

HyVee[®] Seasons



FAST
BREAK

march/april



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MARCH/APRIL 2023



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GEORGIA VAN GUNDY
EVP, CHIEF OF STAFF,
CHIEF CUSTOMER OFFICER

Spring is a time of transition, away from cold weather to warmer temperatures. It's a time for growth. And new experiences, too.

This issue offers new experiences of the culinary kind—like the wide selection of hot sauces at Hy-Vee and unique ways of exploring their varying degrees of heat, *page 62*.

Nachos may not be new, but our treatment of them certainly is. See how creative you can get with this game-day favorite, *page 48*. Or learn how to create colorful trifles, *page 34*, layered desserts that catch the eye—and please the palate!

It's not too early to prepare for Easter. Avoid the stress with make-ahead recipes, *page 22*. Or simply order Hy-Vee Meal Packs to be ready Easter weekend, *page 28*.

Here's to pleasant new experiences!

HY-VEE SEASONS IS DIGITAL!

Hy-Vee Seasons Digital Edition is a free, highly interactive online version of *Hy-Vee Seasons* magazine—plus there's digital-exclusive content. Check it out at Seasons.Hy-Vee.com

Grab Flavor That's Got Game

Coke. ZERO SUGAR
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Coca-Cola
ZERO SUGAR



MARCH MADNESS

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AISLES

New & Noteworthy at Hy-Vee



Lindt OatMilk Chocolate

Crafted by renowned Lindt Master Chocolatiers, OatMilk bars offer the company's signature rich chocolate flavor and creamy texture in a nondairy version. Available in regular and salted caramel varieties, these plant-based candy bars are made with the finest oat milk and cocoa. Enjoy as an indulgent treat, or use in dessert recipes.

- LINDT OATMILK CHOCOLATE
- LINDT OATMILK SALTED CARAMEL CHOCOLATE

Snack on This

MARS/WRIGLEY
Find fresh takes on iconic candy at Hy-Vee.



TWIX COOKIE DOUGH
A creamy cookie-dough layer makes this classic even better.



M&M'S CARAMEL COLD BREW
M&M's new variety blends coffee flavor and caramel.



DOVE PROMISES CHOCOLATE
Reward yourself with silky smooth dark chocolates.



EXTRA PINK LEMONADE
Enjoy the sweet-tart flavor of pink lemonade for hours.



SNICKERS ROCKIN' NUT ROAD
Almonds, caramel and marshmallow nougat in dark chocolate take center stage.

GOOD GRACES
Hy-Vee's Good Graces brand offers gluten-free versions of favorite foods.



DESSERT MIXES
Just add water and oil to these mixes to bake cakes, cookies and brownies.

REFRESH & RECHARGE
ENJOY FLAVORFUL SODA OR POWER UP YOUR PERFORMANCE
WITH COCA-COLA BEVERAGES AT HY-VEE.



Coke Creations

The latest Coca-Cola limited-edition “Creation” flavor, Move, is inspired by Spanish singer Rosalía. It’s available now in regular and sugar-free varieties at Hy-Vee.



VitaminWater

This line of great-tasting flavored waters is enhanced with vitamins and nutrients (but zero sugar) to nourish and hydrate your body with replenishing electrolytes.



SmartWater

Vapor-distilled through a process inspired by clouds, SmartWater elevates hydration with taste-boosting electrolytes for a premium experience with every bottle.



Powerade

This post-workout essential is infused with B vitamins, potassium, calcium and magnesium to help replenish the electrolytes lost through sweat.



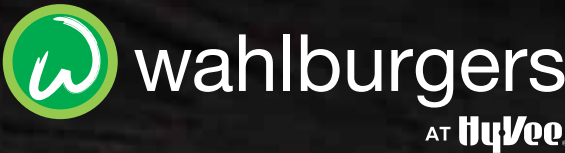
Aguas Frescas

Light and refreshing, this Latin-inspired, non-carbonated take on mainstream juice is made with real fruit in delicious flavors like hibiscus, pineapple horchata and strawberry.



Fanta

The classic orange soda delivers a bright burst of citrus effervescence. Try a variety of other fruit flavors, plus cream soda and piña colada.



Shake of the Month:

In March, Wahlburgers features Mint Madness, a combination of ice cream, chocolate and mint syrups, whipped cream and Andes candy bits. April spotlights Candy Monster, a mix of vanilla ice cream, mini M&M’s, chopped Snickers, vanilla icing and whipped cream.

WONDERFUL SEEDLESS LEMONS
Unlike other lemons, these are naturally seedless. Wonderful’s sweet and juicy gems are available year-round to enjoy in salads, main dishes, desserts and beverages. And Wonderful lemons are non-GMO.



CASHEL IRISH CREAM LIQUEUR
Even if you’re only “Irish” in spirit, raise a glass to the Emerald Isle on St. Paddy’s Day with Cashel traditional Irish cream liqueur. Cashel boasts a smooth, soft and sweet medium body and a captivating custard and cream finish.



Global Favorites

ITALIAN, ASIAN AND TRADITIONAL AMERICAN OPTIONS MAKE MEALTIME DISTINCTLY DELICIOUS.



RANA LASAGNA
Italy’s No. 1 refrigerated pasta comes to America with a family recipe made with 100% beef, rich tomato sauce, creamy cheeses and a signature pasta shape.



STOUFFER’S SIDES
Complement any meal with this special-edition side dish collection, with favorites like scalloped potatoes, macaroni & cheese, rice & beans, Cheddar bacon potatoes and more.



SNAPDRAGON FOODS VEGETABLE PHO
Prepare this gluten-free Vietnamese vegetable broth with rice noodles in just 3 minutes as a quick meal or a base for other dishes.



YING’S KITCHEN GLUTEN-FREE BATTER MIX
Simply add vegetable oil and cold water for a light and crispy Chinese-style batter for frying pork, beef, chicken and veggies.



LOUISIANA PEPPER EXCHANGE
Kick up the flavor of marinades, ranch dressing and more with chipotle, habanero, jalapeño and ghost pepper purees.

L'ORÉAL
Age Perfect Midnight Cream smooths and firms while you sleep. Revitalift Derm-Grade 12% Vitamin C Serum brightens skin with salicylic acid. Revitalift Line-Plumping Water Cream minimizes lines with ceramides.



GARNIER
Remove makeup and ease lines or clean and brighten with All-in-1 Replump or Brightening formulas of Micellar Cleansing Water. Both draw out impurities without drying.



MILK-BONE
Dogs will love the real-beef flavor of Comfort Chews. And owners can be assured that the treats are easy on their pet's digestive system. There's also a chew made just for smaller dogs.



Lookin' Good, Kid!

JOE FRESH
Your little ones will look their Easter best in comfortable, stylish apparel from Joe Fresh. Shop in select stores or online at Joefresh.Hy-Vee.com

CASUALLY COOL
We're wild about this poplin shirt and knit denim joggers with knee-patch art.

FIT TO BE TIED
Your little gentleman will be dressed to impress with this onesie and bow tie.

CHECK IT OUT
She'll look pretty and polished in this classic gingham tiered, puff-sleeve dress.



WHEN IT RAINS, IT POURS...

Hundreds of dietitian-approved specialty products, all delivered right to your doorstep.



WHOLELOTTA GOOD

Scan the code to shop now



That's one lucky puppy.



Shop PetShip, your go-to site for great pet supplies with free shipping on orders of \$49 or more.

Find a huge selection of pet products – including treats and toys not found in stores – and get it all shipped to your front door on ShopPetShip.com.

pet'ship
PET SUPPLIES



Enjoy a fast break

Score big flavors with freshly made buffalo, BBQ or sweet chili boneless wings from Fast & Fresh.

HyVee
Fast & Fresh



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PRESCRIPTIONS
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Rx GRP: 123456
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VCRx
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This card is not insurance.

101

Asparagus

Enjoy the nutritional benefits of these versatile spring sprouts—in season now at Hy-Vee.

Asparagus takes up to four years to cultivate from seed to harvest. But the buttery-sweet flavor with a touch of earthy bitterness makes it worth the wait. Packed with fiber and vitamins A, C and E, just one cup contains 70% of the recommended dietary allowance of bone-building vitamin K. But perhaps one of asparagus' biggest benefits is its high level of folate, which studies show may protect against cancer. And this incredibly versatile vegetable also tastes amazing blended into soup, layered in cheese lasagna and even topping a pizza.

BUY Asparagus with smooth, rich green stalks is at its prime. Avoid bunches with wrinkled stems or dry, woody ends. Thin stalks are best for sautéing, thick are good for grilling and medium work for almost any cooking method.

STORE To avoid stalks drying out, wrap asparagus in a damp paper towel and place inside a plastic bag stored in the refrigerator crisper drawer until ready to use. Eat asparagus within three days of purchasing.

PREP Before use, rinse asparagus and use a knife to remove the woody ends. Thicker stalks have tougher skin that may not soften sufficiently when cooked, so it's best to remove the skin with a vegetable peeler.



THE HIGH FIBER CONTENT OF ASPARAGUS KEEPS YOU FEELING FULL—AND, AT JUST 30 CALORIES PER ONE-CUP SERVING, IT MAKES A SMART SIDE DISH.

WAYS TO ENJOY

Steamed

Fill a pot with a few inches of water, and place stalks in a steamer basket above the liquid. Cook on medium-high 3 to 5 minutes, then submerge in ice water.

Grilled

Season thick stalks with olive oil, salt and pepper. Grill 3 to 5 minutes on high heat, flipping once, until they begin to char.

Sautéed

Cut stalks into 2-in. pieces. Melt equal parts olive oil and butter in a skillet over medium-high heat and add asparagus. Stir frequently until pieces are tender, about 3½ minutes.

Sources: sites.udel.edu/chs-udfoodlab/2018/03/15/march-asparagus/; [usda.gov/countynews/10/10/2018/fruits-veggies/Why%20You%20Should%20Eat%20More%20Asparagus.aspx](https://www.usda.gov/countynews/10/10/2018/fruits-veggies/Why%20You%20Should%20Eat%20More%20Asparagus.aspx); cancer.msu.edu/news/asparagus_all-round_how_it_improves_your_health; extension.illinois.edu/blogs/good-growing/2021-03-26-how-successfully-grow-asparagus-your-garden

Asparagus and Prosciutto Puff Pastry

Hands On 20 minutes
Total Time 37 minutes plus
standing time
Serves 12 (1 each)

- Hy-Vee nonstick cooking spray**
1 (17.3-oz.) pkg. frozen puff pastry sheets (2 ct.), thawed
Hy-Vee all-purpose flour, for dusting
1 lb. asparagus, trimmed and cut into 4-in. pieces
2 Tbsp. Gustare Vita olive oil
¼ tsp. coarsely ground Hy-Vee black pepper
2 Hy-Vee large egg whites
1 Tbsp. water
2 tsp. Culinary Tours cream-style horseradish sauce
2 tsp. refrigerated garlic paste
2 (3-oz.) pkg. Culinary Tours prosciutto
1 (8-oz.) pkg. Fontina cheese, shredded (2 cups)

1. PREHEAT oven to 400°F. Line a large baking pan with parchment paper; spray with nonstick spray.

2. ROLL out each puff pastry sheet to a 12×9-in. rectangle on a lightly floured surface. Cut each rectangle into 6 (4×3-in.) rectangles. Place pastry rectangles on prepared baking pan.

3. PLACE asparagus in a large bowl. Drizzle with oil and sprinkle with pepper; toss to coat. Set asparagus aside.

4. WHISK together egg whites and water in a small bowl; set aside

5. STIR together horseradish sauce and garlic paste in a small bowl. Spread mixture onto each pastry square. Place 1 slice of prosciutto lengthwise onto each; top with cheese and 2 or 3 asparagus pieces.

6. BRUSH 2 opposite side corners of each with a small

amount of egg white mixture. Lift corners of puff pastry up and over asparagus spears; press together to seal.

7. BRUSH filled puff pastries with remaining egg white mixture. Bake for 15 to 17 minutes or until pastry is puffed and golden. Let stand 5 minutes before serving.

Per serving: 370 calories, 26 g fat, 7 g saturated fat, 0 g trans fat, 30 mg cholesterol, 570 mg sodium, 21 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 13 g protein. **Daily Values:** Vitamin D 0%, Calcium 8%, Iron 10%, Potassium 2%

QUICK CANAPÉS

This “grown up” twist on pigs in a blanket uses thin sheets of frozen puff pastry that expand into delicate layers when cooked for an impressive spring hors d’oeuvre.



Hy-Vee

mealtime™
TO GO



Order in for the win!

Available for pickup or delivery*



Order at hy-vee.com/mealtime



*Where available



added
electrolyte
blend for pure,
crisp taste

smartwater

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BASICS

Cutting Melons

Learn how to properly prep melons for simple snacking or to make fresh recipes like fruit salad.

HOW TO PREP AND PEEL MELONS

For all melons, creating a flat base allows for better knife control when removing the tough skin and more edible fruit for slicing or chopping.



STEP ONE
Slice both ends off melon to remove the rind, creating a flat base.



STEP TWO
Cut down the sides of melon, angling knife to follow the curve of the fruit.



STEP THREE
Slice peeled melon in half through the center.



STEP FOUR
Use a spoon to scrape seeds out of the center of melon. Slice or cube, as desired.



SCAN TO SHOP
everything needed to slice melons—including chef's knives and cutting boards—at Hy-Vee.

SAVINGS

Digital Coupons

Load coupons to your Fuel Saver + Perks card, then redeem at checkout to save even more every time you shop.

5 WAYS TO SAVE

START CLIPPING DIGITAL COUPONS TO EARN BIG SAVINGS AT HY-VEE. FOLLOW THESE TIPS TO SAVE THE MOST ON GROCERIES, HOUSEHOLD ITEMS AND MORE.

1 Browse hundreds of coupons on **Hy-VeeDeals.com** to find savings on grocery items, pantry staples, household supplies, beauty products and more. You can also see the weekly and monthly deals available at your local store.

2 You'll also find Super Hot Deals—weekly coupons offering major savings at every Hy-Vee location. Find Super Hot Deals on the main page of **Hy-VeeDeals.com**

3 Download the Hy-Vee app to easily browse all digital coupons and load them to your Fuel Saver + Perks card. Coupons will automatically apply to your order in the app, or swipe your card at checkout. Plus, save weekly deals to your shopping list in the app to add items to your cart.

4 If you're already a Fuel Saver + Perks member, be sure to check the email linked to your account. Hy-Vee sends digital coupons to cardholders that can be saved to a Fuel Saver + Perks card and used in stores or online.

5 Hy-Vee Plus members receive exclusive offers automatically loaded to their Fuel Saver + Perks card. Earn other rewards, such as extra fuel savings, by becoming a member for \$99 per year or \$12.95 per month. Find current deals at **Hy-Vee.com/plus**

SNIP & SAVE MORE

Look for weekly ads from your store for traditional snip-and-save coupons you can also download. Scan the QR code in the print ad to load coupons to your Fuel Saver + Perks card for use online or in stores.



HOW TO USE

TO START SAVING WITH DIGITAL COUPONS, DOWNLOAD THE HY-VEE APP OR GO ONLINE TO **HY-VEE.COM/DEALS/COUPONS** AND FOLLOW THESE STEPS:



1. LOG IN
Create a new account or log in to your existing account to access your store's coupons.



2. LINK UP
Link your account with your Hy-Vee Fuel Saver + Perks card. If you don't have a card, pick one up in store.



3. START CLIPPING
Hit the "Load Coupon" button to save coupons to card. Swipe at checkout to apply all eligible coupons.

SOLUTIONS

6 Plastic Container Cleaning Hacks

When your plastic containers have unsightly stains or lingering odors, try these tricks to remove them.



1

Quick Stain Plus Odor Remover

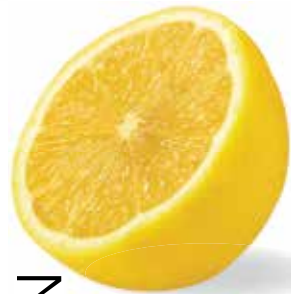
Baking soda is gently abrasive, which can help loosen oily stains. Sprinkle 1 to 5 Tbsp. on the bottom of your container, depending on its size, and add warm water to create a spreadable paste to coat the inside. Let sit for 30 minutes. Remove paste with a damp cloth before rinsing with dish soap and water.



2

INK, TEA, COFFEE BE GONE

For liquid stains that need a powerful wash, create a mild bleach solution of 1 Tbsp. chlorine bleach per 1 cup of warm water. Soak the plastic container in the solution for 30 minutes. Discard the bleach and wash the container thoroughly with dish soap and hot water.



3

SUN THE STAIN AWAY

The acid in lemon juice interacts with the sun's UV rays to fade discoloration and kill bacteria on plasticware. Cut a lemon in half and rub it along the discolored parts of the plastic. Squeeze the remaining juice from the lemon into the container. Place it in a sunny location and let it sit for 1 to 2 days. Rinse and wash to remove stains.



HOW TO PREVENT STAINING PLASTIC STOP STAINS BEFORE THEY HAPPEN WITH THESE TIPS:

- Let food cool before adding it to plastic containers.
- Avoid reheating high-fat or tomato-base foods in the microwave in plastic containers.
- Spray containers with cooking spray before adding food to create a protective layer.



4

Easy Exfoliant

This unusual method, popularized on social media, uses sugar enzymes and ice to break down stubborn stains. Add ¼ cup sugar to the container and drizzle with dish soap. Cover the mixture with 4 to 5 ice cubes and let sit for an hour. Pour the contents out of the container and scrub the remaining sugar on stains to loosen them from the plastic. Rinse with soap and water.

5

GOODBYE TO DYES

Liquid and gel alcohol-base hand sanitizers can work wonders on stuck-on stains, especially from food dyes, coffee and tomato sauce. The diluted amount of alcohol sterilizes plastic, removing fungi, bacteria and spores, without causing warping. Pour enough in the container to cover the stained area and let sit for 45 minutes. Use a paper towel to wipe away the sanitizer and stain, then rinse the container with soap and water.

6

SNUFF THE SMELL

If you've removed the stain but can't get rid of the smell of leftover food in a plastic container, try this trick: pack a clean, dry container with crumpled newspaper and seal it with the lid. While it sits, the newspaper will absorb odor over time. After 1 to 2 days, remove and discard the paper, then wash the container with soap and water.

STORAGE OPTIONS

WHEN IT'S TIME FOR NEW CONTAINERS, LOOK TO HY-VEE.



Simply Done Snap & Lock Containers



Rubbermaid Brilliance StainShield Plastic



Ziploc Smart Snap Mini Rectangle Containers



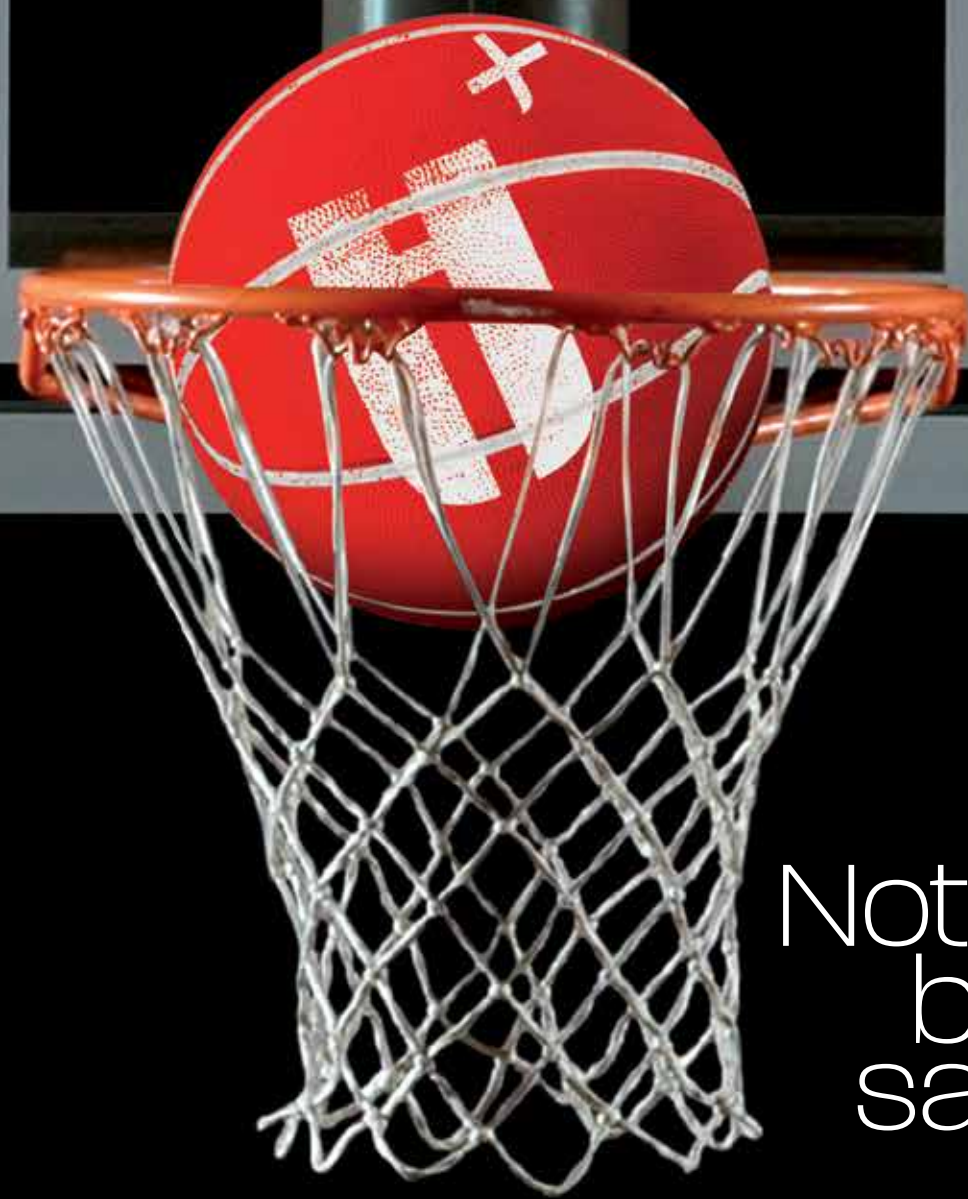
Simply Done 12-Piece Variety Pack



Simply Done Twist Top Containers



SCAN TO SHOP plastic containers at Hy-Vee.



Nothin'
but
savings.



Join the **PLUS** team with a Hy-Vee Plus Premium Membership and enjoy free grocery delivery and express pickup through Hy-Vee Aisles Online, exclusive fuel savings, special offers, and more!

HyVee PLUS
PREMIUM MEMBERSHIP

LEVEL UP

Hy-Vee Fresh Squeezed Orange Juice

Put a stop to watery mimosas. Made from 100% oranges, Hy-Vee fresh squeezed orange juice packs enough flavor to stand up to other ingredients.



HY-VEE
FRESH SQUEEZED
ORANGE JUICE



Sparkling Wine



Basket & Bushel
Strawberries



Basket & Bushel
Raspberries

MIMOSA FROZEN CUBES

COMBINE $\frac{3}{4}$ cup Hy-Vee fresh squeezed orange juice and $\frac{3}{4}$ cup sparkling wine in a 2-cup glass measuring cup; set aside. Trim and halve or slice 7 or 8 Basket & Bushel strawberries. Divide strawberries and 15 Basket & Bushel raspberries among 15 (1-in.-sq.) ice cube silicone molds. Gently pour orange juice mixture into fruit-filled molds; freeze overnight. Remove frozen cubes from molds and place in glasses. Pour additional sparkling wine over cubes, if desired. Garnish glass rims with whole strawberries, if desired. Serves 5 (3 each).

GF GLUTEN-FREE **V** VEGETARIAN DISH



FREEZE FRAME

Top off drinks with additional sparkling wine to compensate for effervescence lost through freezing.



SCAN
TO SHOP
drinkware
at Hy-Vee.

MAKE BREAKFAST

Cinn-Sational

Indulge in a Cinnabon® Bakery-Inspired Treat



MARCH/APRIL 2023



Find a variety of
spring-friendly
recipes for
deviled eggs at
[Hy-Vee.com/
recipes-ideas/
recipes](https://www.hy-vee.com/recipes-ideas/recipes)

PREP-AHEAD EASTER BRUNCH | ONE-HOP STOP EASTER | EASY OUTRAGEOUS TRIFLES | SLÁINTE! |
MICROWAVE MEALS IN MINUTES | NACHO AVERAGE MUNCHIES | FAMILY WEEKNIGHT SEAFOOD |
SOME LIKE IT HOT SAUCE | SPRING BREAK OUT THE GRILL | 33 BEST GRAD PARTY IDEAS



STAY STEPS AHEAD THIS EASTER

Start Easter prep early to save time (and stress) on the actual holiday. Get a head start with make-ahead recipes that add up to a complete Easter brunch.

And, you can always rely on Hy-Vee to add to the fixings with Bakery Fresh sweets. Then sit back and relax because—with just a smidge of advance effort—you've made Easter brunch come together easier than ever.

Too time crunched to prep ahead? Simply call ahead to order Hy-Vee Meal Packs. Find out how in *One-Hop Stop Easter* (page 28).

Gluten-Free QUICHE

with Spring Vegetables

Hands On 1 hour
Total Time 2 hours 5 minutes
plus chilling and standing time
Serves 8

- 1½ cups Bob's Red Mill gluten free 1-to-1 baking flour
- 1½ tsp. Hy-Vee salt, divided
- ¼ tsp. Hy-Vee baking powder
- 6 Tbsp. cold Hy-Vee salted butter, cut into small pieces
- ½ cup Hy-Vee plain whole milk Greek yogurt
- 3 to 6 Tbsp. cold Hy-Vee whole milk, divided
- 8 oz. fresh asparagus, trimmed
- 2 medium carrots, peeled
- ½ cup sugar snap peas, trimmed, split lengthwise and/or halved crosswise
- 6 Hy-Vee large eggs, lightly beaten
- 1¼ cups Hy-Vee half & half
- 1 Tbsp. Hy-Vee Dijon mustard
- ¾ tsp. Hy-Vee black pepper, divided
- ¼ cup sliced green onions
- 2 Tbsp. Gustare Vita olive oil

- ½ tsp. bottled minced garlic
- 1 (6-oz.) pkg. Culinary Tours Gruyère cheese, shredded (1½ cups), divided
- 1 (2-oz.) jar sliced pimientos, drained

1. WHISK together flour, ½ tsp. salt and baking powder in a medium bowl. Using a pastry blender, cut in butter until pieces are pea size. Stir in yogurt and 1 Tbsp. milk. Stir in enough of the additional milk, 1 Tbsp. at a time, until dough holds together. Gather dough and press together to form a ball; knead 5 to 10 times or until no longer crumbly. Shape into a 1-in.-thick disk. Wrap in plastic wrap; refrigerate for 30 minutes or up to 2 days.

2. PREHEAT oven to 425°F. Roll dough between 2 sheets of parchment paper into a 13-in. round. Remove parchment paper. Ease pastry into a 9½-in. deep-dish pie plate. Trim pastry ½ in. beyond edge of pie plate; fold under pastry even with pie plate edge. Crimp edge

as desired. Prick entire bottom and side of pastry shell with a fork. Bake for 13 minutes or until partially set. Cool completely. Cover and refrigerate up to 12 hours.

3. CUT 7 stalks of asparagus into 3-in. spears; set aside. Cut remaining asparagus into thin ribbons using a vegetable peeler. Cut carrots lengthwise using a julienne peeler; then cut julienne strips crosswise into 2- to 3-in.-long pieces.

4. FILL a large saucepan with water; bring to a boil. Add asparagus spears and ribbons, carrots and sugar snap peas; cook for 1 minute. Drain. Quickly chill in ice water; drain again and return to bowl. Cover and refrigerate up to 12 hours.

5. FOR FILLING, whisk together eggs, half & half, mustard, ½ tsp. salt and ¼ tsp. pepper. Cover and refrigerate up to 12 hours.

6. TO ASSEMBLE, preheat oven to 350°F. Pat vegetable mixture dry with paper towels. Set aside

HOW TO PREP AHEAD
Prepare the gluten-free dough up to two days in advance and refrigerate. Or, par-bake the night before and clean and slice veggies.

asparagus spears for topping. Add green onions, olive oil, garlic and remaining ½ tsp. salt and ½ tsp. pepper to vegetable mixture in bowl; toss to combine. Set aside ½ cup vegetable mixture for topping.

7. SPREAD 1 cup cheese in partially baked crust. Spread with vegetable mixture from bowl. Sprinkle with pimientos and remaining ¼ cup cheese. Pour egg mixture over top. Cover edges of pastry with foil to prevent overbrowning.

8. BAKE for 45 minutes. Top with reserved vegetable mixture and asparagus spears. Bake for 15 to 20 minutes more or until knife inserted near center comes out clean. Let stand for 30 minutes before serving.

Per serving: 440 calories, 27 g fat, 15 g saturated fat, 0 g trans fat, 210 mg cholesterol, 780 mg sodium, 29 g carbohydrates, 2 g fiber, 4 g sugar (0 g added sugar), 16 g protein.
Daily Values: Vitamin D 6%, Calcium 30%, Iron 6%, Potassium 4%

GF GLUTEN-FREE **V** VEGETARIAN DISH

BRUNCH TIMELINE FOLLOW THE TIMELINE BELOW TO PUT TOGETHER A MADE-FROM-SCRATCH EASTER FEAST WITH ALL THE TRIMMINGS.

2 DAYS BEFORE	1 DAY BEFORE	1-2 HOURS AHEAD	JUST BEFORE BRUNCH
<ul style="list-style-type: none">✱ Make dressing for Fruit Salad with Lemon-Poppyseed Dressing.✱ Prepare dough for Gluten-Free Quiche with Spring Vegetables.✱ Decorate Bunny Tail Punch cups.	<ul style="list-style-type: none">✱ Slice fruit for fruit salad.✱ Hard boil and peel eggs, make filling for Horseradish Deviled Eggs with Smoked Salmon.✱ Make batter for Gluten-Free Mini Dutch Babies.	<ul style="list-style-type: none">✱ Assemble quiche and bake.✱ Pour batter for Dutch babies into a muffin pan and bake.✱ Fill and garnish deviled eggs.	<ul style="list-style-type: none">✱ Make punch.✱ Stir together fruit salad.

Horseradish

DEVILED EGGS

with Smoked Salmon

HOW TO PREP AHEAD

Cook and peel eggs and make horseradish filling the day before, then store in the refrigerator. Assemble just before brunch.



Hands On 25 minutes
Total Time 45 minutes plus standing and chilling time
Serves 12 (2 each)

12 Hy-Vee large eggs
½ cup mayonnaise-based creamy horseradish sauce
1 tsp. Hy-Vee Dijon mustard
½ tsp. Hy-Vee salt
¼ tsp. Hy-Vee black pepper
2 dashes hot sauce

1 (3-oz.) pkg. Fish Market smoked Alaska sockeye salmon
Fresh dill, for garnish
Gustare Vita capers, drained, for garnish
Hy-Vee ground paprika, for garnish

1. PLACE eggs in a single layer in a large saucepan. Add enough cold water to cover eggs by at least 1 in. Bring to a boil; reduce heat to medium-low and simmer for 5 minutes. Remove from heat. Cover saucepan; let eggs stand in hot water for 15 minutes.

2. DRAIN eggs; immediately run cold water over eggs or place in ice water to cool completely. Peel and cut eggs in half lengthwise.

3. REMOVE yolks and place in a medium mixing bowl. Add horseradish sauce, mustard, salt, pepper and hot sauce. Beat with an electric mixer on medium until smooth and creamy.

4. PLACE egg whites, cut sides up, on a large serving platter. Pipe or spoon

egg yolk mixture into egg white halves. Cover and refrigerate up to 24 hours.

5. TO SERVE, cut salmon into 24 pieces. Roll tightly and arrange one piece on each deviled egg. Garnish with fresh dill and capers, if desired. Sprinkle with paprika, if desired.

Per serving: 130 calories, 9 g fat, 2.5 g saturated fat, 0 g trans fat, 195 mg cholesterol, 340 mg sodium, 2 g carbohydrates, 0 g fiber, 2 g sugar (1 g added sugar), 8 g protein. **Daily Values:** Vitamin D 6%, Calcium 2%, Iron 6%, Potassium 2%

GF option **GLUTEN-FREE**

Gluten-Free

MINI DUTCH BABIES

Hands On 18 minutes
Total Time 38 minutes plus chilling and standing time
Serves 6 (2 each)

1 cup Bob's Red Mill gluten free 1-to-1 baking flour
1 cup Hy-Vee whole milk, at room temperature
4 Hy-Vee large eggs
¼ cup Hy-Vee granulated sugar
¼ cup Hy-Vee unsalted butter, melted and cooled slightly
1 tsp. Hy-Vee vanilla extract
½ tsp. Hy-Vee salt
3 Tbsp. cold Hy-Vee unsalted butter, cut into 12 pieces
¾ cup lemon curd
¾ cup Basket & Bushel raspberries
Hy-Vee powdered sugar, for dusting

Lemon zest, for garnish
Hy-Vee Select 100% pure maple syrup, for serving

1. PLACE flour, milk, eggs, sugar, ¼ cup melted butter, vanilla and salt in a blender. Cover and blend for 1 minute or until smooth. Refrigerate batter for 2 hours or overnight.

2. PLACE oven rack in center of oven; preheat oven to 425°F. Place 1 piece of cold butter into each of 12 (2½-in.) muffin cups. Place muffin pan in oven for 1 to 2 minutes or just until butter is melted. Remove from oven; tilt pan to coat sides of cups with butter. Stir prepared batter and pour ¼ cup batter into each muffin cup.

3. BAKE for 16 to 20 minutes or until puffed and lightly browned. Cool in muffin pan for a few minutes or until centers deflate. Fill centers with lemon curd; top with raspberries. Dust with powdered sugar and garnish with lemon zest, if desired. Serve with maple syrup, if desired.

Per serving: 460 calories, 23 g fat, 14 g saturated fat, 0.5 g trans fat, 165 mg cholesterol, 270 mg sodium, 54 g carbohydrates, 2 g fiber, 33 g sugar (28 g added sugar), 7 g protein. **Daily Values:** Vitamin D 10%, Calcium 8%, Iron 6%, Potassium 2%

GF option **GLUTEN-FREE**

V option **VEGETARIAN DISH**



HOW TO PREP AHEAD

Blend the batter together the night before and refrigerate, then bake and fill in the morning.

BEST BAKES
FIND HIGH-QUALITY BAKEWARE AT HY-VEE TO PREPARE ALL YOUR EASTER TREATS.



12-cup Recipe Right Nonstick Muffin and Cupcake Pan



24-cup Recipe Right Nonstick Muffin and Cupcake Pan



3-Piece Recipe Right Cookie Sheet Set



Nordic Ware Naturals Nonstick 1.5-lb. Loaf Pan



Nordic Ware Naturals Nonstick 9" Round Layer Cake Pan



SCAN TO SHOP bakeware at Hy-Vee.



FRUIT SALAD

with Lemon-Poppyseed Dressing

Hands On 15 minutes
Total Time 15 minutes plus chilling time
Serves 6 (1½ cups each)

½ tsp. lemon zest
¼ cup fresh lemon juice
3 Tbsp. Hy-Vee vegetable oil
3 Tbsp. Hy-Vee honey
2 tsp. poppy seeds
½ tsp. grated gingerroot
2 (18-oz.) containers Hy-Vee Short Cuts elegant berry blend
1 ripe mango, peeled, pitted and cubed

1. WHISK together lemon zest and juice, oil and honey in a small bowl until slightly thickened. Whisk in poppy seeds and ginger. Cover and refrigerate dressing up to 3 days.

2. PLACE berry blend fruit in a large bowl; cut strawberries and kiwi in the blend into bite-size pieces, if necessary. Add mango. Cover and refrigerate up to 1 day.

3. TO SERVE, whisk dressing to combine; drizzle dressing over fruit. Gently toss to coat. Transfer to a large serving bowl. Serve immediately.

Per serving: 210 calories, 8 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 38 g carbohydrates, 8 g fiber, 27 g sugar (8 g added sugar), 2 g protein.
Daily Values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 8%

GF GLUTEN-FREE **V** VEGETARIAN DISH

HOW TO PREP AHEAD
Prepare the dressing up to 3 days in advance, and slice fruit the night before. Refrigerate both until it's time for brunch.

BUNNY TAIL

Punch

Hands On 15 minutes
Total Time 15 minutes plus drying time
Serves 6 (8 oz. each)

Craft glue
6 (10-oz.) Simply Done clear plastic cups
6 cotton balls
3 cups Hy-Vee raspberry lemonade, chilled
3 cups Hy-Vee lemon lime soda, chilled
1 Tbsp. juice from Hy-Vee maraschino cherries
1½ cups Hy-Vee We All Scream! raspberry sherbet
White jimmies or sprinkles, for garnish
6 decorative straws, optional

1. PLACE a small dab of glue about 1½ in. from bottom of each cup and attach 1 cotton ball. Stand cups on their side for 1 hour or overnight, or until glue is dry.

2. FOR PUNCH, combine raspberry lemonade, soda and cherry juice in a 1-qt. pitcher.

3. POUR punch into prepared cups. Top each serving with a scoop of sherbet. Garnish with jimmies or sprinkles, if desired. Add a straw in each cup, if desired. Serve immediately.

Per serving: 160 calories, 0.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 35 mg sodium, 39 g carbohydrates, 0 g fiber, 38 g sugar (37 g added sugar), 0 g protein.
Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 0%

GF GLUTEN-FREE **V** VEGETARIAN DISH

HOW TO PREP AHEAD

Attach cotton balls to plastic cups the night before to ensure adequate drying time. Make the punch right before brunch.



FRESH BRUNCH BITES

ORDER PREPARED PASTRIES FROM THE HY-VEE BAKERY.



Assorted Bakery Donuts



Assorted Bakery Muffins



Bakery Scones



Bakery Croissants

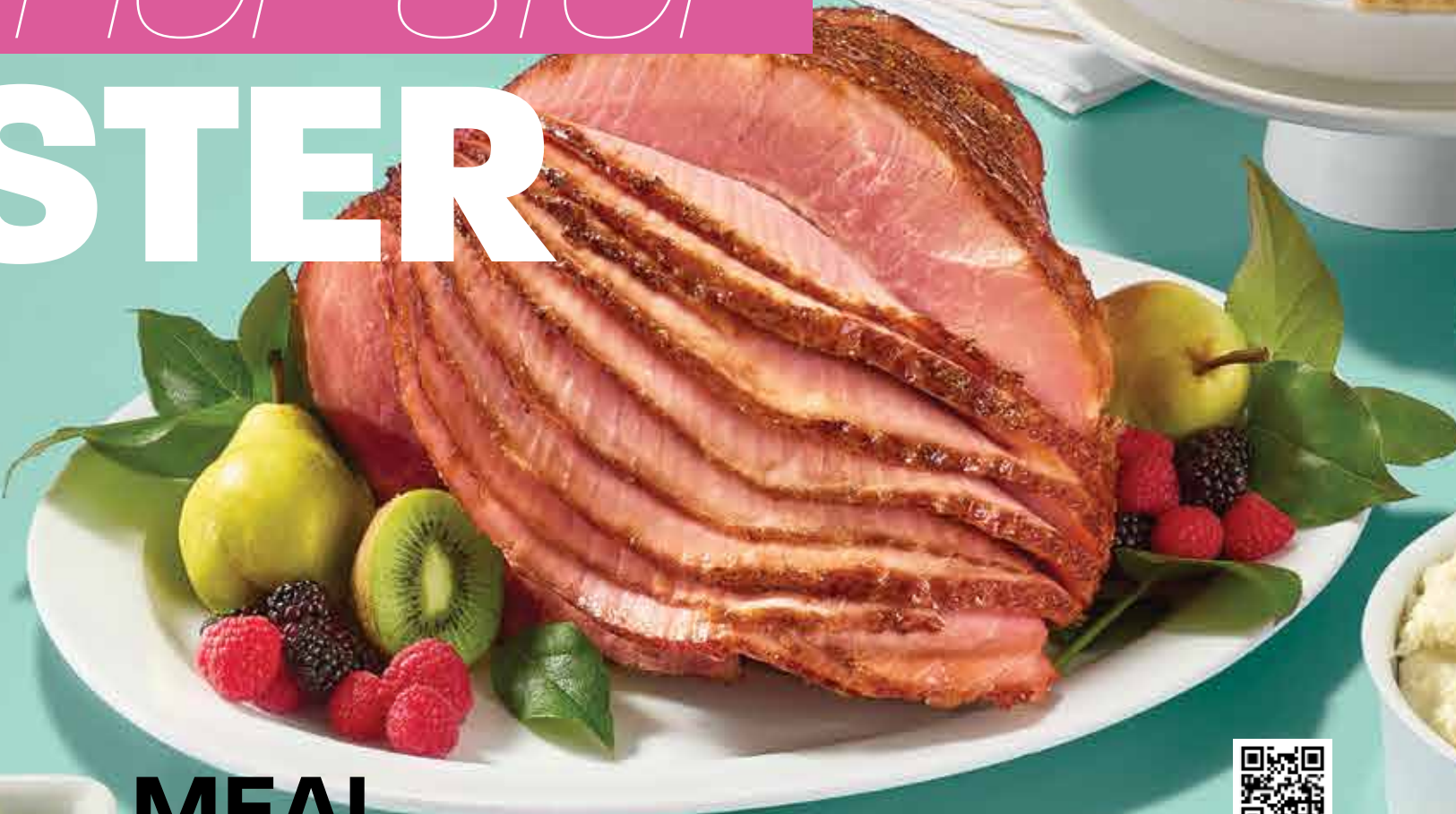


STUNNING CENTERPIECE
For custom flowers, contact your store's Floral Department in advance of Easter. Or, shop the available bouquets.

ONE-HOP STOP

EASTER

HY-VEE HAS EASTER DINNER, DESSERT AND GIFT BASKETS COVERED! ORDER HEAT-AND-EAT MEAL PACKS AND RICH CRÈME PIES, PLUS PICK UP EASTER BASKET ESSENTIALS FOR ALL AGES.



BROWN SUGAR SPIRAL HAM MEAL
Includes 8- to 10-lb. brown sugar spiral ham, two large sides of mashed potatoes, choice of two additional large sides, 16 oz. beef or turkey gravy and 12 dinner rolls.
Serves 8. **99.99**



MEAL PACKS

Hy-Vee's Easter Meal Packs take almost all the cooking off your prep list. All Meal Pack entrées and side dishes are fully cooked and ready to heat at home just before your holiday feast. Follow the included instructions for heating and serving.

Place orders 25 days to 48 hours in advance (selection may be more limited as the holiday approaches). Order in-store, by phone or online at Hy-Vee.com/catering



SCAN TO ORDER Meal Packs or extra side dishes, rolls or desserts at Hy-Vee.





**TURKEY
BREAST
BUNDLE**

Includes 3- to 4-lb. Jennie-O® boneless turkey breast, two large sides of mashed potatoes, two additional large sides, 16 oz. beef or turkey gravy and 12 dinner rolls. Serves 6. **\$9.99**

**APPLEWOOD
PIT HAM
MEAL**

Includes 7- to 10-lb. CarveMaster® Applewood pit ham, two large sides of mashed potatoes, choice of two additional large sides, 16 oz. beef or turkey gravy and 12 dinner rolls. Serves 8. **\$19.99**

**TURKEY
PARTY
PLEASER**

Includes 10- to 12-lb. Butterball® turkey, two large sides of mashed potatoes, two additional large sides, 16 oz. beef or turkey gravy and 12 dinner rolls. Serves 8. **\$9.99**

MORE MEALS

ORDER TURKEY, HAM OR PRIME RIB HY-VEE MEAL PACKS TO SERVE FOR EASTER DINNER.



**HONEY-
GLAZED
SPIRAL HAM
FEAST**

Includes 18- to 20-lb. Hy-Vee honey-glazed spiral ham, three large sides of mashed potatoes, four additional large sides, 32 oz. beef or turkey gravy and 24 dinner rolls. Serves 12. **\$19.99**

**PRIME RIB
PARTY PICK**

Includes 5- to 6-lb. Hormel® USDA Select prime rib with horseradish sauce, two large sides of mashed potatoes, two additional large sides, 16 oz. beef or turkey gravy and 12 dinner rolls. Serves 8. **\$19.99**

**WANT
JUST
A FEW
ITEMS?**

ORDER À LA CARTE AND RECEIVE ONLY WHAT YOU NEED. IF YOU LIKE TO PREP YOUR OWN SIDE DISHES, ORDER A COOKED HAM, TURKEY OR PRIME RIB TO HEAT AND EAT, OR PURCHASE SIDES AND DESSERTS TO PAIR WITH A HOMEMADE ENTRÉE.

***CHOOSE YOUR
SIDE DISHES**

SELECT FROM THESE ACCOMPANIMENTS TO ROUND OUT YOUR EASTER MEAL PACK.



Apple Waldorf Salad



Holiday Potatoes with Cheddar



Buttered Sweet Corn



White Cheddar Mac



Mashed Potatoes



Au Gratin Potatoes



Green Bean Casserole



Apple Pie



Banana Crème Pie



French Silk Pie



French Silk Pie

Chocolate Pie

Lemon Meringue Pie

Key Lime Pie

Banana Crème Pie

Coconut Meringue Pie

CRÈME PIES

CREAMY, DREAMY PIES FROM THE HY-VEE BAKERY ARE THE BEST EASTER DESSERT. CALL OR VISIT THE STORE, OR GO ONLINE TO [HY-VEE.COM/SHOP](https://www.hy-vee.com/shop)

**MORE
BAKERY
TREATS**

TACK ON EXTRA PIES OR CAKES TO YOUR MEAL PACK ORDER.



Fresh Strawberry Pie - 9"



Blueberry Pie - 10"



Strawberry-Rhubarb Pie - 10"



Dutch Apple Pie - 10"



Cheesecake Factory Bakery® Fudge Cake - 10"



Cheesecake Factory Bakery® Cinnabon Cheesecake - 10"



Cheesecake Factory Bakery® All American Cheesecake - 10"

EASTER GIFTS

* BASKET BASICS

WHEN PLANNING THE EASTER MEAL, THINK ABOUT THE BASKETS AND WHAT YOU MIGHT WANT TO PUT IN THEM TO ADD TO YOUR SHOPPING LIST. YOU CAN PICK UP EVERYTHING YOU NEED AT HY-VEE.

A-TISKET, A-TASKET

Hy-Vee makes it easy to pack a basket with tasty treats like State Fair Soda, a unicorn candy dispenser and a bag of jelly beans, as well as practical items they'll use long after the holiday, like Dashing Diva gel nail polish and Essie nail polish.

A FEW EGGS-TRAS

Fill plastic eggs with candy or small toys, then use to fill in empty spaces.



SCAN TO SHOP
Easter basket
must-haves
at Hy-Vee.

LITTLE KIDS' BASKET

It's all about adventure with Hot Wheels racing cars and a superhero-theme candy dispenser. The Gazillion Bubbles set will have them making bubbles for hours. Grow-a-Peep eggs "hatch" a chick or bunny. Don't forget to include some classic Easter candy and other tasty treats.



TEENS' BASKET

Create a beauty basket filled with cosmetics and makeup tools, as well as hair care and nail products. They'll also enjoy MUK LUKS sandals and a fragranced candle from Aromascape. And throw in a couple of chocolate bars for a sweet touch.



PRETEENS' BASKET

Think pink with Puma rubber slides, plus unicorn-theme candies and a fuzzy key chain. A set of CraZArt glitter markers will spark their creativity. Amaze Balls bath bombs dissolve in fizzes of color to reveal a fun surprise. They'll also love a blue raspberry fizzy drink and Sour Patch Kids candy.



TODDLERS' BASKET

A plush Peeps bunny and a dinosaur bubble maker will delight toddlers. Inspired by the PAW Patrol TV series, a drink cup with built-in straw, plus cartoon-embellished dinnerware, make meals more enjoyable. And create teachable moments with Munchkin bath letters & numbers.



EASY

OUTRAGEOUS TRIFLES

Impress your guests with these lovely, layered desserts. With ready-made components from Hy-Vee and minimal prep time, no one will guess how simple they are to make!



ISLAND INSPIRED

This “vacation” in a trifle dish gets its signature flavor with next to no prep from a combination of piña colada and pudding mixes, milk and whipped topping.

Tropical Piña Colada Trifle

Hands On 25 minutes
Total Time 25 minutes plus chilling time
Serves 12

1 ripe whole pineapple (about 2 lb.)
2 (3.4-oz.) pkg. Hy-Vee vanilla flavor instant vanilla pudding & pie filling
2 cups cold Hy-Vee whole milk
1 cup Finest Call premium piña colada mix

2 (8-oz.) containers Hy-Vee frozen original whipped topping, thawed, divided
1 (15-oz.) can Hy-Vee mandarin oranges in light syrup, drained well
¾ (24-oz.) loaf Hy-Vee Bakery unsliced banana bread without nuts, cut into 1-in. cubes
Toasted coconut chips, for garnish
Hy-Vee maraschino cherries with stems, for garnish

1. **CUT** off top from pineapple. Rinse pineapple top well; drain on paper towels and set aside. Peel and core pineapple. Cut fruit into ¼-in.-thick rings; cut each ring into 4 to 8 pieces.

2. **WHISK** together pudding mixes, milk and piña colada mix in a medium bowl until smooth. Let stand for 5 minutes or until set. Fold in ½ container whipped topping until smooth.

3. **SET** aside ½ cup pineapple pieces and ¼ cup mandarin orange segments for garnish. To assemble, place half of the remaining pineapple pieces and ½ cup orange segments in bottom of a 3½- to 4-qt. trifle dish, arranging fruit decoratively around outside edge of dish. Top with half of pudding mixture, spreading pudding to outside edge of dish. Layer with half of banana bread cubes and 1 container whipped topping. Repeat layers with remaining

pineapple pieces, orange segments, pudding mixture, banana bread cubes and whipped topping. Carefully place reserved pineapple top on top of trifle, holding it until it slightly sinks into whipped topping. Refrigerate for 1 to 4 hours before serving.

4. JUST BEFORE SERVING, garnish with reserved pineapple pieces and orange segments, coconut and maraschino cherries, if desired.

Per serving: 410 calories, 12 g fat, 8 g saturated fat, 0 g trans fat, 15 mg cholesterol, 350 mg sodium, 69 g carbohydrates, 2 g fiber, 52 g sugar (33 g added sugar), 3 g protein. **Daily Values:** Vitamin D 6%, Calcium 6%, Iron 6%, Potassium 4%

 **VEGETARIAN DISH**

Irish Cream Mini Brownie Trifles

Total Time 20 minutes
Serves 6 (1 each)

- ¾ cup Hy-Vee heavy whipping cream**
- 2 Tbsp. Hy-Vee powdered sugar**
- 6 Tbsp. Baileys original Irish cream liqueur, divided**
- 1¼ cups cold Hy-Vee whole milk**
- 1 (3.9-oz.) pkg. Hy-Vee chocolate flavor instant pudding & pie filling**

- 1 (14-oz.) pkg. Hy-Vee Bakery fudge brownies (6 ct.)**
- 6 Andes creme de menthe thin mint chocolates**
- 1. BEAT** cream and powdered sugar in a medium bowl with an electric mixer on high until stiff peaks form. Fold in 2 Tbsp. liqueur; set aside.
- 2. BEAT** milk, pudding mix and remaining 4 Tbsp. liqueur in

another medium bowl for 1 to 2 minutes or until smooth.

3. TO ASSEMBLE, cut each brownie into 8 cubes. Spoon about 2 Tbsp. pudding mixture into each of 6 (8-oz.) trifle dishes. Layer with half of the brownie cubes and remaining pudding mixture, then remaining brownie cubes. Top with whipped cream mixture.

- 4. CUT** mints lengthwise into thin shards using a sharp knife. Sprinkle on top of trifles. If desired, refrigerate up to 4 hours before serving.
- Per serving:** 540 calories, 26 g fat, 14 g saturated fat, 0 g trans fat, 60 mg cholesterol, 530 mg sodium, 69 g carbohydrates, 1 g fiber, 54 g sugar (45 g added sugar), 5 g protein. **Daily Values:** Vitamin D 6%, Calcium 10%, Iron 15%, Potassium 4%

20 minutes or less **VEGETARIAN DISH**

A CHOCOLATE DREAM
The perfectly imperfect layers of this trifle come together in just 20 minutes, with premade Hy-Vee Bakery brownies and boozy instant pudding, for maximum chocolate in minimum time.



DIGITAL SEASONS EXTRA
Get the recipe for candied carrots at Seasons.Hy-Vee.com

Carrot Cake Cookie Trifle

Total Time 25 minutes
Serves 12

- 1 recipe Candied Carrots or ½ cup packaged shredded carrots, divided**
- ¾ cup chopped Hy-Vee walnuts, divided**
- ½ cup golden raisins and/or Hy-Vee raisins**
- 1 (8-oz.) pkg. Hy-Vee cream cheese, softened**
- 2½ cups cold Hy-Vee whole milk**
- 1 (3.4-oz.) pkg. cheesecake flavor instant pudding & pie filling**
- 1 tsp. Hy-Vee vanilla extract**
- ½ tsp. Hy-Vee ground cinnamon, plus additional for garnish**
- 18 Hy-Vee Bakery oatmeal raisin cookies, each cut into 6 pieces**
- 2 (8-oz.) containers Hy-Vee frozen original whipped topping, thawed, divided**

1. SET aside ¼ cup Candied Carrots or 1 Tbsp. shredded carrots. Toss together remaining Candied Carrots or shredded carrots, walnuts and raisins in a medium bowl; set aside.

2. BEAT cream cheese in a medium bowl with an electric mixer on medium until creamy. Gradually beat in milk until smooth. Add cheesecake pudding mix, vanilla and ½ tsp. cinnamon; beat for 1 to 2 minutes or until smooth and creamy. Let stand for 5 minutes or until set.

3. TO ASSEMBLE, spread half of the pudding mixture in a 3½- to 4-qt. trifle dish. Top with half of the cookie pieces. Sprinkle with half of the carrot-walnut mixture. Top with 1½ containers whipped topping, spreading topping to outside edge of dish. Layer with remaining cookie pieces, carrot-walnut mixture and pudding mixture.

4. TOP trifle with reserved ¼ cup Candied Carrots or 1 Tbsp. shredded carrot and remaining ½ container whipped topping. Garnish with cinnamon, if desired. Refrigerate up to 6 hours before serving.

Per serving: 640 calories, 26 g fat, 15 g saturated fat, 0 g trans fat, 25 mg cholesterol, 460 mg sodium, 93 g carbohydrates, 3 g fiber, 67 g sugar (54 g added sugar), 7 g protein. **Daily Values:** Vitamin D 6%, Calcium 10%, Iron 0%, Potassium 4%

30 minutes or less **VEGETARIAN DISH**



Sparkling Lemony Strawberry Trifles

Hands On 20 minutes
Total Time 20 minutes plus
standing time
Serves 4 (1 each)

**2 cups sliced strawberries, plus
additional small whole strawberries
for garnish**

2 cups brut sparkling wine
**1 (3.4-oz) pkg. Hy-Vee lemon flavor
instant pudding & pie filling**
1½ cups cold Hy-Vee whole milk
1 (3.52-oz.) pkg. ladyfinger cookies
**Hy-Vee frozen original whipped
topping, for garnish**
Lemon zest, for garnish

1. COMBINE 2 cups sliced strawberries
and sparkling wine in a medium bowl;
stir. Let stand at room temperature for
30 to 60 minutes.

2. DRAIN strawberries; reserve
sparkling wine.

3. WHISK together pudding mix, milk
and ¼ cup reserved sparkling wine in a
medium bowl until smooth; let stand for
5 minutes or until set. Transfer remaining
sparkling wine to a small, shallow bowl.

4. SPOON about 1 Tbsp. pudding mixture
into each of 4 (12-oz.) straight-sided
glasses. Dip 2 ladyfinger cookies
into reserved sparkling wine for 1 to
2 seconds; break each into 3 or 4 pieces
and place in 1 glass. Repeat dipping and
breaking an additional 6 cookies and
placing them in remaining 3 glasses.
Top each with about 1 Tbsp. strawberries
and 2 Tbsp. pudding mixture.

5. REPEAT layers with ladyfingers,
strawberries and pudding 2 more times,
using 2 ladyfingers for each dessert in
the second layer and 1 ladyfinger in
the third layer. Refrigerate for up to
4 hours before serving.

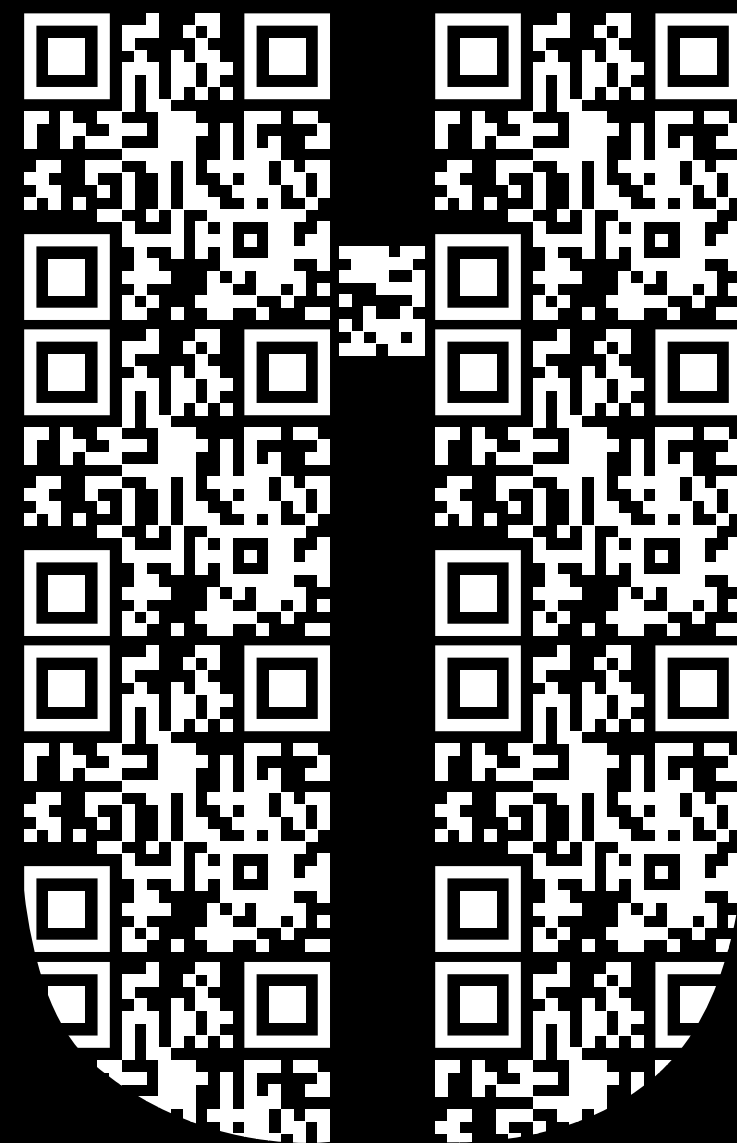
6. JUST BEFORE SERVING, garnish
with whipped topping, lemon zest and
additional whole strawberries, if desired.

Per serving: 380 calories, 4.5 g fat,
2 g saturated fat, 0 g trans fat,
40 mg cholesterol, 330 mg sodium,
57 g carbohydrates, 2 g fiber, 42 g sugar
(32 g added sugar), 6 g protein.
Daily Values: Vitamin D 10%, Calcium 15%,
Iron 6%, Potassium 4%

30
minutes
or less **VEGETARIAN DISH**

✱
EFFORTLESSLY ELEGANT
Reach for this recipe when
you're short on time but want all
the bells and whistles. Packaged
ladyfingers and instant
pudding are time-savers in
this colorful combo.

SCAN CODE. GET DEALS.



HyVee deals\$.com

SLÁINTE!

START ST. PATRICK'S DAY WITH THIS TRADITIONAL IRISH TOAST, ALONG WITH COCKTAILS AND APPS INSPIRED BY THE EMERALD ISLE.

Everyone's Irish on St. Patrick's Day, as the saying goes. The holiday began as a reverential day in Ireland honoring the country's patron saint, but in the United States, immigrants used the day to celebrate their heritage. They incorporated their tradition of drinking at wakes (it was a day honoring St. Patrick's death, after all) into the festivities they were establishing in their new country. The combination proved to be a hit, and cities across the nation began holding celebrations that included parades, Irish food and, of course, lots of drinking. Use these pairings that incorporate traditional Irish ingredients at your next St. Patrick's Day party and *sláinte*! Or cheers to your health!

PERFECT PAIRING

The dry, smoky flavor of oak-barrel-aged whiskey in this Irish take on a Negroni acts as a counterpoint to the cheesy richness of an Irish-American Reuben dip with corned beef.

THE IRISH RED & HOT REUBEN DIP

Add 3 oz. Finagren's Irish whiskey, 2 oz. Campari bitters aperitif, 1 oz. sweet vermouth and 1 oz. fresh lime juice to an ice-filled 4-cup glass measuring cup. Stir for 20 to 30 seconds or until chilled. Place 1 (2-in.-sq.) ice cube in each of 2 (10-oz.) rocks glasses. Strain drink mixture with a slotted spoon or through a small fine-mesh sieve into prepared glasses. Garnish with a lime peel. Serves 2 (5 oz. each).

DIGITAL
SEASONS
EXTRA

Find the Hot Reuben Dip recipe on [Seasons.Hy-Vee.com](https://www.hy-vee.com)

10
minutes
or less

VEGETARIAN DISH



PERFECT PAIRING

Hy-Vee's Reuben brat with sauerkraut is a satisfying dipper for cheesy fondue, which plays well with the acidic pineapple and nutty, vanilla notes of the whiskey in the cocktail.

THE LUCKY FROG & IRISH FONDUE

Add 6 oz. orange-flavor Irish whiskey, 4 oz. Hy-Vee coconut water, 3 oz. Hy-Vee 100% no sugar added pineapple juice and 2 drops primary green food coloring gel to an ice-filled shaker. Cover and shake until chilled. Pour mixture into 2 (12-oz.) ice-filled glasses. Top with 6 oz. pineapple sparkling water. Garnish with pineapple leaves and wedges, and orange wedges, if desired. Serves 2 (10 oz. each).

DIGITAL SEASONS EXTRA

Find the Irish Fondue recipe on Seasons.Hy-Vee.com

10
minutes
or less

SPARKLING GUINNESS & GUINNESS BROWNIES

Pour 4 oz. chilled almond sparkling wine into 1 (6-oz.) champagne flute. Turn a bar spoon upside down; place spoon over glass. Slowly pour 2 oz. chilled Guinness draught stout over back of spoon on top of the sparkling wine. Serves 1 (6 oz.).

30
minutes
or less

V VEGETARIAN DISH

DIGITAL SEASONS EXTRA

Find the Guinness Brownies recipe on Seasons.Hy-Vee.com

PERFECT PAIRING

This cocktail lightens the heavy mouthfeel of Guinness and adds hints of marzipan with fizzy sparkling wine, which complements the salty, sweet Guinness-spiked brownies.



IRISH PRODUCTS
HOST AN AUTHENTIC ST. PADDY'S DAY PARTY WITH THESE ITEMS AND MORE FROM HY-VEE.



Kerrygold Cheese



Kerrygold Butter



Jameson Irish Whiskey



Guinness



Baileys Original Irish Cream Liqueur



SCAN TO SHOP Irish products at Hy-Vee.

MICROWAVE MEALS IN MINUTES

YOU'D NEVER KNOW THESE RECIPES WERE MADE
IN A HANDY KITCHEN APPLIANCE THAT'S CAPABLE
OF MORE THAN REHEATING LEFTOVERS.

Korean BBQ Microwave Meat Loaf

Hands On 15 minutes

Total Time 34 minutes plus
standing time

Serves 4

Hy-Vee nonstick cooking spray
2 Hy-Vee large eggs, beaten
1 (1-lb.) pkg. 85% lean ground beef
1 cup Hy-Vee plain panko
bread crumbs

**½ cup sliced green onions, plus
additional for garnish**

1 Tbsp. bottled chopped garlic

1 Tbsp. grated gingerroot

1 tsp. sriracha

1 tsp. Hy-Vee toasted sesame oil

1 Tbsp. Hy-Vee less sodium soy sauce

**1 (10.8-oz.) pkg. Hy-Vee fresh steam
broccoli florets**

**1 Tbsp. garlic & herb salt-free
seasoning blend**

**½ cup Korean barbecue &
marinade sauce**

2 tsp. sesame seeds

Pickled red onions, for serving

1. SPRAY a 9-in. microwave-safe pie
plate with nonstick spray; set aside.

2. COMBINE eggs, beef, bread
crumbs, ½ cup green onions, garlic,
ginger, sriracha, sesame oil and soy
sauce in a large bowl; do not overmix.

3. SHAPE meat mixture into a
9-in.-long loaf; place on prepared
pie plate. Loosely cover with waxed
paper. Microwave on HIGH for
10 to 12 minutes or until meat loaf
reaches 165°F, turning a half-turn
every 3 minutes. Let stand for
5 to 8 minutes.

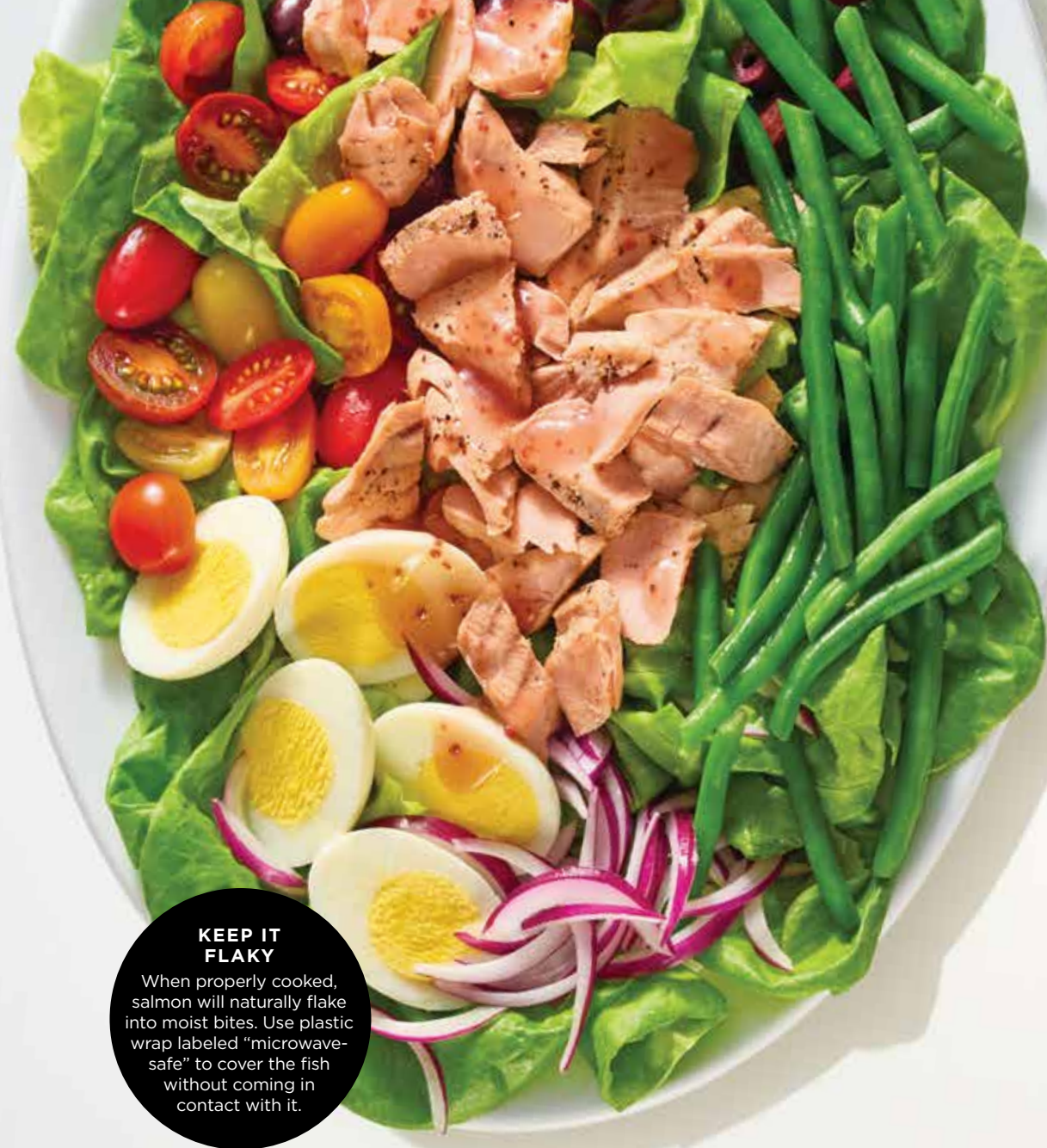
4. MICROWAVE broccoli according
to pkg. directions. Transfer to a
medium bowl. Sprinkle with garlic
& herb seasoning; toss to coat.

5. TO SERVE, brush meat loaf with
Korean sauce and cut into slices.
Garnish with sesame seeds and
additional green onions, if desired.
Serve with broccoli and, if desired,
pickled red onions.

Per serving: 460 calories, 24 g fat, 8 g
saturated fat, 1 g trans fat, 170 mg cholesterol,
1,030 mg sodium, 30 g carbohydrates,
4 g fiber, 11 g sugar (8 g added sugar),
30 g protein. Daily Values: Vitamin D 6%,
Calcium 6%, Iron 15%, Potassium 15%

STAY THE "COARSE"

This recipe works best with
coarsely ground beef, like
you would use for hamburgers,
available in the Hy-Vee Meat
Department. As it cooks, a
coarse grind maintains its
shape, won't shrink and
stays tender.



KEEP IT FLAKY

When properly cooked, salmon will naturally flake into moist bites. Use plastic wrap labeled "microwave-safe" to cover the fish without coming in contact with it.

Microwaved Salmon Niçoise Salad

Total Time 30 minutes
Serves 6

- 1 (12-oz.) pkg. Fish Market frozen Alaska keta salmon fillets, thawed
- ½ tsp. coarsely ground Hy-Vee Mediterranean sea salt
- ½ tsp. coarsely ground Hy-Vee black pepper
- 1 (10.8-oz.) pkg. Hy-Vee frozen fresh steam petite whole green beans

- 1 head butterhead lettuce, leaves separated
- 1 cup Basket & Bushel Gourmet Medley® tomatoes, halved
- 3 Hy-Vee Short Cuts hard-boiled eggs, cut in half lengthwise
- ½ cup thinly sliced red onion
- ½ cup Hy-Vee Greek kalamata pitted olives, drained
- ⅓ cup red wine vinaigrette dressing

1. **PAT** salmon fillets dry with paper towels. Place salmon, skin side down, on a microwave-safe 9-in. pie plate. Season with salt and pepper. Cover with plastic wrap.

2. **MICROWAVE** salmon on HIGH for 3 to 6 minutes or until salmon reaches 145°F. Remove plastic wrap; set aside to cool.

3. **MICROWAVE** frozen green beans according to pkg. directions. Carefully open bag and transfer beans to a bowl of ice water for 15 to 20 seconds or until chilled. Drain beans; pat dry with paper towels. Set aside 1 cup for salad; reserve remaining beans for another use.

4. **TO ASSEMBLE**, flake salmon into large pieces using a fork; discard skin. Line a large platter with lettuce leaves. Arrange salmon, green beans, tomatoes, eggs, red onion and olives on top. Drizzle with vinaigrette to serve.

Per serving: 190 calories, 11 g fat, 2 g saturated fat, 0 g trans fat, 135 mg cholesterol, 650 mg sodium, 8 g carbohydrates, 1 g fiber, 4 g sugar (2 g added sugar), 15 g protein.
Daily Values: Vitamin D 6%, Calcium 4%, Iron 6%, Potassium 4%

30
minutes
or less

Mexican-Chicken Stuffed Sweet Potatoes

Scrub 2 (12-oz.) sweet potatoes; pat dry and pierce several times with a fork. Place in a microwave-safe baking dish; cover with plastic wrap. Microwave on HIGH for 13 to 15 minutes or until fork-tender. Combine ¼ cup Hy-Vee fresh pico de gallo; ¼ cup Hy-Vee canned no salt added black beans, drained and rinsed; ½ cup shredded Hy-Vee rotisserie chicken and 1 tsp. salt-free fajita seasoning in a medium microwave-safe bowl; cover with plastic wrap. Microwave on HIGH for 1½ to 3 minutes or until hot. Cut potatoes in half lengthwise. Place each potato, cut sides up, on a microwave-safe serving plate. Slightly fluff inside of potatoes with a fork. Sprinkle each potato with 2 Tbsp. Hy-Vee finely shredded Mexican cheese. Top with chicken mixture and additional ¼ cup Mexican cheese. Microwave each potato, uncovered, on HIGH for 1 to 2 minutes or until cheese is melted. Stir together ¼ cup Hy-Vee sour cream, ½ tsp. fresh lime juice and ½ tsp. salt-free fajita seasoning in a small bowl. Top potatoes with ½ cup pico de gallo and sour cream mixture. Garnish with fresh cilantro and serve with lime wedges, if desired. Serves 2 (1 each).

30
minutes
or less



Breakfast Scrambles

Hands On 6 minutes
Total Time 10 minutes
Serves 2

- 4 Hy-Vee large eggs, beaten
- ⅓ cup chopped fully cooked ham
- ¾ cup Hy-Vee shredded sharp Cheddar cheese

- ½ cup chopped arugula, plus additional for garnish
- ¼ cup chopped yellow onion
- ¼ cup chopped Hy-Vee Short Cuts tricolor bell peppers
- ¼ cup halved cherry tomatoes, plus additional for garnish
- ½ tsp. salt-free garlic-and-herb seasoning blend
- 1 tsp. Hy-Vee unsalted butter, divided

1. **STIR** together eggs, ham, cheese, ½ cup arugula, onion, bell peppers, ¼ cup cherry tomatoes and seasoning blend in a medium bowl.

2. **DIVIDE** egg mixture between 2 (12-oz.) microwave-safe bowls. Add ½ tsp. butter to each bowl.

3. **LOOSELY** cover bowls with a paper towel; microwave on HIGH at 1-minute intervals until eggs are set but still

moist, stirring each time. Garnish with additional arugula and cherry tomatoes.

Per serving: 400 calories, 29 g fat, 13 g saturated fat, 0 g trans fat, 435 mg cholesterol, 720 mg sodium, 7 g carbohydrates, 1 g fiber, 2 g sugar (0 g added sugar), 28 g protein.
Daily Values: Vitamin D 10%, Calcium 35%, Iron 10%, Potassium 8%

10
minutes
or less

LEARN YOUR MICROWAVE

Microwave wattage can affect cooking time for delicate foods like eggs, so it's important to cook this recipe in one-minute intervals until set.



Hy-Vee
Short Cuts

Simplify food prep and save time by using Hy-Vee Short Cuts: fresh produce that is cut, washed and ready to use.

craV'n FLAVOR

HY-VEE'S CRAV'N FLAVOR MICROWAVABLE PRODUCTS CAN HELP YOU PLAN AN EFFORTLESS, APPETIZING DINNER IN NO TIME.



Crispy Honey Chicken Meal Starter



Five-Cheese Lasagna



Classic Onion Pierogies



Mini Quiche Collection

NACHO



AVERAGE MUNCHIES

GO COMPLETELY OVER THE TOP FOR YOUR NEXT WATCH PARTY WITH OUTRAGEOUS NACHO COMBINATIONS AND APPETIZERS FROM HY-VEE.



SEARED AHI TUNA STARS IN THESE CRUNCHY, COLORFUL, UMAMI-PACKED NACHOS INSPIRED BY A FRESH HAWAIIAN POKE BOWL.

Ahi Tuna Wonton Nachos

Total Time 40 minutes
Serves 10

1/4 cup Hy-Vee white distilled vinegar
2 1/2 Tbsp. Hy-Vee honey, divided
1 cup packaged shredded carrots

3 radishes, thinly sliced
1 jalapeño pepper, thinly sliced*
2 (8-oz.) Fish Market skinless yellowfin ahi tuna steaks, 1 in. thick
2 tsp. Hy-Vee canola oil, divided
1/4 cup white and/or black sesame seeds
3/4 cup Hy-Vee plain whole milk Greek yogurt
1 Tbsp. white miso paste
1 Tbsp. refrigerated ginger paste

2 (8-oz.) pkg. Hy-Vee Kitchen Asian plain wonton chips
1/2 cup frozen shelled edamame, cooked
1/4 cup Hy-Vee wasabi peas
1/4 cup sliced green onions

1. STIR together vinegar and 1 Tbsp. honey. Add carrots, radishes and jalapeño; toss to coat. Let stand for 15 minutes, stirring occasionally. Strain off liquid and refrigerate until ready to serve.

2. PAT tuna dry with paper towels; rub steaks with 1 tsp. canola oil. Place sesame seeds on a plate; coat tuna with seeds.
3. HEAT remaining 1 tsp. oil in a 12-in. cast iron skillet over medium heat. Add tuna steaks. Cook for 14 to 16 minutes or until tuna reaches 145°F and is still pink inside; turning halfway through and reducing heat to medium-low, if necessary. Let rest for 5 minutes. Cut into 1/2-in. pieces.

4. WHISK together yogurt, remaining 1 1/2 Tbsp. honey, and miso and ginger pastes in a small bowl; set aside.
5. TO ASSEMBLE, spread wonton chips on a 16-in. round serving platter. Drizzle with half of yogurt mixture. Layer tuna, pickled vegetable mixture and edamame on top. Drizzle with remaining yogurt sauce.

6. SPRINKLE with wasabi peas and green onions.

***NOTE:** Chile peppers contain volatile oils that can burn your skin and eyes. When working with jalapeño peppers, wear protective gloves.

Per serving: 300 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 30 mg cholesterol, 470 mg sodium, 35 g carbohydrates, 1 g fiber, 6 g sugar (4 g added sugar), 21 g protein. **Daily Values:** Vitamin D 6%, Calcium 8%, Iron 6%, Potassium 10%



Chicken & Bacon Ranch Nachos

Hands On 10 minutes
Total Time 30 minutes
Serves 10

8 oz. Hy-Vee center-cut bacon
⅔ (15-oz.) pkg. Hy-Vee Kitchen restaurant style tortilla chips
(10 oz.)
1 lb. Hy-Vee Kitchen picked rotisserie chicken
¾ cup Hy-Vee ranch dressing, such as original or flavored, divided
3 cups Hy-Vee shredded Colby Jack cheese
1½ cups fresh pico de gallo
2 cups shredded romaine lettuce
Fresh cilantro, for garnish
Lime wedges, for serving

1. PREHEAT oven to 425°F. Line a 15×10×1-in. sheet pan with foil. Place a wire rack in pan; set aside. Arrange bacon slices on rack. Bake for 20 minutes or until crisp. Remove from oven; drain bacon on paper towels. Crumble and set aside. Discard foil.

2. LINE sheet pan with another sheet of foil. Spread chips in pan. Combine chicken and ½ cup ranch dressing; spoon over chips in pan. Sprinkle with cheese. Bake for 10 minutes or until cheese is melted. Remove from oven.

3. TRANSFER to serving tray, if desired. Spoon pico de gallo on top. Add lettuce and crumbled bacon. Drizzle remaining ¼ cup ranch dressing on top. Garnish with cilantro, if desired. Serve with lime wedges.

Per serving: 490 calories, 33 g fat, 11 g saturated fat, 0 g trans fat, 90 mg cholesterol, 1,220 mg sodium, 18 g carbohydrates, 3 g fiber, 2 g sugar (1 g added sugar), 30 g protein. **Daily Values:** Vitamin D 0%, Calcium 35%, Iron 10%, Potassium 6%

30
minutes
or less

IRISH NACHOS



Total Time 20 minutes
Serves 8

2 (0.5-oz.) Hy-Vee Meat Department garlic & herb gourmet steak butter
3 Tbsp. Hy-Vee all-purpose flour
½ tsp. Hy-Vee black pepper
¼ tsp. Hy-Vee salt
1 cup Hy-Vee whole milk
¾ cup Irish ale
1 (7-oz.) pkg. Kerrygold 12-month aged Cheddar cheese, shredded
1 cup shredded leftover cooked flat cut corned beef brisket

1 (8.5-oz.) bag Hy-Vee kettle cooked, sea salt and malt vinegar potato chips
1 cup refrigerated whiskey dill kraut, drained
3 Tbsp. Hy-Vee Thousand Island salad dressing
2 Tbsp. chopped Italian parsley
3 red mini sweet peppers, thinly sliced and seeded

1. MELT garlic & herb butter in a medium saucepan over medium heat. Whisk in flour, pepper and salt. Gradually whisk in milk. Slowly pour in ale; whisk until combined.

Bring to a boil; reduce heat to medium-low. Simmer, uncovered, for 2 minutes.

2. WHISK in shredded cheese until melted. Simmer, uncovered, for 5 to 6 minutes, whisking occasionally. Remove sauce from heat; keep warm.

3. TO REHEAT corned beef, microwave in a small microwave-safe bowl for 3 to 4 minutes or until 165°F, stirring halfway through.

4. TO ASSEMBLE, spread potato chips on a large serving platter. Drizzle with half of the cheese

sauce. Layer with kraut, corned beef, salad dressing, parsley and sweet peppers. Serve with remaining cheese sauce.

Per serving: 390 calories, 27 g fat, 11 g saturated fat, 0 g trans fat, 55 mg cholesterol, 910 mg sodium, 26 g carbohydrates, 2 g fiber, 5 g sugar (2 g added sugar), 12 g protein. **Daily Values:** Vitamin D 6%, Calcium 20%, Iron 8%, Potassium 8%



SCAN TO FIND
a classic corned beef
recipe on [Hy-Vee.com/recipes-ideas/recipes](https://www.hy-vee.com/recipes-ideas/recipes)

Chicken-and-Waffle Nachos

Total Time 50 minutes
Serves 8

6 slices Hy-Vee Country Smokehouse thick-sliced hickory smoked slab bacon
1 (12.3-oz.) pkg. Hy-Vee frozen buttermilk waffles
1 (16-oz.) Hy-Vee Kitchen boneless Buffalo-style chicken bites, cut up and at room temperature
4 Tbsp. Hy-Vee Hickory House big bad Buffalo tangy wing sauce, divided
1 (8-oz.) pkg. Hy-Vee Monterey Jack cheese chunk, shredded
½ cup Hy-Vee sour cream
2 Tbsp. chopped fresh chives
3 Tbsp. Hy-Vee Select 100% maple syrup, plus additional for serving

1. PREHEAT oven to 425°F. Line a large rimmed baking pan with foil; place bacon in a single layer in prepared pan. Bake for 18 to 20 minutes or until crisp; drain bacon on paper towels. Place waffles in a single layer on a large baking sheet. Bake waffles for 10 to 12 minutes or until golden brown; cool on a wire rack.

2. PLACE oven rack 6 in. from heat. Preheat broiler to HIGH. Chop bacon into bite-size pieces; set aside. Cut each waffle into 4 wedges; set aside. Toss chicken bites in 2 Tbsp. wing sauce in a medium bowl.

3. TO ASSEMBLE, spread waffle pieces in a clean, large rimmed baking pan. Top with shredded cheese and chicken mixture. Broil for 4 to 6 minutes or until cheese is melted and chicken reaches 165°F.

4. TO SERVE, top with bacon, dollops of sour cream and chives. Drizzle with 3 Tbsp. syrup and remaining 2 Tbsp. wing sauce. Serve with additional maple syrup, if desired.

Per serving: 440 calories, 29 g fat, 10 g saturated fat, 0 g trans fat, 70 mg cholesterol, 1,130 mg sodium, 27 g carbohydrates, 1 g fiber, 7 g sugar (6 g added sugar), 19 g protein. **Daily Values:** Vitamin D 0%, Calcium 35%, Iron 15%, Potassium 2%

CUSTOMIZE NACHOS WITH BONELESS WINGS AT HY-VEE!

Make this meal your own with a favorite flavor profile. Try one of Hy-Vee's six varieties of boneless chicken wings like honey mustard for a spicy-sweet take, or go smoky and tangy with BBQ.





SLICE AND DICE EACH INGREDIENT.

To help scoop up a little bit of everything with each bite, make sure the artichokes, olives, cucumber and red onion are chopped into roughly equal and bite-size pieces.

Mediterranean Nachos

Total Time 1 hour 10 minutes
Serves 10

- 1 (7-oz.) container DeLallo pitted olives jubilee
- 1 cup Hy-Vee canned quartered artichoke hearts, drained
- 1 (15-oz.) can Hy-Vee no salt added garbanzo beans, drained and rinsed
- 1 Tbsp. Hy-Vee vegetable oil
- $\frac{3}{4}$ tsp. Aleppo pepper
- $\frac{1}{2}$ tsp. fresh lemon juice
- $\frac{1}{4}$ tsp. Hy-Vee salt
- $\frac{1}{4}$ tsp. Hy-Vee ground cumin
- Hy-Vee nonstick cooking spray
- 1 (12.5-oz.) pkg. pita bread (5 ct.)
- 1 (10-oz.) container Hy-Vee roasted red pepper hummus
- 1 $\frac{1}{2}$ cups sliced and quartered seedless cucumber
- 1 cup quartered Basket & Bushel grape tomatoes
- $\frac{1}{2}$ cup finely chopped red onion
- $\frac{1}{2}$ cup Soirée traditional feta crumbled cheese
- $\frac{1}{2}$ cup tzatziki Greek yogurt dip
- Lemon wedges, for serving

1. PREHEAT oven to 350°F. Line a large rimmed baking pan with foil; set aside. Cut a 12×12-in. sheet of heavy foil; roll or fold up edges of foil to form a $\frac{1}{2}$ -in. border; place on one side of prepared baking pan.

2. DRAIN olives; reserve 2 Tbsp. oil. Place olives in foil tray; add artichokes and toss to combine.

3. COMBINE garbanzo beans, vegetable oil, Aleppo pepper, lemon juice, salt and cumin in a small bowl; toss to coat. Transfer onto prepared baking pan next to foil tray. Bake garbanzo bean and artichoke mixtures for 30 to 35 minutes or until garbanzo beans are golden brown and crisp, stirring garbanzo beans occasionally.

4. LIGHTLY spray another large rimmed baking pan with nonstick spray. Place pita bread, in a single layer, in prepared baking pan. Bake for 15 to 20 minutes or until edges are golden brown, turning halfway through. Cut each pita into 8 wedges; return to baking pan.

5. STIR together hummus and reserved 2 Tbsp. oil from olives. Drizzle over pita wedges in pan.

6. TO ASSEMBLE, toss together olive-artichoke mixture, cucumber, tomatoes, red onion and feta cheese in a medium bowl. Top pita bread wedges with olive-artichoke mixture; sprinkle with garbanzo beans. Dollop with tzatziki dip. Serve with lemon wedges, if desired.

Per serving: 270 calories, 12 g fat, 2 g saturated fat, 0 g trans fat, 5 mg cholesterol, 960 mg sodium, 30 g carbohydrates, 5 g fiber, 3 g sugar (0 g added sugar), 9 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 4%

 **VEGETARIAN DISH**

SUNDAE NACHOS



TO EASILY SLICE ICE CREAM, USE A LONG SERRATED KNIFE AND DIP IN WARM WATER FOR A FEW SECONDS BETWEEN CUTS.

Total Time 15 minutes
Serves 4

- 1 pt. Til the Cows Come Home strawberry cheesecake ice cream
- 5 ice cream waffle bowls, divided
- 4 Basket & Bushel strawberries, plus additional for garnish
- 2 Tbsp. dark chocolate sauce, plus additional for garnish
- Hy-Vee frozen original whipped topping, thawed, for garnish

1. PLACE a piece of waxed paper on a baking sheet; set aside. Cut carton of ice cream crosswise into 3 (1-in.-thick) slices. Remove paper carton from slices. Place slices in a single layer on prepared baking sheet; freeze until ready to assemble nachos.

2. GENTLY break off sides from 3 waffle bowls; set bottoms aside. Break bowl sides and remaining 2 waffle

bowls into large pieces; set aside.

3. REMOVE and discard tops from 4 strawberries; cut strawberries into $\frac{1}{4}$ -in.-thick slices and set aside. Remove ice cream slices from freezer; place each on a reserved waffle bowl bottom. Spread 1 Tbsp. chocolate sauce onto 2 ice cream slices and arrange sliced strawberries on top.

4. TO ASSEMBLE, stack chocolate-covered ice cream slices in the center of a serving platter. Top with remaining ice cream slice. Garnish top with additional strawberries, whipped topping and chocolate sauce, if desired. Serve with broken waffle bowl pieces.

Per serving: 370 calories, 12 g fat, 7 g saturated fat, 0 g trans fat, 40 mg cholesterol, 140 mg sodium, 63 g carbohydrates, 2 g fiber, 39 g sugar (38 g added sugar), 5 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 10%, Potassium 4%

20 minutes or less  **VEGETARIAN DISH**

WINNING APPS & MORE

Pick up heat-and-eat appetizers and snacks at Mealtimes in-store. Order prepared catering appetizer trays and bakery desserts at [Hy-Vee.com/shop](https://www.hy-vee.com/shop)

BONELESS WINGS

Order boneless wings from Hy-Vee Catering, with BBQ, Buffalo, General Tsao, honey-roasted garlic or honey mustard sauce.

BREADSTICKS

Soft, fluffy breadsticks topped with tons of cheese are great for sharing and dipping in marinara sauce.

You call the shots.

With Hy-Vee Catering, Bakery and Mealtimes To Go options, tailor any spread to your liking for the ultimate DIY watch party.

FLATBREAD PIZZA

Take-and-bake flatbread pizzas from Hy-Vee come with toppings such as cheese, supreme and sausage & pepperoni.

BONE-IN WINGS

Feed a whole team with 36 bone-in wings, coated in your choice of sauce with blue cheese or ranch dip on the side.

PEPPERONI PINWHEELS

Skip slices and nosh on pepperoni, cheese and garlic butter rolled up in pizza crust with Parmesan on top.

GARLIC CHEESE TOAST

Toasted garlic bread topped with gooey, melty mozzarella cheese is one of the best finger foods for a watch party.



SCAN TO SHOP appetizers and more from Hy-Vee Catering.

SWEETS THAT SCORE

Blow the competition away with delicious desserts from Hy-Vee Bakery.



ASSORTED COOKIE TRAY

Serve up soft-baked cookies in flavors like chocolate chip.



BROWNIE COCKTAIL TRAY

Snack on fudge, turtle, German chocolate and cream cheese brownies.



MINI CUPCAKE TRAY

These treats come in flavors such as red velvet and peanut butter cup.



Look for Mealtimes To Go kiosks near the checkout for heat-and-serve appetizers.



Kid-
Approved
YUM!

FAMILY WEEK- NIGHT

Seafood

**GIVE THESE
TRADITIONAL SUPPER
FAVORITES A SEAFOOD SPIN
WITH FAMILIAR FLAVORS
THE KIDS WILL LOVE.**

Seafood Meatballs with Orzo

Hands On 25 minutes
Total Time 49 minutes plus
chilling time
Serves 7 (2 meatballs per serving)

Hy-Vee nonstick cooking spray
1 cup Gustare Vita organic orzo
**1 lb. Fish Market frozen Alaska cod
fillets, thawed, cut into 2-in. pieces**
½ Tbsp. Hy-Vee Italian seasoning
**¼ tsp. Hy-Vee salt,
plus additional to taste**
½ cup chopped yellow onion
**4 Tbsp. chopped Italian parsley, divided,
plus additional for garnish**
4 cloves garlic, divided
2 Hy-Vee large eggs, lightly beaten
**½ cup Hy-Vee Italian seasoned panko
bread crumbs**

**¾ cup grated Pecorino Romano cheese,
divided, plus additional for garnish**
¼ cup potato starch
2 Tbsp. Hy-Vee mayonnaise
**1 Tbsp. fresh lemon zest,
plus additional for garnish**
**4 Tbsp. Gustare Vita
white wine vinegar, divided**
3 Tbsp. Gustare Vita olive oil
**2 (0.5-oz.) Hy-Vee Meat Department
garlic & herb gourmet steak butter**
2 Tbsp. Hy-Vee heavy whipping cream
Lemon wedges, for serving

1. PREHEAT oven to 375°F. Line a large
rimmed baking pan with foil; spray with
nonstick spray; set aside.

2. COOK orzo in salted boiling water

according to pkg. directions. Drain;
reserve ½ cup pasta water. Set orzo
aside; keep warm.

3. PAT cod dry with paper towels.
Sprinkle with Italian seasoning and ¼ tsp.
salt. Place cod, onion, 2 Tbsp. parsley
and 2 cloves garlic in a food processor.
Cover and pulse until coarsely chopped.
Transfer mixture to a large bowl. Add
eggs, bread crumbs, ¼ cup cheese,
potato starch, mayonnaise, 1 Tbsp.
lemon zest and 1 Tbsp. vinegar. Gently
stir until combined.

4. SHAPE fish mixture into balls using a
1¼-in. scoop or moistened hands. Place
meatballs 1 in. apart on prepared baking
pan; refrigerate for 15 to 20 minutes.
Heat oil over medium-low heat in a large
nonstick skillet; add meatballs. Cover and

cook for 12 to 15 minutes over medium-
low heat, turning once halfway. Remove
cover and cook for 4 to 6 minutes more
over medium heat or until meatballs
reach at least 145°F, turning often.
Remove meatballs and drain on paper
towels. Cool skillet slightly.

5. WIPE skillet clean. Heat butter and
remaining 2 cloves garlic, chopped, in
skillet over medium-low heat; cook for
1 to 2 minutes until melted. Add orzo,
orzo water, remaining ½ cup cheese,
cream, remaining 3 Tbsp. vinegar and
2 Tbsp. parsley; cook for 2 to 3 minutes
over medium heat, stirring continuously.

6. TO SERVE, divide orzo onto serving
plates; top with meatballs. Garnish with
additional parsley, cheese and lemon zest,
if desired. Serve with lemon wedges.

Per serving: 330 calories, 19 g fat, 6 g saturated
fat, 0 g trans fat, 110 mg cholesterol,
490 mg sodium, 22 g carbohydrates, 1 g fiber,
1 g sugar (0 g added sugar), 16 g protein.
Daily Values: Vitamin D 0%, Calcium 8%,
Iron 6%, Potassium 2%



ON THE BALL

The familiar simplicity of cheesy pasta in this seaside take on spaghetti and meatballs will draw kids to the table and hook them with crunchy, panko-encrusted cod.

Butter Biscuit Seafood Pot Pie

Hands On 25 minutes
Total Time 43 minutes plus standing time
Serves 8

Hy-Vee nonstick cooking spray
1 lb. Fish Market fresh bay scallops
1 (12-oz.) pkg. Bristol Bay wild sockeye salmon fillets, thawed and skin removed
¼ cup plus 2 Tbsp. Hy-Vee unsalted butter, divided
1 (12-oz.) pkg. That's Smart! frozen mixed vegetables
½ cup chopped red onion
½ tsp. smoked paprika

¼ tsp. Zatarain's concentrated shrimp & crab boil
1½ cups cold water, divided
2 (10.5-oz.) cans Hy-Vee 25% less sodium cream of mushroom soup
½ (1-lb.) pkg. The Little Potato Company garlic herb potatoes, chopped
1 (11.36-oz.) pkg. Red Lobster Cheddar Bay biscuit mix
½ cup Hy-Vee shredded sharp Cheddar cheese

1. PREHEAT oven to 425°F. Spray 8 (4-in.-round) ramekins with nonstick spray; place in a rimmed baking pan. Pat scallops and salmon dry with paper towels; set aside.

2. MELT ¼ cup butter in a large, deep nonstick skillet over medium-low heat. Add scallops and salmon; cook for 3 to 4 minutes or until

scallops begin to brown and salmon begins to flake, turning occasionally. Add frozen mixed vegetables, red onion, smoked paprika and concentrated shrimp & crab boil; cook for 2 to 3 minutes. Stir in ¾ cup water, cream of mushroom soup, potatoes and 2 tsp. potato seasoning packet; cook for 3 to 4 minutes more or until heated. Divide mixture evenly into ramekins; set aside.

3. FOR BISCUIT TOPPING, set aside biscuit

seasoning packet. Stir together biscuit mix, remaining ¾ cup water and cheese until dough forms. Do not overmix. Using a 2-in. scoop, place a dough mound on top of seafood mixture in each ramekin. Bake for 14 to 16 minutes or until biscuits are golden brown and seafood reaches 145°F.

4. MICROWAVE remaining 2 Tbsp. butter in a small microwave-safe bowl until melted. Stir in reserved biscuit seasoning until combined.

5. LIGHTLY brush butter mixture on each biscuit topper. Let stand for 5 minutes before serving.

Per serving: 470 calories, 23 g fat, 11 g saturated fat, 0 g trans fat, 65 mg cholesterol, 1,110 mg sodium, 44 g carbohydrates, 2 g fiber, 4 g sugar (1 g added sugar), 23 g protein. Daily Values: Vitamin D 30%, Calcium 15%, Iron 15%, Potassium 15%

Delight the kids with their own personal-size dishes of this all-American comfort food—with a seafood twist. The biscuit topping is simple enough for small helping hands in the kitchen.



Harvested in the pristine waters of Bristol Bay, Alaska, wild sockeye salmon is renowned for its unique, rich flavor, extra-firm texture and deep red color. Plus, wild salmon has fewer calories and less saturated fat than farmed varieties.

Source: health.clevelandclinic.org/fish-faceoff-wild-salmon-vs-farmed-salmon/

COOL IT Shrimp replaces beef as the meat of choice for this traditional pasta with red sauce. Bold cayenne pepper adds a spicy kick, but to tone it down, substitute red pepper flakes or garlic.

Spicy Creamy Shrimp Pasta

Total Time 25 minutes
Serves 4 (1¾ cups each)

½ (16-oz.) pkg. Hy-Vee rigatoni pasta
1 tsp. Hy-Vee salt
1 Tbsp. Hy-Vee unsalted butter
2 garlic cloves, thinly sliced
½ (2-lb.) pkg. frozen shell on, easy-to-peel and deveined raw wild red Argentine shrimp, thawed, peeled and tails removed

¼ tsp. coarsely ground Hy-Vee black pepper, plus additional for garnish

2 Tbsp. Gustare Vita olive oil
1 cup cherry tomatoes
1 (17.6-oz.) bottle Gustare Vita vodka pasta sauce
1 oz. Soirée Asiago cheese, grated (¼ cup), plus additional shaved Asiago for garnish

¼ cup Hy-Vee heavy whipping cream
¼ tsp. Hy-Vee cayenne pepper
Chopped fresh chives, for garnish

1. BRING 4 qt. water to a boil; add pasta and salt. Cook, uncovered, for 13 to 15 minutes or until pasta is

al dente. Drain; reserve ½ cup pasta water. Set cooked pasta aside; keep warm.

2. MELT butter in a large nonstick skillet over medium-low heat. Add garlic; cook for 1 to 2 minutes or until fragrant.

3. PAT shrimp dry with paper towels. Season with ¼ tsp. black pepper. Add oil to garlic butter in skillet; heat over medium-high heat. Add shrimp and cherry tomatoes; cook for 2 to 4 minutes or until shrimp reaches 145°F, turning frequently. Remove shrimp; set aside. Cook tomatoes for 2 to 4 minutes more or until they begin to blister and split.

4. ADD pasta and reserved ½ cup pasta water, pasta sauce, ¼ cup grated Asiago cheese, cream and cayenne pepper to tomatoes in skillet; stir to combine. Return shrimp to skillet; gently stir to combine.

5. TO SERVE, transfer pasta mixture to a serving bowl. Garnish with chives and additional shaved Asiago cheese and black pepper, if desired.

Per serving: 560 calories, 29 g fat, 10 g saturated fat, 0 g trans fat, 155 mg cholesterol, 1,120 mg sodium, 49 g carbohydrates, 4 g fiber, 7 g sugar (0 g added sugar), 23 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 10%, Potassium 15%

30
minutes
or less

BIG DIPPER

These bread crumb-coated tilapia bites are a more delicate interpretation of the popular crispy coating and tender texture of a kid-friendly staple: chicken nuggets. And, just like nuggets, kids will enjoy dunking the bites into a creamy sauce.



Oven Baked Fish Bites with Dipping Sauce

Hands On 20 minutes
Total Time 40 minutes
Serves 4 (6 each)

Hy-Vee nonstick cooking spray
1 lb. Fish Market fresh tilapia fillets, cut into 1½-in. pieces
1½ tsp. Old Bay lemon & herb seasoning
½ cup Hy-Vee all-purpose flour
1 Hy-Vee large egg
2 Tbsp. Hy-Vee 2% reduced-fat milk
1 cup Hy-Vee Italian seasoned panko bread crumbs
2 Tbsp. lemon zest, divided
2 Tbsp. chopped fresh dill, divided, plus additional for serving
¾ cup Hy-Vee tartar sauce
1 tsp. onion & herb salt-free seasoning blend
Coarsely ground Hy-Vee sea salt, for serving

1. PREHEAT oven to 375°F. Line a large rimmed baking pan with foil; spray with nonstick spray; set aside.

2. PAT tilapia dry with paper towels. Sprinkle with lemon & herb seasoning; set aside. Place flour into a shallow bowl. Whisk

egg and milk in another shallow bowl. Stir together bread crumbs, 1 Tbsp. lemon zest and 1 Tbsp. dill in a third shallow bowl.

3. DIP fish, one piece at a time, into flour mixture to coat; shake off excess. Then dip into egg mixture; coat with bread crumb mixture, gently pressing to adhere.

4. PLACE coated fish pieces 1 in. apart in prepared baking pan. Generously spray with nonstick spray. Bake for 15 to 20 minutes or until fish reaches 145°F and is golden and crisp, turning occasionally and spraying with nonstick spray.

5. STIR together tartar sauce, remaining 1 Tbsp. lemon zest, remaining 1 Tbsp. dill and onion & herb seasoning in a small bowl.

6. TO SERVE, season fish bites to taste with sea salt and garnish with additional dill, if desired. Serve with sauce for dipping.

Per serving: 400 calories, 18 g fat, 3 g saturated fat, 0 g trans fat, 120 mg cholesterol, 740 mg sodium, 28 g carbohydrates, 1 g fiber, 5 g sugar (4 g added sugar), 35 g protein. **Daily Values:** Vitamin D 25%, Calcium 4%, Iron 10%, Potassium 10%



THE RESPONSIBLE CHOICE PACKAGING LABEL ON SEAFOOD SOLD AT HY-VEE ENSURES IT IS CAUGHT OR RAISED USING SUSTAINABLE METHODS.

Air-Fried Fish Sandwiches

Hands On 30 minutes
Total Time 40 minutes plus chilling and freezing time
Serves 4

2 cups thinly shredded Napa cabbage
½ cup thinly sliced red onion
4 small red radishes, thinly sliced
¾ cup unseasoned rice vinegar
2 (5½- to 6-oz.) Fish Market frozen swai fish fillets, thawed, cut into 4×1-in. strips
½ tsp. Jane's Crazy Original Mixed-Up Salt marinade & seasoning, divided
¼ cup Hy-Vee all-purpose flour

1 Hy-Vee large egg
¾ cup Hy-Vee plain panko bread crumbs, crushed
1 Tbsp. coarsely ground Hy-Vee fish & seafood seasoning
Hy-Vee nonstick cooking spray
1½ cups Hy-Vee fresh steam peas, thawed
2 Tbsp. canned coconut cream
4 Hy-Vee Bakery brioche hamburger buns, split and toasted
2 tsp. Heinz 57 Collection Culinary Crunch Mandarin orange miso crunch

1. PLACE a wire rack in a large rimmed baking pan; set aside.

2. FOR SLAW, combine cabbage, red onion and radishes in a small bowl. Stir in rice vinegar; cover and refrigerate.

3. PAT fish dry with paper towels. Sprinkle with ¼ tsp. seasoning salt.

4. PLACE flour in a shallow bowl. Whisk egg in another shallow bowl. Stir together bread crumbs and fish seasoning in a third shallow bowl.

5. DIP fish, one piece at a time, into flour; shake off excess. Then dip into eggs; coat with bread crumb mixture, gently pressing to adhere.

6. PLACE fish pieces on wire rack in baking pan. Freeze for 10 to 15 minutes or until coating is set.

7. PREHEAT air fryer to 400°F, according to manufacturer's directions. Generously spray air fryer basket with nonstick spray. Working in batches, place coated fish

strips in a single layer in basket. Spray fish strips with nonstick spray. Air-fry for 4 to 5 minutes or until fish reaches 145°F, turning and spraying occasionally with nonstick spray.

8. FOR PEA MASH, place peas, coconut cream and remaining ¼ tsp. seasoning salt in a food processor. Cover and pulse until smooth.

9. TO SERVE, place slaw on bun bottoms. Top with fish strips, miso crunch, sweet pea mash and bun tops.

Per serving: 460 calories, 12 g fat, 5 g saturated fat, 0 g trans fat, 95 mg cholesterol, 1,030 mg sodium, 60 g carbohydrates, 5 g fiber, 12 g sugar (7 g added sugar), 25 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 4%



Cook this crispy fish patty in an air fryer to reduce your time in the kitchen—and the amount of fat and calories—without sacrificing flavor.

SOME LIKE IT HOT SAUCE

Turn up the heat! Hy-Vee has a range of hot sauces to punch up the flavor of almost any food, from barely-there spice to mouth-burning inferno.



Whether you're a dab-will-do-you type or someone who welcomes the culinary equivalent of a five-alarm fire, you're not alone in your love of hot sauce. In 2021, Americans bought nearly 22% more hot sauce than just two years earlier, according to an Instacart survey.

Part of hot sauce's popularity comes from the flavor it adds to tacos, burritos and meat, the most common foods flavored with the spicy condiment. But hot sauces can take nontraditional routes to the taste buds as a drink flavoring or a topper for ice cream.

Trend experts say people are becoming more adventurous about trying unique flavor profiles—and more willing to explore spicy extremes. Brands are happily catering to customers looking for tear-inducing spice with sauces made from the hottest peppers. Test your taste buds with hot sauces from Hy-Vee, ranked from very low heat to breathing fire.

IF YOUR TASTE BUDS NEED A BREAK FROM THE HEAT, EASE THE BURN WITH A GLASS OF MILK. IT CONTAINS A PROTEIN THAT HELPS BREAK DOWN THE SPICY COMPONENT IN PEPPERS.

74% of Americans enjoy using hot sauce on their food.

HOT SAUCE AFICIONADOS AGREE THAT VARIETY IS THE SPICE OF LIFE—68% OF HOT SAUCE USERS HAVE AT LEAST TWO DIFFERENT BRANDS OF SAUCE IN THEIR PANTRY, AND 71% ARE WILLING TO TRY SOMETHING NEW RATHER THAN BUYING THEIR FAVORITE BRAND.

Source: [instacart.com/company/updates/a-hot-take-on-americas-favorite-hot-sauces/](https://www.instacart.com/company/updates/a-hot-take-on-americas-favorite-hot-sauces/)



HOT SAUCE PAIN RANGE

Find these sauces and more at Hy-Vee.

VERY LOW HEAT

SAUCE Frank's RedHot Original
This vinegar-base hot sauce has a balance of tangy, acidic flavors while adding just a bit of heat. Use for classic Buffalo wings or add a dab to a slice of pizza.

JUST A HINT

SAUCE Cholula Chili Lime Hot Sauce
With more water than acid, this sauce has less tang and a clearer, peppery flavor. Try it on foods that don't need much acid, such as tacos or steak.

LOW BURN

SAUCE Trappey's Red Devil Cayenne Pepper Sauce
A combination of cayenne peppers and a vinegar base, this hot sauce has a little more heat than previous levels. Drizzle over chicken or use to wake up breakfast eggs.

LIGHT TINGLE

SAUCE Ott's Original Wing Sauce
Often used over hot wings, this sauce combines a vinegar and cayenne peppers with spices such as garlic for a light burn that's balanced with other flavors.

WARM BUT NOT FIERY

SAUCE Tabasco Chipotle Pepper Sauce
Chipotle peppers start turning up the heat for a slow burn paired with a hint of smokiness, plus garlic and onion flavors. Try using a dash in marinades or dips for a burst of spiciness.

WILL WAKE YOU UP

SAUCE Culinary Tours Peri Peri Hot Sauce
Made using peri peris, vinegar and spices, this type of hot sauce was created by Portuguese explorers in South Africa. It has a stronger burn and works well for sauces and adding spice to foods such as salads or sandwiches in small amounts.

FEELING THE BURN

SAUCE Louisiana's Pure Crystal Hot Sauce
Significantly hotter than low-level sauces, this aged cayenne pepper sauce can be used on meat, seafood and veggies. If you like the flavor of other vinegar-base cayenne sauces but want more heat, give this one a try.

GET THE MILK READY

SAUCE Dave's Gourmet Hurtin' Habanero Hot Sauce
As hot sauces go from warm to hot and extra hot, use just small amounts until you adjust to the heat. This variety blends habanero peppers with onions, garlic and spices for a sauce with plenty of kick that still has balanced flavors.

ADD WITH CAUTION

SAUCE Pain 100% Hot Sauce
For super spice fans only, trust the warning on this sauce's label. Made primarily with habanero peppers, there isn't much water or vinegar diluting the heat. Use just a small amount mixed into a larger batch of sauce or dip to help balance the intense spice.

BREATHING FIRE

SAUCE Melinda's Ghost Pepper Hot Sauce
Want the hottest of the hot? Look for sauces using ghost peppers or Carolina Reapers, two of the hottest peppers. This sauce uses a combo of ghost and habanero peppers with minimal vinegar for an ultra-hot flavoring meant for extreme heat lovers.



TAUFEEL SHAH FOUNDED LOLA'S FINE HOT SAUCE, AVAILABLE IN HY-VEE STORES, WITH HIS MOTHER, CARMELITA. HE EXPLAINS WHY HOT SAUCE HAS GROWN IN POPULARITY.

Q: Why are hot sauces so popular?

A: Consumers are looking for new foods with unique flavors. Lots of people are bored with the same old flavor and looking to broaden their taste experiences. We're seeing a lot of new ethnic foods and combinations of fusions come into the market, which all pair well with hot sauce. Also, people are cooking more and more with access to chef influencer-inspired creations or are looking for something new to try.

Q: Who's driving the trend?

A: We see everyone, all across the board, eating hot sauce, but mainly the millennial generation leads the way in spicy foods. We're seeing a wide demographic of people trying all kinds of sauces and always looking for the next big flavor with that perfect heat.



Lola's Green Jalapeño & Serrano
Heat level: Just a hint

Lola's Ghost Pepper
Heat level: Feeling the burn

Lola's Family Reserve
Heat level: Breathing fire

HEAT

BRING THE

TRY THESE RECIPES,
OFFERING VARIOUS
LEVELS OF SPICINESS
TO SUIT A RANGE
OF TASTES.



Hot Tequila Sunrise

Fill 1 (8-oz.) Collins glass with ice. Pour in 2 oz. silver tequila, 2 oz. Hy-Vee 100% orange juice, 2 oz. mango nectar and ½ tsp. habanero hot sauce; stir to combine. Turn a bar spoon upside down and place it against the inside of the glass. Slowly pour ¼ oz. grenadine over back of spoon into the glass. The grenadine will sink down to the bottom. Garnish with maraschino cherries, habanero pepper slices and mint, if desired. Serves 1 (8 oz.).

Heat factor: Mild

10
minutes
or less



Buffalo-Style Popcorn

Stir together 2 tsp. Slap Ya Mama hot Cajun seasoning, 1 tsp. Hy-Vee granulated sugar and 1 tsp. Hy-Vee cayenne pepper in a small bowl; set aside. Heat 2 Tbsp. Hy-Vee avocado oil and 2 tsp. Frank's RedHot original sauce in a small skillet over medium-low heat for 1 minute or just until the hot sauce begins to evaporate, stirring constantly. Remove from heat; set aside. Microwave 1 (3.3-oz.) bag Hy-Vee butter microwave popcorn according to pkg. directions. Carefully open bag and pour popped corn into a large bowl. Drizzle popped corn with oil mixture; carefully toss to coat. Sprinkle with Cajun seasoning mixture; toss to evenly coat. Serves 4 (2 cups each). **Heat factor: Very hot**

10
minutes
or less



Spicy Fruit Salads

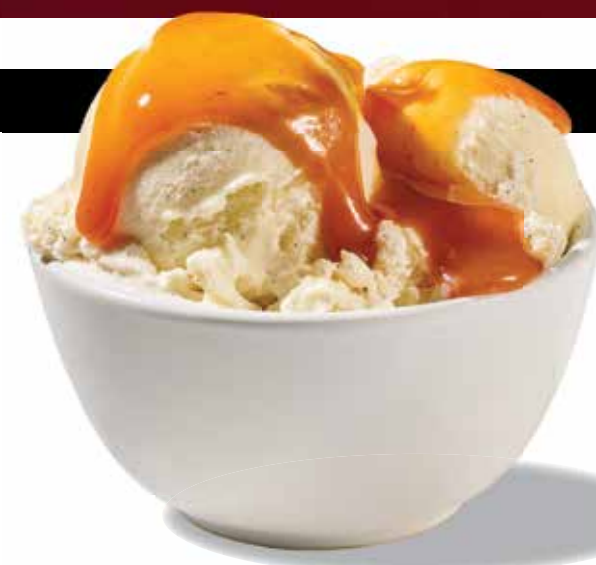
Combine ½ cup Hy-Vee orange marmalade and 1 Tbsp. Lola's original hot sauce in a bowl; set aside. Peel and pit 2 mangoes; cut each mango half into 3 or 4 spears. Roll top halves of mango slices in ½ cup chopped fresh mint; set aside. Sprinkle top halves of 4 Hy-Vee Short Cuts pineapple spears with 1 Tbsp. Mesa Rosa chipotle southwest smoky blend. Place 1 cup Basket & Bushel blueberries in a bowl; sprinkle with an additional 1 Tbsp. chipotle blend; toss. Cut 1 (13-oz.) container Hy-Vee Short Cuts watermelon into 1-in. chunks. Cut 2 peeled kiwis each into 8 wedges. To assemble, arrange mango slices, pineapple spears, watermelon chunks, kiwi wedges and blueberries in 4 (10-oz.) Simply Done clean plastic cups. Drizzle with marmalade mixture. Serve with lime wedges, if desired. Serves 4 (1 each). **Heat factor: Hot**

30
minutes
or less

Sriracha Caramel Sauce

Whisk together ½ cup Hy-Vee caramel flavored syrup, 2 Tbsp. Finest Call passion fruit purée and 1 Tbsp. sriracha in a small bowl. To serve, scoop It's Your Churn premium vanilla bean ice cream into 4 serving bowls. Top each with the sauce. Serves 4 (3 Tbsp. each). **Heat factor: Medium**

10
minutes
or less



**Need more
heat? Try
these spicy
sauces at
Hy-Vee:**



Heinz 57 Chili
Pepper Crunch
Sauce



McCormick Extra
Hot Seafood
Cocktail Sauce



Stonewall
Kitchen Ghost
Pepper Queso



Herdez Avocado
Hot Sauce



Mike's Hot
Honey



Primal Kitchen
Chipotle Lime
Mayo

SPRING BREAK OUT THE GRILL

FIRE UP THE GRILL AND ESCAPE ON A SPRING
GETAWAY WITH NEW TAKES ON FLAME-COOKED
FAVORITES. HY-VEE HAS EVERYTHING YOU NEED—
INCLUDING BURGERS, BRATS, TOOLS AND MORE.

A FIESTA OF FLAVORS

A combination of crunchy potato tots and spicy nacho fixings gives a new spin to this “tot-cho” topped burger.



Loaded Tot-chos Topped Burger

Hands On 15 minutes
Total Time 31 minutes
Serves 4

2 cups Hy-Vee frozen potato puffs
2 tsp. salt-free fajita seasoning, divided
¼ cup Hy-Vee shredded sharp Cheddar cheese
4 100% ground beef prime rib steakburgers
4 slices Hy-Vee sliced sharp Cheddar cheese
4 Hy-Vee Bakery brioche buns, split
½ cup Hy-Vee classic guacamole
¼ cup Hy-Vee fresh pico de gallo
¼ cup Hy-Vee sour cream

2 Tbsp. Hy-Vee crumbled bacon pieces
1 jalapeño pepper, thinly sliced*
Fresh cilantro, for garnish

1. PREHEAT oven to 425°F. Preheat a charcoal or gas grill for direct grilling over medium heat (350°F).

2. TOSS potato puffs with 1 tsp. fajita seasoning in a medium bowl. Spread potato puffs in a large rimmed baking pan. Bake for 25 to 30 minutes or until golden and crisp, turning halfway

through. Top with shredded cheese; bake for 2 to 3 minutes more or until cheese is melted.

3. SPRINKLE remaining 1 tsp. fajita seasoning on steakburgers. Grill for 10 to 15 minutes or until burgers reach 165°F, turning often. Top with cheese slices.

4. GRILL buns, cut sides down, for 30 to 60 seconds or until lightly toasted. Remove from grill.

5. TO SERVE, place burgers on bun bottoms. Top with guacamole, pico de gallo,

sour cream, potato puffs, bacon pieces and jalapeño slices. Garnish with cilantro, if desired. Place remaining buns on top of sandwich.

***NOTE:** Chile peppers contain volatile oils that can burn your skin and eyes. When working with jalapeños, wear protective gloves.
Per serving: 920 calories, 61 g fat, 24 g saturated fat, 0 g trans fat, 175 mg cholesterol, 1,050 mg sodium, 52 g carbohydrates, 3 g fiber, 9 g sugar (7 g added sugar), 40 g protein. Daily Values: Vitamin D 0%, Calcium 25%, Iron 20%, Potassium 10%

PARLEZ-VOUS DELICIOUS?

This version of the classic French ham-and-cheese sandwich uses pork bratwurst as an Americanized substitution for the main meat.



BETTER WITH BÉCHAMEL

Containing melted butter, flour and milk, this creamy French sauce takes on the spiced flavor of the nutmeg in this recipe.

Hot Brat Croque Monsieur

Hands On 25 minutes
Total Time 35 minutes
Serves 4

4 Hy-Vee Meat Department
skinless pork bratwursts
3 Tbsp. Hy-Vee unsalted butter
1½ tsp. Hy-Vee all-purpose flour
¾ cup Hy-Vee whole milk
1 Tbsp. plus 4 tsp. Hy-Vee Dijon
mustard, divided
½ tsp. Hy-Vee salt
½ tsp. ground white pepper
½ tsp. Hy-Vee ground nutmeg
½ cup finely shredded Culinary Tours
Gruyère cheese (2 oz.)
2 Tbsp. Gustare Vita olive oil
8 slices Beaconsfield sour dough bread
16 slices Hy-Vee bread & butter
sweet pickles, drained

1. PREHEAT a charcoal or gas grill for direct grilling over medium heat (350°F).

2. GRILL bratwursts for 10 to 12 minutes or until bratwursts reach 165°F, turning often. If bratwursts begin to flare up, reduce heat to low. Cut each bratwurst in half lengthwise; cut each again in half crosswise. Set bratwurst pieces aside.

3. FOR SAUCE, melt butter in a small saucepan over medium heat. Whisk in flour. Gradually whisk in milk; continue whisking until smooth. Cook and whisk for 1 to 2 minutes or until sauce is thickened. Remove from heat.

4. WHISK 1 Tbsp. mustard, salt, white pepper and nutmeg into sauce; whisk in cheese until melted. Set sauce aside.

5. BRUSH a medium rimmed baking pan with olive oil. Place bread slices, in a single layer, in prepared baking pan. Spread each bread slice with 1 Tbsp. cheese sauce, spreading sauce to the edges.

6. FOR EACH SANDWICH, place 4 bratwurst pieces, cut sides down, lengthwise on top of half of sauce-covered bread slices. Spread bratwursts with remaining 4 tsp. mustard; top with pickle slices. Place remaining bread slices, sauce sides down, on top to enclose sandwiches.

7. PLACE baking pan with sandwiches over direct heat. Close grill lid. Grill for 2 to 4 minutes or until bottoms are toasted. Turn sandwiches over; spread each with 1 Tbsp. cheese sauce and grill, covered, for 2 to 4 minutes more or until bottoms are toasted and cheese sauce is melted.

8. TO SERVE, cut each sandwich in half diagonally.

Per serving: 810 calories, 46 g fat, 19 g saturated fat, 0 g trans fat, 110 mg cholesterol, 1,780 mg sodium, 68 g carbohydrates, 3 g fiber, 11 g sugar (8 g added sugar), 32 g protein. Daily Values: Vitamin D 10%, Calcium 25%, Iron 20%, Potassium 8%

TOP DOGS (AND BURGERS!)

Fix up either Gourmet
Steakhouse burgers
or brats from the
Hy-Vee Meat
Department with
topper ideas versatile
enough to use on both.

SWEET HEAT BBQ BURGER OR BRAT

Hy-Vee Gourmet Steakhouse
burger mignon patties or
Hy-Vee Meat Department fresh
pork bratwurst, grilled +
Hy-Vee Bakery brioche
hamburger or brat bun, split and
toasted + Stubb's sweet heat
legendary bar-b-q sauce +
Hy-Vee Cheddar cheese, slice or
shredded + tomato, chopped +
arugula + Hy-Vee lightly
salted crispy onions



FLAVOR BOOST

Ramp up the
excitement factor
on brats, burgers,
ribs and more with
barbecue sauces
at Hy-Vee.



Kinder's Mild BBQ Sauce

Slightly
sweet with
hickory
smoke
flavor.



G Hughes Sugar Free Sweet & Spicy BBQ Sauce

Low
carb and
gluten-
and
sugar-free.



Big John's Ol West BBQ & Dippin Sauce

Thick
and sweet
with layers
of flavor.

HY-VEE GOURMET STEAKHOUSE BURGERS

- Bacon Cheddar
- Jalapeño Pepper Jack
- Mignon

HY-VEE BRATS

- Jalapeño-Cheddar
- Bacon-Cheddar
- Beer
- Pineapple
- Pork



POUTINE BURGER OR BRAT

Hy-Vee Gourmet
Steakhouse burger mignon
patties or Hy-Vee Meat
Department fresh pork
bratwurst, grilled +
Hy-Vee Bakery sesame
seed hamburger bun or
Hy-Vee Bakery brioche brat
bun, split and toasted +
Hy-Vee frozen sweet potato
French fried potatoes,
cooked + Cheddar
cheese curds + Hy-Vee
beef gravy, heated +
green onions, sliced



GEAR UP

WITH GRILLS FROM HY-VEE—AVAILABLE IN STORES IN MAY.

CHARCOAL



Weber Original Kettle Charcoal Grill 22"

Charcoal grills give food a nice contrast in taste and texture. The white-hot heat of burning charcoal sears meat fast, resulting in crispy outer crust and juicy, succulent interior.

> **Use** charcoal grills to provide a rich smokiness with flavor nuances from charcoals made from hickory, mesquite or applewood, available at Hy-Vee.

SMOKER



Traeger Pro Series 22 Pellet Grill

Wood pellet-fired smokers bring intense flavor to food you're cooking. The barrel design and a secondary rack allow a large amount of food to be prepared at once.

> **Use** smokers to cook larger cuts of meat at a low, steady temperature that imparts a smokier flavor compared to food cooked at higher temperatures.

GAS



Char-Broil Performance 4-Burner Gas Grill

Gas grills fire up quickly, so they're practical for quick meals and snacks. They also offer a precise heat range for preparing a wider range of foods.

> **Use** gas grills to cook foods that require different heat levels. Multiple burners can create different heat zones: one extra-hot for searing, one on low to finish cooking meats.

HOW TO PREP THE GRILL



Scrape

hot grill grate with a spatula to remove buildup.



Scrub

grill grate with a wire brush to remove greasy residue.



Wipe

grill grate with tongs and a folded paper towel soaked with cooking oil.

Type Gas grills are the easiest and quickest to start, while charcoal grills and smokers are valued for the woodsmoke flavor they impart. Smokers also have precise temperature control and can be used to grill, bake, roast, braise or barbecue food slowly over several hours.

Size A 22-in. charcoal grill accommodates about 13 burgers, so it can easily handle family cookouts. With two grill racks, a standard-size smoker such as the one below can hold up to 28 burgers. Gas grills, meanwhile, typically come with two, three or four burners to serve a range of gatherings, small to large.



TOOL TIME

Make grilling easier with these helpful items at Hy-Vee.

1 Grilling Tools

Stainless steel spatula, tongs and cleaning brush.

2 Griddle Toolkit

5-piece kit with stainless steel scraper, spatulas and plastic bottles to hold sauce or liquid.

3 Grill Cover

Full-length grill cover featuring heavy-duty, all-weather material for year-round use.

4 Griddle Cleaning Kit

8-piece kit with scraper, scouring tool, pads, cleaning brick tool and cleaning bricks.

5 Rear Grease Cup Liners

Disposable cup liners for simple and easy cleanup.

6 Food Thermometer

Digital instant-read thermometer with °C/°F display.

7 Griddle Seasoning

Seasoning and conditioner for cast iron griddles.

8 Grill Baskets

Dishwasher-safe stainless steel grilling baskets.

FIND GRILLING TOOLS AT HY-VEE—AVAILABLE IN STORES IN MAY.

33

BEST GRAD PARTY IDEAS

DISCOVER INSPIRED WAYS TO CELEBRATE YOUR GRAD WITH DELICIOUS FOOD, MEMORY-MAKING ACTIVITIES, GREAT GIFTS AND EVEN A FEW BUDGET-CONSCIOUS TIPS FOR HOSTING A GATHERING TO REMEMBER.

1 HOOP IT UP!
Attach balloons in school colors to a frame—like this hoop—to create a colorful focal point or a backdrop for photos.



2

SERVE IT ON A PLATTER

ORDER HY-VEE BAKERY FRESH CUPCAKES FROSTED IN A SEQUENCE OF HUES FOR AN OMBRÉ EFFECT OR ANY COLOR YOU'D LIKE. CHOOSE CAKE FLAVORS AND ICING COLORS AND DISPLAY ON A TIERED CUPCAKE STAND TO HIGHLIGHT THE LIGHT-TO-DARK COLOR PROGRESSION.

3
COFFEE BREAK
SET OUT ESPRESSO AND ICED-COFFEE MAKERS SO GUESTS CAN SAMPLE A VARIETY OF SINGLE-SERVE GOURMET COFFEES AND FLAVORED CREAMERS.

4 LAWN PARTY
Keep things active by setting up backyard croquet, badminton and other games you can purchase at Hy-Vee. Challenge kids to play adults for a little friendly competition, and award prizes to the winners.



5 FROM THE HEART
Create a box for guests to provide tips for the new grad on how to navigate college life. Put out a stack of index cards and plenty of pens for writing this helpful (or funny!) advice.

6 YESTERYEAR YUMS
Rediscover childhood treats with jelly beans, circus peanuts, gummi worms, black licorice twists and other retro candy from The Candy Shoppe at Hy-Vee.

7
COOKIE TIME
ORDER CUSTOMIZED COOKIES FROM THE HY-VEE BAKERY, THEN PLACE IN TAKE-HOME BAGS PRINTED WITH THE GRAD'S NAME, CLASS YEAR AND A CLEVER OR POIGNANT MESSAGE.





8

TABLE THAT
DECORATE TABLES
WITH A SIMPLE
RUNNER AND
INEXPENSIVE
CARNATIONS AND
CANDIES. COMPLETE
THE SETTING USING
PAPER PLATES, CUPS
AND NAPKINS IN
COMPLEMENTARY
COLORS.

BUDGET FRIENDLY

WITH HY-VEE'S HELP,
YOU CAN THROW
A PARTY THAT'S
MEMORABLE AND
ECONOMICAL.

9

GET POPPIN'
MAKE TAKE-HOME
BAGS OF POPCORN,
AN INEXPENSIVE
FOOD EASILY
CUSTOMIZED BY
ADDING RAISINS,
M&M'S, PEANUTS,
ROASTED SOYBEANS
OR OTHER SNACKS.



10 BUNDLE UP

WHEN GRILLING FOR A
CROWD, BUY HY-VEE MEAT
BUNDLE PACKS FOR EXTRA
SAVINGS COMPARED
TO ITEMS PURCHASED
SEPARATELY. CHOOSE
FROM 10 DIFFERENT
MEAT BUNDLES—STARTING
AT \$30 FOR 50 LB. OF
MEAT—FEATURING
VARIOUS COMBINATIONS
OF BRATS, PATTIES,
CHOPS AND MORE.



TRY THESE OPTIONS FROM HY-VEE CATERING

11

FIESTA DIP TRAY

This has the makings of a
Mexican fiesta featuring
generous portions of
refried beans, sour cream,
salsa, tomatoes, olives,
green onions and
shredded cheese.
Cost: \$25 Serves:
20 people.

12

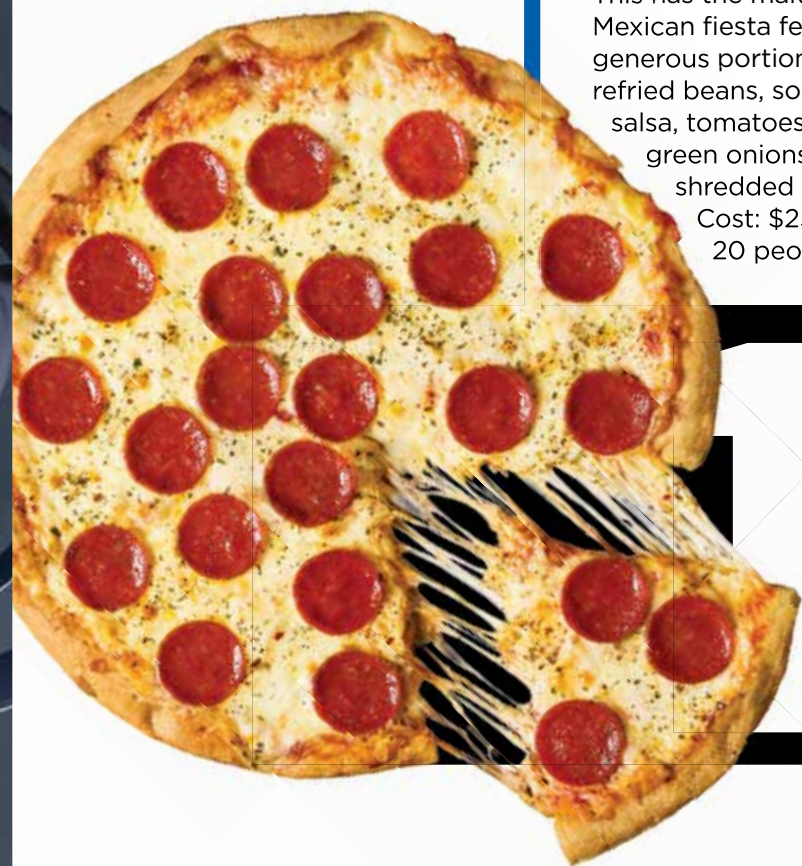
VEGGIE TRAY

Give guests a fresh and
light snacking option
packed with bite-size
vegetables including
carrots, cauliflower,
broccoli, tomatoes,
peppers, peas and ranch
dressing. Cost: \$45
Serves: 12 to 16 people.

13

PICCOLO PANINO TRAY

Sandwich lovers will
delight in the fixings
here: Choice of premium
Di Lusso deli meats
and cheeses on Hy-Vee
Bakery fresh cocktail
white or wheat rolls. Cost:
\$30 Serves: 24 people.



14

PIZZA PARTY

EVERYONE LIKES PIZZA,
WHICH IS WHY HY-VEE
CATERING OFFERS A
TEMPTING PIZZA BAR—
STARTING AT \$9 PER
PERSON—INCLUDING
CHOICE OF THREE LARGE
PIZZAS, CAESAR SALAD
AND BREADSTICKS.



15 CUSTOM CAKES

CAPTURE YOUR GRAD'S PERSONALITY OR FAVORITE SPORT OR HOBBY WITH A TAILOR-MADE CAKE. CONTACT YOUR HY-VEE BAKERY FOR IDEAS AND ORDERING INFORMATION.



16 HAND OUT DIPLOMAS

Wrap ribbon around tubular snacks such as pirouette cookies or Swiss rolls. Or make your own thrifty "diplomas" with ultra-thin slices of Hy-Vee cheese.

17

S'MORE FUN

SET UP A S'MORES BAR WITH HY-VEE MARSHMALLOWS, CRAV'N FLAVOR GRAHAM CRACKERS AND HY-VEE MILK CHOCOLATE STARS. USE A FIRE PIT, GRILL OR EVEN A MICROWAVE FOR TOASTING THE MARSHMALLOWS.



18 CHARCUTERIE CUPS

These miniature charcuterie "boards" are easy to put together with Hy-Vee specialty meats and cheeses, as well as Short Cuts fruits and veggies.

19

ICE CREAM DREAM

Let guests fill their own cones with scoops of ice cream. Hy-Vee offers many delectable options including value-priced We All Scream! vanilla, premium Ice Cream Factory cobalt cookie and more.



20

SODA STAND

Re-create an old-fashioned soda shop by setting out mason jars with paper straws. Stock a range of beverages—cola, sparkling water, Whistling Tea, Hy-Vee lemonade, Hy-Vee 2-liter soda, Gustare Vita cream soda and Hy-Vee Simply Ice—plus flavored Torani syrups and sliced fruit, so guests can make their own soda shop drinks.



21

PHOTO OP

DESIGN A FUN PHOTO-SHOOT BACKDROP WITH A COLORFUL, CUSTOMIZED BALLOON BOUQUET FROM HY-VEE. GUESTS CAN WRITE FUNNY MESSAGES WITH MARKERS ON A DRY-ERASE BOARD AS A UNIQUE WAY TO COMMEMORATE THE OCCASION.

22

PRETZEL WALL

Paint an inexpensive pegboard, then use hooks or wooden dowels to hold baked soft pretzels from Hy-Vee. Below the wall, set out condiments to accompany the pretzels, such as ranch dressing, melted cheese dip and yellow and yellow-ground mustards.



HY-VEE HAS GIFTS

LOOKING FOR A SPECIAL GRADUATION GIFT? HY-VEE HAS KITCHEN ESSENTIALS, GIFT CARDS AND FASHIONABLE APPAREL ITEMS FOR THE GRAD'S NEXT STAGE IN LIFE.



23 ALWAYS APPRECIATED

Give the gift that never goes out of style and is always received with a smile. Hy-Vee offers a variety of gift cards from credit card companies, as well as popular retailers and restaurants.

24

KEURIG
THIS K-MINI PLUS SINGLE-SERVE COFFEE MAKER IS DESIGNED TO FIT INTO TIGHT SPACES AT LESS THAN 5 INCHES WIDE AND BREWS 6 TO 12 OZ. OF DELICIOUS COFFEE FROM ANY K-CUP. AND IT IS TALL ENOUGH TO FIT TRAVEL MUGS!



30 NUTRIBULLET

The blender's extractors break down the cell walls of fruits and veggies to create delicious, nutrient-dense smoothies.



31 CHEFMAN ELECTRIC KETTLE

This 1.7-liter kettle has a classic design and boils water quickly. Color changing technology indicates heat level.



32 TOASTMASTER 2-SLICE TOASTER

Featuring wide slots to accommodate bagels, this toaster also has a defrost function and adjustable browning control.

33

JOE FRESH

ON-THE-GO GEAR

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DIETITIAN Q&A

The Case for Omega-3s

Elisa Sloss, registered and licensed dietitian and senior vice president, Private Brands, explains the importance of maintaining and monitoring omega-3 levels.



Elisa Sloss, RD, LD
Senior Vice President,
Private Brands

Q: What are omega-3s?

A: Omega-3 fatty acids (omega-3s) are components of fats contained in the foods we eat. These “healthy fats” support heart health, provide the body with energy and help cells function as they should. There are three main types of omega-3 fatty acids. Most common are ALAs (alpha-linolenic acids)—found in plant-based foods and vegetable oils, which Midwesterners typically consume enough of. However, the other two kinds, EPAs (eicosapentaenoic acids) and DHAs (docosahexaenoic acids), possess more potent health benefits, including reducing inflammation and aiding in fetal visual and neurological development. EPAs and DHAs are found primarily in fish and

fish oils, but unfortunately most Midwesterners don’t get enough of these. Talk with a Hy-Vee registered dietitian to see if you need more seafood in your diet.

Q: How can I get more fish omega-3s?

A: Eating fish at least twice a week is an effective way of raising your omega-3 level. Those with documented heart disease or who need to lower their triglyceride levels should get between 1 and 4 grams of EPAs/DHAs per day, preferably from fish.

Q: Would taking a supplement be a good way to raise my omega-3 level?

A: Although omega-3 dietary supplements (fish oil pills) may benefit certain individuals, proceed with caution and always consult with your health care provider before taking over-the-counter supplements. Depending on your existing health conditions, they may do more harm than good.

Some omega-3 supplements may interfere adversely with prescription medications you’re already taking, raise your risk of atrial fibrillation or cause unpleasant side effects. Ideally, the best way to get your omega-3s is through food, because your body absorbs them much more safely and effectively that way.

Q: What is a good omega-3 level?

A: The Omega-3 Index Test ranks a person’s omega-3 level on a scale of 0% to 12%. An index level of 8% or higher is believed to be ideal; 4% to 8% falls within the borderline category; and a score of 4% or below is considered low.

Q: How can Hy-Vee help me get a better handle on eating more omega-3-rich foods?

A: The Hy-Vee Fish Market offers a wide selection of high-quality fish to help

integrate more omega-3s into your diet. Some of the best dietary sources include mackerel, Atlantic-farmed salmon, Atlantic herring and anchovies. Those who may be allergic to fish or who follow a vegetarian or vegan diet can find many plant-based alternatives at Hy-Vee that are also high in omega-3s, such as avocados, flaxseed, walnuts and edamame.



SCAN TO SCHEDULE
an omega-3
test with a
Hy-Vee dietitian.

OMEGA-3 INDEX ZONES

*

An omega-3 score of 8% or higher is ideal. This level is associated with better brain, heart and overall health.

Desirable
8%-12%

Borderline
4%-8%

Low
<4%

Get a free screening at your local Hy-Vee to learn your omega-3 score.

In honor of March being National Nutrition Month and Global Omega-3 Day on March 3, Hy-Vee is offering a limited number of free omega-3 screenings at select locations. The initial appointment involves a noninvasive finger-prick test. During the second 15-minute session, you’ll meet with a Hy-Vee registered dietitian to receive the results. Together, you’ll review the omega-3 score and the dietitian will provide information and suggestions on how to improve the number if needed. Schedule an appointment with a Hy-Vee dietitian using the QR code to the left or visit [Hy-Vee.com/health/hy-vee-dietitians](https://hy-vee.com/health/hy-vee-dietitians)

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Graphic courtesy of OmegaQuant Analytics

BLOOMS

Set the Table for Easter Meals

Usher in spring with simple DIY projects highlighting fresh flowers from Hy-Vee.



1 TULIPS

BALL OF BEAUTY Cut holes in the top and bottom of a cabbage head with a paring knife. Use a long serrated knife to hollow out the cabbage, then insert a glass cylinder vase. Add water and flowers such as tulips, double tulips, Ranunculus and asparagus fern.

* **Green is keen:** Tulip foliage and asparagus fern act as a buffer, helping colors coordinate.

2

MINI EGG VASES

EGGSELLENT IDEA Dye eggs in your choice of colors. Cut a wide opening at the top of each with a utility knife. Empty and rinse shells, then place in egg holders from Hy-Vee. Fill shells with water and add flowers, such as sweet William, aster and miniature orchid.



* **Small wonders:** Dainty blooms work best in these small eggshell pots, which are dyed in complementary colors.

3

DINNER DECOR

THE ROYAL TREATMENT Loosely tie nontoxic fresh flowers and sprigs of greenery to a cloth napkin and place on plates with contrasting color for added appeal.



In the language of flowers, Ranunculus blooms symbolize charm and the purple of the tulips represents royalty, making them suitable for special occasions.

GRAB-N-GO Floral at Hy-Vee



NARCISSUS
Paperwhites and daffodils are traditional harbingers of spring.



BEGONIA
Bright flower clusters and rugged waxy foliage add up to lasting beauty.



OXALIS
A St. Patrick's Day favorite, it is delicate-looking but durable.



HOP TO IT
This cute bunny vase is home to mums, daisies and greens.

FOODS THAT

Help Relieve Sinus Symptoms

As springtime allergy season kicks in, learn how your diet may lessen congestion, runny nose and other sinusitis symptoms.

Beyond over-the-counter medicines and saline washes, some foods may help relieve the symptoms of sinusitis—or even help prevent it. For example, bromelain in pineapple is thought to reduce inflammation by breaking up mucus in sinuses. Vitamin C in citrus fruits and vegetables reduces histamine, the chemical that prompts excessive inflammation when fighting hay fever and other allergens. Conversely, some foods should be avoided to prevent the inflammation and congestion associated with sinusitis. Refined carbohydrates (baked goods, candy, sugared soft drinks) can worsen

sinus pressure and congestion. Saturated fats (cheese, meats, full-fat dairy) can increase inflammation. Proper hydration is also key: Drinking plenty of water thins mucus and keeps passageways moist. Sinuses are air-filled cavities that moisten and circulate the air we breathe. Normally, a small amount of watery mucus inside the sinuses traps and removes germs and irritants. Inflammation from allergens or infections swells passageways and increases mucus to cause congestion, runny nose, itchy eyes and pressure around the nose, forehead and eyes.

Spicy or no?

Capsaicin in chile peppers and other hot spices breaks up mucus and opens nasal passages for easier breathing through the nose. But it also increases mucus production in the first place. Decide whether your main objective is to loosen congestion and widen the nasal passageway, or to stop a runny nose, before reaching for the cayenne.

6 Nutrients That May Help Sinuses

These nutrients relieve symptoms by reducing inflammation, boosting the immune system or lowering chemicals that cause allergy symptoms.

BROMELAIN

Pineapples are good sources of the digestive enzyme bromelain, which may diminish inflammation and break up mucus to alleviate nasal swelling and other sinusitis symptoms such as congestion.

VITAMIN C

Bell peppers and citrus fruits such as oranges contribute vitamin C, another antioxidant that decreases levels of histamine, the chemical that provokes allergy symptoms.

QUERCETIN

Blackberries and blueberries contain the antioxidant quercetin, which preliminary research indicates may lessen allergy symptoms by preventing histamine release.

ALLIUM CEPA

Members of the onion family, including garlic and leeks, contain the chemical compound allium cepa. It may help reduce allergy symptoms by inhibiting histamine production.

VITAMIN E

This antioxidant in nuts, seeds, collard greens, spinach and asparagus reduces histamine production to relieve allergy symptoms such as runny nose.

PROBIOTICS

Greek yogurt and kefir have probiotics with “good” bacteria. They boost the immune system and assist in preventing pathogens from spreading into the sinuses.

BETA-CAROTENE IN SEAWEED APPEARS TO DECREASE INSTANCES OF ALLERGIC RHINITIS (nasal congestion), according to a study of Japanese women. The same study indicated a high dietary intake of calcium, magnesium and phosphorus may also be associated with decreased prevalence of allergic rhinitis.

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FINDS

Easter Basket Inspiration

Find toys, games, eggs and more at Hy-Vee to create Easter baskets kids will love.

EASTER BASKETS FOR KIDS

Assemble your own collection of gifts by filling a Mickey Mouse basket with fun items, including bottles of bubbles, UNO cards, plush Peeps, a set of Hot Wheels and Crayola glitter chalk.

SCAN TO SHOP
ready-made gift
baskets at Hy-Vee.



PICK A BASKET

Choose from a variety of basket colors and styles to fill with Easter goodies.



Woven baskets are a traditional touch.



Cute dinos on the march adorn this blue pail.



This pastel pail features an adorable white bunny.



Bright colors make this woven basket a star.



1 PEEPS PLUSH

Snuggle up with a giant stuffed Peeps bunny (it's almost as big as an Easter basket!).

2 CRAYOLA UNICORN HORNS CHALK
Make outdoor drawings even more magical with multicolor chalk sticks.

3 MARVEL PLUSH
Inspire your little superhero with soft, squishy toys identical to their favorite heroes.

4 CHICK AND DINOSAUR PLUSH TOYS
These super-soft chick and dino toys are great for young kids on Easter.

5 GAZILLION SPINNIN' BUBBLES
Create more bubbles than ever before with a spinning wand and dipping tray.

6 PEEPS TOYS
Get creative with soft putty or place the dissolvable egg in water to grow your own Peep.

7 POLLY POCKETS
Polly Pocket dolls are ready for whatever adventures a child's imagination can create.

8 JURASSIC WORLD DINOSAURS
Kids will love the small plastic replicas of favorite prehistoric creatures.

9 BARBIE DOLLS
Spark imagination with pajama party Barbies, available in three variations.

10 MATCHBOX AND HOT WHEELS
Kick off an Easter morning race with Matchbox rigs and Hot Wheels vehicles.

EGG-STRA FUN

Pack any gaps with Easter eggs filled with candy or toys.



Fill small eggs with treats and jumbo egg with toys.



Classic plastic eggs are great for holding candies.



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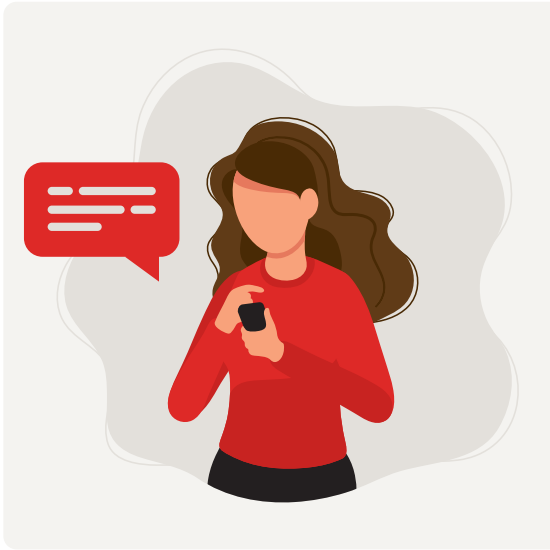
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MEAL MAKEOVER

Mashed Potatoes

Swap out the spuds with lima beans for a creamy alternative that’s higher in protein, fiber and iron to boost your energy level.

Whipped Lima Beans with Roasted Garlic

Total Time 1 hour
10 minutes
Serves 8 (¾ cup each)

- 1 medium bulb garlic**
- 1 Tbsp. Gustare Vita olive oil**
- 2 (16-oz.) pkg. Hy-Vee frozen baby lima beans**
- 1 cup water, divided**
- ¾ cup unsweetened almond milk yogurt**
- 1 tsp. Hy-Vee salt**
- 1 tsp. Hy-Vee coarsely ground black pepper, plus additional for garnish**
- 2 Tbsp. vegan buttery stick**
- 1 tsp. chopped fresh sage, plus 3 sage leaves**

1. PREHEAT oven to 375°F. Cut a small sheet of foil; set aside. Cut off a thin slice from the top of the garlic bulb to expose ends of individual cloves. Remove any loose, papery outer layers. Place garlic bulb, cut sides up, on center of foil. Drizzle with olive oil. Bring up 2 opposite sides of foil. Double-fold top, then double-fold ends to seal packets. Place in a shallow baking pan. Bake for 40 to 45 minutes or until soft.

2. MICROWAVE 5½ cups frozen lima beans according to pkg. directions. Reserve remaining lima beans for another use. Carefully squeeze the base of 7 garlic cloves and push each

clove up and out of its paper husk; mash cloves in a small bowl. Reserve remaining roasted garlic cloves for another use.

3. PLACE cooked lima beans, ¾ cup water, yogurt, mashed garlic, salt and 1 tsp. pepper in a blender. Cover and blend until smooth, stopping to scrape down sides as needed. (A few bean pieces will remain.) Add enough of the remaining ¼ cup water to blend for desired consistency. Set bean mixture aside.

4. FOR SAGE BUTTER, melt vegan buttery stick in a small nonstick skillet over medium heat. Add chopped sage and sage leaves; cook for 30 to 40 seconds or until the color of leaves begins to change, turning leaves halfway through. Remove sage leaves.

5. TRANSFER lima bean mixture into a serving bowl. Drizzle with sage butter. Garnish with fried sage leaves and, if desired, additional black pepper.

Per serving: 210 calories, 6 g fat, 15 g saturated fat, 0 g trans fat, 0 mg cholesterol, 380 mg sodium, 30 g carbohydrates, 7 g fiber, 0 g sugar (0 g added sugar), 9 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 10%

GF GLUTEN-FREE **V** VEGETARIAN DISH



LIMA BEAN LOWDOWN

Lima beans, also called butterbeans, are more velvety and buttery than other legumes because of their higher starch content. This makes them—much like potatoes—ideal for whipping.

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COMING SOON



 **VERY BELLISSIMA™**

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SLÁINTE!

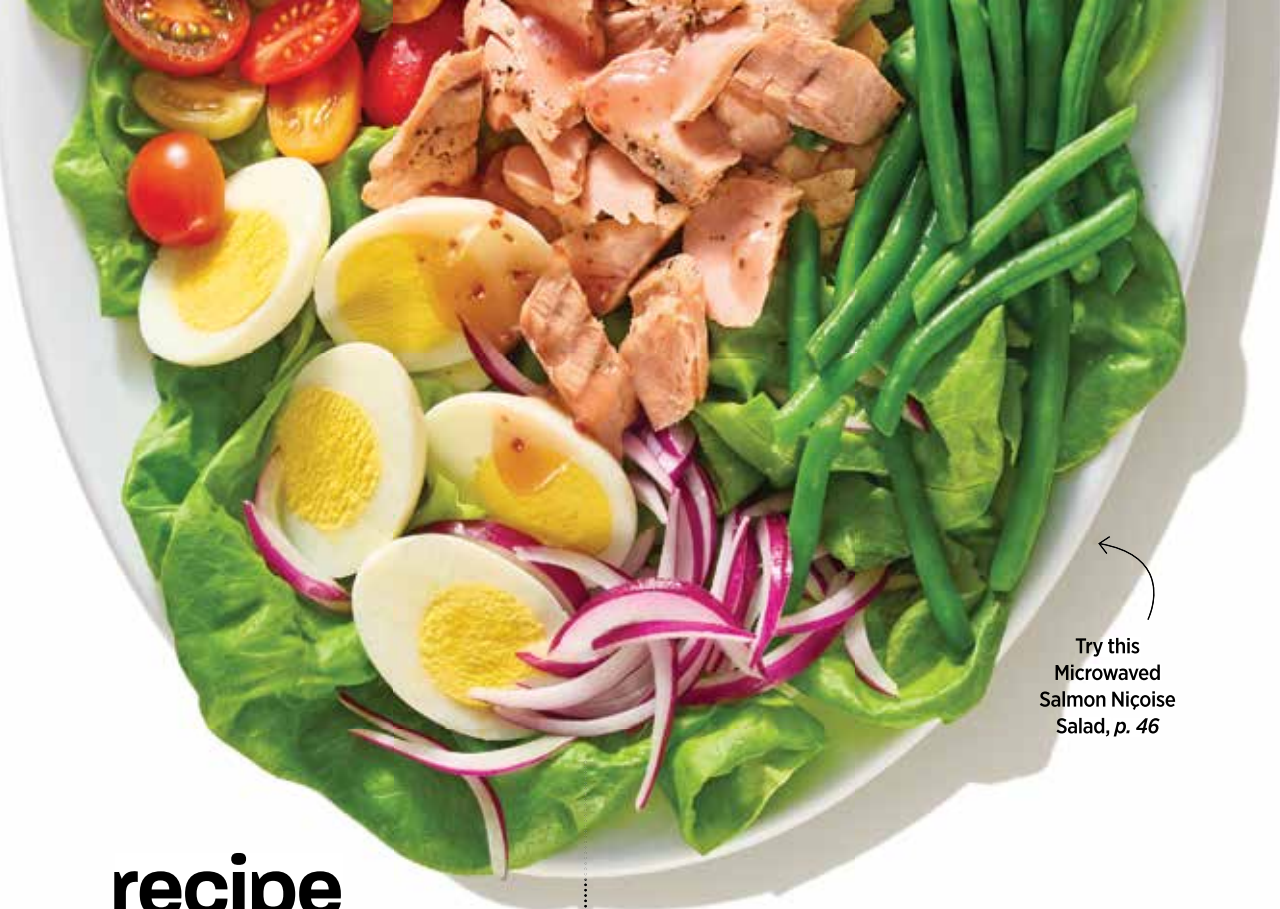
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30 minutes or less
20 minutes or less
10 minutes or less
GF option
V option
30 MINUTES OR LESS **20 MINUTES OR LESS** **10 MINUTES OR LESS** **GLUTEN FREE** **VEGETARIAN DISH**

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