

seasons



PERFECT CAKES,
PIES, COOKIES
AND MORE **GET
BAKING!**

THE ULTIMATE
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**TABLE
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FALL 2016
~~\$4.95~~ FREE
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PHOTO Greg Scheidemann

Crowd-pleasing casseroles are an easy fall favorite, page 50.

All products shown in *Hy-Vee Seasons* are available from local Hy-Vee stores. Please ask our helpful employees if you need assistance locating these products.

**Prices effective
September 28, 2016,
through October 26, 2016
(while quantities last).**

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

Please recycle after use.



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JUST ONE
HANDFUL OF
FRESH GRAPES
IS PACKED
WITH FLAVOR,
NUTRIENTS AND
ANTIOXIDANTS.



Look for this icon to find how-to videos in the *Hy-Vee Seasons* digital magazine.



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- How to Make Buffalo Chicken Dip
- How to Thicken Fruit
- How to Make Perfect Pies



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If you go for sweet, spicy pork and stuffed mushrooms, don't miss our latest videos. youtube.com/user/HyVee



About Our Guest Editor:

For 16 years—the last three at Hy-Vee in Waukee, Iowa—Chef Jeff Russell has been at home in kitchens. One early career highlight was serving an internship under a well-known chef in France. “But working at Hy-Vee is the fun part they tell you about in culinary school. I get to create!” he says.

DEAR HY-VEE READER,

While working in a hotel kitchen, there were stressful nights when I was responsible for 800 meals. But as a Hy-Vee chef, I focus on one family's meal at a time. I also field questions. If a customer wants advice for using a new ingredient, I've got it. If she needs to get a feel for a cooking technique, I show her how. And if she asks where breakfast cereal is shelved, I'm here for that too.

Last fall, I met one of my favorite customers, Chad. He came up to the counter to sample something I had made. Soon after that, he was regularly dropping by the kitchen. We talked about making sauces, selecting meat and other food topics. Over the weeks, new subjects came up, and I looked forward to seeing Chad. His daughter started coming too, and now I know about her school and how excited she was to audition for a play. It's gratifying to work in a place where friendship is on the menu.

There's a lot more on the menu for this Fall issue of *Hy-Vee Seasons* too. Want to become a baker? Check out “Guide to Everyday Baking,” *page 16*, where we'll teach you the basics for making delicious cookies, cakes and pies. Does a sophisticated modern casserole sound alluring? Go to “Hot Dish Delights,” *page 50*. Or do you prefer watching football while eating a steaming bowl of chili? Turn to “The Heat Is On!”, *page 60*, where every recipe was created by a Hy-Vee chef, including one from me. This issue also has stories about two brothers looking to make their mark in the salsa business, a new take on Thanksgiving and a look at today's Hy-Vee shoppers.

What makes this everyone's favorite time of year? It's the food, friendships and fun.

Sincerely,

Jeff Russell, Chef

Hy-Vee, Waukee, Iowa



Spiced CIDER

Pack flavor into fall beverages. Fill a coffee filter with ground allspice, ground cinnamon, whole cloves, star anise and cinnamon sticks. Tie with kitchen string and steep in hot cider.



PEELING TOMATOES

WHEN FROZEN

Freeze tomatoes for three hours or overnight. Remove tomatoes from freezer, rinse under warm water and remove tomato skins easily under the running faucet.



POACHED EGGS

IN THE OVEN

Poach like a pro with this simple baking trick. Prep a muffin pan with nonstick cooking spray. In every cup, add 1 tablespoon of water, then carefully crack an egg into each and bake at 350°F for 12 minutes.

POTATOES know it, use it



Russet

Know: With reddish-brown or russet-color skin, this highly versatile spud is one of the most farmed in America.

Use: Ideal for baking, mashing and frying. A fluffy texture and high starch content allow them to easily absorb butter and cream.



Sweet

Know: Commonly called a potato, this orange superfood is actually related to the Morning Glory plant family, and it has edible leaves.

Use: Naturally sweet and lower in calories than russets, these are commonly baked, fried or mashed.



Red

Know: These small to medium, oval-shaped root vegetables are high in potassium and vitamin B₆.

Use: A waxy, creamy texture lends them to roasting and mashing. They are also a perfect choice for adding to soups and stews.



Fingerling

Know: Named for their fingerlike appearance, these brightly colored varieties originated in South America.

Use: A firm texture and waxy skin make them great additions to salads when roasted or pan-fried. Season with herbs and spices for a hearty side.



Purple

Know: Rich in cancer-fighting antioxidants, this violet variety of potato is a healthy option when the skin is left on.

Use: A firm texture and vibrant color are well suited for grilled salads or potato medleys. These are commonly roasted, grilled or baked.



Yellow

Know: Grown in all shapes and sizes, yellow potatoes are all-purpose spuds popularly roasted with skins intact.

Use: Golden in color, these varieties offer a slightly sweet, caramelized flavor when grilled or oven-roasted that complements their natural buttery taste.

Give Thanks To TASTÉ



Heinz BBQ Sauce:
select varieties
18.6 to 21.4 oz. \$2.29



Capri Sun Organic
Juice Drink:
select varieties
10 ct., 6 fl. oz. \$3.99



Athenos Salad Dressing:
select varieties
12 fl. oz. \$4.99



Kraft Salad Dressing:
select varieties
3.2 oz. pouch \$1.18



Kraft Organic or Back to
Nature Macaroni & Cheese:
select varieties
5 to 6 oz. 4/\$5.00



Oscar Mayer Deli Fresh
or Selects Meats:
select varieties
14 to 16 oz. \$5.99



Oscar Mayer P3 Portable
Protein Pack:
select varieties
2 to 2.3 oz. 2/\$3.00



Oscar Mayer Rope Sausage:
select varieties
12 or 13 oz. \$3.69

GRAPES

It's no surprise that grapes are one of America's most popular fruits. They're a sweet and juicy bite-size snack, not to mention they're readily available year-round. With fall harvest in full swing, take advantage of the unique shapes and flavors developed by one California grower, including grapes that taste like cotton candy.

SELECT

Choose plump, firm and vibrantly colored fruit still attached to stems. Green grapes should have a yellowish tinge, and reds should be crimson. The powdery white bloom is a natural protection against spoilage.

STORE

Store unwashed grapes in a perforated plastic bag in a refrigerator crisper drawer for up to 10 days.

PREPARE

Wash in cold water and pat dry. Cut grapes with seeds in half and remove seeds with the tip of a paring knife. Toss grapes into salads, desserts and sauces. You can also roast or juice grapes.

NUTRITION

Grapes are high in nutrients that promote healthy aging and protect cell function in our bodies.



A HANDFUL OF GRAPES—
 $\frac{3}{4}$ CUP—CONTAINS JUST
90 CALORIES AND NO FAT.



Farmer Spotlight

Fall has arrived and clusters of table grapes hang from the vines in California, where the lion's share of America's grapes grow. Even a small operation like Grapery in San Joaquin Valley, which produces just 2 percent of the state's crop, has something big to offer. "Our passion is flavor," says co-owner Jim Beagle. "We have some of the best grapes you're ever going to eat."

Hy-Vee carries Grapery's Flavor Promise red, green and black grapes, along with several unique varieties. Look for long and pointy Tear Drops with true grape flavor and Cotton Candy grapes that taste like the pink spun-sugar treat. Gum Drops, a new creation with a flavor similar to gummy candies, is the result of 12 years of research.

Both Jim and co-owner Jack Pandol worked in the fields as kids on their family farms and have learned all aspects of the grape business. Under their leadership, workers at Grapery handle the fields with the utmost care. Vines are fed organic-based fertilizers. A special trellising system exposes the grapes to just the right amount of sunlight needed to enhance flavor. Drip irrigation supplies water and plant food.

During harvest, Jim and Jack walk the vineyards daily, tasting fruit to see if it is ready. "Unlike other growers, we don't harvest all our grapes at once. Instead, we carefully harvest each field several different times, selecting only the very best grapes that are fully ripe and at their absolute peak flavor," Jim says.

Another point of difference: Every bag of Grapery grapes comes with a special "flavor promise" message from Jack along with a handwritten signature and an email address, where customers can send comments. Many notes are about how good the grapes taste. Jim says, "People say they love our grapes because they can depend on them tasting great every time."

MELISSA'S RED MUSCATO GRAPES

These brilliant red treats have a firm texture and refreshing sweetness.

GRAPERY COTTON CANDY GRAPES

Plump, juicy, super sugary, these grapes taste as their name implies—without the sticky fingers.

GRAPERY TEAR DROPS

These sweet black grapes have an elongated and pointy fingerlike appearance.

MELISSA'S GREEN MUSCATO GRAPES

A delicious cross between the Muscat, Thompson Seedless and other grape varieties, this green fruit has a firm skin and a mild flavor that pairs well with citrus.

ANTHONY'S ORGANIC BLACK GRAPES

These, along with red and green grape varieties, have been certified organic by the U.S. Department of Agriculture. The grapes meet strict standards for how they are grown, handled and processed.

COLUMBINE VINEYARDS GREEN SEEDLESS GRAPES

Large, round fruit with meaty, crisp flesh, each has a rich and tangy taste.

MELISSA'S JELLY DROP GRAPES

Jammy grapes with clean delicate notes of berries, these pair with sharp cheeses and make great jelly.

CHAMPAGNE GRAPES

Delectable tender fruits with thin skin and silky flesh, these grapes were named champagne because they're thought to resemble tiny bubbles.

COLUMBINE VINEYARDS RED TABLE GRAPES

Bursting with sweet flavor, these have a crisp flesh and low acidity.

TASTE THE GRAPENESS

Check out super fresh California table grapes now available at your Hy-Vee store. This sweet, juicy seedless fruit is incredibly refreshing to snack on or toss into salads, salsas, desserts—even smoothies.

To **SAVE \$1.00 OR MORE** on these products
visit HY-VEE.COM/SHOP/COUPONS

REVEAL AGELESS SKIN with Olay® Eyes



Vicks: select varieties
.05 to 12 oz. or
24 ct. \$7.99



MetaMUCIL or MetaBiotic:
select varieties
21.7 to 48.2 oz. or
30 to 160 ct. \$17.99



Pepto-Bismol:
select varieties
4 to 8 fl. oz. or
12 to 30 ct. \$3.48



Crest Complete or
Pro-Health Toothpaste;
or Oral B Toothbrush:
select varieties
3.5 to 6.2 oz.;
2 to 4 ct. \$5.99



Aussie Hair Care:
select varieties
5.7 to 13.5 oz. 2/\$5.00



Secret, Gillette or Old Spice
Deodorant: select varieties
2.6 to 3.8 oz. \$3.97



Always or Tampax:
select varieties
20 to 120 ct. \$5.49



Olay Eyes or Regenerist:
select varieties
.4 to 2.5 oz. \$24.99



TEAL PUMPKIN PROJECT

Halloween can be tricky for kids with food allergies. The Teal Pumpkin Project aims to increase awareness and sensitivity to these risks so every child can enjoy the holiday. The project was launched in 2014 by Food Allergy Research & Education to encourage a night of inclusion for all trick-or-treaters. Teal pumpkins placed on the doorstep indicate that a house will be handing out nonfood treats, which are safe for children with allergies. This is critical because many common Halloween treats may contain ingredients that trigger life-threatening reactions.

SHOW YOUR COLORS

Children can spot participating homes by looking for a teal pumpkin. This symbol can be a pumpkin painted teal or a sign with the official Teal Pumpkin Project logo (download the logo at www.foodallergy.org).

Paint a pumpkin, create your own Teal Pumpkin poster at home or pick up posters at your local Hy-Vee Floral Department.

PLAY IT SAFE

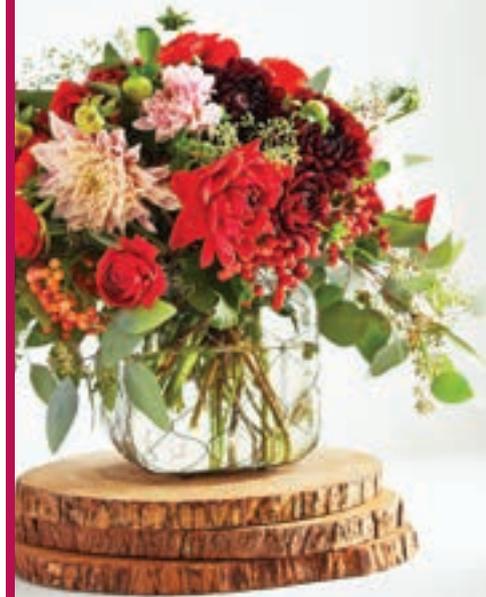
There is no end to safe, low-cost alternative goodies. Toys include glow sticks, bracelets, crayons, bubbles, whistles, kazoes, bouncy balls, rings, plastic tiaras and more.

Teal pumpkins placed on the doorstep indicate that a house will be handing out allergy-safe, nonfood treats.



Fall Harvest

Celebrate autumn colors with these rustic bouquets. Find the perfect container at your local Hy-Vee Floral Department.



- 8-INCH SEEDED-GLASS CUBE VASE
- 10 DEEP PURPLE DAHLIA STEMS
 - 7 RED DAHLIA STEMS
- 4 LIGHT PINK DAHLIA STEMS
- 9 RED RANUNCULUS STEMS
 - 6 BURNT ORANGE RANUNCULUS STEMS
 - SEEDED EUCALYPTUS
 - RED PEPPER BERRIES



- 16 AGAPANTHUS STEMS
- 14-INCH GALVANIZED FLOWERS & GARDEN PITCHER



- POTTED MUMS
- 10.25-INCH GALVANIZED FLOWERS & GARDEN BUCKET

fresh PICKINGS

IN THE FAST-MOVING WORLD OF PRODUCE, CHANGE IS CONSTANT—NEW TRENDS, NEW PRODUCTS, NEW TECHNOLOGY. AWARD-WINNING MANAGER DAN HANSON CREDITS HIS DEDICATED STAFF FOR THE TEAM'S SUCCESS.



Q: What's special about working as a manager for Hy-Vee?

A: Hy-Vee is like a family. We all intertwine in some way. We always have someone to call for mentoring and say "Is this working for you?" or "Hey, what are you doing about this?" Hy-Vee gives you the tools to be successful and we're pretty lucky that we are given the freedom to make choices about how to stock our departments.

Q: What's your most important role as a produce manager?

A: You need to build your team around what works. Just like in any job, we're all trying to get to the final goal. You have to know when someone who is always in a good mood is all of a sudden starting to struggle. Is it their family life? Is it that they're not feeling well? There are so many variables, you have to know them. I've been really fortunate to be surrounded by an excellent team for many years.

Q: How has your department changed most significantly throughout your career?

A: We built the business from low to very high volume, so I've seen both sides—from "How are we going to get people in the door?" to running around with your hair on fire. Today we have a ton more variety. Just look at the tomato category. Before you had a grape and a cherry tomato and maybe four varieties. Now you maybe have thirty plus.

Q: What's the biggest challenge you face on a day-to-day basis?

A: Knowing what's going on around you all the time is a constant. You need to focus on what's changing and what's coming up. It's a balancing act of what is on *The Dr. Oz Show* and what recipe is on Facebook. You always have to know what you're talking about, so I'll look new items up on the Web and share information with our employees. Then, sampling is huge. I'm lucky to have excellent people offering samples because the more knowledgeable your staff is, the better.

Q: What popular trends have influenced your department?

A: Take spaghetti squash, which wasn't the best-selling squash in the Produce Department. Now that's all dietitians talk about, so it's the number one selling squash in that category. We're also educating kids to be much healthier. I have a daughter who is in Girl Scouts, so we brought them in and had a class. I like to get them involved to make healthier choices.

Q: How have you seen the Hy-Vee's Homegrown initiatives evolve?

A: We tell the story a lot better now than we did in the past. I have growers I've done business with for many, many years. Their quantities have grown but now people ask, "Where is this grown?" Growers put a face on the product.

MEET PRODUCE MANAGER DAN HANSON

Dan Hanson was honored as 2016 Produce Manager of the Year by the Food Marketing Institute. Although he started his career in the Austin, Minnesota, store, Dan has been at the Hy-Vee in Mankato, Minnesota, since its opening in 1997. Today he manages a department of about 25 employees, who eagerly adapt to the ever-changing needs of customers.

LINE 'EM UP

Pack in **FLAVOR**. Add Big N' Meaty Summer Sausage to **ANY MEAL**.



Wimmer's Natural Casing Dinner Sausage or Little Smokies: select varieties 13 or 14 oz. \$3.99



Kentucky Legend Boneless Ham Steak: select varieties 8 oz. \$2.59



Land O'Frost Premium or Simply Delicious Sliced Lunchmeat: select varieties 9 to 16 oz. \$4.49



Fast Fixin' Breaded Chicken: select varieties 20 to 24 oz. \$3.88



Barber Stuffed Chicken Breasts: select varieties 10 oz. \$3.99



Sea Cuisine Encrusted Fillets: select varieties 8.5 or 10 oz. \$5.99



Flatout or Foldit: select varieties 8.5 to 14 oz. 2/\$5.00



Wimmer's Big N' Meaty Summer Sausage: select varieties 18 oz. \$5.99

BAKING BASICS

MASTER THE TECHNIQUES FOR BAKING THE YUMMY COOKIES, CAKES AND PIES YOU'LL FIND IN "GUIDE TO EVERYDAY BAKING," PAGES 16-23. START BY STOCKING YOUR KITCHEN WITH MUST-HAVE TOOLS OF THE TRADE.

WIRE COOLING RACK

OFFSET SPATULA/SPREADER



LOAF PAN

COOKIE SHEET



MUFFIN PAN



MEASURING SPOONS



9-INCH ROUND BAKING PAN



SILICON SCRAPER



GRADUATED MEASURING CUPS

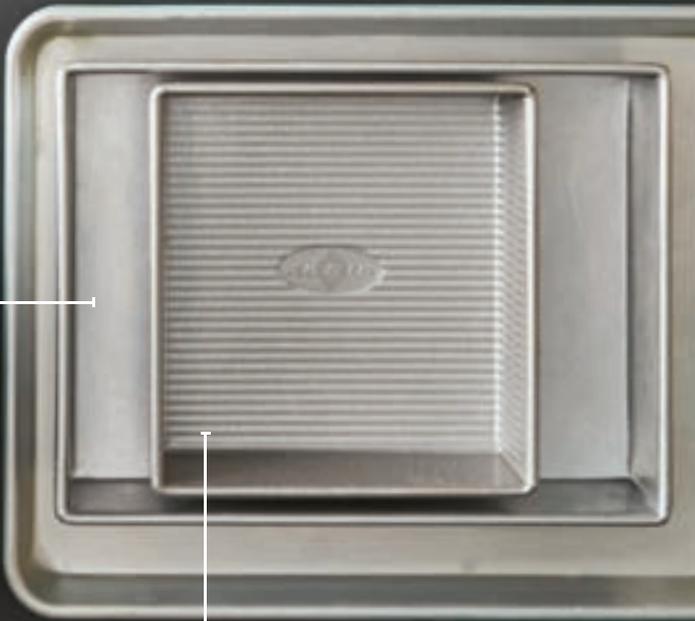


ROLLING PIN

LIQUID MEASURING CUP



JELLY-ROLL PAN



RECTANGULAR BAKING PAN (13×9×2-INCH PAN)

SQUARE BAKING PAN (9×9×2- OR 8×8×2-INCH PAN)

WOODEN SPOON



WHISK



1.5-, 3- AND 5-QUART MIXING BOWLS

PAN PREP

Ensure your cakes pop out intact every single time.

LINE WITH PARCHMENT



STEP ONE: Spray bottom of pan with nonstick spray. Set the pan on a piece of parchment paper and trace around the pan with a pencil.



STEP TWO: Using a clean pair of kitchen scissors, cut just inside the traced line on the parchment paper.



STEP THREE: Fit the cut piece of parchment paper in the pan, pressing it into the corners and smoothing out any wrinkles or bubbles.

GREASE AND FLOUR



STEP ONE: Brush melted butter or shortening evenly over bottom and up sides of pan, taking care not to leave any uncoated spots on pan.



STEP TWO: When pan is greased, sprinkle a couple of spoonfuls of all-purpose flour in the bottom.



STEP THREE: Hold pan on one edge and tap the opposite edge with your free hand. Tap until flour covers grease. Remove excess flour.



BAKING WITH EGGS

Many cake and bread recipes call for room-temperature eggs.

- **SET THE EGGS OUT** 30 minutes before using them, for better volume in your baked goods. If you forget to take the eggs out of the refrigerator, you can warm them quickly by placing them in a bowl of warm water for 5 to 10 minutes.
- If a recipe calls for **SEPARATING YOLKS AND WHITES**, do so as soon as you remove the eggs from the refrigerator.
 - If you separate room-temperature eggs, you're more likely to **END UP WITH YOLK IN THE WHITES**.

To separate eggs, follow these steps:

1) ORGANIZE YOUR WORK SPACE. You'll need three bowls, one for whites, one for yolks and one to separate your egg over in case a yolk breaks. When whipping egg whites, there should be no trace of yolk, or the whites won't beat properly.

2) CRACK AN EGG firmly on the edge of a bowl or on a flat countertop. Pull the shell open with your thumbs. Transfer the yolk back and forth in the shells until all the egg white has dripped into the whites bowl. Place the yolk in the yolks bowl.



MEASURING INGREDIENTS

PROPER MEASURING IS A CRUCIAL PART OF SUCCESSFUL BAKING. UNLIKE MOST COOKING, WHERE YOU CAN OFTEN GET AWAY WITH EYEBALLING INGREDIENT AMOUNTS, BAKING IS CHEMISTRY AND REQUIRES PRECISION.



▲ DRY INGREDIENTS

Brown sugar:

Pack into a dry measuring cup or measuring spoon, pressing firmly.

Butter/shortening:

Locate measurement markings on wrapper and cut at the appropriate mark. Press solid shortening firmly into a dry measuring cup with a spoon or rubber spatula and level it off at the top.

Flour: Stir flour in its container

before measuring. Spoon flour into a dry measuring cup without packing or shaking; level off the excess with flat edge of a metal spatula.

Granulated sugar:

Fill dry measuring cup with sugar, leveling off excess.

Powdered sugar:

Measure as for flour. If lumpy, pass through sieve before measuring.

Spices/ flavorings:

Use measuring spoons; measure over a sink or bowl

before adding to mixture.

LIQUIDS

Pour into liquid measuring cup.

Check at eye level to make sure it lines up exactly. **Honey/ syrup:** Spray cup with nonstick spray before you measure.



MAKE GOODIES THAT MEASURE UP! SCAN THE CODE, LEFT, FOR BASIC MEASURING TECHNIQUES AND TIPS.

RECIPE ADVICE

Baking is a delicate balance of flours, moisture, leavening and heat. Read the entire recipe before you begin. It's there to lead the way and give you a high five at the end. Measure ingredients exactly and, most importantly, follow directions.

SOFTENING BUTTER

If a recipe calls for softened butter and you've forgotten to set it out for 30 minutes, microwave it using the defrost setting for 15 seconds. Check and repeat, if necessary.

MAKING SOUR MILK

As a substitute for buttermilk, combine 1 tablespoon lemon juice or vinegar with enough milk to make 1 cup total liquid; stir. Let stand for 5 minutes before using.

TOASTING NUTS

Spread nuts in a single layer in a shallow baking pan. Bake in a 350°F oven for 5 to 10 minutes or until pieces are golden brown, stirring or shaking the pan once or twice.

TIME IT RIGHT

Set a timer for the *minimum* bake time you need and check for doneness to avoid burning or overbrowning. Continue resetting the timer as needed and checking until your baked goods are done.





When Families Gather,
Ours can Help.



Hy-Vee

HOMEFRONT

Give back with our family of products.

For every two SC Johnson products purchased in October & November, SC Johnson will donate 50 cents to Hy-Vee Homefront!*



Glade Candles or
Wax Melts:
select varieties
2.3 to 3.8 oz. 2/\$6.00



Glade PlugIns Scented
Oil Refills or Automatic
Spray Refill:
select varieties
1.34 or 6.2 oz. \$4.75



Windex, Shout or
Scrubbing Bubbles:
select varieties
20 to 32 oz. 2/\$6.00



Ziploc Freezer or
Storage Bags:
select varieties
15 to 24 ct. \$2.99

FALL '16

- GUIDE TO EVERYDAY BAKING
- HOW TO HAVE THE BEST FRIENDSGIVING EVER • THE GAME CHANGER
- ALMONDS • TRES MENTES
- HOT DISH DELIGHTS • TABLE MANNERS
- THE HEAT IS ON! • NEW GROCERY SHOPPER
- begin™ WITH FRIENDS



Almond Granola,
page 45



GUIDE TO EVERYDAY
BAKING

WORDS Lois White PHOTOS Greg Scheidemann

GREAT BAKED GOODS COME FROM
PAIRING A FEW BASIC TECHNIQUES
WITH TOP QUALITY INGREDIENTS. FOR
HANDS-ON PRACTICE, TRY THE PIES,
CAKE AND COOKIES THAT FOLLOW.

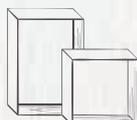


Fall has arrived, and it's time to get cozy and get baking. If you've never baked before, or even if you are an experienced baker, you'll find dozens of tips, techniques and recipes here that will help you throughout the season and into the holidays. Use this guide to get started. Learn which tools and ingredients to gather so you can bake your best.

TOOLS:



COOKIE SHEETS: Choose light- to medium-color sheets that are sturdy and heavy-duty.



RECTANGULAR AND SQUARE BAKING PANS: Use 13×9×2-, 8×8×2- and 9×9×2-inch pans for brownies and cakes, and 9×5×3- or 8×4×2-inch loaf pans for yeast breads, quick breads and pound cakes. Use 15×10×1-inch pans for bar cookies.



PIE PLATES: Use 9-inch pans for pies and quiches.



ROUND BAKING PANS: Use 8- or 9-inch pans for standard layer cakes or sweet rolls.



WIRE COOLING RACK: This is essential for cooling baked items such as cakes and cookies after they come from the oven.



LIQUID MEASURES: 1- and 2-cup measures, plus an 8-cup measure for measuring larger amounts of liquids are standard tools.



GRADUATED MEASURING CUPS: Use these to measure dry ingredients and soft solids, such as shortening.



MEASURING SPOONS: Use for both liquid and dry ingredients.



PASTRY ESSENTIALS: Pastry cutter, pastry brush and rolling pin are must-haves.



OTHER ESSENTIALS: Keep on hand a kitchen timer, wire whisk, egg separator, handheld graters and silicone scrapers.

THE PANTRY:

FLOUR is the foundation of nearly every kind of baked good, providing body and structure. All-purpose flour is ideal for baking cookies, cakes and even some breads and pastries. Bread flour, made from hard wheat, gives bread its shape, structure and rise. Cake flour, made from soft wheat, produces a cake with a tender, delicate crumb—its interior texture. Whole wheat flour is a coarse-textured flour that is good in breads and some cookies, but is generally not used in pastries and other delicate baked goods.

SUGAR adds flavor, tenderness and moisture to baked goods. It helps feed and activate yeast in breads, stabilize whipped egg whites in meringues and create a golden brown color in finished baked goods. Brown sugar is a mixture of granulated sugar and molasses. Powdered sugar, or confectioners' sugar, is finely ground granulated sugar with cornstarch added to prevent lumping.

EGGS play multiple roles in baking, adding structure, richness, moisture and leavening (makes dough rise) to baked goods.

BUTTER adds flavor and richness to cakes, cookies and breads; cooking oils add tenderness and moisture. Avoid substituting cooking oils for a solid fat because oils are unable to hold air when beaten. Shortening, a solid fat made from vegetable oils, creates tender, flaky piecrusts and biscuit toppers.

MILK containing different amounts of fat can be used interchangeably in recipes; the type you use affects richness and flavor. Buttermilk is a thick and creamy low-fat milk with a mildly acidic taste. Making your own sour milk will work in place of the buttermilk (see tip, *page 13*).

A KITCHEN SCALE IS HANDY FOR MEASURING INGREDIENTS BY WEIGHT, SUCH AS 2 OUNCES BITTERSWEET CHOCOLATE.



PERFECT CRUSTS

A PRETTY EDGE PUTS A SPECIAL FINISHING TOUCH ON A HOMEMADE PIE. TRY ONE OF THE SEVEN IDEAS SHOWN HERE OR CREATE YOUR OWN SIGNATURE LOOK.



DOUBLE-CRUST PIE PASTRY

Roll each pastry from the center to the edges, working to create uniform circles. Then ease the pastry into the pan, where trimming and crimping will be easier.

- 2 cups Hy-Vee all-purpose flour
- 4 teaspoons Hy-Vee sugar
- $\frac{3}{4}$ teaspoon Hy-Vee salt
- $\frac{2}{3}$ cup Hy-Vee shortening
- 6 or 7 tablespoons ice water

1. In a large bowl, stir together flour, sugar and salt. Using a pastry blender, cut in shortening until pieces are pea-size.
2. Sprinkle 1 tablespoon ice water over part of the flour mixture; toss gently with a fork. Push moistened dough to side of bowl. Repeat with additional ice water, 1 tablespoon at a time, until all of the flour mixture is moistened.
3. Gather dough into a ball, kneading gently until it holds together. Divide dough in half. Shape each portion into a ball.

DECORATIVE-EDGE CRUSTS

A. Scallop: To build up the edge of pastry, trim $\frac{1}{2}$ inch beyond edge of pie plate, and fold the extra pastry under, even with the plate's rim. Lightly press bottom of spoon into the pastry to create scallop design.

B. Flute: Build up edge of pastry as directed in Scallop, *above*. To

flute pastry, place your thumb against inside of pastry; press dough around your thumb, using your other hand's thumb and index finger.

C. Tab: Build up edge of pastry as directed in Scallop, *left*. Cut $\frac{1}{2}$ -inch slits into pastry $\frac{1}{2}$ inch

apart along edge. Press tabs in opposite directions.

D. Braid: Trim pastry even with plate edge. Cut three long $\frac{1}{4}$ -inch-wide strips of pastry; braid strips. Brush pastry edge with water and press to adhere.

E. Cutout: Trim pastry even

with plate edge. Roll out pastry scraps. Use a small cutter to cut pretty shapes. Brush pastry edge with water. Press shapes along edge to adhere.

F. Crisscross: Trim pastry even with plate edge. Dip tines of fork in flour. Hold fork at slight

angle and lightly press tines into the dough; repeat to make crisscross pattern along edge.

G. Twist: Trim pastry even with plate edge. Cut two long $\frac{1}{4}$ -inch-wide strips of pastry; twist strips together. Brush pastry edge with water and attach twisted rope.

WOVEN LATTICE TOP



Roll out top crust. Using a pastry wheel, cut pastry into ten $\frac{1}{2}$ -inch-wide strips.



Lay five of the pastry strips crosswise over top of the filling, placing them about 1 inch apart.



Fold every other pastry strip back halfway. Then place a new strip in the center of the pie across the strips already in place. Return folded strips to original placement.



Weave additional strips in the same manner until lattice covers the filling. For shine and sparkle, lightly brush woven lattice strips with half-and-half or whipping cream, and sprinkle with coarse sugar.

* Bonus feature: Learn How To Make Perfect Pies and Thicken Fruit. Watch the video in your free digital version of *Hy-Vee Seasons*. Downloading information on *page 3*.



SCAN THESE CODES FOR HELPFUL VIDEOS ON HOW TO:



MAKE
PERFECT PIES



THICKEN
FRUIT



Roll pastry from center to edges into a 12-inch-diameter circle. Fold pastry into quarters.



Unfold pastry into a 9-inch pie pan. Ease pastry into pan without stretching.



Transfer fruit filling to pastry-lined pie pan. Fold top pastry in half; place it on top, covering half of filling. Unfold pastry to cover other half of filling.



Trim pastry to ½ inch beyond edge of plate. Fold top pastry under bottom pastry and crimp as desired.

FRUIT-FILLED PIE

Make decorative cutouts or knife slits in the top crust of a double-crust pie to allow steam to escape while baking.

Prep: 30 minutes | Bake: 1 hour |
Cool: 3 to 4 hours | Serves 8

1 recipe Double-Crust Pie Pastry, opposite

1 recipe desired Fruit Pie Filling, below
Hy-Vee half-and-half or Hy-Vee heavy whipping cream, optional
Coarse sugar, optional

1. Preheat oven to 400°F. Prepare desired fruit filling; set aside. Prepare Double-Crust Pie Pastry.
2. On a lightly floured surface, use your hands to slightly flatten one pastry ball. Roll it from center to edges into 12-inch-diameter circle. Fold pastry into quarters. Unfold pastry into a 9-inch pie plate. Ease pastry into plate without stretching it. Transfer fruit filling to pastry-lined pie plate. Add top crust as directed *left* and/or *opposite*.
3. If desired, brush top pastry with half-and-half and sprinkle with coarse sugar. To prevent overbrowning, cover edge of pie with foil strips. Bake pie for 15 minutes. Reduce heat to 375°F. Bake for 45 minutes more or until fruit is tender and filling is bubbly in the center of the pie. Cool on a wire rack. Serve pie topped with whipped cream or ice cream, if desired.

FRUIT PIE FILLING OPTIONS

Apple: ¾ cup Hy-Vee granulated sugar + 2 tablespoons Hy-Vee all-purpose flour + ½ teaspoon Hy-Vee ground cinnamon + 6 cups sliced peeled apples

Cherry: 1 cup Hy-Vee granulated sugar + 3 tablespoons quick-cooking tapioca + 6 cups fresh or Hy-Vee frozen pitted tart red cherries

Peach: 1 cup Hy-Vee granulated sugar + 3 tablespoons tapioca + 6 cups fresh or Hy-Vee frozen peach slices

Pear: ¾ cup Hy-Vee granulated sugar + 2 tablespoons Hy-Vee all-purpose flour + ¼ teaspoon ground nutmeg + 6 cups sliced peeled pears



CHERRY PIE

Use a round cutter to cut 1-inch-diameter circles in the top crust before placing it on the pie. Press the cutouts along the edge of the pie.



PEACH PIE



APPLE PIE

For a decorative finish, use a small cutter to create a leaf pattern on the top crust of a pear or apple pie.



PEAR PIE



CAKES

STEP-BY-STEP MIXING & BAKING



Trace bottom of each cake pan onto parchment paper with a pencil; cut just inside the traced lines. Spray bottoms of baking pans with nonstick spray. Line with parchment paper rounds. Spray parchment with nonstick cooking spray.



Add a couple of tablespoons of unsweetened cocoa powder* to one pan. Hold one edge and tap the other with your free hand to distribute cocoa around the pan. Turn over the pan and tap out excess cocoa into the second pan, adding more cocoa powder as needed. *For white cakes, use flour to coat pans.



Beat room-temperature butter for 30 seconds to incorporate air. Beat in the sugar until mixture is light and fluffy. Tiny air bubbles are created and trapped in the mixture, acting as a leavener with the baking soda. These bubbles are essential for developing a light and fluffy crumb texture.



Add the eggs, one at a time, beating after each until integrated. The eggs act as an emulsifier and help the batter hold even more air.



Beat in a portion of the flour mixture. Then beat in a portion of the chocolate mixture just until incorporated. Continue adding the flour mixture and chocolate mixture in small batches alternately, beating on low after each addition until just combined.



Measure cake batter to determine amount needed to make each of the four layers. Pour batter for two layers into pans. Using a metal spatula, smooth tops before baking. Cover remaining batter and set aside to bake after first layers are done.



Bake layers for minimum baking time, then insert a wooden toothpick near the center of a layer. If the toothpick comes out clean (with a crumb or two on it), the cake is done. If there is any wet batter, bake the layer a few minutes more and test in a new spot with a new toothpick.



Allow cake layers to cool for 10 minutes, then run a thin metal spatula around the edges of the cake pan.



Invert the pan with the rack so the pan ends up on top. Shake gently to loosen cake layer from pan. Carefully remove the paper used to line the bottom of the cake pan, pulling slowly and gently.

CHOCOLATE BUTTERCREAM LAYER CAKE

This intensely rich and decadent cake is the perfect centerpiece for a birthday or other celebration.

Prep: 50 minutes | Bake: 50 to 60 minutes |
Cool: 1 hour | Serves 16

Hy-Vee nonstick cooking spray

Unsweetened cocoa powder, for pans

4 ounces unsweetened baking chocolate, chopped

½ cup Hy-Vee baking cocoa powder

1½ cups boiling water

1 cup Hy-Vee all-purpose flour

1 cup cake flour

1¼ teaspoons Hy-Vee baking soda

½ teaspoon Hy-Vee salt

1½ cups Hy-Vee unsalted butter, softened

2 cups packed Hy-Vee brown sugar

4 Hy-Vee large eggs, room temperature

¾ cup Hy-Vee sour cream

1½ teaspoons Hy-Vee vanilla extract

1 recipe Dark Chocolate Buttercream, page 23

1. Preheat oven to 325°F. Spray two 8-inch round baking pans with nonstick cooking spray. Line pans with parchment paper. Spray parchment paper with nonstick spray. Lightly coat pans with unsweetened cocoa powder; set pans aside.
2. In a medium bowl, combine chocolate and baking cocoa powder. Pour in the boiling water and whisk until smooth. In another bowl, stir together all-purpose and cake flours, baking soda and salt; set aside.
3. In a large mixing bowl, beat butter with an electric mixer on high for 30 seconds. Add brown sugar and continue beating until fluffy. Add eggs, one at a time, beating for 30 seconds after each addition. Add sour cream and vanilla, and beat until combined. Alternately add flour mixture and chocolate mixture to batter mixture, starting and ending with flour mixture and beating on low after each addition just until combined.
4. Pour 2¼ cups batter into each prepared baking pan, spreading evenly with spatula. Cover remaining batter and set aside. Bake for 25 to 30 minutes or until a wooden toothpick inserted near the centers comes out clean. Cool cakes in pans on wire rack for 10 minutes. Remove cakes from pans. Remove parchment paper from cakes. Cool thoroughly on racks.
5. Clean cake pans and prepare pans as directed in Step 1. Divide remaining batter between pans; bake and cool as directed in Step 4.
6. Meanwhile, prepare Dark Chocolate Buttercream. To assemble, as shown *opposite*, place a cake layer on a cake stand. Spread top with ½ cup Dark Chocolate Buttercream. Add two more cake layers one at a time, spreading top of each with ½ cup Dark Chocolate Buttercream. Add remaining cake layer. Frost top and sides with remaining Dark Chocolate Buttercream. Serve cake within 2 hours, or cover and refrigerate for up to 3 days.

Nutrition facts per serving: 940 calories, 58 g fat, 36 g saturated fat, 2 g trans fat, 185 mg cholesterol, 220 mg sodium, 102 g carbohydrates, 4 g fiber, 83 g sugar, 5 g protein. Daily values: 35% vitamin A, 0% vitamin C, 8% calcium, 45% iron.

GET AN
EARLY
START BY
BAKING
CAKE
LAYERS
AHEAD
AND
STORING
THEM
IN THE
FREEZER
UNTIL
YOU'RE
READY TO
FROST.



* Bonus feature: Learn How To Frost A Cake. Watch the video in your free digital version of *Hy-Vee Seasons*.
Downloading information on page 3.

HOW TO FROST A LAYER CAKE



Place first cake layer on a cake stand or plate. If necessary, use a serrated knife to trim the rounded surface off the cake layer. Spread $\frac{1}{2}$ cup Dark Chocolate Buttercream evenly over top surface to $\frac{1}{4}$ inch of the edge.



Place second cake layer on top of the buttercream. Center the cake, aligning the edges of the layers. Repeat with third layer, then top with fourth layer.



Spread a very thin coat of buttercream over entire cake to seal in crumbs and fill in any imperfections. Use a thin metal spatula and spread the frosting on the cake without moving the spatula back and forth. Allow crumb coat to dry before final frosting.



Use a metal spatula to spread remaining buttercream generously over the entire cake. You can also use the back of a spoon to make a scallop pattern in the frosting all over the cake.

| FROSTINGS |

CAKE ISN'T CAKE WITHOUT A RICH FROSTING OR BUTTERCREAM. PIPE, DRIZZLE OR SWIRL ON ONE OF THESE BASIC ICINGS FOR A SWEET FINISH ON CAKES, COOKIES AND OTHER CONFECTIONS.

BUTTERCREAMS

Spread or pipe one of these luscious buttery spreads on cakes or cupcakes. Change up the flavor in the vanilla version by adding citrus zest or juice, flavor extracts, coffee powder or nut butter. **Vanilla Buttercream:** In a large mixing bowl, beat 1¼ cups softened Hy-Vee unsalted butter with an electric mixer on medium to high for 30 seconds. Gradually add 6 cups Hy-Vee powdered sugar, beating on low until combined. Slowly add 3 tablespoons Hy-Vee skim milk, 1 tablespoon Hy-Vee vanilla extract and ¼ teaspoon Hy-Vee salt. Beat on medium until smooth and creamy. Makes 3½ cups. **Dark Chocolate Buttercream:** In a large mixing bowl, beat 1½ cups softened Hy-Vee butter with an electric mixer on medium to high for 30 seconds. Gradually add one (32-ounce) package Hy-Vee powdered sugar and 1 cup Hy-Vee baking cocoa powder; beat on low until combined. Slowly add ¾ cup Hy-Vee whole milk and 2 teaspoons Hy-Vee vanilla extract. Beat on medium until light and fluffy. Beat in additional 1 to 2 tablespoons milk, if needed for a smooth and creamy consistency. Makes about 7 cups.

¼ cup softened Hy-Vee butter with an electric mixer on medium for 30 seconds. Gradually beat in 4 cups Hy-Vee powdered sugar and 1 teaspoon Hy-Vee vanilla extract on low until combined. Beat on medium until smooth and creamy. Makes 3 cups. **Sugar Cookie Frosting:** In a medium mixing bowl, beat ¼ cup Hy-Vee shortening with an electric mixer on medium for 30 seconds. Gradually beat in 2 cups Hy-Vee powdered sugar, 3 tablespoons water and 1 teaspoon Hy-Vee almond extract until combined. Beat on medium until smooth and creamy. Makes 1½ cups.

ROYAL ICING

This sweet icing works well for cookies and gingerbread houses. It gets stiff and hardens completely with a matte finish. If tinting, use any food coloring for best results. **Royal Icing:** See Classic Cutout Cookies recipe, *opposite*.

GANACHE

“Dark,” “decadent” and very “chocolaty” describe an excellent ganache. Once cooled, it can be poured over a cake. It has a luxurious shine when it hardens. **Ganache:** In a medium saucepan, cook ½ cup Hy-Vee heavy whipping cream over medium-high heat until boiling; reduce heat. Add 1 cup Hy-Vee mini semisweet chocolate chips, stirring continuously until mixture is melted and shiny. Cool at room temperature for 15 minutes before using. Makes 1 cup.

FROSTINGS

These creamy mixtures hold up well on cakes and cookies. Add food coloring or flavorings to Sugar Cookie Frosting.

Cream Cheese Frosting:

In a large mixing bowl, beat one (8-ounce) package softened Hy-Vee cream cheese and

COOKED CUSTARD FROSTING

German chocolate cake, whoopie pies or cookies made from cake mix taste delicious with this sweet frosting.

Coconut-Pecan Frosting: In a heavy saucepan, combine 1 cup Hy-Vee evaporated milk, 1 cup Hy-Vee granulated sugar, ½ cup Hy-Vee butter and three slightly beaten Hy-Vee egg yolks. Cook and stir over medium heat for 15 minutes or until mixture is pudding consistency. Stir in 1½ cups Hy-Vee sweetened coconut, 1 cup Hy-Vee chopped pecans, 1 cup sifted Hy-Vee powdered sugar and 1 teaspoon Hy-Vee vanilla extract. Cool until frosting is spreading consistency. Makes 3 cups.

Vanilla Buttercream

Dark Chocolate Buttercream

Cream Cheese Frosting

Ganache

Coconut-Pecan Frosting

Royal Icing

Sugar Cookie Frosting

HOW TO HAVE

The Best

WORDS Tara Hunt and Carlos Acevedo PHOTOS Greg Scheidemann

FRIENDSGIVING
Ever



THE HOLIDAYS ARE UPON US AND WITH THEM COMES LENGTHY SHOPPING LISTS, STRESSFUL HOLIDAY GATHERINGS AND ENDLESS COOKING. ENTER FRIENDSGIVING, A LOW-KEY, STRESS-FREE THANKSGIVING MEAL WITH FRIENDS.

Popular among 20- and 30-somethings, it is an inexpensive gathering for those celebrating friends instead of family. Some friends opt to host Friendsgiving

on a date other than Thanksgiving Day, guaranteeing two occasions to binge on delicious food.

Though the holiday's origin isn't clear, many trace its birth back to the NBC sitcom *Friends*, where six iconic pals spent their holidays together. The beauty of the event is that it maintains the sentiments of Thanksgiving—gratitude, love and kinship—while stripping away some of the gathering's formality.

At Thanksgiving meals, hosts do the lion's share of everything from planning to clean up. But at a Friendsgiving gathering, everyone has a task and is encouraged to jump in where extra hands are needed.

Whether you are host or guest, rely on your local Hy-Vee for Friendsgiving staples. A fully cooked turkey or ham can be ordered from the Catering Department, as can appetizer platters, such as a cranberry-Brie hostess tray. Need toppings for your mashed potatoes? Get chopped bacon and shredded cheese at the salad bar. Find all the items and help you need at your local Hy-Vee.

10 RULES To LIVE BY:

1: INVITE FRIENDS. The fun of Friendsgiving is bringing together people from different groups. Invite colleagues from work or buddies from the gym. But be reasonable about the number you can accommodate.

2: Plan a potluck. As the event host, tackle the main entrée and its respective gravy, but ask guests to bring sides and appetizers. Make it clear that all dishes should arrive fully prepared.

3: KEEP IT CASUAL. Ditch the heels and tights for more comfortable clothes and encourage guests to do the same. Wear something that will let you zip around the kitchen and also hides a full tummy.

4: Stock the bar. Friendsgiving is typically a bit of a boozy bash. Ask each guest to bring their favorite bottle of wine but designate one person to pack a bottle of whiskey. Prep a drink table with plenty of ice.

5: CHECK YOUR DIET AT THE DOOR. Friendsgiving is not for eating like a bird. There is no calorie counting or "just a small piece" claims. Pile your plate high and end the evening feeling stuffed.

6: Double down on dessert. Even after seconds (or thirds) people always find room for something sweet. Make sure the party packs plenty of pies and baked goods.

7: DECORATE. Whimsy and quirky decor is a fun way to distinguish this friendcentric event from a more formal affair. Stop by the Hy-Vee Floral Department for centerpiece ideas. Be creative. For a play on the Macy's Thanksgiving Day Parade, let us float an idea: Anchor character balloons at various heights around the party rooms.

8: Lock down the leftovers. Pick up a set of food storage containers and extra aluminum foil at Hy-Vee so you can send each guest home with a ready-made leftover meal.

9: MAKE IT YOUR OWN. The beauty of Friendsgiving is that there are no hard-and-fast rules. Come up with your own clever traditions to establish this year.

10: Most importantly, show gratitude. At the heart of this holiday is celebrating relationships old and new, so give thanks for all your guests. Three cheers for friendship!

The ultimate
CHEERS!

For crowd-pleasing holiday drinks, keep it simple. Stop by the Wine & Spirits Department of your local Hy-Vee. Here are a few recommendations from Hy-Vee wine expert Blair Zachariasen.

WHITE WINE

BEST DEAL: CHARLES SMITH KUNG FU GIRL RIESLING (S), Columbia Valley, Washington. Aromas of Honeycrisp apples, lime peel, orange blossoms and white peach complement this wine's sweet and tart finish.
Runner-up: Dry Creek Vineyard Chenin Blanc, Clarksburg, California (S)



RED WINE

BEST DEAL: LA CREMA WILLAMETTE VALLEY PINOT NOIR (SS), Willamette Valley, Oregon. This elegant red features black cherry, pomegranate, rose petal and pipe tobacco notes with silky, structured finish.
Runner-up: Nielson by Byron Pinot Noir, Santa Barbara County, California (S)



SPARKLING WINE

BEST DEAL: MUMM NAPA BRUT ROSÉ (SS), Napa Valley, California. A pale salmon pink pour exhibiting aromas of black cherry, red berries and fresh baked sourdough bread finishes crisp and clean.
Runner-up: Gloria Ferrer Blanc de Noirs, Sonoma, California (S)



CRAFT BEER

BEST DEAL: FOUNDERS BREWING PORTER (S), Grand Rapids, Michigan. Rated one of the world's best porters, notes of toasted malt, dark chocolate and coffee with a harmonious rich velvety texture.
Runner-up: Breckenridge Brewery's Vanilla Porter, Littleton, Colorado (S)



BOURBON

BEST DEAL: BULLEIT BOURBON FRONTIER WHISKEY (SS), Louisville, Kentucky. This caramel-color crowd-pleaser, made from an old family recipe, is accented by spice and toffee and has a clean, smooth finish.
Runner-up: Basil Hayden's Bourbon, Clermont, Kentucky (SS)





**POTLUCKS CAN
STILL IMPRESS.**

10 WAYS TO GET YOUR MEAL ON *the* TABLE

① **Make a detailed grocery list.** Organize it by aisle so you can shop effectively and efficiently. Include items like napkins, ice, foil pans and a turkey baster. Then use sites like perfectpotluck.com to coordinate with guests.

② **Be intentional.** Assign appetizer duty to friends who are timely and reliable. Ask for dessert from that one friend who is notorious for arriving late.

③ **Prepare ahead.** Leading up to party day, allow time to thaw the meat (a full turkey needs about one day for every 5 pounds). Chop vegetables the evening before and refrigerate them in plastic bags.

④ **Set the table early.** Clean tablecloths and cloth napkins, if you are using them. The day before the event, double-check for enough silverware, glassware, serving utensils and chairs.

⑤ **Pile on the potatoes.** Assign responsibility for each branch of the potato trinity—sweet, mashed and cheesy—so no guest goes home brokenhearted.

⑥ **Roll with it.** Though few people would claim biscuits as their favorite side, a holiday meal without bread to sop up the gravy isn't complete. Make sure someone has carbs covered.

⑦ **Don't hang your hat on the green bean casserole.** Encourage

friends to bring their tastiest, out-of-the-ordinary favorites and break out of the traditional mold.

⑧ **Make it interactive.** Give guests something to do other than show up and eat. Set up a mashed potato bar with toppings or let guests make their own mini pies.

⑨ **Emphasize ready-made meals from Hy-Vee.** For friends who are a little skittish in the kitchen, suggest they stop by the Market Grille, Deli counter or Bakery for precooked sides, appetizers and desserts.

⑩ **Accept help.** When the meal is done, let friends help clear the table and wash dishes. The holiday is about sharing, so share the chores too.

SEASIDE MAC AND CHEESE

Mac and cheese experiences a sea change with the inclusion of lobster.

Prep: 5 minutes |

Cook: 10 minutes | Serves 8

- 1 (12-ounce) bag Hy-Vee Steam Quick mixed vegetables
- 2 pints Hy-Vee Kitchen macaroni and cheese
- 2 cups cooked lobster meat (from one 6- to 7-pound lobster)
- 1 cup halved cherry tomatoes
- ¼ cup chopped parsley

1. Preheat oven to 350°F. Prepare mixed vegetables according to package directions.
2. In a large bowl, stir together macaroni and cheese, lobster, cooked vegetables and cherry tomatoes. Pour into a 2-quart baking dish and bake for 10 minutes. Top with parsley before serving.

MAC AND CHEESE WITH PROSCIUTTO

Paper-thin prosciutto deepens the flavor.

Prep: 5 minutes |

Cook: 10 minutes | Serves 8

- 2 pints Hy-Vee Kitchen macaroni and cheese
- 1 cup chopped roasted red peppers
- 1 ounce prosciutto, chopped
- ½ teaspoon Hy-Vee dried thyme
- 1 (5-ounce) container Hy-Vee Select shredded Asiago cheese
- ¼ cup chopped fresh basil

1. Preheat oven to 350°F. In a bowl, stir together macaroni and cheese, peppers, prosciutto and thyme. Pour into a 2-quart baking dish and top with Asiago cheese. Bake for 10 minutes. Top with basil before serving.

Nutrition facts cannot be accurately calculated due to variation of Hy-Vee Kitchen items.

MAKE IT Gourmet MAC and CHEESE

Nothing says a culinary shortcut has to be ho-hum. These mac and cheese fix-ups leverage the convenience of the Hy-Vee Kitchen's most popular cheesy side dish with yummy gourmet stir-ins readily available within the store. The fact that these dishes are mostly store-bought can be your guilt-free secret!

MAC AND CHEESE with PROSCIUTTO

SEASIDE MAC AND CHEESE with LOBSTER

Charcuterie

PLATTER

NO-FUSS APPETIZERS

Charcuterie (shahr-koo-tuh-ree) are old-world artisan specialty meats, such as *prosciutto*, *salami* and other delicious varieties available at Hy-Vee's deli and charcuterie counters. Sliced thinly, these meats can be artfully arranged on a tray alongside *cheeses*, *fresh fruits* and other tasty nibbles, so guests can help themselves as they sip wines.

While it's hard to go wrong when assembling your platter, try these suggestions for charcuterie success:

Rely on the experts. The staff at your Hy-Vee can offer advice and provide tasting samples as you consider your choices.

Try a range of products and assemble a tray with at least **three meats**. For cheeses, offer several firm varieties that can be eaten alone, such as *Chipotle Cheddar*, plus creamier cheeses for spreading on *toast*, *crackers* or *breadsticks*. *Brie* is always popular. *Blue cheese* is a funkier option; its bold flavor stands up nicely to robust charcuterie.

For a trendy choice, try *Burrata cheese*, a buttery version of mozzarella that spreads wonderfully.

Round out your platter with *Marcona almonds*, bright *Peppadew peppers* and sweet accompaniments such as *grapes*, cubed *fruit pastes* and *dried apricots*.

The result is a tray that will keep guests fully satisfied until the main event.





**Tricked-Out
HOLIDAY PIE STACK**

Make a big impression with this showstopping dessert that's easier to make than it looks.

Prep: 10 minutes | Serves 8
2 frozen or fresh pecan pies*
2 frozen or fresh Hy-Vee Bakery pumpkin pies*
¼ cup caramel sauce
1 recipe Maple Cream, *right*; optional

1. Prepare pies according to package directions. Cool to room temperature.

2. Using a 3-inch round cutter, cut four rounds from each pie. Stack pecan pie rounds on top of pumpkin pie rounds. Drizzle with caramel sauce and, if desired, serve with Maple Cream.

Maple Cream: In a bowl, stir together 1 cup thawed Hy-Vee frozen whipped topping and 2 tablespoons Hy-Vee

Select 100% pure maple syrup.

*Note: You'll have leftover pieces of pie. Save them for midnight snacking!

Nutrition facts cannot be accurately calculated due to variation of pies.

TWO ARE BETTER
THAN ONE

Packs

HOLIDAY MEAL

Avoid long hours in the kitchen this Thanksgiving by ordering a Holiday Meal Pack from your local Hy-Vee. Instead of cooking, invest your time in relaxed conversation with friends and family. You can still show off your culinary abilities by making one or two of the crowd-pleasing recipes from this issue of *Hy-Vee Seasons*.



Family FEAST

WHOLE TURKEY

Serves 12

14-16 lb. Turkey

With choice of 6 sides

Two Dozen Jumbo

Honey Butterflake Rolls

\$125

Other turkey meal pack options:

Turkey Dinner | Serves 8

10-12 lb. Butterball Turkey

Choice of 3 sides

\$80

Boneless Turkey Breast Dinner

Serves 4 | Choice of 3 sides

3-4 lb. Jennie-O Turkey Breast

\$50

Give yourself the gift of relaxation. Purchase Holiday Packs from your local Hy-Vee. Order in person, by phone or online at www.hy-vee.com/shop/Holiday-Dinners-C42.aspx

Gourmet HOLIDAY FEAST

2 MEATS: TURKEY, HAM OR PRIME RIB

Serves 18

14-16 lb. Butterball Turkey

With choice of 6 sides

Two Dozen Jumbo

Honey Butterflake Rolls

and a Decadent Chocolate Cake

or Lawler's Cheesecake

\$225

Carvemaster PIT HAM

WHOLE HAM

Serves 12

8-10 lb.

With choice of 3 sides

Two Dozen Jumbo

Honey Butterflake Rolls

\$135

Other ham meal pack option:

Traditional Boneless

Ham Dinner

Serves 8 | Choice of 3 sides

5-6 lb. Farmland boneless ham

\$80

Prime RIB DINNER

PRIME RIB ROAST

Serves 8

5-6 lb. Hormel USDA

Select Prime Rib

With choice of 3 sides

One Dozen Jumbo

Honey Butterflake Rolls

\$135

Side Dishes

Select from this list of sides and desserts for your Hy-Vee meal pack.

1. Holiday Potatoes with Cheddar Cheese, Green Onions and Bacon
2. Sweet Potato Ginger Salad
3. Cheesy Corn Bake with Cheddar Cheese

4. Edamame and Wild Rice Salad
5. Turkey Gravy
6. White Cheddar Macaroni with Panko
7. Sweet Potato Casserole with Streusel
8. Sweet Cranberry Relish
9. Honey Citrus Apple Salad
10. Sage Dressing with Diced Celery

11. Mashed Potatoes with Butter and Parsley
12. Green Bean Casserole with Dried Onion

Pies

1. French Silk
2. Pumpkin
3. Apple
4. Banana Cream





AT NEARLY TWICE THE SIZE of the Minnesota Vikings former home, the Hubert H. Humphrey Metrodome, the state-of-the-art U.S. Bank Stadium is a sculptural beauty worth experiencing from all sides. But while the architecture is elegant, the 66,655-seat multiuse facility's lean, muscular lines deliver a powerful punch against a backdrop of towering commercial buildings.

Showing Minnesota's heritage and pride through stunning and functional architecture was a goal for HKS Architects of Dallas, the same group that designed Lucas Oil Stadium in Indianapolis and AT&T Stadium in Arlington. The project is largely influenced by Viking lore, combining remarkable yet inviting spaces.

"It's pretty impressive," says Terence Newman, a 14-year NFL veteran who played college football at Kansas State University, eight seasons with the Dallas Cowboys and is now in his second season as a Vikings cornerback. "I was in Dallas when that stadium opened and I see some similarities, but I think the Vikings have done a great job trying to perfect it. Every year a new stadium is opening and it's always better and better."

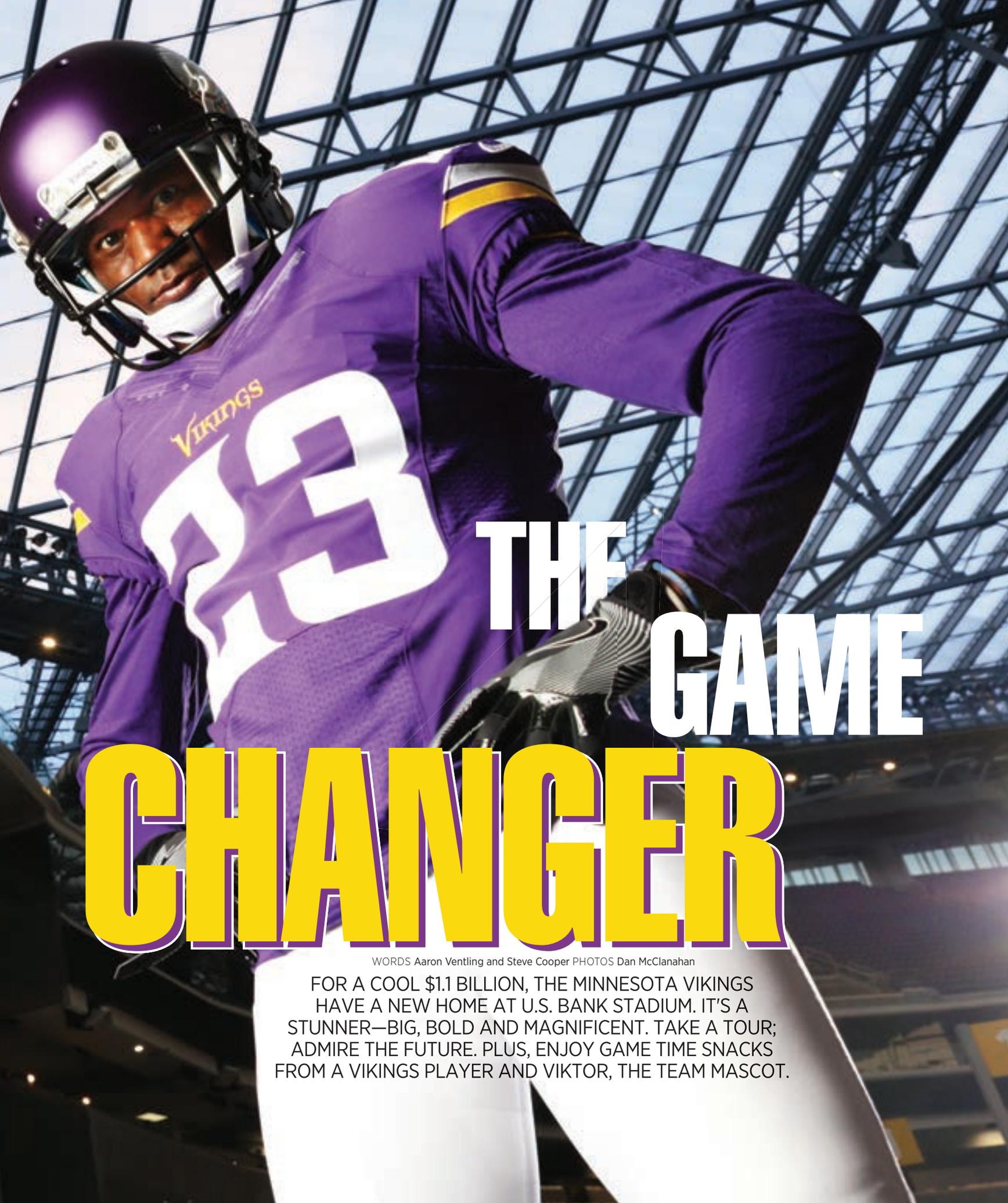
In 2015, Hy-Vee became a Founding Partner of U.S. Bank Stadium and an official partner of the Minnesota Vikings.

Their 10-year agreement will include signage within the stadium and exclusivity in the grocery store and mass retail categories. Hy-Vee will also join the Vikings in community outreach programs.

"Hy-Vee is a very well-recognized and respected brand in the Midwest, and with their significant future growth in Minneapolis-St. Paul, this is a natural partnership for them and the team," says Vikings Executive Vice President and Chief Marketing Officer Steve LaCroix. "We look forward to partnering with Hy-Vee not just on in-stadium elements but also with future community initiatives."

Since its founding, Hy-Vee has placed the utmost importance on positively influencing and supporting the communities they serve, encouraging healthy lifestyles, promoting community efforts and helping those in need.

"All of us at Hy-Vee are ecstatic to be joining the Minneapolis-St. Paul community, and what better way to show our Minnesota pride than to partner with the Vikings as they enter a new chapter with U.S. Bank Stadium," says Hy-Vee Chairman, CEO and President Randy Edeker. "This agreement will allow us to showcase all that Hy-Vee has to offer Vikings fans and residents, both inside and outside our stores' helpful aisles."



THE GAME CHANGER

WORDS Aaron Ventling and Steve Cooper PHOTOS Dan McClanahan

FOR A COOL \$1.1 BILLION, THE MINNESOTA VIKINGS HAVE A NEW HOME AT U.S. BANK STADIUM. IT'S A STUNNER—BIG, BOLD AND MAGNIFICENT. TAKE A TOUR; ADMIRE THE FUTURE. PLUS, ENJOY GAME TIME SNACKS FROM A VIKINGS PLAYER AND VIKTOR, THE TEAM MASCOT.



THE PROW
Rising 270 feet above street level, it nearly doubles the height of the Metrodome.



LEGACY GATES
Largest pivoting glass doors in the world, the Legacy Gates range from 75 to 95 feet in height.

MEDTRONIC PLAZA
A three-acre plaza between the front doors and a public park houses "The Horn" sculpture.

1.75 MILLION SQUARE FEET

LEGACY SHIP
A 160-foot-long Norse vessel



LOCKER ROOM Players prep for games in this state-of-the-art facility. To keep anyone from reaching the large Vikings logo, it was mounted in the locker room ceiling. Walking on the symbol is considered unlucky.



DELTA SKY360 CLUB Because it's located next to the team's locker room, club members see players enter and exit the field. This private lounge offers food and beverages, as well as access to the Turf Suites and their unmatched views of the game, *right*.



TURF SUITES Fans get closer to the action than anywhere else in the NFL, just 25 feet, with these field-level suites. Each suite includes an open-air patio with seating, private television and VIP parking.

STADIUM ROOF

The largest ETFE roof in North America.



MADE FOR A VIKING

A BIG STADIUM BRINGS EVEN BIGGER EXPECTATIONS. CHECK OUT THE VIKINGS' NEW DIGS.



MEDTRONIC CLUB This upscale lounge offers the highest level of furnishings and amenities, including a bar shaped like a Viking ship. Through this club, members of the Founding Partners can access the Valhalla Suites.

Walking across the three-acre west plaza to the stadium, fans pass a giant replica of a Viking ship with a 55-foot-tall LED video board serving as the vessel's sail (1). The ship will feature the names of the stadium's Founding Partners, including Hy-Vee. Nearby is a 38-ton sculpture of the Vikings' famous gjallarhorn (2), an instrument used in Norse mythology.

The stadium's five pivoting glass doors (3), as high as 95 feet, are the world's largest and offer a seamless transition to the indoors. The 55-foot-wide glass doors are an engineering feat, rotating on hydraulic pistons to open or close in five to eight minutes.

With natural light flooding the field, the experience inside is much like that of an outdoor stadium. This is due to a 245,000-square-foot roof section made of a clear plastic material called transparent Ethylene Tetrafluoroethylene (ETFE), a thin film fashioned into multilayer pneumatic panels. The nonporous material is slick and allows snow deposits to slide into heated gutters (4). The U.S. Bank Stadium roof is the largest ETFE roof in North America.

The structure's steel skeleton (5) is covered in part with zinc, intended to age to a matte-gray patina finish. The oversized doors and glass walls provide fans striking views of the Minneapolis skyline from a climate-controlled environment.

Weather extremes—from 100-degree-plus summer days to several feet of ice and snow in winter—demanded innovative solutions. This includes climate-controlled skywalks that allow fans to walk to the stadium from downtown.

Technology also plays an important \$60-million role in the new stadium. Above the stands on both ends of the field are two massive video boards. The largest, on the west end, ranks 10th in size among NFL stadium video boards at 8,160 square feet or 68x120 feet. Throughout the building are 2,000 high-definition TVs and 1,300 Wi-Fi beacons to enhance connection for guests. This system has the capacity to allow everyone in the stadium to connect simultaneously.

Thirty-four local artists were commissioned to create a one-of-a-kind, museum quality art collection that is displayed throughout the building. Represented are recognized professionals with works at the Walker Art Center and the Getty Museum. Artists include a father-daughter team and a former Vikings player. Media include photography, oil and acrylic paintings, watercolors, gun-powder stencils, pop art mixed media, large-scale die cuts and sculptures.

The stadium offers a premium fan experience for both private and general access fans. There are 131 suites including the Valhalla Suites, where Founding Partners can access the private Owners and Medtronic Clubs. Turf Suites are so close to the field that fans can hear the huddle and plays being called.

Other features in the stadium include two team retail stores, 430 general concession registers, 979 restroom fixtures and 2,500 premium parking spaces.

THE FAN ZONE

QUICK ENTRY: Read your tickets; they provide the most efficient gate to enter the stadium.

PARKING: Check out the following link for the best parking directions. usbankstadiumparking.com

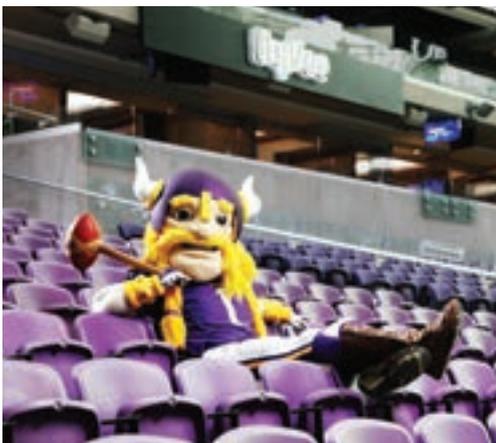
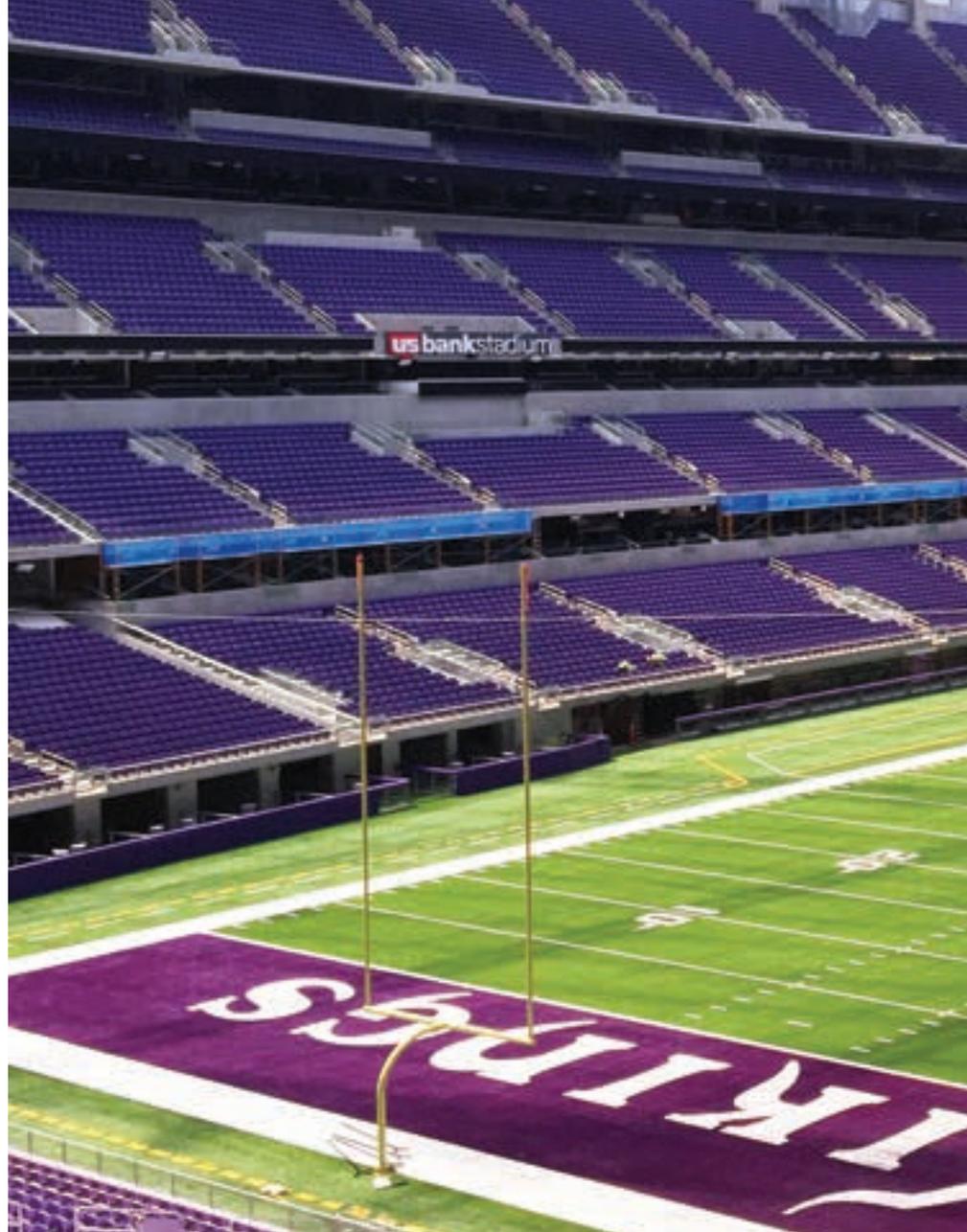
#SELFIE SPOT: The bridge located on the west side of the upper concourse offers a stunning Minneapolis skyline backdrop for photos.

METRO TRANSIT: If you'd rather not drive yourself on gameday, both Green and Blue Line trains make stops just outside the stadium.

EAT LIKE A VIKING: Bring an empty stomach so you can take advantage of more than 20 local food vendors offering a feast of delicious choices.

**COMING TO THE
U.S. BANK STADIUM:
ALL VIKINGS HOME GAMES
ESPN X GAMES 2017, 2018
SUPER BOWL LII 2018
NCAA MEN'S BASKETBALL
FINAL FOUR 2019**

BUY TICKETS HERE
www.vikings.com/tickets



WHERE'S VIKTOR? Greet Viktor with a friendly hello or hug before games on the Medtronic Plaza or in the Vikings Village.



SOUND OF THE GJALLARHORN Don't miss the call to arms. Each home game, honorary guests announce the team's arrival by blowing the massive Viking horn.



GET YOUR GEAR Shop for Vikings gear at one of two large team shops filled with all the purple and gold you need this season.



PHOTOS Courtesy of The Journal (above), and the Minnesota Vikings (middle left and middle right), Brittney Farrow (far right)



SEE THE ART Experience the local art scene when you visit U.S. Bank Stadium. The collection includes over 350 original pieces of commissioned art and 250 photographs celebrating football, Minnesota and the Twin Cities.



CONNECT Use the Minnesota Vikings Mobile App as a mobile ticket to request food, drinks and souvenirs.



TRAVEL Show up to the game in style. Wrapped in Minnesota Vikings purple, a Metro Transit light-rail car lets everyone know that Hy-Vee supports the team. Metro cars on the Blue and Green lines stop just outside the U.S. Bank Stadium's main entrance.

Hy-Vee NEW PLAYERS IN TOWN

Beginning their initial push into the Twin Cities in 2014, Hy-Vee has already made quite a splash in the Minneapolis-St. Paul metro. Hy-Vee stores have opened in Brooklyn Park, New Hope, Oakdale and Lakeville, with a fifth coming soon in Eagan. The supermarket chain plans to open four to five Twin City metro stores annually for the next several years, with hopes of reaching around 25 stores total.

Store leaders will employ the same strategy used 25 years ago when Hy-Vee entered Kansas City. Hy-Vee aims for steady growth in the Twin Cities through a mixture of community outreaches, corporate partnerships and excellent customer service.

Hy-Vee provides shoppers with a world-class grocery store experience by offering industry-leading amenities and services. These include an award-winning seafood program, bakery-fresh goods, garden centers, dietitians in every store, full pharmacy services, and grocery shopping and delivery through Hy-Vee Aisles Online.

"THIS IS A NATURAL PARTNERSHIP FOR HY-VEE AND THE TEAM," SAYS VIKINGS EXECUTIVE VICE PRESIDENT STEVE LACROIX

TERENCE NEWMAN'S GARLIC-GINGER CHICKEN

"Seasoning is the key," says the 197-pound Vikings star Terence Newman.

Prep: 10 minutes |
 Marinate: 4 to 24 hours |
 Bake: 30 minutes |
 Grill: 5 to 10 minutes | Serves 10
3 pounds chicken wings and/or thighs
1 cup Hy-Vee sugar
1 cup water
1 cup Hy-Vee soy sauce
1 red onion, chopped
1 tablespoon garlic paste or 6 cloves garlic, minced
1 tablespoon grated fresh ginger
2 teaspoons sesame oil
Hy-Vee nonstick cooking spray
Green onions, for garnish

- Place chicken in a large resealable plastic bag.
- For marinade, in a medium bowl combine sugar, water, soy sauce, red onion, garlic, ginger and sesame oil. Pour marinade over chicken; seal bag. Marinate in the refrigerator for 4 to

24 hours, turning bag occasionally. Drain chicken, reserving marinade.

- Preheat oven to 400°F. Line a baking pan with foil; spray foil with nonstick cooking spray. Arrange chicken pieces in baking pan, spacing pieces apart. Bake for 30 minutes or until chicken is tender and no longer pink.
- Meanwhile, place marinade in a saucepan; gently boil over medium heat until reduced to 1 cup; set aside.
- Preheat a charcoal or gas grill for direct cooking over medium-high heat. Grill chicken for 5 to 10 minutes or until heated through, turning once and brushing with reduced marinade. Transfer chicken to a platter. If desired, garnish with green onions.

Nutrition facts per serving:
 320 calories, 10 g fat, 2 g saturated fat, 0 g trans fat, 90 mg cholesterol, 2,330 mg sodium, 32 g carbohydrates, 1 g fiber, 22 g sugar, 25 g protein. Daily values: 0% vitamin A, 2% vitamin C, 0% calcium, 6% iron.

VIKTOR THE VIKING'S BUFFALO-CHICKEN SKILLET DIP

Victor likes to amp up the heat on this already awesome dip by stirring in chopped jalapeño pepper.

Prep: 20 minutes |
 Bake: 30 minutes |
 Serves 24 (2 tablespoons each)
1 (8-ounce) package Hy-Vee cream cheese, softened
½ cup Hy-Vee chunky blue cheese dressing
½ cup Hy-Vee buffalo wing sauce
3 cups Hy-Vee rotisserie chicken chunks
1 cup Hy-Vee shredded sharp Cheddar cheese
½ cup sliced green onions
¼ cup crumbled blue cheese, for garnish
Celery sticks

- Preheat oven to 350°F. Grease a cast-iron skillet large enough to hold 3 cups; set aside.
- In a medium mixing bowl, beat cream cheese with an electric mixer on medium-high speed for 30 seconds. Beat in blue cheese dressing until combined. Beat in buffalo wing sauce until smooth and creamy. Fold in chicken, Cheddar cheese, green onions and ¼ cup blue cheese.
- Bake, uncovered, for 30 minutes or until heated through. If desired, garnish with additional blue cheese. Serve with celery sticks.

Nutrition facts per serving:
 110 calories, 9 g fat, 4 g saturated fat, 0 g trans fat, 25 mg cholesterol, 350 mg sodium, 2 g carbohydrates, 0 g fiber, 1 g sugar, 5 g protein. Daily values: 6% vitamin A, 2% vitamin C, 6% calcium, 2% iron.



* Bonus feature: Learn how to make Buffalo-Chicken Skillet Dip. Watch the video in your free digital version of *Hy-Vee Seasons*. Downloading information on page 3.

HY-VEE HAS EVERYTHING YOU NEED FOR FOOTBALL SEASON! TRY THESE TEAM FAVORITES FOR THE ULTIMATE TAILGATE.



MINNESOTA VIKINGS

TEAM LOCKER ROOM

TERENCE NEWMAN

#23 CORNERBACK

HT: WT:
5'10" 197

AGE: DOB:
37 9/4/78

EXPERIENCE:
14TH SEASON



VIKTOR THE VIKING

#1 MASCOT

HT: WT:
6'5" 240

AGE: DOB:
YOUNG AT HEART

EXPERIENCE:
10TH SEASON





Honey Almond Butter

Grind 12 ounces of Hy-Vee slivered almonds, toasted, and ½ teaspoon Hy-Vee salt in a food processor. Slowly drizzle in 3 tablespoons Hy-Vee vegetable oil and 3 tablespoons Hy-Vee honey, processing until mixture forms a thick paste. Makes 2 cups.

Almonds

The delicate yet aromatic flavor of almonds combined with their nutritional benefits make these nuts ideal for snacks and recipes.

WORDS Carlos Acevedo PHOTOS Greg Scheidemann

Mellow, sweet and buttery, almonds are surprisingly versatile. Sliced, slivered, toasted, ground for flour or made into nut butter, they've been embraced by chefs since antiquity, inspiring hundreds of sweet and savory dishes.

Although almonds originated in the Middle East, California is now the world's largest producer. We think of the almond as a nut, but technically it's the seed of a fruit produced by the almond tree. Open a peach pit and you'll see a seed similar to an almond. The popular nut can be eaten raw or roasted, and flour made from it is naturally gluten-free. Long-lasting, almonds can be stored in a container with a tight-fitting lid in cool, dry conditions for up to two years.

NUTRITION BONUS

In a nutshell, almonds are good for you. They have fiber, protein and vitamins, as well as minerals and antioxidants. While almonds are high in fat—about 14 grams per ounce—most of it is the heart-healthy variety called monounsaturated. The fat helps in another way too. Along with the protein, it provides a feeling of fullness. Almonds are a healthy snack—just a few can quickly curb hunger cravings—and since they're low in carbohydrates, almonds won't make your blood sugars spike.

COOK AND BAKE USING ALMONDS

Snacks: A handful of almonds is tasty on its own, or add dark chocolate morsels, toasted coconut and dried fruit for a hearty trail mix. Sprinkle on top of yogurt to add flavor and boost nutrition.

Veggies: Add crunch to green salads and cooked veggies by tossing in purchased slivered or sliced almonds. Traditionally, almonds top green bean dishes, but try them on cooked carrots, broccoli, sweet potatoes and Brussels sprouts.

Soups: Put a nutty richness in soups by stirring in almond butter. It dissolves quickly, adding a rich, nutty flavor.

Crust: Crushed or chopped into fine pieces and mixed with butter and herbs, almonds make a savory coating for fish fillets and chicken breasts.

Drinks: Almond milk is a refreshing thirst quencher on its own, but also adds flavor and a subtle creaminess to smoothies and cocktails.

Baking: Sprinkled on top of sweets, almonds add crunchiness and visual appeal. Try them on cookies, pastries and cakes. Also use on pies and crumbles that call for a streusel topping.

Fillings: Almonds add their distinctive flavor to sweet fillings, including marzipan, a combination of honey or sugar and ground almonds that makes its way into many pastries, such as Dutch Letters, see [page 43](#).

Almond Products

SLICED OR SLIVERED ALMONDS

Sold for convenience, sliced and slivered almonds save time at home. In most recipes, these can be used interchangeably.

ALMOND FLOUR

Ground from whole, blanched sweet almonds, this flour makes an excellent gluten-free option for baked goods.

ALMOND BUTTER

Almond butter is made by grinding roasted almonds into a paste. Spread it on bread or use in recipes that call for peanut butter. See recipe, *opposite*.

ALMOND MILK

This beverage is made by blending almonds and water, then straining out the pulp. Since it is plant-based, almond milk is free of lactose, making it a popular alternative to cow's milk.

MARZIPAN

This paste is a mixture of ground almonds and honey or sugar, and is typically sold in blocks that can be crumbled or kneaded.



An Italian classic, this cake combines almond flour with chocolate and butter. The result is a crisp exterior and a fudgy interior that's perfect with fresh whipped cream.

Prep: 10 minutes | Bake: 1 hour 20 minutes |
Cool: 20 minutes | Serves 10

8 ounces bittersweet chocolate, coarsely chopped
1 cup Hy-Vee unsalted butter
6 egg yolks, at room temperature
2 tablespoons orange liqueur, optional
1 cup Hy-Vee granulated sugar, divided
2 cups Hy-Vee almond flour
6 egg whites, at room temperature
2 cups Hy-Vee sliced almonds
Hy-Vee powdered sugar, to garnish
1 recipe Marbled Raspberry Cream, right
Fresh raspberries, optional

1. Preheat oven to 325°F. Grease a 9-inch springform pan and line the bottom with parchment paper.
2. In a microwave-safe bowl, microwave the chocolate and butter on medium for 15 second

Torta Caprese with Marbled Raspberry Cream

increments, stirring after each time, until the chocolate is completely melted and thoroughly combined with the butter.

3. In a large bowl, beat egg yolks and orange liqueur with an electric mixer until light colored and fluffy, about 5 minutes. Gradually beat in $\frac{2}{3}$ cup granulated sugar. Beat in the chocolate mixture. Stir in the almond flour until completely incorporated.
4. In another large bowl, beat egg whites with the remaining $\frac{1}{3}$ cup granulated sugar until doubled in volume and soft peaks form. In three additions, gently fold the whites into the chocolate mixture.
5. Pour the batter into prepared pan and smooth the top. Arrange almond slices side by side on the top of the cake until completely covered. Bake for 1 hour 20 minutes or until a toothpick inserted in the center comes out clean.
6. Cool 20 minutes before removing sides of the springform pan, then cool completely on a wire rack.

Turn cake upside down onto a plate and remove parchment paper. Turn cake right-side up again using plate and sift powdered sugar on the top.
7. Serve with Marbled Raspberry Cream and, if desired, fresh raspberries.

Marbled Raspberry Cream: In a large mixing bowl, beat 1 cup Hy-Vee heavy whipping cream, $\frac{1}{4}$ cup Hy-Vee granulated sugar and 1 teaspoon Hy-Vee vanilla extract on medium until soft peaks form. Fold in 2 tablespoons raspberry syrup just until partially incorporated.

Nutrition facts per serving: 740 calories, 60 g fat, 25 g saturated fat, 1 g trans fat, 190 mg cholesterol, 60 mg sodium, 49 g carbohydrates, 6 g fiber, 38 g sugar, 15 g protein. Daily values: 20% vitamin A, 0% vitamin C, 15% calcium, 15% iron.

These light and flaky treats filled with a sweet almond paste are delightful with a morning cup of coffee.

Prep: 1 hour | Refrigerate: 20+ minutes |

Bake: 35 minutes | Serves 12

3 Hy-Vee large eggs

1 (8-ounce) container almond paste

½ cup Hy-Vee granulated sugar

½ cup packed Hy-Vee brown sugar

1 teaspoon Hy-Vee vanilla extract

½ teaspoon Hy-Vee ground cinnamon

2 tablespoons water

4 cups Hy-Vee all-purpose flour

1 teaspoon Hy-Vee kosher salt

1½ cups cold Hy-Vee unsalted butter, diced

½ cup Hy-Vee shortening

1 cup ice-cold water

½ cup coarse sugar, such as sparkling sanding sugar

1. Separate egg yolks from whites. Set aside two egg whites for almond filling, one egg white for egg wash

and one egg yolk for dough; reserve remaining two egg yolks for another use.

2. For almond filling, in a medium mixing bowl combine almond paste, two egg whites, granulated sugar, brown sugar, vanilla and cinnamon. Beat with an electric mixer on medium-high until smooth. Spoon into a piping bag fitted with a large star tip; set aside.

For egg wash, in a small bowl whisk together one egg white and 2 tablespoons water; set aside.

3. In a large bowl, stir together flour and salt; cut in butter and shortening until mixture is crumbly. Whisk together 1 cup ice-cold water and egg yolk; drizzle into bowl, tossing with a fork until combined. Gather into a ball, kneading gently until it holds together.

Divide into four portions; wrap each portion in plastic wrap and refrigerate for 20 minutes.

4. Preheat oven to 350°F. Lightly grease baking sheets; set aside. On a lightly floured surface, roll one portion of dough into a 9×13-inch rectangle. Fold up two short edges of rectangle so they meet in the middle and fold dough like a book. Rotate dough 90°; repeat the rolling and folding technique, ending by

rolling dough into a final 7½×13-inch rectangle; trim dough as needed to meet dimensions. Cut rectangle into three 2½×13-inch strips. Brush strips with egg wash. Pipe filling along one long edge of each strip. Tightly roll up, starting from a long edge. Do not pinch ends. Chill rolls and repeat with remaining dough and filling.

5. Transfer chilled logs, seam sides down, to lightly greased baking sheets; form each into an S shape. Brush remaining egg wash over each and sprinkle with coarse sugar.

6. Bake until flaky and lightly browned, about 35 minutes. Cool on wire racks and serve at room temperature.

Nutrition facts per serving: 630 calories, 36 g fat, 17 g saturated fat, 1 g trans fat, 110 mg cholesterol, 180 mg sodium, 69 g carbohydrates, 1 g fiber, 36 g sugar, 8 g protein. Daily values: 15% vitamin A, 0% vitamin C, 8% calcium, 15% iron.

Originally, Dutch letters were a holiday treat, formed into an S for Sinterklaas Day (St. Nicholas' Day) on December 6.



Dutch Letters



Light and moist, these small French cakes have been popular in the Paris financial district for over 100 years.

Lemon-Almond Financiers

A touch of lemon zest brightens the flavor of these lightly sweetened almond cakes. Use a traditional financier mold or a simple muffin pan. The results will delight!

Prep: 15 minutes | Bake: 20 to 25 minutes |
Cool: 10 minutes | Makes 20 cakes in financier
molds or 12 muffins

Hy-Vee nonstick cooking spray
½ cup Hy-Vee unsalted butter
1¼ cups Hy-Vee sugar
1 cup Hy-Vee almond flour
½ cup Hy-Vee all-purpose flour
1 tablespoon almond paste
2 tablespoons grated lemon zest
Dash Hy-Vee salt
5 egg whites
1 recipe Sweet Glaze, right

1. Preheat oven to 350°F. Spray a financier mold or standard muffin pan with nonstick cooking spray.

2. In a small saucepan, gently simmer butter over medium-low heat for 10 minutes or until golden brown; set aside.

3. Meanwhile, in a large bowl, whisk together sugar, almond flour, all-purpose flour, almond paste, lemon zest and salt. Stir in egg whites. Stir in browned butter. Spoon into financier or muffin cups filling cups halfway.

4. Bake for 20 to 25 minutes or until cakes are light brown and firm. Cool on a wire rack for 10 minutes. Brush with Sweet Glaze before serving. Store unglazed cakes in an airtight container for up to three days.

Sweet Glaze: In a small bowl, whisk together ¼ cup water and 1 tablespoon Hy-Vee cornstarch; set aside. In a small saucepan, combine ¼ cup Hy-Vee granulated sugar and ¼ cup water. Bring to boiling. Stir in cornstarch mixture. Cook and stir until thickened and bubbly. Stir in 1 tablespoon light corn syrup. Bring to boiling; remove from heat. Cool for 20 minutes before using.

Nutrition facts per serving: 160 calories, 8 g fat, 3 g saturated fat, 0 g trans fat, 10 mg cholesterol, 15 mg sodium, 21 g carbohydrates, 1 g fiber, 17 g sugar, 3 g protein. Daily values: 2% vitamin A, 2% vitamin C, 2% calcium, 2% iron.

Almond Granola

Luxurious almond-abundant granola is easy to prepare and makes a glorious quick breakfast when combined with yogurt, honey and fresh berries.

Prep: 5 minutes | Bake: 35 minutes |
Serves 8 (about ½ cup each)

1½ cups Hy-Vee old-fashioned rolled oats
¼ cup Hy-Vee vegetable oil
¼ cup Hy-Vee granulated sugar
2 tablespoons Hy-Vee honey
1 tablespoon Hy-Vee ground cinnamon
1 tablespoon Hy-Vee almond extract
½ teaspoon Hy-Vee salt

1 cup Hy-Vee sliced almonds
½ cup packed Hy-Vee sweetened shredded coconut
¼ cup sesame seeds
¼ cup Hy-Vee sunflower seeds
¼ cup wheat germ
¼ cup chopped Hy-Vee dried apricots
¼ cup Hy-Vee dried cherries

1. Preheat oven to 300°F.
2. In a large bowl, combine oats, oil, sugar, honey, cinnamon, almond extract and salt. Spread in an even layer on a rimmed baking sheet. Bake, stirring occasionally, for about 20 minutes or until fragrant and lightly toasted.

3. Stir in sliced almonds, coconut, sesame seeds, sunflower seeds and wheat germ. Spread in an even layer. Bake for 15 minutes more or until golden brown, stirring occasionally. Stir in apricots and cherries; cool completely.
4. Store granola in an airtight container in a cool, dry place.

Nutrition facts per serving: 390 calories, 22 g fat, 3.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 190 mg sodium, 39 g carbohydrates, 8 g fiber, 19 g sugar, 9 g protein. Daily values: 6% vitamin A, 0% vitamin C, 6% calcium, 15% iron.



COOKIES

CLASSIC CUTOUT COOKIES

Meringue powder, used in Royal Icing, is a mixture of pasteurized egg whites, sugar and edible gums. With this powder, the icing dries to a smooth, hard finish. Find it in the baking aisle at Hy-Vee.

Prep: 40 minutes | Chill: 30 minutes |

Bake: 7 minutes | Makes 16

¾ cup Hy-Vee butter, softened

¾ cup Hy-Vee granulated sugar

1 teaspoon Hy-Vee baking powder

1 Hy-Vee large egg

2 teaspoons Hy-Vee vanilla extract

¼ teaspoon Hy-Vee almond extract

2¼ cups Hy-Vee all-purpose flour

1 recipe Royal Icing, right

1. In a large mixing bowl, beat butter on medium to high speed for 30 seconds. Add sugar and baking powder. Beat until combined, scraping sides of bowl occasionally. Beat in egg and vanilla and almond extracts until combined.

2. Beat in as much flour as you can with the mixer. Stir in any remaining flour. Divide dough in half. Cover and refrigerate dough for 30 minutes or until easy to handle.

3. Preheat oven to 375°F. On a floured surface, roll half the dough to ⅛- to ¼-inch thickness. Using a 3-inch cutter, cut into desired shapes. Place 1 inch apart on ungreased baking sheets. Repeat with remaining dough.

4. Bake for 7 minutes or until edges are firm and bottoms are very light brown. Transfer cookies to wire racks and let cool. Frost cookies as desired with Royal Icing.

ROYAL ICING: In a large mixing bowl, stir together 3 cups Hy-Vee powdered sugar, 2 tablespoons meringue powder and ¼ teaspoon cream of tartar. Add ½ cup warm water and ½ teaspoon Hy-Vee vanilla extract. Beat with an electric mixer on low speed until combined. Beat on high speed for 7 to 10 minutes or until icing is very stiff. If not using immediately, cover bowl with a damp paper towel; cover tightly with plastic wrap (icing will dry quickly when exposed to air). Chill for up to 48 hours. Stir before using. Tint as desired.

Nutrition facts per cookie: 280 calories, 9 g fat, 6 g saturated fat, 0 g trans fat, 35 mg cholesterol, 40 mg sodium, 46 g carbohydrates, 0 g fiber, 32 g sugar, 3 g protein. Daily values: 6% vitamin A, 0% vitamin C, 2% calcium, 4% iron.

When piping details or designs, such as dots, as final embellishments, start with completely dry iced cookies. Plan ahead, because drying time for Royal Icing may take several hours or overnight.



Beat softened butter with an electric mixer. Then beat in sugar and baking powder, incorporating air into the dough.



Beat in egg and other liquid ingredients until thoroughly combined.



Beat in as much flour as you can with the mixer, then stir in any remaining flour with a wooden spoon.



Roll out dough on a lightly floured surface. Cut out shapes and place 1 inch apart on a baking sheet.



Transfer baked cookies to a wire rack to cool completely.



Apply icing using a pastry bag fitted with a small round tip. Pipe an outline around cookie edge. Flood inside of cookie with more icing; spread icing to edges with a spatula.





TRES

BROTHERS ANGELO AND PHILIP CAMPOS RISKED THE COMFORT OF THEIR CORPORATE CAREERS TO MAKE THEIR OWN VERSION OF THE AMERICAN DREAM. TODAY, THEIR FRESH SALSA IS SOLD IN HY-VEE STORES THROUGHOUT CENTRAL IOWA.

MENTES

WORDS Aaron Ventling PHOTOS Cameron Sadeghpour

The sun set as frigid December winds blew against the beat-up Toyota Corolla Angelo and Philip Campos had borrowed from their mom. They'd slid from an icy Iowa road, leaving the car firmly wedged in a snowy ditch during a storm. Nearly two hours from home, they nervously wondered how they'd make it to work the next day in Des Moines.

Like on so many other weekends, the brothers had been offering their homemade salsa at a small town crafts show. Now they were stuck and wondering what would happen next.

Working toward the future

Though they landed corporate jobs after graduating college a few years earlier, Angelo and Philip knew they were entrepreneurs at heart. Their first start-up, a college textbook delivery service, hadn't been the success they hoped for, so they hunted for a new product. "Our number one strength is the marketing, business side," says Philip, co-owner of Tres Mentos Salsa.

Salsa was something they both liked, so Philip and his

girlfriend, initially looking for a fun date-night activity, created a recipe they enjoyed. With the added help of Angelo, the trio —*Tres Mentos* means "three minds"— turned their homemade recipe into what they consider to be restaurant-quality salsa.

"We've always been food fans," Angelo says. But he readily admits, "None of us have culinary backgrounds. We just tinkered around with a base of how you make salsa and added a couple of twists to it." They sought out a fresh taste with a mixture of cilantro, chile peppers, garlic, jalapeño, lime, spices and tomatoes.

Friends and family enjoyed their recipe, but an unbiased test market was needed for the salsa to make it onto store shelves, a top prize for any retail food manufacturer. So they took their salsa to their corporate workplaces for testing.

Philip says, "I would bring it into break rooms...on every single floor in the entire building. Angelo said, 'What if they don't like this stuff?' And I said, 'Honestly, if they don't like it, we can eat it.' I would skip lunch to give people my salsa." Fortunately, taste testers gave thumbs-up to the salsa.





**“AS FUNNY AS
IT SOUNDS, I
THANKED MY
MANAGERS FOR
FIRING ME.”**

—PHILIP CAMPOS

**Tres Mentés
Salsa is
available
in four
delicious
varieties:
medium
chunky,
mild,
medium
and hot.**

As the following for Tres Mentés grew through free samples, the brothers started focusing on marketing efforts. A gold label and modern logo were designed to visually separate the product from others. They studied consumer behavior, learning important shelf-placement techniques. They also continued getting reactions at their workplaces, farmer’s markets and crafts shows.

Stuck in the snow
And so it was that the brothers found themselves stuck in a ditch on a cold night in 2013. Would they make it to work the next day? Or would they be fired? For Philip, the fears became a reality. He was fired.

Philip says, “I’m thinking to myself... *I’m free!* And

as funny as it sounds, I thanked my managers for firing me.” A month later Tres Mentés Salsa was launched in 14 Hy-Vee stores. “I worked harder than when I was working 8-to-5,” he says.

About a year later, Angelo followed Philip’s footsteps and resigned from his day job to focus fully on Tres Mentés. Their gamble paid off and, in the process, they found their passion, marketing high-quality products to consumers. The enthusiastic brothers share their story as often as possible to inspire others, even catching the eye of producers of ABC’s *Shark Tank* at a 2014 regional tryout, where they made it to the final rounds.

Today, four varieties of Tres Mentés salsa—mild, medium, medium chunky and hot—can be found in Hy-Vee stores throughout Central Iowa. Angelo and Philip credit Hy-Vee for being the first company to take a chance on them.

“You know when you’re in a Hy-Vee...the little details are everything. We want to grow with them, because they’re not going anywhere anytime soon and for us they’re a great company,” Philip says.

MORE THAN CHIPS

You’ll find fresh salsa in the produce section of your Hy-Vee. It’s more than a dip; it’s the foundation for a host of Mexican-inspired dishes. Here are five ideas to try at home.

1 SAUTÉ mild salsa, chorizo, bell pepper slices and diced onion for a flavor-packed omelet filling.

2 COMBINE cooked white rice, diced bell peppers, salsa and Cotija cheese. Serve with tacos or in burritos.

3 MASH avocados and mix with salsa. Serve on top of burgers or spread in grilled chicken wraps.

4 STIR salsa into cheese product for flavor-packed macaroni and cheese, enchilada sauce or cheesy chicken bake.

5 SLICE fresh tomatoes and toss with salsa and olive oil. Spoon over toasted bread slices.

THEY'RE NOT
YOUR **AVO-RAGE**
AVOCADOS.
THEY'RE
AVOCADOS
FROM
MEXICO.
ALWAYS
FRESH,
THEY'RE A
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GOOD FATS. MAKE
AVOCADOS A PART
OF YOUR **HEALTHY**
DIET EVERY DAY.

GRAB A SLICE

OF FLAVOR!



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CRAVE AND RAVE

hot dish delights

WORDS Lois White PHOTOS Greg Scheidemann

SHOWCASE THESE HOT AND BUBBLY DISHES AT YOUR HOLIDAY GATHERINGS. SEEING HOW EASY THEY ARE TO PREPARE WILL WARM YOU UP TO TRYING EACH ONE. CHOICES INCLUDE A GREEK TAKE ON CHICKEN, A COUPLE OF CHEESY VEGGIE AU GRATINS AND A LUSCIOUS PANCAKE BAKE.



CHICKEN SPANAKOPITA
CASSEROLE, PAGE 55



FLUFFY BLUEBERRY-LEMON PANCAKES MADE FROM BUTTERMILK PANCAKE MIX BAKE IN A RICH CUSTARD SAUCE, WHILE PECAN STREUSEL LENDS A CARAMELIZED CRUNCH. REFRIGERATE THE DISH OVERNIGHT AND IT'S READY TO BAKE THE NEXT MORNING.

Prep: 45 minutes | Chill: 2 hours or overnight |
 Bake: 1 to 1¼ hours | Stand: 10 minutes | Serves 10

- 3 cups Hy-Vee buttermilk pancake mix
- 2 cups water
- 1½ cups fresh blueberries, divided
- 1 tablespoon lemon zest
- 6 Hy-Vee large eggs
- 1½ cups Hy-Vee whole milk
- 1 cup Hy-Vee heavy whipping cream
- ½ cup Hy-Vee granulated sugar
- 1 tablespoon Hy-Vee vanilla extract
- ¼ cup Hy-Vee all-purpose flour
- 2 tablespoons packed Hy-Vee brown sugar
- ¼ teaspoon Hy-Vee ground cinnamon
- 2 tablespoons cold Hy-Vee butter, cubed
- ¼ cup Hy-Vee pecan pieces
- Hy-Vee powdered sugar, for garnish
- Hy-Vee Select 100% pure maple syrup, for garnish

1. Grease a 3-quart baking dish; set aside. Prepare pancakes according to package directions using the water, except stir 1 cup blueberries and the lemon zest into batter and use slightly less than ¼ cup batter per pancake. Cool pancakes on a wire rack. Overlap pancakes in prepared dish.
2. For custard, in a medium bowl whisk together eggs, milk, cream, granulated sugar and vanilla. Pour over pancakes in dish. Using the back of a serving spoon, press pancakes to coat with custard. Sprinkle remaining ½ cup blueberries on top. Cover dish and refrigerate for 2 hours or overnight.
3. Meanwhile, for crumb topping, in a medium bowl combine flour, brown sugar and cinnamon. Cut in butter. Stir in pecans. Transfer to a storage container; cover and refrigerate.
4. Remove dish from refrigerator. Preheat oven to 350°F. Bake, uncovered, for 30 minutes. Add prepared crumb topping and bake for 30 to 45 minutes more or until heated through. Let stand for 10 minutes before serving. Just before serving, sprinkle powdered sugar and drizzle maple syrup on top.

Nutrition facts per serving: 400 calories, 19 g fat, 9 g saturated fat, 0 g trans fat, 165 mg cholesterol, 440 mg sodium, 47 g carbohydrates, 2 g fiber, 23 g sugar, 10 g protein. Daily values: 15% vitamin A, 4% vitamin C, 15% calcium, 10% iron.

blueberry pancake
 BREAKFAST CASSEROLE

hasselback

POTATOES AU GRATIN

HASSELBACK POTATOES WERE FIRST INTRODUCED IN THE HASSELBACKEN HOTEL IN STOCKHOLM, SWEDEN. THE POTATOES ARE THINLY SLICED BUT LEFT JOINED AT THE BOTTOM. CREATE A RUSTIC, YET ELEGANT DISH BY OVEN-ROASTING THE POTATOES IN A RICH CHEESE SAUCE. WHILE THE INSIDE OF THE POTATOES TURN SOFT AND CREAMY, THE OUTSIDE LAYERS FAN OUT INTO ROUNDS OF CRISPY BLISS.

Prep: 45 minutes | Bake: 1 hour |

Stand: 10 minutes | Serves 20

5 slices Hy-Vee bacon

½ cup finely chopped shallot

6 ounces Gruyère cheese, grated (about 1½ cups)

1 (5-ounce) container Hy-Vee Select shredded Parmesan cheese

2½ cups Hy-Vee heavy whipping cream

4 cloves garlic, minced

1½ tablespoons fresh thyme leaves, chopped

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

10 medium russet potatoes, peeled (about 6 pounds)

Fresh thyme sprigs, for garnish

1. Preheat oven to 400°F. Grease two 2-quart baking dishes; set aside.

2. In a skillet, cook bacon until crisp. Transfer bacon to a plate lined with paper towels. Finely chop bacon; set aside. Reserve 1 tablespoon drippings in skillet. Add shallot. Cook and stir over medium heat until shallot is softened.

3. In a large bowl, toss together Gruyère and Parmesan cheeses; transfer ½ cup cheese mixture to a separate bowl; set aside. Stir whipping cream, garlic, thyme, salt and pepper into cheese mixture. Add shallot; set aside.

4. Cut off a thin slice lengthwise from each potato to create an even base for potato to rest on. Carefully cut vertical slits in each potato approximately every ¼ inch and about three-fourths of the way through each potato.

5. Dip each potato into cream mixture, coating well, and place in prepared baking dishes. Pour remaining cream mixture over potatoes. Cover tightly with foil. Bake for 30 minutes. Remove foil and sprinkle with bacon and ½ cup reserved cheese mixture. Bake, uncovered, for 30 minutes more or until potatoes are deep golden brown and crisp on top. Remove from oven. Let stand for 10 minutes. If desired, garnish with thyme sprigs.

Nutrition facts per serving: 310 calories, 17 g fat, 10 g saturated fat, 0 g trans fat, 60 mg cholesterol, 240 mg sodium, 31 g carbohydrates, 5 g fiber, 3 g sugar, 9 g protein. Daily values: 10% vitamin A, 30% vitamin C, 20% calcium, 6% iron.



BRUSSELS SPROUTS, CAULIFLOWER AND CARROTS ARE A DELECTABLE TRIO BAKED WITH SMOKY PANCETTA, CREAMY BÉCHAMEL AND SHARP ASIAGO. IF YOU'RE EXPECTING A SMALLER CROWD, YOU CAN EASILY HALVE THIS RECIPE TO SERVE EIGHT.

Prep: 30 minutes | Bake: 30 minutes |

Stand: 10 minutes | Serves 16

2 pounds Brussels sprouts, trimmed and halved

2 pounds cauliflower florets

3 cups sliced carrots (about 6 medium)

2 (3-ounce) packages pancetta, chopped

2 cups finely chopped onion

3 tablespoons Hy-Vee butter

8 cloves garlic, minced

3 tablespoons Hy-Vee all-purpose flour

2 (5-ounce) packages Hy-Vee Select shredded

Asiago cheese, divided

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

3 cups Hy-Vee heavy whipping cream

3 tablespoons Hy-Vee stone-ground Dijon mustard

½ teaspoon Hy-Vee crushed red pepper

½ cup Hy-Vee panko bread crumbs

1 tablespoon chopped fresh sage

Sage leaves, for garnish

1. Preheat oven to 400°F. Lightly grease two 2-quart baking dishes.

2. In a large pot, cook Brussels sprouts, cauliflower and carrots in boiling water for 5 minutes; drain well. Transfer vegetables to a large bowl; set aside.

3. In a large skillet, cook pancetta over medium heat until crisp. Using a slotted spoon, transfer pancetta to a small bowl; reserve drippings in skillet. Add onion, butter and garlic to skillet; cook and stir for 30 seconds. Stir in flour. Add onion mixture to vegetable mixture in bowl. Stir in ¾ cup pancetta and 1½ cups cheese. Season with salt and pepper. Spoon into prepared baking dishes.

4. In a medium bowl, stir together whipping cream, mustard and crushed red pepper. Pour evenly over vegetables in both baking dishes.

5. In a small bowl, stir together remaining cheese, panko, remaining pancetta and chopped sage. Sprinkle over vegetable mixtures.

6. Bake for 30 minutes or until mixture is bubbly and topping is golden. Let stand for 10 minutes before serving. If desired, garnish with sage leaves.

Nutrition facts per serving: 350 calories, 28 g fat,

17 g saturated fat, 0.5 g trans fat, 90 mg cholesterol,

480 mg sodium, 17 g carbohydrates, 5 g fiber, 6 g sugar,

10 g protein. Daily values: 110% vitamin A, 130% vitamin C,

20% calcium, 6% iron.



vegetable medley AU GRATIN



Shore Lunch Soup Mix:
select varieties
9 to 12 oz. \$2.89



Louisiana Hot Sauce Corn & Crab Bisque
get recipe at mealsanytime.com

Louisiana Hot Sauce:
12 oz. \$1.99



Homemade Comfort Food *at its best!*



Crockery Gourmet Seasoning Mix:
select varieties 2.5 oz. \$1.79



Southeastern Mills Gravy Mix:
select varieties
2.75 oz. 4/\$3.00



Better Than Bouillon:
select varieties
8 oz. \$4.49



Better Than Bouillon Baked Mostaccioli
get recipe at betterthanbouillon.com

chicken spanakopita

CASSEROLE

CHICKEN, SPINACH AND FETA CHEESE ARE THE FOCAL POINTS OF THIS GREEK-INSPIRED DISH, TOPPED WITH FLAKY PHYLLO DOUGH. FIND PHYLLO SHEETS IN THE FREEZER CASE AT YOUR LOCAL HY-VEE.

Prep: 1 hour 15 minutes | Bake: 15 to 20 minutes | Serves 12

Hy-Vee Select olive oil, as needed

1 pound fresh baby spinach leaves

2 tablespoons plus ½ cup Hy-Vee butter, divided

3 pounds boneless skinless chicken breasts, cut into 1-inch chunks

Hy-Vee kosher sea salt and Hy-Vee black pepper, to taste

2 shallots, finely chopped

8 cloves garlic, minced

¼ cup Hy-Vee all-purpose flour

1 cup Hy-Vee chicken broth

1 cup Hy-Vee half-and-half

2 (4-ounce) containers Hy-Vee Select crumbled feta cheese

3 tablespoons fresh lemon juice

1 tablespoon chopped fresh oregano or

¾ teaspoon Hy-Vee dried oregano

1 tablespoon chopped fresh dill or

¾ teaspoon Hy-Vee dried dillweed

2 cups cooked orzo

12 sheets phyllo (fillo) pastry dough, thawed and covered with a towel

Additional fresh dill, for garnish

1. Preheat oven to 425°F. Grease a 3-quart rectangular baking dish; set aside.
2. In a large skillet, heat oil over medium heat. Add a handful of spinach and cook until just wilted. Transfer to a colander and press out as much water as you can with paper towels. Repeat with remaining spinach, using additional oil as needed.
3. To the same skillet, add 1 tablespoon butter. Season chicken to taste with salt and pepper. Cook half the chicken until internal temperature reaches 165°F. Remove from skillet, and repeat with remaining tablespoon butter and chicken.
4. In same skillet, melt ¼ cup butter. Add shallots and garlic; cook until softened. Stir in flour. Whisk in chicken broth. Increase heat to high and cook, whisking frequently, until thickened and bubbly. Whisk in half-and-half. Add feta cheese, lemon juice, oregano and dill. Remove from heat.

5. In a large bowl, toss together chicken, spinach, orzo and cheese sauce. Transfer to prepared dish.
6. In a small bowl, microwave remaining ¼ cup butter until melted. Lay sheets of phyllo on work surface; brush each sheet with melted butter. Scrunch up the sheet and set it on top of chicken mixture in dish. Repeat with remaining phyllo sheets until dish is completely covered.
7. Bake for 15 to 20 minutes or until heated through and phyllo is crisp and golden. If desired, garnish with additional dill.

Nutrition facts per serving: 440 calories, 19 g fat, 10 g saturated fat, 0 g trans fat, 125 mg cholesterol, 480 mg sodium, 31 g carbohydrates, 2 g fiber, 3 g sugar, 35 g protein. Daily values: 60% vitamin A, 25% vitamin C, 15% calcium, 15% iron.



ALWAYS A FAMILY FAVORITE



Green Giant
Canned Vegetable:
select varieties
14.5 to 15.25 oz. \$1.69



Green Giant
Frozen Vegetable:
select varieties
12 oz. \$2.49



Green Giant
Frozen Vegetable:
select varieties
16 oz. \$3.49



Green Giant
Frozen Vegetable:
select varieties
20 oz. \$4.99



TABLE MANNERS

AMY VANDERBILT, EMILY POST AND MISS MANNERS HAVE WRITTEN EXTENSIVELY ABOUT HOW TO BEHAVE WELL IN ALL SITUATIONS. ETIQUETTE WAS THOUGHT A DYING ART, BUT IT HAS GAINED A RENEWED FOLLOWING OF PEOPLE WHO RECOGNIZE THAT PRACTICING GOOD MANNERS IS MORE ABOUT SERVING OTHERS THAN YOURSELF.



WHY DO WE NEED GOOD MANNERS?

SHARING A MEAL WITH OTHERS IS THE MOST COMMON WAY TO SOCIALIZE, AND PROPER ETIQUETTE WHILE EATING IS THE UNSUNG HERO OF KEEPING THESE ENCOUNTERS PLEASANT. GOOD MANNERS ARE A UNIVERSAL SIGN OF RESPECT FOR THOSE AROUND YOU. WHILE TABLE MANNERS AREN'T A COMPLICATED SCIENCE, THEY CAN GO A LONG WAY IN MAKING A FAVORABLE IMPRESSION.

{ guest etiquette }

01. THE BASICS

TRAIN TO BE URBANE

When eating with any group, make a good impression by following these dos and don'ts when eating.

DO:

- Introduce yourself
- Make eye contact
- Take part in conversation
- Use courteous language
- Place your napkin on your lap
- Chew with your mouth closed
- Express gratitude for the meal
- Compliment the cook
- Offer to help clear the table

DON'T:

- Eat before everyone has been served
- Reach across the table (ask for items to be passed, instead)
- Push your plate away when finished
- Pick at or floss your teeth
- Text or answer a phone call
- Slouch or recline at the table
- Make rude noises or belch
- Wear out your welcome

BE POLISHED

What you wear not only sends a message about how you wish to be perceived but also communicates your attitude toward the event. Show respect for your host with clothing that is spotless and wrinkle-free. Tidy your hair and face, and use cologne or perfume sparingly.

02. BE ON TIME

ALWAYS RSVP

An acronym of the French phrase *Répondez s'il vous plaît*, RSVP translates to *Respond, if you please*. Whenever requested, RSVP your availability as soon as possible to allow your host time to plan the party accordingly.

TIMING IS EVERYTHING

Forget being fashionable and aim for reliable. The considerate moment to show up to any event is on time. If you are determined not to be first to a party, fifteen minutes late is a good window but never arrive early unless your host is expecting you. If you are running late, get lost or are stuck in traffic, be respectful and let others know you are on your way.

03. SAY THANKS

BRING A HOSTESS GIFT

Show your appreciation with a thoughtful gift of thanks. This small gesture tells hosts that you are sincerely grateful for their hospitality.

FLOWERS

Fresh flowers are a tasteful way to honor your host with something seasonal. When you arrive, offer to put flowers in water yourself so your friend doesn't have to take time to arrange them.

FOOD AND DRINK

Wines, champagnes and packaged treats are a sweet gesture when you know your host's tastes. Specialty oils, salts, jams or jellies are also great choices for a foodie.

NOTES

Handwritten notes say *thank you* in a way that feels more personal than a text. Ditch the digital. Stock up on stationery and stamps to make the switch convenient.

FLOWERS, TREATS AND MORE ARE JUST ONE STOP AWAY. VISIT YOUR LOCAL HY-VEE FLORAL DEPARTMENT FOR A SEASONAL BOUQUET, GOURMET CHOCOLATES OR A CELEBRATORY BOTTLE OF BUBBLY.



04. TAKE A SEAT

WHEN & WHERE TO SIT AT THE TABLE

Picking a seat doesn't have to be daunting. For parties of more than eight, place cards often alleviate the stress guests feel about knowing where to sit. They are also helpful for those who are meeting each other for the first time. For a formal event, all in attendance should be seated at a single table with the host or host couple at the head.

05. TABLE TALK

GUIDE FOR A PLEASANT EXCHANGE

The dinner table should be a cordial place where everyone is at ease. Set the tone with lighthearted topics that engage all your guests and won't polarize the group.

- Before your event, brainstorm talking points, such as food, music or travel, that will encourage everyone to participate.
- Even the most neutral topics can be unexpectedly uncomfortable for someone. Pay attention to the signals your guests may be sending.
- Avoid conversations that may become controversial. Politics, finances and religion are typically best avoided to keep the peace.
- When talking about a mutual friend or neighbor, note that this can be a slippery slope toward gossip. As the host, take responsibility for the conversation and tactfully steer your guests toward your friend's positive traits.
- As a guest, be courteous, don't interrupt others and listen more than you speak.

06. FOR THE KIDS

GUIDE TO BASIC KIDS' MANNERS

IN GENERAL:

1. "Hello" going in a door; "good-bye" going out.
2. "Please" and "thank you" are magic words.
3. Pick up after yourself.
4. Look people, particularly adults, in the eye and be respectful when speaking.
5. It's polite to hold the door open for others. Let them enter/exit before you.
6. Say you're sorry if you accidentally bump into someone or spill something.
7. Respect the property of others.
8. About to cough or sneeze? Cover your mouth.
9. Speak softly.
10. Be kind. Do not tease or hurt others.
11. Patiently wait your turn and do not complain.
12. Do not interrupt when someone else at a table is speaking.
13. If you need to interrupt, say "excuse me," particularly if you are talking to an adult.
14. Do not pick your nose. If you must, use a tissue. Don't pick your teeth, either.
15. Do not use bad language.

AT THE TABLE:

1. Check that your hair, face and clothing are neat before joining others at a table.
2. Before and after eating, wash your hands.
3. Unsure where to sit for a meal? Politely ask your parent or the adult in charge.
4. Place the napkin neatly on your lap.
5. When chewing, keep your mouth closed.
6. Wipe your mouth with your napkin before taking a drink.
7. Never drink with food still in your mouth.
8. Talk about things that everyone can enjoy.
9. Help everyone at the table have a good time.
10. Use the correct utensils.
11. Do not talk with food in your mouth.
12. Do not lean over your plate, put your arms around your plate or put elbows on the table.
13. Do not make any funny sounds.
14. Do not talk loudly or intentionally disturb the enjoyment of others.
15. At the end of the meal, ask if you can help with cleanup or assist in any other way.



{ for the host }

GET SET HOW TO SET A TABLE

FORMAL SETTING

This setting should be used for dinners that include at least three courses. It is often the arrangement found at upscale restaurants and weddings. The unsung heroes of a formal table are crisp, neutral linens and sparking silverware.

For informal events the setting is simply a pared down version of the formal table. Often it will involve less glassware and fewer utensils. This more relaxed arrangement is typically seen in homes or at casual events, and may utilize a colored tablecloth or introduce pops of color with a napkin.



« Additional elements on a formal table may include candles or multiple floral arrangements. Stop by your local Hy-Vee Floral Department for seasonal options.



Butter Plate and Butter Knife



Dessert Fork and Spoon



White Wine

Red Wine

Water Glass

Champagne Flute



Salad Fork

Dinner Fork



Flatware: For formal dining, a large plate, or charger, serves as underplate until the main course, when it is replaced with the entrée.

Napkin



Dinner Knife

Dinner Spoon

» Place the cutting edge of the knife toward the plate.



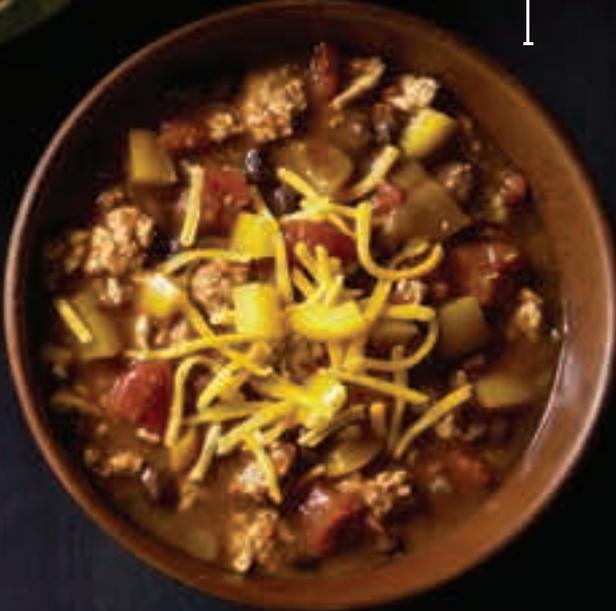
SHOW RESPECT TO DISCOURAGE INTERRUPTIONS, PLACE A BASKET BY THE DOOR AND COLLECT GUESTS' CELL PHONES. WHEN EATING WITH FAMILY AND FRIENDS, TUNING OUT THE DIGITAL WORLD FOR EVEN HALF AN HOUR HELPS EVERYONE ENJOY THE FOOD AND COMPANY.



Wisconsin Badger
Red Chili
page 62



Iowa State™
White Chili
page 66



Iowa Hawkeye
Chili page 64

THE HEAT IS ON!

A steaming pot of chili is at the heart of fall football madness, especially among college fans. We asked seven Hy-Vee chefs to show school spirit with chili recipes that represent Midwest universities.

WORDS Carlos Acevedo PHOTOS Greg Scheidemann



Nebraska
Scarlet Chili
page 65



WISCONSIN BADGER RED CHILI

For a true taste of Wisconsin, the chili's companion biscuits use Cheddar cheese and dry ranch dressing mix to develop a sharp tang.

Prep: 15 minutes | Cook: 1 hour 8 minutes

Serves 10 (about 1 cup each)

½ cup Hy-Vee unsalted butter

1 onion, chopped

1 (12-ounce) bottle amber lager,
such as Leinenkugel's Red Lager

1 tablespoon Hy-Vee Select olive oil

2 pounds ground bison

1 (28-ounce) can Hy-Vee diced tomatoes, undrained

1 (29-ounce) can Hy-Vee tomato sauce

1 (15.5-ounce) can Hy-Vee chili-style beans
in chili gravy

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

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

1 tablespoon Hy-Vee garlic powder

1 tablespoon onion powder

3 tablespoons Hy-Vee chili powder

1 tablespoon Hy-Vee ground cumin

1 tablespoon Hy-Vee paprika

¾ teaspoon Hy-Vee ground cinnamon

½ teaspoon ground allspice

1 to 3 tablespoons pureed chipotle peppers
in adobo sauce*

1 recipe Green Bay Biscuits, right

Shredded sharp Cheddar cheese, for serving

1. In a Dutch oven, melt butter over medium heat. Add onion and cook 3 minutes or until softened, stirring often. Add beer and simmer for 3 minutes.

2. Meanwhile, in a skillet, heat olive oil over medium heat. Add bison and cook for 8 minutes or until well browned, using a wooden spoon to break up meat as it cooks. Drain off fat.

3. Add cooked bison, diced tomatoes, tomato sauce, chili-style beans, kidney beans, black beans, garlic powder, onion powder, chili powder, cumin, paprika, cinnamon, allspice and chipotle peppers in adobo sauce to the Dutch oven. Bring to boiling; reduce heat. Simmer, covered, for 1 hour. Meanwhile, prepare Green Bay Biscuits.

4. To serve, top chili with cheese. Serve with biscuits.

*Note: Vary the amount of chipotle peppers depending on how hot you prefer your chili.

Green Bay Biscuits: Preheat oven to 400°F. Spray a baking sheet with Hy-Vee nonstick cooking spray. In a large bowl, combine 2¼ cups Hy-Vee all-purpose flour, 2 teaspoons Hy-Vee baking powder, ½ teaspoon Hy-Vee baking soda, 1 (1.12-ounce) package Hy-Vee dry ranch dressing mix and 1 cup Hy-Vee shredded Cheddar cheese. Using a pastry blender, cut in ¾ cup Hy-Vee unsalted butter. Using a wooden spoon, stir in 1 cup amber lager, 2 tablespoons at a time, until dough is thick and sticky. Drop egg-size pieces of dough onto prepared baking sheet. Bake for 25 minutes or until golden.

Nutrition facts per serving: 780 calories, 44 g fat, 23 g saturated fat, 1 g trans fat, 135 mg cholesterol, 1,410 mg sodium, 59 g carbohydrates, 12 g fiber, 8 g sugar, 33 g protein. Daily values: 40% vitamin A, 20% vitamin C, 20% calcium, 35% iron.



CHEF JOHN

IN HIS SUPER CHILI RECIPE, JOHN SOPPE SUGGESTS THE RED BADGER MASCOT OF THE UNIVERSITY OF WISCONSIN FOOTBALL TEAM WITH A RED-HUED INGREDIENT: FRUITY AMBER LAGER.



KANSAS STATE WILLIE'S WILD CHILI

While most chilis utilize beef, this recipe relies on its leaner cousin, ground bison. The flavor is more robust but with less fat.

Prep: 15 minutes | Cook: 1 hour 16 minutes | Serves 10 (about 1 cup each)

- 12 ounces Hy-Vee bacon, finely chopped
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 2 pounds ground bison
- 2 (12-ounce) cans Bud Light beer
- 1 (28-ounce) can Hy-Vee diced tomatoes, undrained
- 2 tablespoons Hy-Vee tomato paste
- 1 (30-ounce) can Hy-Vee chili-style beans in chili gravy
- 2 tablespoons Hy-Vee chili powder
- ½ tablespoon Hy-Vee ground cumin
- 2 teaspoons hot chile sauce, such as Frank's Red Hot sauce
- Hy-Vee kosher sea salt, to taste
- 1 recipe Baked Potatoes, *below*
- ½ cup Hy-Vee sour cream
- ½ cup Hy-Vee shredded sharp Cheddar cheese
- 3 green onions, finely chopped

1. In a Dutch oven, cook bacon over low heat for 5 minutes or until browned and crispy. Add onion and garlic; cook for 3 minutes, stirring occasionally. Add bison; cook over medium heat for 8 minutes or until well browned, using a wooden spoon to break up meat as it cooks.
2. Stir in beer, diced tomatoes, tomato paste, chili-style beans, chili powder, cumin and hot sauce. Bring to boiling; reduce heat. Simmer, covered, for 1 hour or until thickened. Season with salt to taste. Meanwhile, prepare Baked Potatoes.
3. Serve chili topped with sour cream, cheese and green onions. Accompany chili with baked potato.

Baked Potatoes: Preheat oven to 375°F. Line a baking sheet with foil. Scrub five large russet potatoes thoroughly with a brush; pat dry. Prick potatoes with a fork. Coat potatoes with Hy-Vee Select olive oil, sprinkle with Hy-Vee kosher salt and place on prepared baking sheet. Bake for 1 hour or until tender. Halve each potato for 10 servings.

Nutrition facts per serving: 570 calories, 24 g fat, 10 g saturated fat, 0 g trans fat, 90 mg cholesterol, 870 mg sodium, 51 g carbohydrates, 10 g fiber, 7 g sugar, 31 g protein. Daily values: 25% vitamin A, 45% vitamin C, 15% calcium, 30% iron.



CHEF KYLE

A GRAD OF LE CORDON BLEU, KYLE BAKER NAMED HIS WILDLY APPEALING CHILI AFTER THE WILDCAT'S BELOVED MASCOT, WILLIE.

University of Wisconsin (opposite), Kansas State University (this page) logos used with permission



KANSAS BEER-BRAISED PORK AND BEAN CHILI

Chef Kelly uses beer-braised pork to give this tasty chili a twist. Country-style ribs from the shoulder region of the pig are especially succulent and perfect for chili.

Prep: 15 minutes | Cook: 2 hours 15 minutes | Serves 10 (about 1 cup each)

- 2½ pounds country-style pork ribs, diced
- Hy-Vee kosher sea salt and Hy-Vee black pepper, to taste
- 2 tablespoons Hy-Vee Select olive oil, divided
- 1 large onion, diced
- 2 (12-ounce) bottles light craft beer, such as Free State Wheat State Golden or 3 cups Hy-Vee 33%-less-sodium chicken broth
- 32 ounces Hy-Vee beef stock
- 1 (28-ounce) can Hy-Vee petite-cut diced tomatoes
- 1 (12-ounce) can Hy-Vee tomato paste
- 1 to 3 tablespoons pureed chipotle peppers in adobo sauce*
- 5 (15-ounce) cans Hy-Vee no-salt-added black beans, rinsed and drained



CHEF KELLY
“DON'T FEAR THE HEAT,” SAYS KELLY RISLEY OF HIS WELL-SPICED PORK CHILI FOR THE UNIVERSITY OF KANSAS.



IOWA HAWKEYE CHILI

Chef Shannon incorporated black beans and yellow pepper in his turkey chili so it reflects the University of Iowa colors.



CHEF SHANNON
A POPULAR CHEF WHO HAS HOSTED HIS OWN COOKING SHOW, SHANNON ESTELLE ADAPTED HIS PERSONAL CHILI RECIPE FOR THIS ASSIGNMENT.

Prep: 15 minutes | Cook: 55 minutes | Serves 10 (about 1 cup each)

- 2 tablespoons Hy-Vee Select olive oil
- 1 large onion, chopped
- 3 cups chopped yellow bell peppers (about 2 peppers), divided
- 3 cloves garlic, minced
- 2 pounds ground turkey or chicken
- 2 (28-ounce) cans Hy-Vee diced tomatoes, undrained
- 4 (15-ounce) cans Hy-Vee no-salt-added black beans, rinsed and drained
- 2 cups Hy-Vee chicken or vegetable broth
- ¼ cup Hy-Vee chili powder
- 1 tablespoon Hy-Vee sugar
- 1 tablespoon Hy-Vee ground cumin
- Juice of 1 lime
- Hy-Vee kosher sea salt, to taste
- Hy-Vee shredded Cheddar cheese, for garnish
- Hy-Vee kettle chips, for serving

1. In a large pot, heat oil over medium heat. Cook onion, 2½ cups yellow peppers and garlic for 5 minutes or until softened, stirring often. Add turkey; cook for 5 minutes or until no longer pink, using a wooden spoon to break up the meat.
2. Stir in tomatoes, beans, broth, chili powder, sugar and cumin. Bring to boiling; reduce heat. Simmer, covered, for 45 minutes. Stir in lime juice and season to taste with salt.
3. Serve chili topped with remaining ½ cup chopped yellow pepper and, if desired, Cheddar cheese. Serve with kettle chips.

Nutrition facts per serving: 340 calories, 11 g fat, 2.5 g saturated fat, 0 g trans fat, 65 mg cholesterol, 540 mg sodium, 36 g carbohydrates, 11 g fiber, 8 g sugar, 29 g protein. Daily values: 20% vitamin A, 100% vitamin C, 15% calcium, 30% iron.

- 1 (19-ounce) bag Hy-Vee frozen sweet potato fries
- Mexican crema or sour cream
- Finely chopped cilantro, for garnish

1. Season pork with salt and pepper. In a Dutch oven, heat 1 tablespoon olive oil over medium heat. Working in two batches, cook pork until browned on all sides, about 5 minutes per batch. Transfer pork to a plate lined with paper towels.
2. In the same Dutch oven, warm remaining olive oil over medium heat and cook onion for 3 minutes or until softened. Add cooked pork and beer. Bring to boiling; reduce heat. Simmer, covered, for 1 hour. Add beef stock, undrained tomatoes, tomato paste, chipotle peppers in adobo sauce and beans; simmer for 1 hour more. Season to taste with salt and pepper. Meanwhile, prepare sweet potato fries according to package directions.
3. To serve, top chili with Mexican crema and, if desired, cilantro. Serve chili with a side of sweet potato fries.

*Note: Vary the amount depending on how hot you prefer your chili.

Nutrition facts per serving: 530 calories, 13 g fat, 3 g saturated fat, 0 g trans fat, 85 mg cholesterol, 570 mg sodium, 58 g carbohydrates, 15 g fiber, 12 g sugar, 40 g protein. Daily values: 50% vitamin A, 30% vitamin C, 15% calcium, 30% iron.





CHEF CHRIS
A LONGTIME
FIXTURE ON THE
OMAHA CULINARY
SCENE, CHRIS
MYERS GOT HIS
CHILI INSPIRATION
FROM THE
CORNHUSKERS'
WELL-KNOWN
TEAM COLOR.

Instead of simmering ground beef for a long time, Chef Chris went a different route: His chili uses chopped grilled steak for delicious charbroiled flavor.

Prep: 15 minutes | Cook: 30 minutes |

Bake: 15 minutes | Grill: 10 to 15 minutes |

Serves 10 (about 1 cup each)

Hy-Vee nonstick cooking spray

½ pound Hy-Vee double-smoked bacon, finely chopped

1 large onion, finely chopped

4 cloves garlic, minced

2 (28-ounce) cans Hy-Vee diced tomatoes, undrained

1 (13-ounce) jar roasted red peppers, drained and chopped

2 tablespoons Hy-Vee Select balsamic vinegar

1 tablespoon Hy-Vee paprika

1½ tablespoons Hy-Vee ground cumin

1 teaspoon Hy-Vee red pepper flakes

2 (15.5-ounce) cans Hy-Vee white hominy, drained

1 tablespoon Hy-Vee Select extra-virgin olive oil
Hy-Vee kosher sea salt and Hy-Vee black pepper, to taste
1 (2-pound) sirloin steak, trimmed
½ (8-ounce) package Hy-Vee shredded chipotle Cheddar cheese

1 recipe Green Chile Corn Cakes, right

1. Prepare a charcoal or gas grill with greased grill rack for direct cooking over medium-high heat. Preheat oven to 400°F. Spray a baking sheet with nonstick cooking spray. Set aside.

2. In a Dutch oven, cook bacon over medium-low heat for 5 minutes or until crispy and browned. Add onion and cook for 5 minutes or until softened. Add garlic; cook and stir for 30 seconds. Stir in tomatoes, roasted red peppers, vinegar, paprika, cumin and red pepper flakes. Reduce heat; simmer, covered, for 20 minutes.

3. Meanwhile, in a bowl combine hominy and olive oil. Place hominy on prepared baking sheet. Bake for 15 minutes, stirring occasionally. Remove chili from heat, add hominy and season to taste.

4. Season steak with salt and pepper. Grill steaks 10 to 12 minutes for medium-rare (145°F) or 12 to 15 minutes for medium (160°F), turning once. Remove

steaks from grill; let rest for 5 minutes. Cut steak into ½-inch pieces.

5. To serve, add chili to bowls and top with steak and cheese. Serve with Green Chile Corn Cakes.

Green Chile Corn Cakes: Preheat oven to 400°F. Grease a muffin pan; set aside. In a bowl, combine 2 cups yellow cornmeal mix, ¾ cup Hy-Vee all-purpose flour, 2 tablespoons Hy-Vee sugar, 1 tablespoon Hy-Vee baking powder and 1 teaspoon Hy-Vee baking soda. In another bowl, lightly beat two Hy-Vee large eggs; stir in 1 cup Hy-Vee canned creamed corn and ½ cup Hy-Vee corn oil. Stir corn mixture into cornmeal mixture. Stir in 1 cup chopped green onions, ½ cup Hy-Vee shredded Cheddar cheese and ¼ cup Hy-Vee diced green chiles. Spoon batter into muffin cups. Bake about 15 minutes or until toothpick inserted into centers comes out clean.

Nutrition facts per serving: 860 calories, 42 g fat, 12 g saturated fat, 0 g trans fat, 120 mg cholesterol, 1,850 mg sodium, 76 g carbohydrates, 6 g fiber, 12 g sugar, 41 g protein. Daily values: 60% vitamin A, 80% vitamin C, 25% calcium, 35% iron.

NEBRASKA SCARLET CHILI



IOWA STATE™

WHITE CHILI

Chef Jeff adapted this lightning-quick method to prepare chili from a prizewinning recipe he developed at the Waukee, Iowa, Hy-Vee store.

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

8 slices Hy-Vee peppered bacon, diced
1 cup chopped white onion
1 cup chopped green bell pepper
1 pound prepared Hy-Vee Hickory House smoked pork loin, cubed

2 cups Hy-Vee half-and-half
2 cups Hy-Vee chicken broth
1 (1-ounce) packet Hy-Vee chili seasoning
1 (8-ounce) bag shredded pepper Jack cheese, divided
2 tablespoons Hy-Vee cornstarch
2 tablespoons water
2 (15-ounce) cans Hy-Vee great northern beans, drained
1 (15.5-ounce) can Hy-Vee chili-style beans in chili gravy
Cooked hot white rice

1. In a large pot, cook bacon over medium heat for 5 minutes or until crispy, stirring occasionally. Transfer bacon to a plate lined with paper towels; reserve drippings.
2. In the same pot, cook onion and bell pepper over

medium-high heat for 1 minute. Add pork loin and cook for 1 minute. Add half-and-half, broth, chili seasoning, and reserved bacon pieces. Bring to boiling. Add 7 ounces cheese, stirring until melted. Reduce heat and simmer for 5 minutes.

3. In a small bowl, combine cornstarch and the water; add to mixture in pot, stirring constantly over high heat until mixture is thickened. Cook for 30 seconds more. Remove from heat. Gently stir in northern beans and chili-style beans in gravy.

4. To serve, spoon chili over rice and top with remaining cheese.

Nutrition facts per serving: 320 calories, 16 g fat, 8 g saturated fat, 0 g trans fat, 55 mg cholesterol, 930 mg sodium, 26 g carbohydrates, 6 g fiber, 4 g sugar, 20 g protein. Daily values: 15% vitamin A, 20% vitamin C, 25% calcium, 10% iron.



CHEF JEFF
AFTER TRAINING IN FRANCE, JEFF RUSSELL BROUGHT HIS CULINARY SKILLS TO HY-VEE. HIS CHILI REPRESENTS THE IOWA STATE CYCLONES.





UNIVERSITY OF MISSOURI CHEF BILL'S CHILI

This classic chili utilizes simple ingredients to get great chili flavors, with one unusual twist: a big squirt of the bright red Thai hot sauce called Sriracha!

Prep: 15 minutes | Cook: 40 minutes |

Serves 10 (about 1 cup each)

3 pounds lean ground beef

1 large onion, chopped

1 green bell pepper, seeded and chopped

1 (14.5-ounce) can Hy-Vee diced tomatoes, undrained

1 (4-ounce) can Hy-Vee chopped green chiles

2 (30-ounce) cans Hy-Vee chili-style beans in chili gravy

1 cup water, plus additional water as needed

2 (1-ounce) packets Hy-Vee chili seasoning

2 tablespoons Hy-Vee Sriracha sauce

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

Hy-Vee Kitchen macaroni and cheese, optional

1. In a large pot, cook ground beef over medium heat until browned. Drain off fat. Add onion and bell pepper to the pot and cook for 5 minutes, stirring occasionally.

2. Add tomatoes, green chiles, chili-style beans in chili gravy, water and chili seasoning. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes.

3. Stir in additional water as needed to achieve desired thickness. Stir in Sriracha sauce and season to taste with salt and black pepper. If desired, serve chili topped with macaroni and cheese.

Nutrition facts per serving: 460 calories, 12 g fat, 4.5 g saturated fat, 0 g trans fat, 120 mg cholesterol, 1,240 mg sodium, 10 g fiber, 5 g sugar, 49 g protein. Daily values: 30% vitamin A, 35% vitamin C, 8% calcium, 45% iron.



CHEF BILL
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TRANSPLANT,
BILL SPANO LOVES TO
ROOT FOR HIS NEW
LOCAL TEAM, THE
MISSOURI TIGERS.

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\$5.99



Smithfield Marinated Pork Loin Fillet or Tenderloin: select varieties 18.4 or 27.2 oz. \$5.99

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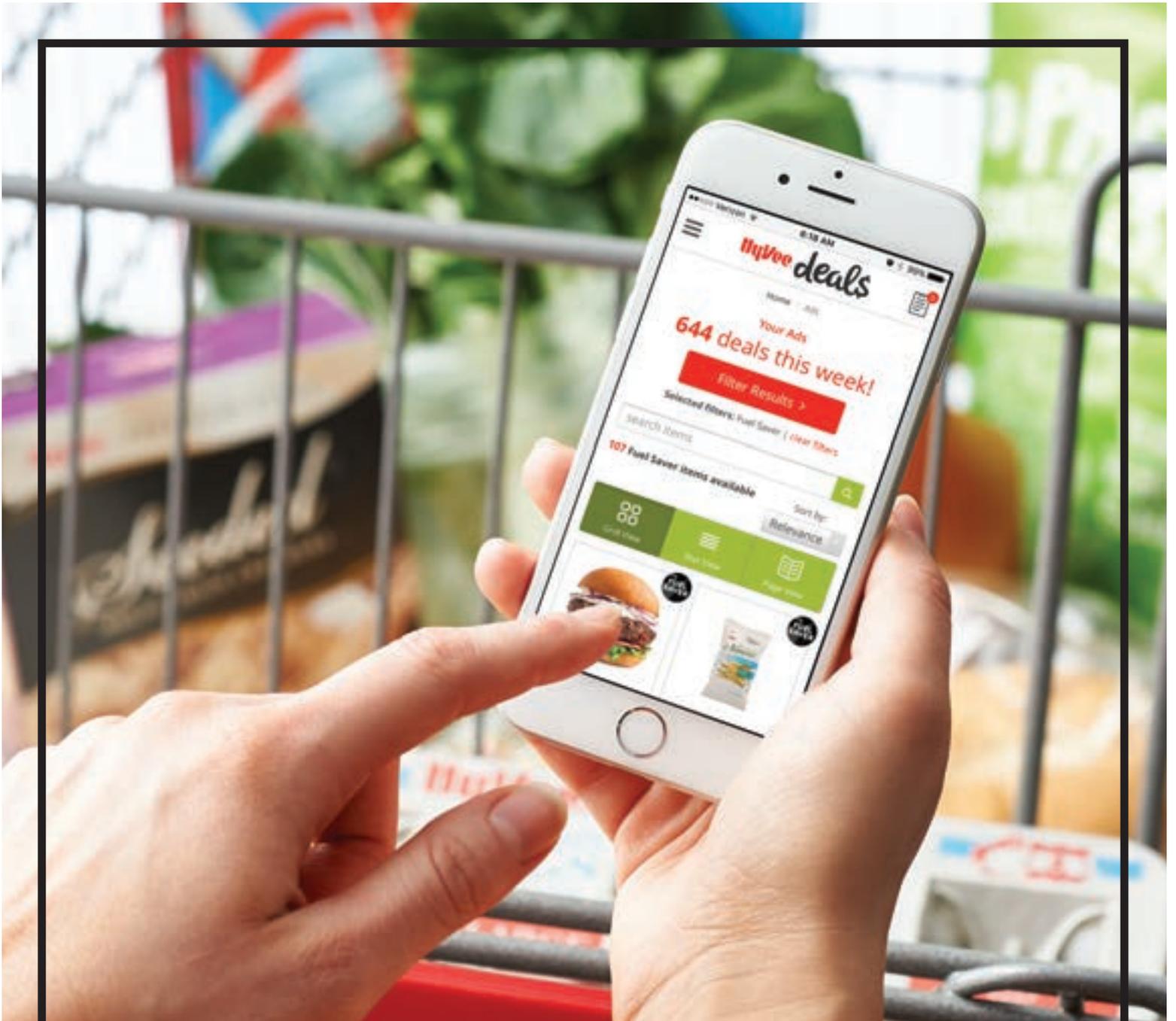


Johnsonville Grillers: select varieties 24 oz. \$5.99



Johnsonville Ground Sausage or Grillers: select varieties 16 oz. \$3.48





NEW GROCERY SHOPPER

MAKE THE MOST OF SHOPPING AT HY-VEE BY USING THE HY-VEE MOBILE APP AND ORDERING GROCERIES ONLINE. THESE ARE A COUPLE OF WAYS HY-VEE STRIVES TO ACCOMMODATE THE MODERN SHOPPER.

WORDS Steve Cooper PHOTOS Tobin Bennett

The day of the 21st-century shopper has arrived. Toss out your wrinkled paper shopping list and redefine the way you view savings. Hy-Vee is committed to helping customers save money and time. Check out some of these helpful Hy-Vee services:

- Aisles Online
- Hy-VeeDeals.com
- Digital Coupons
- Hy-Vee Fuel Saver + Perks®
- Mobile App deals
- *Hy-Vee Seasons* digital magazine
- Weekly Ads



Grocery shopping takes time—a commodity that’s in short supply for many of us. Hy-Vee can free up some of your time with the Aisles Online grocery shopping service.

Start by setting up an online account at the Hy-Vee website. Then select a store near you to fill the order. You can get the groceries in as little as four hours.

You’ll need a Fuel Saver + Perks® card. This is where digital savings such as Fuel Saver discounts and digital coupons are added and subtracted when Hy-Vee transactions are finalized.

Create your shopping list online at www.hy-vee.com/grocery or on the Hy-Vee app. The items you choose will be selected, boxed and either delivered to your home (or designated location) or bagged for pickup at the store at an agreed upon time.



Marilyn and Fred Sales | Aisles Online Shoppers

Grocery shopping was becoming a tricky proposition for Fred and Marilyn Sales. With the passage of time, the couple found hauling groceries from the car to the kitchen increasingly difficult.

The couple’s daughter, Heather Burkart of West Des Moines, Iowa, wanted to help but wasn’t sure what to do. Then she started ordering groceries through the Hy-Vee Aisles Online service.

“I helped them set it up through the local Hy-Vee. Once deliveries started, my parents were so happy, I can’t even explain it to you,” Heather says.

The Saleses appreciate that the groceries are not only transported to their home but even carried up to their kitchen and put into their cabinets. This last service is only available upon customer request.

Using Aisles Online has proven beneficial to the couple and also to their daughter. She knows their needs are met.

“Aisles Online is easy for my parents. The only problem I’ve had with it was my own fault. I found you have to be very specific about what you want,” Heather says. “We wound up with one banana the first time we ordered because we ordered one—not one bunch, but one banana! That was our mistake and everything has worked perfectly ever since.”

PICKUP

Spend over \$100 and store pickup is free. Spend less and there is a \$2.95 charge. You set the pickup time and a Hy-Vee employee will load your car for you. Just look for grocery pickup signs at the store.

DELIVERY

Spend over \$100 and delivery is free. If you purchase less than \$100, the delivery fee is \$4.95. For example, if you purchase \$99 worth of goods, the bill will total \$103.95. To accept delivery, someone must be at home.

SPEND OVER \$100 ON AISLES ONLINE AND DELIVERY IS FREE!

more than **240**

More than 240 **Hy-Vee stores** are located in eight Midwestern states: Iowa, Illinois, Missouri, Kansas, Nebraska, South Dakota, Minnesota and Wisconsin. Use the **Store Locator** feature on Hy-Vee’s **mobile app** to find a Hy-Vee near you!



3,000

FOR GREAT SAVINGS ON MORE THAN 3,000 HY-VEE ITEMS LOOK FOR “EVERYDAY LOW PRICE” TAGS EVERY TIME YOU SHOP.

“ONCE DELIVERIES STARTED, MY PARENTS WERE SO HAPPY, I CAN’T EVEN EXPLAIN IT TO YOU! THEY’RE TO THE POINT NOW WHERE THEY ORDER GROCERIES FOR THEMSELVES AT LEAST ONCE A WEEK.”

—Heather Burkart



MOBILE APP

With the new Hy-Vee app on your smartphone, you'll feel as if you have a concierge waiting on you at a moment's notice. Automatically clip digital coupons, find deals and link the app with your Hy-Vee Fuel Saver + Perks® card. Download the free app from the Apple App Store or Google Play.

- Get easy access to hundreds of Hy-Vee deals and digital coupons. They offer you hundreds of ways to save money.
- Check your gas discount balance using your Fuel Saver + Perks® card.
- Scan your account code in the Hy-Vee mobile app to redeem digital coupons and register for great perks.
- Find participating stations to fill up at using your Hy-Vee Fuel Saver + Perks® card.
- Link your Fuel Saver + Perks® card to the Hy-Vee mobile app. The cashier will scan your phone at checkout.
- Find out if a coupon is available on a product you buy.
- Speed up shopping by making a grocery list and sorting it by the aisles in your local Hy-Vee store.
- Take advantage of this great perk: Filter digital coupons by the products you purchase most often.
- Refill or transfer a Hy-Vee Pharmacy prescription easily and quickly.



Download the Hy-Vee mobile app today!

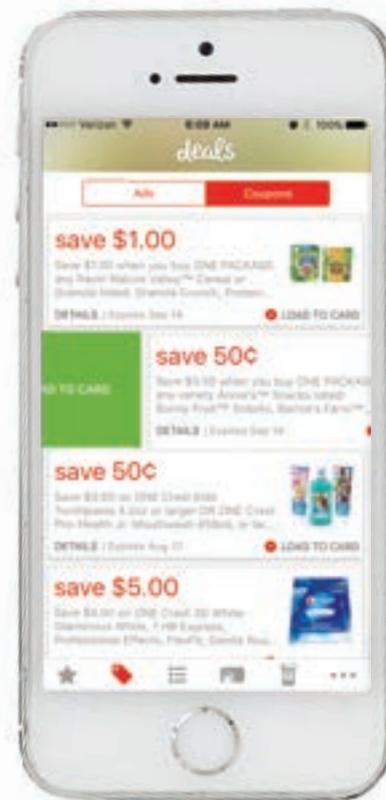
Two-year-old Abriella Mummert was diagnosed with leukemia in 2014 and spent 26 consecutive days receiving chemotherapy at Children's Hospital & Medical Center in Omaha, Nebraska, where her family lives.

At the start of the ordeal, her mother, Megan Mummert, had to quit her job and her family's household income was slashed in half. Stretching every dollar, Megan diligently collected Hy-Vee coupons and Fuel Saver discounts.

"There were times when I filled up the car for a dollar. Also, I'd do the coupon thing, using coupons from the newspaper and digital coupons. The Hy-Vee mobile app was a huge help—and still is," Megan says.

In remission, Abriella is now a spunky, happy four-year-old.

"She's a positive ball of energy," Megan says. "She's always laughing and being silly."



"WITH PRINTED COUPONS, I SOMETIMES FORGET THEY ARE IN MY POCKET. BUT DIGITAL COUPONS ARE DEDUCTED AUTOMATICALLY AT CHECKOUT. THAT HELPS!"
—Megan Mummert



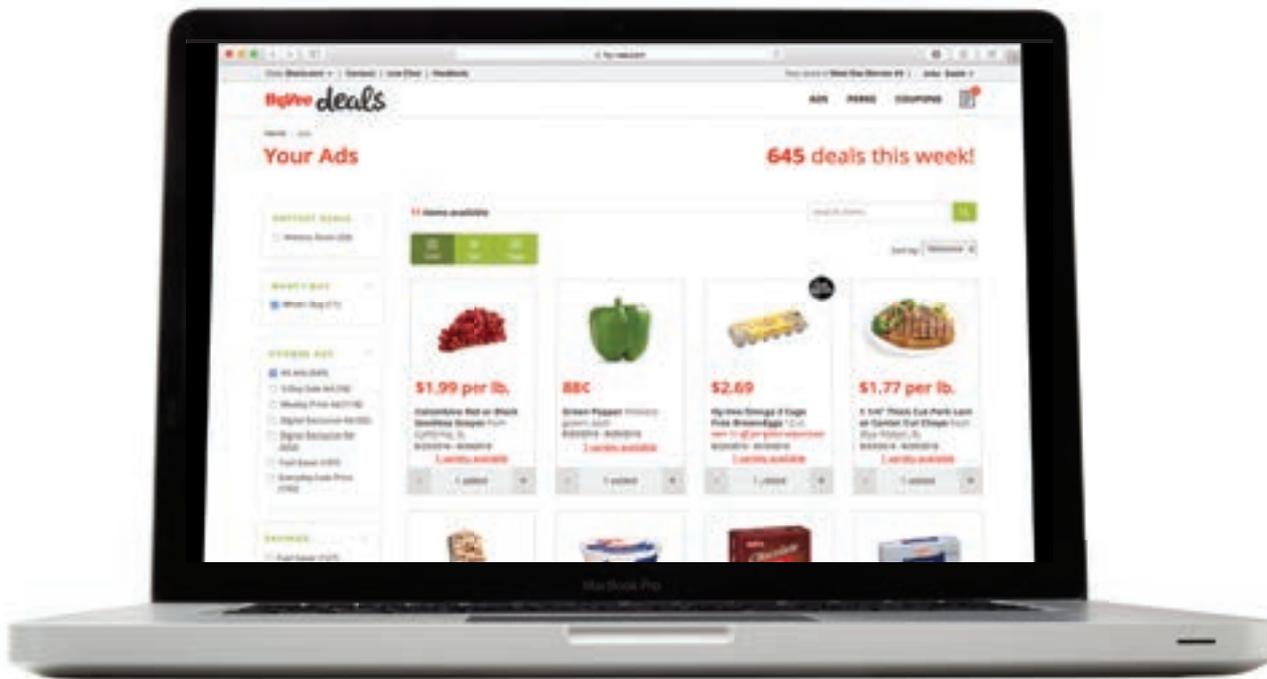
THE HY-VEE SEASONS digital edition for tablets gives you every feature you love in the free print edition—plus more. Extras include how-to videos that teach cooking techniques, a special cook mode to make reading easy while you cook, exclusive recipes and much more. Sign up to receive a free subscription today to view on your iPad, Kindle Fire or Android tablet.

The upcoming Holiday issue of Hy-Vee Seasons marks our 10th anniversary!

EDITIONS OF THE DIGITAL HY-VEE SEASONS COME WITH EXCLUSIVE FEATURES, SUCH AS GLUTEN-FREE OR VEGETARIAN RECIPES. THERE ARE ALSO DIGITAL-ONLY COOKING TIPS AND ADDITIONAL INFORMATION YOU CAN ACCESS WITH THE TAP OF A FINGER.

“AISLES ONLINE HAS WORKED OUT REALLY WELL FOR US. MY HUSBAND MAKES HIS LIST AND I COMBINE IT WITH MINE. THEN I SIT AT THE COMPUTER AND GO SHOPPING.”

—Kaity Holtman



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Check out our best offers of the week.



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Hy-VeeDeals.com for a weekly recap of savings.



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Clip to load digital deals to your Fuel Saver + Perks® card.



FUEL SAVER + PERKS®

Use your Fuel Saver + Perks® card to access

special deals and discounts on fuel at over 1,200 fuel stations across the Midwest including Hy-Vee Gas and Casey's.



EASILY ADD YOUR FUEL SAVER + PERKS® CARD ACCOUNT TO YOUR HY-VEE MOBILE APP, AND SCAN AT CHECKOUT.

Millions of dollars are saved each month with Hy-Vee Fuel Saver + Perks®!

Before having her first baby last spring, Kaity Holtman of Nodaway County, Missouri, was a regular at clipping coupons. But with her family growing, she's branching out.

"I like going through the weekly newspaper ads," Kaity says. "But if I'm at my computer, I search for digital coupons, too, that I can download to my phone."

Kaity has become more mindful of Hy-Vee Fuel Saver discounts. Though she doesn't play every trick to pump up her Fuel Saver account, the new arrival to her household does encourage her to keep looking for more discounts that will save on fuel expenses.

The family has also discovered Aisles Online—and that has been a major change.

"It's really easy to use," Kaity says. "We usually pick up our order at the store. It's easy for us. My husband has a 45-minute commute in one direction and I have a 20-minute commute in another, so we order from the store that's convenient for whoever is picking up the order."



PICK A COLOR:

Just as every shoe has its own style, so does everyone who signs up for the Hy-Vee begin™ Healthy Lifestyle and Weight Management Program. If you're part of a begin™ group, make your style a helpful one, and encourage others as they pursue their own weight-loss goals.

begin[™]
WITH FRIENDS

GETTING IN BETTER SHAPE IS EASIER
WHEN YOU'RE SURROUNDED BY
SUPPORTIVE FRIENDS.

WORDS Steve Cooper
PHOTOS Cameron Sadeghpour



MICHELLE CARSON

AGE: 55
STARTING WEIGHT: 278 LB.
HEIGHT: 5'2"

CURRENT WEIGHT: 258 LB.
Total pounds lost to date: 20 LB.

FOLLOW MICHELLE'S JOURNEY ON HER "JUST WEIGHT AND SEE" FACEBOOK PAGE:
[FACEBOOK.COM/JUSTWEIGHTANDSEE](https://www.facebook.com/justweightandsee)

MONTH	WEIGHT (LB)
November 2015	278
December 2015	274.8
January 2016	272
February 2016	274.6
March 2016	261
April 2016	269
May 2016	258
June 2016	258
July 2016	258
August 2016	258
September 2016	--
October 2016	--
November 2016	--
December 2016	--

PROBLEM: In another program and through Hy-Vee, Michelle has lost nearly 100 pounds. But every pound lost since late last year has been a hard-fought victory.

DIETITIAN'S SOLUTION:
 After signing up for the Hy-Vee begin™ program 10 months ago, Michelle soon lost weight. But summer has been a challenge. Numbers go down a little, then up a little. Hy-Vee dietitian Amber Groeling says, "Michelle chooses healthy foods, but she loses track of how much she eats. To help, she's returning to eating five small meals a day and tracking everything she eats. Even healthy foods add to your calorie intake. Tracking can be critical."

JOINING *begin*™

Getting healthy and staying healthy is the goal of the Hy-Vee begin™ Healthy Lifestyle and Weight Management Program. Dietitians from Hy-Vee educate and coach participants about eating nutritious meals and including physical activity in their daily lives.

Hy-Vee dietitian Amber Groeling says, "We help clients develop healthy, balanced eating plans that will help them enjoy eating for the rest of their lives."

Hy-Vee dietitians teach begin™ participants:

- How to control hunger
- What healthy portions look like
- How to prepare healthy foods
- Why activity is essential

In an early meeting, attendees take a shopping tour at Hy-Vee with a dietitian who offers helpful shopping tips tailored to each participant's individual needs.

There are three begin™ options:

Individual Program: For a one-on-one experience, participants meet with the dietitian for weekly sessions over 10 weeks at Hy-Vee. The first session lasts about an hour and others are 15 to 30 minutes long.

Group Program: For those who prefer a group, there are seven group classes (plus three individual sessions). Each session lasts one hour. Groups usually meet at Hy-Vee.

begin™ Basics: For those on tighter schedules, sessions in this 10-week course are shorter and focus on education. There are no screenings and measurements.

TO SIGN UP FOR ANY OF THE THREE BEGIN™ OPTIONS, SEE THE DIETITIAN AT YOUR LOCAL HY-VEE STORE.

WORKOUT PARTNERS

Michelle Carson calls herself a "social exerciser." She has more fun and applies herself with more energy when she surrounds herself with friends.

It helps when others join her for a walk or swim, or to play basketball or do other activities.

"You've heard of Pokémon Go by now, right?" Michelle asks. "One night recently I hadn't walked or gotten any exercise all day, so I called a

friend and we went out looking for Pokémon. It added up to 4,000 or 5,000 steps just doing that. It's good to add something new to the mix of things."

Hy-Vee dietitian Amber Groeling says Michelle is the kind of person who finds it beneficial to have friends along on her quest to lose weight.

"In going through the weight-loss journey, Michelle is really helped by others going along with her. A lot of people feel the same way, and it

helps them as they lose weight," Amber says.

To make the the most of social exercising, Amber recommends:

- Finding a reliable partner. This is someone who will show up on time and ready to go.
- Holding each other accountable. An effective partner pays attention and encourages you to keep applying yourself.
- Enjoying new challenges. When one partner wants to hit the mile mark, the other makes the effort too.



CHALLENGE YOUR FRIENDS: Get fit through friendly competition. Start a running or walking group, using activity wristbands to track steps, distances and activity minutes.



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Atkins Frozen Entrée: select varieties
5.8 to 9 oz. 3/\$10.00

Atkins Bars or Shakes: select varieties
4 to 15 ct. 2/\$11.00



GOOD SOURCE OF PROTEIN

2g SUGAR or less*

*Featured products only



TIP: Try using Atkins Shakes in your morning coffee instead of creamer.



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for more fresh ways to use Atkins products
& A CHANCE TO WIN PRIZES!
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Buy Dessert - HAVE DINNER ON US!
Buy two (2) Atkins Bar 5Pk's or Shake 4Pk's* get a

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Retailers: We will reimburse you the face value of this coupon plus 5.00 handling provided you and the consumer have complied with the terms of this offer. Invoices proving purchases of sufficient stock to cover presented coupons must be shown on request. Any other application may constitute fraud. Coupon void where prohibited, taxed or restricted. Limit one coupon per customer. This coupon cannot be combined with any other coupon offer. Offer valid on sale items. Consumer must pay any sales tax. Cash value 1/20¢ of one cent. Reproduction of this coupon is expressly prohibited. Mail to: ANI, CMS Dept. # 37480, One Fawcett Drive, Dal Rio, TX 78840.

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PROMOTION APPLICABLE FROM SEPTEMBER 15th TO OCTOBER 12th, 2016

*Not a low calorie food. See nutrition facts panel for calorie and sugar content.



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Nabisco Nilla Wafers,
Newtons or belVita:
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OLD MACDONALD HAD A PINT.



TIL the
COWS
Come HOME.
ICE CREAM

WHETHER YOU'RE FEELING FUNKY OR SPUNKY, YOU'RE SURE TO FIND A PINT OF TIL THE COWS COME HOME™ ICE CREAM TO MATCH YOUR MOOD. FROM WAKE ME UP BEFORE YOU COCOA™ TO MIND YOUR PECAN QS™ AND BEAN THERE. DONE THAT™, THERE ARE A VARIETY OF UDDERLY IRRESISTIBLE FLAVORS TO CHOOSE FROM — AND JUST AS MANY EXCUSES TO NOT SHARE. TRY IT TODAY!



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EDGE

**100%
PURE
MILK
PROTEIN**

**15g
PROTEIN**



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EAS AdvantEDGE Sport Protein Powder:
select varieties 1.7 lb. \$19.99

EAS AdvantEDGE Protein Shakes:
select varieties 4 ct. \$4.99

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HIGH DOSE AND QUADRIVALENT AVAILABLE.**

**FUEL SAVER OFFER AVAILABLE TO MEDICARE RECIPIENTS.
SEE PHARMACY FOR DETAILS. RESTRICTIONS APPLY.**

BRING OUT THE EXPERT IN
GRILLING FLAVOR



Weber Seasoning:
select varieties
2.5 to 3.9 oz. 2/\$4.00



BACON SPIRALS: Sprinkle bacon slices with brown sugar and red pepper flakes. Tightly wrap slices around metal skewers and place in a foil-lined baking pan. Bake in a 350°F oven for 30 minutes or until spirals are well-browned and crispy.

GET THE **GOODS**

KRAFT FAVORITES



Breakstone Cottage Cheese:
select varieties
3.9 oz. \$.88



Kraft Inverted Salad Dressing Squeeze Bottle:
22 oz. \$3.19



Claussen Pickles:
select varieties
20 to 32 oz. \$3.49

Butcher Thick Cut **BACON** sweetened with **BROWN SUGAR** and a kick of **RED PEPPER FLAKES** all baked to **CRISPY** perfection.



Oscar Mayer Ham or Turkey:
select varieties
8 oz. 2/\$5.00



McCafé or Gevalia Premium Coffee:
select varieties
6, 12 ct. K-cup or 12 oz. bag \$7.49



Oscar Mayer Lunchables Uploaded:
select varieties
14.1 to 15.6 oz. \$3.48



Oscar Mayer Butcher Thick Cut Bacon: hickory or applewood
24 oz. \$6.99



Weber Marinade:
select varieties
1.12 oz. \$.79

Follow us

GET THE GOODS

Great deals abound at your local Hy-Vee. Save by picking up the foods, drinks and household items shown here and throughout *Hy-Vee Seasons*.

PANTRY



Diamond Chopped Walnuts: 8 oz. \$5.49



Frank's Red Hot Sauce or French's Ketchup: select varieties 12 or 32 oz. \$2.78



Newman's Own Pasta Sauce: select varieties 15 or 24 oz. 2/\$5.00



Pillsbury Girl Scout Brownies or Cupcake Mix: select varieties 13.2 or 14.1 oz. 2/\$5.00



Mt. Olive Pickles: select varieties 16 to 32 oz. \$2.28



Di Lusso Mustard, Sauce or Aioli: select varieties 8.5 to 10.5 oz. \$2.99

FRIDGE AND FREEZER



Pepperidge Farm Harvest Blends or Whole Grain Bread: select varieties 18 or 24 oz. \$2.99



Bear Creek Dry Soup Mix: select varieties 7 to 12.1 oz. \$3.97



Mrs. Grimes Chili Beans 15 or 15.5 oz. \$0.88



Frigo Cheese: select varieties 16 to 32 oz. \$6.99



Jennie-O Fresh Ground Turkey: original or Italian 16 oz. \$3.99



Just BARE Chicken Breast Fillets: 14 oz. \$4.99



Al Fresco Chicken Sausage: select varieties 12 oz. \$4.88



Bar-S Family Pack Franks or Smoked Sausage: select varieties 2 to 3 lb. \$4.49



Buddig Premium Deli Meat: select varieties 16 oz. \$4.28



Mom Made Foods Meatball Bites: 8 oz. \$4.97



Old Folks Sausage Patties: 38 oz. \$7.99



Cracker Barrel Macaroni and Cheese: select varieties 11.9 to 14 oz. \$2.99



Pictsweet Select Vegetables: 8 to 14 oz. \$1.69



Farm Rich Snacks or Meatballs: select varieties 16 to 28 oz. \$5.77



Eggland's Best Eggs: large or extra large 12 ct. 2/\$5.00



Cascadian Farm Potatoes or Vegetables: select varieties 10 or 16 oz. 2/\$5.00



Rana Refrigerated Pasta or Sauce: select varieties 7 to 15 oz. \$3.99



Marie Callender's Pot Pie: 45 oz. \$7.99

BEVERAGES



Klement's Summer Sausage: garlic or original 2 lb. \$7.99



Old Orchard 100% Grape Juice: 64 fl. oz. 2/\$5.00



Old Orchard Juice or Juice Cocktails: select varieties 64 fl. oz. \$1.99



Dunkin' Donuts Coffee: select varieties 20 oz. \$9.99



Folgers Coffeehouse or Dunkin' Donuts Dark K-cups: 10 or 12 ct. \$6.99



Folgers K-cups: select varieties 36 ct. \$19.99

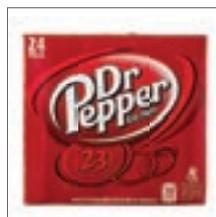
OTHER



Pure Leaf Tea or Tropicana Lemonade: select varieties 59 fl. oz. 2/\$4.00



Cameron's Whole Bean, Ground Bags or Single Serve: select varieties 4.33, 10 or 12 oz. \$4.99



Dr Pepper 24 Pack: select varieties 12 oz. cans (deposit where required) \$5.99



Duracell Coppertop AA or AAA 16 pk. or Quantum AA 12 pk. \$10.97



Chinet Plates, Bowls, Cutlery, Cut Crystal Plates or Cups: select varieties 8 to 48 ct. \$2.77



Aleve Direct Therapy TENS Device: each \$49.99

SNACKS



Chex Mix, Gardetto's or Bugles: select varieties 9 to 15 oz. 2/\$6.00



Jolly Time Pop Corn or Weight Watchers Pre-Popped Pop Corn: select varieties 3 ct. or 4 to 10.5 oz. 2/\$4.00



Tostitos Cantina Chips or Jar Dip: select varieties 9 to 15.75 oz. 2/\$6.00



Mars Fun Size Candy: select varieties 10.23 to 11.5 oz. \$3.48



Paqui or Skinny Pop Snacks: select varieties 4.4 or 5.5 oz. 2/\$5.00

STOCK UP

On These Great Products



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Available in the frozen aisle



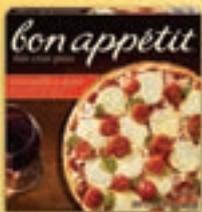
Red Baron 12-inch Pizza:
select varieties
14.76 to 23.45 oz.
3/\$9.00



Freschetta Pizza:
select varieties
20.28 to 30.88 oz. \$4.98



Tony's Pizza:
select varieties
18.56 to 20.6 oz. 4/\$10.00



Bon Appétit Pizza:
select varieties
12.16 to 15.4 oz. 2/\$7.00



Red Baron Singles:
select varieties
8.8 to 11.72 oz. 3/\$10.00



Pagoda Snacks:
select varieties
4.8 to 12.27 oz. \$2.79

HOLIDAY 2016

COMING NEXT

The next issue of *Hy-Vee Seasons* is a celebration of the magazine's 10th anniversary! Packed with ideas for the holiday season, it will be the biggest, best issue yet. We'll offer top recipes for a bountiful brunch, restaurant-quality seafood, favorite holiday cookies, homemade pies and much more with ten recipes or ideas for every category. To download the free digital version for tablets, visit us online at www.hy-vee.com/seasons





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