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Dillon Maple unleashes his all-time best.

BUTTERNUT SQUASH

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

8/30/17   3:16 PM

from the editor

WELCOME

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

F

All 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 colder, 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 Valeria Bertinelli on our cover. Valeria 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 38, of simple, family-pleasing dishes. Read about it on page 38.
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OUR FEATURED INSTAGRAM READERS

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

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

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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.

PIE SHAKE

Blend 2 1/2 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.

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 90 calories.

Sources: WebMD and USDA
IN SEASON
our produce pick

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. Return puree to saucepan. Purée 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, 9 g protein

Smoother, 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.

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

Glade Candles or Wax Melts: select varieties 2.3 to 3.8 oz. 2/$6.00
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Ziploc Freezer Bags or Storage Bags: select varieties 15 to 24 ct. $2.99

*Up to $15,000
**Our Best Blooms**  
people to know

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**Eyes on Display**

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 our 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 tips 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 placed a sign that read "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 a delightful cheese board. For a map of the entire store, "Hy-Vee Homegrown" touts the store’s "200 Rule." 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. He's also quick to share another helpful tip: "Health is important to our shoppers, and they like getting nutrition information, especially when it comes from a dietitian."
All the right solutions for your facial concerns now at HyVee.
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 above the sugar and move it around the custard top until the sugar caramelizes. Serve desserts about 10 minutes after caramelizeing.

Vanilla Bean Crème Brûlée

Total Time | Hour 10 minutes plus cooking and refrigerating time  Serves 4
2 vanilla beans, halved lengthwise, or 2 tsp. vanilla bean paste
2 cups Hy-Vee heavy whipping cream, divided
1 cup Hy-Vee sugar, divided
1 tsp. Hy-Vee salt
6 egg yolks

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

2. SCRAP seed from vanilla beans; add seeds and pods or vanilla bean paste to a medium saucepan. Stir in 1 cup cream, ¼ cup sugar and salt. Heat over medium-low heat just until bubbly. Remove from heat. Reserve remaining 1 cup cream.

3. WHISK together egg yolks and maple syrup in a shallow (4-oz.) ramekin on a wire rack; set aside.

4. 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.

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

Per serving: 303 calories, 4 g fat, 10 g saturated fat, 6 g trans fat, 45 g protein, 7 g fiber, 1 g carbohydrate, 1 g sugar, 7 g protein

Vanilla Bean Crème Brûlée

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Brûlée Means “Burnt”

It is important that some of the topping darkens so your dessert takes on the rich 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.
Spiked Cider

ENJOY AUTUMN GOLDS WITH A WARM CIDER COCKTAIL, SPIKED WITH TUACA, AN ITALIAN LIQUEUR WITH ESSENCES OF CITRUS AND VANILLA. CIDER IS REMARKABLY VERSATILE AND PLAYS WELL WITH OTHER SPIRITS, TOO.

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

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


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

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

Tuaca
A lightly sweet, amber Italian liqueur based on fine, 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 whiskies.

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

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

PHOTOS
Tobin Bennett

1 (64-oz.) container Hy-Vee 100% apple cider
1 cup freshly squeezed orange juice
6 whole cloves
2 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


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

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

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PECAN-CRUSTED PORK SALAD
Pork tenderloins, roasted beets and sliced apple atop mixed greens form a hearty meal, page 28
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.

PAN-SEARED FILET MIGNON

Prep time: 20 minutes
Total time: 30 minutes
Serves: 4

Ingredients:
- 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
- 1 medium onion, cut into thin wedges
- 1½ lb. button mushrooms, quartered
- ½ cup dry red wine
- 1/3 cup Hy-Vee beef broth
- ⅓ cup Hy-Vee heavy whipping cream
- 2 tsp. Hy-Vee Dijon mustard

Instructions:
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, 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.
VEGGIE SKILLET LASAGNA

**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.

**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. Ifdesired, 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

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**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. chopped 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, 25 mg cholesterol, 860 mg sodium, 30 g carbohydrates, 3 g fiber, 15 g sugar, 15 g protein

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**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.
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.

**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. Place the oiled skillet in a 200°F oven for 20 minutes. Cool to room temperature before storing. Source: Lodge Cast Iron

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**Hy-Vee 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  
½ tsp. Hy-Vee salt  
1 cup plus 2 Tbsp. Hy-Vee salted butter, softened  
2 Tbsp. Hy-Vee vegetable shortening  
1 cup plus 2 Tbsp. Hy-Vee granulated sugar  
1 cup plus 2 Tbsp. packed Hy-Vee brown sugar  
1 Hy-Vee large egg  
1 tsp. Hy-Vee vanilla extract  
1 cup Hy-Vee semisweet chocolate chips  
Hy-Vee vanilla ice cream, for serving  
1 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 in 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.

**PER SERVING (INDIVIDUAL SKILLET COOKIE)**

- Total Calories: 330
- Total Fat: 19 g
- Saturated Fat: 10 g
- Trans Fat: 0 g
- Cholesterol: 45 mg
- Sodium: 230 mg
- Total Carbohydrates: 40 g
- Fiber: 2 g
- Sugar: 24 g
- Protein: 4 g

**CAST IRON CARE GUIDE**

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**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.**

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**CAST IRON FRIENDLY 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.**
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 cassoulets. 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 steamed 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 caramelized 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.
1. PREHEAT oven to 350°F.

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

3. COMBINE Hy-Vee powdered sugar, 2 tsp. cinnamon and 1 cup Hy-Vee chopped pecans, toasted. Spread the mixture evenly over sections in pans.

4. CAREFULLY unroll one can of dough into a 14×10-in. rectangle on a lightly floured surface. Cut roll into two 14×5-in. strips; set aside. Repeat three more times. Top 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 toasted flap of pecans. Top with a second dough strip, lowering with butter, apple mixture and pecans. Repeat three more times. Top with remaining dough strips. 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 ⅛ 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 10 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 glaze, place 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 SERVING (1 slice): 150 calories, 4 g fat, 1.5 g saturated fat, 3 g protein, 26 g carbohydrates, 1 g fiber, 11 g sugar, 80 mg cholesterol, 260 mg sodium, 0 g trans fat, 5 mg iron, 16 g potassium, 80 mg phosphorus

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

**Apple Pull-Apart Bread**

**PECAN-CRUSTED PORK AND BEET SALAD**

Total Time: 1 hour
Serves: 4

**MAIN**

1 (1½-lb.) boneless pork tenderloin, trimmed
1 tsp. Hy-Vee whole grain mustard
3 Tbsp. Hy-Vee Select natural fresh
1 tsp. 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
4 oz. Hy-Vee spring salad mix

**SIDE**

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

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

**COMBINE** mustard and 1 Tbsp. honey in a small bowl. Spread mustard mixture among serving plates. Add salad mix and toss to combine. Divide salad mixture among serving plates. Add beets, apple and goat cheese. If desired, sprinkle with additional pepper.

**WHISK** together oil, vinegar, 1 Tbsp. honey and mustard in a large bowl. Whisk to combine. Serve with pork, beets and salad.

**PER SERVING:** 320 calories, 32 g fat, 9 g saturated fat, 28 g protein, 8 g carbohydrate, 28 g fiber, 16 g sugar, 28 g total fat, 4 g saturated fat, 110 mg cholesterol, 260 mg sodium, 0 g trans fat, 5 mg iron, 16 g potassium, 80 mg phosphorus

PER SERVING (1 slice): 120 calories, 16 g fat, 11 g saturated fat, 20 g protein, 2 g carbohydrate, 3 g fiber, 2 g sugar, 110 mg cholesterol, 260 mg sodium, 0 g trans fat, 5 mg iron, 16 g potassium, 80 mg phosphorus

**Hy-Vee Apple Pull-Apart Bread**

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.

**Hy-Vee Pecan-Crusted Pork and Beet Salad**

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

**Roasting Beets**

> Roasting beets

Beets also add glorious color to salads.

> 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.
**Pumpkin-Chai Latte**

- **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
- ⅛ tsp. Hy-Vee ground nutmeg
- ⅔ 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.

**Nutritional Information**

- 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

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**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.

1. **Pumpkin Puree**
   - 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.

2. **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 scoop 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.

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**Savory Pumpkin Waffles**

- **Total Time:** 30 minutes
- **Serves:** 3 (4 waffles each)

- 1/3 cup plus 2 Tbsp. 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
- ⅓ cup chopped Hy-Vee deli ham slices (1.5 oz.)
- ⅓ 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. Serve hot or at room temperature with sour cream. Add optional garnish and season with salt and pepper.

**Nutritional Information**

- 830 calories, 24 g fat, 6 g saturated fat, 45 mg cholesterol, 1,500 mg sodium, 141 g carbohydrates, 4 g fiber, 83 g sugar, 16 g protein

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

Total Time 1 hour 30 minutes
Serves 4

**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 chocolate pepper.

1. **PREHEAT** oven to 425°F. Line a baking pan with Hy-Vee nonstick cooking spray.
2. **PLACE** sweet potatoes in prepared pan and brush cut sides with olive oil. Uncover, bake for 10 to 15 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 sugar is dissolved. Remove from heat. 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 chocolate pepper.

**STICKY TOFFEE SAUCE:** In a large saucepan, combine flour, brown sugar, molasses and corn syrups in a medium mixing bowl. Cook over medium heat until butter is melted and sugar is dissolved. Cool.

**POACHED PEARS:** Bring to a boil 3 firm ripe red Bosc pears, 2 cinnamon sticks in a skillet. Bring to a boil over medium-high heat. Stir in 1 Tbsp. Hy-Vee heavy cream. Cool. Cover and refrigerate for up to 2 hours.

**VANILLA BUTTERCREAM:** Whisk together eggs, sugar, molasses and corn syrups in a large mixing bowl. Beat with an electric mixer on medium until light and fluffy. Add 1½ tsp. Hy-Vee powdered sugar, 1 cup at a time, beating well after each addition. Add 1 cup Hy-Vee granulated sugar and 2 Tbsp. molasses to reach spreading consistency.

**PUDDING TOPPERS**
3 Tbsp. 2% reduced-fat milk to reach spreading consistency.

**STICKY TOFFEE SAUCE:** Place 1 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, 1 cup at a time, beating well after each addition. Add 1 tbsp. Hy-Vee vanilla extract and 1 to 2 Tbsp. Hy-Vee 2% milk and salted butter to reach spreading consistency.

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

**RESHAPING:** Firm, crisp Bosc pears poach beautifully breaking down or falling apart. The longer the better they taste.

**PREPARE** Vanilla Buttercream, Poached Pears and Sticky Toffee Sauce.

To assemble, place one cake layer on a cake plate. Spread top with layer of Vanilla Buttercream. Add second cake layer, and spread top with layer of Sticky Toffee Buttercream. Spread thin layer of Vanilla Buttercream on sides of cake layers. Cover cake loosely and refrigerate for up to 2 hours.

**CHOCOLATE CUSTARD FILLING:**
5 cups milk, 1 packet Hy-Vee instant chocolate pudding mix, 1 cup sugar, 1 cup chocolate chips, 1 egg, 1 cup heavy cream, 1 cup sugar, 1/2 tsp. vanilla extract

Cook over low heat until mixture simmers and thickens. Pour into mold or mugs. Cover and refrigerate until set.

**DECORATE** the top of the cake with a cake knife. Place a large dollop of chocolate custard filling in the center of the cake. Garnish with fresh berries and a dusting of powdered sugar.
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.

**Pizza Bread Fix-Ups**

**PHOTOS** Cameron Sadeghpour and Tobin Bennett

**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 prepared pesto  
Fresh oregano leaves, for garnish

1. PREHEAT oven to 450°F.  
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
Wrap this pull-apart loaf in foil and take it to a tailgate party. Warm it on a grill until the cheese is melted.

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, 30 mg cholesterol, 350 mg sodium, 15 g carbohydrates, 4 g fiber, 11 g protein
PERFECT PRESSURE

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.

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-qt. 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  
⅓ 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.
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-Waian hamburger buns, halved and toasted

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.
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

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.

INISHING 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.
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

peanut butter jelly time!

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
1½ tsp. 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


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: 450 calories, 8 g fat, 2 g saturated fat, 0 g trans fat, 5 mg cholesterol, 15 mg sodium, 42 g carbohydrates, 1 g fiber, 7 g sugar, 3 g protein
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, 1 g fiber, 15 g sugar, 15 g protein.
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
STUFFED MEAT LOAF

Total Time | 1 hour 40 minutes
Serves | 10

• Hy-Vee nondick cooking spray
• 1 Tbsp. Hy-Vee Select extra virgin olive oil
• 1 small onion, finely chopped
• ½ lb. ground pork sausage
• 1½ lb. 90%-lean ground beef
• 1 Tbsp. Hy-Vee Select Italian dressing
• 1 clove garlic, minced
• ⅓ cup Hy-Vee Sriracha sauce
• ¼ tsp. Hy-Vee black pepper
• 1 tsp. Hy-Vee kosher sea salt
• 2 Hy-Vee large eggs
• 2 cups Hy-Vee whole milk
• ¼ cup Hy-Vee 2% reduced-fat milk
• 1 cup bread crumbs
• 6 (1-oz.) slices Hy-Vee Cheddar cheese
• 4 oz. sliced Hy-Vee deli ham
• ½ cup fresh spinach leaves

1. PREHEAT oven to 350°F. Stir together flour, baking powder, sugar, cream of tartar and salt in a large bowl. Stir in ½ cup chilled butter until mixture resembles coarse crumbs. Make a well in the center of the flour mixture. Combine buttermilk and eggs; add all at once to flour mixture. Stirring from the center, stir just until mixture is moistened.

2. TUNN dig out onto a lightly floured surface. Knead dough by folding and gently pressing it just until dough holds together. Pat or lightly roll 1 Tbsp. Sriracha mixture, just before bacon. Drizzle with remaining Sriracha mixture over the Sriracha and Asiago cheese and spinach on mozzarella. Sprinkle spinach and ham, cheese and eggs. Add biscuit tops.

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.

SUGAR GRAVY: Cook 1 lb. Hy-Vee bulk mild breakfast sausage and 1¼ 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 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: 410 calories, 26 g fat, 15 g saturated fat, 35 g cholesterol, 1,080 mg sodium, 45 g carbohydrates, 6 g fiber, 9 g sugar, 57 g protein

SAUSAGE GRAVY: Cook 1 lb. Hy-Vee bulk mild breakfast sausage and 1¼ 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 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: 410 calories, 26 g fat, 15 g saturated fat, 35 g cholesterol, 1,080 mg sodium, 45 g carbohydrates, 6 g fiber, 9 g sugar, 57 g protein
OVER-THE-TOP MAC AND CHEESE

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 (12 oz.)
1 tsp. Hy-Vee ground mustard
1½ lb. cooked lobster, shells removed
1 Tbsp. Hy-Vee Select olive oil
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. 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

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.

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 “Wolffie” 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 in his late 20s). For days, Valerie enjoys cooking for friends; she’s made throughout the years, including her book club and moms she’s known since early childhood. 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 girls’ 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.

RECIPE:

**BUCATINI WITH WILTED SPINACH AND LEMON MASCARPONE SAUCE**

**Serves 4**

**Hands-on 18 minutes. Total 18 minutes.**

12 ounces uncooked bucatini pasta

3 cups roughly chopped baby spinach

½ teaspoon lemon zest, plus 1 teaspoon fresh lemon juice (from 1 lemon)

1 teaspoon kosher salt

½ teaspoon black pepper

½ teaspoon crushed red 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 reserved cooking water; whisk until smooth and creamy. Add the mascarpone, lemon zest, black pepper and crushed red pepper; whisk until smooth and creamy. Add the spinach to the pasta mixture, and toss well.

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, while still 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.
**CHICKARINA**

**Hands-on:** 15 minutes  
**Total:** 1 hour  
**Serves:** 4

- ¾ pound ground chicken  
- 1 large egg white, lightly beaten  
- ¼ teaspoon kosher salt  
- ⅛ teaspoon black pepper  
- ½ cup grated fresh pecorino romano cheese  
- 1 tablespoon 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.
Looks like paint? It’s actually a balloon! Inflate a balloon to stretch it. Let the air out and cut it off. Then pull the balloon over the bottom of the pumpkin.

Teal Pumpkins

No tricks this Halloween, just allergy-friendly treats! When trick-or-treaters spot a teal-painted 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.
• Ombré: 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.
Kid-friendly Apples, Worms and Dirt!

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. Place unwrapped caramels from STEP 2.

Line a baking sheet with waxed paper; set aside. Wash 4 Granny Smith apples thoroughly and dry; remove stems into apples with a skewer. Use toothpicks to insert gummy worm pieces into holes. Using canned frosting, attach candy eyeballs to the buds and leaves you and makes you puckier. Continue chomping, 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 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 a bag is stuffed with smaller packs of gummy goodness like Sour Brite Crawlers Mini 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, jiggly 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 chunks of worms. Trolli Sour Lover’s Mix

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. When cool, cut a slit in the top of each apple. Add 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. Trolli Sour Lover’s Mix. Each big bag is stuffed with smaller packs of gummy goodness like Sour Brite Crawlers Mini 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, jiggly 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 chunks of worms.

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.

Kid-Friendly Apples, Worms and Dirt!

Trolli Weirdly Awesome

The Go-to Gummies for Trick-or-Treaters!

Kid-Friendly Apples, Worms and Dirt!

Kid-Friendly Apples, Worms and Dirt!
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 Sax-Oldenburg-Hessia.

All of Munich’s citizens were invited, and they packed Theresienwiese, or “Theresa’s Field,” to a Chimney of the royal affair. If you host your own Oktoberfest bash, you want the food and drink to be memorable, 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 hearty flavor to a Cheddar-beer soup.

Every German dish needs the right beer combination. 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.

**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. **COMBINE** coleslaw mix, apple, red cabbage and green onions in a large bowl.
2. **COMBINE** oil, vinegar, mustard, honey, 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

1. PREPARE Cucumber Salad.
2. PLACE chicken and bread crumbs in a mixing bowl. Add bread crumbs and dry ingredients and season with salt and pepper to taste. With fingers or a fork, press mixture into bread crumbs to coat. Place lightly breaded chicken in a second shallow bowl. Dip chicken into egg to coat and then into bread crumbs to coat.

3. PLACE flour in a shallow bowl. Place lightly breaded chicken in flour and season with salt and pepper. Dry with paper towels, then cut each breast piece in about \( \frac{1}{4} \) in. thick. Discard plastic wrap. Pat chicken side of a meat mallet, pound chicken lightly to about \( \frac{1}{2} \) in. thick. Place each chicken breast between two pieces of plastic wrap. Using the flat side of a meat mallet, pound chicken lightly to about \( \frac{1}{2} \) in. thick. Place each pounded chicken breast between paper towels, then coat each bread piece in flour and season with salt and pepper.

4. PLACE flour in a shallow bowl. Place lightly breaded chicken in flour and season with salt and pepper. Dry with paper towels, then cut each breast piece in about \( \frac{1}{4} \) in. thick. Discard plastic wrap. Pat chicken side of a meat mallet, pound chicken lightly to about \( \frac{1}{2} \) in. thick. Place each chicken breast between two pieces of plastic wrap. Using the flat side of a meat mallet, pound chicken lightly to about \( \frac{1}{2} \) in. thick. Place each pounded chicken breast between paper towels, then coat each bread piece in flour and season with salt and pepper.

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6. COOK chicken in hot oil in an extra-large skillet over medium-high heat until bottom of chicken is 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 1 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.

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

1. QUARTER kielbasa lengthwise and slice for lengths. Place kielbasa slices in a 4-cup Dutch oven. Cover and stir until kielbasa is coated with butter and mixture is bubbly. Stir in dry white wine, then add mixture to boiling. Reduce heat. Stir occasionally. If desired, add more white wine or chicken broth to reach desired consistency.

2. COOK kielbasa in hot oil in an extra-large skillet over medium-high heat until bottom of chicken is 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.

Sierra Nevada Oktoberfest

This creamy noodle soup is a rich malt flavor that refreshes the palate.

POTATO - KIELBASA SOUP

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

1 (12-oz.) kielbasa sausage
1 cup Hy-Vee salted butter
4 medium roasted potatoes, peeled and coarsely chopped
2 medium parsnips, peeled and chopped
1 medium onion, chopped
3 cups Hy-Vee all-purpose flour
1 cup Hy-Vee milk
3 cups Hy-Vee 2% reduced-fat milk broth
1 Tbsp. Hy-Vee finely chopped shallots
2 Tbsp. Hy-Vee finely chopped fresh parsley
4 slices Hy-Vee rye bread, optional
4 cups Hy-Vee heavy whipping cream
1 Tbsp. Hy-Vee Worcestershire sauce
1 Tbsp. Hy-Vee Dijon mustard
1 Tbsp. Hy-Vee white pepper
1 tsp. Hy-Vee crumbled-bacon pieces
2 cups Hy-Vee crumbled-bacon pieces
1 tsp. Hy-Vee crumbled Italian parsley
6 slices Hy-Vee Bakery marble rye bread, optional

1. QUARTER kielbasa lengthwise and slice for lengths. Place kielbasa slices in a 4-cup Dutch oven. Cover and stir over medium-high heat until browned.

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

3. 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.

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

Per serving: 510 calories, 25 g fat, 1 g saturated fat, 110 mg sodium, 11 g carbohydrates, 31 g protein, 34 g fiber, 3 g sugar, 25 g protein

TOTAL RECIPE: 2000 CALORIES | 100G PROTEIN | 75G CARBOHYDRATES | 70G FAT | 7G SUGAR | 10G FIBER
get the goods

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FRIDGE & FREEZER

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Tabasco Sauce select varieties 5 fl. oz. $3.49
Mt. Olive Pickles select varieties 15 oz. 2/$6.88

For complete recipe see: https://oldorchard.com/recipes/entry/apple-spice-sangria

Sip on Old Orchard's Apple Spice Sangria this fall.
**TOP PICKS | savings abound**

**DIP CRUNCHY APPLE**
SLICES INTO SCRUMPTIOUS CARAMEL FOR A SPECIAL FALL TREAT.

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**BUY 2, GET $1.00 OFF**

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Limit 1 coupon per customer.

Limit 1 total with coupon.
Limit 1 coupon per customer.

Limit 10 total with coupon.
Limit 1 coupon per customer.

Limit 1 lb. total with coupon.
Limit 1 coupon per customer.

Limit 2 total with coupon.
Limit 1 coupon per customer.

Limit 1 lb. total with coupon.
Limit 1 coupon per customer.

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Limit 2 total with coupon.
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Limit 2 total with coupon.
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Limit 1 lb. total with coupon.
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Limit 1 coupon per customer.

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12 rolls $9.48

SAVE $5 ON YOUR NEXT SHOPPING TRIP WHEN YOU BUY $25 OR MORE OF COTTONELLE, SCOTT, KLEENEX, OR VIVA PRODUCTS. OFFER VALID 10.1.17-10.29.17

COME DECEMBER!
Entertain family and friends throughout the holidays with cheesy appetizers, hot winter drinks, no-fuss festive entrées and decadent desserts. Also look for amazing gingerbread houses and dozens of new gift ideas.

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December '17
GET A FLU SHOT GET

NO APPOINTMENT NECESSARY.
HIGH DOSE AND QUADRIVALENT AVAILABLE.
FUEL SAVER OFFER AVAILABLE TO MEDICARE RECIPIENTS.
SEE PHARMACY FOR DETAILS. RESTRICTIONS APPLY.