 g saturated fat, 0 g trans fat, 150 mg cholesterol, 1280 mg sodium, 49 g carbohydrates, 2 g fiber, 3 g sugar, 32 g protein. Daily values: 40% vitamin A, 4% vitamin C, 6% calcium, 20% iron.



## OVER-THE-TOP STUFFING

*After indulging in this for dinner, you'll wonder how such a simple dish can be so satisfying and filling. The main ingredients are sage stuffing, Italian sausage, celery, gravy and fried sage.*

*Prep: 20 minutes | Cook: about 35 minutes | Serves 6*

- ½ pound Italian sausage**
- 1 (6-ounce) box sage stuffing mix**
- 1 cup water**
- 1 cup chopped celery**
- 2 teaspoons Hy-Vee Select olive oil, divided**
- 6 Hy-Vee large eggs**
- 2 tablespoons chopped fresh sage**
- 1 (12-ounce) jar pork gravy, heated**
- Hy-Vee black pepper, to taste**

1. Preheat oven to 400°F. Spray an 8×8-inch baking dish with non-stick cooking spray; set aside.
2. In a medium skillet, brown sausage; set aside.
3. In a bowl, mix stuffing with water. Add celery and cooked sausage. Spread stuffing mixture in prepared pan. Bake for 25 to 30 minutes or until golden brown on top; set aside.
4. In a large skillet, heat 1 teaspoon of olive oil over medium heat. Crack the eggs into skillet; cook until whites are set but yolks are still runny, about 3 minutes. Remove eggs from skillet. Fry sage in hot skillet with an additional teaspoon of olive oil for 5 seconds; remove with slotted spoon.
5. Divide stuffing into 6 portions. Place stuffing on each of 6 plates, then place ¼ cup gravy over each serving of stuffing. Place fried egg on top of stuffing and gravy. Sprinkle with fried sage and black pepper.

*Nutrition facts per serving:* 310 calories, 19 g fat, 6 g saturated fat, 0 g trans fat, 215 mg cholesterol, 970 mg sodium, 17 g carbohydrates, 2 g fiber, 2 g sugar, 15 g protein. Daily values: 8% vitamin A, 2% vitamin C, 8% calcium, 15% iron.



## SHRIMP & SAUSAGE JAMBALAYA

*A spicy addition to jambalaya, smoked andouille sausage is French in origin but Cajun in character. The main ingredients are shrimp, andouille sausage, frozen vegetables, rice and celery.*

*Prep: 5 minutes | Cook: 25 to 26 minutes | Serves 5 (about 1 cup each)*

- 1 cup chopped celery**
- 2 cups frozen bell peppers and onions**
- 2 tablespoons Hy-Vee Select olive oil**
- 2 cups water**
- 1 teaspoon Hy-Vee dried thyme**
- 2 teaspoons Cajun seasoning**
- 1 teaspoon Hy-Vee garlic powder**
- 14 ounces Andouille sausage, sliced**
- 1 pound shrimp, peeled and deveined**
- 2 (8.5-ounce each) packets Uncle Ben's Cajun Style Ready Rice, prepared**

1. In a large skillet, sauté celery and frozen vegetables in olive oil over medium to medium-high heat until tender, about 5 minutes. Add water, thyme, Cajun seasoning, garlic powder and sausage. Simmer for 15 minutes, stirring occasionally. Add shrimp to pan and cook 5 to 6 additional minutes, or until shrimp is pink in color. Serve with rice.

*Nutrition facts per serving:* 300 calories, 18 g fat, 5 g saturated fat, 0 g trans fat, 160 mg cholesterol, 1360 mg sodium, 7 g carbohydrates, 2 g fiber, 2 g sugar, 27 g protein. Daily values: 10% vitamin A, 10% vitamin C, 8% calcium, 10% iron.





## SWEET & SPICY NUT MEDLEY

*Salty, sweet, piquant and buttery, these mixed nuts will awaken your taste buds. The main ingredients are almonds, cashews, walnuts, chili powder and thyme.*

*Prep: 5 minutes | Cook: 18 minutes | Serves 16  
(about ¼ cup each)*

**½ cup Hy-Vee butter, melted**  
**4 teaspoons Hy-Vee salt**  
**4 teaspoons Hy-Vee chili powder**  
**8 sprigs fresh thyme**  
**4 tablespoons Hy-Vee brown sugar**  
**4 teaspoons Hy-Vee ground cinnamon**  
**4 cups mixed nuts (almonds, cashews, walnuts)**

1. Preheat oven to 325°F. Line a 15×10-inch baking pan with aluminum foil and lightly coat with nonstick cooking spray; set aside.
2. In a small bowl combine butter, salt, chili powder, thyme, brown sugar and cinnamon. Stir in nuts, mixing gently until well coated. Spread nuts evenly on baking pan. Bake for 18 minutes, stirring twice.
3. While nuts cook, line a second baking sheet with paper towels. Remove nuts from oven and transfer to paper towel to cool. Remove excess liquid by patting nuts with additional paper towel. If desired, season with additional fresh thyme. Serve at room temperature.

*Nutrition facts per serving:* 240 calories, 20 g fat, 6 g saturated fat, 0 g trans fat, 15 mg cholesterol, 650 mg sodium, 11 g carbohydrates, 3 g fiber, 4 g sugar, 6 g protein. Daily values: 8% vitamin A, 4% vitamin C, 4% calcium, 6% iron.



## BRIE-STUFFED FRENCH TOAST

*Each bite is flavored with spices, vanilla and nuts, with a melty layer of cheese. The main ingredients are French bread, Brie, bananas, walnuts and maple syrup.*

*Prep: 15 minutes | Cook: 4 to 6 minutes | Serves 4*

**4 thick slices French or Italian bread**  
**4 ounces Brie cheese, sliced ¼ inch thick**  
**6 Hy-Vee large eggs**  
**2 teaspoons Hy-Vee ground cinnamon**  
**½ teaspoon Hy-Vee ground nutmeg**  
**1 tablespoon Hy-Vee granulated sugar**  
**1 teaspoon Hy-Vee vanilla extract**  
**1 cup Hy-Vee whole milk**  
**1 cup chopped Hy-Vee walnuts**  
**2 tablespoons Hy-Vee unsalted butter**  
**2 tablespoons Hy-Vee powdered sugar**  
**1 banana, sliced**  
**Hy-Vee real maple syrup**

1. Make an incision on the crust side of the bread slices about ¾ of the way through to create a pocket. Push cheese slices into the pocket; set aside.
2. In a medium shallow bowl, whisk eggs, cinnamon, nutmeg, sugar, vanilla and milk; set aside. Put chopped nuts on a sheet pan; set aside.
3. Dip bread slices in egg batter making sure to let each side soak for about 20 seconds. Dip the edges into the nuts.
4. In a large skillet, heat butter over medium-high heat. When butter has melted, add stuffed bread slices and brown on each side for 2-3 minutes. Remove from skillet and serve immediately. Top with a sprinkle of powdered sugar, fresh sliced bananas and syrup.

*Nutrition facts per serving:* 670 calories, 42 g fat, 14 g saturated fat, 0 g trans fat, 330 mg cholesterol, 590 mg sodium, 51 g carbohydrates, 4 g fiber, 16 g sugar, 27 g protein. Daily values: 20% vitamin A, 4% vitamin C, 25% calcium, 25% iron.

# 20

## TOP ITEMS TO KEEP IN THE FRIDGE AND PANTRY

What to make for breakfast or dinner? The secret to great meal choices is keeping key ingredients on hand. Here's our list to get you started. Adapt it for your own family.

1. Eggs
2. Milk or milk substitute
3. Butter or margarine
4. Frozen vegetable combos
5. Meats, fresh and frozen
6. Cheese
7. Lettuce
8. Fresh salad vegetables
9. Flour
10. Sugar, brown sugar
11. Salt
12. Pepper
13. Cinnamon
14. Nutmeg
15. Seasoning blends
16. Bread
17. Canned beans
18. Pasta
19. Rice, quick rice
20. Vegetable oil, olive oil





# MAC &

Macaroni and cheese is the ultimate comfort food, whether you're a child or an adult. Try six creative variations on this family favorite—every one a delicious way to start dinnertime with a smile.

WORDS **Diana McMillen** PHOTOS **King Au**

Few savory dishes conjure up family memories like simple mac and cheese: Fork-tender elbow macaroni soaking in cheesy sauciness, finished with buttered bread crumbs baked to a golden crunch. Who doesn't love that? But it gets better. With chameleon-like ease, the great American comfort food turns into an uptown special with a riff on the classic, using fancy pastas and artisan cheeses.

Through the years, the recipe has been tweaked, twisted and glorified in cookbooks and magazines, by famous chefs and home cooks. State fair revelers buy it fried on a stick. At Zombie Burger in Des Moines, Iowa, it's breaded and fried to form a burger bun and served as "The Walking Ched."

## THE CHEESE SAUCE

What's the key to a great mac and cheese? Although we love pasta, cheese sauce is the heart of the recipe. The sauce starts with a simple white sauce, which is thickened with a roux—a blend of melted butter and flour—and flavored with cheese. To make a delicious white sauce with cheese, follow the instructions on *page 55*.

Cheddar melts nicely and is a common choice for use in recipes. But don't be held back by tradition. If you love bacon and barbecue, add smoky Gouda to the mix. Or combine an assertive artisan blue cheese with a smooth Havarti for a

spunkier sauce. The flavors are as endless as the cheeses you will discover. Start with the variations used in our recipes for more mature tastes, which include a kicked-up chipotle Gouda tossed with buttery lobster and a three-cheese version made with Asiago, Gruyère and a German Bruder Basil.

Macaroni and cheese is a sure-fire way to get your family to eat important nutrients. Giving the dish a thumbs-up review, Jennifer Norgaard, registered dietitian at the Hy-Vee store in Ankeny, Iowa says, "Cheese and milk are good sources of protein and calcium."

## THE PASTA

Macaroni and cheese needs a small-sized pasta that has a hollow spot where sauce can collect. Pastas that are tubular or shaped like shells and wheels are tailor-made for this.

For most people, the nutritious choice is pasta made with whole wheat and fortified with omega-3 fatty acids. If you cannot tolerate gluten, look in the HealthMarket for pasta made from such alternative ingredients as brown rice flour or corn flour. Also look for quinoa flour labeled gluten-free.

For a balanced meal, Norgaard recommends serving the mac and cheese with a 3-ounce piece of chicken and a salad. Each portion should cover about a third of a dinner plate.

# CHEESE





**REIMAGINE BUFFALO WINGS  
AS MAC AND CHEESE** BY STIRRING  
IN A KICKY WING SAUCE, BITS  
OF FRESHLY ROASTED CHICKEN  
AND A TOPPING OF CHEESE-  
FLAVORED TORTILLA CHIPS.

## **BUFFALO CHICKEN MAC 'N' CHEESE**

*Prep: 20 minutes | Cook: 30 minutes | Serves 12  
(1 cup each)*

- 1 (16-ounce) box Hy-Vee large elbow macaroni
- 1 Hy-Vee rotisserie chicken, shredded  
or cut into cubes
- 2 (10¾-ounce each) cans condensed cheddar  
cheese soup
- 1½ cups Hy-Vee skim milk
- 8 ounces Hy-Vee Smooth & Cheesy, cubed

- 3 cups Hy-Vee shredded sharp cheddar cheese
- ½ cup buffalo wings sauce
- 1 cup crushed nacho cheese-flavored tortilla chips

1. Preheat oven to 350°F. Cook pasta according to  
package instructions. Drain and place into a 4-quart  
baking dish. Mix chicken into pasta; set aside.
2. In a medium saucepan, combine soup, milk,  
Smooth & Cheesy and cheddar cheese over medium  
heat. Stir mixture and heat until cheese is melted.  
Add the buffalo wings sauce; stir until combined.

3. Pour sauce mixture over pasta and chicken. Mix  
until pasta is coated with cheese mixture. Bake for  
30 minutes. Remove from oven and top with  
crushed cheese-flavored tortilla chips.

*Nutrition facts per serving:* 420 calories, 19 g fat,  
10 g saturated fat, 0 g trans fat, 60 mg cholesterol,  
1210 mg sodium, 41 g carbohydrates, 2 g fiber,  
5 g sugar, 22 g protein. Daily values: 15% vitamin A,  
0% vitamin C, 35% calcium, 8% iron.



## GROWN UP THREE-CHEESE

*Distinctive smoky Bruder, sharp Asiago and smooth Grand Cru Gruyère melt into a full-flavored blend.*

*Prep: 30 minutes | Cook: 30 to 35 minutes | Serves 6 (1 cup each)*

8 ounces Hy-Vee farfalle bowtie pasta  
1¾ cups Hy-Vee skim milk  
4 tablespoons Hy-Vee butter  
4 tablespoons Hy-Vee all-purpose flour  
3 ounces German Bruder Basil Cheese,  
chopped pea-size (about ½ cup)  
2.5 ounces Asiago cheese, shredded  
5 ounces Grand Cru Gruyère cheese, shredded  
1 teaspoon Hy-Vee black pepper  
1 teaspoon Hy-Vee salt  
2 pinches nutmeg  
1 cup sun-dried tomatoes, chopped  
5 teaspoons Hy-Vee breadcrumbs

1. Preheat oven to 350°F. Spray a 2-quart casserole dish with nonstick cooking spray; set aside. Cook pasta according to package directions. Once cooked, drain and set aside.

2. In a microwave-safe bowl, heat milk in microwave on HIGH for 1½ minutes; set aside.  
3. In a small saucepan, melt butter over low heat. Add flour, stirring with a whisk, and cook for 2 minutes. Add hot milk and continue cooking for 2 minutes, stirring until thickened. Add German Bruder Basil Cheese and stir to combine. Once smooth, turn off heat. Add Asiago and Gruyère cheeses one at a time, making sure cheese is melted smooth before adding more. Add pepper, salt, nutmeg and sun-dried tomatoes; stir to combine. Toss in cooked pasta.  
4. Pour pasta mixture into prepared casserole dish and top with breadcrumbs. Bake for 30 to 35 minutes, or until bubbly and slightly browned on top.

*Nutrition facts per serving:* 540 calories, 25 g fat, 15 g saturated fat, 0 g trans fat, 65 mg cholesterol, 850 mg sodium, 59 g carbohydrates, 10 g fiber, 10 g sugar, 25 g protein. Daily Values: 20% vitamin A, 6% vitamin C, 60% calcium, 25% iron.

## MAKING A CHEESE SAUCE

To make sauce for 8 ounces of cooked pasta, you need about 2 cups of cheese sauce. Heat 2 cups of milk in a small saucepan over low heat or in the microwave. Meanwhile, prepare a roux. In a heavy saucepan melt 4 tablespoons of butter over low heat. Gradually stir in 4 tablespoons flour. Continue stirring 1 to 2 minutes over the heat until bubbly, thickened and a pale yellow color. Add hot milk; cook, whisking frequently, until thickened. Add 8 ounces shredded, cubed or crumbled cheese. Cook and stir until melted. Remove from heat; season with ½ to 1 teaspoon salt and several dashes cayenne.







## ORGANIC WHITE CHEDDAR

*The pasta featured here was made with organic Jerusalem artichoke flour, which gives the dish a subtle, nutty flavor and a less sticky texture than traditional pastas.*

*Prep: 5 minutes | Cook: 15 minutes | Serves 4  
(about 1 cup each)*

**8 ounces organic elbow pasta (2 cups dry)**

**1½ cups organic skim milk**

**3 tablespoons organic flour**

**1 teaspoon organic salt**

**1 cup organic shredded sharp cheddar cheese**

**1 cup organic shredded mild cheddar cheese**

**Organic paprika, black pepper or cayenne, optional**

1. Cook pasta according to package directions. Once cooked, drain and place back in pot. In a small bowl, combine milk, flour and salt, stirring with a whisk until smooth. Pour into pot with pasta and cook over low heat until it thickens and becomes bubbly.

2. Remove from heat and add cheeses one at a time, stirring until smooth. Top with paprika, black pepper or cayenne if desired.

*Nutrition facts per serving:* 490 calories, 19 g fat, 11 g saturated fat, 0 g trans fat, 60 mg cholesterol, 980 mg sodium, 55 g carbohydrates, 2 g fiber, 8 g sugar, 25 g protein. Daily Values: 15% vitamin A, 0% vitamin C, 50% calcium, 10% iron.



## FRIED MAC 'N' CHEESE!

Press leftover macaroni and cheese into a 13×9 or 8×8 cake pan and freeze. Cut frozen mac and cheese into 1¼-inch rectangles. In a bowl, place 1½ cups panko breadcrumbs. In another bowl, whisk together 1 egg and 2 tablespoons of milk. Dip mac and cheese rectangles into egg mixture, then into breadcrumbs. In a deep fryer or skillet, fry in 350°F oil for 3 to 5 minutes until golden brown. Serve with marinara or other dipping sauce.



## CLASSIC MAC 'N' CHEESE

*Processed cheese has been designed for a picture-perfect melt. Add more flavor and nutrition with peas, broccoli, tomatoes and other cheeses.*

*Prep: 20 minutes | Cook: 15 minutes (optional) | Serves 10 (1 cup each)*

1 (16-ounce) box Hy-Vee elbow macaroni  
16 ounces Hy-Vee Smooth & Cheesy, cubed  
 $\frac{3}{4}$  cup Hy-Vee evaporated milk  
2 cups Hy-Vee shredded sharp cheddar cheese  
2 cups shredded Monterey Jack cheese  
1 teaspoon white pepper  
1 teaspoon seasoning-and-salt mixture  
1 cup Hy-Vee frozen sweet peas, steamed  
1 cup Hy-Vee frozen broccoli florets, steamed  
1 (10-ounce) can Hy-Vee original diced tomatoes and green chilies, drained

1. Cook pasta according to package directions. Once cooked, drain and set aside.
2. In a large sauce pan, heat Smooth & Cheesy and evaporated milk over medium-low heat until creamy. Stir in shredded cheeses, pepper and salt. Stir until melted together. Add cooked pasta, peas, broccoli and drained tomatoes; stir to combine. Serve immediately or bake in oven at 375°F for 15 minutes.

*Nutrition facts per serving:* 520 calories, 26 g fat, 16 g saturated fat, 0 g trans fat, 80 mg cholesterol, 1170 mg sodium, 46 g carbohydrates, 3 g fiber, 9 g sugar, 27 g protein. Daily values: 20% vitamin A, 10% vitamin C, 60% calcium, 10% iron.

## STIR-INS WE LOVE

Into hot mac and cheese made with 8 ounces pasta, try these stir-ins one at a time:

- 1½ cups diced grilled chicken and ½ cup chopped roasted red pepper.
- 1½ cups medium peeled, cooked shrimp and 2 tablespoons pesto.
- ½ cup salsa, ½ cup sliced black olives and 2 tablespoons chopped green chilies. Top with crushed nacho chips.
- 6 slices crumbled, crisp-fried bacon and 2 tablespoons chopped fresh parsley or chives.
- 2 5-ounce cans of tuna, drained, and 1 cup frozen peas.



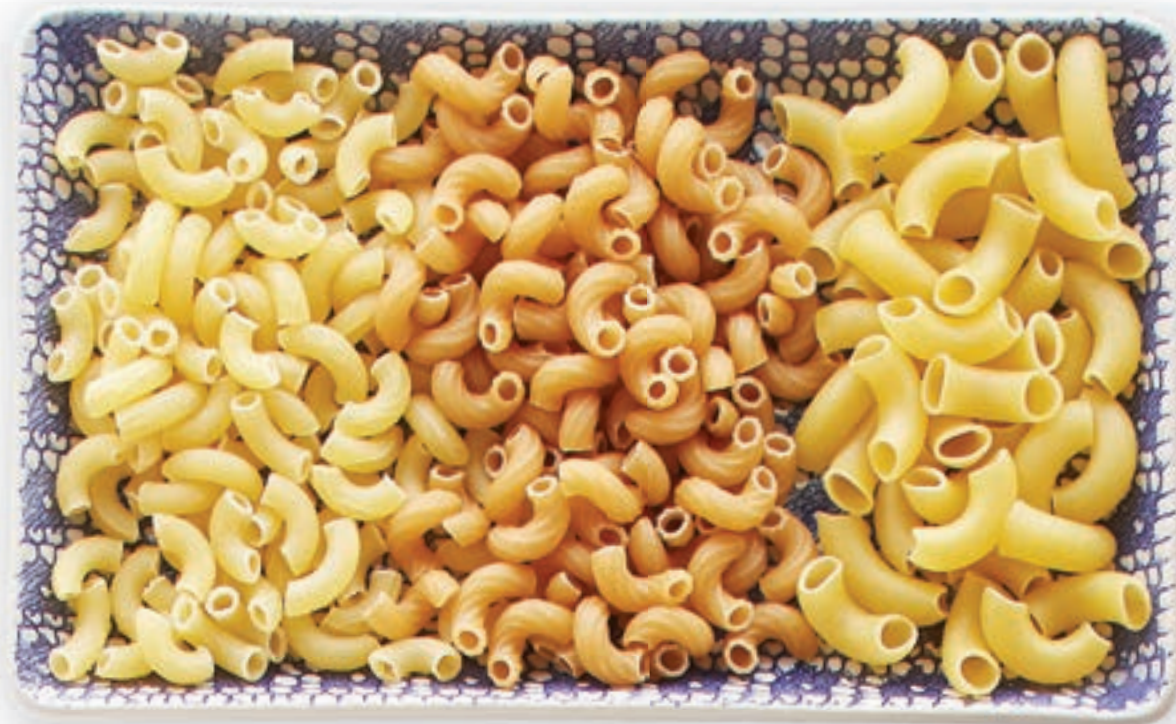


# MAC & MORE

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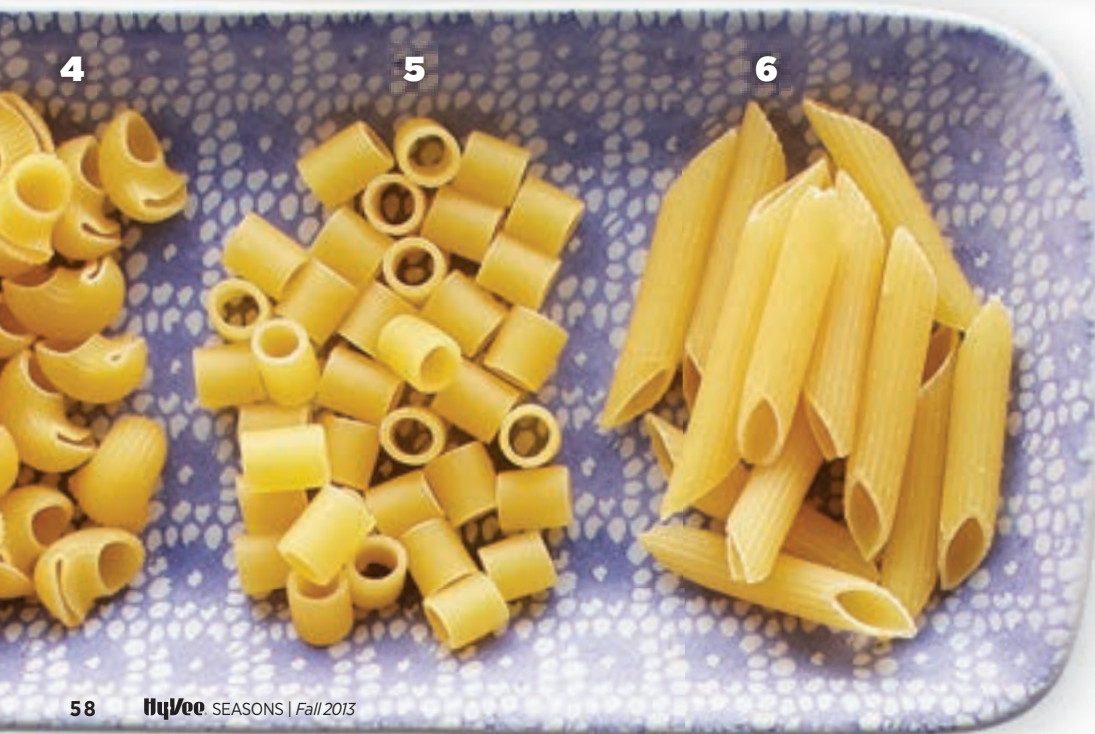
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6



## SELECTING THE RIGHT PASTA

Pasta's task is scooping up and holding cheese sauce. Here are some choices:

- **MACARONI** The classic shape nicely balances tastes of pasta and sauce. Some pasta, such as #2 above, include omega-3 oils for additional nutrition.
- **GEMELLI** The name is Italian for twins.
- **WHEELS** This pasta shape originated in Italy during the 1950s, inspired by modern industry. It's become a worldwide favorite.
- **SHELLS** In Italy these are called *conchiglie*, which means conch shells.
- **PIPETTE RIGATE** These are a form of macaroni with hollow elbows as storehouses for cheese sauce.





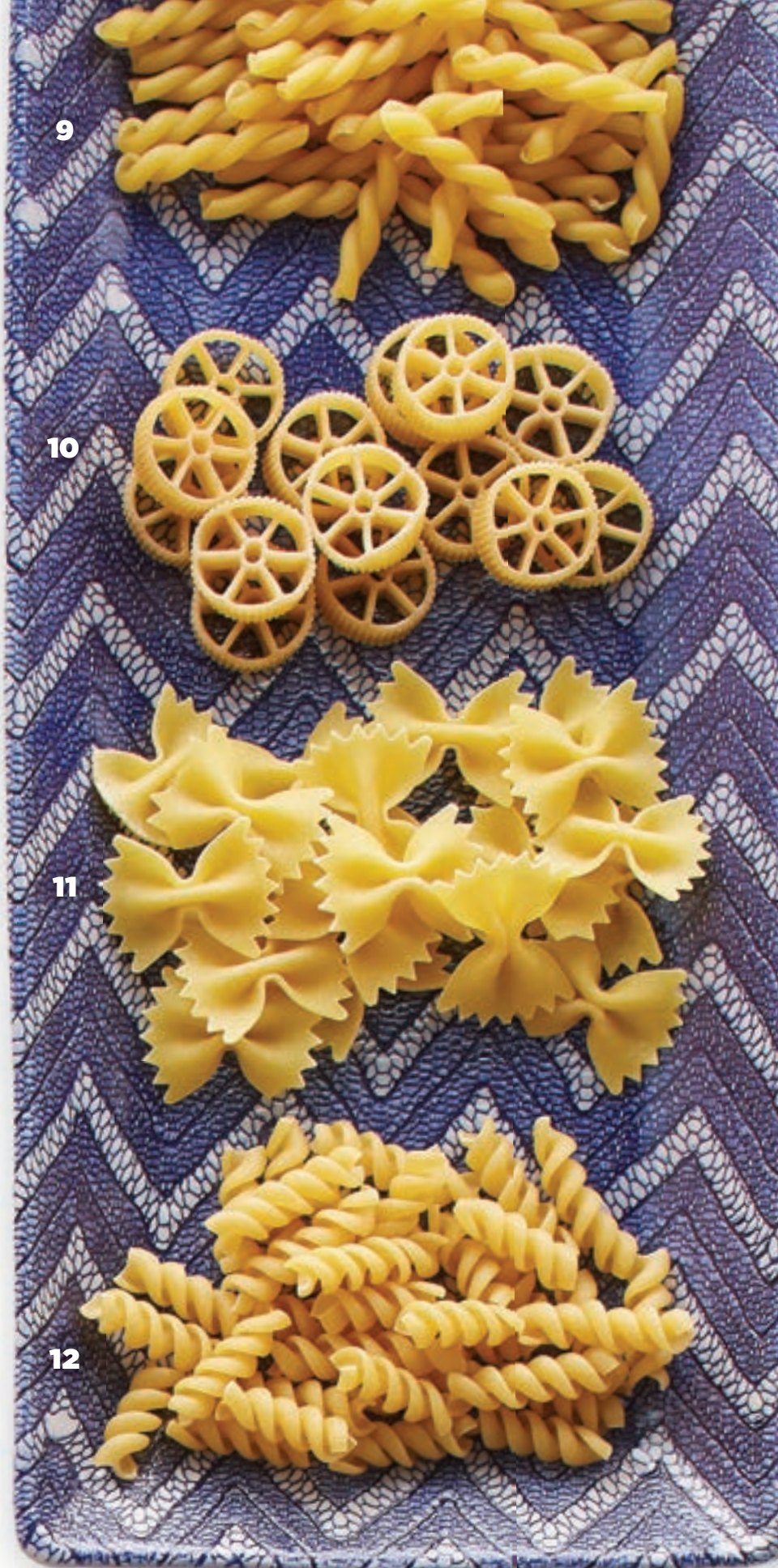
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## BEST PASTAS

- |                         |               |
|-------------------------|---------------|
| 1. MACARONI             | 7. SHELL      |
| 2. WHOLE GRAIN MACARONI | 8. MINI SHELL |
| 3. LARGE MACARONI       | 9. GEMELLI    |
| 4. PIPETTE RIGATE       | 10. WHEEL     |
| 5. DITALI               | 11. BOW TIE   |
| 6. PENNE                | 12. ROTINI    |

PASTA IS USUALLY MADE WITH EGG AND A WHEAT FLOUR CALLED SEMOLINA OR WITH ALL-PURPOSE FLOUR.



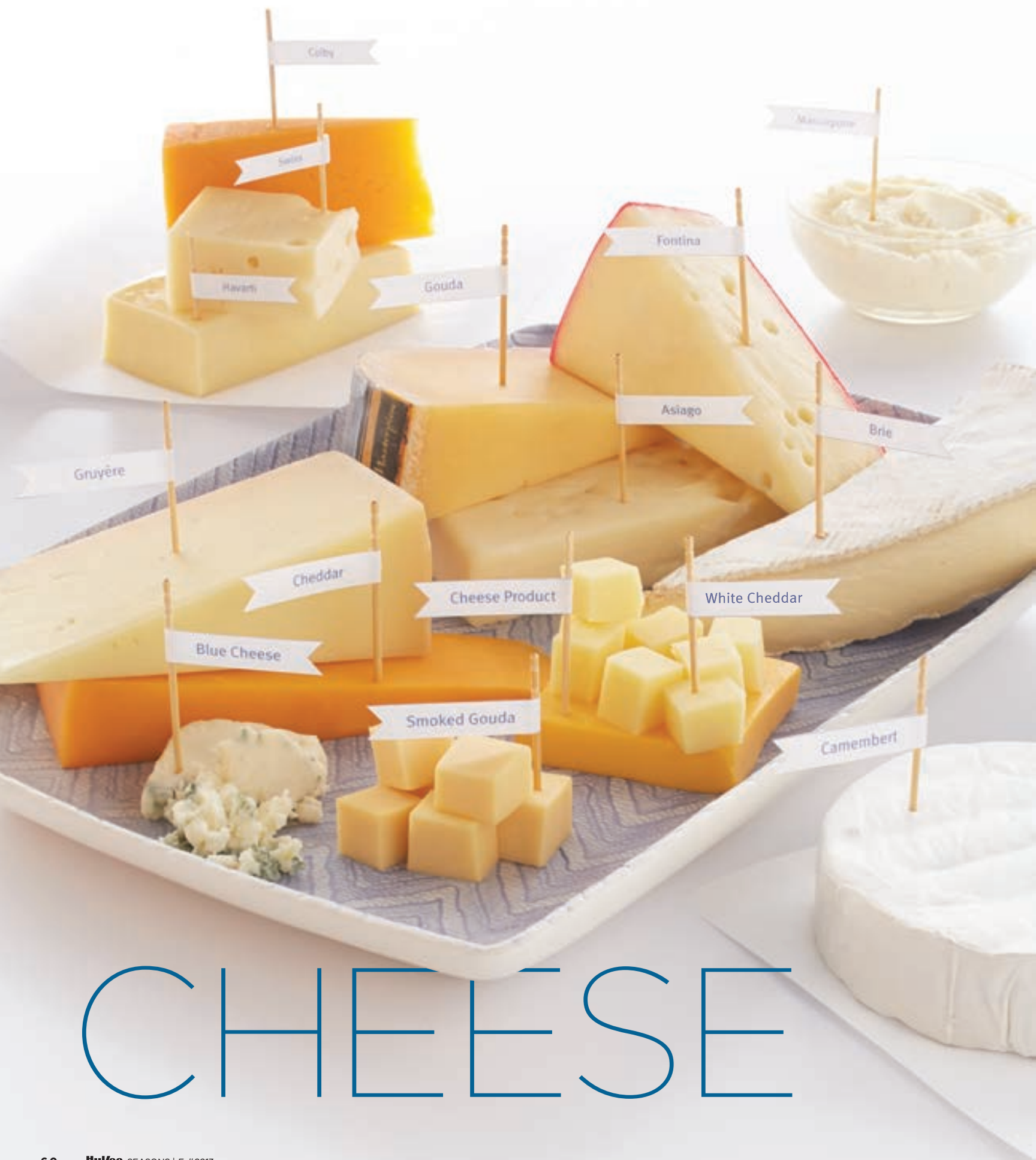
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# CHEESE



## SELECTING THE RIGHT CHEESE

What's the best cheese for the job? For appearance, it's hard to beat processed cheese products. They melt evenly, flowing over a heap of pasta. However, there's more to mac and cheese than looks. Natural cheeses give you the most diverse, distinctive flavors, ranging from earthy to exotic. Be gentle when cooking cheese. High heat causes it to harden and turn chewy or lumpy.

	FLAVOR	MELTABILITY AND BLENDS
ASIAGO	As it ages, the color of Asiago deepens from white to a pale yellow and the sharp flavor is buttery and nutty.	Melts well. Shredded Asiago is commonly mixed with shredded cheddar or other cheeses. Serve with wheel pasta.
BLUE CHEESE	This strong-flavored cheese is easily identified by blue specks and veins in a cream white cheese. The taste is distinctively aromatic.	Melts rapidly—avoid high heat. When used in mac and cheese, blue cheese is usually an accompaniment to cheddar or other cheeses.
BRIE	This soft, creamy cheese can be mild or strong. The rind must be removed before using the cheese because the rind doesn't melt.	Melts down quickly. Refrigerate first. Cut block into small cubes. So flavor doesn't get lost, melt on top of a cheddar mac and cheese.
CAMEMBERT	Camembert is also a soft cheese, but flavor is a little stronger than its cousin cheese, Brie.	Use is similar to Brie. Thins very quickly. Serve with gemelli pasta.
CHEDDAR	One of the most popular cheeses in the United States, cheddar has a rich nutty flavor that grows increasingly sharp with age.	Cheddar flows like lava when heated and blends completely into sauces, making it a standard choice for macaroni and cheese.
CHEESE PRODUCT	American cheese, Velveeta and other processed cheese products became popular in the 1950s. Soft, smooth and creamy, mac and cheese is delicious with these products.	Whether heated on a stovetop or in an oven, processed cheeses are designed to achieve the perfect melt. Those who prefer the flavor like it with shell pasta, which holds lots of cheese.
COLBY	Named for a Wisconsin town, Colby is similar to young cheddar. It is soft and has a mild, cheddarlike taste.	Colby melts well. Excellent choice for use in cooking sauces. Using pipette rigate provides a good balance between pasta and sauce.
FONTINA	A mild taste, fontina goes with anything. It is mellow, buttery and somewhat earthy.	Fontina melts smoothly and is a good choice to mix with most cheeses in macaroni and cheese.
GOUDA/ SMOKED GOUDA	Gouda has a rich, buttery and slightly sweet taste. Some sense a hint of caramel in aged Gouda. Using smoked Gouda adds yet another layer of flavor to a recipe.	A semi-hard cheese, Gouda melts better than cheddar and is easily picked up by pasta for mac and cheese.
GRUYÈRE	Gruyère originated in the Alpine region of Switzerland and France in the 11th century. The full-bodied taste is sweet and nutty.	Gruyère makes an excellent sauce and is a good match for penne pasta. Blends well with sharp fontina cheese. Clings well to bow ties.
HAVARTI	Wisconsin-style Havarti has a rich, buttery flavor. It's also firm, which makes it easy to shred for use in mac and cheese.	Very good meltability. Spice up this mild taste by mixing it with blue cheese or Hatch Pepper Cheese, available at Hy-Vee.
MASCARPONE	Mascarpone is a smooth, thick cheese, similar to cream cheese, usually used in desserts. Use it as an accompaniment to other cheeses.	It thins considerably as it melts. Adds a creamy, rich feel to mac and cheese made with cheddar or Colby.
SWISS	Mellow and buttery, Swiss cheese is the foundation for a delicious mac and cheese.	Swiss is a good melter and adds a pleasant note when blended with fontina cheese.



## CHIPOTLE GOUDA MAC WITH LOBSTER AND TRUFFLE OIL

Prep: 40 minutes | Cook: 12 to 15 minutes | Serves 10  
(about 1 cup each)

1 (16-ounce) box pipette pasta or small shell pasta  
1 quart (4 cups) heavy cream  
1 bay leaf  
¼ teaspoon Hy-Vee dried thyme  
⅛ teaspoon ground nutmeg  
2 tablespoons Hy-Vee butter, melted  
1½ tablespoons Hy-Vee all-purpose flour  
12 ounces chipotle Gouda cheese, shredded  
2 tablespoons white truffle oil  
12 ounces raw lobster meat, cut into bite-size chunks  
Hy-Vee salt and Hy-Vee black pepper, to taste  
1 cup crushed Hy-Vee kettle-cooked Parmesan and  
garlic potato chips  
Truffle oil to drizzle  
Chopped fresh chives, to garnish

1. Preheat oven to 400°F. Spray a 9×9-inch baking dish with nonstick cooking spray; set aside. Cook pasta according to package directions. Once cooked, drain and set aside.

2. In a heavy large saucepan, heat heavy cream, bay leaf, thyme and nutmeg over medium-low heat, just until small bubbles begin to form, stirring frequently.
3. In a small bowl mix melted butter and flour. Remove bay leaf from heavy cream mixture. Add butter mixture to cream mixture and whisk quickly. Bring to a simmer. When slightly thickened add shredded cheese, whisking constantly until cheese is completely melted. Remove from heat and mix in pasta.
4. Meanwhile, in a medium sauté pan heat 2 tablespoons truffle oil. Add lobster and cook until translucent. Season with salt and pepper.
5. Stir lobster into the pasta mixture. Pour into prepared baking dish. Top dish with crushed potato chips and bake for 12 to 15 minutes until top is brown and center is bubbly and hot. Remove from oven; let rest for 5 minutes. Drizzle with more truffle oil and chopped chives to garnish.

*Nutrition facts per serving:* 740 calories, 53 g fat, 30 g saturated fat, 1 g trans fat, 200 mg cholesterol, 410 mg sodium, 43 g carbohydrates, 2 g fiber, 4 g sugar, 24 g protein. Daily Values: 35% vitamin A, 6% vitamin C, 30% calcium, 10% iron.



“The word for this recipe is *luxurious*. Truffle oil is there to enhance the richness of the lobster, and that goes right back to the word luxurious.”

Craig Joos, Hy-Vee Chef,  
Rock Island, Illinois

# CHEF VS.

He loves that his job allows him the freedom to experiment with new, tasty and sometimes exotic dishes, like the one he shares here with you.





# DIETITIAN

For seven years as a Hy-Vee dietitian, her joy has been teaching people how little changes in eating habits can add up to an overall improvement in health.



"I recommend using *whole wheat pasta* in place of white pasta for increased fiber and nutrition."

Jenny Norgaard, Hy-Vee Dietitian,  
Ankeny, Iowa

## HEALTHIER MAC 'N' CHEESE

*Prep: 15 minutes | Cook: 20 minutes | Serves 6  
(1 cup each)*

3 cups Hy-Vee whole wheat rotini pasta  
2½ tablespoons organic butter, divided  
2 small leeks, white part only, chopped  
1 garlic clove, minced  
2 tablespoons Hy-Vee all-purpose flour  
1 cup Full Circle organic nonfat milk  
1 (6-ounce) container Hy-Vee nonfat plain Greek yogurt  
1½ cups shredded Cabot sharp extra light cheddar cheese (75%-less-fat)  
3 wedges reduced-fat Swiss cheese  
½ teaspoon paprika  
½ teaspoon Hy-Vee salt  
Hy-Vee black pepper, to taste  
1 tablespoon Hy-Vee whole wheat breadcrumbs  
4 cups baby arugula  
1 cup halved cherry tomatoes  
Squeeze of fresh lemon  
Hy-Vee Select olive oil, to taste

1. Preheat oven to 350°F. Grease a 9×9-inch baking dish with nonstick cooking spray; set aside. Cook pasta according to package directions; set aside.
2. In a large saucepan, melt ½ tablespoon butter; add leeks and garlic and continue to cook for 2 to 3 minutes. Remove from the pot and set aside. In the same pot, melt remaining butter; add flour and cook for 2 minutes, stirring constantly. Slowly whisk in milk until mixture is thick. Remove from heat and add yogurt, Cabot sharp cheddar cheese and Swiss cheese; mix well.
3. Add the cooked leeks and garlic, pasta, paprika and salt to the sauce and stir to combine; season to taste with black pepper. Pour mixture into prepared baking dish; sprinkle with breadcrumbs. Bake for 20 minutes or until cheese is bubbly and bread crumbs have browned.
4. In a separate bowl, combine baby arugula, tomatoes, lemon juice and olive oil to taste; season with salt and pepper. Serve macaroni and cheese topped with the baby arugula salad.

*Nutrition facts per serving:* 330 calories, 10 g fat, 5 g saturated fat, 0 g trans fat, 30 mg cholesterol, 570 mg sodium, 41 g carbohydrates, 5 g fiber, 7g sugar, 21 g protein. Daily values: 35% vitamin A, 15% vitamin C, 35% calcium, 15% iron.



# PASS THE

Score big at your next game-day football party with casual dips that go long on flavor. Make your first play a tray of homemade pretzels, where guests can plunge salted knots of dough or other dippers into the sweet, spicy or savory sauce of their choice.


WORDS Steve Cooper PHOTOS Tobin Bennett





# DIP



 *Dip Recipes on page 68. Learn how to make these pretzels on page 13.*



## HALFTIME HUMMUS

*The zing of the chipotle powder in this recipe isn't so spicy that it overwhelms lime and other flavors.*

*Prep: 5 minutes | Cook: 5 minutes | Serves 12 (about 2 tablespoons each)*

1 (15-ounce) can Hy-Vee garbanzo beans, rinsed and drained  
2 tablespoons Hy-Vee Select extra virgin olive oil  
3 garlic cloves, quartered  
3 tablespoons tahini  
1 tablespoon chipotle powder  
2 tablespoons lime juice  
½ teaspoon Hy-Vee salt  
1 tablespoon lime zest

1. Combine all ingredients except lime zest in food processor and blend until smooth. Stir in lime zest and serve.

*Nutrition facts per serving:* 80 calories, 4.5 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 135 mg sodium, 6 g carbohydrates, 2 g fiber, 0 g sugar, 2 g protein. Daily values: 45% vitamin A, 2% vitamin C, 2% calcium, 4% iron.

## SCORE AGAIN CHEESEBURGER DIP

*Prep: 25 minutes | Cook: 20 minutes | Serves 28 (about 2 tablespoons each)*

¾ pound lean ground beef  
½ cup diced onion  
2 garlic cloves, chopped  
10 slices Hy-Vee bacon, cut into 1-inch pieces, divided  
4 ounces Hy-Vee cream cheese, at room temperature  
½ cup Hy-Vee sour cream  
¾ cup Hy-Vee shredded mozzarella cheese, divided  
¾ cup Hy-Vee shredded cheddar cheese, divided  
1 tablespoon Hy-Vee Worcestershire sauce  
2 tablespoons Hy-Vee ketchup  
1 cup shredded lettuce  
1 cup chopped tomato

1. Preheat oven to 350°F.
2. In a large skillet, cook ground beef over medium heat. Remove from pan and add to a medium-sized bowl. In the same pan, sauté onion and garlic until tender; add to cooked beef. In the same pan, cook bacon until crispy. Remove from pan and drain on paper towel-lined plate. Reserve ½ cup bacon for topping.
3. Add cooked bacon, cream cheese, sour cream, ½ cup mozzarella, ½ cup cheddar, Worcestershire sauce and ketchup to ground beef mixture. Mix until combined. Spread into a 9-inch pie plate. Top with remaining mozzarella and cheddar cheese. Bake for 20 minutes. Remove from oven and top with lettuce, tomatoes and ½ cup reserved bacon.

*Nutrition facts per serving:* 80 calories, 5 g fat, 3 g saturated fat, 0 g trans fat, 25 mg cholesterol, 125 mg sodium, 2 g carbohydrates, 0 g fiber, 1 g sugar, 6 g protein. Daily values: 6% vitamin A, 2% vitamin C, 6% calcium, 2% iron.

# HALFTIME HUMMUS





# SCORE AGAIN CHEESEBURGER DIP

**NO NEED FOR A PATTY OR A BUN  
WITH THIS CHEESEBURGER.**

TRANSFORM A GRILLING FAVORITE  
INTO A DIP BY BAKING THE BURGER  
INTO A CASSEROLE. USE SMALL,  
TOASTED BREAD SLICES FOR  
SCOOPING THE MEATY GOODNESS.

## END ZONE SPINACH DIP

*Though this cheesy, gooey blend has big time flavor, healthy ingredients team up to make it a nutritious choice.*

*Prep: 10 minutes | Cook: 20 minutes | Serves 12  
(about 2 tablespoons each)*

1 (10-ounce) package Hy-Vee frozen chopped spinach,  
thawed and liquid squeezed out  
1 (6-ounce) container Hy-Vee nonfat plain Greek yogurt  
1 (8-ounce) package Hy-Vee low-fat shredded  
mozzarella cheese  
½ cup Hy-Vee shredded Parmesan cheese  
½ cup Hy-Vee 2% milk  
4 cloves garlic, minced  
1 tablespoon hot sauce  
1 tablespoon Hy-Vee Worcestershire sauce  
1 teaspoon Hy-Vee salt  
Hy-Vee black pepper, to taste

1. Preheat oven to 350°F.  
2. In a medium bowl, combine all ingredients.  
Place in an 8×8-inch baking dish. Bake for  
20 minutes or until top is golden.

*Nutrition facts per serving:* 100 calories,  
5 g fat, 3 g saturated fat, 0 g trans fat,  
15 mg cholesterol, 470 mg sodium,  
3 g carbohydrates, 0 g fiber,  
2 g sugar, 9 g protein. Daily values:  
20% vitamin A, 2% vitamin C,  
25% calcium, 2% iron.



## END ZONE SPINACH DIP





## ALL-STAR MARINARA SAUCE

LIKE A BREEZY DAY IN TUSCANY, THIS DIP SWEEPS YOU AWAY. IT GETS CHUNKY FROM CRUSHED TOMATOES, ALLURING FROM GARLIC CLOVES AND FAMILIAR FROM THE SPICES.

*Prep: 5 minutes | Cook: 1 hour 10 minutes | Serves 8 (about ½ cup each)*

¼ cup Hy-Vee Select extra virgin olive oil  
1 small onion, finely chopped  
6 garlic cloves, finely chopped  
½ teaspoon Hy-Vee salt  
¼ teaspoon freshly ground Hy-Vee black pepper  
1 tablespoon Hy-Vee Italian seasoning  
1 (28-ounce) can Hy-Vee crushed tomatoes

1. In a medium saucepan, heat oil over medium heat. Add onions and garlic and sauté until onions are translucent, about 10 minutes. Add salt, pepper, Italian seasoning and tomatoes. Simmer until sauce thickens, about 1 hour.

*Nutrition facts per serving:* 100 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 280 mg sodium, 10 g carbohydrates, 2 g fiber, 6 g sugar, 2 g protein. Daily values: 4% vitamin A, 20% vitamin C, 4% calcium, 8% iron.



## TROPHY BEER & CHEESE DIP

DREDGING A SALTY CHIP THROUGH THIS CHEESY GOO IS ONE STEP TOWARD A GOOD MEMORY. THE ONLY THING LEFT IS TO TAKE A BITE.

*Cook: 10 minutes | Serves 14 (about 2 tablespoons each)*

2 tablespoons Hy-Vee unsalted butter ¼ cup beer  
2 tablespoons Hy-Vee all-purpose flour ¼ cup Hy-Vee chicken broth  
½ teaspoon Hy-Vee garlic powder 1 (8-ounce) package Hy-Vee  
1 teaspoon cayenne pepper shredded mild cheddar cheese  
¼ teaspoon smoked paprika ¼ cup Hy-Vee half-and-half  
¼ teaspoon kosher salt ½ teaspoon Hy-Vee  
⅓ teaspoon Hy-Vee black pepper Worcestershire sauce

1. In a medium saucepan, melt butter over medium-low heat. Whisk in flour and cook for 2 to 3 minutes. Add garlic, cayenne pepper, paprika, salt and pepper, whisking to combine.  
2. Slowly add beer and chicken broth, continuing to whisk. Add cheese and stir constantly until mixture is smooth. Add half-and-half and Worcestershire sauce. Remove from heat and serve.

*Nutrition facts per serving:* 90 calories, 7 g fat, 4 g saturated fat, 0 g trans fat, 25 mg cholesterol, 150 mg sodium, 2 g carbohydrates, 0 g fiber, 0 g sugar, 4 g protein. Daily values: 6% vitamin A, 0% vitamin C, 10% calcium, 0% iron.



## WILD CARD SALSA

FOR TRUE SOUTH-OF-THE-BORDER FLAVOR, USE A RIPE AVOCADO—ONE THAT GIVES A LITTLE WHEN SQUEEZED. TAKE A PASS IF THE FRUIT IS FIRM.

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

1¼ pounds firm tomatillos, husks removed, rinsed and quartered ¾ cup chopped cilantro  
1 medium avocado, peeled and diced 2 garlic cloves, chopped  
1 small jalapeño, seeded and chopped Juice of a lime  
½ cup chopped white onion ½ teaspoon Hy-Vee salt  
Crumbled feta cheese, for garnish

1. In a food processor, combine tomatillos, avocado, jalapeño, onion, cilantro, garlic, lime juice and salt. Blend until combined. Spoon into a bowl and sprinkle with crumbled feta cheese.

*Nutrition facts per serving:* 25 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 50 mg sodium, 3 g carbohydrates, 1 g fiber, 1 g sugar, 0 g protein. Daily values: 2% vitamin A, 8% vitamin C, 0% calcium, 2% iron.



## PLAYMAKER CHOCOLATE DIP

SET OUT DESSERT DIPS AT YOUR NEXT PARTY FOR SOMETHING DIFFERENT. DIP IN A PLUMP STRAWBERRY TO EXPERIENCE PURE JOY.

*Prep: 5 minutes | Cook: 5 minutes | Serves 13 (about 2 tablespoons each)*

¼ cup water  
¼ cup Ghirardelli sweet ground chocolate and cocoa powder  
¼ cup light corn syrup  
¾ cup Hy-Vee sugar  
½ cup Hy-Vee hazelnut spread

1. In a small saucepan, combine all ingredients and cook over medium heat. Bring mixture just to a light boil, stirring frequently. Remove from heat and pour into serving bowl. Serve at room temperature.

*Nutrition facts per serving:* 140 calories, 3.5 g fat, 3.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 15 mg sodium, 27 g carbohydrates, 1 g fiber, 25 g sugar, 1 g protein. Daily values: 0% vitamin A, 0% vitamin C, 2% calcium, 4% iron.



# BRING ON THE SAUCE

SMOKY, SWEET AND SPICY, SAUCES FROM HY-VEE HICKORY HOUSE DELIVER WHEN BARBECUE NEEDS AN ASSIST.



## WHAT TO DIP

**EVERY DIP NEEDS A DIPPER. ANY FOOD THAT'S CRISP OR A BIT STIFF WILL WORK.**

### CHIPS & CRACKERS

- Pita chips
- Pretzel rods
- Bagel chips
- Potato chips
- Tortilla chips
- Water crackers
- Shredded wheat crackers

### MEAT

- Buffalo wings
- Grilled beef kabobs
- Small smoked sausages
- Shrimp skewers
- Meatballs
- Chicken strips
- Fish sticks

### CREATIVE CHOICES

- Grilled pickles
- Battered-and-fried cheese sticks
- Fried sweet potato

### BREAD

- Baguette slices
- Soft pretzels
- Sourdough bread

### VEGGIES & SUCH

- Cauliflower
- Snap peas
- Carrots
- Celery
- Bell peppers
- Mushrooms

### DESSERTS

- Crisp waffle strips
- Apple chips
- Pineapple wedges
- Biscotti
- Cookies
- Waffle cones

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Healthy Choice Soups: select varieties 14 or 15 oz. \$1.48



Hunt's Tomatoes: diced, stewed or whole peeled 14.5 oz. \$.98



Hunt's Tomato Sauce: select varieties 8 oz. 2/\$.88



Banquet Family Entrees: select varieties 24 to 28 oz. \$2.68



Marie Callender's Pies: select varieties 28 to 46 oz. \$6.49

# MAKE ANY DAY



**Satisfy Game Day Cravings!**  
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# GAME DAY



## OLD-SCHOOL SATURDAY



VAN CAMP'S  
BAKED BEANS WITH  
SAUSAGE

## MONDAY NIGHT MAYHEM



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CHILI TACO PIZZA



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varieties 9.5 to 12.5 oz. \$2.79



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*The versatility and flavor of Hormel® chili is what makes it America's #1 canned chili.*

Hormel® chili has been turning otherwise ordinary dishes into flavorful and unique meals since 1935. While many think chili is best enjoyed in a bowl, three-fourths of users enjoy chili as a topping, making favorites such as nachos, rice and dips even more fun and delicious. Easy to prepare and always tasty, Hormel® chili is made with carefully selected beef, red Idaho beans, vine-ripened tomatoes and a special combination of spices. Hormel® chili is perfect for tailgating and party snacks, as well as a quick and easy dinner solution. For more information: <http://www.hormelfoods.com/Brands/BrandWall/Hormel-chili>.

#### **CORN CHIP CHILI SALAD**

2 (15-ounce) cans Hormel® Chili With Beans  
 ½ cup CHI-CHI'S® Original Recipe Salsa Medium  
 ½ cup Thousand Island salad dressing  
 1 (10- to 12-ounce) package shredded lettuce  
 1 cup finely shredded cheddar cheese  
 2 medium tomatoes, seeded and chopped  
 1 (11-ounce) can whole kernel corn with red and green bell peppers  
 1 (2.25-ounce) can sliced ripe olives  
 1 (10-ounce) bag corn chips

1. Heat chili according to package directions.
2. In small bowl, combine salsa and dressing; mix well.
3. In large serving bowl, combine lettuce, cheese, tomatoes, corn and olives. Add salsa dressing; toss until lightly coated. Add chips and chili; toss gently until well combined. Serve immediately.

#### **Keep your guests happy with this delicious mix of Hormel® chili and cheese.**

Hormel® chili cheese dip is so popular that it is one of the top three searched chili cheese dips on the Web! Simply mix together the two ingredients, microwave and enjoy.







Better than Bouillon Bases:  
select varieties 8 oz. \$4.99

Shore Lunch Soup: select  
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you lemons...*

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the spill, the mud, the dog—you've  
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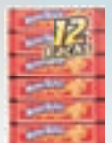
Nabisco Family Size  
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Crackers: select  
varieties 18.2 to  
20.6 oz. \$3.99



Nabisco Large  
Box Snack  
Crackers:  
select varieties  
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\$3.99



Nabisco Newtons,  
Nillas or Honey  
Maid Grahams:  
select varieties  
7.04 to 14.4 oz.  
\$3.99



Nabisco Single  
Serve Tray  
Packs: select  
varieties  
9 to 24 oz.  
\$5.49



# SAFE KEEPING

Proper food storage can preserve food quality including nutrients and flavor, and can prevent spoilage. Containers will save you money and trips to the grocery store, and can protect your family against food-borne illnesses caused by harmful bacteria.

## PLASTIC

Plastic containers with tight, air-releasing lids are convenient for leftovers and other foods stored in the pantries, refrigerators or freezers. Made in a range of shapes and sizes, look for opaque, frosted and clear bodies. Snap-on lids offer spill protection. Most containers are top-rack dishwasher safe. Don't place hot or microwaved foods in plastic, even if labeled microwave-safe. Buy only BPA-free labeled products.



### PROS:

- INEXPENSIVE
- MANY DESIGN CHOICES
- DISHWASHER SAFE
- UNBREAKABLE
- LIGHTWEIGHT
- CONVENIENT

## GLASS

Ideal for all foods, glass storage containers paired with tight-fitting lids are a terrific food-safe choice. Tempered varieties are freezer- and oven-proof, so a container can go from freezer to refrigerator to oven to table without concern for breakage. Glass cleans easily and doesn't absorb stains, grease or odors. On the flipside, glass is heavy. It also costs more than plastic but it has potential for longer life expectancy.



### PROS:

- LONG LASTING
- MANY DESIGN CHOICES
- DISHWASHER SAFE
- DOESN'T STAIN
- RESISTS ODOR
- TRANSPARENT



# Wrap their lunch with love.

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

Available at

**HyVee**  
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## METAL

Stainless steel food storage containers are long trusted to be safe and strong. Paired with air-tight lids, containers are leakproof. Designs that block flavor-harming light are the best choice for spices, teas and coffee. Stainless steel is easy to sterilize and some is antimicrobial. Not microwave safe. Containers may dent, but outlast most materials.



### PROS:

- DURABLE
- LIGHT PROTECTING
- LONG LASTING
- LIGHTWEIGHT
- PORTABLE

## CERAMIC

This food safe storage option comes in a range of colors and patterns so you'll be sure to find the perfect set for your kitchen. Ceramic is dishwasher safe, never corrodes and loves direct heat. It is also safe to refrigerate food in ceramic or even freeze it. Do not purchase unmarked ceramic as older glazes have been found to contain lead.



### PROS:

- COLORFUL
- CAN HANDLE DIRECT HEAT





## WRAPS & BAGS

Disposable food storage products are an inexpensive and space-saving alternative to containers. Wraps and bags are flexible and mold around small, large or oddly-shaped foods, such as a ham or turkey. Layer wraps for best long-term storage. For example, wrap in air-tight plastic then in freezer bags, aluminum foil or paper to avoid freezer burn.

- **Plastic Wrap & Bags** These are a top choice for keeping moisture in and contaminants out of foods. Wraps cling to glass and ceramic. In the fridge, they seal against odor and flavor transfer. Wraps and bags travel well for on-the-go meals and snacks. Lightweight bags are best for short-term storage. Heavy-duty freezer bags are best for freezing and long-term storage. They also organize non-food items. Do not heat plastics or put them in microwave ovens.

- **Aluminum Foil** Impermeable to moisture and odor, foil wrapped with an airtight seal is the best defense against smelly foods. Use in the freezer or as temporary storage for hot foods. Use to cover pans or to protect pie edges from over browning in the oven. Do not use with high-acid foods.

- **Wax Paper & Bags** Use to create a nonstick work surface or to wrap cold food items, such as sandwiches. Place on custards and puddings to avoid a top skin. Separate cheese slices, hamburger patties, cookies and other baked goods with paper and bags before storing. Avoid contact with heat.

- **Parchment Paper** Parchment paper is coated with silicone, providing a nonstick, heat-resistant surface. Parchment paper can be used to line pans in baking, or to cover food for steaming in microwave. Can also be formed into pockets for steaming food.

- **Freezer/Butcher Paper** More durable than parchment, freezer paper is white kraft paper coated with plastic, and butcher paper is uncoated kraft paper. Use it for storing cheese or as an overwrap for plastic.

# FOOD STORAGE

# guide

1

**SHOP SMART** Plan shopping so you pick up perishable items last before checking out. Always put food in the fridge or freezer within 2 hours of purchase (1 hour if it is hotter than 90 degrees).

2

**COOL IT** Know how to best use your refrigerator—follow the instruction manual. In general, do not overload the fridge. Air needs to circulate to keep an even temperature.

3

**SKIP THE DRIP** Refrigerate meats on a serving dish or in a shallow container. This keeps juices from dripping onto and contaminating other items.

4

**LET GO OF LEFTOVERS** Don't save leftovers longer than four days. Package in clear, dated/labeled containers, so you use foods before they go bad.

5

**DIVIDE AND CONQUER** Divide large pots of soup or stew in shallow containers before refrigerating. A large cut of meat should also be divided into individually-wrapped portions.

6

**SAVE SALAD SERVINGS** Eggs, chicken and tuna salads can be refrigerated in containers for 3 to 5 days. Mayonnaise-based foods can be frozen, but there may be a slight loss in quality.

7

**SAY CHEESE** Cut hard or semi-hard cheeses into blocks of 1 pound or less and store in a freezer for up to six months. Wrap in parchment paper or wax paper, and place in freezer bags.

8

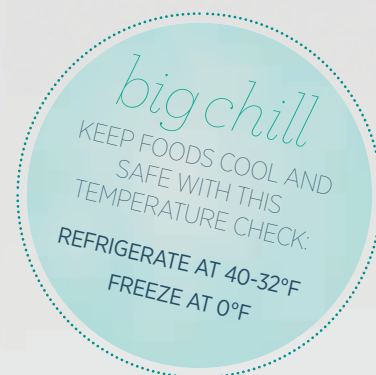
**THAW THE RAW** Learn the proper way to thaw food safely. Whether food is raw or precooked, it's wise to know the best methods to guarantee food safety and quality. Go to [www.foodsafety.gov/keep/preparing/freezing](http://www.foodsafety.gov/keep/preparing/freezing)

9

**EVERYTHING IN ITS PLACE** Meats, fish, eggs and dairy go the coldest part of a refrigerator. Keep condiments and non-dairy beverages on fridge door.

10

**EAT YOUR EGGS** Raw eggs in their shells are best left in the carton. They can be refrigerated for 3 to 5 weeks.







# HEALTH HITS THE ROAD

A well-balanced breakfast revs metabolism and energy levels. Start your day off right with a healthy smoothie. Then give your body the fuel it needs every two to three hours with a high-octane snack.



## BERRY SMOOTHIE

*Serves 4*

2 cups frozen strawberries  
1 cup frozen blueberries  
1 cup orange juice  
1 cup raspberry yogurt  
½ teaspoon vanilla extract  
3 tablespoons granulated sugar

In a blender, combine all ingredients and blend until smooth.

*Nutrition facts per serving:*

160 calories, 1.5 g fat,  
0 g saturated fat, 0 g trans fat,  
5 mg cholesterol, 45 mg sodium,  
36 g carbohydrates, 3 g fiber,  
33 g sugar, 4 g protein. Daily  
values: 2% Vitamin A,  
90% Vitamin C, 15% Calcium,  
4% Iron.

## SNACKS TO STOCK

OAT BRAN MUFFIN • A HANDFUL OF  
ALMONDS, PISTACHIO NUTS, PECANS •  
APPLE SLICES WITH PEANUT BUTTER •  
PROTEIN BAR • 100-CALORIE SNACKS •  
BERRIES AND YOGURT • VEGGIES WITH DIP •  
WHOLE GRAIN CRACKERS AND  
REDUCED-FAT CHEESE

# OFF

SELECT NATURE MADE VITAMINS  
TO KEEP YOU HEALTHY AND  
HAPPY YEAR-ROUND!



50% Off All Nature Made  
Gummies, VitaMelts,  
Multi-Vitamins or  
Calcium Vitamins: select  
varieties 30 to 300 ct.





Culinary perfection in a matter of minutes.  
Make a delicious bagel appetizer of smoked  
salmon and cream cheese. For a kid's party,  
offer pizza sauce and a variety of toppings  
for a DIY snack all will appreciate.

## *FAST food(ie)*



Sara Lee Bagels: select  
varieties 20 oz. \$2.99





Sara Lee Honey Wheat Bread  
20 oz. \$2.49

Sara Lee Whole Grain White  
20 oz. \$2.29

Sara Lee Wide Pans: select  
varieties 24 oz. \$2.99



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Suave Lotion: select varieties 18 or 22.5 oz. \$2.79

Suave Body Wash: select varieties 12 oz. 3/\$5.00

Suave Hair Care: select varieties 22.5 oz. 3/\$5.00

Suave Antiperspirant or Deodorant: select varieties 2.6 oz. 3/\$5.00



# GET THE GOODS

Say “hello” to good buys. Check out those shown here and for more great deals visit your local Hy-Vee store.

## FRIDGE & FREEZER

CRACK  
OPEN SOME  
SUNSHINE



Land O'Lakes Eggs:  
omega eggs or all  
natural white 12 ct.  
\$1.99



Daisy Brand Sour  
Cream: regular or light  
16 oz. \$2.18



Bertolli or P.F. Chang's  
Meals: select varieties  
22 or 24 oz. \$6.48



California Pizza Kitchen:  
select varieties  
11.9 to 17 oz. \$4.99



Crystal Farms All Whites  
or Better 'n Eggs: 32 oz.  
\$3.88



Hy-Vee Select  
Hummus: select  
varieties 10 oz. \$2.99



Sargento Shredded  
Cheese: select  
varieties 5 to 8 oz.  
2/\$5.00

*see page 57 for recipe!*



SeaPak or Farm Rich  
Snacks: select varieties  
9 to 28 oz. \$5.99



SeaPak Shrimp or  
Spring Rolls: select  
varieties 18 to 34 oz.  
\$8.99



Just BARE Boneless  
Skinless Split Breast:  
14 oz. \$4.77



Hy-Vee Select  
Crumbled Feta: select  
varieties 4 oz.  
2/\$5.00



Johnsonville Smoked or  
Cooked Sausage: select  
varieties 12 to 14 oz.  
2/\$6.00



Farm Rich French Toast  
Sticks: cinnamon or  
original 16 oz. \$2.99



## BEVERAGE



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



Bigelow Tea: select  
varieties 18 or 20 ct.  
2/\$5.00



Cameron's Coffee: select  
varieties  
10 or 12 oz. \$5.88



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

### START YOUR DAY



Old Orchard  
100% Apple  
or 100% Juice  
Blends: select  
varieties 64 oz.  
\$1.98



## PANTRY



General Mills Bugles,  
Chex or Gardettos:  
select varieties  
10.5 to 15 oz. \$2.98



66

Crisco Olive Oil: select  
varieties 16.9 oz. \$4.77  
*see page 66 for recipe!*



41

Pillsbury or Robin  
Hood Flour: select  
varieties  
5 lb. \$2.28  
*see page 41 for recipe!*



Newman's Own Salad  
Dressing: select  
varieties 12 or 16 oz.  
\$3.39

## KITCHEN BASICS



Hefty Tash Bags:  
select varieties  
16 to 85 ct. \$6.99



Reynolds Foil: select  
varieties 30 to 75 ft.  
\$3.48

## HOME



50

Uncle Ben's Rice: select  
varieties  
6 to 15.8 oz. 2/\$4.00  
*see page 50 for recipe!*



Progresso Soup  
Vegetable Classics:  
select varieties  
18 or 19 oz. 4/\$5.00



Ocean Spray Craisins:  
select varieties 5 oz.  
or 6 pk. \$1.88



Del Monte Tomatoes or  
Contadina Pizza Sauce:  
select varieties  
14.5 or 15 oz. \$.98



World's Best Cat Litter:  
select varieties 8 lb.  
\$5.99



Energizer Max or  
Advanced Lithium:  
select varieties  
2 to 8 pk. \$6.49



Newman's Own Pasta  
Sauce: select varieties  
15 or 24 oz. \$2.18

### SQUARES OF DELISH

Pillsbury  
Baking Mixes:  
select  
varieties  
14 to 19.4 oz.  
2/\$4.00



Organix Shampoo or  
Conditioner: select  
varieties 13 oz. \$6.59



MiraLAX 30 dose:  
17.9 oz. \$18.99



# products we LOVE

Whether you want an elegant dinner for two, a Greek yogurt or an after-school treat, find it at Hy-Vee.

## DINNER IS SERVED

Your table for two is waiting—tablecloth not included. Try one of Newman's Own Skillet Meals for Two. The twelve entrées offer naturally delicious blends of fresh vegetables, savory sauces and premium



meats and seafood. Each restaurant-quality meal is ready in 10 minutes.

Newman's Own Frozen Skillet Entree's: select varieties 22 oz. \$6.99

## SMALL WONDER

Good things come in small packages, specifically Chobani Greek Yogurt Bites. Available in six lively flavors, each is a 3.5-ounce serving, which provides 16 percent of the protein you need for the day. A container is only 100 calories.



Chobani Greek Yogurt Bites: select varieties 4 ct. \$2.69

## A FLAVOR RUSH

For a boost towards the bright side, bite into new awesomely uplifting Fruttare. Bars come two ways: either bursting with real fruit and real fruit juice or with real fruit and creamy milk. Tastes include strawberry, orange, lime, mango, peach, banana and coconut. Any way you lick it, this fresh treat is all good.



Fruttare Real Fruit Bars or Magnum Ice Cream Bars: select varieties 3 to 6 ct. \$3.77







### *HOLIDAY 2013*

The aroma of baking cookies fills a house with joy. Whipping up a batch with children adds to the fun, as we'll show you in the Holiday issue of Hy-Vee Seasons. You'll also enjoy our tips for preparing a holiday roast, tiny bites to serve at parties and meals that you can make now and freeze for later. These stories and much more will be at your fingertips when your next issue arrives just before Thanksgiving. For home delivery, visit [www.hy-vee.com/seasons](http://www.hy-vee.com/seasons)







# Let your refill refill itself.



- Get prescriptions automatically filled ahead of time and ready when you are.
- Receive a call when your order is ready — never worry about running out again!
- Ask your Hy-Vee pharmacist about Repeat Refills today.

Your helpful Hy-Vee pharmacists can help you stay on top of your medication therapy, because not taking it as directed by your doctor can be costly to both you and your health.

Some restrictions may apply.