

seasons

HyVee®



Cook with VALERIE BERTINELLI

* LEARNING
TO COOK
* CELEB STATUS
* NEW
COOKBOOK
RELEASE

**PRESSURE
PERFECT**
FAST & EASY
PRESSURE
COOKER MEALS
PAGE 38

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Contents

» features

20 CAST-IRON KING

Versatile cast-iron
skillets work on the
stove top or in the
oven for savory seared
meats, casseroles,
desserts and more.

26 OCTOBERFRESH

Brilliant, beautiful fall
produce is at its peak.
Savor the flavors in our
delicious recipes.

34 PIZZA BREAD FIX-UPS

Getting pizza crust just
right can be tricky. For
scrumptiously easy pizza-
style treats, use Hy-Vee
artisan bread instead.

38 PRESSURE PERFECT

Pressure cookers do it
all—sauté, steam and
slow cook. Put one to
work in your kitchen.

42 PEANUT BUTTER JELLY TIME!

Spread the PB&J love
beyond sandwiches.
Add this super tasty
duo to cupcakes,
pudding and sweet-
savory chicken wings.

46 NEW COMFORT- FOOD FAVES

Upgrade Mom's
tried-and-true meat
loaf, mac & cheese and
more with delicious
new flavor spins.

52 COOKING WITH VALERIE BERTINELLI

Actress, TV cooking
star and cookbook
author Valerie
Bertinelli shares
recipes that celebrate
family and friends.

58 SEASON'S BEST: DIY PUMPKINS

Create the best-
looking pumpkins
on the block with six
simple crafting ideas.

62 STEIN AND DINE

Dig into robust
German dishes and
enjoy the best cold
brews. It's Oktoberfest!

MEAT LOAF, ANYONE?

This comfort-food
all-star gets over-the-
top treatment with
a cheesy filling and
bacon wrap, *page 48*

Contents



13



16



11

departments

6 FOOD HACKS

Spice up the season with a DIY potpourri, a monster munch and a pumpkin pie shake.

7 IN SEASON: BUTTERNUT SQUASH

Roast, steam or sauté this sweet, nutty winter squash.

10 OUR BEST: PRODUCE MANAGER

Dillon Maple unleashes his creativity to display fruits and vegetables at their all-time best.

11 BLOOMS: SUCCULENTS

An artful display of these sculptural plants from Hy-Vee adds drama to a room.

13 COOKING 101

Make a decadent maple-chocolate or vanilla bean crème brûlée.

16 BOTTLES

Warm up with a Tuaca and cider cocktail.

IN EVERY ISSUE

3 EDITOR'S LETTER

66 TOP PICKS

73 NEXT ISSUE

HY-VEE SEASONS VOLUME 11, ISSUE 5 HY-VEE, INC.

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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.

GET TO KNOW

Chef Jessarae
Vannatta, better
known as Chef Jess,
creates some of the
best homemade
soups and quiches
for Hy-Vee
customers in Lincoln,
Nebraska.



Fall is my absolute favorite season. I love taking in the warm aromas of hot cider and slow-simmering soups and stews. As the days get shorter and chillier, nothing feels better than cooking a big pot of butternut squash bisque, which I often whip up for my customers. It's one of my professionally crafted, made-from-scratch recipes that I only offer in the fall. As in my other featured soups, such as clam chowder and broccoli-cheese, I use homemade stock and fresh produce like carrots, onions and celery for a flavorful base. A long, slow simmer creates layers of flavor. People often come back for my soups, because they know they're made from scratch with fresh, seasonal ingredients.

If you're in the mood to make your own soup, try our Roasted Butternut Squash Soup on *page 8*. You won't even need a soup pot. Simply oven-roast cut-up squash and aromatics on a sheet pan, whirl together the ingredients in a blender, add final touches and get ready to savor the best of fall in a bowl.

Although it's hard to beat a good bowl of soup, comfort food almost always satisfies a hearty appetite. Prepare to get your

taste buds dancing with our creative spins on old standbys like meat loaf and mac and cheese, featured in "New Comfort-Food Faves," *page 46*. They truly are worth trying.

Pressure-cooking is a new trend we're excited to get behind, especially when life gets a little bit crazy. Our recipes in "Pressure Perfect," *page 38*, show how today's cooks create tasty meals in half the time of an oven or stove. Try it, and you'll see why cooks have fallen in love with this kitchen meal machine.

We are also thrilled to feature celebrity cook Valerie Bertinelli on our cover. Valerie hosts the Food Network cooking show, *Valerie's Home Cooking*, and she just published a new cookbook of simple, family-pleasing dishes. Read about it on *page 52*.

If you love decorating for Halloween, check out our fun and fabulous pumpkin designs, including a few no-carve creations.

Whether you're cooking or celebrating, let *Hy-Vee Seasons* help you make the most of autumn's delicious offerings!

Sincerely,
Jessarae Vannatta, Williamsburg Hy-Vee, Lincoln, Nebraska

PHOTO Tobin Bennett

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OUR FEATURED INSTAGRAM READERS



MICHAEL K. IS EXCITED TO SEE THE ARRIVAL OF PUMPKINS
AT HIS LOCAL HY-VEE. THERE'S PLENTY TO PICK FROM!



ABAGAIL P. FOUND THIS EYE-CATCHING BOUQUET OF
FALL BLOOMS AT HER LOCAL HY-VEE FLORAL.

Calling all *Seasons* lovers.
Show us your latest creations.
Upload your photos with the hashtag
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TURN TO PAGE 69 FOR MONEY-SAVING COUPONS!



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a Recipe

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a year's subscription.

1 DIY SPICE POTPOURRI

Invite the crisp and spicy aromas of fall to waft throughout your home. Combine the following in a medium saucepan: 2 cups Hy-Vee apple cider, 1 cup water, 1 cup fresh or frozen cranberries, the peel of 1 orange, 1 sliced apple, 2 cinnamon sticks, 1 tsp. whole cloves and ½ tsp. ground nutmeg. Bring to a simmer over medium heat. Keep on low or turn off as needed to maintain the fragrance.



2. Monster Munch

STEP 1: Line a baking sheet with parchment paper. Toss together 1 (16-oz.) bag caramel corn and 1 (14-oz.) bag Hy-Vee candy corn and spread out on prepared baking sheet.

STEP 2: Place 1 cup Hy-Vee semisweet chocolate chips and 1 tsp. Hy-Vee canola oil in a microwave-safe bowl. Microwave, uncovered, on 50 percent power for 2 minutes or until chocolate is melted, stirring every 30 seconds. Cool slightly.

STEP 3: Drizzle melted chocolate over caramel corn mixture. Sprinkle with 1 (.88-oz.) pkg. candy eyeballs. Let stand for 5 minutes or until chocolate is set. Makes 10 cups.

3

PIE SHAKE

Blend 2½ cups Hy-Vee French vanilla ice cream, 1 cup Hy-Vee milk, 1 slice pumpkin pie and 2 tsp. pumpkin pie spice in a blender till smooth. Pour into a glass.

Garnish with whipped cream, a mini pumpkin pie slice and a sprinkle of pumpkin pie spice.



PHOTOS Tobin Bennett

Butternut Squash

BUTTERNUT SQUASH LIVES UP TO ITS NAME. ITS NUTTY, BUTTERY FLAVOR MAKES IT DELICIOUS ROASTED, STEAMED OR SAUTÉED. SERVE IT IN CHUNKS, OR PUREE IT FOR A SOUP OR PASTA FILLING. IT'S EASIER TO PEEL AND CUT IF ROASTED IN THE OVEN FIRST. OR JUST BUY PRECUT SQUASH AT YOUR LOCAL HY-VEE.



need to know

SELECT

Look for squash that feels heavy for its size and has a hard, light tan rind. Its skin should have a smooth, uniform color with a matte surface. Butternut squash is available year-round but is best from early fall through winter.

STORE

Keep whole butternut squash in a cool, dark place for up to three months. Do not refrigerate. Store peeled, precut butternut squash tightly covered in the refrigerator for up to five days.

NUTRITION

Butternut squash is an excellent source of vitamin A, linked to immune function, and vitamin C, needed for tissue growth and repair. It's also a good source of fiber. A cup of cooked butternut squash has about 80 calories. Sources: WebMD and USDA

PHOTOS Cameron Sadeghpour

Roasted Butternut Squash Soup

Total Time 1 hour 20 minutes
Serves 6

- 1 (2½-lb.) butternut squash, peeled and cut into 1-in. chunks, or 5 cups precut squash
- 3 medium carrots, peeled and cut into 1-in. chunks
- 3 medium shallots, peeled and quartered
- 4 cloves garlic, minced
- 2 Tbsp. Hy-Vee Select olive oil
- 2 Tbsp. Hy-Vee salted butter, melted
- 2½ cups Hy-Vee 33%-reduced-sodium chicken broth, divided, plus additional, if needed
- 2 cups water
- ¼ cup Hy-Vee heavy whipping cream
- 1 Tbsp. Hy-Vee Select 100% pure maple syrup
- 1 tsp. Hy-Vee apple cider vinegar
- ¼ tsp. Hy-Vee ground nutmeg, plus more for garnish
- Hy-Vee kosher sea salt, to taste
- Hy-Vee sour cream, for garnish
- Pepitas, for garnish

1. **PREHEAT** oven to 425°F. Toss squash, carrots, shallots, garlic, oil and butter in a large bowl. Arrange vegetables in a single layer in a large roasting pan. Roast for 30 to 35 minutes or until vegetables are golden brown and softened, stirring once halfway through.

2. **ADD** ½ cup broth to baking pan and scrape up any browned bits. Return to oven and roast for 5 minutes more or until liquid has reduced and vegetables are glazed.

3. **PUREE** half of the squash mixture and 2 cups broth in a blender or food processor until smooth; transfer to a large saucepan. Puree remaining squash mixture and the water in the same manner; add to saucepan. Stir in cream, maple syrup, vinegar and ¼ tsp. nutmeg. Bring to a simmer over medium-low heat, adding additional broth, if needed, to reach desired consistency. Season with salt.

4. **SWIRL** sour cream into each serving and sprinkle with pepitas and nutmeg, if desired.

Per serving: 250 calories, 12 g fat, 5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 300 mg sodium, 35 g carbohydrates, 5 g fiber, 9 g sugar, 5 g protein

SMOOTH, SILKY AND SUBLIME:
Roasting butternut squash with shallots and carrots before pureeing is the secret for getting the most intense caramelized flavor in this autumn soup.



When Families Gather,
Ours Can Help.



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GET TO KNOW

DILLON MAPLE

Title

Produce Manager at Hy-Vee on Mills Civic Parkway in West Des Moines, Iowa

Years at Hy-Vee

10 years

Award

2017 Retail Produce Manager of the Year, United Fresh Produce Association

Favorite Part of the Job

"I love seasonal change. That's what got me interested in produce. I get bored doing just one thing, and I saw a lot of variety in produce."

Favorite Ideas

"We have a snacking station for kids where we offer free bananas, apples or supersweet, kid-size oranges to take and enjoy. I think the kid-friendly snacking stations are an absolutely fascinating concept to get kids to eat more produce."

Any Produce Hacks?

"People are always looking for those cups of pomegranate seeds. They're surprised when I tell them how easy it is to remove the seeds from whole fruit. Simply submerge halves or quarters in water and the seeds will pop right out."



Besides making sure seasonal produce is at its peak of freshness, Produce Manager Dillon Maple offers fresh ideas to inspire customers. Finding Gouda cheese among the apples helps someone who's looking for a delightful cheese plate pairing.

Eyes on Display

LEARN ABOUT FRUITS AND VEGGIES AND GET CREATIVE MEAL IDEAS JUST BY LOOKING AT DISPLAYS, SAYS PRODUCE MANAGER DILLON MAPLE.

Come October, when folks start thinking about Halloween costumes and hayrides, Dillon Maple uses his keen eye and creative planning to prepare for the first truckload of pumpkins. In his mind, the pumpkin display needs to be as surprising as the black vintage truck filled with watermelons that was parked in the Produce Department last summer.

"I love integrating new produce into the mix in unusual ways, because it gives customers something to look forward to," Dillon says.

Display, Educate and Inspire
Dillon has been working on the front line in produce, retail and marketing for seven years, and he knows how to provide useful resources that will help customers make good choices. For example, a wheel of Gouda cheese or bottles of a snappy Pinot Grigio stationed near apple bins suggest harmonious pairings. Roma tomatoes, avocados and guacamole seasoning mix inspire buyers when grouped alongside a sign with tips on determining avocado ripeness or with a recipe for avocado dip.

"We want to make shopping an experience for customers, so they're inspired to try new things with produce," Dillon says. He might set a row of ready-cooked bacon next to luscious tomatoes to provide a quick dinner idea. Or he might display a chalkboard sign with a dietitian's nutrition facts or

grilling tip for peaches. "Health is important to our shoppers, and they like getting nutrition information, especially when it comes from a dietitian."

Support Local Growers
Recently Dillon planted a giant sign among locally grown tomatoes touting the store's "200 Rule" that labels produce as "Hy-Vee Homegrown" if it was grown within 200 miles of the store. Locally grown produce is often allowed to ripen longer in the fields, meaning it's at peak flavor when it comes to a Hy-Vee store. Fall-season Hy-Vee Homegrown offerings include pumpkins, gourds, squash and tomatoes.

Make It Convenient and Exciting
Hy-Vee Short Cuts precut fruits and veggies are prominently displayed in the Produce Department. Some veggies come seasoned and ready to toss into an egg scramble or a pasta. "We want to help customers who are looking for that easy recipe so they can add a few things and be done with the meal," Dillon says.

He's also quick to share another helpful tip: how to tell if a fresh pineapple is ripe beyond simply sniffing it. "Try pulling out one of the inner top leaves. The leaves should resist a bit, but pop out with a slight tug. When they do, it's a good indication that the pineapple is ripe and ready to eat."

Succulent Gardens

BEAUTIFUL, RESILIENT SUCCULENTS, WITH THEIR DRAMATIC SHAPES AND COLORS, CREATE AN ENCHANTING POTTED ARRANGEMENT FOR YOUR HOME OR OFFICE. NO GREEN THUMB IS NEEDED FOR THESE EASY-CARE PLANTS.



PHOTO Tobin Bennett

PHOTO Tobin Bennett

need to know

- SELECT THE PLANTS

Look for sturdy plants with full, fleshy stems and leaves that show signs of new growth. Check labels for any specific requirements, such as whether the plants require direct sunlight or not. Talk to your Hy-Vee Floral experts to acquire information on the types of plants best for you.
- CHOOSE THE RIGHT POT

Succulents prefer dry conditions; leaves and soil must have air circulation. Choose an open pot with a drainage hole at the bottom; if there's no hole, put a layer of medium-size gravel beneath the soil to allow for drainage. Clay pots are good for succulents; they allow air to circulate and don't retain water.
- CREATE YOUR ARRANGEMENT

Sunlight

Succulents generally want bright sunlight, such as light from a south-facing window. Some can thrive on a little less daylight or in artificial office light.

Temperature

For most succulents, daytime temperatures should range from 70°F to 85°F with night temps from 50°F to 55°F.

Soil

Ready-made succulent or cactus potting mixes work well. If using regular potting soil, mix in a little sand.

Watering

Water when the soil feels dry, or around every two weeks or so. Avoid overwatering, which causes the roots to rot.

Repotting

Repot every two years to refresh the soil.

Grow new plants from the leaves!
Gently twist a leaf from the stem; place it flat atop a pot of loose soil mix. If you have several leaves, place them a few inches apart. Place in indirect sunlight. After a day or so, lightly mist. Tiny roots will appear in a few weeks; keep roots covered with soil, and lightly mist when dry. It will grow into a normal-size plant after several months.



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A WORD ON RAMEKINS

Wide, shallow ramekins allow the right sugar-to-custard ratio atop Vanilla Bean Crème Brûlée, *page 14*. Deeper ramekins work well for layered brûlées (see Maple-Chocolate Crème Brûlée, *page 14*). Find ramekins at your local Hy-Vee.



* Bonus
Feature:
Learn how to
make Crème
Brûlée. Watch
the video at
[youtube.com/
HyVee](https://youtube.com/HyVee)

Crème Brûlée

UNBELIEVABLY EASY!

Just five ingredients—heavy cream, vanilla, eggs, sugar and salt—make up the silky buttercup yellow custard and crunchy caramelized topping in a classic crème brûlée. Your elegant and simple dessert will taste just as good as those found in fancy restaurants. You can even let your guests caramelize the sugar on top with a kitchen torch.

PHOTOS Greg Scheidemann

caramelize it

The highlight of eating crème brûlée is cracking through the caramelized sugar top to get to the smooth, rich cream beneath it. To caramelize each top: sprinkle a generous amount of sugar on a chilled custard, then hold the flame of a kitchen torch just above the sugar and move it around the custard top until the sugar caramelizes. Serve desserts about 10 minutes after caramelizing.

MAPLE-CHOCOLATE CRÈME BRÛLÉE

Total Time 1 hour 20 minutes plus cooling and refrigerating time **Serves** 6

- 2½ cups Hy-Vee heavy whipping cream, divided**
- 1 cup Hy-Vee semisweet chocolate chips**
- 2 vanilla beans, halved lengthwise, or 2 tsp. vanilla bean paste**
- 3 Tbsp. plus ¼ cup Hy-Vee sugar, divided**
- ¼ tsp. Hy-Vee salt**
- 6 egg yolks**
- ½ cup Hy-Vee Select 100% pure maple syrup**

1. PREHEAT oven to 300°F. Line inside bottom of a 3-qt. rectangular baking dish with a kitchen towel. Place six deep (4-oz.) ramekins on towel in dish; set aside.

2. ADD ½ cup cream to small heavy saucepan. Bring just to boiling over medium-high heat. Remove from heat. Add chocolate chips. Do not stir. Let stand for 5 minutes. Whisk until thick and smooth. Divide mixture among ramekins; set aside.

3. SCRAPE seeds from vanilla beans; add seeds and pods or vanilla bean paste to a medium saucepan. Stir in 1 cup cream, 3 Tbsp. sugar and salt. Heat over medium-low heat just until bubbly. Remove from

heat. Remove pods, if using vanilla beans. Stir in remaining 1 cup cream.

4. WHISK together egg yolks and maple syrup in a medium bowl. Slowly whisk in cream mixture. Strain custard mixture through a fine-mesh strainer and divide evenly among ramekins in baking dish.

5. PLACE baking dish on oven rack. Add enough boiling water to towel-lined dish to reach halfway up sides of ramekins. Bake for 50 to 60 minutes or until centers of custards are just set. Remove ramekins from water; cool on a wire rack for 1 hour. Cover and refrigerate at least 1 hour or up to overnight.

6. JUST BEFORE SERVING, use remaining ¼ cup sugar to sprinkle 2 tsp. on each custard. Caramelize and serve desserts as directed *above*.

Per serving: 630 calories, 49 g fat, 30 g saturated fat, 1 g trans fat, 295 mg cholesterol, 90 mg sodium, 48 g carbohydrates, 2 g fiber, 45 g sugar, 7 g protein



BRÛLÉE MEANS “BURNT”

It is important that some of the topping darkens so your dessert takes on the notes of campfire-roasted marshmallows.

BRÛLÉE BASICS

1. Egg yolks make the custards rich and creamy. Reserve egg whites for another use.

2. A hot water bath allows the custards to bake gently and evenly, contributing to their silky smooth texture.

3. Use regular or superfine sugar for caramelizing. The small granules caramelize quickly so the sugar won't get overly burnt.

VANILLA BEAN CRÈME BRÛLÉE

Total Time 1 hour 10 minutes plus cooling and refrigerating time **Serves** 4

- 2 vanilla beans, halved lengthwise, or 2 tsp. vanilla bean paste**
- 2 cups Hy-Vee heavy whipping cream, divided**
- ½ cup plus ¼ cup Hy-Vee sugar, divided**
- ¼ tsp. Hy-Vee salt**
- 6 egg yolks**

1. PREHEAT oven to 300°F. Line inside bottom of a 5-qt. rectangular baking dish with a kitchen towel. Place four shallow (4-oz.) ramekins on towel in dish; set aside.

2. SCRAPE seeds from vanilla beans; add seeds and pods or vanilla bean paste to a small heavy saucepan. Stir in 1 cup cream, ½ cup sugar and salt. Heat over medium-low heat just until bubbly. Remove from heat. Remove vanilla bean pods, if using. Stir in remaining 1 cup cream.

3. WHISK egg yolks in a bowl. Slowly whisk in cream mixture. Strain custard mixture through a fine-mesh strainer; divide mixture among ramekins.

4. PLACE baking dish on oven rack. Add enough boiling water to towel-lined dish to reach halfway up sides of ramekins. Bake for 30 to 35 minutes or until centers of custards are just set. Remove ramekins from water; cool on a wire rack for 1 hour. Cover and refrigerate at least 1 hour or up to overnight.

5. JUST BEFORE SERVING, use remaining ¼ cup sugar to sprinkle 1 Tbsp. on each custard. Caramelize and serve desserts as directed *above left*.

Per serving: 610 calories, 50 g fat, 30 g saturated fat, 1.5 g trans fat, 410 mg cholesterol, 120 mg sodium, 35 g carbohydrates, 0 g fiber, 34 g sugar, 7 g protein

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30
minutes
or less

MULLED TUACA CIDER

Total Time 25 minutes Serves 12
(about 7 oz. each)

- 1 (64-oz.) container Hy-Vee 100% apple cider
- 1 cup freshly squeezed orange juice
- 6 whole cloves
- 3 to 4 star anise
- 2 cinnamon sticks
- 2 cups vanilla-citrus liqueur, such as Tuaca
- 1 orange, thinly sliced
- 1 red apple, thinly sliced
- Hy-Vee honey, to taste

1. **COMBINE** cider, orange juice, cloves, star anise and cinnamon sticks in a large pot. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes. Remove from heat. Remove and discard spices. Stir in Tuaca. Add orange and apple slices.

2. **SERVE** warm cider in mugs with fruit slices. Stir in honey to taste.

Per serving: 170 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 15 mg sodium, 22 g carbohydrates, 0 g fiber, 19 g sugar, 0 g protein

CHANGE IT UP

Try other spirits with your cider, adjusting the amounts of spice and honey as you like.



Tuaca
A lightly sweet, amber Italian liqueur based on fine, cask-aged brandy. It has a rich fruitlike flavor of vanilla and citrus.



Fireball Whisky
This Canadian whisky flavored with cinnamon gives cider a pleasant spicy burn.



Bulleit Bourbon
The high rye content makes this bourbon spicier and bolder in flavor than other whiskeys.



Captain Morgan Spiced Rum
Spices and caramel add flavor for a signature sweet-spice taste.



Grand Marnier
A tasty blend made from cognac and Caribbean oranges, this liqueur is aged in oak barrels.

ALWAYS
DELICIOUS.
ALWAYS GLUTEN-FREE.

LIVING GLUTEN-FREE JUST
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select varieties
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select varieties
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Udi's Gluten-Free
Bread, Muffins, Crust,
Tortilla or Pasta:
select varieties
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PHOTOS Tobin Bennett



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PECAN- CRUSTED PORK SALAD

Pork tenderloins,
roasted beets and
sliced apple atop
mixed greens form
a hearty meal,
page 28

October '17

CAST-IRON KING | OCTOBERFRESH | PIZZA BREAD FIX-UPS | PRESSURE PERFECT | PEANUT BUTTER JELLY TIME!
NEW COMFORT-FOOD FAVES | COOKING WITH VALERIE BERTINELLI | SEASON'S BEST: DIY PUMPKINS | STEIN AND DINE

PHOTO Cameron Sadeghpour

CAST-IRON KING

THE CAST-IRON SKILLET IS THE SWISS ARMY KNIFE OF THE KITCHEN. THIS POWERHOUSE PAN ROCKS AT ALMOST ANY TYPE OF COOKING. ITS EVEN, STEADY HEAT MAKES IT GOOD FOR SEARING, CRISPING AND BAKING EVERYTHING FROM ENTRÉES TO DESSERTS. TRY YOUR HAND AT THESE RECIPES AND YOU'LL BE HOOKED ON USING CAST-IRON SKILLETS FOR EVERYDAY COOKING. MOST NEW SKILLETS COME PRESEASONED WITH SMOOTH INTERIORS. YOU'LL WANT TO KEEP THEM THAT WAY. IF YOU'RE A BIT RUSTY ON PAN CLEANING AND SEASONING, CHECK OUR TIPS ON *PAGE 25*.

PHOTOS: Greg Scheidemann

PAN-SEARED FILET MIGNON

Total Time 30 minutes
Serves 4

2 Tbsp. Hy-Vee salted butter
2 Tbsp. Hy-Vee Select olive oil
4 sprigs fresh thyme, plus extra for garnish
1 clove garlic, thinly sliced
4 (5-oz.) beef tenderloin filet mignons (1½ in. thick)
Hy-Vee kosher sea salt and black pepper, to taste
½ medium onion, cut into thin wedges
1 lb. button mushrooms, quartered
¾ cup dry red wine
¾ cup Hy-Vee beef broth
¼ cup Hy-Vee heavy whipping cream
2 tsp. Hy-Vee Dijon mustard

1. PREHEAT oven to 400°F. Heat butter, oil, 4 sprigs thyme and garlic in a large cast-iron skillet over medium-high heat. Season steaks with salt and pepper. Add steaks to skillet and sear for 4 minutes or until browned on each side, turning once. Transfer steaks to a platter and set aside.

2. ADD onion to the same skillet and cook for 2 minutes or until tender. Add mushrooms; cook and stir for 5 minutes or until softened. Add red wine and broth; simmer until mixture is reduced by half. Stir in whipping cream and mustard. Return steaks to the skillet.

3. PLACE skillet in the oven and cook until steaks reach desired doneness, about 5 minutes for medium-rare (145°F).

4. SERVE steaks with sauce and, if desired, garnish with fresh thyme.

Per serving: 450 calories, 28 g fat, 12 g saturated fat, 0 g trans fat, 125 mg cholesterol, 270 mg sodium, 7 g carbohydrates, 1 g fiber, 3 g sugar, 36 g protein

A GOOD SEAR

Steaks love sturdy cast iron. A hot oiled skillet makes a dramatic sizzling sound when the meat hits it. The beef caramelizes, which builds great flavor.

30
minutes
or less

Total Time 40 minutes
Serves 4

2 Tbsp. Hy-Vee Select extra virgin olive oil
1½ lb. red potatoes, coarsely chopped
1 red bell pepper, seeded and chopped
½ cup chopped yellow onion
2 cloves garlic, minced
½ tsp. Hy-Vee kosher sea salt
¼ tsp. Hy-Vee black pepper
4 oz. fully cooked Spanish chorizo, sliced
1 (4-oz.) can Hy-Vee mild diced green chiles

1 cup Hy-Vee shredded Cheddar cheese (4 oz.)
4 large pasteurized eggs
Fresh cilantro, for garnish

1. PREHEAT oven to 400°F.

2. HEAT olive oil over medium heat in a 10-in. cast-iron skillet. Add potatoes, bell pepper, onion, garlic, salt and black pepper. Cook for 12 to 15 minutes or until potatoes are tender and golden brown, stirring occasionally. Add chorizo and chiles; stir until combined. Sprinkle cheese evenly over potato mixture.

3. CREATE four 2-in. indentations in the potato-chorizo mixture, using the back of a spoon. Crack one egg into each indentation, ensuring the egg is in contact with the bottom of the skillet. Bake for 12 to 15 minutes or until egg whites are set and yolks begin to thicken. If desired, garnish with cilantro.

Per serving: 430 calories, 30 g fat, 11 g saturated fat, 0 g trans fat, 245 mg cholesterol, 940 mg sodium, 19 g carbohydrates, 2 g fiber, 2 g sugar, 21 g protein

BREAKFAST SKILLET

A SUPER SAUTÉ

Potatoes cook extra crispy in a cast-iron skillet because cast iron holds a constant temperature when food is added to hot oil. Use a skillet with a large surface area so you can cook everything in one batch without overcrowding.

ALL-IN-ONE SKILLET

A hot and bubbling cheesy lasagna simmers on the stove top, broils in the oven and comes to the table, all in the same cast-iron skillet. Using one pan for all steps makes for quick cleanup.

Total Time 35 minutes
Serves 6

3 oz. (1½ cups) dry Hy-Vee farfalle bow ties pasta
3 Tbsp. Hy-Vee Select extra virgin olive oil
1 small onion, chopped
1 (8-oz.) pkg. cremini mushrooms, chopped
1 small zucchini, sliced
1 small yellow summer squash, sliced
½ cup chopped green bell pepper
2 cloves garlic, minced
½ tsp. Hy-Vee kosher sea salt
1 (24-oz.) jar Hy-Vee three-cheese marinara sauce
1 (8-oz.) pkg. Hy-Vee shredded mozzarella cheese (2 cups)
1 oz. Asiago cheese, shredded (¼ cup)
2 Tbsp. snipped fresh basil

1. PREHEAT broiler. Cook pasta according to package directions. Drain and set aside.

2. HEAT olive oil over medium heat in a 12-in. cast-iron skillet. Add onion, mushrooms, zucchini, summer squash, bell pepper, garlic and salt. Cook and stir for 5 minutes. Add marinara sauce and pasta; stir to combine. Bring mixture to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Sprinkle with cheeses.

3. PLACE skillet in oven. Broil 4 in. from heat for 3 minutes or until cheese is bubbly. Sprinkle with basil before serving.

Per serving: 340 calories, 17 g fat, 6 g saturated fat, 0 g trans fat, 25 mg cholesterol, 860 mg sodium, 30 g carbohydrates, 3 g fiber, 14 g sugar, 15 g protein

VEGGIE SKILLET LASAGNA

SKILLET COOKIE SUNDAES

Total Time 40 minutes
Serves 8

Hy-Vee nonstick cooking spray
1 cup plus 2 Tbsp. Hy-Vee all-purpose flour
½ tsp. Hy-Vee baking soda
¼ tsp. Hy-Vee salt
¼ cup plus 2 Tbsp. Hy-Vee salted butter, softened
2 Tbsp. Hy-Vee vegetable shortening
¼ cup plus 2 Tbsp. Hy-Vee granulated sugar
¼ cup plus 2 Tbsp. packed Hy-Vee brown sugar
1 Hy-Vee large egg
1½ tsp. Hy-Vee vanilla extract
1 cup Hy-Vee semisweet chocolate chips
Hy-Vee vanilla ice cream, for serving
¼ cup caramel sauce, for serving
Coarse sea salt, for serving

1. PREHEAT oven to 375°F. Spray eight (3½-in.) cast-iron skillets with nonstick spray; set aside.

2. STIR together flour, baking soda and salt in a medium bowl; set aside.

3. BEAT butter and shortening in a

large mixing bowl with an electric mixer on medium for 30 seconds. Add granulated sugar and brown sugar. Beat on medium for 2 minutes, scraping sides of the bowl occasionally. Beat in egg and vanilla until combined. Beat in as much flour mixture as you can with the mixer. Stir in any remaining flour mixture; add chocolate chips.

4. TRANSFER 3 rounded Tbsp. batter to each prepared skillet. Place skillets in a large baking pan. Bake for 7 to 10 minutes or until cookies are golden brown and just set in the centers.

5. SERVE warm cookies topped with ice cream, caramel sauce and sea salt.

NOTE: To bake one giant cookie in a 10-in. cast-iron skillet, preheat oven to 350°F. Spray skillet with Hy-Vee nonstick cooking spray; spread dough into skillet. Bake for 18 to 20 minutes or until golden brown and just set in the center. Cut cookie into eight wedges and serve as directed.

Per serving (individual skillet cookie):
330 calories, 19 g fat, 10 g saturated fat, 0 g trans fat, 45 mg cholesterol, 230 mg sodium, 40 g carbohydrates, 2 g fiber, 24 g sugar, 4 g protein

MIX IT UP

FOR QUICK OPTIONS, TRY THESE DELICIOUS COMBOS STARTING WITH REFRIGERATED COOKIE DOUGH:

- CHOCOLATE COOKIES PLUS RASPBERRY GELATO FOR A GREAT CONTRAST OF DEEP CHOCOLATE AND BRIGHT BERRIES.
- SUGAR COOKIES PLUS BANANA SPLIT-FLAVORED ICE CREAM FOR A TASTE OF A PURCHASED ICE CREAM SUNDAE.
- WHITE CHOCOLATE-MACADAMIA NUT COOKIES PLUS COCONUT ICE CREAM FOR A REFRESHING TROPICAL TREAT.

CAST IRON CARE GUIDE

THE FIRST WASH

When you purchase a cast-iron skillet, use mild soapy water for only the first washing. Then season the pan. Avoid using soap thereafter or you'll need to reseason your pan.

WIPE IT CLEAN

After each use of the pan, wipe out any food bits with paper towels.

SCRUB A BIT MORE

To remove stuck-on food, add kosher salt to the skillet and gently scrub with a rag. Discard the salt and rinse the skillet with hot water.

DRY COMPLETELY

Dry your skillet immediately with a kitchen towel, or heat the skillet over medium-low heat to evaporate the moisture.

STORE CAREFULLY

Keep your cast-iron skillet in a dry place with the lid off to avoid rusting. If rust appears, scour your cookware with steel wool and reseason.

SEASON YOUR PAN

Seasoning means baking fat or oil into the iron, which helps create a natural nonstick coating. To season, clean the cookware, then use a paper towel to coat it with a thin layer of fat, such as vegetable shortening or bacon grease. Coat the entire pan, including the exterior, bottom and sides. The film of fat acts as a barrier against rust. Place the oiled skillet in a 200°F oven for 20 minutes. Cool to room temperature before storing.

Source: Lodge Cast Iron



*** Bonus Feature:**
Learn how to season a cast-iron skillet. Watch the video at youtube.com/HyVee

BAKER FRIENDLY

Thick, heavy cast-iron skillets distribute heat evenly to produce well-browned, nicely textured baked goods. They work like magic to give chocolate chip cookies nice crusty edges while the centers stay soft and gooey. And there's nothing more fun than serving individual cookies from mini-size skillets.



AS THE SMELL OF APPLES AND PUMPKIN SPICE FILLS THE AIR, THOUGHTS OF **SAVORY SALADS** AND SIDES, FRUITY DESSERTS AND ALL THINGS WARM AND COZY MAKE US **CRAVE FRESH FLAVORS** OF FALL.

October Fresh™

PHOTOS Cameron Sadeghpour and Greg Scheldemann

Welcome autumn's glorious bounty of produce, such as hearty root vegetables; sweet, earthy winter squashes; crisp apples and luscious pears. Beet leaves and greens, including kale and rainbow chard, are also at their peaks in the fall. Put this cornucopia of produce to use as you bake and roast fall's varied and splendid flavors to kindle cool-weather appetites.

The sweet flavor and silky texture of **butternut squash** shine in soups, sides and even pizzas.

Fragrant, juicy **pears** wear the lovely colors of fall. Tuck slices into grilled cheese sandwiches for a taste sensation. Anjou and Bosc are tops for holding their shape and texture during cooking. In a pinch, Bartletts work fine too.

Hearty root vegetables—**parsnips, beets, carrots** and **rutabagas**—offer plenty of flavor, meaty texture and brilliant color. Slow-roasting them in the oven concentrates their earthy

sweetness. The slightly bitter yet sweet flavor of **turnips** adds a nice bite to mashed potatoes or roasted chicken.

Kale with its somewhat bitter flavor makes a tasty addition to ham-and-bean soup or casseroles. Or simply sauté it for a quick side.

The wonderfully versatile **sweet potato** can be smashed, spiralized, baked or roasted. Though the orange spuds are available year-round, they hit their sweetest in the fall and winter.

One of fall's most iconic flavors is **pumpkin**. Enjoy it beyond the piecrust in a curried dish, a steamy latte or a waffle.

Fall's **apple** abundance offers a huge blessing to cooks. Naturally sweet apples grow rich and robust in flavor when they are braised or sautéed with brown butter or featured in a baked good. Talk to your Hy-Vee produce manager to learn about the best types of apples or any other fall produce for your autumn recipes.

Total Time 50 minutes
Makes 2 loaves (18 slices each)

Hy-Vee nonstick cooking spray
1 cup Hy-Vee granulated sugar
2½ tsp. Hy-Vee ground cinnamon, divided
3 tart apples, such as Granny Smith, thinly sliced with a mandoline
3 (11-oz.) cans refrigerated crusty French loaf bread dough
6 Tbsp. Hy-Vee salted butter, divided
¼ cup Hy-Vee chopped pecans, toasted
¼ cup packed Hy-Vee brown sugar
2 Tbsp. Hy-Vee all-purpose flour
1 cup Hy-Vee powdered sugar
2 Tbsp. cinnamon-flavored whiskey or Hy-Vee Select 100% pure maple syrup
1 tsp. water

1. PREHEAT oven to 350°F.

2. LINE two 9×5-in. loaf pans with parchment paper, extending parchment 1 in. over long edges of pan. Spray parchment with cooking spray; set pans aside.

3. COMBINE granulated sugar, 2 tsp. cinnamon and apple slices in a large bowl; set aside.

4. CAREFULLY unroll one can of dough into a 14×10-in. rectangle on a lightly floured surface. Cut into two 14×5-in. strips; set aside. Repeat with remaining two cans of dough.

5. MELT 4 Tbsp. butter in the microwave in a small microwave-safe bowl. Brush some of the melted butter onto one dough strip. Add a thin layer of apple mixture and sprinkle with 2 rounded Tbsp. of pecans. Top with a second dough strip, layering with butter, apple mixture and pecans. Repeat three more times. Top with remaining dough strip. Cut the stack crosswise into six sections. Carefully transfer three of the sections to one of the prepared pans, placing cut sides down and allowing space between sections so the dough can rise while baking. Place remaining sections in second pan.

6. COMBINE brown sugar, flour and remaining ½ tsp. cinnamon in a small bowl. Cut 2 Tbsp. of butter into the brown sugar mixture until coarse crumbs form. Sprinkle the mixture evenly over sections in pans.

7. BAKE loaves for 25 to 30 minutes or until golden brown and cooked through. If necessary, cover loaves loosely with foil the last 15 minutes of baking to prevent overbrowning. Cool loaves in pans on a wire rack for 10 minutes. Remove loaves from pans; cool completely.

8. MEANWHILE, for icing, whisk together powdered sugar, whiskey and water in a medium bowl until smooth. Add more water, if needed, to reach drizzling consistency. Drizzle icing over bread loaves.

Per slice: 150 calories, 4.5 g fat, 1.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 170 mg sodium, 26 g carbohydrates, 1 g fiber, 14 g sugar, 3 g protein



» **Green Apples**
With a pleasantly tart bite, Granny Smith apples pair well with the buttery crisp crust and the whiskey glaze. Try other baking apples too, such as Braeburn, Jonathan or Rome Beauty.



apple pull-apart bread

PECAN-CRUSTED PORK AND BEET SALAD

Total Time 1 hour
Serves 6

1 (1½-lb.) boneless pork tenderloin, trimmed
Hy-Vee kosher sea salt and black pepper, to taste
2 Tbsp. Hy-Vee Dijon mustard
2 Tbsp. Hy-Vee honey, divided
½ cup Hy-Vee chopped pecans
2 medium red and/or golden beets, peeled
2 Tbsp. Hy-Vee Select extra virgin olive oil
1 Tbsp. Hy-Vee balsamic vinegar
5 oz. Hy-Vee spring salad mix

1 Honeycrisp apple, thinly sliced
2 oz. Hy-Vee Select natural fresh goat cheese, crumbled

1. PREHEAT oven to 425°F. Line a rimmed baking pan with foil. Place pork on prepared pan; season with salt and pepper.

2. COMBINE mustard and 1 Tbsp. honey in a small bowl. Spread mustard mixture over top and sides of pork. Press pecans into top and sides of pork.

3. CUT beets into thin wedges. Arrange around pork in pan. Roast, lightly covered with foil,

for 30 minutes or until beets are tender and an instant-read thermometer inserted into the pork registers 145°F. Cover pork with foil and let stand for 15 minutes before slicing.

4. WHISK together oil, remaining 1 Tbsp. honey and vinegar in a large bowl. Season to taste with salt. Add salad mix and toss to combine. Divide salad mixture among serving plates. Add beets, apple and pork slices and goat cheese. If desired, sprinkle with additional pepper.

Per serving: 320 calories, 16 g fat, 4 g saturated fat, 0 g trans fat, 80 mg cholesterol, 260 mg sodium, 15 g carbohydrates, 3 g fiber, 11 g sugar, 28 g protein

» Roasting Beets

When blasted with an oven's dry heat, beets sweeten considerably as roasting coaxes forth their natural sugars. Beets also add glorious color to salads.





Total Time 20 minutes
Serves 1

¾ cup water
2 Hy-Vee chai black tea bags
½ tsp. Hy-Vee ground cinnamon,
plus more for garnish
¼ tsp. Hy-Vee ground ginger
¼ tsp. Hy-Vee ground nutmeg
¾ cup Hy-Vee 2% reduced-fat milk
¼ cup plus 2 Tbsp. Hy-Vee French
vanilla coffee creamer, divided
1 Tbsp. packed Hy-Vee brown sugar
2 Tbsp. Hy-Vee canned pumpkin

1. PLACE the water in a microwave-safe 2-cup glass measure. Microwave on high for 1 minute or until steaming hot. Add the tea bags, ½ tsp. cinnamon, ginger and nutmeg. Steep for 10 minutes. Remove tea bags and strain mixture through a fine-mesh strainer or cheesecloth.

2. COMBINE the milk, ¼ cup creamer and brown sugar in a small saucepan. Cook and stir over medium heat until steaming hot and the brown sugar is dissolved.

3. PLACE pumpkin in bottom of a 16 oz. mug. Slowly add tea, followed by milk mixture.

4. PLACE remaining 2 Tbsp. creamer in a glass jar with lid. Shake jar until frothy. Top drink with froth and sprinkle with cinnamon.

Per serving: 360 calories, 12 g fat, 8 g saturated fat, 0 g trans fat, 15 mg cholesterol, 85 mg sodium, 55 g carbohydrates, 2 g fiber, 52 g sugar, 6 g protein

PUMPKIN-CHAI LATTE



PUMPKINS: *think outside the pie*

Pumpkins lend sweet, buttery qualities to breads, cakes, soups and drinks. For cooking and baking, choose small pumpkins with smooth-textured flesh.

> prep pumpkin
Cut fresh pumpkins into wedges, then peel and chop them into smaller pieces. Caramelize the pieces in a 400°F oven for 30 minutes to give them a sweet flavor and golden brown color. The soft flesh blends effortlessly into soups, stews or risottos for depth of flavor.

> make fresh pumpkin puree
Start with a 2- to 2½-lb. pumpkin, which will give you 2 cups puree. Split the pumpkin in half and scrape out the seeds and pulp. Place halves, cut sides down, in a baking dish. Add ½ in. of water. Bake in a 350°F oven about 45 minutes or until a knife easily pierces the pumpkin, adding water as needed to maintain the water level. Cool the pumpkin. Scoop the flesh into a food processor or blender and puree until smooth. Freeze the puree for up to 3 months.

Total Time 30 minutes
Serves 3 (4 waffles each)

Hy-Vee nonstick cooking spray
1 cup Hy-Vee Select 100% pure maple syrup
2 Tbsp. Hy-Vee stone-ground Dijon mustard
2 cups Hy-Vee buttermilk pancake and waffle mix
1 cup Hy-Vee canned pumpkin
½ cup water
3 Tbsp. Hy-Vee vegetable oil
½ cup chopped Hy-Vee deli ham slices (1.5 oz.)
½ cup Hy-Vee shredded Gouda cheese (1.5 oz.)

Hy-Vee sour cream, optional
2 Tbsp. chopped chives, for garnish
Hy-Vee salt and black pepper, to taste

1. SPRAY a regular or Belgian waffle maker with nonstick cooking spray. Preheat waffle maker according to the manufacturer's directions.

2. COMBINE maple syrup and mustard in a small bowl; set aside. Whisk together waffle mix, pumpkin, water and 3 Tbsp. oil in a large bowl (batter should be slightly lumpy). Fold in ham and cheese.

3. ADD ¼-cup portions batter to preheated waffle maker. Close lid quickly and bake according to manufacturer's directions until waffles are golden brown. When done, use a fork to lift waffles off grid; keep warm in a 200°F oven for up to 10 minutes. Repeat with remaining batter.

4. SERVE waffles warm topped with maple-mustard mixture and, if desired, sour cream. If desired, garnish with chives. Season to taste with salt and pepper.

Per serving: 830 calories, 24 g fat, 6 g saturated fat, 0 g trans fat, 45 mg cholesterol, 1,500 mg sodium, 141 g carbohydrates, 4 g fiber, 83 g sugar, 16 g protein

Savory Pumpkin Waffles



SLATHER MAPLE-MUSTARD SYRUP AND SOUR CREAM ON SAVORY WAFFLES THAT START WITH A PACKAGED MIX.

SMASHED SWEET POTATOES

Total Time 50 minutes
Serves 8

Hy-Vee nonstick cooking spray
4 medium sweet potatoes,
cut in half lengthwise
1 Tbsp. Hy-Vee Select olive oil
6 Tbsp. Hy-Vee salted butter
¼ cup Hy-Vee Select 100% pure
maple syrup, divided
¼ cup packed Hy-Vee brown sugar
¼ cup chopped unsalted pistachios
2 Tbsp. Hy-Vee all-purpose flour
½ tsp. Hy-Vee ground cinnamon
¼ tsp. Hy-Vee ground nutmeg
¼ tsp. Hy-Vee ground ginger
¼ tsp. Hy-Vee kosher sea salt, plus more, to taste
¼ tsp. Hy-Vee cayenne pepper
Italian parsley leaves, for garnish

- 1. PREHEAT** oven to 425° F. Line a baking pan with parchment paper; lightly spray with nonstick spray and set aside.
- 2. PLACE** sweet potatoes in prepared pan and brush cut sides with olive oil. Roast, uncovered, for 25 to 30 minutes or until sweet potatoes are tender. Let stand for 10 minutes.
- 3. HEAT** butter in a small saucepan over medium-low heat until melted. Continue heating, stirring occasionally, until butter turns a light golden brown. Stir in 1½ Tbsp. maple syrup; set aside.
- 4. COMBINE** brown sugar, pistachios, flour, cinnamon, nutmeg, ginger, ¼ tsp. salt and cayenne pepper in a bowl. Stir in half of the butter mixture.
- 5. SMASH** sweet potato halves with a potato masher or fork; drizzle remaining butter mixture on top. Top with pistachio mixture. Bake for 10 minutes more or until golden. Drizzle sweet potatoes with remaining 2½ Tbsp. maple syrup. If desired, garnish with parsley and season to taste with salt. Serve warm.

Per serving: 220 calories, 12 g fat, 6 g saturated fat, 0 g trans fat, 25 mg cholesterol, 160 mg sodium, 28 g carbohydrates, 2 g fiber, 17 g sugar, 2 g protein



> Savory Toppers
While the sweet potatoes bake, you'll have plenty of time to make the maple crumb topper. Or top the potatoes with melted butter and fresh herbs or chopped chipotle pepper.

Total Time 1 hour 30 minutes
plus cooling time
Serves 16

Hy-Vee nonstick cooking spray
3 Hy-Vee large eggs
3 Tbsp. 2% reduced-fat milk
¾ cup Hy-Vee unsalted butter
1½ cups packed Hy-Vee brown sugar
¾ cup full-flavor molasses
½ cup Hy-Vee light corn syrup
½ cup dark corn syrup
2¼ cups Hy-Vee quick oats
2¼ cups Hy-Vee all-purpose flour
1 Tbsp. Hy-Vee baking powder
1 Tbsp. Hy-Vee ground ginger
½ tsp. ground allspice
¼ tsp. Hy-Vee kosher sea salt
1 recipe Vanilla Buttercream, right
1 recipe Poached Pears, right
1 recipe Sticky Toffee Sauce, far right

- 1. PREHEAT** oven to 325°F. Spray two 8-in.-round baking pans with cooking spray. Line pans with parchment paper. Spray parchment paper with cooking spray. Set aside.
- 2. COMBINE** eggs and milk in a small bowl; set aside. Combine butter, brown sugar, molasses and corn syrups in a medium saucepan. Cook over

medium heat until butter is melted and brown sugar is dissolved. Cool.

3. WHISK together oats, flour, baking powder, ginger, allspice and salt in a large bowl. Whisk in brown sugar mixture until combined. Whisk in egg mixture until combined.

4. DIVIDE batter evenly between prepared baking pans. Bake for 45 to 50 minutes or until a wooden toothpick inserted near the centers comes out clean. Cool cakes in pans on wire racks for 10 minutes. Remove cakes from pans, peel off parchment paper and cool thoroughly.

5. PREPARE Vanilla Buttercream, Poached Pears and Sticky Toffee Sauce. To assemble, place a cake layer on a cake stand. Spread top with thin layer of Vanilla Buttercream. Add second cake layer and spread top with thin layer of Vanilla Buttercream. Spread thin layer of Vanilla Buttercream on sides of cake

layers. Cover cake loosely and refrigerate for up to 2 hours.

6. JUST BEFORE SERVING, toss Poached Pears with Sticky Toffee Sauce. Spoon mixture on top of cake, letting sauce drip down the sides.

VANILLA BUTTERCREAM: Place ½ cup softened Hy-Vee unsalted butter in a medium mixing bowl. Beat with an electric mixer on medium until light and fluffy. Add 2 cups Hy-Vee powdered sugar, ½ cup at a time, beating well after each addition. Add 1½ tsp. Hy-Vee vanilla extract and 1 to 2 Tbsp. Hy-Vee 2% reduced-fat milk to reach spreading consistency.

POACHED PEARS: Combine 4 cups Hy-Vee sweetened apple juice and 2 cinnamon sticks in a skillet. Bring to boiling. Add 3 firm ripe red Bosc pears, peeled and halved and/or quartered.

Return to boiling; reduce heat and simmer for 15 minutes until pears are tender. Cool.

STICKY TOFFEE SAUCE: ½ cup dark corn syrup, ½ cup unsalted butter, ¼ cup packed brown sugar and 2 Tbsp. in a small saucepan. Bring to boiling; reduce heat. Cool until sugar is dissolved. Reduce heat. Stir in 1 Tbsp. Hy-Vee whipping cream. Cool.

Per serving: 550 calories, 18 g total fat, 10 g saturated fat, 0.5 g trans fat, 75 mg cholesterol, 180 mg sodium, 98 g carbohydrates, 3 g fiber, 74 g sugar, 5 g protein

> Poaching Pears
Firm, crisp Bosc pears poach beautifully and break down on their own. The longer they stay in the liquid after poaching, the better they'll taste.



pear-treacle cake

Pizza Bread Fix-Ups

Who doesn't love pizza? It's yummy—that crunchy crust, that gooey cheese!—and customizable with your other favorite toppings. These pizza-style fix-ups use Hy-Vee artisan breads to give you great Italian taste without the hassle of rolling out dough.

PHOTOS Cameron Sadeghpour and Tobin Bennett



Pizza Fondue Boule

Pictured opposite.

Total Time 45 minutes
Serves 12

1 Hy-Vee Bakery 10-in. round artisan bread, such as a French boule
Hy-Vee nonstick olive oil spray
1 cup dry white wine, such as Pinot Grigio
2 Tbsp. Hy-Vee cornstarch
1½ cups Hy-Vee shredded low-moisture mozzarella cheese (6 oz.)
6 oz. Gruyère cheese, shredded
6 oz. Fontina cheese, shredded
¼ cup Hy-Vee pizza sauce
¼ cup Hy-Vee pepperoni slices
Fresh oregano leaves, for garnish

1. PREHEAT oven to 450°F. Line a rimmed baking pan with foil.

2. SLICE off the top of the bread loaf. Hollow out remaining loaf, leaving a 1-in.-thick shell. Cut removed bread and top into cubes. Spray bread bowl interior

and bread cubes with nonstick spray.

3. PLACE bowl and bread cubes on prepared pan. Bake for 10 minutes or until lightly toasted. Remove from oven.

4. STIR together wine and cornstarch in a large saucepan. Bring mixture to boiling; reduce heat and simmer. Stir in cheeses, a little at a time. Continue to simmer, stirring until cheese has melted, up to 20 minutes.

5. POUR fondue into bread bowl, top with pizza sauce and pepperoni, and bake for 20 minutes or until cheese is bubbly and bread is crisp. (If necessary, cover edges of bread loosely with foil the last 5 minutes of baking to prevent overbrowning.) Serve immediately with toasted bread cubes for dipping. If desired, garnish fondue with oregano.

Per serving: 270 calories, 13 g fat, 7 g saturated fat, 0 g trans fat, 45 mg cholesterol, 630 mg sodium, 20 g carbohydrates, 0 g fiber, 1 g sugar, 16 g protein

Pizza Bagels

STEP ONE: Place oven rack about 10 in. below broiler heating unit. Preheat broiler on low.

STEP TWO: Split 2 Hy-Vee Bakery plain bagels; toast in a toaster. Top bagel halves with Hy-Vee pizza sauce, fresh mozzarella cheese, thinly sliced zucchini and halved cherry tomatoes. Place on a baking sheet. Broil for 5 minutes or until cheese is bubbly and begins to brown.

STEP THREE: Top bagels with thin strips of prosciutto and drizzle with balsamic glaze. If desired, garnish with basil leaves. Serves 4.

30
minutes
or less





✱ Wrap this pull-apart loaf in foil and take it to a tailgate party. Warm it on a grill until the cheese is melted.

BBQ CHICKEN PULL-APART PIZZA

Total Time 1 hour
Serves 15

1 (16-oz.) loaf Hy-Vee Bakery Asiago bread
Hy-Vee nonstick cooking spray
2 cups Hy-Vee shredded Colby-Jack cheese, divided (8 oz.)
2 cups Hy-Vee shredded rotisserie chicken
½ cup Hy-Vee Hickory House K.C. Kiss BBQ Sauce, plus more for dipping

½ cup sliced red onion
2 Tbsp. chopped cilantro

1. PREHEAT oven to 350°F. Cut bread diagonally at 1-in. intervals, slicing only to within 1 in. of loaf bottom. Cut 1-in. slices diagonally in the other direction to create diamond-shape wedges, again cutting only to within 1 in. of loaf bottom.

2. LINE a baking sheet with foil and coat with cooking spray. Place bread on baking sheet.

Tuck half of cheese in between the bread slices.

3. COMBINE chicken, barbecue sauce and red onion in a medium bowl. Tuck the mixture in between the bread slices over the cheese. Add remaining cheese over the top, pressing down to pack between the slices.

4. SPRAY a piece of foil with cooking spray. Loosely place foil over bread, coated side down, and bake for 15 minutes or until cheese has melted.

Uncover and bake for 10 minutes more or until bread is golden. Cool slightly and sprinkle with cilantro.

5. IF DESIRED, serve with additional sauce for dipping, or drizzle some sauce over the bread just before serving.

Per serving: 190 calories, 9 g fat, 5 g saturated fat, 0 g trans fat, 30 mg cholesterol, 350 mg sodium, 15 g carbohydrates, 0 g fiber, 4 g sugar, 11 g protein



30
minutes
or less

PIZZA WEDGES

1. Preheat oven to 400°F. Using a sharp knife, cut a 1-in. horizontal slice off the top and the bottom of a 20-oz. loaf Hy-Vee Bakery Italian bread. Reserve center layer of bread for another use. Use top and bottom slices as your crusts.

2. Combine ¼ cup melted butter and 2 minced garlic cloves. Brush butter mixture onto cut sides of the bread slices. Place slices, cut sides down, on a baking sheet. Bake for 10 to 15 minutes or until toasted.

3. Spread ½ cup Hy-Vee pizza sauce onto cut side of each slice. Sprinkle 1 cup Hy-Vee shredded mozzarella cheese on top of each.

4. Bake for 5 to 10 minutes more or until cheese is bubbly. Cut into wedges. Season with Hy-Vee black pepper to taste. If desired, garnish with basil leaves. Serves 8 (2 wedges each).

✱ Pizza wedges offer you a chance to go crazy with toppings: artichokes, shrimp, fresh greens, corned beef. Also experiment with cheeses.

PRESSURE PERFECT

STEAMY HOT MEALS CAN BE READY IN HALF THE NORMAL TIME IF YOU PUT YOUR PRESSURE COOKER TO WORK. LET IT BECOME YOUR MEAL MACHINE.

PHOTOS Cameron Sadeghpour

Today's pressure cookers are more like fast versions of a slow cooker and much safer than old models. Both stove-top and electric pressure cookers function the same way: The tightly sealed pot quickly boils liquid, trapping in steam and generating pressure. That increases the temperature beyond the boiling point, which forces liquid into the food, resulting in faster, more even cooking. The high heat caramelizes and browns the food, making it superbly flavorful and tender.

Electric cookers, such as the Elite 4-quart cooker sold at Hy-Vee, are super convenient. Just tap a button and the meal cooks on its own. The Elite cooker can function as a slow cooker, rice cooker or steamer, and can sauté or brown ingredients, all in one handy unit. It also features built-in temperature and pressure monitors.

FAJITA BEEF STEW

Total Time 1 hour 10 minutes
Serves 6

3 Tbsp. Hy-Vee Select olive oil
2 lb. Hy-Vee Choice Reserve beef stew meat
½ cup Hy-Vee all-purpose flour
1 (14.5-oz.) can Hy-Vee beef broth
1 (10-oz.) can Hy-Vee diced tomatoes with green chilies, undrained
1 medium yellow onion, thinly sliced
1 (1.25-oz.) envelope Hy-Vee fajita seasoning
1 cup thinly sliced red bell pepper
1 cup thinly sliced green bell pepper
¼ cup snipped cilantro, optional

Hy-Vee Cantina Style tortilla chips, optional
Smoked paprika, optional

1. HEAT 3 Tbsp. oil in an uncovered pressure cooker. Use the sauté/browning setting, if available. Place stew meat and flour in large resealable plastic bag. Seal bag; toss to coat. Remove beef from bag and add to pressure cooker; brown on all sides.

2. ADD broth, tomatoes, onion and fajita seasoning. Stir to combine.

3. PRESSURE-COOK on high for 35 minutes. Let the pressure drop naturally and carefully remove the lid.

4. ADD bell peppers to the pressure cooker and return stew to boiling. Use the sauté/browning setting, if available. Simmer, uncovered, for 10 minutes or until the peppers are tender and the stew thickens slightly, stirring occasionally.

5. SERVE stew topped with cilantro, tortilla chips and smoked paprika, if desired.

Per serving: 390 calories, 23 g fat, 8 g saturated fat, 0 g trans fat, 100 mg cholesterol, 1,150 mg sodium, 15 g carbohydrates, 1 g fiber, 4 g sugar, 32 g protein



BEEF STEW FOR DINNER?

Tough beef cuts, such as stew meat, become fork-tender as they cook in a rich, deeply flavored sauce in a pressure cooker. The best part? Knowing your stew will be ready in a little over an hour. That's in half the time of a stove-top stew.

TROPICAL PULLED PORK SANDWICHES

Total Time 1 hour
20 minutes
Serves 12

1 Tbsp. Hy-Vee Select olive oil
1 (3- to 4-lb.) pork shoulder
butt roast

1 (6-oz.) can unsweetened
pineapple juice
¼ cup Hy-Vee soy sauce
2 Tbsp. packed Hy-Vee
brown sugar
1 clove garlic, minced
1 Tbsp. Hy-Vee Sriracha sauce
1 tsp. grated fresh ginger
1 tsp. sesame oil

12 Hy-Vee Bakery Hy-Waiian
hamburger buns, halved
and toasted
1 cup thinly sliced fresh
pineapple rings
½ cup sliced green onions
Hy-Vee Hickory House KC Kiss
BBQ Sauce, optional

1. **HEAT** olive oil in an
uncovered pressure cooker.
Use the sauté/browning
setting, if available. Cut roast
into four pieces; add to cooker
and brown on all sides.

2. **WHISK** together pineapple
juice, soy sauce, brown sugar,
garlic, Sriracha, ginger and
sesame oil in a medium bowl.
Pour mixture over pork.

3. **PRESSURE-COOK** on high
for 50 minutes.

Let pressure drop naturally
and carefully remove the lid.

4. **REMOVE** the pork from the
pressure cooker and carefully
trim any fat. Reserve ½ cup
of the cooking juices; discard
remaining juices. Return
pork to the pressure cooker
and shred. Add the reserved
cooking juices.

5. **PLACE** pineapple slices on
bun bottoms. Using a slotted
spoon, spoon pork mixture on
top. Sprinkle with green onions.
If desired, add BBQ sauce.
Add bun tops.

Per serving: 340 calories, 11 g fat,
4 g saturated fat, 0 g trans fat,
85 mg cholesterol, 660 mg sodium,
35 g carbohydrates, 1 g fiber,
14 g sugar, 27 g protein



* Bonus Feature:
Learn how to
make Tropical
Pulled Pork
Sandwiches.
Watch the video
at [youtube.com/
HyVee](https://www.youtube.com/HyVee)



PORK PERFECTION

When you sear the roast in the pressure cooker, the drippings form the base of an amazing sauce. Pressure-cooking a 3- to 4-lb. roast takes about 50 minutes compared to 5 to 7 hours in a slow cooker.

WHAT A PRESSURE COOKER CAN DO!



1.

STEAM: INSERT A STEAMER BASKET INTO THE COOKER. FILL THE BASKET WITH VEGGIES, ADD WATER AND STEAM ACCORDING TO MANUFACTURER'S DIRECTIONS. BROCCOLI, SUMMER SQUASH AND CARROTS COOK IN 2 TO 3 MINUTES.



2.

BROWN OR SAUTÉ: REMOVE THE PRESSURE COOKER LID. SEAR ROASTS OR STEW MEAT IN HOT OIL OVER HIGH HEAT UNTIL BROWN, STIRRING OCCASIONALLY.



3.

COOK RICE: PRESSURE-COOK RICE OR WHOLE GRAINS, SUCH AS FARRO OR QUINOA, IN ABOUT HALF THE TIME NEEDED ON THE STOVE TOP. A BROWN AND WILD RICE COMBO TAKES 25 MINUTES, COMPARED TO 45 MINUTES ON THE STOVE TOP.



4.

SLOW-COOK: THIS FEATURE ALLOWS FOR HANDS-OFF COOKING. SIMPLY TOSS INGREDIENTS INTO THE COOKER, CLOSE THE LID AND LET THE FOOD COOK ON ITS OWN.

FINISHING TOUCHES: When you cook in a pressure cooker, adding liquid to a recipe helps create steam needed to build pressure. For stews or gravies, you'll need to thicken the liquid after cooking. You can do this right in the pressure cooker, using the sauté function. Add a cornstarch slurry, which gives a sheen

to the finished sauce as well as thickens it. To make the slurry, dissolve 1 Tbsp. of cornstarch in 2 Tbsp. of cold water. Whisk the mixture into the bubbly sauce to thicken. Repeat as needed until the sauce reaches the right consistency. Once the sauce is thickened, let the food cool at least 5 minutes before serving to give the flavors time to blend and settle. Finish your dish with fresh herbs to brighten the flavors of the cooked food.

peanut butter jelly time!

GET INSPIRED BY A CHILDHOOD THROWBACK. PB&J IS STILL A WIN. PUT THE COMBO IN DESSERTS OR CHICKEN WINGS TO KICK UP FLAVOR WHILE YOU SATISFY A COMFORT-FOOD CRAVING.

PHOTOS Greg Scheidemann and Cameron Sadeghpour

Total Time 30 minutes
Serves 16

½ cup Hy-Vee creamy peanut butter
2 Tbsp. Hy-Vee salted butter, softened
7 cups Hy-Vee powdered sugar, divided
½ to ¾ cup Hy-Vee 2% reduced-fat milk, divided
2 tsp. Hy-Vee vanilla extract
16 Hy-Vee Bakery unfrosted vanilla cupcakes
2 cups Hy-Vee strawberry jelly, divided
½ cup Hy-Vee salted party peanuts
Hy-Vee kosher sea salt, optional

1. PLACE peanut butter and butter in a large mixing bowl. Beat with an electric mixer on medium until smooth. Gradually add 2 cups of the powdered sugar and ¼ cup of the milk; beat well. Slowly beat in another ¼ cup milk and the vanilla. Gradually

beat in remaining powdered sugar. Beat in enough of the remaining milk to reach piping consistency. Set peanut butter frosting aside.

2. USING an apple corer, melon baller or paring knife, cut out a 1-in. cone from the center of each cupcake. Insert the tool about halfway down. Remove the cones and trim ½ in. off the cone bottoms; set aside.

3. FILL each cupcake center with a heaping tsp. of jelly. Reposition reserved cone pieces to cover jelly centers.

4. PLACE peanut butter frosting in a decorator bag fitted with a large star tip. Pipe frosting onto each cupcake. Stir remaining jelly until softened and spoon some over each cupcake. Sprinkle with peanuts and, if desired, salt.

Per serving: 400 calories, 8 g fat, 2 g saturated fat, 0 g trans fat, 5 mg cholesterol, 75 mg sodium, 82 g carbohydrates, 1 g fiber, 77 g sugar, 3 g protein

How easy!
Amp up vanilla cupcakes from the Hy-Vee Bakery with generous amounts of jelly and peanut butter frosting.

30
minutes
or less

peanut butter and jelly cupcakes

pb and j sticky wings



Total Time 45 minutes
Serves 12 (2 wings each)

Hy-Vee nonstick cooking spray
3 Tbsp. Hy-Vee Hickory House Heart of the Grill seasoning rub
24 Hy-Vee chicken wingettes (about 2½ lb.)
2 Tbsp. Hy-Vee all-purpose flour
2 Tbsp. Hy-Vee vegetable oil
¼ cup Hy-Vee light coconut milk
¼ cup Hy-Vee creamy peanut butter
1 Tbsp. Hy-Vee light soy sauce
1 Tbsp. fresh lime juice
Hy-Vee honey, to taste
Hy-Vee kosher salt, to taste
3 Tbsp. seedless raspberry preserves, melted
1 Tbsp. Hy-Vee Sriracha
1 Tbsp. Hy-Vee salted butter, melted
Lime wedges, optional

1. PREHEAT oven to 450°F. Line a rimmed baking pan with foil; place a wire rack on top of foil and spray rack with nonstick cooking spray. Set aside.

2. PLACE seasoning rub in a spice grinder (or clean coffee grinder); process for 10 seconds or until pulverized. Pat chicken wingettes dry with paper towels. Place wing pieces in a large resealable plastic bag. Combine flour, oil and rub; add to bag. Seal bag and toss to coat wing pieces. Arrange wing pieces in a single layer on prepared rack. Bake for 35 minutes or until chicken is browned and crispy on all sides, turning once.

3. WHISK together coconut milk, peanut butter, soy sauce and lime juice in a large bowl. Whisk until smooth. Add honey and salt to taste. Whisk together preserves, Sriracha and butter in another large bowl. Add half the wing pieces to peanut butter mixture and toss to coat. Add remaining wing pieces to jelly mixture; toss to coat. Serve with lime wedges, if desired.

Per serving: 270 calories, 21 g fat, 6 g saturated fat, 0 g trans fat, 110 mg cholesterol, 560 mg sodium, 7 g carbohydrates, 0 g fiber, 4 g sugar, 15 g protein

Sauce up the wings with Asian-style peanut sauce and Sriracha jelly.

Total Time 35 minutes plus refrigerating time
Serves 2

¾ cup vanilla-flavored coconut milk
¾ cup Hy-Vee plain Greek yogurt
1½ Tbsp. Hy-Vee Select 100% pure maple syrup
¼ cup Hy-Vee chia seeds
¼ cup Skippy Creamy Peanut Butter, divided
¼ cup Hy-Vee grape jelly, divided

½ cup Hy-Vee vanilla almond granola, divided
½ cup fresh blueberries, halved if desired; divided
2 Tbsp. pepitas, divided
2 Tbsp. Hy-Vee dried cranberries, divided

1. COMBINE coconut milk, yogurt, maple syrup and chia seeds in a medium bowl. Refrigerate for 30 minutes.

2. SPOON ½ cup chia mixture into each of two 16-oz. glasses. Layer each with 1 Tbsp. peanut butter, 1 Tbsp. jelly, 2 Tbsp. granola, 2 Tbsp. blueberries, 1½ tsp. pepitas and 1½ tsp. dried cranberries. Repeat layers.

3. COVER and refrigerate for up to 24 hours.

Per serving: 710 calories, 33 g fat, 6 g saturated fat, 0 g trans fat, 0 mg cholesterol, 250 mg sodium, 87 g carbohydrates, 13 g fiber, 47 g sugar, 25 g protein



pb and j chia pudding



SKIPPY CREAMY PEANUT BUTTER
and sweet jelly pair with berries and yogurt in this ANYTIME TREAT.



Skippy Peanut Butter:
select varieties
26.5 or 28 oz. \$3.99



Skippy P.B. Bites:
select varieties
5 to 6 oz. \$3.29



La Victoria Salsa:
select varieties
16 oz. \$2.99



Spam Luncheon Meat:
select varieties
12 oz. \$2.99

NEW COMFORT-FOOD

VENTURE OUT OF YOUR COMFORT ZONE BY COOKING UP NEW TWISTS ON YOUR TRIED-AND-TRUE FAVORITES. STIR LOBSTER AND ARTISAN CHEESES INTO MAC AND CHEESE OR SPRINKLE CAJUN SEASONING INTO BISCUITS AND GRAVY TO CREATE AROMAS AND FLAVORS BOTH DELICIOUSLY FAMILIAR AND EXCITINGLY NEW. OLD FAMILY RECIPES (VERSION 2.0) LIVE ON!

PHOTOS Greg Scheidemann and Cameron Sadeghpour

FAVES



STUFFED MEAT LOAF

Total Time 1 hour 40 minutes
Serves 10

Hy-Vee nonstick cooking spray
1 clove garlic, minced
1 Tbsp. Hy-Vee Select extra virgin olive oil
1 (6-oz.) bag fresh spinach leaves
1½ lb. 90%-lean ground beef
½ lb. ground pork sausage
1 small onion, finely chopped
¾ cup Hy-Vee plain bread crumbs
2 Hy-Vee large eggs
¼ cup Hy-Vee 2% reduced-fat milk
1 tsp. Hy-Vee kosher sea salt
¼ tsp. Hy-Vee black pepper
½ cup Hy-Vee Sriracha sauce or Hy-Vee Hickory House KC Kiss BBQ sauce
1 Tbsp. Hy-Vee honey
6 (1-oz.) slices Hy-Vee sliced part-skim mozzarella cheese
1 cup Hy-Vee Select Asiago shredded cheese (4 oz.)
10 slices Hy-Vee bacon
Fresh Italian parsley, for garnish

1. PREHEAT oven to 350°F. Spray a rimmed baking pan with nonstick spray; set aside.

2. PLACE garlic and oil in large skillet. Cook over medium heat

until softened. Add spinach; cook for 3 minutes or until wilted. Remove from heat and set aside.

3. COMBINE ground beef, sausage, onion, bread crumbs, eggs, milk, salt and pepper in a large bowl. Combine Sriracha and honey in a small bowl.

4. PAT meat mixture into a 14-in. square on a large piece of foil. In the center of the meat square, arrange a single layer of mozzarella slices; spoon 3 Tbsp. Sriracha mixture on mozzarella. Sprinkle Asiago cheese and spinach mixture over the Sriracha and mozzarella. Carefully roll the meat into a spiral, starting at one edge; pinch ends to seal.

5. PLACE meat roll in prepared baking pan. Wrap bacon slices around the meat, trimming to fit. Bake for 1 hour or until an instant-read thermometer registers 160°F. If desired, place meat loaf under the broiler to crisp the bacon. Drizzle with remaining Sriracha mixture, just before serving. If desired, garnish with parsley.

Per serving: 430 calories, 27 g fat, 11 g saturated fat, 0 g trans fat, 145 mg cholesterol, 1,080 mg sodium, 13 g carbohydrates, 1 g fiber, 5 g sugar, 34 g protein

GIVE IT A SWIRL
ROLL SPINACH AND ITALIAN CHEESES INTO THE LOAF, WRAP IN BACON AND DRIZZLE WITH SRIRACHA AND HONEY.



Total Time 45 minutes
Serves 6

3 cups Hy-Vee all-purpose flour
1 Tbsp. Hy-Vee baking powder
1 Tbsp. Hy-Vee sugar
¾ tsp. cream of tartar
½ tsp. Hy-Vee kosher sea salt
1 cup chilled Hy-Vee salted butter, divided
1¼ cups buttermilk
2 Tbsp. finely chopped chives
3 Tbsp. Hy-Vee salted butter, melted
1 recipe Sausage Gravy, far right
6 large pasteurized eggs
½ cup fresh spinach leaves
4 oz. sliced Hy-Vee deli ham
6 (1-oz.) slices Hy-Vee Cheddar cheese

1. PREHEAT oven to 450°F. Stir together flour, baking powder, sugar, cream of tartar and salt in a large bowl. Using a pastry blender, cut in ¾ cup chilled butter until mixture resembles coarse crumbs. Make a well in the center of the flour mixture. Combine buttermilk and chives; add all at once to flour mixture. Using a fork, stir just until mixture is moistened.

2. TURN dough out onto a lightly floured surface. Knead dough by folding and gently pressing it just until dough holds together. Pat or lightly roll dough to 1¼ in. thick; fold dough in half. Repeat patting and folding once more. Using your hands, shape dough into a 5×6½-in. rectangle about 1½ in. thick. Cut dough into six portions.

3. PLACE dough portions 1 in. apart on an ungreased baking sheet. Brush tops with the melted butter. Bake for 17 to 20 minutes or until golden brown. Transfer to a cooling rack and cool slightly. Prepare Sausage Gravy.

4. MELT remaining ¼ cup chilled butter in an extra-large skillet over medium heat. Break eggs into skillet. Reduce heat to low; cook eggs for 3 to 4 minutes, covered, or until whites are set and yolks begin to thicken.

5. TO ASSEMBLE, split biscuits and place on serving plates. Arrange spinach on biscuit bottoms. Top with Sausage Gravy, ham, cheese and egg. Add biscuit tops.

SAUSAGE GRAVY: Cook ½ lb. Hy-Vee bulk mild breakfast sausage and ½ cup finely chopped onion in a large saucepan over medium-high heat until meat is browned and onion is tender, using a wooden spoon to break up meat as it cooks. Add 1 Tbsp. Hy-Vee salted butter and stir until melted. Sprinkle 2 Tbsp. Hy-Vee all-purpose flour over meat mixture. Cook and stir for 1 minute more. Stir in 1½ cups Hy-Vee 2% reduced-fat milk and 1½ tsp. Hy-Vee ground sage. Cook 10 minutes or until thickened and bubbly, stirring occasionally. Add more milk as needed to reach desired consistency.

Per serving: 990 calories, 69 g fat, 38 g saturated fat, 1.5 g trans fat, 360 mg cholesterol, 1,560 mg sodium, 60 g carbohydrates, 2 g fiber, 9 g sugar, 32 g protein

FLAKY BISCUIT BREAKFAST SANDWICHES



LAYERS OF RICHNESS
RAISE FLUFFY BISCUITS AND GRAVY TO SANDWICH STATUS BY ADDING SPINACH, CHEESE, HAM AND EGGS.



OVER-THE-TOP MAC AND CHEESE

MAC-AND-CHEESE HEAVEN
WITH JUST THE RIGHT
AMOUNT OF CRISPY
TOPPING, THIS BUTTERY
RICH DISH BOASTS
TWO KINDS OF CHEESE
AND A GENEROUS
AMOUNT OF LOBSTER.

Total Time 1 hour
Serves 12

Hy-Vee nonstick cooking spray
12 oz. dry Hy-Vee cellentani pasta
½ cup Hy-Vee unsalted butter
¼ cup Hy-Vee all-purpose flour
3 cups Hy-Vee whole milk
1 cup Hy-Vee heavy whipping cream
1 (12-oz.) pkg. Hy-Vee finely shredded
Cheddar cheese (3 cups)
12 oz. Gruyère cheese, grated (3 cups)
1 tsp. Hy-Vee ground mustard

½ tsp. Hy-Vee ground nutmeg
1½ lb. cooked lobster,
shells removed
1 Tbsp. Hy-Vee Select olive oil
½ cup Hy-Vee panko bread crumbs
2 cloves garlic, minced
Chopped fresh Italian parsley,
for garnish

1. PREHEAT oven to 350°F. Lightly
spray a 3-qt. rectangular baking dish
with nonstick spray; set aside.

2. COOK pasta according to package
directions. Drain, but do not rinse.

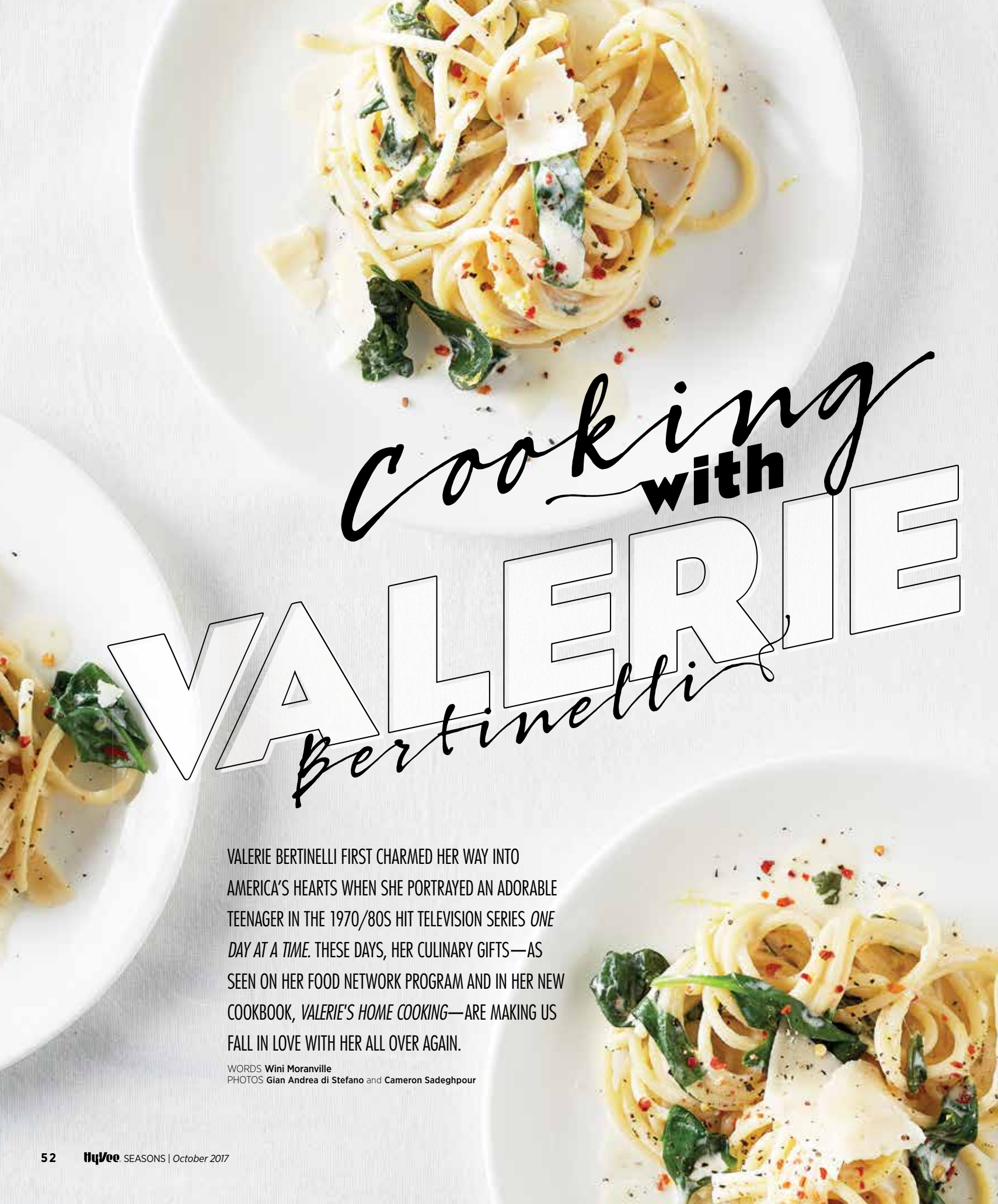
3. MELT butter over medium heat in a
large pot. Add flour and whisk for
2 to 3 minutes or until light brown.
Gradually whisk in milk and cream.
Cook, whisking constantly, until
thickened and bubbly. Cook and whisk
2 minutes more. Remove from heat.
Add cheeses, mustard and nutmeg,
whisking until cheeses are melted and
sauce is smooth. Add pasta and lobster.

4. TRANSFER mixture to prepared
baking dish. Heat oil over medium
heat in a skillet; add bread crumbs
and garlic. Cook and stir until garlic is
softened. Sprinkle crumb mixture
over mixture in baking dish. Bake for
20 to 25 minutes or until bubbly. If
desired, garnish with parsley.

Per serving: 590 calories, 37 g fat,
21 g saturated fat, 0.5 g trans fat,
145 mg cholesterol, 640 mg sodium,
31 g carbohydrates, 1 g fiber,
5 g sugar, 33 g protein

MOM'S COOKING
WILL ALWAYS MAKE YOU FEEL AT HOME,
EVEN WHEN THE DISH COMES WITH
CLEVER NEW
TWISTS.





cooking
with

VALERIE

Bertinelli

VALERIE BERTINELLI FIRST CHARMED HER WAY INTO AMERICA'S HEARTS WHEN SHE PORTRAYED AN ADORABLE TEENAGER IN THE 1970/80S HIT TELEVISION SERIES *ONE DAY AT A TIME*. THESE DAYS, HER CULINARY GIFTS—AS SEEN ON HER FOOD NETWORK PROGRAM AND IN HER NEW COOKBOOK, *VALERIE'S HOME COOKING*—ARE MAKING US FALL IN LOVE WITH HER ALL OVER AGAIN.

WORDS Wini Moranville
PHOTOS Gian Andrea di Stefano and Cameron Sadeghpour



HER MOST RECENT STARRING ROLE

WHEN THE FOOD NETWORK SUGGESTED THAT VALERIE BERTINELLI HOST A HOME COOKING SHOW, "I WAITED ALL OF 15 SECONDS BEFORE SAYING YES," SHE SAYS. "I CAN CONFIDENTLY SAY IT'S EVERYTHING I'M ABOUT RIGHT NOW."

With a career in television and movies that spans more than four decades and has garnered two Golden Globe Awards and a star on the Hollywood Walk of Fame, Valerie Bertinelli is widely known for her work as an actress.

At this stage of her life, however, she's focusing her talents and passions on another art form: cooking. For some fans, her switch from comedies and dramas to her role as the host of Food Network's *Valerie's Home Cooking* may come as a surprise. Listen to her story, however, and you'll soon learn that art, cooking and being fearless in the face of new challenges runs in her blood.

"I grew up in a family of artists. My mother was a painter. My great-grandfather was a carpenter and furniture maker. Our family goes back to William the Conqueror—so we're conquerors and we're artists."

Her family tree is lush with great cooks, too. A few years ago, on an episode of *Who Do You Think You Are?*—a series that traces the ancestries of popular celebrities—Valerie discovered that her Italian-born great-grandmother worked as a cook at a summer resort in San Remo, Italy, and earned her fare to America by making and selling gelato.

Though she never got the chance to meet that intrepid ancestor, Valerie, as a young girl, watched and learned from other great home cooks in her family.

"I'd spend countless hours in the basement kitchen, where my Noni (my Italian grandmother), my mom and my aunts Adeline and Norma would all cook. They made so many great things, like cappelletti ("little caps" of stuffed pasta similar to tortellini), fresh bread, fried bread and gnocchi. I grew up watching women enjoy making great food."

FOOD, FAMILY AND FAME

Even after Valerie became a teenage celebrity with a hectic schedule, her mother continued to cook family meals that remained a meaningful part of each day. "It's how my

parents kept me sane," Valerie says.

Once she moved out on her own, Valerie cooked whenever she could. "Cooking has always been there, whether it's been in the forefront of my life or not. When I'd go on location for movies, I'd have to have a kitchen, because I wanted to make my own meals."

As a mom, she cherished cooking for Wolfgang, her son from her first marriage to rock star Eddie Van Halen (the couple divorced in 2007). Whenever her work took her away from home, she'd dream up special meals she'd make for "Wolfie" once home.

And yet, although cooking has given her joy and sustenance over the years, Valerie never thought of it as a distinguishing part of who she was. "For me, cooking wasn't a thing," she says. "It's just what I did."

That changed dramatically when producers at Food Network heard her talk about her love for cooking. "I realized just how much cooking was in my soul, and better yet, that I could share this passion with people," Valerie says. Her show debuted in 2015.

AT HOME WITH VALERIE TODAY

Wolfgang is now grown and on his own (he's the bassist for his father's band, Van Halen). These days, Valerie enjoys cooking for friends she's made throughout the years, including her book club and moms she's known since their children were in kindergarten. On an early episode of her cooking show, she invited her *Hot in Cleveland* television series costars Betty

White, Jane Leeves and Wendie Malick into her home for a girlfriends' lunch.

She also loves cooking for—and with—her husband, Tom Vitale, whom she married in 2011.

"Tom loves to get into the kitchen," says Valerie.

GET CREATIVE!
"YOU CAN COOK
BEAUTIFUL MEALS
SIMPLY BY COMBINING
FLAVORS YOU LOVE TO
EAT," VALERIE SAYS.
"THAT'S HOW I CAME
UP WITH THIS BUCATINI
RECIPE." (RIGHT)



Bucatini WITH WILTED SPINACH AND LEMON MASCARPONE SAUCE

Hands-on 18 minutes **Total** 18 minutes
Serves 4

12 ounces uncooked bucatini pasta
3 cups roughly chopped baby spinach
½ cup mascarpone cheese
½ teaspoon lemon zest, plus 1 teaspoon fresh lemon juice (from 1 lemon)
½ teaspoon kosher salt
½ teaspoon crushed red pepper
½ teaspoon black pepper
1 cup shaved fresh pecorino romano cheese

1. COOK the pasta according to the package directions. Drain the pasta, reserving 1 cup of the cooking water. Return the pasta to the saucepan; add the spinach and ¼ cup of the reserved cooking water, tossing gently to wilt the spinach.

2. COMBINE the mascarpone, lemon zest, lemon juice, salt, crushed red pepper, and black pepper in a medium bowl. Add ½ cup of the reserved cooking water; whisk until smooth and creamy. Add the mascarpone sauce to the pasta mixture, and toss well. Thin with the remaining pasta water, if necessary. Top with the pecorino romano, and serve warm.

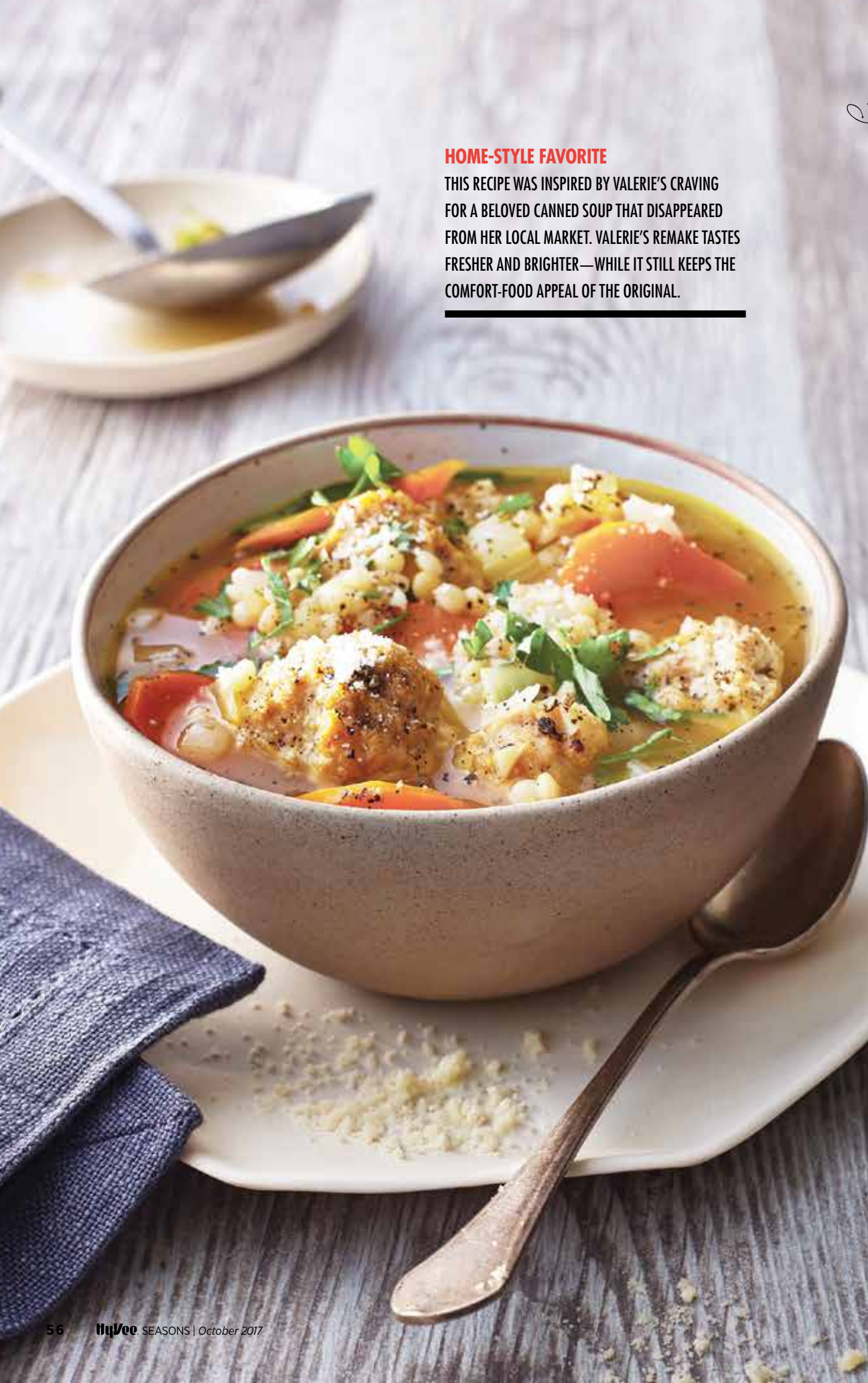
VARIATION: Feel free to throw in strips of leftover chicken for a heartier meal.

Recipe excerpt from Valerie's Home Cooking by Valerie Bertinelli, courtesy of Time Inc. Books.



PHOTOS COURTESY OF Time Inc. Books (opposite, right and bottom far right)





HOME-STYLE FAVORITE

THIS RECIPE WAS INSPIRED BY VALERIE'S CRAVING FOR A BELOVED CANNED SOUP THAT DISAPPEARED FROM HER LOCAL MARKET. VALERIE'S REMAKE TASTES FRESHER AND BRIGHTER—WHILE IT STILL KEEPS THE COMFORT-FOOD APPEAL OF THE ORIGINAL.

CHICKARINA *Soup*

Hands-on 30 minutes
Total 1 hour **Serves** 4

¾ pound ground chicken
1 large egg white,
lightly beaten
¼ teaspoon kosher salt
⅓ teaspoon black pepper
½ cup grated fresh pecorino romano cheese
3 tablespoons olive oil
1 cup chopped yellow onion
½ cup sliced carrot
¼ cup chopped celery
½ cup uncooked pearl couscous
1½ teaspoons chopped fresh garlic
1 teaspoon chopped fresh rosemary
6 cups chicken broth
¼ cup chopped fresh parsley

1. PREHEAT the broiler with the oven rack 6 to 8 inches from the heat. Line a baking sheet with aluminum foil, and coat with cooking spray. Gently combine the chicken, egg white, salt, pepper, and half of the pecorino romano. Scoop the mixture into meatballs using a ½-inch cookie scoop, and place the meatballs on the prepared baking sheet. Broil until the meatballs are lightly browned, about 6 minutes.

2. HEAT the oil in a large Dutch oven over medium-high. Add the onion, carrot, and celery; cook, stirring often, until the onion is tender, about 6 minutes. Add the couscous, garlic, and rosemary; cook, stirring often, until the couscous is lightly toasted, about 2 minutes. Stir in the chicken broth, and bring to a boil. Add the meatballs, and cook until the couscous is tender and the meatballs are cooked through, 15 to 20 minutes. Top with the parsley and remaining half of the pecorino romano.

Recipe excerpt from Valerie's Home Cooking by Valerie Bertinelli, courtesy of Time Inc. Books.

PHOTOS COURTESY OF Time Inc. Books (opposite and top and bottom far right)



“Cooking, turning the music on, opening a bottle of wine—it’s our favorite date night.”

On one such date night, Valerie created her Bucatini with Wilted Spinach and Lemon Mascarpone Sauce (see recipe, *page 54*).

“I was in the kitchen with Tom for our date night, and I said, ‘Honey, let’s just make up a recipe on the fly,’” she explains. “We do this all the time—we look in the cupboard, we see what we have in our refrigerator and what’s growing outside.”

With lemon trees in the yard, spinach in the garden and mascarpone and pasta in the fridge and pantry, it all came together for a wonderful meal that, Valerie says, taps into the fresh, farm-to-table, keep-it-simple-and-delicious way that our ancestors ate.

The recipe also exemplifies many of the dishes found in Valerie’s new cookbook, *Valerie’s Home Cooking: More than 100 Delicious Recipes to Share with Friends and Family*. Coming out just this month, with copies now available at your local Hy-Vee, the cookbook is filled with recipes that are fresh

and vibrant, but easy to prepare, too.

With Italian dishes such as Mom’s Risotto (Sorta) and Spicy Arrabiata Penne, the book includes recipes inspired by Valerie’s cooking legacy. She also offers twists on everyday favorites, like Slow-Cooker Sloppy Joes, as well as finessed weeknight meals like Chicken à la King Crêpes, which she describes as part gourmet and part short-order.

You’ll also find date-worthy dishes, such as Tom’s Espresso Rib-Eye, created by Valerie’s barbecue-loving husband, and an exceptional take on the classic Lobster Bisque.

And for those who claim they can’t cook, Valerie’s tips, stories and easy recipes guide and inspire at every step. It also helps if you follow her lead by adding two ingredients she puts into every recipe: heart and soul.

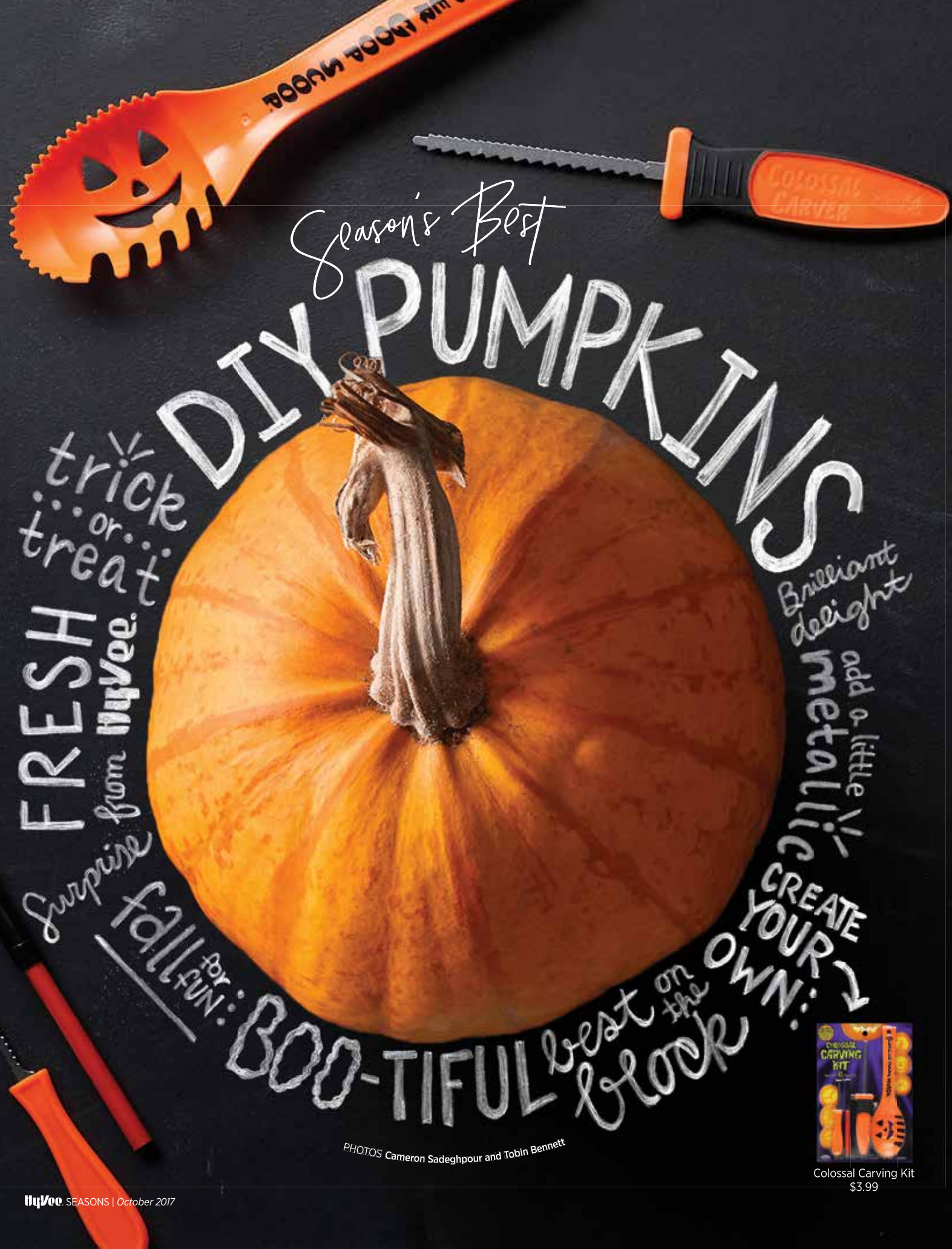
“Cooking is easy because cooking is love,” she says. “It’s the way I show my love for people. It’s the way I feel love from people when they cook for me. And any time love is involved, everything is better.”



From Valerie's Kitchen to Yours

IN HER NEW BOOK, *VALERIE'S HOME COOKING:*

MORE THAN 100 DELICIOUS RECIPES TO SHARE WITH FRIENDS AND FAMILY, VALERIE SERVES UP HER FAVORITE RECIPES FOR FUN, FLAVORFUL MEALS THROUGHOUT THE DAY—FROM QUICK BREAKFASTS, LUNCHES AND WEEKNIGHT MEALS, TO EASYGOING HAPPY HOURS AND DATE-NIGHT DINNERS. FIND THE BOOK AT YOUR LOCAL HY-VEE.



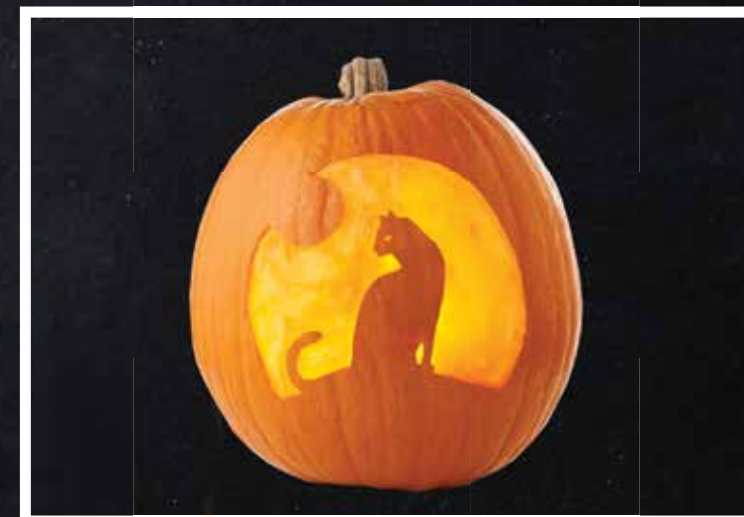
PHOTOS Cameron Sadeghpour and Tobin Bennett



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TEAL PUMPKIN PROJECT™

No tricks this Halloween, just allergy-friendly treats! When trick-or-treaters spot a teal-hued pumpkin on a doorstep, they know they will receive a nonfood treat, such as a small toy, stickers or crayons. The Teal Pumpkin Project was launched in 2014 by Food Allergy Research & Education (FARE) to ensure kids with food allergies enjoy a safe, fun Halloween experience just like their friends.



Cool Blues

In the sea of orange, some kids will be thrilled to see blue. Try one of these clever crafting ideas:

- **Metallic touch:** For shimmer, adhere metal flakes to a blue-painted pumpkin with crafts glue.
- **Ombre:** There's nothing tricky about painting a pumpkin in gradations of blue.
- **Beribboned:** For a striking effect, wrap teal washi tape, available at crafts stores, around a white-painted pumpkin.

Did you know?

An estimated 6 million children in this country have a food allergy. Teal pumpkins promote food-allergy awareness.



GUMMY LOVIN'

First came the Gummy Bear. Then came the Gummy Worm. Now it's a gummy universe with a new galaxy of shapes and tastes. With Halloween just around the corner, scout out the creepiest shapes and flavors to hand out.

Bite into a chewy Sour Brite worm and a sour, tangy sugar coating zings you and makes you pucker. Continue chewing, and you get a blast of sweet, fruity flavor. This sweet-sour sensation excites the taste buds and leaves you wanting more.

How did a weird candy such as Trolli gummy worms inch its way onto candy

shelves? Gummies have been around since a German candymaker sold his first in the 1920s. Inspired by trained bears showing up at street fairs, Hans Reigel introduced *gummibärchen* (gummy bears), and sales took off. In 1981, the gummy bears made their way to the United States. Shortly afterward, American

SWEET, SOUR AND CHEWY. TROLLI GUMMY WORMS ARE INSANELY ADDICTIVE!

candy manufacturer Trolli developed the gummy worm. The intent was to give

children something fun to eat while mildly shocking parents. This shock has since worn off. The worms are one of the most popular gummy candies around.

The production of Trolli gummy worms begins when an artist sketches a worm, which is then carved into a plaster mold. Candymakers pour ingredients, including gelatin and sugar, into large boilers to cook, then add colors and flavorings. The mix is then poured into molds and left to set up.

Owned by Ferrara Candy Company, Trolli offers an array of ghoulish and crazy gummies for trick-or-treaters. Pick up Trolli Sour Lover's Candy Mix. Each big

bag is stuffed with smaller packs of gummy goodness like Sour Brite Crawlers Minis and Extreme Sour Bites Fruitz.

Their wild neon colors inject fun and laughter into fall parties and kid-friendly events. Use them for cakes and other baked goods. What kid wouldn't love to dig into a chocolate cake overflowing with lip-smacking creepy-crawlies?

For an adult party, get the crowd excited by whipping up wiggly, jiggy gummy worm cocktails. Shake up a few basic mixers, including fruit juice, in a cocktail shaker and you're good to go. Just be sure to top each drink with oodles of worms.



Trolli Sour Lover's Mix
36 oz. \$7.98

THE GO-TO GUMMIES FOR TRICK-OR-TREATERS!

Scare up some fun this Halloween with incredibly tasty Trolli gummy worms. The individually packaged candy comes in fabulous fruit flavors and bright neon colors.

FUN FACTS

- * Trolli gummy worms promise an explosion of tangy goodness in every bite. Original Trolli gummy worms taste similar to chewy gummy bears; Sour Brite Crawlers come with a sweet-sour sugar coating.
- * Gelatin gives gummies their signature chewiness.
- * Besides bears and worms, gummy candy comes in various shapes such as spiders, bugs, soda bottles and sharks. Bears and worms continue to be the most popular.



GUMMY LAND

Yum-derful Trolli Sour Brite Crawlers, Trolli Sour Brite Octopus candy and other gummi-licious treats are made in Creston, Iowa. Eighty semitrucks roll out of the plant each week carrying a total of 3.2 million pounds of worms, bears and other gummies.

KID-FRIENDLY APPLES, WORMS AND DIRT!

STEP 1. Line a baking sheet with waxed paper; set aside. Wash 4 Granny Smith apples thoroughly and dry; remove stems and insert wooden skewers into stem ends.

STEP 2. Place unwrapped caramels from 1 (12.5-oz.) pkg. Hy-Vee caramels and

1 Tbsp. Hy-Vee 2% reduced-fat milk in a small microwave-safe bowl. Microwave on high for 2½ minutes or until caramels are melted, stirring occasionally.

STEP 3. Dip 4 apples, one at a time, into hot caramel mixture; turn to coat and place on

prepared baking sheet. Refrigerate 1 hour or until caramel is set. Poke holes into apples with a skewer. Use toothpicks to insert gummy worm pieces into holes. Using canned frosting, attach candy eyeballs to the worms. Display with chocolate wafer crumbs to resemble dirt.



STEIN AND DINE

PHOTOS Greg Scheidemann and Tobin Bennett

Dig into robust German dishes and toast with the best cold brews. It's Oktoberfest!

Though the official two-week festival in Munich, Germany, wraps up by early October, this celebration of good food and beer continues all month long around the world.

The original Munich Oktoberfest dates back to October 12, 1810, when a party was thrown to celebrate the marriage of Crown Prince Ludwig and Princess Therese of Saxe-Hildburghausen.

All of Munich's citizens were invited, and they packed *Theresienwiese*, or "Theresa's Field," for a glimpse of the royal affair.

If you host your own Oktoberfest bash, you want the food and drink to be *wunderbar*, and these recipes deliver:

Beer Brats. Stuff spicy grilled brats into toasty buns and spoon in a tangy slaw.

Chicken Schnitzel. Known as *Hähnchenschnitzel* in Germany, this is a breaded chicken cutlet that's pounded, then dipped in flour, egg and bread crumbs and fried to a golden brown.

Potato-Kielbasa Soup. Kielbasa is a Polish-style sausage usually seasoned with garlic, pimientos and ground cloves. It, along with potatoes, adds rich, hearty flavor to a Cheddar-beer soup.

Every German dish needs the right beer companion. Check out our pairings for each of these recipes as recommended by Hy-Vee's beer experts. Special Oktoberfest lagers are called *Märzen* (*März* is German for March). These malty, medium-body beers were originally brewed in the spring with the last of them consumed in the fall.

TRY IT WITH
Paulaner Oktoberfest Märzen
Brewed in Munich, this authentic quaff is crisp and refreshing and goes down easily.



BEER BRATS

Total Time 35 minutes
Serves 6

1 cup Hy-Vee coleslaw mix
1 medium sweet red apple, such as Honeycrisp or Pink Lady, cored and cut into matchsticks
½ cup finely shredded red cabbage
¼ cup sliced green onions
¼ cup Hy-Vee Select extra virgin olive oil
3 Tbsp. Hy-Vee apple cider vinegar
1 tsp. Hy-Vee stone-ground Dijon mustard
1 tsp. Hy-Vee honey
1 clove garlic
¼ tsp. caraway seeds
½ tsp. Hy-Vee kosher sea salt
6 Hy-Vee Bakery brat buns, split
1 Hy-Vee large egg
1 tsp. water
½ tsp. black sesame seeds
6 cups Hy-Vee frozen crinkle-cut French fries, optional
6 Hy-Vee uncooked beer bratwursts (1½ lb.)
Cornichons, optional

1. COMBINE coleslaw mix, apple, red cabbage and green onions in a large bowl.

2. COMBINE oil, vinegar, mustard, honey, garlic, caraway seeds and salt in a blender. Cover and blend until smooth. Pour over coleslaw mixture and toss to combine. Set aside.

3. PREHEAT oven to 350°F. Place buns, cut sides down, on a baking sheet. Whisk together egg and water in small bowl. Brush egg mixture over buns. Sprinkle with sesame seeds. Bake for 5 minutes or until lightly toasted. Prepare crinkle-cut fries, if using, according to package directions.

4. PREPARE a charcoal or gas grill for direct cooking over medium heat. Grill brats for 15 to 20 minutes or until no longer pink and juices run clear (165°F), turning halfway through.

5. SERVE brats in buns with coleslaw. If desired, serve cornichons and fries on the side.

Per serving: 420 calories, 32 g fat, 10 g saturated fat, 0 g trans fat, 90 mg cholesterol, 830 mg sodium, 14 g carbohydrates, 1 g fiber, 7 g sugar, 16 g protein



CHICKEN SCHNITZEL

Total Time 1 hour 15 minutes
Serves 4

1 recipe Cucumber Salad, *below right*
2 (8-oz.) Hy-Vee boneless, skinless chicken breast halves
1 (12-oz.) bottle Baraboo lager
Hy-Vee kosher sea salt and black pepper
1 cup Hy-Vee all-purpose flour
2 Hy-Vee large eggs, lightly beaten
1 cup Hy-Vee panko bread crumbs
1 cup Hy-Vee vegetable oil for frying
Lemon wedges, for serving
Salt flakes, for garnish
Dill sprigs, for garnish

TRY IT WITH

Samuel Adams Oktoberfest
This ruby-hued crowd-pleaser tastes of caramel and light, herbal hops.

1. PREPARE Cucumber Salad.

2. PLACE chicken and beer in a resealable plastic bag set in a shallow bowl. Seal bag and marinate in the refrigerator for 30 minutes. Drain chicken; discard marinade. Place each chicken breast half between two pieces of plastic wrap. Using the flat side of a meat mallet, pound chicken lightly to about ¼ in. thick. Discard plastic wrap. Pat chicken dry with paper towels, then cut each breast piece in half and season with salt and pepper.

3. PLACE flour in a shallow bowl. Place lightly beaten eggs in a second shallow bowl. Place bread crumbs in third shallow bowl. Dip chicken into flour to coat, then dip into egg to coat and into bread crumbs to coat.

4. COOK chicken in hot oil in an extra-large nonstick skillet over medium heat about 2 minutes on each side or until golden and an instant-read thermometer registers 165°F. Transfer chicken to a platter. Serve with Cucumber Salad and lemon wedges. If desired sprinkle with salt flakes and garnish with dill sprigs.

CUCUMBER SALAD: Combine ¼ cup Hy-Vee sour cream, 2 Tbsp. chopped fresh dill and 1 Tbsp. Hy-Vee Select white wine vinegar in a medium bowl. Season with Hy-Vee kosher sea salt and black pepper to taste. Add 2 cups thinly sliced English cucumber and stir until coated. Cover and refrigerate 30 minutes or until ready to serve.

Per serving: 480 calories, 33 g fat, 6 g saturated fat, 0 g trans fat, 110 mg cholesterol, 160 mg sodium, 16 g carbohydrates, 1 g fiber, 2 g sugar, 31 g protein

A CUCUMBER - DILL SALAD REFRESHES THE PALATE BETWEEN BITES OF BREADED CHICKEN.



TRY IT WITH

Sierra Nevada Oktoberfest
True to German style, this deep golden beer has a rich malt flavor that refreshes the palate.

KIELBASA, A SMOKED POLISH SAUSAGE, ADDS A NICE BITE TO THIS HEARTY CHEDDAR - POTATO SOUP.

POTATO - KIELBASA SOUP

Total Time 40 minutes
Serves 6 (about 2 cups each)

1 (12-oz.) pkg. kielbasa sausage
¼ cup Hy-Vee salted butter
4 medium russet potatoes, peeled and coarsely chopped
2 medium parsnips, peeled and chopped
1 medium onion, chopped
¼ cup Hy-Vee all-purpose flour
3 cups Hy-Vee 33%-reduced-sodium chicken broth
1 (8 oz.) pkg. Hy-Vee finely shredded sharp Cheddar cheese (2 cups), plus more for garnish
4 (1-oz.) slices white American cheese, chopped

1 (12-oz.) bottle Baraboo pilsner or Baraboo wheat beer
1 cup Hy-Vee heavy whipping cream
1 Tbsp. Hy-Vee Worcestershire sauce
1 Tbsp. Hy-Vee Dijon mustard
½ tsp. Hy-Vee kosher sea salt
½ tsp. ground white pepper
½ cup Hy-Vee crumbled bacon pieces, for garnish
¼ cup chopped fresh Italian parsley, for garnish
6 slices Hy-Vee Bakery marble rye bread, optional

1. QUARTER kielbasa lengthwise and slice the lengths. Place kielbasa slices in a 4-qt. Dutch oven. Cook and stir over medium-high heat until browned.

Remove kielbasa from Dutch oven and set aside. Reduce heat to medium and melt butter in same Dutch oven. Add potatoes, parsnips and onion. Cook and stir for 5 minutes. Add flour. Cook and stir for 1 minute more or until flour is coated with butter and mixture is bubbly. Stir in chicken broth. Bring mixture to boiling; reduce heat. Simmer, covered, for 10 minutes or until vegetables are tender.

2. COOL mixture slightly. Place 2 cups of mixture in a blender or food processor. Cover and blend or process until smooth. Return puree to Dutch oven.

3. ADD cheeses, beer, cream, Worcestershire sauce, mustard, salt, pepper and kielbasa. Cook over low heat until cheese melts, stirring occasionally.

4. SERVE soup topped with bacon pieces, parsley and additional shredded Cheddar cheese. If desired, cube slices of marble rye bread and serve on the side.

Per serving: 820 calories, 51 g fat, 28 g saturated fat, 1 g trans fat, 160 mg cholesterol, 1,890 mg sodium, 61 g carbohydrates, 9 g fiber, 9 g sugar, 28 g protein

get the goods

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