

# seasons

**HyVee**

*Cheers to 10 years*

10

OF EVERYTHING

HOLIDAY  
FAVORITES:  
MAINS & SEAFOOD DISHES  
APPETIZERS & DRINKS  
WINTER FLORALS  
COOKIES & PIES  
HOLIDAY DÉCOR

## DECK THE HALLS

**PLUS** ONE-STOP  
SHOPPING FOR ALL  
YOUR STOCKING  
STUFFERS

**WHITE** *Christmas*  
ELEGANT TREATS FOR  
YOUR BUFFET  
PAGE 120



# Hy-Vee®

EMPLOYEE OWNED

on your **10<sup>th</sup>** Anniversary  
edition of Hy-Vee Seasons magazine

from 



**P&G Holiday Brands** are the brands you can **trust** to help  
take care of your family's needs during the holiday season.





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FEATURES



This scrumptious  
Grasshopper  
Ice Cream Tart will  
amaze you,  
*page 85*

## 10<sup>th</sup> Anniversary

**4 TEN YEARS OF HY-VEE SEASONS** Take a look back at our award-winning magazine and see the evolution through the years.

**10 TEN PEOPLE WHO GIVE BACK** Meet ten inspirational people who make a difference in the lives of others. Learn how Hy-Vee gives back too.

**30**  
minutes  
or less

**LOOK FOR THIS ICON  
FOR RECIPES YOU CAN  
MAKE IN 30 MINUTES  
OR LESS!**

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

Prices effective  
November 25, 2016,  
through December 24, 2016  
(while quantities last).

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

Please recycle after use.



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

## CONNECT@ HY-VEE.COM

To receive *Hy-Vee Seasons* magazine at your home, sign up online at [www.hy-vee.com/seasons](http://www.hy-vee.com/seasons). Read all past issues at our website.

## VIDEO

Become a better cook while having fun. Learn helpful kitchen tips by watching Hy-Vee videos. Find the titles *below* and more at [www.youtube.com/user/HyVee](http://www.youtube.com/user/HyVee)

- Napa Prime Rib
- Classic Cutout Cookies with Royal Icing
- Crostini Three Ways
- Raspberry Almond French Toast Bake
- Artichoke King Crab Dip



## Digital

Subscribe to the free digital version of *Hy-Vee Seasons* for iPad, Kindle Fire and other digital tablets. Get details at [www.hy-vee.com/helpful-ideas/hy-vee-seasons-on-your-tablet.aspx](http://www.hy-vee.com/helpful-ideas/hy-vee-seasons-on-your-tablet.aspx)

The Hy-Vee website remains a hub of information. Don't miss these features at [www.hy-vee.com](http://www.hy-vee.com)

- Digital coupons
- Fuel Saver + Perks\*
- Weekly ads
- Low Prices



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**LIKE US**  
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[facebook.com/HyVee](https://facebook.com/HyVee)



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[pinterest.com/HyVee](https://pinterest.com/HyVee)



**WATCH US**  
Got 28 seconds and a desire for fish? Discover how to pan-sear seafood from a short Hy-Vee video.  
[youtube.com/user/HyVee](https://youtube.com/user/HyVee)

## DEAR HY-VEE READER,

When I was a kid my mom baked homemade pie crust, Kringla and bread for our family of eight. Those aromas still drift through my memories.

I also recall the small recipe binder she filled with her cook's shorthand—a handful of this, a dash of that, without full instructions or oven temperatures.

Nowadays there's a demand for recipes that can be used with confidence. But not all home cooks are the same. Some have little time or skill, some want to explore gourmet cuisines and others need economical meals.

To serve all these audiences, we launched *Hy-Vee Seasons* magazine ten years ago. Our goal was to better serve you with recipes, cooking tips and lifestyle information. We did this with a free magazine, which is every bit as informative, creative and engaging as any family magazine on the market.

As we celebrate the 10th anniversary of *Hy-Vee Seasons*, we've pulled out all the stops by designing every story around the number ten. You'll get recipes in tens, meet ten inspiring celebrities, find holiday ideas in groups of ten and read other stories underscoring how important the number ten is to us with this issue.

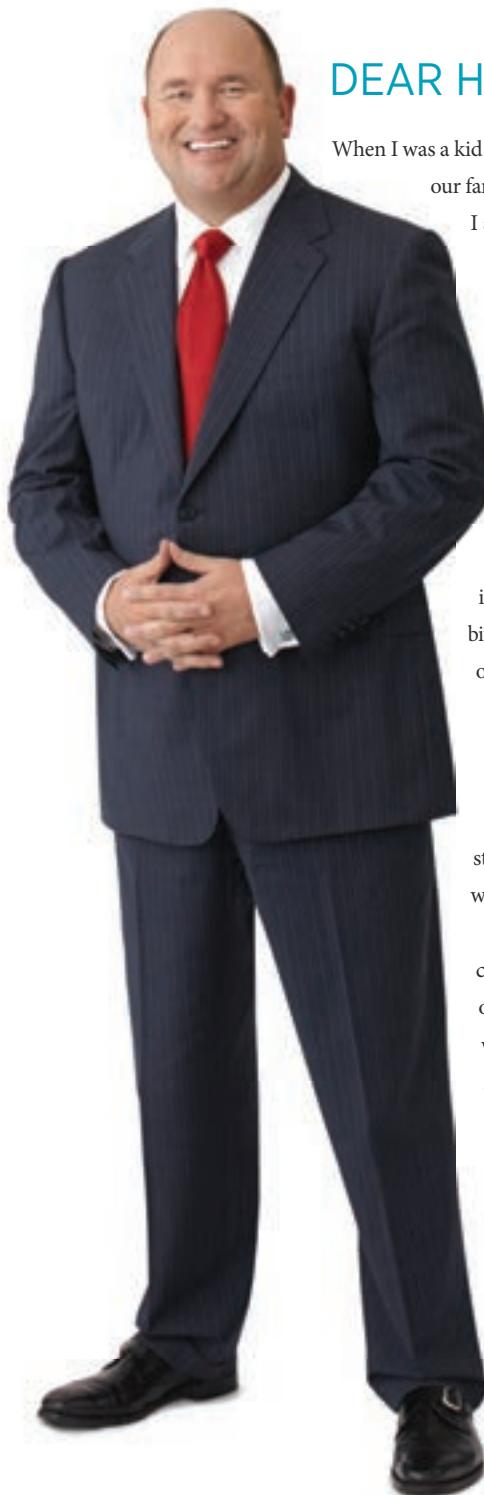
In 2017 *Hy-Vee Seasons* will get a fresh look and expanded cooking coverage. In January you can pick up the premier of our health-and-fitness magazine, *Hy-Vee Balance*. Learn what's ahead for both magazines in "Celebrating 10 Years of *Hy-Vee Seasons*," page 4.

I hope you enjoy this Holiday issue and are as excited as I am about the year ahead and the new and ever-better magazines we have in store for you.

Sincerely,

Randy Edeker,

Chairman, President and CEO of Hy-Vee



### About Our Guest Editor:

Randy Edeker is Hy-Vee Chairman, Chief Executive Officer and President. Hy-Vee is the only company he has ever worked for. He started in 1981 as a part-time employee at the Chariton, Iowa, store. Working his way up through stores in four states, he became Columbus, Nebraska, store director in 1993. Just a year later, he was inducted into the Hy-Vee Hall of Fame as "Store Manager of the Year." He has served as CEO since 2012.



CELEBRATING

seasons<sup>®</sup>

HyVee<sup>®</sup>

10

A N N I V E R S A R Y   E D I T I O N

---

THE FIRST DECADE OF  
HY-VEE SEASONS MAGAZINE

# 2006



## THE INAUGURAL ISSUE

Hy-Vee Seasons launches its premier issue, giving Hy-Vee customers creative ideas for decorating, baking and entertaining during the holidays. The magazine's themes are set from the beginning: home, family and food.



# 2007

HY-VEE SEASONS RELEASES ITS FIRST HEALTH ISSUE, MAKING THE STORE A CHAMPION OF STAYING FIT FOR LIFE, WITH AN EMPHASIS ON FOOD AND EXERCISE AS EQUAL PLAYERS.

**SNOW GUY**  
The magazine increases its schedule to six times a year. The holidays are celebrated this year with a story about building a DIY snowman!

# 2008



# 2009

## DIETITIANS

The *Hy-Vee Seasons* spotlight shines on Hy-Vee as one of the first stores in the nation to put registered dietitians on staff. More than 225 dietitians now work for Hy-Vee, providing store tours and personal consultations to help customers meet health-related goals.

# seasons

**A NEW LOOK:** Freshening the look and feel of a magazine is necessary every once in a while. Hy-Vee Seasons goes through its first redesign to make it more visually appealing.



# 2010

## TACKLING FAMILY HEALTH/OBESITY

As childhood obesity reaches troubling levels, Hy-Vee Seasons joins the fight by working with the Healthy Weight Commitment Foundation to educate children and adults about making choices that support long-term health.

# 2011

## CURTIS STONE:

Well-known television chef Curtis Stone teams up with *Hy-Vee Seasons* to develop recipes that are family-friendly, easy to make and nutritious. His goal is to provide recipes that fit in with everyday life and ultimately bring families together around the dinner table. Charming and engaging, Curtis garners quite a following from his appearances on *The Biggest Loser* and *The Celebrity Apprentice*, among other television shows.

**CURTIS STONE**  
BORN AND RAISED IN AUSTRALIA



# 2012

## SEASONS VIDEOS

Beginning with the Summer issue, *Hy-Vee Seasons* adds online videos for select recipes, floral arrangements and crafts. These provide readers with more detailed instructions and are an aid to visual learners.



## HY-VEE SEASONS AT A GLANCE

<p><b>AND THE WINNER IS...</b></p> <p>Awards from national magazine competitions: 14, including five for first place.</p>	<p><i>Hy-Vee Seasons</i> has two kitchens.</p> <p>1. A working kitchen where food is prepared for photography. 2. A stage kitchen for making photos rather than food.</p>	<p><b>Issue Stats</b></p> <p>approximately:</p> <table> <tr> <td>60</td><td>22,500</td><td>250</td></tr> <tr> <td>RECIPES</td><td>WORDS</td><td>IMAGES</td></tr> </table>	60	22,500	250	RECIPES	WORDS	IMAGES
60	22,500	250						
RECIPES	WORDS	IMAGES						
<p><b>THE FIRST ISSUE HAD SEVEN RECIPES—SIX FOR COOKIES AND ONE FOR FAST CHICKEN STIR-FRY.</b></p>	<p>Among those appearing in <i>Hy-Vee Seasons</i> are Olympic gold medalist <b>SHAWN JOHNSON</b>, NBA basketball player <b>HARRISON BARNES</b>, PepsiCo CEO <b>INDRA NOOYI</b> and the founder of P.F. Chang's restaurants, <b>PHILIP CHIANG</b>.</p>	<p><b>ONE PHOTO SHOOT</b></p> <p>"A Very Global Holiday," in the Holiday 2015 issue, took five days to photograph six people. The crew included an art director, four editors, two assistants, stylists for hair and food, and a photographer.</p>						
<p>With this expanded Holiday issue, <i>Hy-Vee Seasons</i> has scaled the mountain, reaching <b>100 RECIPES</b> in a single edition.</p>	<p><b>60</b> Since 2006, 60 fabulous and informative issues of <i>Hy-Vee Seasons</i> have been produced.</p>	<p>The cover model for the magazine's premier issue was an early 1950s Chevrolet 3100 pickup truck.</p>						





# 2013

## ON TREND

*Hy-Vee Seasons* creates its own version of a Cronut—a cross between a croissant and a donut—and calls it a Dossant.

# 2014

## WE GO DIGITAL!

A digital app version of *Hy-Vee Seasons* magazine launches for viewing on Amazon Kindle, Apple and Android devices.

In addition to getting every page in the print version, e-magazine readers also get videos that teach cooking techniques, links to Hy-Vee's social networks, a helpful cook mode to read recipes easily and additional recipes, ideas and tips. All that, and it's free!



# 2015

## SEAFOOD: GREENPEACE

RECOGNIZES HY-VEE FOR ITS EXPERT HANDLING OF SEAFOOD, AN HONOR COVERED IN *HY-VEE SEASONS*. THE GROUP RANKS HY-VEE THIRD AMONG U.S. STORES WHEN IT COMES TO SEAFOOD.

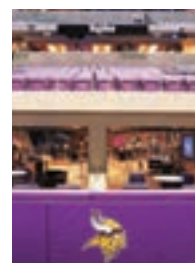
# 2016

## CONTINUING TO EXCEL FOR READERS

• **A NEW FEATURE.** "Food Hacks," a regular front-of-book section filled with smart tricks and tips, was introduced this year. The inaugural piece included how to peel a mango in a few seconds and how to infuse water with refreshing flavors.

• **A DEPARTMENT IS BORN.** Hy-Vee has upped the ante on quality artisan specialty meats with the development of a new Charcuterie Department in many of its stores. The news appeared in the Summer issue of *Hy-Vee Seasons* featuring recipes for an Italian party sub and a Cuban-style turkey sandwich, along with a photo showing how to serve a tray of cheeses, fruits, and cured, dried and aged meats.

• **STADIUM TOUR.** A *Hy-Vee Seasons* team took you along on a tour of the new U.S. Bank Stadium, the home field of the Minnesota Vikings. The story came during a period of Hy-Vee expansion in the Twin Cities region.



# 2017

After 10 years of publishing *Hy-Vee Seasons* magazine, it's time to add a companion title: *Hy-Vee Balance*. This lifestyle, nutrition and fitness magazine will be produced six times annually, alternating with the schedule of *Hy-Vee Seasons* throughout the year. Also read the news about *Hy-Vee Seasons* magazine, below.



## GOURMET

FROM HOW TO COOK A PRIME RIB ROAST TO PREPARING A CRÈME BRÛLÉE, OUR RICH RECIPES PROMISE SUCCESS.



## EASY TO MAKE

WE PROMISE BUSY COOKS A GROUP OF RECIPES THAT ARE SIMPLIFIED AND QUICK TO PREPARE.



## DIY

IMPROVE YOUR KITCHEN SKILLS WITH OUR INCREASED FOCUS ON TECHNIQUES FOR COOKING AND BAKING.



## TRENDS

LOOK FOR THE LATEST IN FOODS, MEAL PREPARATION, KITCHEN GEAR, FLORALS AND A HAPPY HOME.

**seasons** Hy-Vee

*Cheers to 10 years*

**10**  
OF EVERYTHING

HOLIDAY FAVORITES:  
MAINS & SEAFOOD DISHES  
APPETIZERS & DRINKS  
WINTER FLORALS  
COOKIES & PIES  
HOLIDAY DÉCOR

**DECK THE HALLS**  
PLUS ONE-STOP SHOPPING FOR ALL YOUR STOCKING STUFFERS

**WHITE Christmas**  
ELEGANT TREATS FOR YOUR BUFFET  
PAGE 120

## HY-VEE SEASONS

Above all other topics, readers come to this magazine for recipes. Keep coming. In 2017 the main mission of *Hy-Vee Seasons* will be keeping foodies happy. Look for these changes:

- A delicious lineup of gourmet recipes that will impress your guests
- For busy cooks, quick-fix recipes with limited ingredient lists
- In-depth teaching to help you master kitchen skills

LOOK FOR AN INCREASE IN HOW-TO PHOTOS TEACHING YOU PREP AND COOKING TECHNIQUES.

# MEET THE NEWEST RELEASE

## HY-VEE BALANCE

Get energized, get challenged, get the life you want! *Hy-Vee Balance* will give you ways to feel better, stronger and at the top of your game. Look for the premier issue of *Hy-Vee Balance* in January at your local Hy-Vee.

THE GOOD LIFE STARTS WITH HEALTH, FITNESS AND READING *HY-VEE BALANCE* MAGAZINE. THROUGH ITS PAGES, YOU'LL DISCOVER HOW TO MAXIMIZE THE TIME YOU SPEND ON EXERCISE MACHINES. BUT THAT'S NOT ALL. STARTING WITH THE FIRST ISSUE, YOU'LL LEARN ABOUT SUCH TOPICS AS:

- A revealing interview filled with good advice from NBA star Harrison Barnes
- A nutrient breakdown from a Hy-Vee dietitian
- Seven signs that you're under stress
- Build your abs following our tips for a plank workout.
- A crash course on concussions
- A hamburger even fitness geeks can love
- Ways to keep on pumping with a healthy heart

# Hy-Vee<sup>®</sup> balance<sup>™</sup>

"I DON'T LOOK AT IT AS, 'I NEED TO GO GET A WORKOUT IN TODAY.' IT'S WHAT I LOVE TO DO."  
—HARRISON BARNES

TOP  
5  
MORNING  
MEALS TO  
RISE & DINE

HARRISON BARNES  
ON BASKETBALL (AND THE BEST YEAR OF HIS LIFE)

**PUMP IT**  
DIET AND FITNESS  
FOR HEART HEALTH

**SIX PACK**  
HOW TO GET IT  
HOW TO KEEP IT

**CUT CARBS**  
NOT FLAVOR  
PAGE 52

HOW HE:  
GETS FIT  
WORKS TO  
THE MAX  
BALANCES  
LIFE+BALL  
FUELS UP  
PAGE 22

## WHAT'S INSIDE



### LIFESTYLE

*Hy-Vee Balance* carries stories about sleep, fitness gear, managing daily routines for a better life and insights from dietitians and pharmacists.



### NUTRITION

Each issue includes a Q&A with a Hy-Vee dietitian; benefits of oranges, fish and other good foods; and a look at how your diet and your health are connected.



### FITNESS

To help strengthen and tone your body, we offer specific exercises, how to make the most of a workout and how to eat before and after a long run or gym routine.





# 10

## PEOPLE WHO GIVE BACK

### Receiving in Return

Fame and fortune come with a challenge: What will you do with your life now that you're on top? Meet ten sports and entertainment stars who have chosen to make a difference in the lives of others. Countless unsung supporters have assisted them as they rose to the top. Now their achievements give them an opportunity to pay it forward, not just with money, but with an investment of themselves. Money talks, but a personal commitment of time and energy shouts from the rooftops. As so many discover when they give of themselves, these bighearted men and women have learned it's the giver who receives the greatest blessing.



## ►► The heartbreaking story of

**Mitch Chepokas** drew Miss Iowa 2016, Kelly Koch, to the Pinky Swear Foundation, which helps young cancer victims. Mitch was 9 when he lost his life to bone cancer in 2003. Pinky Swear was his idea.

Kelly's personal stake in helping kids with cancer was formed one day when visiting a Des Moines hospital.

"I walked into the room of a young cancer patient. He was crying and shaking in pain...and his mom was lying in his bed with her head resting on his bald head. She looked absolutely defeated. I knew at that moment that Pinky Swear had to be there for families like this," Kelly says.

Volunteering with Pinky Swear led college student Kelly to change majors "and my whole life." She plans to become a child life specialist, helping youngsters facing devastating health problems.

"My commitment is personal," Kelly says, "because of the love I found for Pinky Swear, its people and these families."

# 1

**KELLY  
KOCH**  
MISS IOWA



» Though Emma Samms is British, she became familiar to millions of Americans as a leading TV actress on the shows *General Hospital* and *Dynasty* in the 1980s.

Raised to be generous, Emma felt she should use her position to help make life better for those less fortunate. She found a great place to do this: Iowa.

"My father was very involved in Variety International for many years, even becoming the international president," Emma says. "As soon as I landed a role in a U.S. soap, he knew I could be useful for the Variety telethon in Iowa. There are many things that I'm grateful to my father for, but as it turns out, that is high on the list."

For more than 30 years, Emma has been a regular visitor to Des Moines to participate in the annual Variety—the Children's Charity telethon.

"This has been such an enormous privilege. To visit the facilities, talk to the caregivers, talk to the children and their parents and see exactly how Variety has helped," she says.

Through giving, Emma finds her own life permanently and considerably improved. She encourages others to do the same.

"I would strongly urge everyone to find a nonprofit organization that does work that touches your heart. You don't have to give money. You can find ways to help," she says. "Recent research has proven that helping others is one of the most significant routes to feeling happy."

# EMMA SAMMS

ACTRESS

PHOTO: Sven Arnstein



3

# KIRK FERENTZ

COLLEGE FOOTBALL COACH

► **Researchers and scientists** at the University of Iowa Children's Hospital deliver breakthroughs into treatments for young patients. Among the biggest fans of this work are University of Iowa football coach Kirk Ferentz and his wife, Mary.

"It is amazing how many children and families, over generations, have been served by the Children's Hospital. All the stories hit home and touch our hearts. They remind us how quickly life can change and how no one is immune," Kirk says.

In 2011 the couple started the Ladies Football Academy to give women a look behind the scenes of the UI football program. The group also raises money and has donated about \$2 million to the hospital thus far.

Kirk also helped launch Kid Captain, a partnership between the Children's Hospital and the Iowa Hawkeyes. At each game, pediatric patients are honored and their inspirational stories are celebrated.

"They are models of courage, strength and determination," Kirk says. "Who is more important than our children?"

PHOTO: Chris Donahue

4

# SHAWN JOHNSON

GYMNAST

»» Anyone who has ever seen Shawn Johnson compete on an Olympic balance beam knows she has loads of character. She wants to see kids develop character too. So her charity is Character Counts, the nation's most popular and effective character education program.

"I feel that giving back, regardless of the charity, is so important for everyone. I love seeing the smiling faces of children who feel like someone is truly listening to them and seeing kids stand up for what is right, not what is cool," Shawn says.

Direct involvement is important to her, whether this means attending meetings and events or just lending her name to a fund-raiser. "I am committed to the mission," she says.

"Giving to any charity helps build your own character and connects you with those less fortunate or those who are experiencing a difficult time in their lives. It is extremely rewarding to feel that you have helped someone else, even in the smallest of ways," she says.

PHOTO: Cameron Powell





◀ The Holliday Family,  
Missouri

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Breast Cuts:  
select varieties  
\$5.48 lb.



5

# BAILEE MADISON

ACTRESS

» Teenage actress **Bailee Madison** got her big break when she was 6 years old. She landed the part of a little sister in the Walt Disney Pictures fantasy *Bridge to Terabithia*.

Before long, Bailee and her ever-present smile earned a long list of movie and television credits. Soon she wanted to give back by helping others.

Then she heard about Alex's Lemonade Stand Foundation for Childhood Cancer (ALSF). The nonprofit raises money nationally to fund research of new treatments for childhood cancers.

"I started volunteering on my own. I went to one of its events and I knew I wanted to do this," Bailee says.

For a few years Bailee has been the official youth spokesperson for the foundation. Wherever she travels, she visits children's hospitals or participates in ALSF events. If she is working on a new movie or television project, she hosts a fund-raiser.

"My heroes are the brave and courageous kids who battle cancer. ... I believe you are never too young to make a difference in life," Bailee says.

PHOTO: Getty Images

Serving Suggestion



# DISCOVER

## *DiLusso*

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**HyVee** SEASONS [hyvee.com](http://hyvee.com)





# HARRISON BARNES

PROFESSIONAL  
BASKETBALL PLAYER



**It took generous assists from coaches, friends and supporters** for Harrison Barnes to get where he is today: playing basketball for the NBA's Dallas Mavericks. The Ames, Iowa, native is now in a position to give back.

"Growing up, I had a lot of people who helped me out. Now it's my turn to help the next generation of young kids," Harrison says.

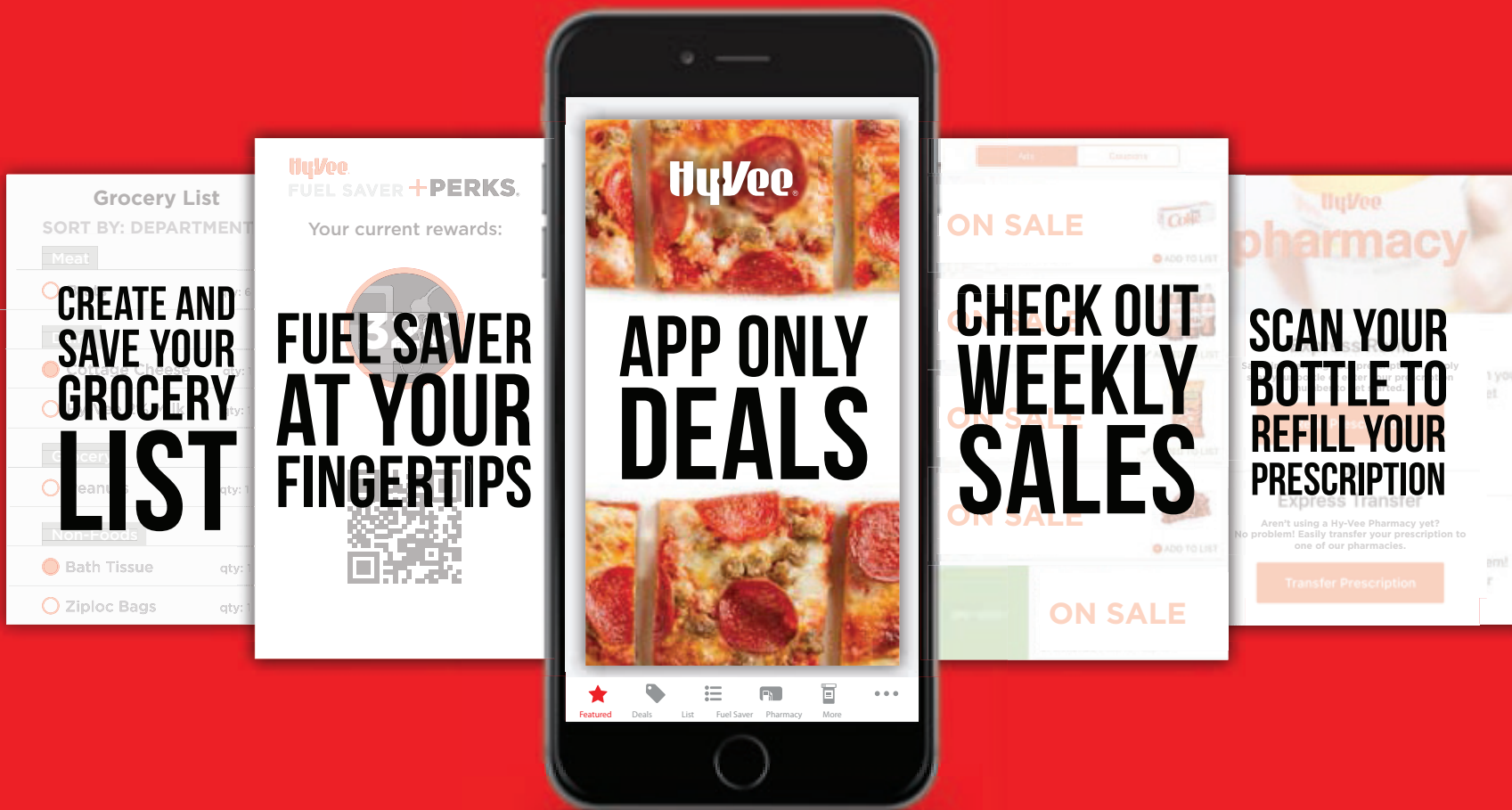
During an off-season visit to Des Moines, Harrison helped high school students plant 40 oak, linden, tulip, locust and elm trees on the East High School campus as part of Hy-Vee's One Step initiative. When customers purchase One Step products—paper goods, potatoes, cereal and bottled water—part of the proceeds goes to help improve worldwide health while alleviating hunger. Through your purchases, trees are planted, community gardens funded, nutritious meals provided and freshwater wells drilled.

"It's a no-brainer working with Hy-Vee because it embodies the things I believe in, like giving back and being committed to a healthy life," Harrison says. "Hy-Vee is a leader in our community in giving back and I want to do the same thing. It takes just one step to make a difference."

PHOTO: Dan McClanahan



# DOWNLOAD YOUR NEW HY-VEE APP.



»» **The first time chart-topping country singer/songwriter Cassadee Pope**

really paid attention to the problem of hunger in her community was through a school project in West Palm Beach, Florida.

"I never had a personal experience with hunger, but my high school would have us make sandwiches and bagged lunches for the homeless and underprivileged families," says Cassadee, the first woman to win *The Voice* competition on TV.

Today she is active in supporting Outnumber Hunger, a partnership that includes General Mills food company; Feeding America, a food bank network; and powerhouse independent record label Big Machine Label Group (BMLG).

Cassadee's solo debut single, "Wasting All These Tears," has sold over 1 million downloads and earned her the 2014 CMT Music Awards' Breakthrough Video of the Year.

Though Cassadee became interested in Outnumber Hunger because of BMLG, she stays involved for more personal reasons.

"Seeing the absolute gratitude from these families has been so rewarding," she says. "I've started doing more with the cause ever since, and every time it brings me more joy to know we're actually making a difference. I'd encourage anyone to take a deep look inside and ask themselves how they can help make the world a better place."



# CASSADEE POPE

COUNTRY SINGER

PHOTO: BBoling





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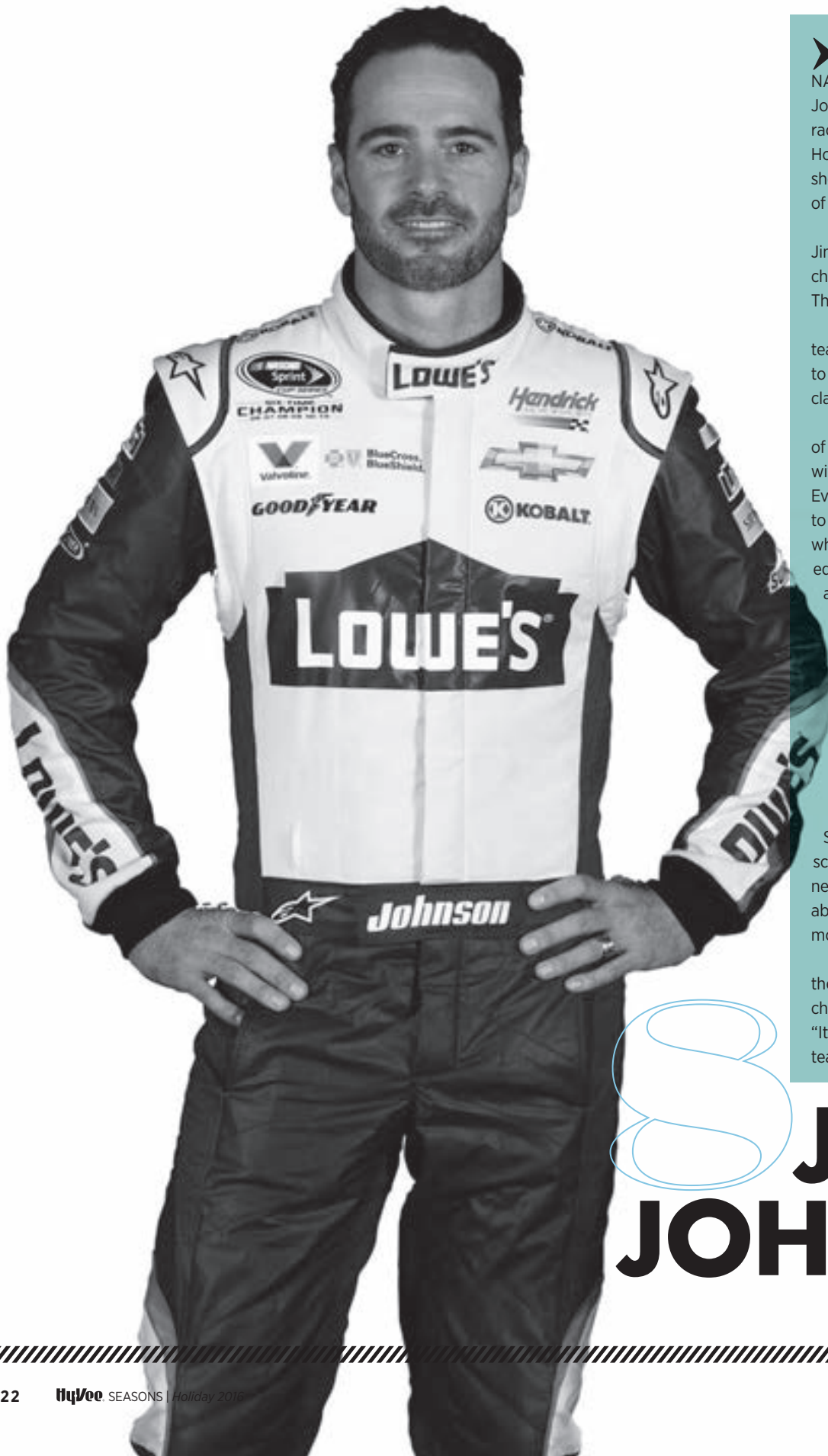
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»» As a professional race car driver, NASCAR Sprint Cup champion Jimmie Johnson understands the value of a good race helmet. His Blue Bunny Helmet of Hope is the visual symbol Jimmie carries to show his passion for supporting the needs of public schools.

He and his wife, Chandra, created the Jimmie Johnson Foundation to assist children, families and communities in need. Their focus is K-12 public education.

"It was shocking to find out that teachers were spending their own money to buy books and supplies for their classrooms," Johnson says.

The Johnsons established the Helmet of Hope in 2008 and began partnering with Blue Bunny Ice Cream in 2012. Every year they award a \$25,000 grant to each of five nonprofit organizations whose mission is supporting K-12 public education. In addition to the monetary award, the recipient organizations' logos are featured on Jimmie's helmet during a NASCAR race.

More than \$940,000 in grants has been contributed to nonprofit organizations through the Blue Bunny Helmet of Hope program.

One of the grant recipients this year was the Mercy Child Advocacy Center in Sioux City, Iowa, for the Speak Up Be Safe program. This program helps area schools teach children skills to prevent neglect, bullying and all forms of child abuse. Since 1989, the center has helped more than 5,000 children.

Through their philanthropic endeavors, the Johnsons are also teaching their children about helping others. Jimmie says, "It's something Chani and I are proud to be teaching our daughters."

# JIMMIE JOHNSON

NASCAR DRIVER

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# SAVOR

## the HOLIDAY

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You want holiday breakfasts to be special without a lot of fuss. How about an egg in a Canadian bacon bowl? Stack two Land O'Frost Breakfast Cuts over a single cup of a muffin pan. Press into cup. Crack an egg into the Canadian bacon. Season the egg and bake at 350°F for 20 minutes.



» Alex Smith is a hands-on type of guy. As the starting quarterback for the Kansas City Chiefs, he has to be. Off the field, the Alex Smith Foundation gives the gift of education to young people who grew up in foster care.

Though Alex came from a strong family, he was moved as a young man when he learned about the lives of foster children.

"I can't imagine how we can expect foster teens to be successful when we say to them, 'You are now 18 and we are cutting you off—so go out and make it on your own.' I firmly believe in education as a tool for getting ahead and achieving independence," Alex says.

Through the foundation's Guardian Scholars program, former foster youths are given scholarships, year-round housing and extensive individual guidance and support. With this help, dozens of students have graduated from San Diego State University.

"These students haven't always had it easy," Alex says. "But one characteristic they all possess is determination. The things that always stand out to me are the relationships they cultivate among each other."

Alex launched his foundation with \$500,000 in 2007, which was only his third NFL season. He continues to underwrite the majority of the nonprofit's work.



**ALEX SMITH**  
PROFESSIONAL FOOTBALL PLAYER

10

»» **There are times** when an insurmountable problem simply vanishes. That's the idea behind Beautiful Lengths, a project that creates free real-hair wigs for women who have lost their own hair in battles against cancer.

As celebrity ambassador for Beautiful Lengths, singer Selena Gomez asked her fans to help create more wigs by donating 8-inch or longer ponytails or \$8 to the wig-making project.

The request was part of the 10th anniversary celebration of Beautiful Lengths, which was launched in 2006 by Pantene, the hair-care company. Since the program started, more than 800,000 women have snipped off ponytails, and about 46,000 wigs have been distributed through the American Cancer Society.

Selena says, "When you're going through something major in life, it becomes important to find ways to still feel like yourself and keep up your strength and confidence."

# SELENA GOMEZ

ENTERTAINER



# 10 WAYS HY-VEE GIVES BACK

TOUGH TIMES REQUIRE NEIGHBORS TO SUPPORT THOSE IN NEED. THAT'S WHY HY-VEE HELPS FIGHT CANCER, REACHES OUT TO VETS AND EXTENDS COMPASSION WHEN THERE WILL BE NO PAYBACK TO THE COMPANY. HY-VEE IS A GOOD NEIGHBOR.

- 1. ONE STEP** Some of the profits from Hy-Vee One Step products go to feed the hungry, develop community gardens, plant trees and dig water wells around the world.
- 2. VARIETY—THE CHILDREN'S CHARITY** Improving life for disabled and disadvantaged children is the reason Hy-Vee has donated more than \$14 million to this cause since the mid-1980s.
- 3. JUVENILE DIABETES RESEARCH FOUNDATION** Juvenile diabetes first struck the Hy-Vee family in 1921 when company cofounder Charles Hyde's 8-year-old son, Paul, died from the disease. Hy-Vee has donated more than \$17 million to diabetes research since 1998.
- 4. PINKY SWEAR FOUNDATION** This Minnesota foundation supports kids with cancer and their families. The Pinky Swear Foundation offers financial assistance to help families take care of mortgages, meals and more.
- 5. HEROES GAME** When the universities of Iowa and Nebraska clash on the football field each November, Midwestern heroes are honored for their extraordinary acts of courage. Hy-Vee sponsors the game as a fund-raiser for the American Red Cross.
- 6. ALEX'S LEMONADE STAND FOUNDATION** Raising funds for childhood cancer treatment research is the goal. Hy-Vee is a major donor, and Kansas City-area stores support Midwest Lemonade Days each year.
- 7. HONOR FLIGHTS** Groups of American veterans—the Greatest Generation heroes of World War II—are flown to Washington, D.C., to visit the national memorial to their fallen comrades. Hy-Vee sponsors flights.
- 8. HY-VEE HOMEFRONT** Through this one program, Hy-Vee reaches out to three groups that help America's veterans. Donations support the Puppy Jake Foundation, Hope for the Warriors and Operation First Response.
- 9. SCHOLARSHIPS** Scholarship awards totaling \$80,000 a year are given to high school and college students through the Hy-Vee Foundation.
- 10. IN A CRISIS** When the water in Flint, Michigan, was contaminated and unsafe to drink last February, Hy-Vee delivered 11 truckloads of free bottled water to the city.

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See opposite.

# 10 best holiday cookies

PLUS **TEN** DOCTORED-UP COOKIE  
DOUGHS, **TEN** FESTIVELY DECORATED  
STORE-BOUGHT COOKIES AND  
**TEN** CLEVER WAYS TO PACKAGE  
TREATS FOR GIFT GIVING



WORDS Lois White and Mary Bunting PHOTOS Greg Scheidemann







# 10 BEST TRADITIONAL COOKIES

Among the best-loved holiday cookie recipes are these timeless classics. Families create memories and lovingly pass the recipes from generation to generation. Let these become your favorites too.

## 1. almond linzer cookies

Prep: 40 minutes | Refrigerate: 2 hours |

Bake: 6 to 8 minutes per batch |

Serves 18 (1 cookie sandwich each)

$\frac{3}{4}$  cup Hy-Vee slivered almonds

$\frac{1}{2}$  cup packed Hy-Vee brown sugar, divided

1 cup Hy-Vee unsalted butter, softened

$\frac{1}{2}$  teaspoon Hy-Vee baking powder

$\frac{1}{2}$  teaspoon Hy-Vee kosher sea salt

$\frac{1}{4}$  teaspoon Hy-Vee ground cinnamon

1 Hy-Vee large egg

1 $\frac{1}{2}$  teaspoons Hy-Vee vanilla extract

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

2 tablespoons Hy-Vee powdered sugar

$\frac{1}{2}$  cup seedless raspberry or apricot preserves

Powdered sugar, for dusting

1. Preheat oven to 350°F. Spread almonds on a rimmed baking sheet. Bake for 5 to 10 minutes or until toasted, stirring once. Cool. Place almonds and  $\frac{1}{4}$  cup brown sugar in a food processor. Cover and process until finely ground; set aside.

2. In a large mixing bowl, beat butter on medium to high for 30 seconds. Add remaining  $\frac{1}{4}$  cup brown sugar, baking powder, salt and cinnamon. Beat until combined, scraping sides of bowl occasionally. Beat in egg and vanilla until combined. Reduce speed to low and beat in almond mixture and as much of the flour as you can with the mixer. Stir in any remaining flour. Divide dough in half. Cover and refrigerate dough for 2 hours or until easy to handle.

3. Preheat oven to 350°F. On a lightly floured surface, roll half of the dough at a time to  $\frac{1}{8}$ - to  $\frac{1}{4}$ -inch thickness. Using a  $\frac{1}{4}$ -inch square cutter, cut out cookies. Place 1 inch apart on ungreased cookie sheets. Using  $\frac{3}{4}$ -inch cutters, cut desired shapes from centers of half of the cookies. Reroll scraps as necessary.

4. Bake for 6 to 8 minutes or until edges are lightly browned. Cool on cookie sheets for 1 minute. Transfer cookies to wire racks and cool.

5. Sift powdered sugar onto cookies with shapes cut in the middle. Spread a small amount of preserves over the cookies with no cutout centers. Top with powdered sugar-covered cookies. Serve within 2 hours.

*Nutrition facts per serving:* 80 calories, 4.5 g fat, 3 g saturated fat, 0 g trans fat, 10 mg cholesterol, 40 mg sodium, 10 g carbohydrates, 0 g fiber, 4 g sugar, 1 g protein. Daily values: 2% vitamin A, 0% vitamin C, 0% calcium, 2% iron.



## 2. monster cookies

Prep: 25 minutes |

Bake: 13 to 15 minutes per batch |

Serves 45 (1 cookie each)

**½ cup Hy-Vee unsalted  
butter, softened**

**1 (16-ounce) jar Jif creamy  
peanut butter**

**1¼ cups packed Hy-Vee brown sugar**

**1 cup Hy-Vee granulated sugar**

**2 teaspoons Hy-Vee baking powder**

**1 teaspoon Hy-Vee vanilla extract**

**Pinch Hy-Vee salt**

**2 Hy-Vee large eggs**

**3 cups Hy-Vee quick-cooking oats**

**1 cup candy-coated chocolate pieces**

**1 cup Hy-Vee semisweet  
chocolate chips**

1. Preheat oven to 350°F. In a large mixing bowl, beat butter with an electric mixer on medium to high for 30 seconds. Add peanut butter, brown sugar, granulated sugar, baking powder, vanilla and salt. Beat until combined, scraping sides of bowl. Beat in eggs. Beat in as many of the oats as you can with the mixer. Stir in any remaining oats, chocolate pieces and chocolate chips.

2. Using 2 tablespoons dough per cookie, form dough into balls. Place 2 inches apart on ungreased cookie

sheets and flatten slightly. Bake for 13 to 15 minutes or until light brown and centers appear set. Cool on cookie sheets for 2 minutes. Transfer cookies to wire racks and cool.

*Nutrition facts per serving:* 180 calories, 10 g fat, 3.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 75 mg sodium, 23 g carbohydrates, 1 g fiber, 17 g sugar, 4 g protein. Daily values: 2% vitamin A, 0% vitamin C, 2% calcium, 4% iron.



Jif Peanut Butter:  
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### 3. salted caramel snickerdoodle sandwiches

Prep: 40 minutes |  
Refrigerate: 30 minutes |  
Bake: 8 to 10 minutes per batch |  
Serves 58 (1 cookie sandwich each)  
1 cup Hy-Vee unsalted butter, softened  
1½ cups plus 2 tablespoons Hy-Vee sugar, divided  
2 teaspoons cream of tartar  
1 teaspoon Hy-Vee baking soda  
¼ teaspoon Hy-Vee salt  
2 Hy-Vee large eggs  
2¾ cups Hy-Vee all-purpose flour  
2 teaspoons Hy-Vee Saigon ground cinnamon  
1 (12.5-ounce) bag Hy-Vee caramels  
6 tablespoons Hy-Vee heavy whipping cream  
Salt flakes

1. In a large mixing bowl, beat butter with an electric mixer on medium to high for 30 seconds. Add 1½ cups sugar, cream of tartar, baking soda and salt. Beat until combined, scraping sides of bowl occasionally. Beat in eggs until combined. Beat in as much flour as you can with the mixer. Stir in any remaining flour. Cover and refrigerate dough about 30 minutes or until easy to handle.

2. Preheat oven to 375°F. In a shallow dish, combine remaining 2 tablespoons sugar and cinnamon. Using 1 teaspoon dough per cookie, form dough into balls. Roll balls into sugar mixture to coat. Place balls 2 inches apart on ungreased cookie sheets.  
3. Bake for 8 to 10 minutes or until bottoms are light brown. Transfer cookies to wire racks and cool.  
4. Meanwhile, in a small saucepan combine caramels and cream. Cook and stir over low heat until caramels are melted. Spread on half of the cookies. Top with remaining cookies. Dip cookie edges into salt flakes.

*Nutrition facts per serving:* 100 calories, 4.5 g fat, 2.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 55 mg sodium, 15 g carbohydrates, 0 g fiber, 10 g sugar, 1 g protein. Daily values: 2% vitamin A, 0% vitamin C, 2% calcium, 2% iron.



### 4. vanilla-orange pinwheels

Prep: 30 minutes |  
Refrigerate: 30 minutes plus 2 hours |  
Bake: 7 to 9 minutes per batch |  
Serves 40 (1 cookie each)  
1 cup Hy-Vee unsalted butter, softened  
¾ cup Hy-Vee powdered sugar  
Scraped seeds from ½ vanilla bean  
1 tablespoon orange zest  
1 teaspoon Hy-Vee vanilla extract  
¾ teaspoon Hy-Vee kosher sea salt  
2½ cups Hy-Vee all-purpose flour  
1 teaspoon red food coloring  
½ cup coarse sugar

1. In a mixing bowl, beat butter for 30 seconds. Add powdered sugar. Beat for 1 minute, scraping sides of bowl. Beat in vanilla bean, orange zest, vanilla and salt. Beat in as much flour as you can with the mixer. Stir in any of the remaining flour.  
2. Divide dough in half. Stir food coloring into one dough portion. Cover and refrigerate dough for 30 minutes.  
3. Roll each dough portion into an 11x7-inch rectangle between sheets of parchment paper. Invert red dough on top of plain dough. Starting from a long side, roll up dough. Pinch edges to seal. Scatter coarse sugar on work surface. Roll log in sugar to coat. Wrap in plastic wrap. Refrigerate 2 hours or until firm.  
4. Preheat oven to 350°F. Cut roll into ¼-inch-thick slices; place 1 inch apart on ungreased cookie sheets. Bake for 7 to 9 minutes or until centers are set. Cool on cookie sheets for 2 to 3 minutes. Transfer cookies to wire racks and cool.

*Nutrition facts per serving:* 80 calories, 4.5 g fat, 3 g saturated fat, 0 g trans fat, 10 mg cholesterol, 40 mg sodium, 10 g carbohydrates, 0 g fiber, 4 g sugar, 1 g protein. Daily values: 2% vitamin A, 0% vitamin C, 0% calcium, 2% iron.



### 5. peanut butter star cookies

Prep: 30 minutes |  
Bake: 13 to 14 minutes per batch |  
Serves 60 (1 cookie each)  
¾ cup Hy-Vee creamy peanut butter  
½ cup Hy-Vee unsalted butter, softened  
¼ cup Hy-Vee chunky peanut butter  
¾ cup packed Hy-Vee brown sugar  
½ cup Hy-Vee granulated sugar, divided  
¾ teaspoon Hy-Vee baking soda  
½ teaspoon Hy-Vee baking powder  
1 Hy-Vee large egg  
1 teaspoon Hy-Vee vanilla extract  
1½ cups Hy-Vee all-purpose flour  
1½ cups Hy-Vee milk chocolate stars

1. Preheat oven to 350°F. In a large mixing bowl, beat creamy peanut butter, butter and chunky peanut butter with an electric mixer on medium to high for 30 seconds. Add brown sugar, ¼ cup granulated sugar, baking soda and baking powder. Beat until combined. Beat in egg and vanilla. Beat in as much flour as you can with the mixer. Stir in any remaining flour.  
2. Shape dough into 1-inch balls. Roll balls in remaining ¼ cup granulated sugar. Place 2 inches apart on ungreased cookie sheets. Bake for 12 minutes. Remove cookie sheets from oven, press a milk chocolate star into center of each cookie and bake for 1 to 2 minutes more or until edges are firm and bottoms are light brown. Cool on cookie sheets for 2 to 3 minutes. Transfer cookies to wire racks and cool.

*Nutrition facts per serving:* 80 calories, 4.5 g fat, 2 g saturated fat, 0 g trans fat, 10 mg cholesterol, 40 mg sodium, 10 g carbohydrates, 0 g fiber, 7 g sugar, 1 g protein. Daily values: 2% vitamin A, 0% vitamin C, 0% calcium, 2% iron.



## 6. molasses cookies

Prep: 30 minutes |  
Refrigerate: 1 hour |  
Bake: 12 to 14 minutes per batch |  
Serves 22 (1 cookie each)  
2 cups Hy-Vee all-purpose flour  
2 teaspoons Hy-Vee baking soda  
1 teaspoon Hy-Vee ground ginger  
1 teaspoon Hy-Vee ground cinnamon  
1 teaspoon Hy-Vee ground cloves  
¼ teaspoon Hy-Vee salt  
¾ cup Hy-Vee unsalted  
butter, softened  
1 cup packed Hy-Vee brown sugar  
1 Hy-Vee large egg  
¼ cup molasses  
⅓ cup Hy-Vee granulated sugar  
Vanilla almond bark, optional  
Coarse sugar, optional

1. In a medium bowl, stir together flour, baking soda, ginger, cinnamon, cloves and salt; set aside. In a medium mixing bowl, beat butter with an electric mixer on medium to high for 30 seconds. Beat in brown sugar until combined, scraping sides of bowl occasionally. Beat in egg and molasses until combined. Beat in as much of the flour mixture as you can with the mixer. Stir in any remaining flour mixture. Cover and refrigerate dough for 1 hour.  
2. Preheat oven to 350°F. Using about 2 tablespoons dough per cookie, shape into balls. Roll balls in granulated sugar.

Place 2 inches apart on ungreased cookie sheets. Bake for 12 to 14 minutes or until bottoms are light brown and tops are puffed (do not overbake). Cool on cookie sheets for 1 minute. Transfer cookies to wire racks and cool.  
3. If desired, melt almond bark in the microwave according to package directions. Line a baking sheet with waxed paper. Dip two-thirds of each cookie into melted almond bark allowing excess to drip back into bowl. Place dipped cookies on prepared baking sheet. If desired, sprinkle with coarse sugar. Refrigerate cookies about 30 minutes or until coating is firm.

### *Nutrition facts per serving:*

160 calories, 7 g fat,  
4 g saturated fat,  
0 g trans fat,  
25 mg cholesterol,  
150 mg sodium,  
25 g carbohydrates,  
0 g fiber, 16 g sugar,  
2 g protein. Daily values:  
4% vitamin A, 0% vitamin C,  
2% calcium, 4% iron.

## 7. melt-in-your-mouth chocolate crinkles

Prep: 30 minutes |  
Refrigerate: 2 hours |  
Bake: 12 minutes per batch |  
Serves 55 (1 cookie each)  
**1 cup Hy-Vee all-purpose flour**  
**½ cup Hy-Vee baking cocoa**  
**1 teaspoon Hy-Vee baking powder**  
**¼ teaspoon Hy-Vee salt**  
**¼ teaspoon Hy-Vee baking soda**  
**¼ cup Hy-Vee butter**  
**4 ounces bittersweet chocolate, chopped**  
**¾ cup plus ½ cup Hy-Vee granulated sugar, divided**  
**¾ cup packed Hy-Vee brown sugar**  
**1 teaspoon Hy-Vee vanilla extract**  
**3 Hy-Vee large eggs**  
**Hy-Vee vegetable shortening, for greasing**  
**¼ cup Hy-Vee powdered sugar**

1. In a small bowl, stir together flour, cocoa, baking powder, salt and baking soda; set aside.  
2. In a medium saucepan, melt butter and bittersweet chocolate, stirring frequently, over low heat until chocolate

melts and mixture is smooth; cool slightly. Stir in ¾ cup granulated sugar, brown sugar and vanilla until combined. Add eggs one at a time, beating with a wooden spoon after each addition. Stir in flour mixture just until combined. Cover and refrigerate dough for 2 hours or until easy to handle.  
3. Preheat oven to 325°F. Lightly grease cookie sheets with shortening; set aside. Using half the dough at a time, form dough into 1-inch balls. Roll in remaining ¾ cup granulated sugar, then in powdered sugar, coating generously.  
4. Place cookies 2 inches apart on prepared cookie sheets. Bake about 12 minutes or until edges are just set but centers are still soft. Cool on cookie sheets for 1 minute. Transfer cookies to wire racks and cool.

*Nutrition facts per serving:* 60 calories, 2 g fat, 1 g saturated fat, 0 g trans fat, 10 mg cholesterol, 40 mg sodium, 10 g carbohydrates, 0 g fiber, 8 g sugar, 1 g protein. Daily values: 0% vitamin A, 0% vitamin C, 0% calcium, 2% iron.



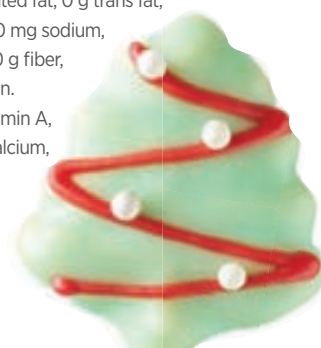
## 8. holiday spritz

Prep: 25 minutes |  
Bake: 6 to 8 minutes per batch |  
Serves 75 (1 cookie each)  
**1 cup Hy-Vee unsalted butter, softened**  
**½ cup Hy-Vee granulated sugar**  
**¼ teaspoon Hy-Vee salt**  
**1 Hy-Vee large egg**  
**½ teaspoon Hy-Vee vanilla or almond extract**  
**2 cups Hy-Vee all-purpose flour**  
**Powdered Sugar Glaze/Icing, optional**  
**Decorative candies, optional**

1. Preheat oven to 400°F. In a large mixing bowl, beat butter, sugar and salt until creamy. Add egg and vanilla or almond extract; beat until smooth. Beat in flour. Pack dough into a cookie press. Form desired shapes on ungreased baking sheets.  
2. Bake for 6 to 8 minutes or until firm but not brown. Transfer cookies to wire racks and cool. If desired, brush cookies with glaze, pipe with tinted icing and, if desired, add decorative candies.

**Powdered Sugar Glaze/Icing:** In a bowl, combine 2 cups Hy-Vee powdered sugar, ½ teaspoon Hy-Vee vanilla extract and 1 to 2 tablespoons Hy-Vee skim milk for glaze consistency. Divide glaze in half. Add green food coloring to one portion. Add red food coloring and additional powdered sugar to other portion for piping consistency.

*Nutrition facts per serving:* 50 calories, 2.5 g fat, 1.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 10 mg sodium, 7 g carbohydrates, 0 g fiber, 4 g sugar, 0 g protein. Daily values: 2% vitamin A, 0% vitamin C, 0% calcium, 0% iron.





## 9. classic cutout cookies

Prep: 40 minutes |  
Refrigerate: 30 minutes |  
Bake: 7 minutes |  
Serves 16 (1 cookie each)  
**¾ cup Hy-Vee butter, softened**  
**¾ cup Hy-Vee granulated sugar**  
**1 teaspoon Hy-Vee baking powder**  
**1 Hy-Vee large egg**  
**2 teaspoons Hy-Vee vanilla extract**  
**¼ teaspoon Hy-Vee almond extract**  
**2¼ cups Hy-Vee all-purpose flour**  
**1 recipe Royal Icing, right**  
**Decorative candies, optional**

1. In a large mixing bowl, beat butter for 30 seconds. Add sugar and baking powder. Beat until combined. Beat in

egg and extracts until combined.  
2. Beat in as much flour as you can. Stir in any remaining flour. Divide dough in half. Cover and refrigerate dough for 30 minutes or until easy to handle.  
3. Preheat oven to 375°F. On a floured surface, roll half the dough to ¼- to ¼-inch thickness. Using a 3-inch cutter, cut into desired shapes. Place 1 inch apart on ungreased baking sheets. Repeat with remaining dough.  
4. Bake for 7 minutes or until edges are firm and bottoms are very light brown. Transfer cookies to wire racks and cool. Frost as desired with Royal Icing and, if desired, add decorative candies.

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

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

## 10. gingerbread cutouts

Prep: 35 minutes |  
Refrigerate: 3 hours |  
Bake: 8 to 9 minutes per batch |  
Serves 50 (1 star cookie each)  
**½ cup Hy-Vee unsalted butter, softened**  
**½ cup Hy-Vee granulated sugar**  
**1½ teaspoons Hy-Vee ground ginger**  
**1½ teaspoons Hy-Vee ground allspice**  
**1 teaspoon Hy-Vee ground cinnamon**  
**1 teaspoon Hy-Vee baking powder**  
**1 teaspoon Hy-Vee baking soda**  
**½ cup molasses**  
**1 egg yolk**  
**2 cups Hy-Vee all-purpose flour**  
**Hy-Vee vegetable shortening, for greasing**  
**1 recipe Royal Icing, optional; left**

1. In a medium mixing bowl, beat butter for 30 seconds. Add sugar, ginger, allspice, cinnamon, baking powder and baking soda. Beat until combined. Beat in molasses and egg yolk. Beat in as

much flour as you can. Stir in remaining flour. Divide dough into quarters; cover and refrigerate for 3 hours.  
2. Preheat oven to 350°F. Grease cookie sheets; set aside. On a lightly floured surface, roll one portion of dough at a time to ¼-inch thickness. Using 2- or 3½-inch star cutters, cut out shapes. Place 1 inch apart on prepared cookie sheets. Bake for 8 to 9 minutes or until bottoms are light brown. Cool on cookie sheets for 1 minute. Transfer cookies to wire racks and cool. If desired, decorate cookies with Royal Icing.  
**Gingerbread People:** Prepare recipe as directed, using 4-inch people-shaped cutters. Makes about 20 cookies.

*Nutrition facts per serving:* 50 calories, 2 g fat, 1 g saturated fat, 0 g trans fat, 10 mg cholesterol, 15 mg sodium, 8 g carbohydrates, 0 g fiber, 4 g sugar, 1 g protein. Daily values: 2% vitamin A, 0% vitamin C, 2% calcium, 2% iron.



**\* Bonus Feature: Learn how to make Classic Cutout Cookies decorated with Royal Icing. Watch the video in your free digital version of Hy-Vee Seasons. Downloading information on page 3.**





## 10 WAYS TO BEAUTIFY STORE-BOUGHT COOKIES

Sure, store-bought cookies are great. But once you embellish them with frosting or melted chocolate and add decorative and festive trims, they're beyond great. It's time to play and get creative with cookies of all kinds.

### 1. snowflake cookies

Position a snowflake stencil over Hy-Vee Bakery cookies and sprinkle generously with Hy-Vee powdered sugar.



## 2. gingerbread friends

Spread and pipe white and red-tinted icing over purchased gingerbread cookies.

## 3. holiday wreath

Dip purchased fudge and marshmallow cookie pinwheels into melted Hy-Vee Select bittersweet chocolate chips; coat with green sanding sugar and sprinkles and add red decorating candies.

## 4. polar bear

Dip Hy-Vee sandwich cr me cookies and mini chocolate sandwich cookies into melted vanilla almond bark. Place smaller cookie on top of larger to create bear face. Add Hy-Vee mini chocolate-coated candies for eyes, crispy candy-coated chocolate piece for nose and white gumdrops for ears.

## 5. north pole cookies

Decorate vanilla cr me oval-shape sandwich cookies with white, red and green edible gel.

## 6. frosty cookie sandwich

Dip Hy-Vee sandwich cr me cookies into melted vanilla almond bark and top with green and white sprinkles.

## 7. melting snowmen

Dip purchased gingersnap cookies into melted vanilla almond bark. Add Hy-Vee miniature marshmallows and green mint baking chips for snowmen. Use fine-tip edible markers to add details.

## 8. ornament cookie sandwich


Spread Hy-Vee creamy white frosting between two purchased mini chocolate cookies to form a sandwich. Apply white edible gel and add holiday sprinkles; use frosting to attach a chocolate caramel candy top.

## 9. chocolate-hazelnut shortbread

Spread melted Hy-Vee Select bittersweet chocolate chips on purchased shortbread cookies. Decorate with crushed chocolate-hazelnut candy and gold sprinkles.

## 10. reindeer on a stick

Insert food-safe wooden crafts sticks into Hy-Vee sandwich cr me cookies. Dip cookies into melted Hy-Vee Select bittersweet chocolate chips. Add chocolate-covered pretzels for ears, candy eyeballs and a Hy-Vee cinnamon imperial for the nose.



# 10 WAYS TO DOCTOR UP A DOUGH

If you think you're too busy to bake, take a shortcut. Discover the stress-free secrets of using packaged mixes and refrigerated doughs as the bases to make new holiday favorites. You'll have cookies ready in half the time!

## 1. **ombré sugar cookies**

**1. Combine** 1 (16.5-ounce) package refrigerated sugar cookie dough, softened, with ¼ cup Hy-Vee all-purpose flour. Divide dough into three portions. Tint portions with increased amounts of Hy-Vee red or green food coloring to get the ombré effect. Roll each portion into a log.

**2. Spray** work surface with Hy-Vee nonstick cooking spray. Arrange logs, side by side, from lightest to darkest on prepared work surface. Using a rolling pin, gently roll on top of logs to form a rectangle. Wrap rolled dough tightly in plastic wrap and refrigerate for 10 minutes.

**3. Preheat** oven to 350°F. Cut rolled dough crosswise into ¼-inch-thick slices. Place slices 2 inches apart on cookie sheets and bake for 8 to 10 minutes or until cookies are set. Cool on cookie sheets for 2 minutes. Transfer cookies to wire racks and cool. Makes 20 to 24 cookies.





**2. lemon  
thumbprints**

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**3. yeti chow  
cookies**

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**4. amazing  
turtles**

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**5. mexican hot  
chocolate cookies**

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**6. frosted eggnog  
cookies**

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**7. minty chocolate  
chip cookies**

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**8. peppermint  
bark cookies**

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**9. white chocolate-  
macadamia nut  
cookies**

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**10. chocolate-hazelnut  
cookie sandwiches**

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## 2. lemon thumbprints

**1. Lightly grease** cookie sheets; set aside.

**2. Combine** 1 (15.25-ounce) box moist supreme lemon cake mix, ¼ cup Hy-Vee canola oil, 2 tablespoons water, 1 teaspoon lemon zest and 2 tablespoons lemon juice in a medium bowl. Refrigerate dough for 10 minutes.

**3. Preheat** oven to 350°F. Drop dough by rounded teaspoons 2 inches apart onto prepared cookie sheets. Press thumb into the center of each cookie.

**4. Bake** for 11 minutes. Remove cookies from oven. If the cookie centers have puffed up during baking, re-press with the back of a small spoon.

**5. Fill** cookie centers with lemon curd. Return cookies to oven and bake for 2 to 3 minutes more or until set.

**6. Cool** on cookie sheets for 2 minutes. Transfer cookies to wire racks and cool. If desired, garnish cookie centers with lemon zest and dust cookies with Hy-Vee powdered sugar. Makes 30.

## 3. yeti chow cookies

**1. Prepare** 1 (16-ounce) package of Hy-Vee Select peanut butter cup cookie dough and bake according to package directions.

**2. Combine** ½ cup Hy-Vee creamy peanut butter and ½ cup Hy-Vee unsalted butter, softened, in a small saucepan. Stir in 1 cup Hy-Vee semisweet chocolate chips.

**3. Cook** over low heat until mixture is smooth and creamy. Stir in 1 teaspoon Hy-Vee vanilla extract.

**4. Coat** cooled cookies with chocolate mixture, then coat with Hy-Vee powdered sugar. Makes 16.

## 4. amazing turtles

**1. Combine** 32-ounces of refrigerated chocolate cookie dough with chips, softened, with ½ cup Hy-Vee chopped pecans.

**2. Bake** cookies according to package directions.

**3. Combine** 1 (12.5-ounce) bag Hy-Vee caramels and ½ cup Hy-Vee half-and-half in a small saucepan.

**4. Cook** and stir over low heat until caramels are melted and mixture is smooth.

**5. Drizzle** caramel mixture over cooled cookies and top each with a candied pecan. Makes 60.

## 5. mexican hot chocolate cookies

**1. Preheat** oven to 350°F. Lightly grease cookie sheets; set aside.

**2. Combine** 32-ounces of refrigerated chocolate cookie dough with chips, softened, with ½ cup mini cinnamon baking chips.

**3. Combine** ½ cup Hy-Vee sugar, ¼ cup Hy-Vee baking cocoa, ½ teaspoon Hy-Vee Saigon ground cinnamon and ¼ to ½ teaspoon Hy-Vee cayenne pepper in a shallow dish.

**4. Shape** dough into 1-inch balls and roll in sugar mixture. Place balls 1 inch apart on prepared cookie sheets.

**5. Bake** for 7 to 9 minutes or until set. Cool on cookie sheets for 2 minutes. Transfer cookies to wire racks and cool. Sprinkle with Hy-Vee cayenne pepper. Makes 60.

## 6. frosted eggnog cookies

**1. Prepare** 1 (17.5-ounce) package Hy-Vee sugar cookie mix according to package directions, except add 1½ teaspoons Hy-Vee ground nutmeg and 1 teaspoon rum extract.

**2. Combine** 1 (16-ounce) can Hy-Vee creamy buttercream frosting and 1 teaspoon rum extract; spread frosting on cooled cookies and sprinkle with additional Hy-Vee ground nutmeg. Makes 16.

## 7. minty chocolate chip cookies

**1. Prepare** 1 (14-ounce) package refrigerated mint chocolate chip cookie dough according to directions on the package.

**2. Sprinkle** with chopped peppermint patties candy during last 2 minutes of baking. Makes 24.

## 8. peppermint bark cookies

**1. Prepare** 1 (17.5-ounce) package double chocolate chunk cookie mix according to package directions.

**2. Melt** 1 cup chopped vanilla almond bark according to package directions until melted.

**3. Dip** cooled cookies into melted almond bark until coated.

**4. Sprinkle** with crushed Hy-Vee Classic peppermint twist candy. Makes 16.

## 9. white chocolate-macadamia nut cookies

**1. Combine** 1 (16-ounce) package refrigerated white chip macadamia nut cookie dough, softened, with ½ cup mini cinnamon baking chips.

**2. Bake** cookies according to package directions. Makes 24.

## 10. chocolate-hazelnut cookie sandwiches

**1. Combine** 32-ounces of refrigerated chocolate cookie dough with chips, softened, with ½ cup Hy-Vee chopped hazelnuts and ½ cup Hy-Vee hazelnut spread.

**2. Bake** cookies according to package directions.

**3. Combine** ¾ cup Hy-Vee vanilla frosting and ¼ cup Hy-Vee hazelnut spread in a small bowl; spread on bottoms of half of the cooled cookies.

**4. Top** with remaining cookies to make sandwiches.

**5. Dip** cookie sandwiches two-thirds of the way in melted bittersweet chocolate and sprinkle chopped hazelnuts on top. Makes 30 sandwiches.

# 10 GREAT COOKIE STORAGE TIPS

**1.** Cool cookies completely before storing.

**2.** Use storage containers with tight-fitting lids.

**3.** Store crisp cookies and soft cookies in separate containers. Otherwise crisp cookies will soften and soft cookies will harden.

**4.** Layer cookies between waxed paper to prevent them from sticking together.

**5.** Store cookies at room temperature for up to three days (up to two days for meringue-based cookies).

**6.** Freeze unfrosted, unfilled and/or undrizzled cookies for up to three months.

**7.** Keep a variety of shapes and sizes of containers on hand for different types and amounts of cookies.

**8.** Label each container, listing the name of the cookies and the date they were made.

**9.** Before storing, attach instructions on how to fill or frost cookies.

**10.** Thaw cookies in their storage container in the refrigerator or on the countertop. Leaving the cookies in their container prevents damage due to condensation. Frost, fill and/or serve them after they have completely thawed.





# Sweet as Holly

## Holiday Wreaths

Make this recipe using Kellogg's Corn Flakes, butter, marshmallows and red mini chocolate candy pieces. For complete recipe see [www.kelloggs.com/en\\_US/recipes/holiday-wreaths-recipe.html](http://www.kelloggs.com/en_US/recipes/holiday-wreaths-recipe.html)



Keebler and Kellogg's  
Grab 'n Go: select varieties  
2.1 to 3 oz. 10/\$10.00



Pop Tarts:  
select varieties  
12 ct. 2/\$5.00



Kellogg's Cereal:  
select varieties  
12 to 18.7 oz. \$2.99



Keebler Pie Crust or  
Cracker Crumbs: select  
varieties 6 or 13.5 oz. \$1.99

## KEEP IT CUTE THIS HOLIDAY



Find out how to make these adorable  
Oreo cookie ball pops at [www.oreo.com](http://www.oreo.com)



Baker's Chocolate Bar:  
select varieties  
4 oz. \$2.39



Honey Maid or Nilla  
Wafers: select varieties  
11 to 14.4 oz. \$3.49



Oreo or Oreo Thins:  
select varieties  
10.01 to 15.35 oz. \$2.98



# 10 DELIGHTFUL COOKIE GIFTS

Turn cookies into gorgeous giftables with quick, inexpensive packaging that's just as fun and easy to make as it is to give. Gather materials you have on hand. Add tags, bows and other embellishments for a festive finish!

For paper template downloads, visit [www.hy-vee.com/seasons](http://www.hy-vee.com/seasons)



- 1 tasty towers**  
Food containers make great gift boxes. Wrap an empty, clean potato chip or oatmeal container with holiday paper; line with tissue and fill with cookies. Top it off with a bow or decorative tag made from card stock.



- 2 joy in a jar**  
A simple glass jar lets your baked beauties shine. Pack one or more types of cookies in a mason jar and add a cheerful paper band. Wrap the lid with crafts tape or ribbon for holiday flair.



- 3 colorful cones**  
Create each cone using sturdy crafts paper and the template available online. Shape the paper into a cone and secure with glue or double-sided tape. Insert cookies wrapped in colorful tissue paper and tie with ribbon.



- 4 sweet takeaways**  
Dress up a container of Hy-Vee Bakery cookies for a last-minute gift. Add a brightly patterned paper band and pretty ribbon to jazz up the outside.



**5**



**6**



**7**

- 5 cookie tote**  
Fill a bright red paper sack with cookies, fold down the top and secure with an eye-catching label.

- 6 a latte fun**  
For the coffee lover in your life, fill a ceramic mug, available at Hy-Vee, with cookies. Secure the cookies with twine and attach a tag.

- 7 single-serving sweets**  
Cut a square of fabric and fold the corners toward the center to create an envelope. Wrap a cookie in parchment to tuck inside. Glue or tape corners to secure. Add a festive paper band and string of playful pom-poms.





8

**see-through stack**

Pack a stack of cookies in a cellophane bag; fold over bag opening and secure with tape. Wrap designer ribbon around the bag and add a gift label for a sweet finishing touch.



9

**treats for takeout**

A takeout box is a terrific container for gifting holiday sweets. Tuck in a piece of tissue paper and fill with cookies. Then secure the box with a ribbon.

10

**cookies-to-go gift**

Fill a clean beverage cup from your favorite coffee shop with cookies. Wrap an adorable holiday-themed paper band around the cup and insert a colorful straw.





*TEN  
WINTER*

# *Florals*

FRESHEN UP YOUR YULETIDE DECOR WITH CHEERFUL CENTERPIECES, WREATHS AND BOUQUETS MADE WITH FRESH-CUT FLOWERS AND GREENS FROM THE HY-VEE FLORAL DEPARTMENT.

WORDS Caitie Tauke PHOTOS Tobin Bennett





## ONE

Dress your holiday table with a eucalyptus table runner. Cut small branches of eucalyptus and arrange down the center of the table. Insert silver brunia and candles to complete this festive look, *opposite*.

## TWO

Surprise friends and family with chic floral gift wrap. Cover packages with brown kraft paper. Wrap twine or ribbon around boxes and secure flowers using floral wire. Download a gift tag template at [www.hy-vee.com/seasons](http://www.hy-vee.com/seasons)





## *CREATE A STAR*

Get more pop out of your florals by choosing flowers that draw attention with the sizes and colors of their blooms.

Display flowers against a calming background of succulents, pine boughs or other seasonal greenery.

### *THREE*

Bring life to your Christmas tree with these fresh-cut succulent ornaments. Select a small succulent and carefully remove the root system with scissors. To hang, push one end of a wire ornament hanger into the succulent.

### *FOUR*

Remove the metal cap from an ornament and separate the cap from the wire inside. Fill ornament with water and replace only the wire. Add cut flowers and hang with ornament hooks.





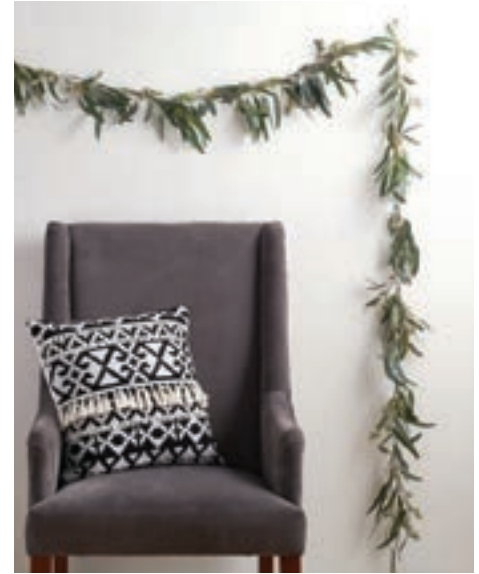
## FIVE

Create an elegant snowy white wreath using baby's breath. Soak a 12-inch floral foam wreath according to package instructions. Starting from the inside and working toward the outside, insert small sprigs of baby's breath into the floral foam.



## SIX

Brighten up your home with these orchid planters. Select a glass cylinder vase based on the height of your orchid. Place orchid in vase and surround with moss.



## SEVEN

This lighthearted eucalyptus holiday garland is perfect for any space. Secure small sprigs of eucalyptus to twine using floral wire. Continue adding sprigs to create desired length.



## EIGHT

Transform champagne flutes into trendy vases. Select fresh spider mums, roses and greenery. Cut stems to fit into flute, arrange as desired and add water.



## NINE

This mini floral tree is full of holiday cheer. Insert cut red and white rose varieties and silver brunia into a mini boxwood tree. Adorn the top of your tree with a ribbon bow.



## TEN

Chill your favorite holiday beverage in rosebud ice. Place flower heads into a silicon ice cube tray. Fill halfway with water and freeze. Add water until full and freeze. Note: Cubes are not edible.



# HOLIDAY

WORDS Kathy Mosier PHOTO Cameron Sadeghpour



# ESSENTIALS

## FROM HY-VEE PHARMACISTS

DON'T LET ILLNESS AND ACCIDENTS STEAL YOUR CHRISTMAS JOY. COLDS, CUTS AND FALLS ON ICE ARE ALWAYS A RISK WHEN COMPANY COMES. GET PREPARED BY STOCKING UP ON TEN ITEMS RECOMMENDED BY HY-VEE PHARMACISTS. BONUS: WITH A FLU SHOT, EARN A HY-VEE FUEL SAVER + PERKS® DISCOUNT OF 20 CENTS OFF PER GALLON OF GAS.\*

\*SEE [HY-VEE.COM](http://HY-VEE.COM) FOR DETAILS.



## 1 HAND SOAP

Have soap available in the kitchen and all bathrooms to prevent the spread of illness. Most Hy-Vee stores carry holiday scents. For best results:

- Wash for at least 20 seconds using warm water (teach kids to sing the ABC song while washing their hands).
- Scrub thoroughly, including both front and back of hands, wrists and between fingers.

## 2 FIRST AID KIT

Keep your first aid kit well stocked, says Marianne Ryno, Hy-Vee pharmacy manager in Jefferson City, Missouri. Kitchen injuries, including burns and cuts, are all too common during the holidays. For burns, she recommends Dermoplast spray. For cuts, keep on hand triple antibiotic ointment and a variety of adhesive bandages.

## 3 ANTIHISTAMINES

An antihistamine such as Benadryl will put an end to allergy symptoms often blamed on the common cold. How can you know what's causing your discomfort? Allergies cause coughing, sneezing, itchy eyes and a runny nose that lasts longer than 14 days. If you have a fever and body aches, it's a cold and you'll have to let it run its course.

## 4 ANTACIDS

Alleviate the symptoms of overeating by having a few products available for you and your guests. These products work differently, so read the labels carefully. Choose:

- Gas-X for bloating and stomach discomfort
- Calcium carbonate, such as Tums, for heartburn and acid indigestion
- Pepto-Bismol for upset stomach and acid indigestion

## 5 HUMIDIFIER

Run a humidifier in guests' rooms to prevent infection and promote a restful night's sleep. "Constantly running the heater dries the air and nostrils out, causing nosebleeds and irritation," says Ben Mundt, Hy-Vee pharmacy manager in Ankeny, Iowa. Stock up on bottles of nasal saline spray for guests with nasal discomfort.

## 6 FACIAL TISSUES

'Tis the season to be sneezing, so add facial tissues to your holiday shopping list. Place boxes in bathrooms, the kitchen and guest rooms so family and friends can find them easily. Most major brands of tissue carry holiday-themed designs, making them both functional and festive.

## 7 COUGH SUPPRESSANTS

Choices in cough syrups and lozenges abound at the Hy-Vee Pharmacy. Delsym is a good choice for nighttime because it provides 12-hour relief. For daytime use, Chloraseptic lozenges pack an effective one-two punch on sore throats and coughing. Ask your pharmacist for help finding the best product for you.

## 8 PAIN RELIEVERS

For cold and flu symptoms, Aaron Kassebaum, Hy-Vee pharmacy manager in Lincoln, Nebraska, suggests stocking both ibuprofen and acetaminophen in case a guest is allergic to one. Fluids, such as Gatorade or Pedialyte, will help guests stay hydrated. Getting rest also speeds recovery.

## 9 TOOTHBRUSHES

To prevent the spread of germs, it's always a good idea to replace your toothbrush after being sick, Ben says. Keep extra brushes on hand for family and guests recovering from illnesses. Toothbrushes are also commonly forgotten by travelers. Put out a basket of brushes and travel-size toothpaste for guests.

## 10 THERMOMETER

A multiuse digital thermometer is the most versatile and cost-effective choice for your medicine cabinet. For children under 4 years, taking a rectal reading is the most accurate. Older children and adults can use thermometers in the armpit or orally. If you still own a mercury thermometer, dispose of it as hazardous waste.



### TURN TO THE HY-VEE PHARMACY FOR BETTER HEALTH

#### PREVENTION:

- Immunizations, including flu, pneumonia and shingles
- Health screenings by Hy-Vee dietitians
- Warning of possible interactions among medications

#### CURE:

- Hundreds of generic medications
- Easy Repeat Refills for maintenance medication
- Advice from knowledgeable pharmacists to help navigate over-the-counter options



THE MARK OF

# Fine Cheese

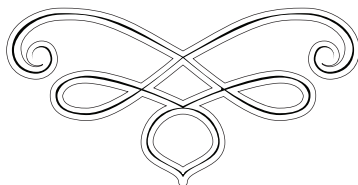
PLUS THE 10 BEST CHEESES





THREE CHEERS FOR AMERICAN CHEESE! TODAY'S ARTISAN CHEESE MARKET IS BOOMING THANKS TO A NEW GENERATION OF PASSIONATE CHEESE MAKERS EAGER TO MAKE THEIR MARK. RECENTLY, HY-VEE WAS A SPONSOR OF THE AMERICAN CHEESE SOCIETY'S ANNUAL CONFERENCE, WHERE DAIRY CHAMPIONS COMPETED FOR THE ILLUSTRIOUS BLUE RIBBON.

WORDS Carlos Acevedo PHOTOS Tobin Bennett, Leah Ried and Cameron Sadeghpour



For a few hours in July, Des Moines was home to the largest cheese shop in the country. Enough high-end cheese was stacked up in Hy-Vee Hall at the Iowa Event Center to fill four semitrailers. It was an awesome, rarely duplicated spectacle.

Cheese lovers gathered to sample from long tables laden with sharp Cheddars, funky blues, creamy Bries and a vast array of other cheeses. It was truly a connoisseur's fantasy come true, and the fans ate with wild abandon. They couldn't get enough cheese, crackers and fruit.

Walking through this dairy landscape, visitors nibbled their way through mountains of cheese, sampling a wide variety for free. Once they decided on favorites, they paid just \$60 to load large bags with any of the wedges they desired.

"I can't even do justice to how much cheese there was," says Marlene Glenn, a Hy-Vee cheese specialist and one of

hundreds of ecstatic cheese aficionados in attendance for the amazing sale. "What can I say? It was awesome!"

Hundreds of cheese makers had gathered for the American Cheese Society's (ACS) trade conference "Cheese in the Heartland," sponsored in part by Hy-Vee. Every year this extravaganza becomes a cheese mecca of sorts for the top American cheese artisans. The meeting's last hurrah is always the Festival of Cheese, where the crowd finally gets a chance to taste and purchase the latest concoctions.

The draw for cheese artisans is threefold: free cheese (the bait, if you will), educational industry seminars and a prestigious cheese competition.

Out of the 100-plus categories in the cheese bite-off, the winner of the coveted Best of Show blue ribbon this year was a nutty alpine cheese called Little Mountain from Roelli Cheese Haus in Wisconsin. The

term alpine denotes a type of robustly flavored aged Swiss cheese.

For Hy-Vee managers and cheese specialists, the 2016 conference was also an opportunity to learn about these exciting new cheeses and build relationships with some of the industry's star producers. Some cheeses they discovered have already made it into stores, see *page 54*.

This was the nonprofit association's 33rd conference, and Iowa was an apt location. The agricultural state has over 1,400 dairy farms with 200,000 cows. In fact, the event's reception dinner was held at the state's famous Maytag Dairy Farms.

Producers of one of the world's finest blue cheeses, Maytag relies on local black-and-white Holstein cows to make its outstanding cheeses. As cheese makers are likely to say, to make the best cheese you need to start with the best milk.

Making a winning cheese is no easy



Cheese educator Michael Landis speaks at Hy-Vee Hall, while Hy-Vee staff members take notes about cheese. Some winners took home blue ribbons for their exceptional cheeses.

task. Though cheese making is simple enough that anyone can do it at home, the process is also complex enough that it can take professionals a lifetime to master all the intricacies. The basic steps start with the collected milk, which is treated with heat and a natural product called rennet that clumps up the fats and proteins. These clumps rise in the liquid and form a dense layer, which is cut into small pieces called curds. Salted and pressed, the curds can be shaped into heavy wheels or blocks that are easily shelved for aging. Over months of storage, interesting flavors and textures develop. Caves were traditionally used for aging, but today temperature- and humidity-controlled facilities are most common.

In general, there are five categories of cheese:

- Fresh cheeses, such as feta, are not aged and have a fresh milky flavor and crumbly texture.
- Soft-ripened cheeses are aged until the centers are soft and gooey. Brie, Camembert and triple-creams are good examples.
- Semihard cheeses are firm and often the most meltable. Enjoyable examples are Monterey Jack and Gouda.
- Hard cheeses are even firmer with a compacted body and can often be granular and grated. Parmesan is one type of hard cheese.
- Blue cheeses are creamy yet crumbly. They get their mottled blue veining and unique texture from a special blue cheese mold that's perfectly safe to eat.

To produce myriad flavors and textures, master cheese makers tinker with the process or add spices, herbs, beneficial bacteria, mold or even ash. The result can be tangy, sweet, smoky, crumbly, peppery, buttery, creamy or pungent.

For Marlene Glenn and several other Hy-Vee cheese specialists, the conference was more than a chance for competition and tasting. They also attended to take one of the toughest tests of their lives: the exam for professional cheese certification. The exam is given only once a year at the conference.

The 150-question test covers all aspects of cheese, including history, culture, science, animal breeds and industry practices. It takes at least two hours to complete, and only about 60 percent of test takers pass.

"The test is absolutely a grueling and intimidating experience," says Michael Landis, a cheese industry instructor and one of the first Certified Cheese Professionals. In a seminar earlier this year, he helped Hy-Vee staff prepare for the test. Additionally, they spent countless hours researching and studying cheese.

"It takes a lot of hard work," says Arielle Neher, Hy-Vee's cheese training specialist. In 2015 she was the first Hy-Vee employee to earn the certification. "You give up a lot of free time to study but it's worth the effort."

In addition to being able to put the initials CCP (Certified Cheese Professional) after her name, having the certification boosts "credibility and confidence when talking with customers," she says. How did Marlene and her colleagues fair? They passed! Read more about them, *opposite*.



TO PRODUCE MYRIAD  
FLAVORS AND  
TEXTURES, MASTER  
CHEESE MAKERS TINKER  
WITH THE PROCESS OR  
ADD SPICES, HERBS,  
BENEFICIAL BACTERIA,  
MOLD OR EVEN ASH.  
THE RESULT CAN BE  
TANGY, SWEET, SMOKY,  
CRUMBLY, PEPPERY,  
BUTTERY, CREAMY  
OR PUNGENT.





Those who earn the title ACS Certified Cheese Professional are recognized for their comprehensive knowledge of cheese and the cheese industry.



**Chris Luken**  
CEDAR RAPIDS, IOWA

Chris was already a cheese expert when he started preparing for the test but still found areas where he could expand his knowledge. After a six-month deep dive, he passed the test with flying colors. **A favorite: *Marieke Gouda Foenegreek***



**Merrill Klemm**  
CEDAR RAPIDS, IOWA

After nearly 20 years as a Hy-Vee Deli manager, Merrill switched over to the cheese counter four years ago and found another tasty niche. "The field of cheese is always changing, so it's always interesting," he says. **A favorite: *Caveman Blue***



**Marlene Glenn**  
MARSHALL, MINNESOTA

A longtime cheese specialist, Marlene took nine months to prepare for the test, including reviewing cheese microbiology. "I love the fact that cheese has been made the same way for over a thousand years." **A favorite: *Cabot Clothbound Cheddar***



**Katie McKenna**  
NEW HOPE, MINNESOTA

Katie landed a job at the Hy-Vee cheese counter three years ago and quickly found a passion for the art and science of cheese making. She discovered that "there's a unique story to each cheese." **A favorite: *Harbison Brie***



**Twyla Carson**  
OMAHA, NEBRASKA

A self-confessed technophobe, Twyla bypassed computers and hit the books instead to develop a deep working knowledge of all things cheese. This career decision has paid off. "I'm not computer savvy but I am cheese savvy!" **A favorite: *Humboldt Fog***



AMBASSADOR



**Arielle Neher**  
*Conference Cheese Monger*

Hy-Vee's resident cheese teacher, Arielle represented Hy-Vee at the conference as one of three cheese experts overseeing the handling of all competition cheeses. She also has the distinction of being the first Hy-Vee employee to pass the CCP exam.

# TEN BEST *Cheeses*

Americans eat a lot of cheese. According to the USDA, we each consume over 30 pounds a year, mostly in the form of mass-produced mozzarella and Cheddar. While these are perfectly good cheeses to enjoy, it's time to shake things up by trying something new. Check out these 10 award-winning artisanal cheeses available at Hy-Vee's cheese counter.



## 1. Colby, Widmer's Cheese Cellars:

At first glance, you might confuse this cheese with a Cheddar. But while they look the same, Colby cheeses are known for a milder, creamier taste that is sweet and nutty.

## 2. Burrata, BelGioioso Cheese:

Think mozzarella, but softer and creamier. Burrata is spreadable like cream cheese. This milky variety is the perfect canvas for a drizzle of extra virgin olive oil and a dash of salt and pepper.

## 3. Reading, Spring Brook Farm:

A semisoft raclette, this Swiss-style cheese melts easily and is traditionally spread on bread or over roasted potatoes. It has a buttery, nutty flavor and delightfully smooth texture.

## 4. Caveman Blue, Rogue Creamery:

A blue cheese made with cow's milk, Caveman Blue has all the funkiness of traditional blue cheese with some sweeter flavor notes, such as tropical fruit and vanilla.

## 5. Saxony Alpine Style, Saxon Creamery:

Alpine-style is another way of saying Swiss-style, so think of Saxony as a Swiss cheese from Wisconsin. It's richer and a bit creamier but has similarly sweet and nutty flavors.





**6. Humboldt Fog, Cypress Grove Chèvre:**

This beautiful cheese is characterized by the black line that runs through its center. This marking is actually a layer of black vegetable ash that divides the top and bottom of the wheel.

**7. Trivium, Creamery 333:**

This goat's milk Cheddar is bone color with a natural mottled rind. Aged for four months, it develops a tang and some sweetness that has been likened to the flavor of caramel.

**8. Sartori Limited Edition Pastorale Blend, Sartori:**

This robust semihard cheese is made from both cow's milk and sheep's milk, giving it a pale yellow color and an earthiness offset by sweet and nutty flavors.

**9. Harbison Brie, Cellars at Jasper Hill:**

The first thing you'll notice about Harbison is the spruce bark wrapped around the wheel, which helps the cheese keep its shape. Inside, the cheese is meltingly soft and quite spreadable.

**10. Avonlea Clothbound Cheddar, Cows Creamery:**

Instead of creating a firm rind, the makers of this Cheddar use cloth to wrap their wheels of cheese. This allows the Cheddar to breathe during its aging process.

# Party

## ON THE PATIO



PROSCIUTTO WAS OVERFLOWING AT **La Quercia**, THE IOWA PREMIUM CHARCUTERIE COMPANY, WHEN IT HOSTED A GALA EVENT FOR THE AMERICAN CHEESE SOCIETY (ACS). GUESTS WERE TREATED TO FOOD, MUSIC AND BEHIND-THE-SCENES TOURS OF THE PLANT, WHERE SOME OF THE BEST CHARCUTERIE IN THE WORLD IS MADE.

It was the first night of the ACS's "Cheese in the Heartland" conference and about 300 cheese makers were bused south of Des Moines for a mix-and-mingle reception. They socialized for a few hours while enjoying cheese's best friends: wine and top-shelf charcuterie.

Charcuterie—gourmet cured meats that include prosciutto and salami—are La Quercia's calling card. The award-winning company was started 10 years ago by Herb and Kathy Eckhouse, who first perfected their American-style prosciutto, then branched out to craft salami, lomo, speck and numerous other artisanal cured meats. Today their nationally popular products are available at Hy-Vee.

Guests at the event listened to live music while enjoying wood-fired prosciutto pizzas, roasted corn on the cob and ice cream. They also sampled from a buffet offering every La Quercia product, including fresh off-the-bone prosciutto.

The event underscored the culinary relationship that cheese and charcuterie share. These complementary foods are most often seen served together as appetizers on charcuterie boards (see "The Holiday Charcuterie," *opposite*).

At Hy-Vee, you'll find them sold at adjacent counters. If you have questions, ask the specialists behind the display. They'll be happy to provide suggestions or a free sample.



Hy-Vee chefs carved prosciutto off ham bones for guests. Other foods included Parlo wood-fired pizzas with La Quercia prosciutto, roasted corn on the cob from Mo' Rub of Mo' Goodness Foods and soft-serve ice cream from Cloverleaf Creamery. Hy-Vee Catering supplied the rest.



# The HOLIDAY CHARCUTERIE

Celebrate the season in style with a festive Christmas tree-shape charcuterie station organized on multiple boards. Let guests “climb” up the tree for perfectly prepared hors d’oeuvres.

## MEATS

Arrange slices of prosciutto, mortadella, salami, speck and lomo on the board and have more on hand to refill the board as needed.

## TOPPERS

Guests will want to top their bread, meat and cheese fix-ups with an added pop of flavor, color and texture. Offer Marcona almonds, green olives, fruit, berries, honey, extra virgin olive oil, pepper jelly and/or Peppadew peppers.

## CHEESES

Wheels of room-temperature Brie and triple-cream are a must, as are several varieties of sliced semihard cheese, such as Gouda or Cheddar. For a festive flavor try a Wensleydale cranberry cheese like the variety shown on the cheese board.

## THE BASE

Provide an assortment of crackers, toasted bread slices and chips to serve as the bases for do-it-yourself hors d’oeuvres. Guests can assemble as desired.



# 10

# BEST HOLIDAY MAINS & MEALS

WORDS Lois White

PHOTOS Cameron Sadeghpour, Tobin Bennett and Greg Scheidemann

WOW YOUR GUESTS WITH A CREATIVE ROASTED DINNER OR SERVE UP ONE OF THE MOST INCREDIBLY EASY MEALS YOU'VE EVER LAID EYES ON.

Perhaps the holiday meal has been on your radar for a few weeks now. If you absolutely love to cook, stir things up a bit. Try one of the amazing flavor-enhanced roasted dishes that follow: butter-infused turkey, prosciutto-wrapped pork loin, fruit-glazed ham, generously marbled prime rib or stuffed flank steak. Special techniques such as applying rubs, oven searing and making pan gravy add bold, mouthwatering flavors. A roast this good will be gone by the end of the day!

If you've never cooked a roast, let alone a turkey, now is as good a time as any. The big bird is easy to tackle as long as you remember to thaw it in the refrigerator three days ahead of cooking. Prep any of the other roasts in just 20 minutes before popping it into the oven. Not much to it. For best results, use an ovenproof thermometer as each

recipe suggests. Knowing the true temperature at all times gives you the most tender, juicy results.

## **Premade Meals to the Rescue**

If your schedule is tight or the thought of cooking stresses you, give yourself a gift of relaxation. Order a ready-made holiday meal from your local Hy-Vee. It's the easiest way to serve a variety of satisfying dishes without spending hours in the kitchen. Along with the popular ham, turkey and prime rib premade holiday meals, Hy-Vee has added meals featuring Hickory House smoked meats or lasagna as the entrée. The selection of sides is also noteworthy. Sweet Potato Ginger Salad and Beet and Apple Quinoa Salad, among others, come loaded with bright seasonal flavors. There are also scrumptious jumbo honey butterflake rolls, which have a texture and appeal similar to buttery croissants, and are offered by the dozen. You can purchase premade holiday meals from your local Hy-Vee. Order in person, by phone or online at [www.hy-vee.com/shop](http://www.hy-vee.com/shop)



Prep: 20 minutes | Roast: 2½ hours |

Stand: 15 to 20 minutes | Serves 12

½ cup Hy-Vee butter

4 sprigs thyme

4 garlic cloves, peeled and sliced

1 (12- to 14-pound) turkey, thawed

2 sprigs fresh rosemary

½ cup multicolored pearl onions, peeled

4 medium lemons, quartered

½ teaspoon Hy-Vee black pepper

3 cups Hy-Vee chicken broth, divided

#### Shallot Gravy:

1 cup Hy-Vee chicken broth

¼ cup Hy-Vee butter

1 shallot, thinly sliced

¼ cup Hy-Vee all-purpose flour

½ teaspoon Hy-Vee salt

¼ teaspoon Hy-Vee black pepper

1. Preheat oven to 325°F. In a small saucepan, melt butter. Add thyme and garlic. Keep at room temperature for 20 minutes; set aside.

2. Meanwhile, remove neck and giblets from turkey; discard. Inside the cavity of turkey, place rosemary sprigs, pearl onions and lemon quarters, squeezing a little juice from the lemon into cavity.

3. Skewer neck skin to back. Tie drumsticks together with 100 percent cotton kitchen twine. Twist wing tips under back.

Place turkey, breast side up, on a rack set in a roasting pan. Brush some of the butter mixture over turkey. Sprinkle with pepper. Pour butter mixture through a sieve; discard solids. Fill a syringe\* with butter mixture and inject turkey in the breast and thigh areas. Continue to fill syringe as needed.

4. Add 2 cups chicken broth to pan. Insert an ovenproof meat thermometer into the center of an inside thigh muscle. Thermometer should not touch bone. Roast, uncovered, for 2 hours.

5. After 2 hours, cut kitchen twine between drumsticks so thighs cook evenly. Add remaining 1 cup chicken broth to pan. Continue roasting about 30 minutes or until thermometer registers 170°F. (Breast meat

should measure 155°F.) Remove turkey from oven. Transfer turkey to a platter; cover with foil and let stand for 15 to 20 minutes. Reserve pan juices.

6. For Shallot Gravy, strain pan juices into a bowl; spoon off fat. Add enough chicken broth to make 4 cups. In a large saucepan, melt butter over medium heat. Add shallot; cook for 2 minutes or until softened. Add flour and whisk for 1 minute. Whisk in pan juices. Bring to boiling; reduce heat. Simmer for 10 minutes, stirring occasionally. Stir in salt and pepper. Carve turkey and serve with Shallot Gravy.

\*Note: Syringes designed for injecting turkeys can be purchased at some Hy-Vee stores.

*Nutrition facts per serving:* 420 calories, 17 g fat, 9 g saturated fat, 0 g trans fat, 210 mg cholesterol, 700 mg sodium, 4 g carbohydrates, 0 g fiber, 1 g sugar, 62 g protein. Daily values: 10% vitamin A, 2% vitamin C, 4% calcium, 15% iron.



## BUTTER-INFUSED TURKEY WITH SHALLOT GRAVY

HOMEMADE  
HOLIDAY  
MEALS

Garlicky butter added deep into the meat mingles with the turkey's natural juices as it roasts. This simple but genius technique keeps the bird moist at all times.



Prep: 15 minutes | Stand: 1 hour |  
Roast: 2 to 2½ hours | Rest: 15 to 20 minutes | Serves 8  
**1 (5-pound) bone-in beef rib roast\***  
**2 tablespoons Hy-Vee Select olive oil**  
**Hy-Vee kosher salt and Hy-Vee ground black pepper, to taste**  
**1 (750-ml) bottle Zinfandel or other fruity dry red wine, divided**  
**3 tablespoons Hy-Vee honey**  
**1 tablespoon Hy-Vee butter**  
**1 recipe Red Wine au Jus, right**

1. Rub roast with oil; season with salt and pepper. Place roast, bone-side down, in a shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat or touching bone. Let stand at room temperature for 1 hour.

2. Preheat the oven to 400°F. For glaze, in a medium

saucepan boil 2 cups Zinfandel for 15 minutes or until reduced to ½ cup. Stir in honey and butter. Simmer, uncovered, for 5 minutes more or until mixture coats the back of a spoon; set aside.

3. Roast rib roast for 30 minutes. Reduce oven temperature to 325°F and cook 1½ to 2 hours more for medium-rare (135°F) to medium (145°F). Baste with glaze every 10 minutes after roast reaches 100°F.

4. Transfer roast to carving board; tent loosely with aluminum foil. Let rest for 15 to 20 minutes. (Temperature will continue to rise about 10 degrees to reach 145°F for medium-rare or 155°F for medium.)

5. While roast is resting, prepare Red Wine au Jus. Carve roast and serve with au Jus.

\*Note: For easier carving, ask a Hy-Vee Meat Department butcher to cut the bones away from the roast and tie them back on with kitchen twine. Remove twine and bones before slicing.

**Red Wine au Jus:** Remove all but 2 tablespoons drippings from roasting pan. Heat drippings in roasting pan over medium heat. Whisk in 2 tablespoons Hy-Vee all-purpose flour. Add ½ cup sliced shallots and cook for 1 minute, whisking constantly. Whisk in remaining Zinfandel, 2 cups Hy-Vee beef stock and 1 sprig sage. Bring to boiling. Reduce heat and simmer, uncovered, for 8 minutes. Season to taste with salt and pepper.

*Nutrition facts per serving:* 940 calories, 67 g fat, 27 g saturated fat, 0 g trans fat, 195 mg cholesterol, 290 mg sodium, 13 g carbohydrates, 0 g fiber, 8 g sugar, 51 g protein.  
Daily values: 0% vitamin A, 2% vitamin C, 4% calcium, 30% iron.

HOMEMADE  
HOLIDAY  
MEALS

# NAPA PRIME RIB

Generous marbling makes this special-occasion beef roast a decadent centerpiece. Roasting the meat at high heat briefly and then finishing it on low creates a magnificent mouthwatering crust.

no. 2

\* Bonus Feature:  
Impress your guests with Napa Prime Rib. Check out this recipe's how-to video in the free digital version of Hy-Vee Seasons.  
Downloading information on page 3.







# PROSCIUTTO-WRAPPED PORK LOIN WITH RED-HOT APPLES

no. 3

Roasted to perfection, pork loin is a succulent feast. A prosciutto wrap looks gorgeous and lends a distinct and delicious flavor to every bite.

Prep: 40 minutes | Roast: 1 to 1½ hours |  
Stand: 20 minutes | Serves 6  
1 (3-pound) boneless pork top loin roast  
1 teaspoon Hy-Vee kosher salt  
½ teaspoon Hy-Vee freshly ground black pepper  
3 ounces thinly sliced prosciutto  
2 sprigs fresh rosemary, optional  
4 cups water  
1 cup Hy-Vee cherry preserves  
¾ cup Hy-Vee cinnamon imperial candies  
6 firm tart cooking apples, cored and quartered  
Fresh sage, for garnish

1. Preheat oven to 400°F.
2. Trim fat from pork. Season with salt and pepper. Wrap prosciutto slices around pork in single layer; tie in several places with 100 percent cotton heavy kitchen twine. If desired, tuck rosemary sprigs under twine.
3. Place pork on a rack in a shallow roasting pan. Insert an ovenproof meat thermometer in center of roast. Roast, uncovered, for 1 to 1½ hours or until thermometer registers 145°F. Transfer pork to a serving platter. Cover loosely with foil; let stand for 20 minutes before slicing.
4. For red-hot apples, in a large saucepan combine water, preserves and candies. Cook and stir over low heat until candies are dissolved. Add apples. Simmer, uncovered, for 20 to 30 minutes or until apples are tender, stirring occasionally. Using slotted spoon, remove apples and keep warm.
5. Bring preserves mixture to boiling; reduce heat. Gently boil until reduced to ¾ cup. Remove twine from pork; slice and serve with apples and preserves. If desired, garnish with sage.

HOMEMADE  
HOLIDAY  
MEALS

*Nutrition facts per serving:* 680 calories, 11 g fat, 3.5 g saturated fat, 0 g trans fat, 150 mg cholesterol, 720 mg sodium, 88 g carbohydrates, 5 g fiber, 72 g sugar, 56 g protein. Daily values: 2% vitamin A, 15% vitamin C, 2% calcium, 10% iron.



Prep: 15 minutes | Roast: 30 to 45 minutes |

Stand: 15 minutes | Serves 6

1 (2- to 2½-pound) flank steak

1 (6-ounce) box Hy-Vee cornbread stuffing mix

1 (7-ounce) can Hy-Vee diced mild green chiles

1 tablespoon Hy-Vee Select olive oil

Hy-Vee Tex-Mex chipotle seasoning (in an adjustable grinder), as desired

Hy-Vee Select roasted salsa verde, optional

1. Preheat oven to 450°F.

2. To butterfly flank steak, make a lengthwise cut horizontally

through steak, cutting to within ½ inch of opposite side.

Spread open; cover with plastic wrap. Working from the center to the edges, pound steak with flat side of meat mallet until ½ inch thick. Remove plastic wrap; set aside.

3. Prepare stuffing according to package directions. Stir in green chiles. Spread over steak. Roll up meat so grain runs lengthwise. Tie in several places with 100 percent cotton heavy kitchen twine. Brush with olive oil and season with chipotle seasoning.

4. Transfer steak to a shallow roasting pan. Roast for 30 minutes for medium-rare (135°F) to about 45 minutes for medium (150°F). Transfer roast to a serving platter;

tent loosely with aluminum foil. Let stand for 15 minutes.

(Temperature will continue to rise about 10 degrees to reach 145°F for medium-rare or 160°F for medium.)

5. Remove the twine; slice steak and, if desired, serve with salsa verde.

*Nutrition facts per serving:* 400 calories, 12 g fat, 4.5 g saturated fat, 0 g trans fat, 45 mg cholesterol, 660 mg sodium, 22 g carbohydrates, 1 g fiber, 2 g sugar, 35 g protein. Daily values: 8% vitamin A, 20% vitamin C, 4% calcium, 20% iron.



HOMEMADE  
HOLIDAY  
MEALS

no. 4

## SOUTHWESTERN STUFFED FLANK STEAK

Transform this affordable cut into an eye-catching meal with the addition of a simple seasoning rub and cornbread stuffing mix doctored up with green chiles.



Give your ham a makeover with one of three delicious new glazes. While roasting, glaze caramelizes into a sticky crust, adding complex flavors to the hickory smoked pork.

# no. 5 FRUIT-GLAZED HOLIDAY HAM

HOMEMADE  
HOLIDAY  
MEALS

Prep: 20 minutes | Roast: about 2 hours |  
Stand: 10 minutes | Serves up to 30

1 (15-pound) fully cooked bone-in whole  
smoked ham or unglazed spiral-cut ham

1 recipe Orange Rum Glaze, Maple Pear Glaze  
or Cider Mustard Glaze

1. Preheat oven to 325°F. If desired, use a sharp knife to lightly score a diagonal diamond pattern on ham. Roast ham according to package directions.

2. Meanwhile, prepare desired glaze as directed. After ham reaches internal temperature of 100°F, brush with glaze every 10 minutes. Continue roasting until ham is heated through (140°F) and glaze is golden and caramelized.

3. Remove ham from oven and let stand for 10 minutes before slicing.

Note: Nutrition facts vary based on glaze.

## GLAZE OPTIONS

### ORANGE RUM GLAZE

In a large saucepan, combine 1 cup Hy-Vee orange marmalade, ¼ cup rum, 1 tablespoon Hy-Vee butter, 1 minced garlic clove and 1 sprig thyme. Bring to boiling; reduce heat. Simmer, uncovered, for 3 minutes. Remove and discard thyme sprig.

### MAPLE PEAR GLAZE

In a large saucepan, combine 1 cup Hy-Vee Select 100 percent pure maple syrup, ½ cup chopped peeled pear, ½ cup whiskey, ¼ cup packed Hy-Vee brown sugar, 1 tablespoon Hy-Vee butter and 1 sprig rosemary. Heat over medium-high heat just until boiling; reduce heat. Simmer, uncovered, for 5 minutes. Remove and discard rosemary. Using a potato masher, mash pear before applying glaze.

### CIDER-MUSTARD GLAZE

In a large saucepan, heat 4 cups Hy-Vee apple cider over medium-high heat; gently boil for 20 minutes or until reduced to 1 cup. Stir in ¼ cup brandy, 1 tablespoon Hy-Vee Dijon mustard, 1 tablespoon Hy-Vee honey and 1 sprig sage. Simmer, uncovered, for 5 minutes. Remove and discard sage sprig.







no. 6

## PRIME RIB DINNER

5-6 lb. Hormel USDA

Select Prime Rib

Serves 8

With choice of 3 sides

Plus Gravy and One Dozen Jumbo

Honey Butterflake or Brown and

Serve Rolls

\$135

(less than \$17 per person)

### SIDE DISH OPTIONS, shown

French Silk Pie

Mashed Potatoes

### not shown

Cheesy Corn Bake, Green Bean Casserole, Holiday Potatoes, Honey Citrus Apple Salad, Sage Bread Dressing, Sweet Potato Ginger Salad, Edamame and Wild Rice Salad, Sweet Potato Casserole, White Cheddar Macaroni, Pie (Apple, Banana Cream or Pumpkin)







DELICIOUS  
PREMADE  
MEALS FROM  
**HyVee**

no. 7

## GOURMET HOLIDAY FEAST

2 MEATS: 14–16 lb. BUTTERBALL®

TURKEY and choice of 8–10 lb.

FARMLAND® APPLEWOOD PIT HAM

or 5–6 lb. HORMEL USDA SELECT

PRIME RIB

(Turkey and ham shown here)

Serves 18–20

With choice of 6 sides

Plus Gravy and Two Dozen Jumbo Honey

Butterflake or Brown and Serve Rolls

and a Decadent Chocolate Cake, shown

below, or Lawler's Cheesecake

\$225

(only \$12.50 per person)

### SIDE DISH OPTIONS, shown

Holiday Potatoes

Sweet Potato Ginger Salad

Cheesy Corn Bake

Edamame and Wild Rice Salad

Sage Bread Dressing

### not shown

Green Bean Casserole, Sweet Potato

Casserole, Honey Citrus Apple Salad,

Mashed Potatoes, White Cheddar

Macaroni, Pie (Apple, Banana Cream,

French Silk or Pumpkin)





no. 8

# APPLEWOOD PIT HAM

DELICIOUS  
PREMADE  
MEALS FROM  
HyVee

\$135  
(less than \$11.50  
per person)

#### SIDE DISH OPTIONS, shown

Edamame and  
Wild Rice Salad,  
White Cheddar  
Macaroni,  
Sweet Potato  
Casserole,  
Mashed Potatoes,  
Green Bean Casserole,  
Apple Pie

#### not shown

Cheesy Corn Bake,  
Holiday Potatoes,  
Honey Citrus Apple  
Salad, Sage Bread  
Dressing, Sweet Potato  
Ginger Salad,  
Pie (Banana Cream,  
French Silk or  
Pumpkin)

#### COOK'S CARVEMASTER™ PIT HAM

8–10 lb. Ham  
Serves 12

With choice of 6 sides  
Plus Gravy and Two Dozen  
Jumbo Honey Butterflake  
or Brown and Serve Rolls

#### Other ham options:

Traditional Boneless  
Ham Dinner  
5–6 lb. Ham  
Serves 8 | Choice of  
3 sides  
\$80



no. 9

# HICKORY HOUSE™ SMOKED MEAT DINNER

DELICIOUS  
PREMADE  
MEALS FROM  
Hy-Vee

Break with tradition and serve something different this year! Hy-Vee's nontraditional premade meals include out-of-the-box options like Hickory House smoked meats, shown here, and a tasty family-style lasagna, page 68.

Visit your local Hy-Vee or go to [www.hy-vee.com/shop](http://www.hy-vee.com/shop) for a complete list of premade meals.

The aromas of turkey, pork and beef blend in harmony when smoked with hickory. Add baked beans and cornbread, and it's time to eat!

2 lb. Hickory House Turkey  
2 lb. Hickory House Pulled Pork  
2 lb. Hickory House Brisket  
2 lb. Hickory House Baked Beans  
Serves 8

With choice of 2 sides  
Plus 8 pieces of Cornbread  
\$100  
(only \$12.50 per person)





no. 10

DELICIOUS  
PREMADE  
MEALS FROM  
HyVee

# ZESTY ITALIAN DINNER

Creamy, saucy pastas and warm oven-baked breadsticks are the heart and soul of this beloved menu. With food this delicious, you'll want to have seconds.

TRY ONE OF THREE  
DELICIOUS LASAGNA  
FLAVORS INCLUDING  
A PAIR OF VEGETARIAN  
OPTIONS.

*Family-Style Lasagna*  
Serves 6

12 Breadsticks with Marinara  
6 Pinwheels with Marinara  
\$60  
(only \$10 per person)

*2 Party-Style Lasagnas*  
Serves 12

24 Breadsticks with Marinara  
12 Pinwheels with Marinara  
\$100  
(less than \$8.50 per person)

Both available in  
Traditional, Marinara  
Vegetarian and Alfredo  
Vegetarian





# Celebrate with the PERFECT HOLIDAY HAM



## HISTORY OF THE CURE 81® BRAND

Over half a century ago, Hormel Foods set out to make a ham that was extra special, one that perfectly met consumer expectations and preferences. We consulted a panel of 1,000 women and, inspired by their ideas, created the perfect ham—CURE 81® ham.



## MEET OUR CUREMASTER

Made with handcrafted care by our Curemaster and his team, every CURE 81® ham promises to deliver the premium quality and flavor ham lovers desire. Each ham comes individually stamped with the Curemaster's signature to personally guarantee its flavor and tenderness. With a passion for perfection, our Curemaster stands behind every ham at your table.



## OUR NEWEST HAM: CHERRYWOOD

Our CURE 81® Cherrywood smoked ham's sweet, smoky flavor brings delicious notes to your holiday meal. Enjoy the irresistible taste of these handcrafted hams—sure to be the star of your holiday dinner table.

## JOIN OUR FIGHT AGAINST HUNGER

### HAMS FOR HUNGER

Since the program's inception, HORMEL® CURE 81® has partnered with retailers to donate over \$12 million to help families in need. This year we're partnering with Feeding America® to donate HORMEL® CURE 81® hams for 50,000 holiday meals. Learn more by visiting [Hormel.com/Cure81](http://Hormel.com/Cure81).

### YOU CAN HELP TOO!

**TEXT CURE81 TO 50555**

to donate to Feeding America® and families in need this holiday season. When prompted, follow the link to complete your gift.



Hormel Cure 81 Ham:  
whole or half  
\$4.49 lb.

SMS subscription service. Up to 4msg/mo. Msg & Data Rates May Apply. Text STOP to 50555 to STOP. Full terms: [mGive.com/E](http://mGive.com/E) Privacy Policy: [mGive.org/P](http://mGive.org/P)

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# TEN WAYS TO SAY “THANKS FOR THE INVITE!”

DASH THROUGH THE AISLES AT HY-VEE  
TO FIND THESE LAST-SECOND GIFT IDEAS.  
IN JUST 10 MINUTES OR LESS, YOU'LL  
HAVE A GIFT WORTH GIVING.

WORDS Aaron Ventling PHOTOS Tobin Bennett





You need:  
BOTTLE OF WINE  
TISSUE PAPER  
RIBBON  
BELLS

## 1 BOTTLE OF VINO

For clever wrapping, use your computer to design a word or phrase. Print the design and trace it on tissue paper using a pencil or marker. Place two layers of tissue paper flat on a table. Put double-sided tape on the top paper and lay the bottle on the short side. Roll the bottle to wrap it. Cut and fold in paper at the bottom. Tie on ribbon, adding bells to ring in the season.



You need:  
MINI CUPCAKES  
MINI CUPCAKE PAN  
PARCHMENT PAPER  
STRING  
STICKER

**2 MINI CUPCAKES**  
Slip Hy-Vee Bakery mini cupcakes into a miniature cupcake pan from Hy-Vee. Wrap parchment paper lengthwise around the pan, being careful not to squish cupcakes, and secure with a holiday sticker and string.



You need:  
CUTTING BOARD  
STRING  
ARTISAN BREAD  
FRESH HERBS  
OLIVE OIL  
PARMESAN

**3 BREAD BOARD**  
Place a Hy-Vee artisan bread loaf, olive oil and Parmesan on a Hy-Vee cutting board. Tie with butcher string. For a fresh taste of Italy, tie rosemary, sage or thyme sprigs into the bow.



You need:  
COOKIES  
CELLOPHANE BAG  
RIBBON  
GIFT CARD  
WIRE

**4 CARDS & COOKIES**  
Tie holiday-color ribbon around a cellophane bag of Hy-Vee Bakery fresh cookies. Punch a hole in the corner of a Hy-Vee gift card, feed wire through the hole and attach the card to the bow.



You need:  
GLASS JAR  
DESIRED CANDY  
GIFT TAG

**5 CANDY JAR**  
Create a personalized design by carefully layering colorful candy in a glass jar. Finish by attaching a simple tag with a handwritten message.



You need:  
CHOCOLATE BARS  
STRING

**6 CHOCOLATE BARS**  
Stack several bars of rich Zöet chocolate, securing with double-sided tape. Tie string or twine around stack and finish with a bow.



You need:  
PLASTIC SPOONS  
CELLOPHANE BAG  
RIBBON  
HY-VEE SELECT COFFEE

**7 COFFEE & CHOCOLATE SPOONS**  
Melt chocolate over low heat. Dip spoons into chocolate and add additional candy decorations. Let stand on waxed paper until chocolate is dry. Place spoons in small cellophane bag and use ribbon to tie bag to Hy-Vee Select coffee.



FOLLOW THESE IDEAS FOR  
SIMPLE SOLUTIONS TO YOUR  
HOLIDAY GIFT-GIVING TROUBLES.



You need:  
SLATE PLATTER  
SPECIALTY  
CHEESES  
CHEESECLOTH  
CHALK

**8 CHEESE BOARD**  
On a slate platter, arrange a variety of specialty cheeses into a wheel shape. Secure with cheesecloth, tying excess fabric into a bow. Pinch the center and adhere bow with hot glue. Use chalk to create a personalized holiday message.

You need:  
GLASS JAR  
COOKIES  
RIBBON  
GOLD CRAFT  
PAPER  
SANTA HAT

**9 SANTA COOKIE JAR**  
Fill a glass jar with store-bought cookies. Craft a belt buckle out of gold paper and fasten around the jar with ribbon. Stuff a small Santa hat with tissue paper to keep its shape and fit over the lid.

You need:  
COOKIE CUTTER  
PREMADE CRISPY RICE  
CEREAL TREATS  
CELLOPHANE BAG  
MELTED CHOCOLATE  
STRING  
GIFT TAG

**10 COOKIE CUTTERS**  
Using purchased crispy rice cereal treats, cut holiday shapes using cookie cutters. Drizzle melted chocolate over cereal treats. Place treats and cutters into a cellophane bag. Tie on a gift tag.





# HOLIDAY STOCKING STUFFERS

LET STOCKINGS OVERFLOW  
WITH FUN THIS SEASON. LOAD  
UP ON ALL THE TINY GIFTS YOU  
NEED AT YOUR LOCAL HY-VEE.

WORDS Mary Bunting PHOTOS Tobin Bennett



# 10 EASY IDEAS FOR CHRISTMAS MORNING

## 1. SET THE BAR

Choose protein and meal bars with tasty flavors and energy-packed ingredients.

## 2. SWEET TOOTH

Shop the candy aisle and include everyone's favorite king-size candy bars or bulk bin finds.

## 3. STOCK FOR SCHOOL

Raise your hand if you want dozens of art and school supplies choices. Hy-Vee is head of the class.

## 4. FRUIT AND NUTS

Grab fruit snacks or 100-calorie nut packs for a modern twist on classic stuffers.

## 5. TOY BOX

Zoom the room with mini cars and other toys. Look for flip-top candy dispensers and superhero stuffers.

## 6. HOT CHOCOLATE

Fill stockings with gourmet packs of cocoa mix in tasty traditional flavors.

## 7. GIFT CARDS

Give loved ones loaded gift cards for Nike, iTunes and more.

## 8. DRINK UP

Buy a reusable water bottle or purchase packaged juices featuring popular characters.

## 9. TEAM SPIRIT

Support your favorite team with NFL merchandise available at Hy-Vee.

## 10. BEAUTY CARE

Choose colorful lip balms and sparkling nail polish.





# 10 MORE STUFFERS FOR EVERY AGE

## 1. TASTY HYDRATORS

Upgrade your water with easy flavor boosters from MiO and Kool-Aid.

## 2. SANTA BABY

Pack Gerber Graduates Grabbers for a toddler's stocking or for a new mom who's always on the go.

## 3. 'TIS THE SEASONING

Surprise the foodie on your list with a variety of gourmet or seasonal spices.

## 4. SOOTHING SENSATIONS

Lift the spirit and sooth the mind and body of a friend. Give essential oils, which are distilled from flowers, fruits and herbs.

## 5. SPA STOCKING

Pamper those on your list with products like Andalou Naturals facial masks and aromatherapy shower bombs.

## 6. CRUNCHY SNACKS

Add salty bites to anyone's stocking with single-serving bags of chips, popcorn, healthy snacks and more.

## 7. GOURMET CHOCOLATE

Delight chocolate lovers with a stocking full of truffles, cookies and gourmet bars available at Hy-Vee.

## 8. FRESH SCENTS

Freshen up houses and cars with scents from candles, Glade Plug-Ins and other air fresheners.

## 9. HOLIDAY SPIRITS

Slip in adult-only fun with mini liquor bottles, or shooters, found in the Hy-Vee Wine & Spirits Department.

## 10. FOOD AND DRINK

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SIGNATURE

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This year, let Hy-Vee help you send the gift of thoughtfulness with Hallmark boxed cards.





# Love at first slice: TOP 10 PIES

Indulge with  
ten of our  
best-loved  
pies  
and  
tarts. »



WORDS Lois White PHOTOS Tobin Bennett and Greg Scheidemann



*Bring ooohs and ahhs to the dessert table with showstopping pies and tarts—all homemade. Flaky crusts, fruit, cream fillings and eye-catching toppings are the key to the ten best recipes of the season. From Mile-High Cranberry-Apple to Dark Chocolate Bourbon Pecan, there is a flavor for everyone to love.*

**1** Celebrate one of America's favorite berries with a juicy and flavorful pie, packed to the rim with plump roly-poly blueberries. A flaky crust made with lard holds the jewel-like bounty. Finish it off with a dollop of whipped cream.

Prep: 1 hour | Cool: 4 hours | Serves 10

**Crust:**

1½ cups Hy-Vee all-purpose flour

1 tablespoon Hy-Vee sugar

¾ teaspoon Hy-Vee salt

½ cup lard

6 to 8 tablespoons ice water

Dry beans, for weight

**Filling:**

1 cup Hy-Vee sugar

¼ cup Hy-Vee cornstarch

1 teaspoon lemon zest

2 tablespoons lemon juice

¼ cup water

11 cups fresh blueberries, divided

1. For crust, in a large bowl stir together flour, sugar and salt. Using a pastry blender, cut in lard until pieces are pea size. Sprinkle 1 tablespoon ice water over part of the flour mixture; toss gently with a fork. Push moistened dough to side of bowl. Repeat with additional ice water, 1 tablespoon at a time, until all of the flour mixture is moistened. Gather into a ball, kneading gently until it holds together. On a lightly floured surface, roll pastry into a 14-inch circle. Line a 9-inch pie pan with pastry. Build up edges and flute pastry. Freeze for 15 minutes.

2. Meanwhile, preheat oven to 400°F. For filling, in a large saucepan combine sugar, cornstarch and lemon zest. Stir in lemon juice and water until smooth. Add 4 cups blueberries. Cook and stir over medium heat until thickened and bubbly;

cook and stir for 1 minute more. Remove from heat. Stir in 4 more cups blueberries. Set aside.

3. Remove pastry from freezer. Line with foil and fill half full of dry beans. Bake for 10 minutes. Remove from oven. Reduce heat to 375°F. Remove foil from pastry; prick bottom and sides with a fork. Bake for 10 minutes more or until golden brown. Remove pastry from oven. Spoon filling into piecrust; cover evenly with remaining 3 cups blueberries. Cool pie on a wire rack for at least 4 hours.

*Nutrition facts per serving:* 350 calories, 11 g fat, 4 g saturated fat, 0 g trans fat, 10 mg cholesterol, 180 mg sodium, 62 g carbohydrates, 4 g fiber, 38 g sugar, 3 g protein. Daily values: 2% vitamin A, 30% vitamin C, 2% calcium, 8% iron.

*Blueberry  
Paradise  
Pie*



2

Sweet and salty, jiggly and smooth, creamy and addictive. There's good reason why this dessert is a long-standing favorite at potlucks and holiday gatherings.

Prep: 45 minutes | Refrigerate:  
4 to 24 hours | Serves 8

**2½ cups finely crushed Hy-Vee pretzels**  
**3 tablespoons plus 1 cup Hy-Vee granulated sugar, divided**  
**¾ cup Hy-Vee unsalted butter, melted**  
**2 tablespoons Hy-Vee cornstarch**  
**1½ cups water**  
**1 (3-ounce) package Hy-Vee strawberry gelatin**  
**3 pounds fresh strawberries**  
**1 (8-ounce) package Hy-Vee cream cheese, softened**

**¾ cup Hy-Vee powdered sugar**  
**12 ounces Hy-Vee frozen whipped topping, thawed**  
**Crushed pretzels, for garnish**

1. Preheat oven to 350°F.
2. For crust, in a medium bowl combine 2½ cups crushed pretzels, 3 tablespoons granulated sugar and melted butter. Spread in a 9-inch springform pan, pressing evenly onto bottom and sides. Bake for 10 minutes or until edges are light brown. Cool on a wire rack.
3. Meanwhile, for filling, in a medium saucepan combine remaining 1 cup granulated sugar and cornstarch. Gradually stir in water. Cook and stir over medium-high heat until thickened and bubbly; reduce heat. Cook and stir for 2 minutes more.

Remove from heat and stir in gelatin until dissolved. Cool for 20 minutes. While glaze is cooling, wash strawberries; remove stems. Add strawberries to gelatin mixture; spoon into crust-lined pan. Cover and refrigerate for at least 4 hours and up to 24 hours.

**4.** Just before serving, in a large mixing bowl beat cream cheese and powdered sugar with an electric mixer on medium until thoroughly combined. Fold in whipped topping. Spoon over filling. If desired, sprinkle crushed pretzels on top.

*Nutrition facts per serving:* 740 calories, 38 g fat, 26 g saturated fat, 1 g trans fat, 75 mg cholesterol, 490 mg sodium, 98 g carbohydrates, 4 g fiber, 64 g sugar, 7 g protein. Daily values: 20% vitamin A, 170% vitamin C, 6% calcium, 8% iron.



## Strawberry Pretzel Pie



# Peanut Butter Chocolate Tart

## 3

Just one bite of this delightfully rich cheesecake dessert, and your guests will be clamoring for more.

Prep: 50 minutes | Bake: 8 to 10 minutes |  
Refrigerate: 2 to 24 hours | Serves 12

#### **Crust:**

1½ cups finely crushed Hy-Vee graham crackers (about 21 squares)  
1 cup Hy-Vee roasted salted peanuts, finely ground  
¾ cup Hy-Vee granulated sugar  
½ cup Hy-Vee unsalted butter, melted

#### **Ganache:**

6 ounces bittersweet chocolate, chopped  
½ cup Hy-Vee heavy whipping cream

#### **Filling:**

1 cup Hy-Vee creamy peanut butter  
1 (8-ounce) package Hy-Vee cream cheese, softened  
1½ cups Hy-Vee powdered sugar  
¼ cup Hy-Vee heavy whipping cream

Additional peanuts, for garnish  
Marshmallow Crème Blossoms, for garnish

1. Preheat oven to 350°F. For crust, in a medium bowl combine crushed graham crackers, ground peanuts and granulated sugar. Stir in melted butter. Press crumb mixture onto the bottom and up the sides of a 9-inch tart pan with a removable bottom. Bake for 8 to 10 minutes or until set. Cool.

2. For ganache, place chocolate in a small bowl. In a small saucepan, bring heavy whipping cream just to boiling. Remove from heat; pour over chocolate in bowl (do not stir). Let stand for 5 minutes. Stir until smooth. Cool.

3. For filling, in a medium mixing bowl beat peanut butter and cream cheese with an electric mixer on medium until smooth. Gradually add powdered sugar; beat until smooth. Add cream and continue beating until smooth.

4. Add filling to crust, spreading evenly. Spread ganache over top. Cover and refrigerate for 2 to 24 hours. Just before serving, sprinkle additional peanuts and pipe small mounds of Marshmallow Crème Blossoms on top. Use a torch to lightly toast blossoms. To serve, cut tart into wedges.

**Marshmallow Crème Blossoms:** In a 2-quart top of a double boiler, combine ½ cup Hy-Vee granulated sugar, 2 tablespoons water, 1 egg white and ½ teaspoon cream of tartar. Place top pan over simmering water. Cook, beating constantly with an electric mixer on high for 10 minutes or until an instant-read thermometer registers 160°F. Remove top pan from heat; add ½ cup marshmallow crème and ½ teaspoon Hy-Vee vanilla extract. Beat for 1 minute more or until mixture is fluffy and holds soft peaks. Spoon into a pastry bag fitted with a plain pastry tip.

*Nutrition facts per serving:* 570 calories, 39 g fat, 17 g saturated fat, 0.5 g trans fat, 60 mg cholesterol, 250 mg sodium, 53 g carbohydrates, 3 g fiber, 39 g sugar, 9 g protein. Daily values: 15% vitamin A, 0% vitamin C, 4% calcium, 8% iron.



BAKE ONE OF  
THESE DELICIOUS  
PIES SHOWN  
OR PICK UP A  
HY-VEE BAKERY  
PIE TODAY!



4

## Mile-High Cranberry-Apple Pie

Grace your holiday dinner table with a deep-dish pie that has an impressive mound of tender, juicy fruit and a melt-in-your-mouth pastry crust.

Prep: 1 hour | Bake: 1½ hours |  
Cool: 2 hours | Serves 8

### Filling:

½ cup Hy-Vee granulated sugar  
½ cup packed Hy-Vee brown sugar  
½ cup Hy-Vee all-purpose flour  
1 teaspoon Hy-Vee ground cinnamon  
¼ teaspoon Hy-Vee ground nutmeg  
¼ teaspoon Hy-Vee ground cloves  
5 medium Granny Smith apples  
(about 2 pounds)  
5 medium Braeburn apples  
(about 2 pounds)  
1½ cups fresh or frozen cranberries

### Crust:

3 cups Hy-Vee all-purpose flour  
2 tablespoons Hy-Vee granulated sugar  
1 teaspoon Hy-Vee salt  
1 cup Hy-Vee shortening  
10 or 12 tablespoons ice water

### Topping:

Hy-Vee heavy whipping cream, optional  
Additional Hy-Vee granulated  
sugar, optional  
Additional Hy-Vee ground  
cinnamon, optional

1. For filling, in a large bowl stir together granulated sugar, brown sugar, flour, cinnamon, nutmeg and cloves. Peel and core apples; cut into ¼-inch-thick slices. Add apples and cranberries to sugar mixture. Let stand for 30 minutes, stirring occasionally. Preheat oven to 425°F.
2. For crust, in a large bowl stir together flour, granulated sugar and salt. Using a pastry blender, cut in shortening until pieces are pea size. Sprinkle 1 tablespoon ice water over part of the flour mixture; toss gently with a fork. Push moistened dough to side of bowl. Repeat with additional ice water, 1 tablespoon at a time, until all of the flour mixture is moistened. Gather into a ball, kneading gently until it holds together. Divide dough in half. Shape each portion into a ball.
3. On a lightly floured surface, roll one portion of pastry into a 12-inch circle. Line a 9-inch pie pan with pastry. Transfer apple-cranberry filling to pastry-lined pan, mounding filling.

Trim pastry to edge of pie pan.

4. Roll remaining dough portion into a 12-inch circle. Place pastry circle on filling; trim pastry to ½ inch beyond edge of pie pan. Fold top pastry edge under bottom pastry. Crimp edge as desired. Cut slits in pastry to allow steam to escape. If desired, brush top crust with whipping cream and sprinkle with additional sugar and cinnamon. Cover edge of pie with foil to prevent overbrowning. Place pie on baking sheet.
5. Bake for 15 minutes. Reduce oven temperature to 350°F. Continue to bake for 1 hour 15 minutes more or until crust is golden brown. Cool on a wire rack. To serve warm, let pie cool at least 2 hours.
6. To store, cover pie and store at room temperature for 4 hours or in the refrigerator for up to 2 days.

*Nutrition facts per serving:* 660 calories, 25 g fat, 6 g saturated fat, 0 g trans fat, 0 mg cholesterol, 300 mg sodium, 105 g carbohydrates, 8 g fiber, 54 g sugar, 6 g protein. Daily values: 2% vitamin A, 20% vitamin C, 4% calcium, 15% iron.



# 5

This rich custard pie is noted for its billowy meringue. Reducing the oven temperature before baking the meringue results in the best-looking, most evenly baked meringue.

Prep: 50 minutes | Bake: 20 to 30 minutes |  
Cool: 1 hour | Refrigerate: 3 to 6 hours |  
Serves 8

**½ cup Hy-Vee sweetened  
flaked coconut**

#### **Crust:**

**1 cup Hy-Vee all-purpose flour**

**2 teaspoons Hy-Vee sugar**

**½ teaspoon Hy-Vee salt**

**½ cup Hy-Vee shortening**

**3 or 4 tablespoons ice water**

#### **Filling and Meringue:**

**6 Hy-Vee large eggs**

**¾ cup plus ½ cup Hy-Vee sugar, divided**

**¼ cup Hy-Vee cornstarch**

**2½ cups Hy-Vee half-and-half**

**1 cup Hy-Vee sweetened flaked coconut**

**3 tablespoons cream of coconut**

**1 tablespoon Hy-Vee butter**

**3 teaspoons Hy-Vee vanilla extract, divided**

**¾ teaspoon cream of tartar**

**1.** Preheat oven to 350°F. Spread ½ cup coconut on a baking sheet. Bake for 5 minutes or until golden brown, stirring once. Cool.

**2.** For crust, preheat oven to 425°F. In a large bowl, stir together flour, 2 teaspoons sugar and salt. Using a pastry blender, cut in shortening until pieces are pea size. Sprinkle 1 tablespoon ice water over part of the flour mixture; toss gently with a fork. Push moistened dough to side of bowl. Repeat with additional ice water, 1 tablespoon at a time, until all of the flour mixture is moistened. Gather into a ball, kneading gently until it holds together. On a lightly floured surface, roll pastry into a 12-inch circle. Line a 9-inch pie pan with pastry to the edge of pan; prick bottom and sides with a fork. Bake for 10 to 12 minutes or until golden. Cool on a wire rack. Reduce oven to 325°F.

**3.** For filling, separate eggs, placing 6 whites in a medium bowl and 4 yolks in another medium bowl; if desired, reserve remaining yolks for another use. In a medium saucepan, combine ¾ cup sugar and cornstarch. Gradually stir in half-and-half. Cook and stir over medium-high heat until thickened and bubbly; reduce heat. Cook and stir 2 minutes more. Remove from heat.

Slightly beat egg yolks with a fork. Gradually stir about 1 cup of the hot filling into yolks. Add yolk mixture to saucepan. Bring to a gentle boil, stirring constantly; reduce heat. Cook and stir for 2 minutes more. Remove from heat. Stir in 1 cup coconut, cream of coconut, butter and 1½ teaspoons vanilla. Keep filling warm.

**4.** For meringue, add remaining 1½ teaspoons vanilla and cream of tartar to egg whites. Beat with electric mixer on medium about 1 minute or until soft peaks form. Gradually add remaining ½ cup sugar, 1 tablespoon at a time, beating on high about 5 minutes or until mixture forms stiff, glossy peaks and sugar dissolves.

**5.** Pour filling into pastry shell. Spread meringue over warm filling, sealing edge. Sprinkle toasted coconut over top. Bake for 20 to 30 minutes. Cool on a wire rack for 1 hour. Refrigerate for 3 to 6 hours before serving; cover for longer storage.

*Nutrition facts per serving:* 550 calories, 28 g fat, 14 g saturated fat, 0 g trans fat, 170 mg cholesterol, 320 mg sodium, 66 g carbohydrates, 5 g fiber, 46 g sugar, 9 g protein. Daily values: 10% vitamin A, 2% vitamin C, 10% calcium, 10% iron.

*The Ultimate  
Coconut  
Cream Pie*





# Dark Chocolate Bourbon Pecan Pie



6

A silky, smooth-textured filling with just the right amount of sweetness makes this a praise-worthy pie. Partially baking the crust keeps it crisp.

Prep: 50 minutes |  
Bake: 50 to 55 minutes |  
Cool: 4 hours | Serves 8

## **Crust:**

**1 cup Hy-Vee all-purpose flour**  
**2 teaspoons Hy-Vee sugar**  
**½ teaspoon Hy-Vee salt**  
**⅓ cup Hy-Vee shortening**  
**3 or 4 tablespoons ice water**  
**Dry beans, for weight**

## **Filling:**

**1 cup Hy-Vee sugar**  
**1 cup Hy-Vee light corn syrup**  
**½ cup Hy-Vee butter**  
**4 Hy-Vee large eggs**  
**¼ cup bourbon whiskey**  
**1 teaspoon Hy-Vee vanilla extract**

**¼ teaspoon Hy-Vee salt**  
**½ cup Hy-Vee bittersweet chocolate chips, chopped**  
**2 cups Hy-Vee pecan halves**

**1.** For crust, in a large bowl stir together flour, sugar and salt. Using a pastry blender, cut in shortening until pieces are pea size. Sprinkle 1 tablespoon ice water over part of the flour mixture; toss gently with a fork. Push moistened dough to side of bowl. Repeat with additional ice water, 1 tablespoon at a time, until all of the flour mixture is moistened. Gather into a ball, kneading gently until it holds together. On a lightly floured surface, roll pastry into a 12-inch circle. Line a 9-inch pie pan with pastry. Trim pastry to the edge of the pan. Freeze for 15 minutes.

**2.** Meanwhile, preheat oven to 400°F. For filling, in a small saucepan combine sugar, corn syrup and butter. Cook and stir over medium heat until butter is melted and sugar is dissolved. Cool slightly. In a large

bowl, whisk together eggs, bourbon, vanilla and salt. Gradually whisk in sugar mixture, combining thoroughly. Stir in chocolate chips.

**3.** Remove pastry from freezer. Line with foil and fill half full of dry beans. Bake for 10 minutes. Remove from oven. Reduce heat to 375°F. Remove foil from pastry; prick bottom and sides with a fork. Bake for 5 minutes more. Remove pastry from oven. Reduce oven temperature to 325°F.

**4.** Slowly pour filling into pastry shell. Arrange pecan halves on top. Press slightly to coat pecans with filling. Bake for 50 to 55 minutes or until knife inserted in center comes out clean. Cool on a wire rack for at least 4 hours before serving.

*Nutrition facts per serving:* 760 calories, 46 g fat, 14 g saturated fat, 0 g trans fat, 125 mg cholesterol, 280 mg sodium, 81 g carbohydrates, 4 g fiber, 65 g sugar, 8 g protein. Daily values: 10% vitamin A, 0% vitamin C, 4% calcium, 15% iron.



# 7 Grasshopper Ice Cream Tart

Rich chocolate and refreshing mint are an incredible flavor duo in this cookie-crusted ice cream treat. No baking required!

Prep: 40 minutes |

Freeze: 2 to 24 hours | Serves 12

Hy-Vee nonstick cooking spray

3 cups chocolate wafer crumbs

$\frac{3}{4}$  cup Hy-Vee unsalted butter, melted

$\frac{2}{3}$  cup purchased hot fudge topping

1 (1.75-quart) carton Hy-Vee mint

chip ice cream, softened

12 ounces Hy-Vee frozen

whipped topping, thawed

Chocolate mint curls,

for garnish

1. Lightly coat a 9-inch tart pan with a removable bottom with nonstick spray; set aside.

2. In a large bowl, combine wafer crumbs and butter. Press crumb mixture onto the bottom and up the sides of prepared pan. Freeze for 15 minutes.

3. Remove crust from freezer. Spread hot fudge topping over crust. Freeze for 10 minutes more.

4. Remove crust from freezer; spoon ice cream into crust, spreading evenly.

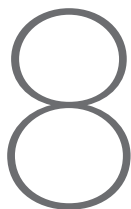
5. Cover and freeze for 2 to 24 hours. Just before serving, remove sides from

pan and top with the whipped topping. If desired, garnish the top with chocolate mint curls.

*Nutrition facts per serving:* 510 calories, 32 g fat, 22 g saturated fat, 0 g trans fat,

60 mg cholesterol, 260 mg sodium, 54 g carbohydrates, 1 g fiber, 34 g sugar, 5 g protein. Daily values: 10% vitamin A, 0% vitamin C, 10% calcium, 6% iron.





## Pumpkin Praline Pie

A crunchy caramelized pecan topping puts a new twist on the classic holiday pie.

Prep: 60 minutes | Bake: 60 to 65 minutes |  
Cool: 1 hour plus 10 minutes |  
Broil: 1 to 2 minutes | Serves 8

### **Crust:**

**1 cup Hy-Vee all-purpose flour**  
**2 teaspoons Hy-Vee granulated sugar**  
**½ teaspoon Hy-Vee salt**  
**⅓ cup Hy-Vee shortening**  
**3 or 4 tablespoons ice water**  
**Dry beans, for weight**

### **Filling:**

**3 Hy-Vee large eggs, lightly beaten**  
**1 (15-ounce) can Hy-Vee pumpkin puree**  
**1 (12-ounce) can Hy-Vee evaporated milk**  
**1 cup Hy-Vee granulated sugar**  
**1 teaspoon Hy-Vee vanilla extract**  
**½ teaspoon Hy-Vee salt**  
**½ teaspoon Hy-Vee ground ginger**  
**½ teaspoon Hy-Vee ground nutmeg**  
**¼ teaspoon Hy-Vee Saigon ground cinnamon**  
**¼ teaspoon Hy-Vee ground cloves**

### **Praline Topping:**

**1¼ cups chopped Hy-Vee pecans**  
**¾ cup packed Hy-Vee brown sugar**  
**¼ cup Hy-Vee unsalted butter**

**2 tablespoons Hy-Vee heavy whipping cream**  
**¼ teaspoon Hy-Vee Saigon ground cinnamon**  
**Whipped cream, for serving**  
**Additional cinnamon, for garnish**

1. For crust, in a large bowl stir together flour, granulated sugar and salt. Using a pastry cutter, cut in shortening until pieces are pea size. Sprinkle 1 tablespoon ice water over part of flour mixture; toss gently with a fork. Push moistened dough to side of bowl. Repeat with additional ice water, 1 tablespoon at a time, until all of the flour mixture is moistened. Gather into a ball, kneading gently until it holds together. On a lightly floured surface, roll pastry into a 12-inch circle. Line a 9-inch pan with pastry. Trim pastry to the edge of pan. Freeze for 15 minutes.

2. Preheat oven to 400°F. For filling, in a bowl combine eggs, pumpkin, evaporated milk, sugar, vanilla, salt, ginger, nutmeg, cinnamon and cloves; set aside.

3. Remove pastry from freezer. Line with foil and fill half full of dry beans. Bake for 15 minutes. Remove from oven. Reduce heat to 375°F. Remove foil from pastry; prick bottom and sides with a fork. Bake for 5 minutes more. Remove pastry from oven.

4. Reduce oven temperature to 350°F. Pour filling into prebaked pie shell. Bake for 60 to 65 minutes or until knife inserted in center comes out clean. Cool on a wire rack for at least 1 hour before adding praline topping.

5. Preheat broiler. For praline topping, in a medium saucepan combine pecans, brown sugar, butter, cream and cinnamon. Cook and stir over medium heat until brown sugar dissolves. Spread on top of pie. Place pie under broiler 6 to 8 inches from the heat. Broil for 1 to 2 minutes or until topping is bubbly. Watch closely! Cool on a wire rack for at least 10 minutes. Serve pie topped with whipped cream. If desired, sprinkle the top with additional cinnamon.

*Nutrition facts per serving:* 610 calories,  
30 g fat, 8 g saturated fat, 0 g trans fat,  
95 mg cholesterol, 430 mg sodium,  
75 g carbohydrates, 4 g fiber,  
59 g sugar, 13 g protein. Daily  
values: 140% vitamin A,  
2% vitamin C, 30% calcium,  
15% iron.







## 9 French Silk Pie

This rich chocolaty pie with whipped cream is over-the-top good. Chocolate liqueur boosts flavor.

Prep: 1 hour 15 minutes | Stand: 30 minutes |

Refrigerate: 5 to 24 hours | Serves 8

### **Crust:**

**Hy-Vee butter, for greasing**

**1½ cups Hy-Vee all-purpose flour**

**½ cup Hy-Vee pecans, finely ground**

**¼ cup packed Hy-Vee brown sugar**

**8 tablespoons cold Hy-Vee butter, diced**

### **Filling:**

**1 cup Hy-Vee heavy whipping cream**

**1 cup Hy-Vee semisweet chocolate chips**

**½ cup Hy-Vee granulated sugar**

**½ cup Hy-Vee butter**

**2 egg yolks, lightly beaten**

**3 tablespoons chocolate liqueur**

### **Sweetened Whipped Cream:**

**1 cup Hy-Vee heavy whipping cream**

**1 teaspoon Hy-Vee vanilla extract**

**2 tablespoons Hy-Vee granulated sugar, divided**

**Chocolate shavings and/or cocoa powder, for garnish**

1. Preheat oven to 325°F. Butter a 9-inch pie pan; set aside. For crust, in a large bowl combine flour, pecans and brown sugar. Cut in butter until mixture resembles coarse meal. Press firmly into prepared pie pan. Bake for 20 to 25 minutes or until golden. Cool on wire rack.

2. Meanwhile, for filling, in a medium saucepan combine cream, chocolate chips, granulated sugar and butter. Cook and stir over low heat for 10 minutes or until chocolate is melted. Remove from heat. Gradually stir about half of the hot mixture into egg yolks. Return egg yolk mixture to saucepan. Cook and stir over medium-low heat for 5 minutes or until mixture is

slightly thickened. Remove from heat. Stir in liqueur.

3. Place saucepan in ice water for 30 minutes, stirring occasionally.

4. Transfer chocolate mixture to a large mixing bowl. Beat with an electric mixer on medium to high for 2 to 3 minutes or until light and fluffy. Spread in pastry shell. Cover and refrigerate for at least 5 hours and up to 24 hours.

5. For whipped cream, in a small chilled bowl combine cream and vanilla. Beat with an electric mixer on medium to high until soft peaks form, adding sugar gradually, 1 tablespoon at a time.

6. Serve pie topped with whipped cream. If desired, garnish with chocolate shavings and/or cocoa powder.

*Nutrition facts per serving:* 670 calories, 52 g fat, 30 g saturated fat, 1.5 g trans fat, 180 mg cholesterol, 30 mg sodium, 50 g carbohydrates, 2 g fiber, 32 g sugar, 6 g protein. Daily values: 30% vitamin A, 0% vitamin C, 6% calcium, 10% iron.



## 10 Individual Cherry-Almond Tarts

These mini desserts have the perfect balance of sweetened tart cherries and flaky almond crust. Use individual tart dishes or pie pans.

Prep: 30 minutes | Bake 50 to 60 minutes |

Cool: 2 hours | Serves 3

### **Filling:**

**½ cup Hy-Vee sugar**

**2 tablespoons tapioca**

**¼ teaspoon Hy-Vee almond extract**

**1 (16-ounce) bag Hy-Vee frozen**

**red tart cherries, thawed**

### **Crust:**

**1¼ cups Hy-Vee all-purpose flour**

**¼ cup ground toasted**

**Hy-Vee almonds**

**4 teaspoons Hy-Vee sugar**

**¾ teaspoon Hy-Vee salt**

**¾ cup Hy-Vee shortening**

**6 or 7 tablespoons ice water**

**1 tablespoon Hy-Vee**

**heavy whipping cream**

**Additional Hy-Vee sugar**

**Vanilla ice cream, optional**

1. Preheat oven to 375°F.

2. For filling, in a medium bowl combine sugar, tapioca and almond extract. Stir in cherries until well coated; set aside.

3. For crust, in a large bowl stir together flour, almonds, sugar and salt. Using a pastry blender, cut in shortening until pieces are pea size. Sprinkle 1 tablespoon ice water over part of the flour mixture; toss gently with a fork. Push moistened dough to side of bowl. Repeat with additional ice water, 1 tablespoon at a time, until all of

the flour mixture is moistened.

Gather into a ball,

kneading gently until it holds together. Divide dough into three portions. Shape each portion into a ball.

4. On a lightly floured surface, roll one portion of pastry into an 8-inch circle. Line a 5-inch tart dish or pie pan with pastry. Repeat with remaining portions of pastry. Spoon filling into pastry-lined tart dishes. Trim pastry to edge of dishes.

5. Roll out pastry trimmings for decorative additions, including cutouts and braids. For cutouts, use a small cutter to cut shapes. Brush pastry edge with water. Press shapes along edge to adhere or place on filling. For braids, cut three long ¼-inch-wide strips of pastry; braid strips. Brush pastry edge with water and press ends of strips into pastry to adhere.

6. Brush pastry additions with cream; sprinkle with additional sugar. Bake for 50 to 60 minutes or until filling is bubbly and pastry is golden. Cool on a wire rack for 2 hours. If desired, serve with vanilla ice cream.

*Nutrition facts per serving:* 970 calories, 50 g fat, 12 g saturated fat, 0 g trans fat, 5 mg cholesterol, 590 mg sodium, 120 g carbohydrates, 5 g fiber, 53 g sugar, 10 g protein.

Daily values:

25% vitamin A,

4% vitamin C,

6% calcium,

25% iron.









# the perfect 1

WINES  
COCKTAILS  
— AND —  
MORE

HOSTING A HOLIDAY PARTY? SAMPLE  
FROM THREE **LISTS OF TEN** FOR  
YOUR HOLIDAYS: COLLECTIONS  
OF **WINES, COCKTAILS** AND  
**GARNISHES**, ALL FROM THE  
WINE & SPIRITS EXPERTS AT HY-VEE.

WORDS Carlos Acevedo PHOTOS Cameron Sadeghpour

Hy-Vee's sweeping wine and spirits inventory is a one-stop paradise for anyone planning adult refreshments. However, wine has a certain mystique that can be intimidating.

For the uninitiated, navigating all the flavor and style choices can be a bit overwhelming. But never fear.

Buying adult beverages is simple when you're equipped with some basic knowledge from the experts at Hy-Vee.

It's most important to know that quality and cost are not synonymous.

Expensive wines can be excellent, but so can affordable ones. There are many high-quality and even critically acclaimed wines available for under \$20 (see 10 recommendations from Hy-Vee experts, *page 90*). So don't judge a wine by price alone.

Understanding the styles of wines is useful, especially when pairing wine with food. Wines are typically categorized by grape types, called varietals, such as Pinot Noirs (a type of red wine grape) or Chardonnays (a type of white wine grape). In blends,

juices from several types of grapes are combined.

Each wine has a distinct flavor profile that can make it more or less suitable with certain foods. Full-bodied wines, such as Merlot, generally complement rich dishes, such as steak, while fruity wines, such as Sauvignon Blanc, work with lighter fare, such as fish. The more complex a wine, the wider the range of food flavors it suits.

There are so many varietals that it's useful to think of wine in terms of broader categories: sparkling, dry white, sweet white, rich white, light red, medium red and bold red. Get specifics, including wines and food pairings, in our wine guide, *page 90*.

Finally, give yourself permission to break the rules and drink what tastes good to you. The point is for you and your guests to have a good time.

This advice applies to other holiday party drinks too. Recommendations for cocktail toppers and mixed drinks follow the wine list.

# 10 GREAT WINES under \$20

Exceptional wine doesn't have to cost a fortune. We asked 10 of Hy-Vee's wine experts to recommend their favorite food-friendly holiday picks for under \$20.

## perfect pairings

**SPARKLING WINE** Bubbles define sparkling wines, which include champagne and prosecco. They vary from sweet (sec) to dry (brut). Sparkling wines go with *desserts, salty foods, seafood, cheeses, creamy dishes, smoked salmon and charcuterie.*

**DRY WHITE WINE** These wines are crisp and light with a bracing acidity and often have grassy, citrus or floral aromas. Try them with *shellfish, sauceless pasta dishes, Chinese food or curries.*

**SWEET WHITE WINE** You can often smell and taste strong tropical or fall fruit aromas and honey. These wines pair well with *desserts.*

**RICH WHITE WINE** Full-bodied and creamy, rich whites are often full of stone fruit flavors, such as peach. They complement *sharp cheeses, fruit desserts and roasted chicken or pork, as well as briny or creamy dishes.*

**LIGHT RED WINE** Many have strong notes of berry, cherry or even banana. Try these wines with *burgers, pizza, salmon, ham or grilled vegetables.*

**MEDIUM RED WINE** These often lean toward a lush drinking experience than lighter wines but can be less bracing than bolder wines. Medium reds often have notes of plums, cloves or bell peppers. They pair well with *barbecue chicken, pan-seared steak, grilled fish and many casseroles.*

1

**RELAX RIESLING**  
A light-bodied German white wine. Relax brings a lot of apple and pear to the glass with a lower acidity and sweetness that make it quite smooth.  
*Blake Ohloff, Hy-Vee Wine & Spirits in Ankeny, IA*



2

**STARLING CASTLE GEWÜRZTRAMINER**  
A light white wine with a taste reminiscent of orange marmalade or lime sherbet. It's balanced and a little sweet.  
*Eric Dodge, Hy-Vee Wine & Spirits in Waterloo, IA*



3

**RIONDO PROSECCO**  
This fruity sparkling wine from Veneto, Italy, smells of citrus and melon with a hint of minerals. It is crisp and clean with a light bubble and lower alcohol level.  
*Andrea Stater, Hy-Vee Wine & Spirits in West Des Moines, IA*



4

**TOASTED HEAD CHARDONNAY**  
A full-bodied and rich wine with fall fruit flavors like pear and apple. A hint of sweet oak shines through, adding complexity that's appealing.  
*Dom Andreoni, Hy-Vee Wine & Spirits in Peru, IL*





5

**14 HANDS HOT TO TROT  
RED BLEND**

A smooth red wine blend with berry, spice and vanilla flavors. This is a good sipping wine or wine to go with dinner because it is not overly sweet.

*Sara Spillane,  
Hy-Vee Wine & Spirits  
in Omaha, NE*



6

**TOAD HOLLOW  
CHARDONNAY**

Though not aged in oak, this wine is full-bodied and buttery with slight fruit flavors and an interesting butterscotch note.

*Jeff Stevens, Hy-Vee  
Wine & Spirits in  
Prairie Village, KS*



7

**JOEL GOTT CABERNET  
SAUVIGNON 2014**

For steak, you can't go wrong with this textbook Cabernet Sauvignon. It is full bodied and has a velvety mouthfeel with strong aromas of blackberry, mocha and currant.

*Lisa Frett, Hy-Vee Wine  
& Spirits in Cedar  
Rapids, IA*



8

**GRUET BRUT**

After the froth of fine bubbles, you'll notice crisp green apple, cinnamon and grapefruit that balance the wine's full body.

*Blair Zachariassen,  
Hy-Vee Wine & Spirits  
in Waukee, IA*



9

**SEGHEISIO SONOMA  
ZINFANDEL**

A very fruity red with a lot of raspberry and blackberry on the nose, as well as hints of caramel, licorice and pepper. This is a critic's favorite for drinkability.

*Robert Buehler, Hy-Vee  
Wine & Spirits in  
Lincoln, NE*



10

**MEIOMI PINOT NOIR**

The deep, dark color of this überpopular Pinot Noir belies the aromatic bouquet, hints of spice and bright berry flavors hidden inside. Slightly sweet and velvety, this wine pairs well with an array of dishes.

*Danielle Bugay, Hy-Vee  
Wine & Spirits in  
Lincoln, NE*



**BOLD RED WINE** Dark fruit flavors and black pepper accompany hints of flavors that might not seem food related: tobacco or even leather. These heavy wines can overwhelm the flavors of mild foods but go well with *robust meaty dishes, such as braised short ribs or coffee-rubbed rib-eye steaks.*

**\* Bonus Feature:**  
Learn how to freeze leftover wine.  
Check out the how-to video in the free  
digital version of *Hy-Vee Seasons*.  
Downloading information on page 3.



**waste not** If you happen to find yourself with a mostly full bottle of leftover wine, you can stash it (up to a week in the fridge) or put it to good use and cook with it. Here are a few enticing ways to use your leftover wine:

**Wine Granita** For a frozen wine slush, mix 2 parts wine with 1 part fruit juice and ½ part sugar (for example, 2 cups red wine, 1 cup apple juice and ½ cup sugar). In a saucepan, bring ingredients to boiling over high heat and stir until sugar is dissolved. Let cool. Pour into a shallow pan and freeze. Scrape every 30 minutes with a fork until ice crystals are

finely broken and granita appears light and fluffy, about 2 hours.

**Braising** When braising meat, dial up the flavor by adding wine to the braising liquid. You need just enough total liquid to cover the meat halfway.

**Poached Fruit** Simmer sliced apples or pears in a saucepan with half a bottle of white or red wine, your favorite baking spices and ½ cup sugar for 15 minutes or until fruit is tender.

**Marinara** Add a splash of red wine to marinara and simmer for 10 minutes. The wine adds depth of flavor and a slight tang.

**Mulled Wine** A spiced-up wine served hot, this belly warmer is an ideal pick-me-up for cold, dreary days.



# top it

## OFF

BEAUTIFY YOUR COCKTAIL LIKE A TOP-SHELF BARTENDER WITH THESE TEN FUN FLOURISHES.

1

### CINNAMON STICK

A roll of cinnamon bark can do more in a cocktail than a swizzle stick. The distinctive aroma of this favorite spice adds a punch to the punch.



2

### CHOCOLATE

Sprinkle chocolate shavings on cocktails and they become desserts. Grate Zöet chocolate from Hy-Vee on top of any cocktail with strong hints of mint, coffee or rum.



## 5 MORE GREAT IDEAS

6

### CUCUMBERS

Instead of olives, drop slices of refreshing cucumber into your vodka and gin martinis.

7

### TASTY STIR

Turn crispy cooked bacon strips into edible stir sticks for Bloody Marys and martinis.

8

### ICE IMPROVED

Pop in frozen berries for a colorful ice substitute.

9

### SLUSHY

Add new stir sticks—freezer pops—to sweet cocktails. This fun garnish will turn the drinks into alcoholic slushies in short order.

10

### DRIZZLE, DRIZZLE

Swirl chocolate syrup or raspberry syrup into a glass before adding a creamy cocktail for a pretty sweet effect.

RAISE A  
GLASS TO  
FRIENDS AND  
FESTIVITIES.  
**7UP AND  
FRUIT  
PUNCH**  
ARE THE  
PERFECT  
TRIED-  
AND-TRUE  
PAIRING FOR  
A HOLIDAY  
PARTY PUNCH.

FRUIT COCKTAIL PUNCH  
RECIPE AVAILABLE AT  
[WWW.HY-VEE.COM/  
MEALSOLUTIONS/RECIPES](http://WWW.HY-VEE.COM/MEALSOLUTIONS/RECIPES)





### 3 BOOZY CHERRIES

Infuse Hy-Vee dark pitted cherries by soaking them for a week or more in spirits such as vodka, Irish whiskey or brandy.

Add them to Manhattans and other cocktails in place of a maraschino cherry.

### 4 WHIPPED CREAM

Cocktails require authentic whipped cream. The richer, the better. Try it with an adult hot chocolate made any way you want as long as it includes Kahlúa and a quality chocolate.

### 5 FRESH HERBS

Put some life into drinks by adding freshly muddled herbs, such as mint or basil. The process of crushing herbs with a handheld tool is called muddling. This brings out the full flavor of the green leaves.



### IZZE BLACKBERRY PUNCH

3 bottles IZZE Sparkling Blackberry

2 bottles champagne

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

$\frac{1}{4}$  cup sugar

$1\frac{1}{2}$  cups white rum

Fresh lime, pomegranate seeds,  
mint for garnish (optional)

1. Combine IZZE Sparkling Blackberry, champagne, water, sugar and white rum in a large punch bowl.
2. If desired, garnish with lime, pomegranate seeds and mint.



IZZE:  
select varieties  
4 ct. \$3.99  
(plus deposit where required)



IZZE Sparkling Water:  
select varieties  
4 ct. 2/\$7.00  
(plus deposit where required)

# TEN HOLIDAY cocktails

Pour good cheer into your next occasion. These festive cocktails are guaranteed to spread the holiday spirit.



## GINGERBREAD MAN

Rim a tumbler with molasses and cinnamon sugar. In a shaker, combine 1½ ounces Smirnoff Vanilla Vodka, 1½ ounces coffee liqueur, 1½ ounces eggnog and 1-inch ground ginger. Shake and pour into glass. Garnish the drink with whipped cream and cinnamon sugar.

*By Danielle Bugay, Hy-Vee Wine & Spirits in Lincoln, NE*



## SPARKLING HOLIDAY CIDER

In a punch bowl, combine 2 quarts apple cider and ¼ cup lemon juice. Chill. Just before serving add 32 ounces ginger ale and 3 cups Jim Beam Honey Whiskey. Serve on the rocks and garnish with apple slices.

*By Lisa Frett, Hy-Vee Wine & Spirits in Cedar Rapids, IA*



## WHITE CHOCOLATE CANDY CANE

Place crushed peppermint candies on small plate. Rim martini glass with a small amount of Godiva White Chocolate Liqueur, then dip rim into crushed candies. In shaker, combine 3 ounces peppermint schnapps, 4 ounces white chocolate liqueur and 3 ounces half-and-half. Fill with ice; shake. Strain.

*By Robert Buehler, Hy-Vee Wine & Spirits in Lincoln, NE*



## CRANBERRY GIMLET

In a cocktail shaker, add 2 ounces gin, ¾ ounce fresh lime juice, ¾ ounce unsweetened cranberry juice and ½ ounce agave nectar. Fill with ice and shake vigorously. Strain into a small cocktail glass. Garnish with cranberries and fresh lime wedges.

*By Jeff Stevens, Hy-Vee Wine & Spirits in Prairie Village, KS*



## APPLE PUMPKIN COOLER

Add 1½ ounces freshly squeezed lemon juice to a beer glass filled with ice. Add 2 ounces hard apple cider and 3 ounces pumpkin ale; mix. Top off with a splash of bourbon.

*By Jim Lehtinen, Hy-Vee Wine & Spirits in Urbandale, IA*



## cocktail party tips

Pressed to be the bartender at your party? Here are tips from the experienced staff at the Hy-Vee Wine & Spirits Department.

**ONE:** Limit offerings to two signature cocktails, plus beer, wine and sodas.

**TWO:** Mix all the ingredients for your cocktails, except alcohols and sodas, ahead of time in containers with pour spouts. Write recipes on

labels affixed to the containers.

**THREE:** Plan on each guest drinking two drinks the first hour and one drink each hour thereafter. A 1-liter bottle of liquor will make about 22 mixed drinks. One bottle of wine serves eight.

**FOUR:** Get a guest to distribute ice, napkins and other necessities.

**FIVE:** Serve a cocktail that's just as good without alcohol. This is called a mocktail.

**SIX:** Have these supplies on hand around your evening work space: swizzle sticks, muddler, wine and beer bottle openers, shot glasses and cocktail shakers.

**SEVEN:** Keep your mixer rocking with no-fuss music via a set-it-and-forget-it party-themed playlist.

**EIGHT:** You'll need at least 1½ pounds of ice per guest, plus half a lemon and half a lime per guest as garnish for the cocktails.

**NINE:** Set up an ice bath in a cooler to chill wine, beer and sodas. Use one part water, three parts ice, and ½ cup salt, which makes an ice bath colder.

**TEN:** Optimal timing for a cocktail party is 7 p.m. to 10 p.m., which gives guests time to eat dinner beforehand. When the party is over, use subtle cues to say "good night," like turning up the lights and turning down the music.

6



7



8



9



10



### BERRY POINSETTIA

In a shaker, add 1 ounce Domaine de Canton Ginger Liqueur, 3 ounces Chambord Liqueur and 1½ ounces freshly squeezed lemon juice. Fill shaker with ice and shake. Strain equal portions into six flute glasses. Top off each glass with sparkling wine. Garnish each drink with a lemon peel twist.

*By Blair Zachariasen,  
Hy-Vee Wine & Spirits in  
Waukeet, IA*

### FIRESIDE MULE

In a shaker, combine 1 ounce Smirnoff Vanilla Vodka, ½ ounce Fireball Cinnamon Whiskey, 3 ounces cranberry juice and juice of half a lime. Fill with ice and shake. Pour in a mug or mule mug over ice, then top off with ginger beer. Garnish with a lime wedge and cinnamon stick.

*By Sara Spillane,  
Hy-Vee Wine & Spirits in  
Omaha, NE*

### RUM ORANGE SMASH

In a shaker, crush a slice of orange and two or three dark sweet pitted cherries with a muddler or the handle of a wooden spoon. Add ice and 1½ ounces Appleton Estate Jamaica Rum; shake. Strain into a tumbler filled with ice. Top off with ginger beer and stir in a dash of Angostura Orange Bitters.

*By Dom Andreoni, Hy-Vee  
Wine & Spirits in Peru, IL*

### CITRUS GIN FIZZ

In a glass filled with ice, add 1½ ounces Hendrick's Gin and 1 sprig mint or tarragon. Top it off with grapefruit soda.

*By Andrea Stater, Hy-Vee  
Wine & Spirits in  
West Des Moines, IA*

### WHITE ALEXANDER

In a blender, blend 2 scoops vanilla ice cream, 1½ ounces brandy and 2 ounces Godiva White Chocolate Liqueur. Pour into a brandy tumbler or snifter and top with shaved chocolate.

*By Blake Ohloff,  
Hy-Vee Wine & Spirits in  
Ankeny, IA*

10

# Cheerful Bites



1

## Citrusy

Top so-good slices of Hy-Vee Bakery raisin-walnut bread with honey-sweetened mascarpone cheese, orange slices and raspberries. Dot with lemon zest and finish with a sweet drizzle of honey.

GET THE PARTY ROCKIN' WITH THESE AMPED-UP FINGER FOODS AND SAVORY BITES. CHOOSE FROM CROSTINI (THE TASTY LITTLE TOASTS EVERYONE LOVES), FRIED CHEESE BALLS, WARM AND CREAMY BRIE OR FUN COMBOS ON A STICK. THEY LOOK CATERED, BUT THEY'RE SUPER EASY AND WILL LEAVE YOUR GUESTS CRAVING MORE.

WORDS Lois White PHOTOS Tobin Bennett and Greg Scheidemann





**\*Bonus Feature:**  
Learn how to make  
crostinini. Watch the  
video in your free  
digital version of  
*Hy-Vee Seasons*.  
Downloading  
information on page 3.



## 2. Salami

This tangy, salty combo is the easiest ever! Spread purchased artichoke dip on grilled slices of Hy-Vee Bakery pretzel bread. Top with Columbus peppered salami slices, seared red onion and arugula.

## 3. Apple

Here's an elegant bite that will class up any party. Top corn snack crackers with thinly sliced apple and fennel for a hint of spring. Sprinkle Manchego cheese crumbles on top. Finish with coarse salt and chives.

## 4. Speck

Hard to imagine anything tastier than gourmet crackers spread with garlic-and-herbs cheese dip and topped with speck, a smoky Italian ham from the Hy-Vee Deli. Drizzle on balsamic vinegar; sprinkle with thyme.

## 5. Steak

Seared steak is always fabulous, especially when served on Hy-Vee Bakery whole grain bread with pickled beets, horseradish and blue cheese. Finish by sprinkling on coarse black pepper and an herb.

## 6. Shrimp

An Italian fave mixing tastes from the ocean and countryside, this rye toast is always a hit. Spread savory green pesto on the toast and top with shrimp, cherry tomato slices and a few shavings of Romano cheese.

## 7. Chicken

It takes time to roast Parmesan herb-crusted chicken, but it's totally worth the effort. Pair slices of the chicken with roasted red pepper spread and fresh basil on Hy-Vee Bakery French baguette toasts.



Freeze these cheese balls before frying so they're extra firm. Then deep-fry them in a single layer, turning as needed to form a rich golden brown crust. You can also add fresh herbs to the filling.

Prep: 45 minutes | Cook: 2 minutes per batch | Serves 25

**1 (4-ounce) log Hy-Vee Select natural fresh goat cheese, softened**  
**½ (8-ounce) package Hy-Vee cream cheese, softened**  
**½ teaspoon orange zest**  
**½ cup Hy-Vee dried cranberries, chopped**  
**¼ cup Hy-Vee chopped walnuts, toasted**  
**1 Hy-Vee large egg**  
**1 cup Hy-Vee club soda**  
**¾ cup Hy-Vee all-purpose flour**  
**¼ cup Hy-Vee cornstarch**  
**¼ teaspoon Hy-Vee salt**  
**2 cups Hy-Vee panko bread crumbs**  
**Hy-Vee vegetable oil, for frying**  
**Orange slices and strips of peel, for garnish**

1. Line a baking sheet with waxed paper; set aside.
2. In a medium bowl, combine goat cheese, cream cheese and orange zest. Stir in cranberries and

walnuts. Roll mixture into 1-inch balls. Place on prepared baking sheet. Refrigerate for 10 minutes or until firm.

**3.** In another medium bowl, whisk together egg and club soda. Gradually whisk in flour, cornstarch and salt. Spread bread crumbs in a shallow dish. Dip cheese balls in egg batter; coat in panko crumbs. Repeat dipping and coating. Return cheese balls to baking sheet and freeze for 15 minutes or until firm.

**4.** In a large saucepan or deep-fat fryer, heat 2 inches vegetable oil to 365°F. Working in batches, fry cheese balls about 2 minutes or until golden and crisp, turning occasionally. Using a slotted spoon, transfer to a paper towel-lined plate. (If necessary, place fried cheese balls on a cooling rack set over a baking sheet. Keep warm in a 200°F oven.) Transfer cheese balls to a platter. If desired, garnish with orange slices and strips of peel. Serve warm.\*

## Fried Goat Cheese Balls 8

A panko crumb coating ensures that these balls will be golden brown on the outside. It's best to serve them warm while the cheese is melty and oozy on the inside.

Prep: 40 minutes | Cook: 2 minutes per batch | Serves 18

**½ (8-ounce) package Hy-Vee cream cheese, softened**  
**1 cup Hy-Vee shredded Cheddar cheese (4 ounces)**  
**½ cup crumbled crisp-cooked Hy-Vee bacon (about 4 strips)**  
**1 Hy-Vee large egg**  
**1 cup Hy-Vee club soda**  
**¾ cup Hy-Vee all-purpose flour**  
**¼ cup Hy-Vee cornstarch**  
**¼ teaspoon Hy-Vee salt**  
**2 cups Hy-Vee panko bread crumbs**  
**2 tablespoons finely chopped fresh parsley, plus additional for garnish**  
**Hy-Vee vegetable oil, for frying**

1. Line a baking sheet with waxed paper; set aside.
2. In a medium bowl, combine cream cheese, Cheddar cheese and bacon. Roll mixture into

1-inch balls. Place balls on prepared baking sheet. Refrigerate for 10 minutes or until firm.

**3.** In another medium bowl, whisk together egg and club soda. Gradually whisk in flour, cornstarch and salt. In a shallow dish, combine panko crumbs and parsley. Dip cheese balls in egg batter; coat in panko mixture. Repeat dipping and coating. Return cheese balls to baking sheet and freeze for 15 minutes or until firm.

**4.** In a large saucepan or deep-fat fryer, heat 2 inches vegetable oil to 365°F. Working in batches, fry cheese balls about 2 minutes or until golden and crisp, turning occasionally. Using a slotted spoon, transfer to a paper towel-lined plate. (If necessary, place fried cheese balls on a cooling rack set over a baking sheet. Keep warm in a 200°F oven.) Transfer cheese balls to a platter. If desired, garnish with additional parsley. Serve warm.\*

## Fried Bacon Cheddar Balls 9

\*Note: Nutrition facts cannot be calculated for fried foods, such as these fried cheese balls.





## Maple-Topped Brie with Blackberries and Pecans

**30**  
minutes  
or less

**10**

Creamy Brie gets melty and even more decadent when you bake it for just 15 minutes.

Prep: 10 minutes | Bake: 15 minutes | Serves 32

1 (2-pound) round Brie cheese

2 cups fresh blackberries

1 cup purchased or prepared caramelized whole pecans

2 tablespoons Hy-Vee Select 100% pure maple syrup

Fresh mint, for garnish

1 Hy-Vee Bakery French baguette bread, cut into ½-inch slices

1. Preheat oven to 350°F. Place Brie on a baking sheet. Bake for 15 minutes or until warmed through.
2. To serve, place warm Brie on a serving platter. Top with blackberries and caramelized pecans. Drizzle with maple syrup. If desired, garnish with mint. Serve with baguette slices.

*Nutrition facts per serving:* 150 calories, 10 g fat, 5 g saturated fat, 0 g trans fat, 30 mg cholesterol, 240 mg sodium, 8 g carbohydrates, 1 g fiber, 2 g sugar, 7 g protein. Daily values: 4% vitamin A, 6% vitamin C, 6% calcium, 4% iron.



# 1 top ten picks on a stick!

FOOD ON A STICK IS FUN PICK-UP-AND-MINGLE PARTY FARE FOR A CROWD. MEATS, CHEESES, FRUITS AND CONDIMENTS ALL COME TOGETHER TO BUILD FLAVOR-PACKED BITES OF DELICIOUSNESS. LOOKING TO ADD A POP OF COLOR TO YOUR SPREAD? DOLL UP A FEW SKEWERS, AND YOU'LL BE SET.



3



4



5



### 1 Cantaloupe

Sweet, juicy cantaloupe pairs deliciously with salty prosciutto. Build on this flavorful combo by adding a chunk of aged Prima Donna cheese to each skewer. Finish with chives and flaked salt.

### 2 Chocolate

Add a sweet party note with elegant bites on a stick: orange sections and chocolate cheese fudge squares studded with chopped toasted almonds. Garnish with fresh mint.

### 3 Peppery Beef

Slide slices of Hy-Vee Deli roast beef, Gouda cheese cubes and arugula onto skewers. Brush with hot pepper jelly and sprinkle with cracked black pepper.

10



## 10 Thanksgiving

Share a taste of the big feast in small-bite fashion using Hy-Vee Bakery focaccia bread cubes, Hy-Vee Deli smoked turkey slices and a creamy and fruity cheese, such as Merlot BellaVitano. Drizzle with cranberry sauce and garnish with sage leaves.

### 4 Deli-icious

Salty Hy-Vee Deli salami and ham, sharp Cheddar cheese, cornichons and toasted Hy-Vee Bakery French bread croutons spread with gourmet mustard make an amazing, flavorful combo on a stick.

### 5 Caprese Salad

For something fresh and simple, skewer grape tomatoes, basil leaves and fresh mozzarella pearls. Finish with a drizzle of flavorful Hy-Vee Select balsamic glaze.

### 6 Antipasti

Switch up your usual antipasti platter by serving several elements on a stick, including pickled Italian peppers, olives, artichoke and goat cheese formed into balls and rolled in thyme leaves.

### 7 Piña Colada

Thread caramelized pineapple chunks onto skewers with maraschino cherries and sweetened cream cheese balls rolled in toasted coconut. To caramelize pineapple, sprinkle brown sugar on top and broil until sugar has caramelized. To sweeten cream cheese, combine an 8-ounce package of cream cheese, softened, with ½ cup powdered sugar.

### 8 Brie & Berries

Pair small wedges of creamy Brie cheese with fresh blueberries and blackberries. Brush skewers with melted seedless blackberry preserves.

### 9 Tapas-Style

Create Spanish party bites on sticks using Hy-Vee Deli chorizo slices, pimiento-stuffed olives and Manchego cheese chunks.



# 10 simple seafood starters

IMPRESSIVE SHELLFISH APPETIZERS, LIKE MINI CRAB CAKES AND CRISPY RICE SHRIMP, ARE EASY WHEN YOU START WITH QUALITY CRAB AND SHRIMP FROM HY-VEE.

WORDS Carlos Acevedo PHOTOS Cameron Sadeghpour

If you're debating which appetizer to serve at your next get-together, keep it simple with crowd-pleasing shrimp and crab. The 10 tasty shellfish recipes in this story are affordable, easy to make and have enough pizzazz to wow any guest.

If you are new to shellfish, purchase it cleaned and precooked with shells removed. Experienced cooks may prefer preparing it themselves and serving it in shells.

Shrimp come thawed on ice or flash frozen. They can be purchased deveined with shells removed. All you're left to do is thaw and cook. You can even purchase small precooked shrimp that are ready to serve on an appetizer platter with spicy cocktail sauce. If you're comfortable deveining and removing the shells, jumbo shrimp straight from the Gulf Coast are available at Hy-Vee, see *page 107*.

When it comes to crab, Hy-Vee sells shelled and precooked crabmeat. Kept in refrigerated

seafood cases, crabmeat retains its fresh flavor in vacuum packaging.

If you like a more hands-on approach, try the luscious king crab legs on ice at the seafood counter. Straight from the deep waters off Alaska, this crab is fully cooked and frozen on the boats right after harvest. Though preparing king crab legs might look intimidating, the prep work is actually very easy. Use kitchen shears to cut through the malleable shells and simply pull out the meat.

For more information about how to prepare shellfish, go to "Hy-Vee Seasons Videos" on Hy-Vee's YouTube page. Or tap into an expert resource: the Hy-Vee Seafood Department's knowledgeable staff.

Hy-Vee is by far the largest supplier of seafood in the Midwest. With great inventory comes great responsibility. Hy-Vee has always made it a top priority to find the best seafood available and handle it properly.

In fact, Hy-Vee set a precedent for other grocery store chains by becoming the first retailer in the United States to retain a U.S. Department of Commerce lot inspector. Stationed at the company's distribution center, the inspector closely checks seafood, keeping only what meets stringent standards.

Over the years, as Hy-Vee seafood managers have grown in their understanding of risks to sea life sustainability, they have become even more committed to doing business in an environmentally conscious manner. The company now sells only shrimp, crab and other seafood that are abundant in the open sea or are farmed in a responsible and environmentally safe manner.

The result is Responsible Choice labeling, which assures shoppers that the seafood they buy comes from credible sources. For more information on Hy-Vee's standards, see "Protecting Our Oceans," *page 107*.



A crispy coating and generously large lumps of crabmeat win rave reviews for these bite-size crab cakes.

Prep: 20 minutes | Cook: 12 minutes |

Bake: 8 minutes per batch | Serves 10 (2 cakes each)

**Hy-Vee nonstick cooking spray**

**2 Hy-Vee large eggs, lightly beaten**

**1¾ cups crushed Hy-Vee saltine crackers (1 sleeve)**

**1 cup Hy-Vee mayonnaise, divided**

**¼ cup finely chopped red bell pepper**

**2 tablespoons chopped fresh basil**

**1½ tablespoons lemon juice**

**1 tablespoon Old Bay seasoning**

**18 ounces cooked jumbo lump crabmeat**

**1 cup Hy-Vee panko bread crumbs**

**½ cup Hy-Vee Select shredded Parmesan cheese**

**6 tablespoons Hy-Vee vegetable oil, divided**

**1 clove garlic, minced**

**2 tablespoons basil paste**

**Basil leaves, for garnish**

**Lemon slices, for garnish**

1. Preheat oven to 425°F. Lightly coat a baking sheet with cooking spray; set aside.

2. In a large bowl, combine eggs, crackers, ¾ cup mayonnaise, bell pepper, basil, lemon juice and Old Bay seasoning. Add crabmeat; mix well to break up crabmeat. Shape mixture into twenty 3-inch patties.

3. In a shallow dish, combine panko bread crumbs and cheese. Press onto both sides of each patty.

4. Working in batches, heat 2 tablespoons oil in a large skillet over medium-high heat and cook patties for 4 minutes or until brown, turning once. Transfer crab cakes to prepared baking sheet. Bake for 8 minutes or until internal temperature reaches 165°F. Keep warm until ready to serve.

5. Meanwhile, in a small bowl, stir together remaining ½ cup mayonnaise, garlic and basil paste. Serve cakes with mayonnaise mixture. If desired, garnish with basil leaves and lemon slices.

*Nutrition facts per serving:* 390 calories, 30 g fat, 5 g saturated fat, 0 g trans fat, 85 mg cholesterol, 530 mg sodium, 14 g carbohydrates, 1 g fiber, 1 g sugar, 16 g protein. Daily values: 6% vitamin A, 10% vitamin C, 15% calcium, 6% iron.



# 1 MINI crab cakes



## CRAB-AND-SPINACH-STUFFED MUSHROOMS

A golden crumb topping on these tasty morsels adds a pleasing crunch to each bite.

Prep: 15 minutes | Bake: 30 minutes | Serves 25 (1 mushroom each)

**1 (8-ounce) package imitation crabmeat**  
**25 medium whole baby bella mushrooms\***  
**1¼ cups Hy-Vee refrigerated spinach dip**  
**¼ cup Hy-Vee seasoned bread crumbs**  
**1 tablespoon Hy-Vee grated Parmesan cheese**  
**2 teaspoons Hy-Vee Select olive oil**

1. Preheat oven to 350°F. Line a baking pan with foil; set aside.
2. Chop crabmeat; set aside. Remove stems from mushrooms. Hollow out caps with a spoon or melon baller. Place mushrooms, hollowed side up, in prepared baking pan.
3. In a medium bowl, combine spinach dip and crabmeat. Divide evenly among mushroom caps, mounding slightly. In a small bowl, combine bread crumbs, Parmesan cheese and olive oil. Sprinkle on top of filled mushrooms. Bake for 30 minutes or until filling is heated through.

\*Note: To clean fresh mushrooms, wipe them with a clean, damp cloth or rinse them lightly, then dry gently with paper towels.

*Nutrition facts per serving:* 50 calories, 3 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 140 mg sodium, 4 g carbohydrates, 0 g fiber, 1 g sugar, 2 g protein. Daily values: 2% vitamin A, 0% vitamin C, 2% calcium, 0% iron.

## ARTICHOKE KING CRAB DIP

Cheesy artichoke dip gets a delicious and colorful twist with the addition of king crab. Served warm with pita chips, this is a party favorite.

Prep: 5 minutes | Bake: 10 minutes | Stand: 15 minutes |  
 Serves 32 (2 tablespoons each)

**1 (8-ounce) package Hy-Vee cream cheese, softened**  
**½ cup Hy-Vee Select shredded Parmesan cheese**  
**1½ cups (6 ounces) Hy-Vee shredded Monterey Jack cheese, divided**  
**1 cup chopped canned artichoke hearts, rinsed and drained**  
**¼ cup thinly sliced jarred roasted red bell peppers, drained**  
**1 clove garlic, minced**  
**½ teaspoon Hy-Vee red pepper flakes, plus more for garnish**  
**3 cups cooked and flaked king crabmeat\* or flaked imitation crabmeat**  
**Thinly sliced green onion tops, for garnish**  
**Hy-Vee Select sea salt pita chips, for serving**  
**Lemon slices, optional**

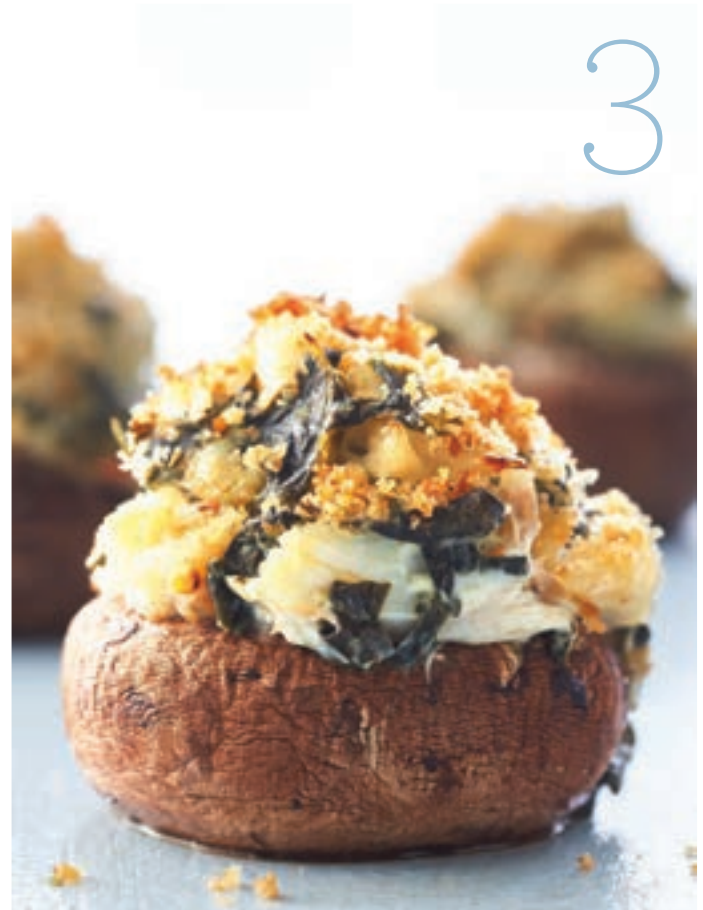
1. Preheat oven to 425°F. In a large bowl, combine cream cheese, Parmesan cheese, 1 cup Monterey Jack cheese, artichoke hearts, roasted red peppers, garlic and red pepper flakes; gently stir in crabmeat.
2. Transfer to a small ovenproof skillet or 1-quart soufflé dish. Sprinkle remaining ½ cup Monterey Jack cheese on top. Bake, uncovered, for 10 minutes or until edges are light brown and heated through.
3. Let stand for 15 minutes before serving. If desired, garnish with sliced green onion. Serve warm with chips and, if desired, lemon slices.

\*Note: To yield 3 cups king crabmeat, purchase five steamed and frozen king crab legs and keep frozen until ready to use. To thaw, place crab legs under cold running water for 10 to 15 minutes. To remove meat, cut through the shell with kitchen shears and pick out meat with a fork. When finished, check meat carefully, removing any remaining bits of shell.

*Nutrition facts per serving:* 80 calories, 5 g fat, 2.5 g saturated fat, 0 g trans fat, 30 mg cholesterol, 200 mg sodium, 1 g carbohydrate, 0 g fiber, 0 g sugar, 8 g protein. Daily values: 8% vitamin A, 0% vitamin C, 8% calcium, 2% iron.



**\* Bonus Feature: Learn to make Artichoke King Crab Dip. Watch the video in your free digital version of *Hy-Vee Seasons*. Downloading information on page 3.**





# 4 seafood MARGARITAS

**30**  
minutes  
or less

This salad-in-a-glass is a flavorful pairing of vibrant poached shrimp and a sprightly mango dressing that adds tropical flavors.

Prep: 15 minutes | Cook: 2 to 3 minutes | Refrigerate: 10 minutes | Serves 8

1 pound fresh or frozen medium shrimp in shells,  
tails removed if desired  
1 cup Hy-Vee orange juice  
1 cup dry white wine  
1 teaspoon Hy-Vee kosher salt  
3 tablespoons Hy-Vee Select olive oil  
2 tablespoons Hy-Vee Select red wine vinegar  
1 teaspoon Hy-Vee Dijon mustard  
1 teaspoon Hy-Vee honey  
3 cups chopped, peeled and seeded mangoes (3 medium), divided  
Pinch Hy-Vee salt  
Water, as needed  
2 cups baby salad greens  
1 (15-ounce) can Hy-Vee mandarin oranges, drained  
¼ cup finely sliced shallot (2 medium)  
2 tablespoons finely chopped fresh cilantro  
6 radicchio leaves, for garnish  
Lime wedges, for garnish  
Tortilla chips, for serving

1. Thaw shrimp if frozen. Peel and devein shrimp, removing tails if desired. Rinse shrimp and pat dry with paper towels; set aside.
2. In a large skillet, combine orange juice, wine and salt. Bring to boiling; reduce heat. Add shrimp and simmer for 2 to 3 minutes or until shrimp are opaque. Using a slotted spoon, transfer to a shallow dish. Refrigerate for 10 minutes. Discard remaining liquid in skillet.
3. For mango dressing, in a blender combine oil, vinegar, mustard, honey, ½ cup mango and pinch salt. Cover and blend until smooth. If needed, add water, 1 tablespoon at a time, to achieve desired consistency.
4. In a large bowl, toss together remaining 2½ cups mango, salad greens, mandarin oranges, shallot, cilantro and ½ cup dressing. Toss to coat.
5. To serve, divide salad among eight 6-ounce glasses or bowls; top with remaining dressing. If desired, garnish with radicchio leaves and lime wedges. Serve salads with tortilla chips.

*Nutrition facts per serving:* 240 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 70 mg cholesterol, 590 mg sodium, 33 g carbohydrates, 3 g fiber, 28 g sugar, 10 g protein. Daily values: 40% vitamin A, 120% vitamin C, 8% calcium, 6% iron.



# 5 BEER-BATTERED *shrimp* PO' BOYS

Lightly battered shrimp and red pepper slices, plus a tantalizingly piquant sauce called remoulade, star in this generously stuffed version of a Louisiana-style sub sandwich.

Prep: 30 minutes | Cook: 2 minutes per batch | Serves 4

**1 recipe Remoulade Sauce**

**4 hoagie buns, split**

**1 tablespoon Hy-Vee Select olive oil**

**½ cup Hy-Vee all-purpose flour**

**½ cup Hy-Vee cornstarch**

**½ teaspoon Hy-Vee baking powder**

**6 ounces pilsner beer, chilled\***

**½ cup water\***

**2 tablespoons finely chopped fresh parsley**

**½ teaspoon Hy-Vee kosher salt**

**¼ teaspoon cayenne pepper**

**1 pound medium shrimp (26 to 30 count) in shells, peeled, deveined and thawed if frozen**

**Hy-Vee vegetable oil for deep-fat frying**

**1 red bell pepper, cut into thin strips**

**1 cup finely shredded iceberg lettuce**

**1 medium tomato, thinly sliced**

1. Prepare Remoulade Sauce. Cover and let stand until serving time.

2. Preheat broiler. Brush cut sides of hoagie buns with olive oil. Place on a baking sheet and toast under the broiler for 1 minute or until golden.

Set buns aside.

3. For batter, whisk together flour, cornstarch, baking powder, beer, water, parsley, salt and cayenne pepper until thoroughly combined.

4. Rinse shrimp; pat dry with paper towels. In a 3-quart saucepan or deep-fat fryer, heat 2 inches vegetable oil to 350°F. Working in batches, dip shrimp in batter and drop into the hot oil. Fry for 2 minutes or until golden, gently turning to ensure all sides are fried. Drain on paper towels. Dip bell pepper strips into batter and fry for 2 minutes or until golden, turning to ensure all sides are fried. Drain on paper towels.

5. To assemble po' boys, spread 1 tablespoon Remoulade Sauce on bottoms of hoagie buns. Divide lettuce and sliced tomatoes among buns; top with fried pepper strips and shrimp. If desired, drizzle with additional remoulade. Serve immediately.

\*Note: If desired, substitute 10 ounces club soda for the beer and water.

**Remoulade Sauce:** In a bowl, stir together ⅓ cup Hy-Vee mayonnaise, 2 tablespoons Hy-Vee coarse ground mustard, 2 tablespoons hot chile sauce, 2 tablespoons fresh lemon juice, 1 tablespoon finely chopped fresh parsley, 1 tablespoon finely chopped green onion, 1 tablespoon capers, 1 teaspoon paprika and 1 teaspoon prepared horseradish.

Note: Nutrition facts cannot be calculated for fried foods.

**MAKE IT  
EASY!**

USE PEELED &  
DEVEINED  
SHRIMP



# STRAIGHT FROM THE GULF

HY-VEE BRINGS IN PRODUCT FROM AROUND THE GLOBE, BUT ONE OF THE MOST TREASURED SOURCES IS LOUISIANA, WHERE FISHING THE OCEAN AND INLETS IS A WAY OF LIFE.

Nestled on the Gulf of Mexico, Louisiana is an ideal habitat for water-loving wildlife. With innumerable rivers, deltas, estuaries and marshes, this beautiful locale is tailor-made for harvesting seafood. At 7,721 miles long, Louisiana's enchanting tidal shoreline is longer than that of Maine and California combined.

The region's commercial fishers catch nearly 1 billion pounds of seafood a year. To put this massive catch in context, the total U.S. seafood haul is 3.9 billion pounds per year so a quarter of all domestic seafood comes from this productive state.

Dinner favorites here include some of the world's best shrimp, blue crab, oysters, crawfish, tuna, red snapper, drum fish, catfish and, yes, alligators. Just over

300,000 wild and farm-raised alligators are harvested annually in Louisiana.

Modern refrigeration and shipping allow the state to sell its seafood globally. When shopping at Hy-Vee, look for Louisiana shrimp, crawfish and oysters. These are available intermittently as they come into season.

To ensure the utmost in quality, Hy-Vee partners only with top suppliers. John Rohrs, who manages seafood inventory at Hy-Vee's distribution center, wrote on [www.seafoodies.hy-vee.com](http://www.seafoodies.hy-vee.com) about one experienced source, Paul Piazza and Son.

A fourth-generation family-owned business, Piazza and Son contracts with top shrimp boat captains to supply freshly caught gulf shrimp.

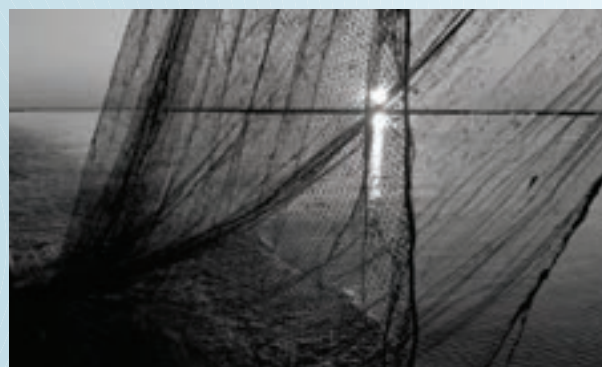
John says the business is "driven by passion and commitment to supplying the country with the freshest, best-tasting and highest-quality wild-caught gulf shrimp that the nutrient-rich inshore waters of Louisiana...have to offer."

This supply-and-demand relationship allows Hy-Vee customers to enjoy the bounty of Louisiana's waters while the state's fishers maintain a year-round market.

The seafood industry is one of the largest sources of employment in Louisiana. Shrimping alone accounts for 15,000 jobs and \$1.3 billion in sales, according to the Louisiana Seafood Board. For more, visit the board's website at [www.louisianaseafood.com](http://www.louisianaseafood.com)



Commercial fishers run the coastline in their 95-foot vessels. Rigged with nets, one boat can haul in massive amounts of sea life.



Sunset on the Gulf of Mexico puts an end to a working day for shrimpers who supply Hy-Vee with gulf shrimp.

## PROTECTING OUR OCEANS

The Responsible Choice label on seafood packaging is your guarantee that species sold at Hy-Vee are abundant in the wild or farmed with care.

Responsible Choice was the company's response to overfishing and other threats to the seafood supply. For the last year, Hy-Vee's fresh and private-label frozen seafood have earned Responsible Choice tags. The point of origin is clearly labeled on all Hy-Vee seafood. If a species is endangered, it is not sold.

Under the program, a new fish is now offered, king

salmon from New Zealand. On the flip side, Hy-Vee stopped selling Chilean sea bass and other at-risk fish.

The same rules apply to shellfish, including:

**SHRIMP:** Hy-Vee gets 100 percent of its fresh and private-label frozen farmed shrimp from responsible sources. Strong oversight has encouraged shrimp farmers to improve their harvesting techniques.

**KING CRAB:** In 2012 Hy-Vee began purchasing Alaska king crab. This has led to a highly successful annual sale of sweet and tasty crabs legs at your local Hy-Vee store.





## BBQ SHRIMP BITES

Saucy seafood nibbles make an addictive game-day snack. While cooking, the shrimp absorb the sweet, peppery taste of the barbecue sauce.

Prep: 10 minutes | Cook: 16 minutes | Serves 12 (3 shrimp each)

**1 pound fresh or frozen large shrimp in shells**

**3 tablespoons Hy-Vee butter, divided**

**½ cup Hy-Vee barbecue sauce**

**¼ cup Hy-Vee chicken broth**

**1 tablespoon hot sauce**

**1 teaspoon Hy-Vee lemon pepper seasoning**

**Lemon wedges, for serving**

**Fresh Italian parsley, for garnish**

1. Thaw shrimp if frozen. Peel and devein shrimp, leaving tails intact. Rinse shrimp and pat dry with paper towels; set shrimp aside.
2. In a small saucepan, melt 2 tablespoons butter over medium heat. Add barbecue sauce, chicken broth, hot sauce and lemon pepper seasoning. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes or until liquid is reduced by half.
3. In a large saucepan, melt remaining 1 tablespoon butter over medium-high heat. Add shrimp; cook for 4 minutes or until shrimp are opaque, turning once. Stir in sauce and cook for 2 minutes more.
4. Serve shrimp with lemon wedges. If desired, garnish with parsley.

*Nutrition facts per serving:* 80 calories, 3.5 g fat, 2 g saturated fat, 0 g trans fat, 8 mg cholesterol, 470 mg sodium, 3 g carbohydrates, 0 g fiber, 2 g sugar, 9 g protein. Daily values: 4% vitamin A, 2% vitamin C, 4% calcium, 0% iron.



## BAKED CRAB TOAST

This twist on the classic appetizer utilizes crab instead of shrimp as the toast topper. The result is a satisfying party nibble.

Prep: 15 minutes | Bake: 20 minutes | Stand: 5 minutes |

Serves 20 (3 toasts each)

**½ (14-ounce) Hy-Vee Bakery ciabatta bread**

**¼ cup Hy-Vee butter, melted**

**1 (8-ounce) package Hy-Vee cream cheese, softened**

**2 egg yolks**

**1 teaspoon lemon juice**

**1 (6-ounce) package lump crabmeat**

**¼ cup finely chopped red bell pepper**

**¼ cup sliced green onions**

**Hy-Vee salt, to taste**

**Hy-Vee cayenne pepper, to taste**

1. Preheat oven to 400°F. Line a baking sheet with foil; set aside.
2. Turn ciabatta onto its side. Using a serrated knife, cut lengthwise into five ½-inch-thick slices. Brush 1 side of each slice with butter.
3. In a bowl, mash cream cheese, egg yolks and lemon juice with a fork until smooth. Stir in crab, bell pepper and green onions. Season with salt and cayenne pepper to taste.
4. Spread enough crab mixture on buttered bread to form a ¼-inch-thick layer. Place on prepared baking sheet. Bake for 20 minutes or until puffed and golden. Let stand for 5 minutes. To serve, cut each slice into wedges.

*Nutrition facts per serving:* 100 calories, 7 g fat, 4 g saturated fat, 0 g trans fat, 45 mg cholesterol, 130 mg sodium, 6 g carbohydrates, 0 g fiber, 1 g sugar, 3 g protein. Daily values: 6% vitamin A, 4% vitamin C, 2% calcium, 0% iron.



# 8

## crispy rice shrimp

### WITH SPICY MANGO DIP

These crunchy cereal-coated shrimp are a snap. Slip them under the broiler for a few minutes and they're done.

Prep: 20 minutes | Broil: 6 minutes |

Serves 24 (1 shrimp each)

**24 fresh or frozen jumbo shrimp in shells**

**1 recipe Spicy Mango Dip**

**Hy-Vee nonstick cooking spray**

**2 egg yolks**

**½ cup Hy-Vee mayonnaise**

**2 teaspoons Hy-Vee seasoned salt**

**4 cups Kellogg's® Rice Krispies® cereal, crushed**

1. Thaw shrimp, if frozen. Peel and devein shrimp, leaving tails intact. Rinse shrimp; pat dry with paper

towels. Prepare Spicy Mango Dip. Cover dip and refrigerate until ready to serve.

2. Preheat broiler. Place a wire rack on a rimmed baking sheet. Spray rack with nonstick spray; set aside.

3. In a small bowl, whisk together egg yolks, mayonnaise and seasoned salt. Dip each shrimp, one at a time, into mayonnaise mixture, then dip into cereal to coat. Pat cereal in place as necessary to adhere. Place shrimp on prepared rack on baking sheet.

4. Broil shrimp 6 to 8 inches from heat for 3 minutes. Turn shrimp and broil for 3 minutes more or until shrimp turn opaque. Serve shrimp with Spicy Mango Dip.

**Spicy Mango Dip:** In a blender, combine ½ cup Hy-Vee mayonnaise or Hy-Vee plain Greek yogurt,

½ cup cubed fresh mango and 1 tablespoon each lemon juice and bottled hot sauce. Cover and blend until smooth.

**Nutrition facts per serving:** 100 calories, 8 g fat, 1 g saturated fat, 0 g trans fat, 30 mg cholesterol, 270 mg sodium, 5 g carbohydrates, 0 g fiber, 1 g sugar, 2 g protein. Daily values: 6% vitamin A, 8% vitamin C, 0% calcium, 8% iron.

Kellogg's Cereal:  
select varieties  
12 to 18.7 oz. \$2.99



**30**  
minutes  
or less





**MAKE IT  
EASY!**  
USE PEELED &  
DEVEINED  
SHRIMP.

# 9

## andouille- shrimp SKEWERS

**30**  
minutes  
or less

Packed with juicy sausage, these sharp, spicy bites can also be cooked on an outdoor grill, which adds smoky, charred flavor to the mix.

Prep: 20 minutes | Grill: 8 minutes per batch |  
Serves 30 (one skewer each)

26 to 30 (6-inch) bamboo skewers, soaked\*

1 pound (30 count) fresh or frozen large shrimp  
in shells

1 (14-ounce) package andouille sausage

Cajun seasoning, to taste

2 tablespoons Hy-Vee vegetable oil

1. Thaw shrimp, if frozen. Peel and devein shrimp, leaving tails intact. Rinse shrimp; pat dry with paper towels.

2. Slice sausage same thickness as the shrimp. Thread a sausage slice and shrimp onto each skewer. Sprinkle with Cajun seasoning.

3. In a grill pan, add oil and cook skewers in batches over medium heat for 8 minutes or until sausage is lightly charred and shrimp are cooked through, turning once halfway through.

\*Note: Soak bamboo skewers in water for 30 minutes to prevent them from burning.

*Nutrition facts per serving:* 50 calories, 3.5 g fat, 1 g saturated fat, 0 g trans fat, 40 mg cholesterol, 260 mg sodium, 0 g carbohydrates, 0 g fiber, 0 g sugar, 6 g protein. Daily values: 0% vitamin A, 0% vitamin C, 2% calcium, 0% iron.



# 10 shrimp scampi

## FLATBREAD

The garlicky seared shrimp known as scampi is an irresistible topper for made-from-scratch flatbread. Try this classic at your next party.

Prep: 20 minutes | Refrigerate: 20 minutes |

Bake: 10 to 13 minutes | Cook: 5 minutes | Serves 4

**1 pound fresh or frozen medium shrimp in shells**

**1½ cups plus 1 tablespoon Hy-Vee all-purpose flour, divided**

**1 teaspoon Hy-Vee baking powder**

**¾ teaspoon Hy-Vee kosher salt, divided**

**¾ cup Hy-Vee sour cream**

**1 tablespoon water**

**¼ teaspoon Hy-Vee black pepper**

**2 tablespoons Hy-Vee Select olive oil, plus more for drizzling**

**½ cup cherry tomatoes, halved**

**6 cloves garlic, minced**

**Hy-Vee crushed red pepper, to taste**

**½ cup dry white wine**

**1½ cups Hy-Vee shredded pizza cheese, divided**

**2 cups arugula or baby salad greens**

**2 tablespoons chopped fresh basil**

1. Preheat oven to 450°F. Thaw shrimp if frozen. Peel and devein shrimp; cut in half lengthwise. Rinse shrimp and pat dry with paper towels; set aside.

2. In a large bowl, combine 1½ cups flour, baking powder and ½ teaspoon salt. Add sour cream and water, tossing with a fork. If necessary, add more water, 1 tablespoon at a time, until flour mixture is moist. Gather into a ball, kneading gently until dough is soft and smooth, about 2 minutes. Divide dough into four portions; wrap each portion in plastic wrap and refrigerate for 20 minutes.

3. On a lightly floured surface, roll each dough portion from center to edges into a rectangle about ¼ inch thick. Transfer to an ungreased baking sheet. Bake for 7 to 10 minutes or until dough bubbles up and is light brown, turning once. Remove flatbreads from oven; cover with a clean dish towel to keep warm.

4. In a shallow dish, combine remaining 1 tablespoon flour, remaining ¼ teaspoon salt and black pepper. Toss shrimp in flour mixture until coated. In a large skillet, heat 2 tablespoons olive oil over medium heat. Add shrimp and cook for 1 minute. Stir in tomatoes, garlic and crushed red pepper. Cook for 1 minute, stirring constantly. Add wine and simmer for 3 minutes or until liquid is reduced by half.

5. Top each flatbread with ¼ cup pizza cheese and one-fourth of the shrimp mixture. Return to baking sheet and bake for 3 minutes or until cheese is melted. Top flatbreads with arugula and basil; drizzle with olive oil. Serve immediately.

*Nutrition facts per serving:* 560 calories, 24 g fat, 12 g saturated fat, 0 g trans fat, 200 mg cholesterol, 1,420 mg sodium, 43 g carbohydrates, 2 g fiber, 3 g sugar, 32 g protein. Daily values: 25% vitamin A, 10% vitamin C, 50% calcium, 15% iron.



# 10 tips to stay trim

## THIS SEASON

Overindulging on rich foods is a common holiday temptation. To tip the scale in your favor, follow 10 strategies recommended by Hy-Vee registered dietitians.



### 1. Rethink Your Drink

Even though cocktails and other adult beverages may not taste sweet, most festive drinks pack a calorie punch. Consider these alternatives:

**Lose the booze:** Opt for no-calorie flavored sparkling water.

**One, then done:** Limit yourself to one calorie-containing alcoholic drink per evening.

**Add pizzazz:** Serve a no- or low-calorie beverage from a decorative bowl or pitcher, and it just might become a major draw at the party.

### 2. CATCH SOME Zzzz

We've all heard, "If you snooze, you lose." When it comes to maintaining weight, it's true! Sleep is vitally important for our bodies to properly control hunger hormones. When we don't get enough sleep, feelings of hunger can be difficult to ward off. We're also more likely to crave high-fat, high-sugar foods when we're tired, they'll leave you feeling even more rundown. So hit the snooze button and let your body recoup. Your waistline will thank you.

### 3. make simple swaps

Pile on the mashed cauliflower instead of mashed potatoes and gravy. Combined with yogurt, cauliflower has an appealing taste, creamy consistency and, unlike potatoes, reasonable amounts of calories, fats and salt. Or try roasting vegetables with spices and garlic rather than drowning them in butter and cream soup. Looking for more healthy substitutes? Ask your local Hy-Vee dietitian.

### 4. INDULGE IN *one dessert*

"Christmas just wouldn't be the same without ...!"

Everyone has desserts that define the holidays. Choose just one or two instead of making every recipe on your family's favorites list. "Let yourself eat the foods you enjoy but don't overindulge on everything," Hy-Vee dietitian Martha McClurg says.



MARTHA McCLURG  
Cedar Rapids and  
Marion, IA





# 5 avoid overeating

Buffet tables at social gatherings can be the death knell for the diet you've been working hard to maintain. How can you resist the siren song?

- Eat a protein- or fiber-filled snack before attending a party.
- Choose a salad plate instead of dinner plate and fill it up once, limiting your picks to only the foods you truly like.
- Look for healthy items among the sweets—or even better, bring your own.



TRAVIS LUCAS  
Lincoln, NE

## 6. START THE DAY STRONG

A bowl of whole grain cereal, low-fat milk and some fruit for breakfast is an effective defense against

weight gain over the holidays.

“Studies have shown that a good hearty breakfast can reduce caloric intake by up to 200 calories per day,” Hy-Vee dietitian Travis Lucas says.

Many believe that if they skip breakfast and eat a small lunch, they can overeat at dinner. Not so.

“They end up eating way too much at dinnertime, especially things like pie,” Lucas says.

## 7. Eat Healthy Portions



Follow the USDA MyPlate model, which gives a picture of the amounts and types of food we should eat. It replaces the old Food Guide Pyramid. For a healthy diet:

- Fill your plate with a variety of colorful holiday fruits and vegetables.
- Choose whole grains.
- Stick with lean proteins. Fortunately, turkey, fish and chicken make the cut.

To learn more, go to [www.choosemyplate.gov](http://www.choosemyplate.gov)

## 8. drink up!

Water makes people feel more full, so drinking a glass before every meal naturally leads to eating less.

Hydrating also helps break down vitamins, minerals and other nutrients needed to keep up your energy.

## 9. KEEP UP ACTIVITY

If your regular routine is on hold, break it down into manageable chunks. Instead of a 30-minute workout, try 10-minute power walks. In addition, look for ways to slip exercise into everyday life:

Park farther away while shopping.

Use the stairs at the mall.

Go outside and build a snowman.

Get your whole family involved with Hy-Vee KidsFit™, a free web-based fitness program. Sign up at [www.hy-veekidsfit.com](http://www.hy-veekidsfit.com)



## 10. set goals

Pick a realistic weight to maintain throughout the holidays, and weigh yourself once per week at a set time of day.

*“Weighing yourself is important, but make your goal something that feels achievable and isn’t going to end up letting you down,” Hy-Vee dietitian Melissa Bradley says.*



MELISSA BRADLEY  
Rochester, MN



**TEN**  
*ways to deck the*

# HOLIDAYS

DECK YOUR HALLS WITH DELECTABLE DECOR.  
SOME TASTE AS GOOD AS THEY LOOK,  
WHILE OTHERS ARE DESIGNED TO SPREAD  
HOLIDAY CHEER THROUGHOUT YOUR  
HOME RATHER THAN DELIGHT  
YOUR TASTE BUDS.

## **1** *gumdrop wreath*

Spice up your front door with this new take on a holiday wreath. Attach gumdrops to a foam ring with hot glue. Hang with ribbon and add a festive bow as a finishing touch.



## 2 *strawberry tree*

Drizzle fresh strawberries with melted chocolate. Using wooden skewers, attach strawberries to a styrofoam base shaped like an upside-down cone. Dust with powdered sugar. Serve with brunch or as a holiday snack any time of day.

## 3 *coconut snowman*

Make a double recipe of Hy-Vee rice cereal treats, see [www.hy-vee.com/recipes](http://www.hy-vee.com/recipes), and form 3-, 4- and 5-inch balls while still warm. Coat in melted white chocolate, roll in shredded coconut and stack to form a snowman. Use pretzels for arms, mini chocolate chips for eyes and mouth, M&M'S for nose and regular chocolate chips for buttons. For hat, cut three Hy-Vee Bakery chocolate cookies using a 2-inch round cutter and place on top of chocolate cookie. Attach all pieces with melted white chocolate.



# 4

## peppermint bowl

Create a festive bowl for serving individually wrapped candies or treats. *Step 1:* Place parchment paper on baking sheet. *Step 2:* Generously grease the outside of a heat-safe glass bowl. Place upside down and set aside. *Step 3:* Place a peppermint candy in center of the paper. Arrange six candies around the center candy with edges touching. Continue adding circles of candies to the desired diameter. *Step 4:* Bake in 300°F oven about 8 minutes or until candies begin to spread and melt. *Step 5:* Remove pan from oven and let stand 1 minute. Carefully invert parchment paper onto greased bowl, using hot pads to mold candies to the bowl. When cool, remove parchment and your bowl is ready to use.

## 5 candy cane star

Hang more than one star on the tree this year. Connect two candy canes with hot glue or frosting to form a heart shape. Then, with eight more, continue the pattern, overlapping each heart until the star is complete. Add peppermint candies at tips.





Check out your local  
Hy-Vee Floral Department  
for seasonal blooms!

## 6 pear floral arrangement

Red roses, Comice pears and Red Anjou pears interspersed among hydrangea make a stunning holiday arrangement. Insert bamboo skewers into the pears and cut for desired length, then arrange among blooms in a simple vase.



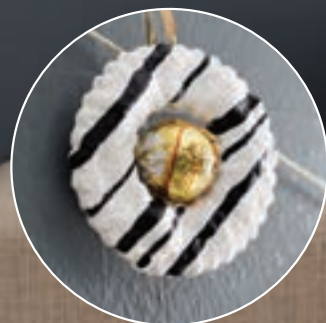
## 7 popcorn garland

A holiday classic, garland is a quick way to bring a festive look to a large space. Using a needle and thread, string popcorn and cranberries.



# salt dough ornaments

Anticipating the holidays is half the fun with this decorative Advent calendar. Hand-painted salt dough ornaments hang within a two-dimensional tree formed by attaching twine to a wall. To make these ornaments mix 4 cups flour and 1 cup salt, then gradually add 1½ cups water to form dough. Roll dough to a thickness of ⅛ inch and cut using two round cutters. Place ornaments on a cookie sheet and bake in 300°F oven until hard, about 1 hour. Once ornaments have cooled, decorate with craft paint. After ornaments dry, hang each and place a candy in the center hole.



## Make It Edible

Tuck a sweet treat into each ornament. Enjoy one a day during the countdown to Christmas morning.





Personally welcome each guest to the table with a festive place card. Twist fresh rosemary sprigs into miniature holiday wreaths and tie off with kitchen twine. Attach handwritten name cards with a simple bow.

## 9 *rosemary place card*



## 10 *holiday cheese tray*

A tasty cheese tray is essential for kicking off any holiday party. To create this buffet-worthy display, line a large circular platter with crackers and fill in stripes with cheeses, grape tomatoes and fresh herbs. Add a looped ribbon for the finishing touch and let your guests enjoy the appetizers!



*den  
white*

*christmas treats*





**30**  
minutes  
or less

recipe, page 125

angel lamination

creamy white cocoa

recipe, page 125

INVITE THE WINTER WONDERLAND INSIDE WITH  
PLATTERS OF WHITE-ON-WHITE TREATS. A DUSTING  
OF POWDERED SUGAR, FLAKES OF COCONUT  
AND SWIRLS OF WHITE CHOCOLATE CREATE A  
BLIZZARD OF DELECTABLE CONFECTIONS.

WORDS Carlos Acevedo PHOTOS Tobin Bennett



**30**  
minutes  
or less





### 1. Glazed Marshmallow Pops

Cut four jumbo marshmallows in half, then insert lollipop sticks and freeze on a tray for 30 minutes. In a microwave-safe bowl, heat 2 cups white chocolate chips on high for 30 seconds at a time until fully melted. Dip frozen marshmallows into the white chocolate and then immediately into white sprinkles, coconut flakes or white chocolate curls. Place the finished pops in a tall glass to dry.



### 2. Mini Powdered Donut Sandwiches

Order 12 mini white cake donuts from the Hy-Vee Bakery. Cut the donuts in half. For the filling, in a bowl combine 2 cups whipped topping and 3 cups powdered sugar. Spread about 2 tablespoons of the filling onto donut halves, then top with remaining donut halves and sprinkle with the powdered sugar.

### 3. White Truffle Cupcakes

Prepare the batter using 1 (18.25-ounce) box Hy-Vee extra moist white deluxe cake mix, then bake at 325°F for 13 minutes in a mini muffin pan lined with mini paper baking cups (it should make about 48 mini cupcakes). Press the pointed end of Hershey's Kisses into each cupcake, then cool for 30 minutes. Top with purchased white frosting and sprinkle with white edible sugar pearls.



# Snowy





#### 4. White Cloud Fudge

In a large microwave-safe bowl, heat 12 ounces white chocolate chips on high for 30 seconds at a time until melted, then stir in 1 (8-ounce) can sweetened condensed milk and 2 teaspoons vanilla. Pour into an 8x8-inch baking pan lined with foil and refrigerate about 3 hours or until firm.

#### 5. No-Bake Snowballs

In a large mixing bowl, beat 1 cup softened butter,  $3\frac{3}{4}$  cups powdered sugar, 1 teaspoon vanilla extract,  $\frac{3}{4}$  cup flake coconut,  $2\frac{1}{4}$  cups quick oats and  $\frac{1}{2}$  cup chocolate chips until combined. Scoop into balls and dust with powdered sugar. Refrigerate until snowballs are ready to serve.

# sweets



#### 6. Lace Icing Cookies

Order 12 plain sugar cookies from the Hy-Vee Bakery or bake Classic Cutout Cookies, see [page 35](#) for recipe. To decorate, transfer  $\frac{1}{4}$  cup purchased white royal icing to a resealable plastic bag and snip a small corner. Pipe a border around each of the cookies. Thin out another  $\frac{1}{2}$  cup royal icing with a few drops of water until it's the consistency of syrup. Carefully spoon icing onto the cookies to flood inside the icing borders, then let dry for an hour. For the decoration, stir  $\frac{1}{4}$  cup purchased white royal icing and  $\frac{1}{4}$  cup powdered sugar together to thicken icing, then transfer to a resealable plastic bag and snip a small corner. Pipe decorative lines on the cookies in desired patterns. Let the cookies stand at room temperature for 2 hours to dry.



30  
minutes  
or less

white  
chocolate  
mousse



## 7. White Chocolate Mousse

Whip up this super easy mousse in minutes using packaged pudding mix and whipped topping.

Prep: 15 minutes |

Serves 10 (1 cup each)

**½ (3.4-ounce) box Hy-Vee instant vanilla pudding and pie filling**  
**1 cup Hy-Vee whole or 2% milk**  
**1 cup Hy-Vee white vanilla baking chips**  
**12 ounces Hy-Vee frozen whipped topping, thawed**  
**1 recipe White Chocolate Shards, optional**

1. In a large bowl, whisk together vanilla pudding mix and milk; let stand for 5 minutes. In a small microwave-safe bowl, heat white vanilla chips, uncovered, on 50 percent power (medium) for 1 to 1½ minutes or until chips are soft enough to stir smooth, stirring every 20 seconds.
2. Add melted chips to pudding mixture and stir until well combined. Fold in whipped topping. To serve, spoon mousse into dessert dishes. If desired, garnish with White Chocolate Shards.

**White Chocolate Shards:** In a small microwave-safe bowl, heat ¼ cup Hy-Vee white vanilla baking chips, uncovered, on 50 percent power (medium) for 30 seconds or until chips are soft enough to stir smooth, stirring every 15 seconds. Drizzle chocolate onto a sheet of parchment paper. Cool until chocolate is set. Snap chocolate into shards.

*Nutrition facts per serving:*

360 calories, 20 g fat,  
19 g saturated fat, 0 g trans fat,  
5 mg cholesterol, 125 mg sodium,  
42 g carbohydrates, 0 g fiber,  
36 g sugar, 3 g protein. Daily values:  
0% vitamin A, 0% vitamin C,  
8% calcium, 0% iron.

## 8. Meringue Kisses

Starting with room temperature egg whites will help increase the volume of the beaten mixture.

Stand: 30 minutes | Prep: 30 minutes |

Bake: 1½ hours | Cool: 30 minutes |

Serves 30 (2 kisses each)

**4 egg whites**  
**1 teaspoon Hy-Vee cornstarch**  
**1 tablespoon clear vanilla extract**  
**¼ teaspoon cream of tartar**  
**1 cup Hy-Vee sugar**

1. Allow egg whites to stand at room temperature for 30 minutes. Preheat oven to 200°F. Line two cookie sheets with parchment paper; set aside.
2. In a large mixing bowl, combine egg whites, cornstarch, vanilla and cream of tartar. Beat with an electric mixer on medium until soft peaks form (tips curl). Gradually add sugar, 1 tablespoon at a time, beating on high speed until stiff peaks form (tips stand straight).
3. Spoon into a decorating bag fitted with a large star tip. Pipe mounds or drop by rounded teaspoons 2 inches apart onto prepared sheets. Bake both sheets on separate racks for 1½ hours. Remove from oven and cool completely on sheets on wire racks. Carefully remove meringues from paper.

*Nutrition facts per serving:* 30 calories,  
0 g fat, 0 g saturated fat, 0 g trans fat,  
0 mg cholesterol, 5 mg sodium,  
7 g carbohydrates, 0 g protein.  
Daily values: 0% vitamin A,  
0% vitamin C, 0% calcium, 0% iron.

## 9. Creamy White Cocoa

Whole milk makes a wonderfully rich concoction. For a grown-up variation, add 1 to 2 tablespoons cinnamon liqueur to each mug of cocoa.

Prep: 5 minutes | Cook: 10 minutes |

Serves 6 (6 ounces each)

**4 cups Hy-Vee whole milk, plus additional as needed**  
**½ cup Hy-Vee granulated sugar**  
**1 (11-ounce) bag premium white baking chips**  
**1 recipe White Peppermint Roses, optional**  
**Coarse sugar and gold sprinkles, optional**

1. In a large saucepan, whisk together milk and granulated sugar. Bring to a simmer, whisking frequently, over medium heat. Remove from heat. Quickly whisk in white baking chips until smooth. Add additional milk, if necessary, for desired consistency. Pour into mugs. If desired, top with White Peppermint Roses and add coarse sugar and sprinkles.

**White Peppermint Roses:** Line a cookie sheet with parchment paper; set aside. Pound two hard white peppermint candies until finely crushed. In a small mixing bowl, combine ½ cup Hy-Vee heavy whipping cream, crushed candies and 1 tablespoon Hy-Vee granulated sugar. Beat with an electric mixer on medium until soft peaks form (tips curl). Pipe or spoon small mounds of cream onto prepared cookie sheet. Freeze for 20 minutes or until firm.

*Nutrition facts per serving:*

540 calories, 29 g fat,  
17 g saturated fat, 0 g trans fat,  
45 mg cholesterol, 125 mg sodium,  
60 g carbohydrates, 0 g fiber,  
60 g sugar, 7 g protein. Daily values:  
10% vitamin A, 2% vitamin C,  
30% calcium, 0% iron.

## 10. Angel Lamingtons

These fluffy, sweet morsels are a delicious twist on this Australian treat made with chocolate-covered sponge cake. Find unsweetened coconut in the HealthMarket at your local Hy-Vee.

Prep: 20 minutes | Stand: 20 minutes |

Serves 6 (2 sandwiches each)

**1 (8-ounce) loaf Hy-Vee Bakery angel food cake (11×5 inches long)**  
**1 cup Hy-Vee hazelnut creamy spread**  
**2 cups Hy-Vee powdered sugar**  
**¼ cup Hy-Vee whole or 2% milk**  
**1 tablespoon clear vanilla extract**  
**2 cups fine macaroon unsweetened coconut**

1. Using a serrated knife, cut loaf lengthwise in half. Spread chocolate hazelnut spread on cut side of each half; assemble into a loaf. Cut loaf crosswise into 12 slices.
2. In a medium bowl, stir together powdered sugar, milk and vanilla to form a thin icing. Place coconut in a shallow dish. Holding one sandwich on the tines of a fork over icing, spoon icing over sandwich, coating all sides evenly. Place sandwich in coconut, turning to coat all sides. Place on a serving platter. Repeat with remaining cake sandwiches.
3. Let sandwiches stand at room temperature for 20 minutes to dry.

*Nutrition facts per serving:*

670 calories, 32 g fat,  
22 g saturated fat, 0 g trans fat,  
0 mg cholesterol, 30 mg sodium,  
94 g carbohydrates, 4 g fiber,  
81 g sugar, 5 g protein. Daily values:  
0% vitamin A, 0% vitamin C,  
35% calcium, 10% iron.

TEN HOLIDAY

# BRUNCH

MUST-HAVES



**CARAMEL-PECAN ROLLS**  
RECIPE, PAGE 133



**RISE AND DINE ON GOOEY CARAMEL-PECAN ROLLS, DELICATELY POACHED EGGS LAVISHED WITH HOLLANDAISE AND ONE OF OUR COMPLETELY DECKED-OUT BLOODY MARYS. ENJOY A LEISURELY BRUNCH BY TACKLING MUCH OF THE PREP WORK THE NIGHT BEFORE.**

WORDS Lois White PHOTOS Cameron Sadeghpour



## VEGGIE FRITTATA

**1** Fold fresh vegetables and fragrant basil into fluffy eggs for a savory skillet dish. Fontina cheese adds a mild, nutty flavor and melts beautifully. Serve this warm or at room temperature.

Prep: 20 minutes | Bake: 25 to 30 minutes | Serves 6

12 Hy-Vee large eggs

½ cup crème fraîche or Hy-Vee sour cream

2 tablespoons chopped fresh basil

½ teaspoon Hy-Vee salt

½ teaspoon Hy-Vee black pepper

4 ounces Fontina cheese, shredded, divided

2 tablespoons Hy-Vee butter, divided

2 cups chopped vegetables, such as peas, summer squash, bell peppers, green onions, cremini mushrooms and/or arugula

9 cherry tomatoes

Additional arugula, for garnish

1. Preheat oven to 350°F. In a medium bowl, whisk together eggs, crème fraîche, basil, salt and black pepper. Stir in half of the shredded cheese; set aside.

2. In a 10-inch cast-iron or broiler-proof skillet, heat 1 tablespoon butter over medium heat. Add vegetables; cook and stir for 5 minutes or until softened and liquid has evaporated.

3. Increase heat to medium-high and add remaining 1 tablespoon butter to skillet. When butter has melted, pour egg mixture over vegetable mixture in the skillet. Cook without stirring until its edges begin to set, about 5 minutes. Sprinkle remaining cheese on top. Top with cherry tomatoes and additional arugula.

4. Bake for 25 to 30 minutes or until golden brown and center is set.

*Nutrition facts per serving:* 310 calories, 23 g fat, 12 g saturated fat, 0 g trans fat, 415 mg cholesterol, 500 mg sodium, 5 g carbohydrates, 1 g fiber, 3 g sugar, 19 g protein. Daily values: 25% vitamin A, 25% vitamin C, 20% calcium, 10% iron.



## 2 OVER-THE-TOP BLOODY MARY BAR

Spice up your brunch with a zesty cocktail that comes loaded with a variety of trimmings for added flavor and flair.

Prep: 10 minutes | Serves 6

4 cups tomato cocktail juice

6 tablespoons Hy-Vee lemon juice

2 tablespoons Hy-Vee Worcestershire sauce

2 teaspoons Hy-Vee horseradish

1 teaspoon hot sauce

½ teaspoon celery salt

½ teaspoon Hy-Vee garlic powder

½ teaspoon Hy-Vee black pepper

Ice cubes, for serving

Vodka, for serving

Desired garnishes, optional

1. For mix, in a large pitcher combine tomato cocktail juice, lemon juice, Worcestershire sauce, horseradish, hot sauce, celery salt, garlic powder and black pepper. Cover and refrigerate until ready to serve.

2. For each drink, fill cocktail shaker with ice cubes. Add about 6 ounces mix and desired amount of vodka. Garnish as desired.

### Garnish Options:

Surf and Turf: Garnish each drink with a fresh crab claw, asparagus spears, radish with top and lemon slice.

All-American: Garnish each drink with bacon-wrapped celery, black olives, a mini-size cheeseburger, waffle fries, cornichon and grape tomato half.

Mexican: Run lime wedge around rim of each glass; dip glass into mixture of Hy-Vee red pepper flakes, Hy-Vee chili powder and red Himalayan salt. Add lime slices to each drink and garnish with grilled serrano chile peppers.

*Nutrition facts per serving (without vodka or garnishes):* 40 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 860 mg sodium, 8 g carbohydrates, 1 g fiber, 4 g sugar, 1 g protein. Daily values: 10% vitamin A, 10% vitamin C, 2% calcium, 6% iron.

**30**  
minutes  
or less

**A BITE OF THIS  
AND A TASTE OF  
THAT! THE REAL  
FUN OF HAVING  
A BLOODY MARY  
BAR IS LETTING  
GUESTS PICK  
AND CHOOSE  
TRIMMINGS  
THAT ARE JUST  
AS TASTY AS  
THE DRINK.**





## 3 PUMPKIN-PRALINE PANCAKES

Light and fluffy pumpkin pie-spiced pancakes are generously topped with maple-flavored whipped cream and crunchy candied pecans. Keep pancakes warm until serving time in a 200°F oven.



Prep: 40 minutes | Cook: 2 to 4 minutes per batch |

Serves 5 (5 pancakes each)

**4 Hy-Vee large eggs**

**1¼ cups Hy-Vee all-purpose flour**

**3 tablespoons Hy-Vee granulated sugar**

**2 teaspoons Hy-Vee baking powder**

**1½ to 2 teaspoons pumpkin pie spice**

**½ teaspoon Hy-Vee salt**

**1½ cups Hy-Vee whole milk**

**¾ cup Hy-Vee canned pumpkin puree**

**¼ cup Hy-Vee butter, melted**

**1 teaspoon Hy-Vee vanilla extract**

**3 tablespoons Hy-Vee canola oil, or as needed for griddle**

**1 recipe Maple Crème**

**½ cup Hy-Vee Select 100% pure maple syrup**

**1 recipe Candied Pecans**

1. Separate eggs. Allow egg whites to stand at room temperature for 30 minutes.

2. In a large bowl, stir together flour, sugar, baking powder, pie spice and salt. In another bowl, whisk together egg yolks, milk, pumpkin, butter and vanilla. Add pumpkin mixture all at once to flour mixture. Whisk until smooth.

3. In a medium mixing bowl, beat egg whites on medium until stiff peaks form (tips stand straight). Fold whites into batter.

4. For each pancake, pour ¼ cup batter onto a griddle or heavy skillet, lightly greased with oil. Cook over medium heat for 1 to 2 minutes on each side or until golden brown. Repeat with remaining batter, adding additional oil as needed. Serve pancakes warm topped with Maple Crème, maple syrup and Candied Pecans.

**Maple Crème:** In a small mixing bowl, combine ½ cup Hy-Vee heavy whipping cream and 3 tablespoons Hy-Vee Select 100 percent pure maple syrup. Beat with an electric mixer on medium to high until soft peaks form.

**Candied Pecans:** In a medium saucepan, combine 2 tablespoons packed Hy-Vee brown sugar and 2 tablespoons Hy-Vee butter. Cook over medium heat until butter is melted. Add 1 cup Hy-Vee chopped pecans. Continue cooking until nuts are caramelized. Watch carefully! Remove from heat. Spread on parchment paper and cool for 1 hour. Store in an airtight container.

*Nutrition facts per serving:* 820 calories, 53 g fat, 19 g saturated fat, 1 g trans fat, 225 mg cholesterol, 560 mg sodium, 76 g carbohydrates, 4 g fiber, 46 g sugar, 13 g protein. Daily values: 100% vitamin A, 2% vitamin C, 25% calcium, 20% iron.

## 4 RASPBERRY-ALMOND FRENCH TOAST BAKE

Surprise guests with the sweet aroma of bread baked in a rich custard sauce and generously topped with streusel and berry-infused maple syrup. Refrigerate the dish overnight and it's ready to bake the next morning, making brunch a breeze.

Prep: 30 minutes | Refrigerate: 2 hours or overnight |

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

**Hy-Vee vegetable shortening, for greasing**

**2 (14-ounce) loaves Hy-Vee Bakery French baguette bread, cut into ½-inch slices**

**9 Hy-Vee large eggs, lightly beaten**

**2¼ cups Hy-Vee whole milk**

**1½ cups Hy-Vee heavy whipping cream**

**¾ cup Hy-Vee granulated sugar**

**1 tablespoon Hy-Vee vanilla extract**

**½ teaspoon Hy-Vee almond extract**

**¼ cup Hy-Vee all-purpose flour**

**2 tablespoons packed Hy-Vee brown sugar**

**¼ teaspoon Hy-Vee ground cinnamon**

**2 tablespoons Hy-Vee butter, cold, cubed**

**¼ cup Hy-Vee slivered almonds**

**¾ cup Hy-Vee Select 100% pure maple syrup**

**1½ cups fresh raspberries, divided**

**Hy-Vee powdered sugar, for garnish**

1. Grease a 3-quart baking dish. Place bread slices in baking dish; set aside.

2. For custard, in a medium bowl whisk together eggs, milk, cream, granulated sugar, vanilla and almond extract. Carefully pour over the bread in dish. Using the back of a serving spoon, press bread to coat with custard. Cover dish and refrigerate for 2 hours or overnight.

3. For crumb topping, in a medium bowl combine flour, brown sugar and cinnamon. Using a pastry blender, cut in butter until crumbly. Stir in almonds. Transfer to a storage container; cover and refrigerate.

4. Preheat oven to 350°F. Remove dish from refrigerator; let stand at room temperature for 10 minutes. Bake, uncovered, for 30 minutes. Add crumb topping and bake for 30 minutes more or until a knife inserted near the center comes out clean and topping is puffed and golden brown. Let cool for 10 minutes before serving.

5. Just before serving, in a small saucepan heat maple syrup over medium-high heat just until boiling. Add 1 cup raspberries; slightly mash berries. Sprinkle remaining ½ cup berries on casserole; top with berry-syrup mixture. If desired, sprinkle powdered sugar on top.

*Nutrition facts per serving:* 590 calories, 23 g fat, 12 g saturated fat, 0.5 g trans fat, 230 mg cholesterol, 640 mg sodium, 77 g carbohydrates, 2 g fiber, 37 g sugar, 18 g protein. Daily values: 20% vitamin A, 8% vitamin C, 15% calcium, 25% iron.



**\* Bonus Feature:** Learn how to make Raspberry-Almond French Toast Bake. Watch the video in your free digital version of *Hy-Vee Seasons*.  
Downloading information on page 3.

# 5 SHORTCUT EGGS BENEDICT

Whip up a quick version of a classic French hollandaise sauce using just a handful of ingredients. The lusciously rich, lemony and smooth sauce also pairs beautifully with cooked asparagus or green beans.

Prep: 30 minutes | Serves 8

4 Hy-Vee English muffins, split

8 slices Hy-Vee Deli Virginia ham (about 8 ounces)

Hy-Vee vegetable shortening, for greasing

8 Hy-Vee large eggs

½ cup Hy-Vee plain Greek yogurt

½ cup Hy-Vee mayonnaise

2 teaspoons Hy-Vee lemon juice

1 teaspoon Hy-Vee yellow mustard

Coarsely ground black pepper, optional

1. Preheat oven to 350°F. Place muffin halves and ham slices in a single layer on a baking sheet. Bake for 10 to 15 minutes or until muffins are toasted and ham is hot. Keep warm.

2. To poach eggs, lightly grease a large saucepan. Fill halfway with water. Bring to boiling; reduce heat to maintain a simmer. Break one egg into a custard

cup. Carefully slide into simmering water. Repeat with remaining eggs. Simmer, uncovered, for 3 to 5 minutes or until desired doneness. Using a slotted spoon, carefully remove eggs.

3. Meanwhile, for sauce, in a small saucepan combine yogurt, mayonnaise, lemon juice and mustard. Cook and stir over low heat just until warm; do not boil.

4. To serve, top each muffin half with a ham slice and poached egg. Spoon sauce over eggs. If desired, sprinkle with black pepper.

**Make-Ahead Prep:** Poach eggs as directed and place in bowl of ice water. Refrigerate for up to 1 day. Dip eggs, four at a time, in simmering water for about 2 minutes before serving. Combine sauce ingredients and refrigerate for up to 1 day. Heat as directed before serving.

*Nutrition facts per serving:* 290 calories, 18 g fat, 3.5 g saturated fat, 0 g trans fat, 205 mg cholesterol, 650 mg sodium, 16 g carbohydrates, 2 g fiber, 3 g sugar, 16 g protein. Daily values: 6% vitamin A, 0% vitamin C, 10% calcium, 10% iron.

**30**  
minutes  
or less





# 6 CHRISTMAS COFFEE CAKE

An elegant centerpiece for a brunch, this tender cake calls for a fluted tube pan, sold at larger Hy-Vee stores.

Prep: 20 minutes | Bake: 60 to 65 minutes  
Cool: 60 minutes | Serves 16

## Batter:

Hy-Vee vegetable shortening, for greasing  
3 cups plus 2 tablespoons Hy-Vee all-purpose flour, divided  
1½ cups Hy-Vee granulated sugar  
1½ teaspoons Hy-Vee baking powder  
¾ teaspoon Hy-Vee salt  
2 Hy-Vee large eggs  
1½ cups Hy-Vee skim milk  
6 tablespoons Hy-Vee canola oil  
1 tablespoon orange zest  
1½ teaspoons Hy-Vee vanilla extract  
3 cups fresh or frozen cranberries

## Filling:

1 (12-ounce) jar Hy-Vee orange marmalade  
1 cup fresh or frozen cranberries

1 recipe Orange Icing, *right*  
Sugared Cranberries, for garnish, *right*  
Additional orange zest, for garnish

1. Preheat oven to 350°F. Generously grease and flour a 10-inch fluted tube pan with vegetable shortening and 1 tablespoon flour; set aside.
2. For cake, in a large bowl combine 3 cups flour, sugar, baking powder and salt. Make a well in center; set aside. In a medium bowl, beat eggs lightly; stir in milk, oil, orange zest and vanilla. Add all at once to flour mixture. Stir just until moistened; batter should be slightly lumpy. In a medium bowl, toss 3 cups cranberries with remaining 1 tablespoon flour until coated; fold into batter. Spoon 2¾ cups batter into prepared pan, spreading evenly.
3. For filling, in a small bowl combine marmalade and 1 cup cranberries; spread evenly in center of batter in pan. Spread remaining batter on top.
4. Bake for 60 to 65 minutes or until a wooden toothpick inserted near the center comes out clean. Cool in pan on a wire rack for 10 minutes. Remove cake from pan. Cool completely on wire rack.
5. Just before serving, spread Orange Icing over cake. Garnish with Sugared Cranberries and additional orange zest.

**Orange Icing:** In a small bowl, combine 2 cups Hy-Vee powdered sugar and 3 to 4 tablespoons fresh orange juice until icing consistency.

**Sugared Cranberries:** In a saucepan, combine ½ cup Hy-Vee granulated sugar and ½ cup water. Bring to boiling; reduce heat. Simmer until sugar dissolves, stirring constantly. Remove from heat; stir in ½ cup fresh cranberries. Refrigerate until cool. Drain berries well and toss with ½ cup superfine sugar. Transfer to waxed paper to dry.

## Cranberry-Orange Muffins

Preheat oven to 350°F. Grease and flour 17 muffin cups with vegetable shortening and flour. (Or line muffin cups with paper liners.) Prepare batter as directed; spoon into muffin cups, filling each half full. Drop a generous teaspoon of orange marmalade into the center of each muffin. Spoon remaining batter on top, filling each muffin cup to the top. Bake for 25 to 30 minutes or until a wooden toothpick inserted in centers comes out clean. Cool in muffin cups on a wire rack for 5 minutes. Remove from muffin cups. Prepare Orange Icing and spread over muffins.

*Nutrition facts per serving:* 390 calories, 6 g fat, 0.5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 180 mg sodium, 80 g carbohydrates, 2 g fiber, 56 g sugar, 4 g protein. Daily values: 2% vitamin A, 8% vitamin C, 6% calcium, 8% iron.

MAKES  
CAKE OR  
MUFFINS





# 7 BREAKFAST NACHOS

Eggs, bacon and sausage go great on tortilla chips and make for a fun and easy Tex-Mex twist on a delicious brunch dish.

Prep: 15 minutes | Bake: 15 minutes | Serves 8

**8 Hy-Vee large eggs**

**1 tablespoon Hy-Vee butter**

**½ (15-ounce) bag Hy-Vee restaurant-style tortilla chips**

**½ pound Hy-Vee bacon, crisp-cooked, drained and crumbled**

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

**½ (16-ounce) package Hy-Vee medium spice pork sausage, cooked and crumbled**

**½ green bell pepper, seeded and finely chopped**

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

**1 green onion, sliced**

**Desired toppers, such as salsa, sour cream, sliced jalapeños\* and/or cilantro**

1. Preheat oven to 350°F. In a large bowl, whisk eggs until thoroughly combined.
2. In a large skillet, melt butter over medium-high heat. Add eggs and cook, without stirring, until eggs begin to set on the bottom and around the

edges. Using a spatula or fork, lift the partially cooked eggs so the uncooked portion flows underneath. Continue cooking for 2 minutes or until eggs are cooked through but glossy and moist. Remove from heat.

3. Layer half of the tortilla chips in a 3-quart casserole. Top with half each of the eggs, bacon, beans, sausage, bell pepper and cheese. Repeat layers. Bake for 15 minutes or until cheese is melted and nachos are heated through. Sprinkle with green onion and serve with desired toppers.

\*Note: Chile peppers contain volatile oils that can burn your skin and eyes. When working with jalapeños, wear protective gloves.

*Nutrition facts per serving (without toppers):*

630 calories, 43 g fat, 17 g saturated fat, 0 g trans fat, 270 mg cholesterol, 1,370 mg sodium, 27 g carbohydrates, 4 g fiber, 1 g sugar, 34 g protein. Daily values: 15% vitamin A, 10% vitamin C, 30% calcium, 15% iron.



Finger-licking sugary clusters of rolled oats, macadamia nuts and dried fruit are delicious to munch on and also go over well at a brunch with tangy yogurt and fresh berries.

Prep: 15 minutes | Bake: 30 minutes | Cool: 60 minutes | Serves 16 (½ cup each)

**Hy-Vee vegetable shortening, for greasing**

**4 cups Hy-Vee old-fashioned oats**

**1 cup Hy-Vee macadamia nuts**

**1 cup Hy-Vee dried cranberries**

**1 cup unsweetened coconut flakes**

**½ cup pepitas**

**½ cup chopped Hy-Vee dried apricots**

**1 tablespoon Hy-Vee ground ginger**

**½ cup coconut oil**

**½ cup Hy-Vee Select 100% pure maple syrup**

**¼ cup Hy-Vee sugar**

1. Preheat oven to 300°F. Lightly grease a rimmed baking sheet; set aside.
2. In a large bowl, combine oats, macadamia nuts, cranberries, coconut flakes, pepitas, dried apricots and ginger.
3. In a small saucepan, combine coconut oil, maple syrup and sugar. Bring to boiling; remove from heat. Add to oats mixture, tossing to coat well.
4. Spread on prepared baking sheet. Bake for 30 minutes or until lightly golden, stirring occasionally. Cool on a wire rack for 10 minutes. Transfer granola to a large piece of foil. Cool completely. Store in an airtight container for up to 2 weeks.

*Nutrition facts per serving:* 350 calories, 21 g fat, 11 g saturated fat, 0 g trans fat, 0 mg cholesterol, 5 mg sodium, 36 g carbohydrates, 4 g fiber, 18 g sugar, 5 g protein. Daily values: 4% vitamin A, 2% vitamin C, 2% calcium, 15% iron.



## 9 HAM AND GRUYÈRE MINI QUICHES

Caramelized shallots add a subtle sweetness that pairs well with salty ham and nutty Gruyère in these savory puff pastry bites. Freeze the quiches to serve later.

Prep: 40 minutes | Bake: 15 to 18 minutes | Serves 18

**1 tablespoon Hy-Vee butter**

**1 tablespoon Hy-Vee Select olive oil**

**2 medium shallots, thinly sliced and separated into rings**

**Hy-Vee nonstick cooking spray**

**1 (17.3-ounce) package frozen puff pastry, thawed (2 sheets)**

**5 Hy-Vee large eggs**

**1 cup Hy-Vee half-and-half**

**1 tablespoon chopped fresh thyme**

**½ teaspoon Hy-Vee salt**

**½ teaspoon Hy-Vee black pepper**

**5 ounces Gruyère cheese, shredded**

**1 cup Hy-Vee fully cooked chopped ham**

1. In a medium skillet, heat butter and olive oil over medium heat until butter is melted. Add shallots; cook for 15 minutes or until shallots begin to brown, stirring occasionally. Reduce heat to medium-

low; cook, covered, for 20 minutes more or until shallots are golden brown, stirring occasionally; set aside.

2. Preheat oven to 400°F. Spray 18 muffin cups with nonstick spray; set pans aside. On a lightly floured surface, unfold puff pastry. If necessary, roll each sheet into a 9-inch square; cut each sheet into nine squares. Place in muffin cups, pressing gently onto bottoms and up sides, allowing corners to point up.

3. In a medium bowl, whisk together eggs, half-and-half, thyme, salt and pepper. In another bowl, combine cheese, ham and sautéed shallots; divide among pastry cups. Pour egg mixture over top. Bake for 15 to 18 minutes or until golden brown. Serve warm.

**Freeze-and-Reheat Directions:** Cover and freeze baked pastries on a baking sheet until firm. Transfer to resealable plastic freezer bags and freeze for up to 1 month. To use, reheat frozen pastries on ungreased baking sheets in a 375°F oven for 20 to 25 minutes or until heated through.

*Nutrition facts per serving:* 220 calories, 15 g fat, 5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 420 mg sodium, 12 g carbohydrates, 1 g fiber, 2 g sugar, 9 g protein. Daily values: 4% vitamin A, 2% vitamin C, 10% calcium, 6% iron.



## 10 CARAMEL-PECAN ROLLS

Without a doubt, these will be the fluffiest, gooiest rolls you've ever tasted. An ultrarich caramel sauce makes them irresistible.

Prep: 30 minutes | Rise: 1 hour 40 minutes |

Bake: 30 to 35 minutes | Stand: 5 minutes | Serves 12

**Dough:**

**4 cups plus 3 tablespoons Hy-Vee all-purpose flour, divided**

**1 (¼-ounce) package active dry yeast (2¼ teaspoons)**

**¾ cup buttermilk**

**½ cup Hy-Vee granulated sugar**

**¼ cup Hy-Vee butter, cut up**

**¼ cup Hy-Vee shortening**

**1 teaspoon Hy-Vee salt**

**¼ cup cold water**

**2 Hy-Vee large eggs**

**Additional Hy-Vee butter, for greasing**

**Topping:**

**2 cups packed Hy-Vee brown sugar**

**1 cup Hy-Vee heavy whipping cream**

**1 tablespoon Hy-Vee butter**

**½ teaspoon Hy-Vee vanilla extract**

**1 cup Hy-Vee pecan pieces**

**Filling:**

**¼ cup Hy-Vee butter, softened**

**½ cup packed Hy-Vee brown sugar**

**2 teaspoons Hy-Vee ground cinnamon**

1. For dough, in a large bowl stir together 4 cups flour and yeast; set aside. In a small saucepan, combine buttermilk, sugar, ¼ cup butter, shortening and salt. Cook and stir over medium heat just until butter and shortening are melted. Remove from heat; stir in cold water. Add buttermilk mixture to flour mixture along with the eggs. Using a wooden spoon, stir until a soft dough forms.

2. Turn dough out onto a lightly floured surface. Knead in up to 3 tablespoons more flour for 5 minutes to make a soft, but not sticky, dough. Lightly grease a bowl with butter. Place dough in bowl; turn to butter the surface of the dough. Cover and let rise in a warm place about 1 hour or until double in size.

3. While dough is rising, grease sides of a 3-quart rectangular baking dish with butter. For topping, in a medium saucepan combine 2 cups brown sugar, cream, 1 tablespoon butter and vanilla. Bring mixture to boiling; reduce heat. Gently boil for 3 to 4 minutes. Pour into prepared baking dish. Scatter pecans on top.

4. Remove risen dough from bowl and gently roll out on a lightly floured surface to an 18×15-inch

rectangle. Spread softened ¼ cup butter evenly over dough. For filling, in a small bowl combine ½ cup brown sugar and cinnamon; sprinkle evenly on dough. Tightly roll the dough beginning at one long side, keeping the roll as uniform as possible. Pinch the edges to seal. Using a serrated knife, trim both ends. Then cut roll into 12 equal slices. Arrange rolls in baking dish, evenly spacing 4 rows of 3 each. Use your hands to gently press the rolls into the pecans. Cover dish loosely with buttered plastic wrap and let rolls rise until nearly double (about 40 minutes). Preheat oven to 350°F.

5. Uncover rolls and bake for 30 to 35 minutes or until light brown. Let rolls stand in dish on wire rack for 5 minutes. Carefully invert onto a serving platter. Serve warm.

**Make-Ahead Prep:** Prepare and bake rolls as directed. Cool rolls completely. Wrap in foil and store at room temperature overnight. Unwrap rolls. Place rolls on a foil-lined baking sheet. Bake in a 350°F oven for 15 to 20 minutes or until warm.

*Nutrition facts per serving:* 620 calories, 28 g fat, 12 g saturated fat, 0.5 g trans fat, 80 mg cholesterol, 260 mg sodium, 87 g carbohydrates, 2 g fiber, 52 g sugar, 8 g protein. Daily values: 10% vitamin A, 0% vitamin C, 10% calcium, 15% iron.

10

WAYS TO  
CARE FOR YOUR

PET

**Your pet loves food, treats,  
toys and food. And that's where you come in.  
You're the one who shops for pet supplies at Hy-Vee.**



## toys 1

Pets look to you to keep them fit and trim. Most are eager to walk, run or explore whenever you are. Chasing balls, flying disks and bones keeps them in shape. Shop for pet toys at Hy-Vee.

**2 Canned and kibble** have been the choices in dog food for decades. From familiar megabrands to smaller boutique names, Hy-Vee offers it all. Plus, now there's a new choice in many Hy-Vee Pet Departments: FreshPet refrigerated foods. These meals come in tubes containing fresh, all-natural meats.



3

## Fi-Dough Treats

Homemade treats show your pooch how much she is loved. Mix 2 cups flour, 1 cup creamy peanut butter, 1 tablespoon baking powder and 1 egg. Bake at 350°F for 10 to 12 minutes. Decorate with carob (never feed dogs chocolate), peanut butter, sprinkles, food coloring and, for icing, powdered sugar and milk.



Pillsbury or Robin Hood Flour: select varieties  
5 lb. \$2.58



Jif Peanut Butter: select varieties  
40 oz. \$4.98

**4** No pet with fleas feels pampered. So put up a defense against these nasty insects with treatments offered at Hy-Vee. Protect your pet from infestation, but if that fails, purchase antiflea shampoos to send parasites down the drain.

**Show her you care. Fill pet prescriptions at any Hy-Vee Pharmacy.**

5

6

**Treat your dog like he's best of show by giving him snacks and treats enjoyed by the champions. Pamper him with all-natural goodies endorsed by the American Kennel Club. You'll have one happy dog.**

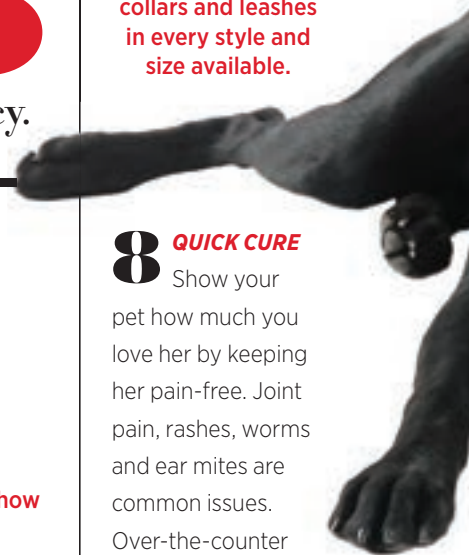


7

**Collars and leashes are just as important as medications when it comes to a pet's health. That's why Hy-Vee stocks collars and leashes in every style and size available.**

**8 QUICK CURE**

Show your pet how much you love her by keeping her pain-free. Joint pain, rashes, worms and ear mites are common issues. Over-the-counter treatments from Hy-Vee will stop your pet's troubles.







## 9 health

A healthy dog is a happy dog. Enhance your pup's regular diet with Hy-Vee vitamin and mineral supplements. If he's having digestive problems, one probiotic capsule a day will promote the growth of good bacteria in his digestive system. You'll soon have the happiest dog in the neighborhood.



## 10 GIVE YOUR BEST FRIEND WHAT HE REALLY WANTS FOR CHRISTMAS



Pup-Peroni:  
select varieties  
25 oz. \$10.49





# STOCK UP For The HOLIDAYS

On These Great Brands



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

Red Baron Single  
Serve Pizza:  
select varieties  
8.8 to 11.72 oz. 3/\$9.00



Tony's Pizza:  
select varieties  
18.56 to 20.6 oz. 4/\$9.00



Freschetta Pizza:  
select varieties  
20.28 to 30.88 oz. 2/\$9.00



Pagoda Snacks:  
select varieties  
4.8 to 12.27 oz. 3/\$8.00

Available in the freezer aisle



MRS. SMITH'S® Dutch Apple Pie



Mrs. Smith's Fruit Pie:  
select varieties  
37 oz. \$4.98

The  
*Hostess*  
Deserves  
the  
*Mostest*



EDWARDS® HERSEY'S® Crème Pie



Edward's Premium Pie:  
select varieties  
23.5 to 36 oz. \$4.99





## LIGHT UP YOUR HOLIDAYS WITH SCENT

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

Glade PlugIns Scented Oil  
or Automatic Refill:  
select varieties  
2 ct., 1.34 or 6.2 oz. \$4.99



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Ziploc Freezer or Storage bags: select varieties  
15 to 30 ct. \$2.88

Ziploc Containers: select varieties  
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or Flavorings:  
select varieties  
1 to 4 oz. 3/\$5.00

For recipes, visit [Tones.com](http://Tones.com)

**DARE TO TRY** Doritos **LOADED**



**FIND THEM IN THE FREEZER AISLE**

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### Johnsonville Party Meatballs

- 1 package (24 ounces) frozen Johnsonville Classic Italian, Three-Cheese Italian or Homestyle Meatballs
- 1 can (12 ounces) jellied cranberry sauce
- 1 bottle (12 ounces) chili sauce

- 1. In a large saucepan, combine sauces and cook over medium-low heat, stirring until smooth.
- 2. Add meatballs. Cover and simmer for 15 minutes or until heated through, stirring occasionally.

#### SLOW COOKER OPTION

Place meatballs into a slow cooker. In a bowl, combine sauces; pour over meatballs. Cover and cook on high for 4 hours.

MADE THE **Johnsonville** WAY.



Johnsonville  
Ground  
Sausage:  
select varieties  
16 oz. \$3.29

Johnsonville  
Meatballs:  
Italian or  
Homestyle  
24 oz. \$5.99



Put more good in  
your baked goods.

Try it once. *Trust it always.*

King Arthur Unbleached All-Purpose Flour: 5 lb. \$3.99

King Arthur Specialty Flour: select varieties 5 lb. \$4.49



# HOLIDAY SNACKING MADE EASY



Alouette Spreads,  
Cheddars or Crème De Brie:  
select varieties  
5 to 6.5 oz. \$4.69



Snack Factory  
Pretzel Crisps:  
select varieties  
7.2 oz. \$2.29



Stella Cups  
or Wedges:  
select varieties  
5 oz. 2/\$7.00



Cabot Cheese:  
select varieties  
6 or 8 oz. \$2.99

TO **SAVE \$1.00 OR MORE** ON THESE PRODUCTS  
VISIT [HY-VEE.COM/SHOP/COUPONS](http://HY-VEE.COM/SHOP/COUPONS)

## DON'T LET A COLD SLOW YOU DOWN THIS TIME OF YEAR



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



Vicks: select varieties  
.5 to 12 fl. oz., 100 g. or  
24 ct. \$7.99



Crest Toothpaste, Rinse or  
Oral B Toothbrush:  
select varieties 1 or 1.5 L,  
5.1 to 12.4 oz. \$5.99



Always or Tampax:  
select varieties  
20 to 120 ct. \$5.47

Read each label.  
Use as directed.  
Keep out of reach of children.  
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# GET THE GOODS

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

## FRIDGE AND FREEZER



Simply Potatoes  
Hashbrowns or Cuts:  
select varieties  
20 oz. 2/\$4.00



Simply Potatoes  
Mashed: select varieties  
21 or 24 oz. \$2.88



Palermo's Primo  
Thin Pizza:  
select varieties  
14.2 to 19.1 oz. 2/\$8.88



Lemon Grass Kitchen  
Entrée: select varieties  
20 or 22 oz. \$5.99



Pictsweet Select  
Vegetables:  
select varieties  
8 to 14 oz. \$1.79



McCormick Grill Mates  
Flavored Sausages:  
select varieties  
14 oz. \$2.99



Old Folks Sausage:  
select varieties  
1 lb. roll 2/\$5.00



Buddig Sliced  
Lunchmeat:  
select varieties  
2 oz. 6/\$4.00



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



Oscar Mayer Sliced  
Meats: select varieties  
8 oz. \$2.69



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



Oscar Mayer Butcher  
Thick Cut Bacon:  
Hickory or Applewood  
24 oz. \$7.99



Frigo Cheese:  
select varieties  
5 to 15 oz. 2/\$5.00



Parkay:  
select varieties  
8 to 16 oz. \$1.59



Dean's French  
Onion Dip:  
24 oz. \$1.99



Breakstone's Cottage  
Doubles: select varieties  
3.9 oz. \$.88



Dannon Yogurt:  
select varieties  
5.3 oz. \$.49



Land O'Lakes Large  
Brown Eggs:  
12 ct. 2/\$5.00



## SNACKS



Lifeway Kefir:  
select varieties  
32 fl. oz. 2/\$7.00



Marie Callender's Pie:  
select varieties  
28 to 42 oz. \$5.99



Jolly Time Microwave  
Pop Corn or PrePopped  
Pop Corn:  
select varieties  
3 pk. or 4 oz. 2/\$4.00



Chex Mix, Gardetto's  
or Bugles:  
select varieties  
9 to 15 oz. 2/\$5.00



Newman's Own Salsa:  
select varieties  
16 oz. \$2.69



Frito-Lay Rold Gold  
Pretzels or Munchies  
Snack Mix:  
select varieties  
7 to 16 oz. 2/\$5.00



Pepperidge Farm  
Pirouette or Cookie  
Assortments:  
select varieties  
10.9 to 13.5 oz. \$5.99



Lindt Lindor Truffles:  
select varieties  
5.1 oz. \$3.99

## OTHER



Planters NUT•rition or  
Sustaining Energy Nuts:  
select varieties  
7.5 to 10.25 oz. 2/\$10.00



Gerber Graduates Puffs,  
Snacks or Crunchies:  
select varieties  
1.48 or 1.59 oz. \$1.86



Lysol Cleaner:  
select varieties  
2 to 35 ct. or  
3.66 to 40 oz. 2/\$4.00



Alka-Seltzer Plus:  
select varieties  
20 ct. \$5.99



Hamilton Beach  
Spiralizer: each \$39.99



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per lb. \$6.77  
Smart Chicken Whole Chickens:  
per lb. \$2.48



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## BEVERAGES



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



Dole Pineapple Juice:  
46 fl. oz. \$2.18



Cameron's Coffee:  
select varieties  
4.33, 10 or 12 oz. \$4.99

## PANTRY



Naked Juice Premium or  
Pressed: select varieties  
12 or 15.2 oz. 2/\$6.00



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



Kraft Organic or Back  
to Nature Macaroni &  
Cheese: select varieties  
5 to 20 oz. 3/\$4.00



King's Hawaiian Sweet  
Rolls: select varieties  
12 ct. \$2.99



Mt. Olive Pickles:  
select varieties  
16 to 32 oz. \$2.49



Truvia Natural  
Sweetener:  
select varieties  
9.8 oz. or 80 ct. \$5.99



Bertolli or Ragù Pasta  
Sauce: select varieties  
15 to 24 oz. 2/\$5.00



Idahoan Potatoes:  
select varieties  
1.5 to 4.94 oz. 5/\$5.00



Litehouse or OPA  
Dressing:  
select varieties  
11 or 13 fl. oz. \$2.99





Cracker Barrel Macaroni  
& Cheese:  
select varieties  
11.9 or 14 oz. \$2.99



Bear Creek Dry Soup  
Mix: select varieties  
7 to 12.1 oz. \$3.99



Red Star Yeast:  
select varieties  
.75 oz. \$1.29



Gerber Graduate  
Grabbers:  
select varieties  
3.5 or 4.23 oz. 2/\$3.00



Gerber Organic 2nd  
Foods: select varieties  
3.5 oz. \$1.25



Smucker's Orchards  
Finest Preserves:  
select varieties  
12 oz. \$3.18



Ghirardelli Baking  
Chips: select varieties  
10 to 20 oz. \$3.39



Nutella:  
select varieties  
13 oz. \$2.99



SueBee Honey:  
12 oz. \$4.48

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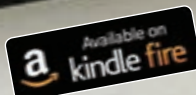
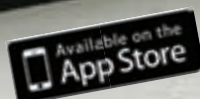


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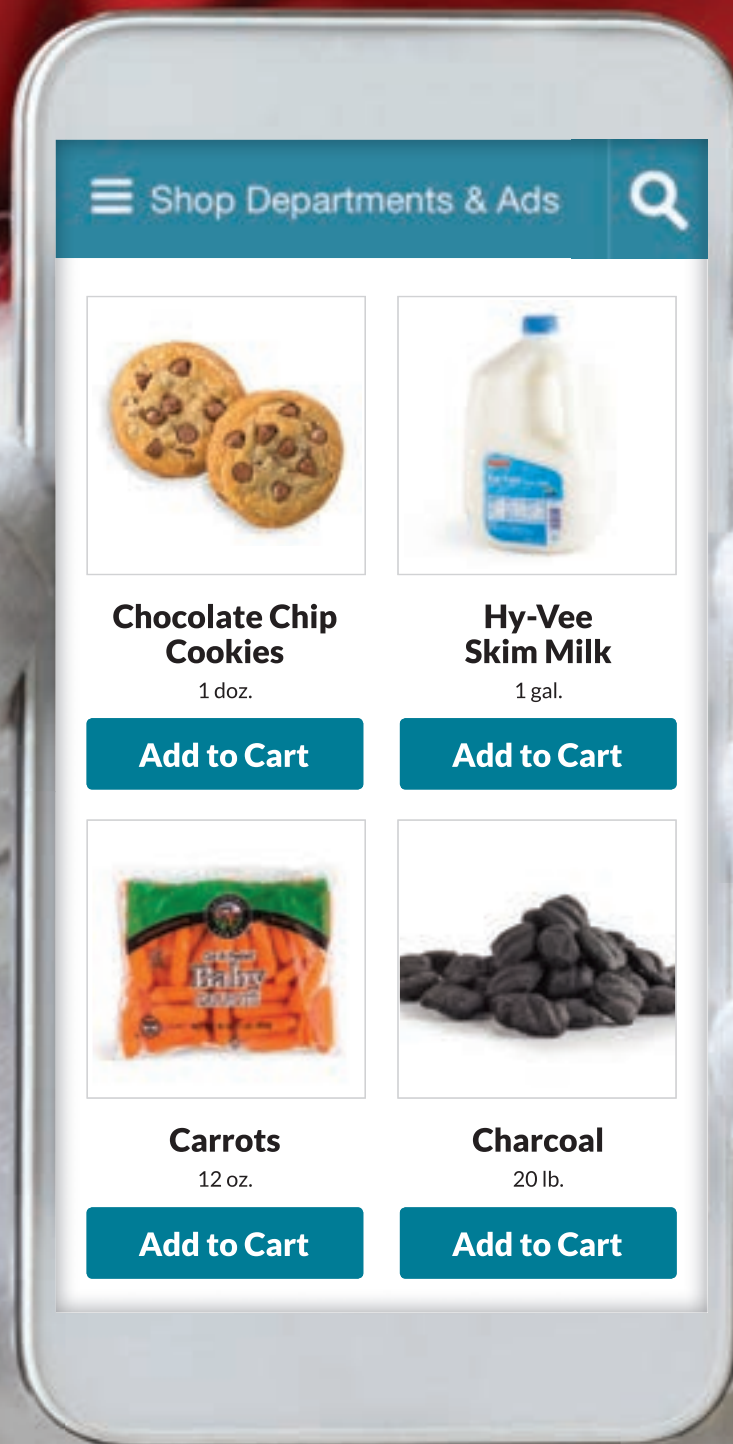


# COMING NEXT

HY-VEE  
SEASONS  
2017

From smooth desserts to Valentine's treats, our love for chocolate will be celebrated in *Hy-Vee Seasons*' February issue. Other stories include dinner-for-two date night recipes and tasty bites for your big game watch. To download the free digital version of *Hy-Vee Seasons* for tablets, visit us online at [www.hy-vee.com/seasons](http://www.hy-vee.com/seasons)

# MAKE YOUR LIST. CHECK IT TWICE.



You have enough to worry about this holiday season. Let us shop for you. Order your groceries online. Home delivery or store pick-up available.

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