

HyVee[®] SEASONS[®]



SWEET
SPRING

march/april

Goes great with celebrating together.



MARCH/APRIL 2024



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DONNA TWEETEN
PRESIDENT, HY-VEE, INC.

Spring is a time of refreshment and growth. In this issue, you'll find ideas to reawaken your senses and give new life to your routines and experiences.

Enliven moments this season with Mexican grill recipes that bring the heat for a fiesta (*page 32*), tasty game-day eats for your watch party (*page 66*) and catering, decor and gift solutions from Hy-Vee for the perfect graduation party (*page 74*).

Welcome spring with floral DIY projects (*page 84*) and fun Easter-theme food and craft projects for all ages (*page 46*). Round out the festivities with Hy-Vee Holiday Meal Packs for a simplified Easter dinner (*page 22*).

Refresh meal routines by adding fresh seafood to salads (*page 62*), batch-cooking flavorful meal prep recipes (*page 40*) and replenishing your diet with nutrient-rich foods (*page 90*).

Enjoy the spring rejuvenations!

HY-VEE SEASONS IS DIGITAL!

Hy-Vee Seasons magazine content—including previous issues—is available anytime, anywhere. Visit Hy-Vee.com/seasons

TAKE. BAKE. MAKE EVERYONE HAPPY.



MIA
ITALIAN

Enjoy convenience without compromise. Every MIA Italian take-and-bake pizza is made with fresh ingredients, packed with flavor, affordably priced – and best of all – ready in 15 minutes or less. Make any night a pizza night with MIA Italian.



Exclusively at
HyVee

AISLES

New & Noteworthy at Hy-Vee

Ghirardelli Milk Caramel Waffle Cone

Ghirardelli is famous for its rich, luscious chocolates filled with indulgent ingredients. New milk caramel waffle cone squares feature creamy milk chocolate studded with crisp pieces of waffle cone and gooey caramel centers.

STOP IN AT YOUR LOCAL HY-VEE STORE OR VISIT HY-VEE.COM/SHOP TO FIND **EXCITING NEW PRODUCTS**.



Shameless Snacks

Indulge your sweet tooth with better-for-you gummy candies that contain just 70 calories and 3 grams of sugar per bag. Made with real fruit and no artificial colors, the gummies are also vegan and keto-friendly, with 26 grams of dietary fiber in every serving.



OMG Peach



Wassup Watermelon



Red Raspberry Sour Scouts



Super Sour Blue Raspberry



Super Wild Worms

Ghost Hydration

Ghost hydration drink offers several delicious flavors that help replenish electrolytes and boost vitamin C:

- Sour Patch Kids Redberry
- Sour Patch Kids Blue Raspberry
- Kiwi Strawberry
- Lemon Lime
- Orange Squeeze



Winslow's Soups

Bring coastal flavors home for dinner with seafood soups from Winslow's. Four delectable heat-and-eat flavors feature a variety of seafood and seasonings:

- Lobster Bisque
- Cajun Style Gumbo
- Clam Chowder
- Shrimp & Roasted Corn Chowder



Coca-Cola® Spiced

It's Coca-Cola®, only spiced. Coca-Cola® transforms the familiar into the extraordinary. Blending the iconic taste of Coca-Cola® with a burst of refreshing notes from raspberry and spiced flavors, Coca-Cola® Spiced offers an uplifting taste experience unlike any other. Try the new Coca-Cola® Spiced.



BODYARMOR Flash I.V.



BODYARMOR Flash I.V. delivers rapid rehydration. With electrolytes, zinc for added immune support and no artificial sweeteners or flavors, BODYARMOR Flash I.V. can help you recover no matter the occasion. Try these refreshing flavors at Hy-Vee:

- Orange
- Tropical Punch
- Strawberry Kiwi
- Grape



Basin

Pamper yourself with luxury bath and body items made cruelty-free with all-natural ingredients. Enjoy the latest fragrant, fresh scents like lemon and bergamot or fruity morning cereal, and soften skin with beautiful slices of colorful soap.



Japanese Cherry Blossom Soap



Italian Summer Bath Bomb



Saturday Morning Swirl Bath Bomb

Kristin Ess Hair

Try this affordable luxury line of styling and hair care products, formulated for all hair types. All Kristin Ess Hair products are certified cruelty-free by PETA's Caring Consumer program and never tested on animals.



Find Kristin Ess Hair cleansing and styling products at Hy-Vee.

- Instant Lift Thickening Spray
- Refine Signature Finishing Hairspray
- The One Signature Shampoo
- The One Signature Conditioner
- Weightless Shine Leave-In Conditioner
- Style Reviving Dry Shampoo
- Weightless Shine Air Dry Crème

aisles NEW & NOTEWORTHY PRODUCTS AT HY-VEE

Savory Snacks

STOCK UP ON CRUNCHY, SALTY PRETZELS AND FRIES.



Stellar Pretzel Braids

Mother-daughter duo Elisabeth and Gina Galvin founded Stellar Snacks, offering kosher vegan pretzels in delicious flavors:

- Simply Stellar
- Maui Monk
- Bold & Herby
- Sweet & Sparky



The Daily Crave

These gluten-free snacks are kosher-certified and made with non-GMO potatoes by seasoning, baking and frying until perfectly crisp.

- Taco DII-licious Fries
- Sea Salt Fries



Sparkling Ice

Fizzy, zero-sugar sparkling water meets classic candies with Sparkling Ice's new Starburst flavors. Available in strawberry, cherry, lemon and orange, each flavorful drink offers nutrients such as antioxidants, and vitamins A and D. Each drink also uses naturally sourced colors, and no dyes.

HyVee

INDYCAR RACE WEEKEND

JULY 12-14

Iowa Speedway - Newton, Iowa

LUKE COMBS
PRE-RACE

ERIC CHURCH
POST-RACE

KELSEA BALLERINI
POST-RACE

POST MALONE
POST-RACE



TICKETS ON SALE NOW

Scan here to purchase tickets or visit hyveeindycarweekend.com

grown at

HOME



LIMITED TIME FLAVOR
Enjoy the classic Lay's Potato Chip crunch with a new tangy and creamy flavor combination of fried pickles and ranch, available at Hy-Vee.

locally grown

LAY'S POTATO CHIPS ARE MADE WITH REAL, SUSTAINABLY SOURCED POTATOES GROWN ON LOCAL FARMS.

101

Avocado

High in fiber and healthy fats, the rich flesh of this fruit can be added to an array of meal plans and dishes.

Avocados have bumpy skin and a buttery flesh when ripe that has a slight earthy, but neutral flavor. Originating from Mexico, avocados are classified as fruits with a center pit. Besides guacamole, avocados work well in salad dressings, sandwiches, grain dishes, sauces, salads, baked goods and more. They are low in sugar and higher in monounsaturated (healthy) fats than carbohydrates, making them popular in low-carb and low-cholesterol diets. They are high in folate, a B vitamin crucial for tissue growth and normal cell function.

BUY Hass avocados are the most common type and are available year-round at Hy-Vee. To use immediately, pick avocados with dark skin that gives slightly when squeezed. Avocados that are light green and firm will need to ripen for a few days. Avoid avocados with shriveled skin.

STORE Whole avocados can be stored at room temperature. Place in direct sunlight to speed ripening. Store cut avocados in the refrigerator to slow enzymatic browning of the flesh, beginning after oxygen exposure.

PREP Cut along the exterior lengthwise with a knife. Separate the halves. Place your index and middle fingers on the flesh on either side of the pit and your thumb behind the avocado on the skin. Push into the center with your thumb until the pit pops out.



TIP

To slow the browning of avocado flesh, brush with lemon or lime juice, wrap tightly with plastic wrap, or seal in an airtight container for storage in the refrigerator.



Scan for Hy-Vee recipes featuring avocados.

WAYS TO ENJOY

Diced

Lay skinless, pitless avocado half on a cutting board and dice 1/2 inch thick. Add to tacos, salads, soups or grain dishes.

Mashed

Scoop out the flesh of a halved, pitless avocado. Mash in a bowl to spread on sandwiches, toast or crackers.

Puréed

Put avocado flesh in a food processor to purée and use as a substitute for butter or oil in baking recipes (1 cup avocado = 1 cup butter).

Sources: hsph.harvard.edu/nutritionsource/avocados/
health.clevelandclinic.org/why-avocados-are-a-healthy-addition-to-your-diet/

FIND IT AT HY-VEE

Starfrut Gourmet ECO Ice Cream Scoop

An eco-friendly and BPA-free scoop made with natural wheat husk and an acacia wood handle.

7.9 in.; each
9.99

No-Churn Avocado-Miso Caramel Ice Cream

Hands On 45 minutes

Total Time 45 minutes plus freezing time

Serves 10 (2/3 cup each)

3/4 cup caramel dessert sauce
3 Tbsp. mellow white miso soybean paste

1/2 cup lightly salted and shelled pistachios, chopped; plus additional for garnish

2 large ripe avocados, seeded, peeled and chopped (2 cups)

1 (14-oz.) can Hy-Vee sweetened condensed milk

3 Tbsp. finely chopped fresh mint, plus additional leaves for garnish

1 Tbsp. lime zest, plus additional for serving

1/4 cup fresh lime juice

2 cups Hy-Vee heavy whipping cream

1. WHISK together caramel sauce and miso paste in a small bowl. Fold in 1/2 cup pistachios; set aside.

2. PLACE avocados, condensed milk, 3 Tbsp. mint and 1 Tbsp. lime zest and juice in a food processor. Cover and process for 1 1/2 to 2 minutes or until smooth,

stopping to scrape down sides as needed. Transfer to a large bowl; set aside.

3. BEAT heavy cream in another large bowl with an electric mixer on high until stiff peaks form (tips stand straight).

4. FOLD whipped cream into avocado mixture. Pour half of the mixture into a 9x5-in. loaf pan or 2-qt. freezer-safe container. Drizzle with 2/3 cup of caramel-miso sauce. Gently swirl sauce into avocado mixture using a butter knife.

5. POUR remaining avocado mixture on top. Drizzle with remaining 1/2 cup caramel-miso sauce; slightly swirl. Cover and freeze for 6 hours or until firm.

6. TO SERVE, garnish with additional pistachios and mint, if desired.

Per serving: 420 calories, 25 g fat, 14 g saturated fat, 0 g trans fat, 75 mg cholesterol, 230 mg sodium, 44 g carbohydrates, 3 g fiber, 35 g sugar (30 g added sugar), 5 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 0%, Potassium 6%



GLUTEN-FREE



SPRING SHOWERS BRING

BOLD FLAVORS

SNACK TIME JUST GOT CHEESIER WITH NEW TASTES AND TEXTURES FROM CHEETOS®.

Try the new CHEETOS® Pretzels, available in Cheddar and FLAMIN' HOT® varieties, along with CHEETOS® Crunchy Buffalo for the perfect crunch.



SCAN TO SHOP CHEETOS® at Hy-Vee.



QUICK FIXES

Kitchen Cleanup Hacks

Enjoy the meals you crave without tedious tidying using a few handy products and household staples that practically do the work for you.



AIR FRYER LINERS

Save time scrubbing air fryers with protective liners that catch crumbs and sticky messes, while still allowing air to circulate for perfectly crisp foods.



SOLIDIFY COOKING OIL

Handling leftover cooking oil can be a messy, greasy hassle. In 3 steps, FryAway products transform leftover cooking oils into solid organic waste—minimizing spills, clogged drains and the need for jars. Simply stir FryAway into hot oil, let cool, and toss after it solidifies.

REMOVE STAINS

Lift stains on countertops caused by foods like berries, tomatoes and more with ¼ cup baking soda and just enough water to create a paste. Put the paste on the stain, cover with plastic wrap and set for an hour. Wipe away and repeat as needed.



STEAM CLEAN

For stubborn messes in the microwave, combine 2 cups water, ½ cup vinegar and 2 Tbsp. lemon juice in a microwave-safe bowl. Microwave for 5 minutes and let it steam for 2 to 3 more minutes with the door closed. Then wipe the inside down.

FIND IT AT HY-VEE



Chefman Air Fryer Liners
Fitting 2- to 3-qt. air fryers, this set of 100 liners is safe up to 450°F. 5.5 in.
9.99



FryAway Deep Fry
Two included packs solidify up to 8 cups of leftover oil each. 4.2 oz.
10.99



FryAway Pan Fry
Four included packs solidify up to 2 cups of leftover oil each. 2.1 oz.
8.79



FryAway Super Fry
This scoopable FryAway powder solidifies 5 quarts of leftover oil. 7 oz.
13.99

ANYTIME CRUNCH'N



NEW

TATER TREATS

crav'n FLAVOR
IT'S SERIOUS SATISFACTION.

BASICS

Sous Vide

Enjoy perfectly cooked seafood, steaks and more with this simple, set-and-forget cooking technique.

WHAT IS SOUS VIDE?

Literally meaning “under vacuum” in French, sous vide refers to slowly cooking food in a temperature-controlled water bath. Foods such as salmon, steak, shrimp, chicken and even eggs can be sealed in a plastic bag with seasonings, then cooked in hot water.

HOW DOES IT WORK?

A tool called an immersion circulator keeps the water at a constant temperature by drawing water in, heating it and recirculating it through the water bath. This process cooks food slowly at a low, even temperature.

WHAT ARE THE BENEFITS?

The sous-vide process makes it easy to cook a large batch of food with precision. For example, steaks can be cooked to a certain doneness, like medium rare, while maintaining their juiciness. It's also very difficult to overcook sous-vide foods: the long cook time allows food to hold at the right temperature, sometimes for hours, without overcooking. Finally, cooking in a bag helps seal in moisture and flavor, leading to juicier, more tender proteins.

HOW TO SOUS VIDE



STEP ONE

Season food (such as fish, chicken, steak, veggies or eggs) as desired. Place in a bag, adding aromatics such as fresh herbs if desired.



STEP TWO

Seal the bag shut with a vacuum sealer or by dipping a freezer-safe resealable plastic bag in water to help force out any extra air.



STEP THREE

Submerge the bag in a preheated water bath. Sous-vide according to manufacturer's instructions and timings.



STEP FOUR

Remove protein from bag. If desired, quickly sear in a heated skillet to create a dark crust. Add additional seasonings as desired.



FIND IT AT HY-VEE

Crock-Pot Programmable Slow Cooker with Sous Vide

This two-in-one appliance has digital controls to easily set time and temperature and a detachable probe for sous vide.

6-qt. capacity

79.99

Bring more to the table.



Hy-Vee Mealtime To Go makes it a whole lot easier to please the whole family. Order your ready-to-eat or heat-and-serve meals online and pick them up curbside.



SCAN THE CODE TO ORDER IN THE APP



SOLUTIONS

Frozen Foods

March marks National Frozen Foods Month, a good time to discover the benefits of shopping products in the frozen food aisles at Hy-Vee.



VARIETY, SIMPLICITY & LONGEVITY

When you browse the freezer aisles at Hy-Vee, you'll find plenty of budget-friendly products that include every food group and complement many lifestyles. Pick out entrées, produce, sides, breakfasts, novelties and plant-based and allergy-sensitive foods. Beyond

the variety, shopping frozen can save time and waste for busy families and individuals. Avoid peeling, cutting and other prep work with ready-to-use items that easily and quickly can be incorporated into meal plans. According to the USDA, frozen foods can

safely be kept indefinitely, and the dates on frozen food packaging are for quality only. The long shelf life of frozen foods allows you to use what you need in the moment and save the rest in the freezer for the future, which may reduce the chance of wasted food and money.

INFORMED DIETARY DECISIONS

Like all commercially sold food, frozen foods at Hy-Vee are regulated by the FDA, USDA or both. These agencies require nutrition facts, including portion size, and ingredients lists on packaging. These detailed labels can help you make informed purchasing and dietary decisions compared to dining at restaurants where less information is typically provided for similar meals.

SHOP HY-VEE FROZEN BRANDS

Explore some of the high-quality and cost-saving brands exclusive to Hy-Vee that offer a wide variety of delicious frozen food products, helping you save time, money and waste without compromising flavor or nutritional value.



HY-VEE

Find the quality you love at a great value when you choose your favorite Hy-Vee brand frozen food products. With pre-portioned meat, fruit, steam-in-bag vegetables, breakfast items and desserts, there is something for everyone.



TONUCCI

Traditional Italian flavor meets real Wisconsin mozzarella cheese in six delicious varieties of simple, oven-ready Tonucci frozen pizzas: cheese, pepperoni, sausage, supreme, 4 meat and pepperoni and sausage.



FULL CIRCLE MARKET

The organic frozen entrées and produce of Full Circle Market offer all-around goodness with simple, quality ingredients at a great value. Varieties include chicken pad thai, power bowls, veggie burgers and steam-in-bag vegetables.



CRAV'N FLAVOR

Never find yourself without the comfort foods you spontaneously crave with delicious Crav'n Flavor products. With frozen mozzarella sticks, pizzas, mac and cheese bites, egg rolls and more, you'll find convenience and flavor with these products.



TIL THE COWS COME HOME

Find the perfect ice cream flavor to match your mood with Til the Cows Come Home. Find fun pint-size flavors such as It Was Mint to Be, Mind Your Pecan Qs, Shiver Me Truffles, One Tough Brookie and Pretty Please with a Cherry on Top.



HYCHI FROZEN

Experience the Hy-Vee Chinese recipes you know and love in a new way with frozen entrées made with the same high standards as Hy-Vee Asian Express. Find frozen, family-size bags of orange chicken and General Tso's chicken.



GUSTARE VITA

A curated collection of authentic Italian flavors and ingredients made with traditional methods. Discover ready-in-7-minute fettuccine Alfredo, ricotta and spinach ravioli, penne with marinara and more in the freezer aisle.



Good Graces.

GOOD GRACES

It's easy to accommodate gluten-free diets and healthy lifestyles for less with Good Graces. Find gluten-free frozen ravioli, chicken tenders, fish sticks and plant-based, nondairy desserts that are easy on your wallet.



THAT'S SMART!

Get the necessities your family needs at an everyday low price with That's Smart! brand products. Look for frozen pre-cut vegetable varieties, breakfast foods, pizzas and light ice cream in the freezer aisle.



IT'S YOUR CHURN

With It's Your Churn premium ice cream, you'll find a creamy and satisfying novelty dessert for less in traditional flavors you'll love—chocolate, vanilla bean, cookies and cream, peanut butter cup, Moose Tracks and more.

4 TIPS ON FROZEN FOOD

1. STORE IT QUICKLY

Add frozen foods to your cart toward the end of your grocery shopping trip and unload them from vehicle to home freezer immediately upon arrival. Do not keep these foods outside of a freezer for more than 2 hours, or 1 hour if the outside temperature is 90°F or above. This could lead to bacteria growth and reduction in quality.

2. KEEP FREEZERS COOL & EFFICIENT

Maintain a freezer temperature of 0°F or below to safely keep food. Avoid overpacking your freezer, which can lead to poor air circulation and improper temperatures. Use a frost-free freezer or manually defrost it once a year to boost efficiency.

3. STAY ORGANIZED

Group foods into categories in your freezer for meal prep ease. Check all foods weekly to pull the older items to the front of the freezer to use first, minimizing waste. Check packaging for storage dates to determine what should be pulled forward.

4. FOLLOW INSTRUCTIONS

Always follow preparation instructions specified on packaging for safety, including cooking time and temperature. Most frozen foods have different requirements. Know your microwave wattage for microwaveable foods.

Sources (entire story): [fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/freezing-and-food-safety](https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/freezing-and-food-safety)
[fda.gov/consumers/consumer-updates/are-you-storing-food-safely](https://www.fda.gov/consumers/consumer-updates/are-you-storing-food-safely)

LEVEL UP

French Boule

Impress your brunch guests with a fresh loaf of artisan bread in this breakfast classic spin-off that you can prepare the night before.



HY-VEE BAKERY
ARTISAN
FRENCH BOULE

+



Janet's Finest Compotes
Mixed Berry Jalapeño

+



Hy-Vee Large Eggs

+



Coffee Mate French Vanilla
Liquid Coffee Creamer

+



Hy-Vee Short Cuts
Triple Berry Blend

V
option
VEGETARIAN
DISH

FRENCH TOAST CASSEROLE WITH BERRY JALAPEÑO SYRUP

Whisk together 1/4 cups Coffee Mate French Vanilla Liquid Coffee Creamer and 5 Hy-Vee large eggs. Pour mixture into a 17x11-in. rimmed baking pan. Cut 1 (21-oz.) loaf Hy-Vee Bakery unsliced French boule into 3/4-in.-thick slices; halve slices. Place bread pieces, in a single layer, in egg mixture in baking pan. Let stand for 4 to 5 minutes or until almost all of the liquid is absorbed, turning halfway through. Arrange and slightly overlap slices in a 13x9-in. baking dish sprayed with Hy-Vee vegetable oil cooking spray. Pour remaining egg mixture over bread. Bake, uncovered, in a 350°F oven for 50 to 55 minutes or until bread is slightly crisp and custard is set. For syrup, bring 2 cups Hy-Vee Short Cuts Triple Berry Blend and 2 (5.5-oz.) jars Janet's Finest Compotes Mixed Berry Jalapeño compote to a simmer in a medium saucepan over medium heat. Simmer for 7 to 8 minutes or until thickened, stirring often; cool slightly. Spoon half over French toast and top with an additional 1 cup Hy-Vee Short Cuts Triple Berry Blend. Serve with remaining syrup. Serves 8 (2 each).

FIND IT AT HY-VEE

Pyrex Deep Glass Baking Dish with Lid

This deep dish includes tempered glass for even heating and a secure-fit lid to keep contents fresh.

9x13x3 in.; 5-qt. capacity
12.99

Hy-Vee Bakery Artisan French Boule

Hardy French boule stands up to the soaking step of this French toast casserole recipe. It is prepared by hand using traditional methods, then baked fresh for the best flavor and texture. Available daily in the Hy-Vee Bakery.

FIND IT AT HY-VEE

Janet's Finest Compotes

All-natural compotes made in the Midwest in a variety of fresh and vibrant flavors.

select varieties
5.5 oz

10% OFF

Don't miss a play.

Shop online and save time with Aisles Online grocery pickup and delivery.



Hy-Vee
aisles
online



Scan to download our mobile app

 **ONE MEAL.**

 **ONE WELL.**

 **ONE TREE.**

 **ONE GOAL.**

Hy-Vee

 **ONE** STEP

All it takes is ONE Step

Together, we can make the world better, one step at a time.
That's because a portion of the proceeds from every Hy-Vee ONE STEP product sold goes directly to help fund worthy causes - such as feeding the hungry, providing clean water, planting trees, and more. Help us help even more people by buying Hy-Vee One Step products next time you shop.



Learn more about the Hy-Vee One Step program.

MARCH/APRIL 2024



SIMPLE EASTER | SPRING BREAK MEXICAN GRILL AND CANTINA | MEAL PREP MAGIC |
HOPPY EASTER: 17 FUN FAMILY FOOD CRAFTS | LAZY DINNERS | SEAFOOD SALADS |
BUZZER-BEATING BITES | SAVE THE DATE

SIMPLE EASTER

EASY DINNER DRESS-UPS

EASTER IS EASY THANKS TO HY-VEE. ORDER YOUR HY-VEE HOLIDAY MEAL PACK FOR THE CELEBRATION, THEN PERSONALIZE IT WITH QUICK, EASY RECIPES.

5 WAYS HY-VEE MAKES EASTER SIMPLE

STUNNING CENTERPIECES

Set a welcoming spring table with a centerpiece from Hy-Vee Floral. Choose from a selection of bouquets and centerpieces at Hy-Vee, or work with a florist to order a custom arrangement.

WINE & SPIRITS

Pick up beer, wine and more from Hy-Vee, along with alcohol-free options for your guests. Hy-Vee's Wine & Spirits experts can offer recommendations and pairing ideas that will match your meal.

ELEGANT SERVEWARE

Shop Hy-Vee before the holiday for an assortment of sophisticated serving dishes and trays for sides, appetizers, desserts and your main entrée.

HEAT-AND-EAT HY-VEE HOLIDAY MEAL PACKS

Leave the cooking to Hy-Vee and order a fully cooked ham, turkey or prime rib Hy-Vee Holiday Meal Pack for dinner, with a selection of side dishes included.

DELICIOUS DESSERTS

Stop by the Hy-Vee Bakery for cream pies, fruit pies, cookies, cakes and other sweet treats to complete your meal.



SCAN TO
ORDER
a Hy-Vee
Holiday
Meal Pack.

EASTER GRAZING BOARD

Entertain guests with this easily customizable sampling of tastes and textures from Hy-Vee.

To give the board a fresh, spring feel, fill in extra space with bright foods like pea pods, red radishes and blanched asparagus.



1



2



3



4



5

FIND IT AT HY-VEE

1. Blue Diamond Almond Nut-Thins

Thin, crisp gluten-free crackers are made with a blend of rice flour and nuts, with flavors such as hint of sea salt, pecan, Cheddar cheese and more.

select varieties
4.25 oz.

3.99

2. Mezzetta Olives

Sourced from family farms in Italy, Greece and Spain, Mezzetta olives include only the highest quality ingredients to showcase delicious fillings such as bleu cheese, garlic and jalapeño.

select varieties
8 to 10 oz.

7.49

3. Columbus Sliced Charcuterie

With more than 100 years of history crafting top-quality products, Columbus Craft Meats offers a variety of premium sliced charcuterie options, including Italian dry salame, Genoa salame and Calabrese salame.

select varieties
10 to 12 oz.

9.98

4. Roth Havarti Cheese

This Wisconsin cheesemaker sources milk from family dairy farms, and has earned more than 200 awards. Rich, smooth Havarti is available in flavors such as horseradish, dill and French onion.

select varieties
6 oz.

3.99

5. Président Cheeses

Prepared with traditional French techniques and 100% cow's milk, find rounds and logs of creamy Brie, and rounds of earthy Camembert.

select varieties
6 or 8 oz.

5.99

CARROT MIMOSA

Stir together 20 oz. no-sugar-added 100% carrot juice, 8 oz. Hy-Vee freshly squeezed orange juice, 4 oz. Aperol liqueur and 2 Tbsp. refrigerated ginger paste in a 4-cup glass measuring cup. Cover and refrigerate for 2 to 3 hours. Wrap 1 purple carrot ribbon alongside the inside of each of 10 (9-oz.) champagne flutes. Partially fill flutes with ice cubes; place in freezer until ready to serve. To serve, strain carrot mixture through a fine-mesh sieve set over a 9-cup pitcher; discard mixture in sieve. Pour 1 (750-ml) bottle brut sparkling wine, chilled, down the inner side of the pitcher to prevent over-fizzing; gently stir. Pour carrot mimosa into prepared flutes. Garnish with carrot tops, if desired. Serves 10 (5½ oz. each).



READY-MADE FLORAL

FIND IT AT HY-VEE Mud Pie Beaded Terracotta Pitcher

This glazed white pitcher features large beaded details and is dishwasher- and microwave-safe.

70-oz. capacity

39.00

Add a finishing touch to your table with a centerpiece from Hy-Vee Floral. Choose from seasonal options featuring bright spring flowers like tulips or daffodils, and browse ready-made arrangements in stores and online. To order a custom arrangement, talk to a florist or visit Hy-Vee.com/shop



SCAN TO
SHOP
ready-made
floral at
Hy-Vee.

ELEGANT EASTER SERVEWARE

Shop matching Mud Pie serveware at Hy-Vee for a sophisticated table.



Mud Pie, an award-winning decor and lifestyle brand, has been perfecting its ceramic dishes since 1988. Founded by Marcia Miller and beginning with a 10-item line, Mud Pie now offers hundreds of kitchen and decor items. Find stylish, seasonal serveware and decor at Hy-Vee.



1

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4

5

To help maintain the glazed finish, hand-wash most serving dishes unless they are noted as dishwasher-safe.

6

7

8

Small feet on this paddle serving board elevate appetizers above other serving dishes on the table.

FIND IT AT HY-VEE

1. Mud Pie Beaded Serving Bowl
This stunning glazed terra-cotta bowl could be used to display seasonal decor, hold fruit or serve side dishes. It's also both dishwasher- and microwave-safe.
5×12 in.
55.00

2. Mud Pie Beaded Tray and Dip Set
Serve appetizers and snacks on a stylish glazed terra-cotta tray with a matching beaded dip bowl; both serving dishes are dishwasher-safe.
4×14-in. tray;
3.75×2-in. dip bowl
34.00

3. Mud Pie Marble Beaded Board
Easily carry appetizers from kitchen to table with a round marble serving board; includes two convenient mango wood bead handles in a white distressed finish.
12 in.
28.00

4. Mud Pie Beaded Serving Bowl Set
A large glazed terra-cotta bowl with oversize beads is perfect for serving salads and sides; two mango wood serving utensils are included.
4.5×13-in. bowl;
10.5-in. utensils
44.00

5. Mud Pie Beaded Chip and Dip Set
Match other serving dishes with a white glazed dolomite chip bowl with a smaller dip dish attached in the center. Both dishes are microwave-safe for easy heating and serving.
3.5×13 in.
39.00

6. Mud Pie Square Beige Marble Board Set
Great for serving small bites and appetizers, the set includes a stainless steel spreader with a rattan-wrapped handle.
8×6.5-in. board;
5.5-in. spreader
18.00

7. Mud Pie Beaded Triple Dip Dish Set
Set out a trio of dips with these three connected, white glazed terra-cotta bowls with beading details; a distressed wooden serving spoon is included.
4.25×12.75-in. bowl;
5.5-in. spoon
32.00

8. Mud Pie Beaded Paddle Board Set
This mango wood serving board includes small beading around the edges and a distressed finish, plus a stainless steel spreader.
5.5×31-in. board;
5.5-in. spreader
38.00

FIND IT AT HY-VEE

Mud Pie Bead Handle Platter

This long, stylish platter features a dishwasher- and microwave-safe glazed terra-cotta finish.
8.75×14 in.
35.00



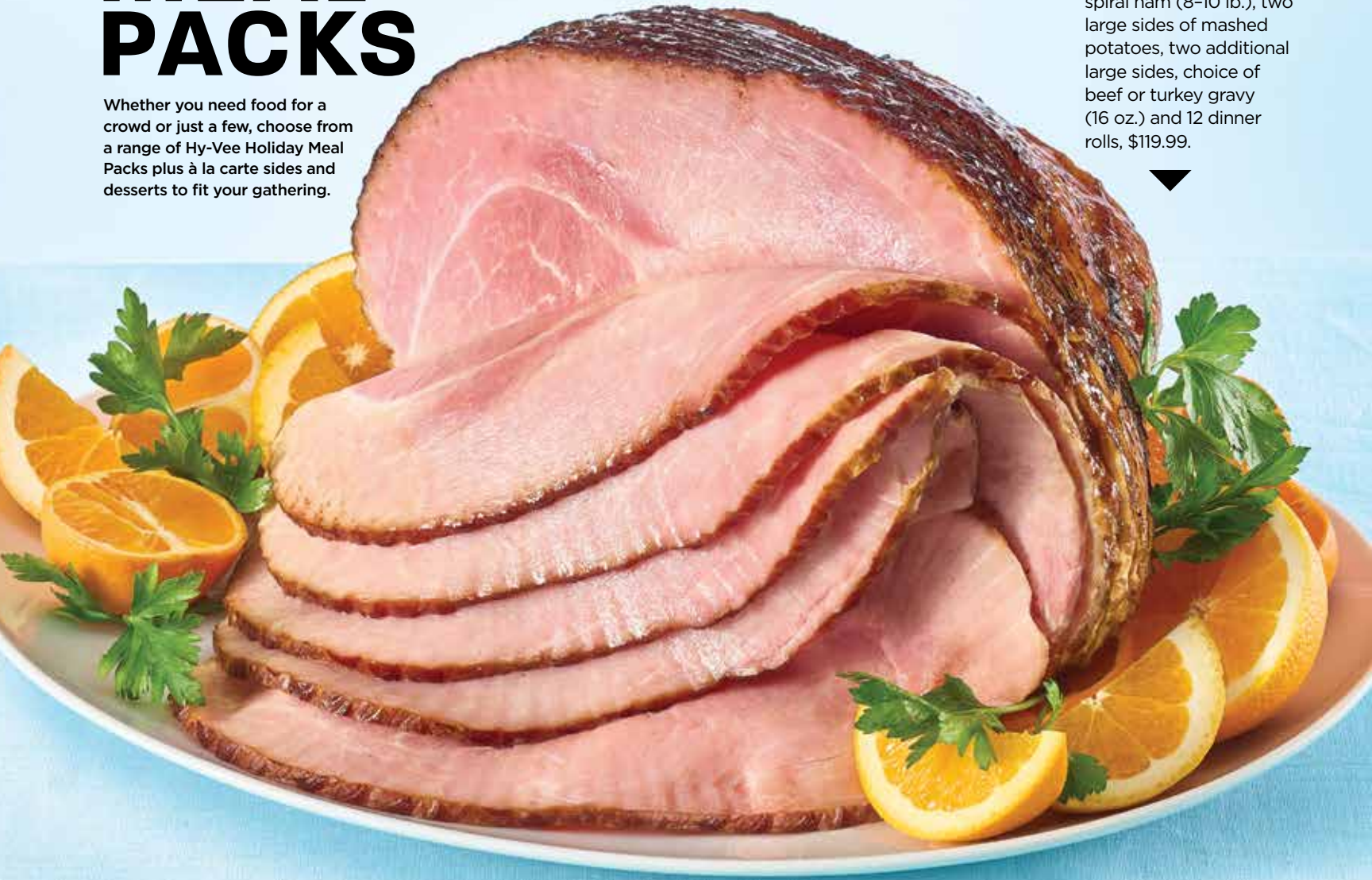
30 MINUTES OR LESS
GF GLUTEN-FREE
V VEGETARIAN DISH

SHAVED ASPARAGUS GARDEN SALAD

Trim 12 oz. asparagus spears. Cut off tips and place in a large bowl of ice water. Shave remaining asparagus into ribbons using a vegetable peeler. Add ribbons to same bowl of ice water; let stand for 5 to 10 minutes. To assemble, drain asparagus well. Toss together asparagus tips and ribbons; 2 cups tightly packed baby arugula; ¼ cup thinly shredded purple cabbage; 2 red radishes, thinly sliced; 1 Tbsp. finely chopped fresh basil and 1 Tbsp. finely chopped fresh mint in another large bowl. Arrange asparagus mixture on a large platter. Top with ½ cup Basket & Bushel blackberries, ¼ cup honey-roasted sliced almonds salad topping and ¼ cup Soirée traditional feta cheese crumbles. Garnish with additional basil and mint leaves, if desired. Drizzle with ¼ cup champagne vinaigrette. Serves 6 (1 cup each).

HY-VEE HOLIDAY MEAL PACKS

Whether you need food for a crowd or just a few, choose from a range of Hy-Vee Holiday Meal Packs plus à la carte sides and desserts to fit your gathering.



SERVES 8

Brown Sugar Spiral Ham Meal

Savory brown sugar spiral ham (8-10 lb.), two large sides of mashed potatoes, two additional large sides, choice of beef or turkey gravy (16 oz.) and 12 dinner rolls, \$119.99.

SERVES 2



Turkey Dinner or Ham Dinner (Sliced)

Choice of boneless turkey breast (1.35-1.5 lb.) or sliced pit ham (1.35-1.5 lb.), one small side of mashed potatoes, two additional small sides, choice of beef or turkey gravy (16 oz.) and two dinner rolls, \$39.99.

SERVES 4



Turkey Dinner or Ham Dinner (Sliced)

Choice of boneless turkey breast (2.5-2.75 lb.) or sliced pit ham (2.5-2.75 lb.), one large side of mashed potatoes, two additional large sides, choice of beef or turkey gravy (16 oz.) and four dinner rolls, \$69.99.

SERVES 6



Turkey Breast Bundle

Jennie-O® boneless turkey breast (3-4 lb.), two large sides of mashed potatoes, two additional large sides, choice of beef or turkey gravy (16 oz.) and 12 dinner rolls, \$99.99.

SERVES 8



Applewood Pit Ham Meal

CarveMaster® Applewood pit ham (7-10 lb.), two large sides of mashed potatoes, two additional large sides, choice of beef or turkey gravy (16 oz.) and 12 dinner rolls, \$129.99.



Turkey Party Pleaser

Butterball® turkey (10-12 lb.), two large sides of mashed potatoes, two additional large sides, choice of beef or turkey gravy (16 oz.) and 12 dinner rolls, \$119.99.



Prime Rib Party Pack

Hormel® USDA Select prime rib (5-6 lb.) with horseradish sauce, two large sides of mashed potatoes, two additional large sides, choice of beef or turkey gravy (16 oz.) and 12 dinner rolls, \$199.99.

CLASSIC SIDES FOR YOUR MEAL

Each Hy-Vee Holiday Meal Pack includes mashed potatoes, gravy and dinner rolls.



Mashed Potatoes



Turkey or Beef Gravy



Brown and Serve Rolls

FLAVORFUL SIDES TO ADD TO YOUR ORDER

Supplement your Hy-Vee Holiday Meal Pack with à la carte sides.



Holiday Potatoes with Cheddar



Au Gratin Potatoes



Green Bean Casserole



Buttered Sweet Corn



Apple Waldorf Salad



White Cheddar Mac and Cheese

DESSERTS TO PAIR WITH YOUR HY-VEE HOLIDAY MEAL PACK

À la carte desserts for a sweet ending.



Apple Pie—10"



Banana Cream Pie—10"



French Silk Pie—10"



Coconut Meringue Pie—10"



SCAN TO ORDER
Hy-Vee Bakery
desserts.



PIMIENTO CHEESE MASHED POTATO PUFFS

Preheat oven to 400°F. Generously spray 24 (2½-in.) muffin cups with cooking spray. Whisk together 5 beaten Hy-Vee large eggs, 1 (48-oz.) container Hy-Vee Kitchen mashed potatoes, 1 (12-oz.) container Knott's pimiento cheese and ¼ cup chopped fresh chives in a large bowl until well combined. Scoop potato mixture into prepared muffin cups. Top with 8 slices chopped crisp-cooked Hy-Vee sweet smoked bacon, gently pushing some of the bacon into potato mixture. Bake for 30 to 35 minutes or until edges are golden brown. Gently run a small offset spatula around edge of each muffin cup. Let potato puffs stand in muffin cups for 10 minutes. Remove using small offset spatula. To serve, top with additional bacon and chives, if desired. Serves 12 (2 each).



FIND IT AT HY-VEE

Knott's Pimiento Cheese

Made with a tasty blend of Swiss and American cheeses and red pimientos.

select varieties

12 oz.

4.99

SIMPLE DRESS-UPS

Make a Hy-Vee Holiday Meal Pack your own with a few quick, easy changes that add new flavor to mashed potatoes and Easter ham.

FIND IT AT HY-VEE

Char Crust Dry-Rub Seasoning

Add flavor and a seared outer crust to tender cuts of meat and seafood.

select varieties

4 oz.

5.99



HAM WITH GARLIC-AND-PEPPERCORN DRY RUB

Add 1½ cups water to a large shallow roasting pan with roasting rack; set aside. Reserve glaze packet from 1 (8- to 10-lb.) Hy-Vee brown sugar spiral-sliced half ham. Stir together 3 Tbsp. Char Crust roasted garlic peppercorn dry-rub seasoning, 3 Tbsp. Gustare Vita olive oil and 2 Tbsp. Hy-Vee dark brown sugar in a small bowl. Rub mixture over ham; let stand for 1 hour. Preheat oven to 325°F. Place ham on rack in roasting pan. Cover tightly with foil. Roast for 1 hour or until ham reaches 125°F to 130°F. Remove ham from oven; set aside. Increase oven temperature to 425°F. Prepare reserved glaze packet according to pkg. directions. Uncover and brush ham with glaze. Roast, uncovered, for 25 to 30 minutes or until ham reaches 140°F and glaze is sticky. Transfer ham to a clean cutting board. Loosely cover with foil; let stand for 10 minutes. Garnish with citrus, garlic bulbs, fresh herbs and berries, if desired. Serves 8 plus leftovers.

BAKERY DESSERTS

No holiday meal is complete without something sweet for dessert. Visit the Hy-Vee Bakery for a selection of delicious cream pies and more.

DESSERTS AT HY-VEE

Order creamy, dreamy pies from Hy-Vee to complete your Easter feast, in flavors such as lemon meringue, French silk, chocolate and banana cream. Other desserts include fruit pies, cheesecakes, cupcakes, cakes, cookies, brownies, tiramisu and more.



Place Your Order

Grab-and-go desserts are available daily in the Hy-Vee Bakery. To place a special order for Easter, talk to a baker or visit Hy-Vee.com/shop

SPRING BREAK MEXICAN GRILL

AND CANTINA

TURN UP THE HEAT ON GRILLING SEASON WITH MEXICO-INSPIRED EATS, SWEETS AND DRINKS. PLUS LOOK FOR THESE SPICY SERVEWARE OPTIONS FROM HY-VEE TO HELP YOU HOST YOUR NEXT FIESTA.

WATERMELON MARGARITAS

Place 2 lb. 14 oz. cubed seedless watermelon in a large blender. Cover and blend for 30 seconds or until smooth. Strain mixture through a fine-mesh sieve; discard mixture in sieve. Return strained watermelon juice to blender; add 1 (16-oz.) can Minute Maid strawberry aguas frescas, 8 oz. Hy-Vee reconstituted lime juice and 2 oz. Full Circle Market organic light in color agave nectar. Cover and blend until smooth. Pour mixture into a 14-cup pitcher with ice; stir in 12 oz. tequila blanco and 8 oz. Cointreau orange liqueur triple sec. To serve, place additional lime juice in a shallow dish. Place Tajín Clásico seasoning in another shallow dish. Dip rims of 10 (12-oz.) glasses in additional lime juice, then in Tajín seasoning; add ice and drink mixture. Garnish with watermelon wedges, if desired. Serves 10 (8 oz. each).

10
MINUTES
OR LESS

FIND IT AT HY-VEE

Mud Pie Glass Margarita Pitcher Set

Prepare and serve drinks in this pitcher with a mango wood lid and silver spoon.

118-oz. capacity
39.00

FIND IT AT HY-VEE

Mud Pie Fiesta Chip Bowl and Dip Set

Serve from three small dip bowls; includes large chip bowl and serving spoon.

5 pc.
54.00



GRILLS FROM HY-VEE

AVAILABLE BEGINNING IN MAY, SHOP THESE GAS AND ELECTRIC GRILLS AND SMOKERS AT HY-VEE.



BLACKSTONE 17" GRIDDLE
This portable gas grill can be set up almost anywhere and cooks nine burgers at a time.



BLACKSTONE 28" HOOD
Cook for a crowd with a flat-top gas griddle that can handle 21 burgers at once.



WEBER SPIRIT
Sized for a small patio or balcony, this gas grill has cast iron grates to retain heat.



CHARBROIL PATIO BISTRO
Eliminate flare-ups with an electric grill that offers easy, even temperature control.



TRAEGER TAILGATER
Add flavor to foods with this wood pellet smoker that features a portable design.



FIND IT AT HY-VEE

Mud Pie Taco Salad Bowl & Towel Set

A cute scalloped bowl replaces a tortilla shell, while the avocado tool pits and slices with ease.

3 pc.

49.00

Chile-and-Citrus Pork Taco Salad

Hands On 25 minutes

Total Time 55 minutes plus standing and cooling time

Serves 4

1 Tbsp. orange zest, plus additional for garnish

1 Tbsp. ground ancho chile powder

1 tsp. Hy-Vee salt

½ tsp. Hy-Vee garlic powder

½ tsp. Hy-Vee ground cumin

1 (1- to 1½-lb.) pork tenderloin

2 (10-oz.) pkg. Alexia frozen Mexican-style street corn

1 medium orange, peeled and cut into ½-in. segments

1 medium mango, peeled, pitted and diced

8 cups loosely packed chopped romaine lettuce

4 medium roma tomatoes, diced

1 medium avocado, seeded, peeled and sliced

Tasty Tacos mild sauce, for garnish

Tricolor tortilla strips, for garnish

1. STIR together 1 Tbsp. orange zest, ancho chile powder, salt, garlic powder and cumin in a small bowl.

2. PAT pork dry with paper towels; rub with chile powder mixture. Let stand at room temperature for 30 to 40 minutes.

3. PREHEAT a charcoal or gas grill for direct cooking over medium-high heat (375°F).

Grill pork for 25 to 30 minutes or until pork reaches 145°F, turning occasionally. Remove from grill; cool slightly and cut into ½-in.-thick slices.

4. COOK street corn in microwave according to pkg. directions; cool slightly. Stir together orange and mango in a small bowl; set aside. Toss together street corn, lettuce and tomatoes in a large bowl.

5. TO SERVE, arrange pork, mango-orange mixture and avocado on top of lettuce. Garnish with additional orange zest, Tasty Tacos sauce and tortilla strips, if desired.

Per serving: 550 calories, 20 g fat, 7 g saturated fat, 0 g trans fat, 115 mg cholesterol, 1,110 mg sodium, 51 g carbohydrates, 13 g fiber, 29 g sugar (0 g added sugar), 44 g protein.
Daily Values: Vitamin D 0%, Calcium 15%, Iron 30%, Potassium 35%

CHURRO BITES

Heat Hy-Vee vegetable oil to 375°F in a deep-fat fryer or a 6-qt. Dutch oven suitable for deep-fat frying. Follow manufacturer's instructions for quantity of oil in deep-fat fryer. For Dutch oven, use at least 2 in. of oil. Whisk together 1 cup Hy-Vee whole milk; ¼ cup Hy-Vee unsalted butter, cut into small cubes; 2 tsp. Hy-Vee vanilla extract and ¼ tsp. Hy-Vee salt in a large saucepan. Slowly bring to a boil over medium-high heat, whisking occasionally. Remove from heat. Stir in 1 cup Hy-Vee all-purpose flour with silicone spatula until mixture is smooth; cool for 10 to 15 minutes. Transfer mixture to a bowl. Beat in 1 Hy-Vee large egg with an electric hand mixer for 2 to 3 minutes or until mixture

is smooth. Transfer batter to a large pastry bag fitted with a medium 6-prong star-shape piping tip. Pipe 1½-in.-long pieces of dough, 5 to 10 at a time, into hot oil. Fry for 2 to 3 minutes or until golden and crisp, turning occasionally. Remove with a metal slotted spoon; drain on paper towels; still warm, toss with ½ cup cinnamon-sugar blend. Drizzle with warm Sunday Night sea salt chocolate dessert sauce. Serves 14 (5 each).

FIND IT AT HY-VEE

Sunday Night Chocolate Sauce

These rich, gourmet sauces are available in sea salt, dark and classic chocolate.

select varieties

10 oz.

7.99

ESPRESSO MEZCAL COCKTAIL

Add 2 oz. Mezcal, 1½ oz. Kahlúa rum & coffee liqueur and 1 oz. Full Circle Market organic light in color agave nectar to a 10-oz. rocks glass; stir to combine. Place glass under the brew spout of an espresso machine. Slowly brew 2 oz. espresso over mixture in glass; gently stir to combine. Add ice cubes. Garnish with orange peel, if desired. Serves 1 (8 oz.).

10 MINUTES OR LESS

STOCK UP YOUR HOME CANTINA

FIND MEXICAN BEER (CERVEZA), TEQUILA, MEZCAL AND MORE AT HY-VEE TO PAIR WITH ZESTY MEALS FRESH OFF THE GRILL.



CERVEZA

Try Mexican beers at Hy-Vee for their mild, lager-like flavor and light body.

SPIRITS

Both made from agave, tequila has a spicier bite, while mezcal has a smoky flavor.

SERVE WITH STYLE



FIND IT AT HY-VEE

1. Mud Pie Fiesta Chip Bowl and Dip Set

Removable queso, salsa and guacamole bowls nest inside the larger chip bowl for easy storage, and a silver plated spoon makes serving simple.

5 pc.
54.00

2. Mud Pie Queso Warming Dip Set

Keep queso warm throughout the entire meal with a ceramic bowl, warming base and tea light that will continuously heat the dip.

3 pc.
26.00

3. Mud Pie Avocado Dip Bowl Set

This hand-painted ceramic bowl is perfect for serving guacamole, and includes a stamped serving spoon.

4.5x6.5-in. bowl;
3.5-in. spoon
19.00

4. Mud Pie Tomato Dip Bowl Set

Add color to your serving dish set with a bright red salsa bowl and spoon, both displaying cute puns.

5.5x5.75-in. bowl;
3.5-in. spoon
18.00

5. Mud Pie Wood Taco Stand Set

A wooden paddle board with pegs holds tacos upright for filling with no spills, while two dolomite bowls with included spoons can serve toppers.

5 pc.
45.00

6. Mud Pie Taco Salad Bowl & Towel Set

The included avocado tool speeds prep with a pit remover and built-in slicer, while the tea towel provides an easy taco salad recipe.

3 pc.
49.00

7. Mud Pie Bean & Rice Baker Set

Cook two sides at once with this sectioned ceramic serving dish that is oven- and dishwasher-safe.

2.75x12.75-in. dish;
7-in. spoon
42.00

8. Tasty Tacos Sauce or Seasoning

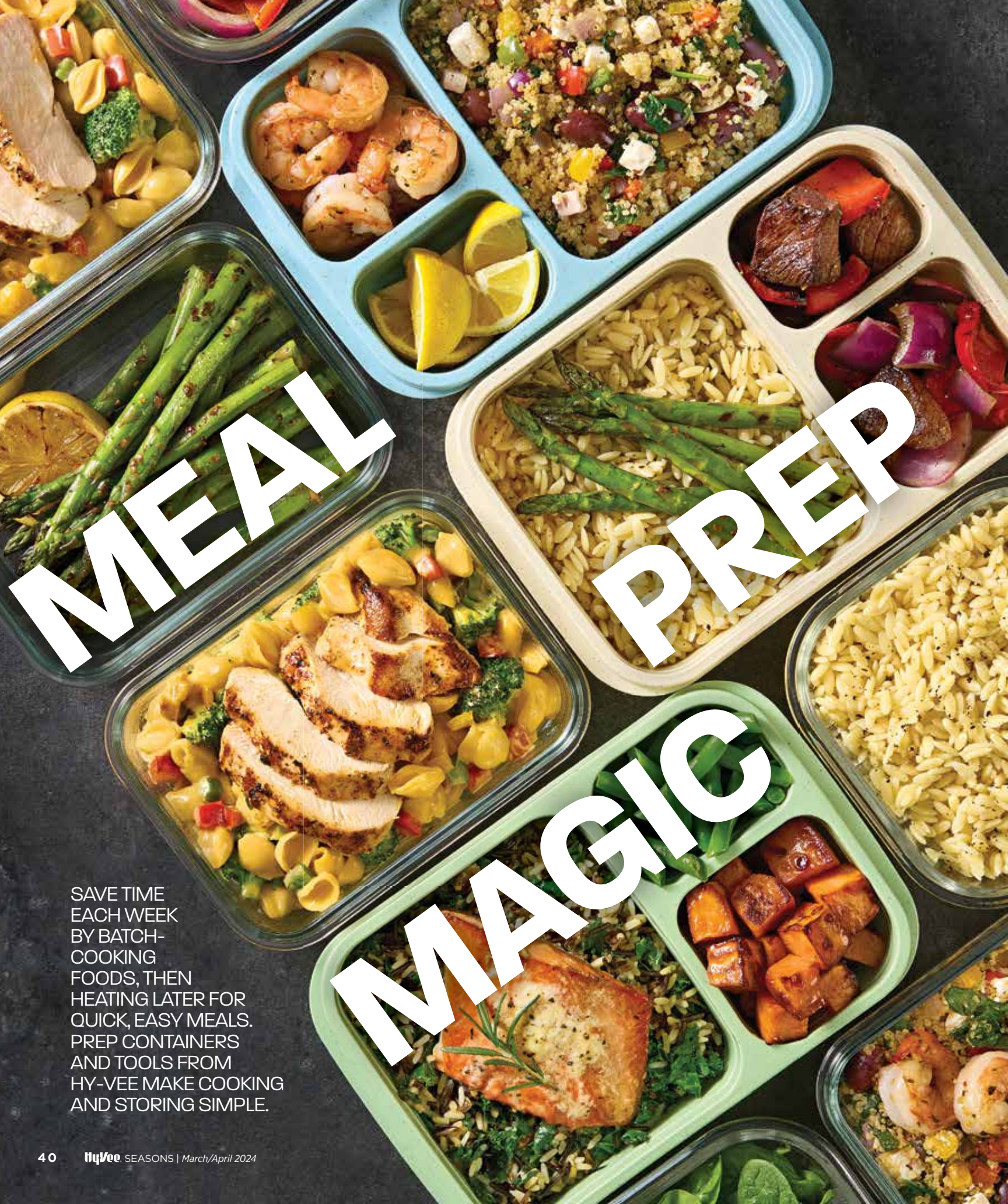
Punch up home cooking with Tasty Tacos sauce or seasoning, made with time-tested family recipes.

select varieties
16 oz. or 0.7 oz.
20% OFF

9. Mud Pie Taco Bar Serving Tray Set

Serve taco toppers from one platter with this six-sectioned dish that includes a center tortilla warmer with a lid, plus silver plated serving tongs.

3 pc.
45.00



MEAL PREP MAGIC

SAVE TIME EACH WEEK BY BATCH-COOKING FOODS, THEN HEATING LATER FOR QUICK, EASY MEALS. PREP CONTAINERS AND TOOLS FROM HY-VEE MAKE COOKING AND STORING SIMPLE.

MEAL PREP WITH A HY-VEE DIETITIAN

To learn more about how to prep nutritious meals for your entire family, attend online freezer meal prep workshops hosted by Hy-Vee dietitians.



SCAN TO sign up for dietitian services at Hy-Vee.

FRESH FLAVOR

Store delicate foods like spinach in the fridge, then wash just before cooking.

Mediterranean Shrimp with Quinoa Fried "Rice"

Hands On 30 minutes
Total Time 30 minutes plus chilling, cooling and reheating time
Serves 4

- 2 cups Hy-Vee white quinoa**
- 4 cups water**
- 1 (16-oz.) pkg. Fish Market frozen shell-on, EZ peel & deveined raw shrimp (16 to 20 ct.), thawed**
- 1 (7-oz.) container DeLallo Greek feta salad**
- 4 Tbsp. Gustare Vita olive oil, divided**
- 1 (7.6-oz.) container Hy-Vee Short Cuts chopped red onions**
- 1 (7.6-oz.) container Hy-Vee Short Cuts chopped tricolor bell peppers**
- 2 cups lightly packed chopped spinach**
- Fresh lemon juice, for serving**

- 1. PLACE** quinoa in a fine-mesh sieve; rinse with cold running water until water runs clear. Bring 4 cups water to a boil in a medium saucepan. Stir in quinoa. Reduce heat. Cook, uncovered, for 12 to 15 minutes or until water is absorbed. Spread quinoa in a single layer in a large rimmed baking pan. Refrigerate, uncovered, until cold.
- 2. PEEL** shrimp; remove tails. Pat shrimp dry with paper towels; place in a medium bowl. Drain feta salad in a colander set over the bowl with

shrimp. Gently toss shrimp with feta salad marinade to coat.

3. HEAT a large nonstick skillet over medium heat. Add shrimp mixture; cook for 1 to 2 minutes or until shrimp reaches 145°F. Transfer shrimp mixture to a clean medium bowl; set aside to cool completely.

4. HEAT 2 Tbsp. olive oil in the same skillet over medium-high heat. Add red onions and peppers; cook for 3 to 5 minutes or until softened, stirring often.

5. ADD remaining 2 Tbsp. oil to vegetables in skillet. Add cold quinoa; cook for 3 to 4 minutes or until quinoa begins to crisp slightly, stirring occasionally. Stir in spinach and drained Greek salad. Cool completely.

6. TO STORE, divide quinoa mixture among 4 single-serving microwave-safe containers; place shrimp on top. Cover and store in refrigerator up to 4 days.

7. TO SERVE, cover each opened container with a paper towel. Heat individually in the microwave on HIGH for 2 to 3 minutes or until 165°F. Sprinkle with lemon juice, if desired.

Per serving: 680 calories, 31 g fat, 3.5 g saturated fat, 0 g trans fat, 135 mg cholesterol, 1,260 mg sodium, 69 g carbohydrates, 8 g fiber, 7 g sugar (0 g added sugar), 32 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 30%, Potassium 15%

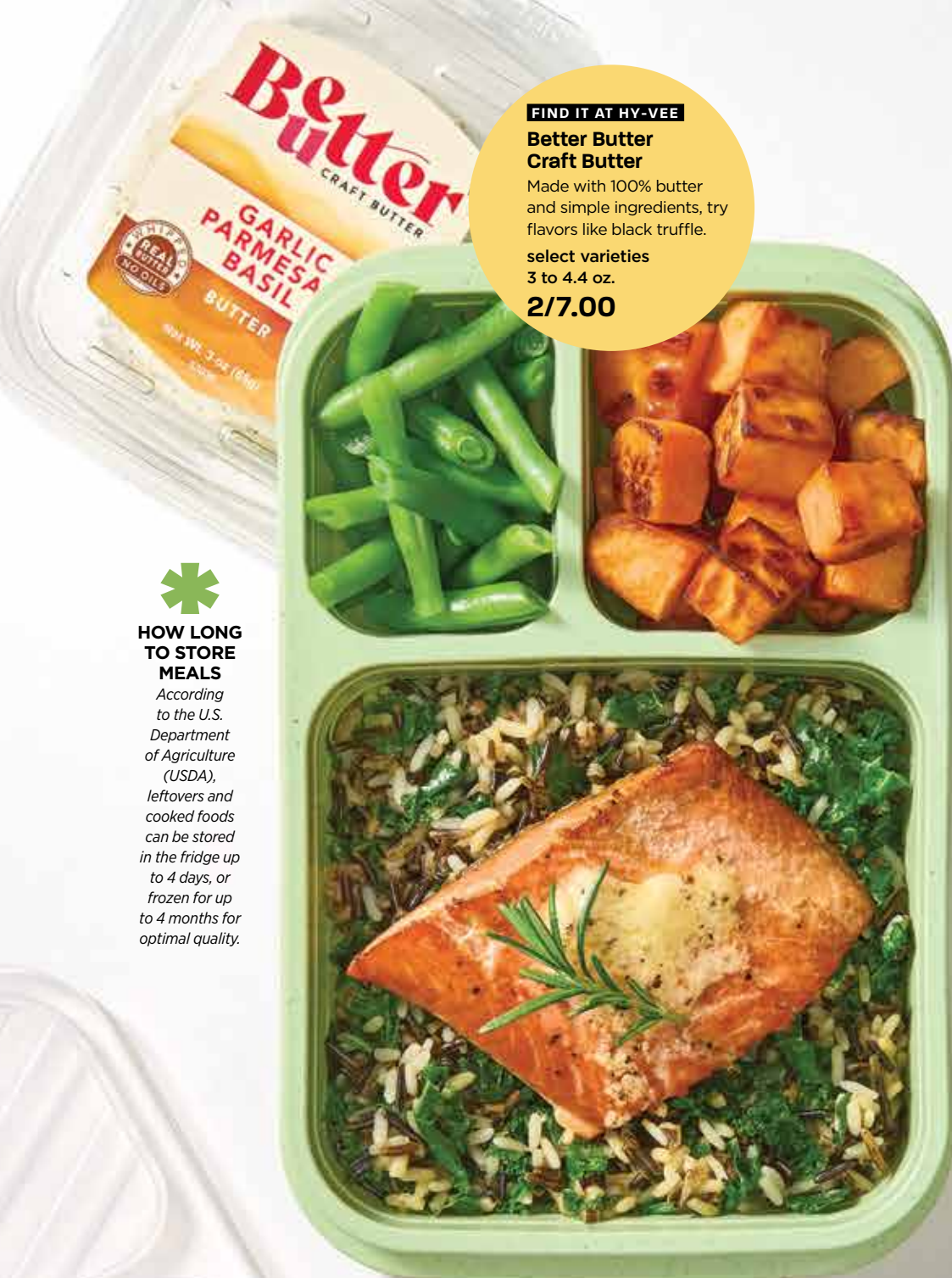


COOL AND STORE

After batch-cooking, separate portions into single-serve containers, and place in the refrigerator within two hours. Portioning out food will help food cool more quickly.



GLUTEN-FREE



FIND IT AT HY-VEE

Better Butter Craft Butter

Made with 100% butter and simple ingredients, try flavors like black truffle.

select varieties 3 to 4.4 oz.

2/7.00



HOW LONG TO STORE MEALS

According to the U.S. Department of Agriculture (USDA), leftovers and cooked foods can be stored in the fridge up to 4 days, or frozen for up to 4 months for optimal quality.

Garlic-Herb Salmon with Wild Rice

Hands On 1 hour 10 minutes
Total Time 1 hour 10 minutes plus cooling and reheating time
Serves 4

- 1 (6-oz.) pkg. Hy-Vee long grain & wild rice mix with herb seasoning
- 2 cups water
- 5 Tbsp. Better Butter garlic Parmesan basil craft butter, melted, divided; plus additional for serving
- 2 cups tightly packed finely chopped kale leaves
- 1 (18-oz.) pkg. frozen sweet potatoes for roasting
- 3 Tbsp. Gustare Vita olive oil
- 1 (13- to 16-oz.) Bristol Bay frozen skin-on salmon fillet, thawed and cut into 4 portions
- 1 (10-oz.) pkg. Hy-Vee frozen fresh steam cut green beans
- Fresh rosemary, for garnish

1. PREPARE rice mix in a saucepan according to pkg. directions, using water and 1 Tbsp. butter. Let stand, covered, for 5 to 10 minutes. Stir in kale and cool completely.

2. PLACE an oven rack in the center of the oven and another oven rack 6 in. from upper heat. Preheat oven to 450°F. Place frozen sweet potatoes in a large rimmed baking pan. Toss with oil to coat. Bake on center rack for 20 minutes, stirring halfway through. Remove from oven.

3. PREHEAT broiler to HIGH. Place sweet potatoes on top rack; broil for 5 to 6 minutes or until slightly charred on edges, stirring halfway through. Remove from oven. Reduce heat to 450°F.

4. PAT salmon dry with paper towels. Brush with remaining 4 Tbsp. butter. Place salmon, skin side down, in baking pan with sweet potatoes. Bake on center rack for 5 to 7 minutes or until salmon reaches 145°F. Cool completely.

5. TO STORE, divide rice mixture, sweet potatoes and frozen green beans among 4 single-serving microwave-safe containers; place salmon portions on top of rice mixture. Cover and store in refrigerator up to 4 days.

6. TO SERVE, cover each opened container with a paper towel. Heat individually in the microwave on HIGH for 2 to 3 minutes or until 165°F. Serve with additional butter and garnish with rosemary, if desired.

Per serving: 620 calories, 25 g fat, 7 g saturated fat, 0 g trans fat, 85 mg cholesterol, 650 mg sodium, 65 g carbohydrates, 9 g fiber, 8 g sugar (0 g added sugar), 32 g protein. Daily Values: Vitamin D 70%, Calcium 10%, Iron 15%, Potassium 25%



Balsamic-Glazed Beef Kabobs with Asparagus

Hands On 20 minutes
Total Time 44 minutes plus cooling and reheating time
Serves 4

- 8 cups water
- 1 tsp. Hy-Vee salt, plus additional to taste
- 2 cups Gustare Vita organic orzo pasta
- 3 Tbsp. Gustare Vita olive oil, divided
- ¼ cup Gustare Vita balsamic glaze
- 2 Tbsp. Hy-Vee less sodium soy sauce
- 1 (6-oz.) pkg. Hy-Vee Short Cuts garlic lemon asparagus
- 4 (8-oz.) Hy-Vee Meat Department beef & vegetable kabobs
- Coarsely ground Hy-Vee black pepper, to taste

1. BRING water and 1 tsp. salt to a boil in a large saucepan. Stir in orzo; return to a boil. Reduce heat and gently boil for 12 to 14 minutes or until al dente or desired texture. Drain; rinse with cold water. Toss with 1 Tbsp. oil to coat; serve or set aside to cool completely for make-ahead.



GRILL-READY KABOBS AT HY-VEE

Let Hy-Vee take on some of your prep work. Look for ready-to-cook kabobs. Each skewer includes trimmed meat, such as beef sirloin or chicken, plus sliced veggies like bell peppers and onions. Just add your favorite seasonings and grill, then store leftovers for an easy prepped meal.

2. WHISK together balsamic glaze, remaining 2 Tbsp. oil and soy sauce in a small bowl; set aside.

3. PREHEAT a charcoal or gas grill for direct cooking over medium-high heat (375°F). Drizzle asparagus with 2 Tbsp. balsamic glaze mixture. Place asparagus in a foil pan on a grill rack. Grill, uncovered, for 18 to 20 minutes or until tender, stirring every 5 minutes. Remove from grill and serve, or cool completely for make-ahead.

4. GRILL kabobs for 8 to 12 minutes or until beef reaches 130°F for medium-rare or 140°F for medium doneness, turning halfway through and brushing occasionally with remaining balsamic glaze mixture. Remove kabobs from grill and serve, or cool completely for make-ahead.

5. TO STORE, remove leftover beef and peppers from skewers and place in a covered container. Place leftover orzo and asparagus in separate covered containers. Store in refrigerator up to 4 days.

6. TO SERVE, divide leftover beef and peppers, orzo and asparagus among microwave-safe serving plates. Cover each plate with a paper towel and heat individual plates in the microwave on HIGH for 2 to 3 minutes or until 165°F. Season to taste with additional salt and black pepper.

Per serving: 580 calories, 19 g fat, 4 g saturated fat, 0 g trans fat, 120 mg cholesterol, 450 mg sodium, 53 g carbohydrates, 4 g fiber, 10 g sugar (1 g added sugar), 48 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 30%, Potassium 20%

FIND IT AT HY-VEE

OXO Soft Works POP Containers

Refrigerator- and dishwasher-safe containers create an airtight seal with the push of a button.

select varieties each

18.99



How to Start Prepping

Getting started with meal prepping might seem like a big task, but with a little planning, your prep work can save you time and energy throughout the week.

- 1. MAKE A PLAN**
Before buying ingredients, pick out one or two favorite recipes to prep, then make a list of what you'll need to shop.
- 2. MULTITASK**
To speed up prep, cook multiple items at once. For example, while grains cook on the stove, roast veggies in the oven.
- 3. USE PACKAGED ITEMS**
Include store-bought dressings, quick-cook grains and Hy-Vee Short Cuts vegetables to save on prep time.
- 4. INCLUDE VARIETY**
If you get tired of eating the same meal, batch-cook different veggies, proteins and grains to mix and match with sauces.



THAW AND HEAT

To safely thaw frozen meals and leftovers, place the container in the fridge and eat within 4 days, or thaw in the microwave. All refrigerated and frozen prepped meals should be heated to at least 165°F, and sauces and soups should be brought to a boil.

Cheesy Chicken-Broccoli Ranch Shells

Hands On 15 minutes

Total Time 33 minutes, plus marinating, cooling and reheating time

Serves 4

1 lb. Hy-Vee True boneless, skinless chicken breasts

¼ cup plus 2 Tbsp. Hy-Vee ranch salad dressing, divided

2 Tbsp. Gustare Vita olive oil, divided

1 (7.6-oz.) pkg. Hy-Vee Short Cuts chopped tricolor bell peppers

1 (12-oz.) pkg. Hy-Vee Deluxe shells & cheese dinner

3 cups Hy-Vee Short Cuts broccoli

1 cup tightly packed baby spinach, for reheating

1. PLACE chicken in a resealable plastic bag. Pour in ¼ cup ranch salad dressing; seal bag. Turn bag to evenly coat chicken.

Refrigerate for 4 hours or overnight, turning bag occasionally.

2. HEAT 1 Tbsp. oil in a large nonstick skillet over medium heat. Add peppers; cook for 4 to 5 minutes or until softened and slightly charred, stirring occasionally. Remove and set aside.

3. HEAT remaining 1 Tbsp. oil in skillet. Remove chicken from bag; discard marinade. Add chicken; cook for 16 to 18 minutes or until chicken reaches 165°F, turning halfway through. Transfer to a cutting board; let rest at least 10 minutes. Cut into slices and cool completely.

4. FILL a large saucepan with water and bring to a boil. Stir in pasta; return to a boil. Reduce heat and gently boil for 8 to 10 minutes or until al dente, adding broccoli during the last 4 minutes. Drain; reserve

¼ cup pasta water. Return pasta and broccoli to saucepan. Stir in reserved ¼ cup pasta water, cheese sauce from pkg., remaining 2 Tbsp. ranch salad dressing and peppers. Cool completely.

5. TO STORE, divide pasta mixture among 4 single-serving microwave-safe containers; top with chicken slices. Cover and store in refrigerator up to 4 days.

6. TO SERVE, lightly tuck ¼ cup spinach into the pasta mixture in each container. Cover each opened container with a paper towel. Heat individually in the microwave on HIGH for 2 to 3 minutes or until 165°F.

Per serving: 550 calories, 27 g fat, 7 g saturated fat, 0 g trans fat, 90 mg cholesterol, 990 mg sodium, 42 g carbohydrates, 4 g fiber, 6 g sugar (1 g added sugar), 35 g protein. **Daily Values:** Vitamin D 0%, Calcium 20%, Iron 15%, Potassium 10%

5

Hacks to Heat Meal Prep Dishes

1. ADD MOISTURE

To help rehydrate pastas and rice, try adding a leafy veggie like spinach to provide moisture. Covering foods while heating, adding a splash of water or wrapping in a damp paper towel also can help leftovers retain moisture.

2. HEAT IN INTERVALS

To prevent overcooking, especially in the microwave, heat foods for just 30 seconds or 1 minute at a time. Then check the temperature, stir if necessary and heat for another 30 seconds.

3. CREATE AN EVEN LAYER

For consistent heating throughout, spread out foods into one even layer. The center of piled foods won't heat as quickly as the outer edges, especially in the microwave, which can lead to overcooking.

4. SEPARATE FOODS

Some foods need different reheat times; for example, delicate veggies will heat quicker than meats. Heat each food individually, then combine at the end to prevent drying out.

5. GO BEYOND THE MICROWAVE

A microwave is great for quick heating, but some foods, like delicate seafood or recipes with a crisp crust, may heat better on the stovetop, in the oven or in an air fryer.



Prep Essentials

Stock your kitchen with all the tools you'll need for meal prep success, including knife sets, a cutting board, measuring tools, food storage containers and more.

SUSTAINABLE PREP

Celebrate Earth Day on April 22 with prep tools like some of these that are made from wheat fiber plastic, an environmentally friendly alternative to traditional plastics.

FIND IT AT HY-VEE

1. Starfrit Gourmet ECO Large Cutting Board

Protect counters with a reversible cutting board made from recyclable wheat husk and plastic.

13.77×17.52 in.

9.99

2. Raintree Ash Knife Set

Cover your slicing needs with a stainless steel set; includes 3.5-in. paring knife, 8-in. chef's knife and 5-in. utility knife with blade guards.

6 pc.

12.99

3. Dreamfarm Kitchen Tools

This Australian company creates multi-use kitchen gadgets, including a self-sharpening veggie peeler and a silicone scraping spoon.

each

12.99

4. Wheat Straw Meal Prep Set

This bento box set offers a three-compartment design for easy portioning, and is both microwave- and freezer-safe.

4 pc.

9.99

5. Starfrit Gourmet ECO Measuring Cup Set

Measure dry ingredients with environmentally friendly nesting cups in ¼, ½, ½ and 1 cup sizes.

4 pc.

9.99

6. Starfrit Gourmet ECO Measuring Spoon Set

A recyclable set in ¼, ½ and 1 tsp. and 1 Tbsp. sizes that snaps together for easy storage.

4 pc.

9.99

7. Raintree Copper Knife Set

Copper titanium coated blades glide through food, while soft handles provide a comfortable grip on this knife set.

10 pc.

24.99

HOPPY 17 FUN FAMILY FOOD CRAFTS

EASTER



MAKE EVERY BUNNY HAPPY WITH A FUN DAY BAKING AND CRAFTING FOOD, A TO-DYE-FOR EGG DECORATING HACK AND EASTER BASKETS PREMADE BY HY-VEE EGGS-PERTS.



1 SPRING CUPCAKES

Brush 12 (2½-in.) silicone Spring Fling cupcake molds with melted butter, making sure to get into the details of the molds. Place molds on a large baking sheet. Prepare 1 (9-oz.) pkg. “Jiffy” golden yellow cake mix according to pkg. directions, using 1 Hy-Vee large egg and ½ cup water. Fill cupcake molds half full with batter. Bake at 350°F for 18 to 20 minutes or until toothpick inserted in center comes out clean. Cool completely in molds. Remove cupcakes from molds. Tint Hy-Vee creamy white frosting with desired Hy-Vee food colorings; frost cupcakes. If desired, pipe a border around top edge and details on cupcakes. For flower cupcakes, sprinkle with Over the Top rainbow rush non-pareils. Serves 12 (1 each).

FIND IT AT HY-VEE

A. Spring Fling Tulip Cookie Cutter Set with Spatula

Easily bake up cookie tulips to celebrate spring with this silicone spatula and stainless steel cookie cutter set.

2 pc.
9.99

B. Spring Fling Garden Cookie Cutters

Make delicious edible flowerpots, butterflies and suns in no time at all with these spring-theme, stainless steel cookie cutters.

3 pc.
12.99

C. Spring Fling Butterfly Cupcake Set

Create fun cupcakes, pancakes, cookies, muffins and more with this BPA-free baking set; includes recipe leaflet.

3 pc.
16.99

D. Spring Fling Bouquet Cupcake Mold

Pop out perfectly formed daisy- and tulip-shape cupcakes, frozen treats and more using this flexible mold.

each
12.99

E. Spring Fling Busy Bee Cupcake Mold

Bake a colony of edible honeybees with this silicone mold. Use it for cupcakes, frozen treats, chocolates and more.

each
12.99

F. Spring Fling Busy Bee Cookie Cutter Set with Spatula

Easily bake beehives like a busy bee using this silicone spatula and stainless steel cookie cutter set.

2 pc.
9.99

2 EASTER BAKEWARE

Designed for ages 6 and up, Handstand Kitchen inspires creativity with safe and comfortable utensils and bakeware. Their fun, colorful Spring Fling collection is perfect for Easter!



FIND IT AT HY-VEE

Pasquale's "Hometown" Jam

Natural ingredients from the Italian countryside create bold, sweet flavors. select varieties 11 oz.

4.99



CUSTOM CUPCAKES

For a bit of family fun, let everyone decorate their own Hy-Vee cupcake. Try these ideas.

3

BERRY SWEET

Remove icing from 6 Hy-Vee Bakery white cupcakes with white icing; place icing in a medium bowl. Scoop and discard ½ tsp. cake from top center of each cupcake. Spoon 1 tsp. Pasquale's "Hometown" soft fruit jam into center of each cupcake. Stir together reserved icing, 1 cup Hy-Vee powdered sugar and 2 Tbsp. additional jam. Spoon icing into a pastry bag fitted with a medium star-shape piping tip; pipe onto cupcakes. Drizzle with an additional 2 Tbsp. warm jam; garnish with fresh raspberries, if desired. Serves 6 (1 each).

30
MINUTES
OR LESS

4

CARROT PATCH

Top 6 Hy-Vee Bakery chocolate cupcakes with white icing with 3 Tbsp. crushed Crav'n Flavor original chocolate sandwich cookies with vanilla crème. Arrange Dots orange-flavor gumdrops on each. Pipe green ready-to-use decorating icing on top of each gumdrop to resemble a carrot top. Serves 6 (1 each).

10
MINUTES
OR LESS

5

SPRING CHICK

Remove icing from 6 Hy-Vee Bakery yellow cupcakes with white icing; place icing in a medium bowl. Add 1½ cups Hy-Vee creamy white frosting and 4 drops Hy-Vee yellow food coloring to icing in bowl; stir until tinted. Spoon frosting into a pastry bag fitted with a large round-shape piping tip; pipe onto cupcakes. Decorate with Hy-Vee mini semisweet chocolate baking chips for eyes and snipped orange licorice twists for beaks and feet. Serves 6 (1 each).

20
MINUTES
OR LESS

6 HY-VEE BAKERY CUT-OUT COOKIES

Share a fun and colorful dessert with frosted and decorated sugar cookies from the Hy-Vee Bakery, featuring seasonal spring shapes.



FIND IT AT HY-VEE

Alouette Soft Spreadable Cheese

The unique flavors of these blended spreads include spinach & artichoke.

select varieties 6.5 oz.

5.29

30
MINUTES
OR LESS

7

STUFFED CRESCENT ROLL CARROTS

Cut 1 (24x12-in.) sheet of heavy foil. Fold in half to make 1 (24x6-in.) piece; cut into 8 (6x4-in.) rectangles. Roll each into a cone shape with a 2-in.-diameter opening; spray with Hy-Vee canola oil cooking spray. Unroll 1 (8-oz.) pkg. Hy-Vee refrigerated original crescent rolls (8 ct.); separate into 8 triangles. Starting at the crescent point, cut each lengthwise in half. Beginning at pointed end of each cone, wrap 2 pieces of dough around cone to cover. Press together seams. Place in a rimmed baking pan sprayed with cooking spray. Sprinkle with Hy-Vee everything bagel seasoning. Bake at 375°F for 9 to 11 minutes or until golden. Cool in pan 5 minutes. Remove; cool completely on a wire rack with foil cone inserts. Spoon ½ (6.5-oz.) container Alouette spinach & artichoke soft spreadable cheese, softened, into a small resealable plastic bag. Close bag; snip one corner. Remove foil inserts. Line each crescent cone with ham by rolling 1 half-slice thinly sliced Di Lusso honey roasted ham; insert it into crescent cone. Pipe cheese into cones. Insert Italian parsley sprigs to resemble carrot tops Serves 8 (1 each).

9

BROWNIE LAMB

Spoon ¾ cup Hy-Vee creamy white frosting into a pastry bag fitted with a small star-shape tip. Pipe a ½-in.-round dollop in upper left corner of 6 Hy-Vee Bakery cream cheese brownies. Press 1 dark chocolate-flavor melting wafer onto each frosting dollop with rounded side down. Press 10 to 15 Hy-Vee yogurt-covered raisins onto each brownie. Pipe small dollops of frosting in between raisins for a fur-like appearance. To attach Over the Top silly eyeballs candies to wafers, pipe two dots onto each wafer; press eyeball candies onto the frosting dots. Cut 6 additional dark chocolate-flavor melting wafers in half for lamb ears. Press into frosting next to the head, cut sides down and round sides closest to the face. Serves 6 (1 each).

30
MINUTES
OR LESS

8

EASTER PRETZEL RODS

Insert 1 Hy-Vee pretzel rod into each of 12 Peeps marshmallow bunnies. Melt 1½ (10-oz.) pkg. white vanilla-flavor melting wafers. Pour half of the melted coating into a tall, slender glass. Dip pretzel rods with bunnies in the melted coating, tilting and rotating glass as needed to coat. Place on a tray lined with parchment paper. Add additional melted coating to glass as needed. Melt ½ (10-oz.) pkg. white melting wafers; divide among 3 bowls. Tint with desired pastel food coloring gels; drizzle over coated pretzel rods and bunnies. Sprinkle with crushed mini milk chocolate candy-coated eggs, if desired. Add eyes to bunnies using Wilton black Sparkle Gel for writing and accents. Serves 12 (1 each).

30
MINUTES
OR LESS



FIND IT AT HY-VEE

Maud Borup Cotton Candy Layer Cake

Four servings include raspberry, apple, lemon and strawberry; includes decorating directions.

3 oz.

5.99



10 DONUT NEST

Place 1 Hy-Vee Bakery raised donut with white frosting on a plate with frosting side up. Form Maud Borup Cotton Candy Layer Cake into a nest on top of the donut, layering with desired colors. Place 4 mini milk chocolate candy-coated eggs in the nest. Serves 1.

10
MINUTES
OR LESS



11 DAISY CAKE

Show off your cake design skills with this convenient baking set.

FIND IT AT HY-VEE

Handstand Kitchen Spring Fling Daisy Cake Making Set

Create flower-shape cakes with this silicone mold, whisk and spatula set.

3 pc.

19.99



DAISY CAKE

Preheat oven to 350°F. Brush a silicone daisy cake mold with 1 Tbsp. melted Hy-Vee unsalted butter, making sure to get into the details of the mold; place on baking sheet. Prepare 1 (9-oz.) pkg. "Jiffy" golden yellow cake mix according to pkg. directions, using 1 Hy-Vee large egg and ½ cup water. Pour batter into prepared cake mold.

Bake for 28 to 31 minutes or until toothpick inserted near center comes out clean. Cool cake completely in cake mold on a wire rack. Remove cake from mold. Frost cake with Hy-Vee creamy white frosting. If desired, pipe a border around top edge of cake. Tint frosting with Hy-Vee yellow food coloring; pipe small dots in center of the cake, if desired. Serves 5.

12 SWEET TREATS

Use candy as decorations for another Easter treat, or enjoy these spring sweets all on their own. Fluffy cotton candy, chewy jelly beans and crunchy chocolate nests offer plenty of possibilities for family fun.

FIND IT AT HY-VEE

Maud Borup Cotton Candy Bunny Cone

Whether filling a basket or served as a sweet snack, this cherry flavor treat will put a smile on everyone's face!

1.75 oz.

2/6.00



Claussen Pickle Flavor Jelly Beans

Pickle enthusiasts will enjoy these dill-icious flavored candies with a familiar savory taste and pucker.

4 oz.

2/4.00

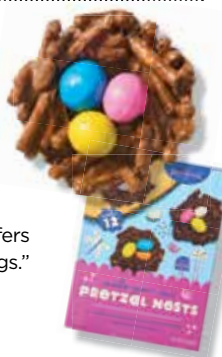


Maud Borup Make Your Own Pretzel Nests

This fun kit includes everything to create 12 nests with pretzel sticks, chocolaty wafers and malted milk "eggs."

20 oz.

9.99



13 SPRING BAKE

Quality products and versatile sets can inspire creative recipes, seasonal decorating and family time.



This vibrant, dishwasher-safe set adds fun and beauty to any kitchen.

FIND IT AT HY-VEE

A. Gibson Elite Gracious Dining Bakeware Set

All your baking needs are covered with this sophisticated loaf pan, pie pan, round baker and casserole set.

4 pc.

59.99

B. Lodge Seasoned Cast Iron Fluted Cake Pan

Even heating helps create crisp-edge cakes that release easily from the pan.

11.68×9.81×4.31 in.

69.99

C. Pyrex Easy Grab Glass Pie Plate

The wide rim on this 2-qt. pan allows for easy gripping and fluted crusts on pies and quiches.

9.5×1.65 in.

9.99

D. Cuisinart Stainless Steel Mixing Bowls

Refrigerator-, freezer- and dishwasher-safe set of 1.5, 3 and 5-qt. bowls with tight-fitting lids for storage.

6 pc.

19.99

E. Gibson Home Color Splash Lyneham Carbon Steel Bakeware Set

Colorful nonstick muffin, loaf and cake pans, plus cookie sheet.

5 pc.

19.99

F. Cuisinart Precision Master Stand Mixer

This powerful 12-speed, 5.5-qt. mixer allows for nuance and precision in a variety of preparation tasks.

14.17×7.87×14.13 in.

249.99

14 PULL-APART EASTER BUNNY

Thaw 1 (32-oz.) pkg. Hy-Vee frozen dinner rolls, (24 ct.). Cut each roll in half; flatten into 3-in. rounds. Cut 2 (6-oz.) pkg. Roth tomato basil Havarti cheese into 48 cubes; wrap dough around each cube. Pinch to seal. Spray outside of a ramekin with cooking spray; place in lower center of an 18x14-in. baking sheet lined with parchment paper. Arrange dough balls, 1/2 in. apart, around ramekin. Arrange remaining balls to form bunny. Cover; let rise for 20 minutes or until puffed. Combine 2 Tbsp. Gustare Vita olive oil, 1 Tbsp. Hy-Vee Italian seasoning and 1 Tbsp. garlic paste; brush on bunny. Bake at 350°F for 25 to 30 minutes or until golden, spraying with cooking spray halfway through. Sprinkle with Belgioioso freshly shredded Parmesan cheese. Spoon 1 (8.9-oz.) jar The Gracious Gourmet fig almond spread into ramekin; swirl top with 2 tsp. Hy-Vee plain whole milk Greek yogurt. Serves 24 (2 each).

FIND IT AT HY-VEE

BelGioioso Cheese Cups

Award-winning shredded, crumbled and shaved cheeses from Wisconsin. select varieties 5 oz.

3.99



FIND IT AT HY-VEE

The Gracious Gourmet Spreads

Unique flavors create spreads that pair with meats, cheeses and breads. select varieties 7.75 to 8.3 oz.

10% OFF



This liquid-free method is ideal for younger children to participate without fear of spilling dye.



15 ARTISTIC EGGS

This kid-friendly 3-step trick to create a dramatic effect makes eggs so cute the Easter Bunny may not want to hide them.



SCAN FOR Hy-Vee's Classic Deviled Eggs recipe.

16 PASTEL-COLOR DEVILED EGGS

Pour 1/2 cup water into each of 3 (16-oz.) tall glasses. Add 2 drops of desired Over the Top pretty pastels food coloring gel to each glass; stir. Stir 1 Tbsp. Hy-Vee white distilled vinegar into each glass. Cut 6 Hy-Vee peeled & ready to eat hard boiled eggs lengthwise in half. Remove yolks and place in a bowl; cover and refrigerate. Add 4 egg white halves to each glass. Refrigerate for 1 to 2 hours or until desired color, gently stirring occasionally. Remove egg whites from colored waters; pat dry with paper towels. Mash egg yolks and prepare filling as directed in 1 recipe Classic Deviled Eggs (see QR code, left, for online recipe). Fill eggs; garnish with desired toppers, such as fresh dill, chives, microgreens, matchstick carrots, thinly sliced red radishes and mini cucumbers, and/or Hy-Vee hot honey. Serves 12 (1 each).



HOW TO MARBLE EGGS

Follow these steps for one-of-a-kind eggs.



STEP ONE
Add slightly thawed whipped topping to muffin pan. Add food coloring drops as desired.



STEP TWO
Swirl (do not mix) with a toothpick. Use a new toothpick for each muffin cup.



STEP THREE
Gently roll an egg into the mixture. Leave egg in muffin cup for 5 minutes, or remove and let set on paper towel.



17 BEST BASKETS

Find fun toy- and candy-filled Easter baskets at Hy-Vee that are wrapped and ready for gifting.

FIND IT AT HY-VEE

A. Maud Borup Hippy Hop Ball Basket

Sidewalk chalk, water balloons, a rubber ball and sweet treats.

6.43 oz.

19.99

B. Maud Borup Flying Disc Bunny Basket

Water balloons, flying disc, cotton candy and other fun surprises.

9 oz.

19.99

C. Squishmallows Easter Hunt Pack

Set up an Easter egg hunt with 14 colorful Squishmallows eggs, each already filled with hard candy.

2.47 oz.

9.99

D. Squishmallows Gummy Candy Lollies

Adorably wrapped fruity, chewy treats on a stick are great for Easter baskets.

2.12 oz.

2/5.00

E. Squishmallows Egg with Candy

Colorful plastic eggs conceal sweet hard candies plus sticker sheets with spring Squishmallows.

5.3 oz.

1.99

F. Squishmallows Decorated Cookie Set

Surprise kids with three cookies decorated like popular characters.

2.1 oz.

5.99

G. Squishmallows Easter Basket

Soft Squishmallows act as an Easter basket with a handle and pocket for tucking away treats.

select varieties

19.99

NEW



IT'S *Coca-Cola*[®]
ONLY SPICED

With Raspberry and Spiced Flavors. © 2024 The Coca-Cola Company.



lazy dinners

AFTER A LONG DAY, PREPARING DINNER MAY BE THE LAST THING ON YOUR MIND. ENJOY SATISFYING AND ALMOST EFFORTLESS DINNERS MADE WITH SIMPLE, PREPPED FOODS FROM HY-VEE AND MINIMAL COOKWARE FOR EASY CLEANUP.

20-Minute Mongolian Meatball Stir-Fry

Total Time 20 minutes
Serves 4 (2 cups each)

- 1 Tbsp. Hy-Vee toasted sesame oil
- 1 (1-lb.) container Hy-Vee Short Cuts fajita vegetables
- 1 (12-oz.) pkg. Hy-Vee frozen beef meatballs
- 2½ cups Hy-Vee 50% reduced sodium beef broth
- 1 (1-oz.) pkg. Sun-Bird Mongolian beef seasoning mix
- 2 (3.5-oz.) pkg. Sapporo Ichiban Japanese style noodles & original flavored soup
- 1 (6-oz.) pkg. Basket & Bushel snow peas
- Sesame seed, toasted; for garnish

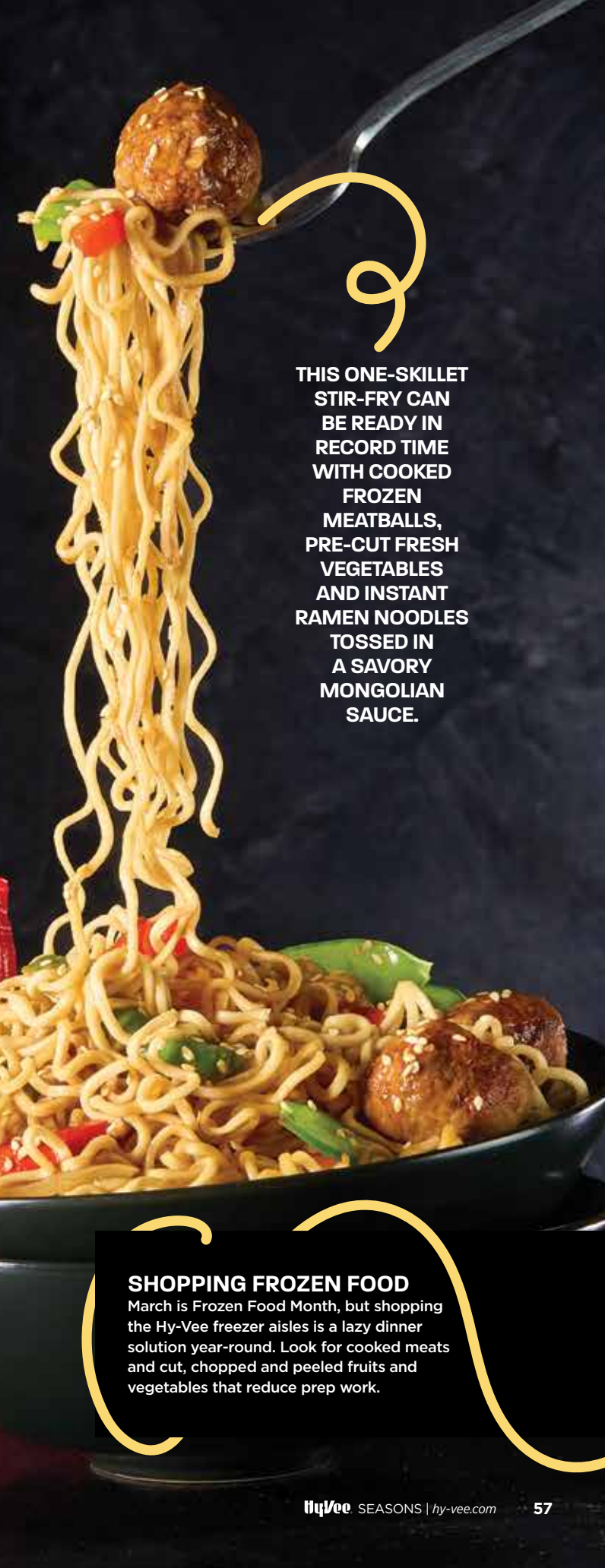
1. HEAT sesame oil in a 12-in. cast iron skillet over medium-high heat. Add fajita vegetables and frozen meatballs. Cook for 4 to 5 minutes or until vegetables are softened and meatballs are golden brown, stirring occasionally. Meanwhile, whisk together broth and Mongolian seasoning mix in a small bowl.

2. DISCARD or reserve seasoning packet from noodles for another use. Add noodles and broth mixture to skillet. Cook, uncovered, over medium heat for 4 to 5 minutes or until noodles are softened, stirring occasionally to separate noodles.

3. STIR in snow peas. Cook for 2 to 3 minutes or until heated through, stirring occasionally. Garnish with toasted sesame seed, if desired.

***NOTE:** Nutrition Facts are not available for Japanese noodles without the seasoning packet.

20
MINUTES
OR LESS



THIS ONE-SKILLET STIR-FRY CAN BE READY IN RECORD TIME WITH COOKED FROZEN MEATBALLS, PRE-CUT FRESH VEGETABLES AND INSTANT RAMEN NOODLES TOSSED IN A SAVORY MONGOLIAN SAUCE.

SAPPORO COOK IN 3 MINUTES
ICHIBAN
JAPANESE STYLE NOODLES & ORIGINAL FLAVOR

TRADITIONAL QUALITY OF SAPPORO ICHIBAN

FIND IT AT HY-VEE
Sapporo Ichiban Japanese Noodles

Savory 3-minute ramen with a 12-month shelf life creates quick meals.

select varieties
3.5 oz.

4/5.00

SHOPPING FROZEN FOOD

March is Frozen Food Month, but shopping the Hy-Vee freezer aisles is a lazy dinner solution year-round. Look for cooked meats and cut, chopped and peeled fruits and vegetables that reduce prep work.

slow-cooker pulled chicken 3 WAYS

Place 4 lb. Hy-Vee True boneless, skinless chicken breasts and 1 cup Hy-Vee 33% less sodium chicken broth in a 6-qt. slow cooker. Cover and cook on HIGH for 2 to 3 hours or on LOW for 3 to 4 hours, or until chicken reaches 165°F. Transfer chicken to a cutting board. Shred into bite-size pieces using 2 forks. Store in an airtight container in the refrigerator up to 3 days or freeze up to 1 month. If frozen, thaw in the refrigerator before using. Makes 8 cups.

GF
option
GLUTEN-FREE



FIND IT AT HY-VEE

Pho'nomenal Bowls

These Vietnamese noodle soup bowls are free of gluten, MSG and dairy, and microwave in minutes.

select varieties
2.1 oz.
2/6.00



FIND IT AT HY-VEE

Crock-Pot Slow Cooker with Sous Vide

Create sous vide with this programmable slow cooker and temperature probe.

6-qt. capacity
79.99



SWEET-AND-SOUR PULLED CHICKEN SLIDERS

Place 1 (12-oz.) pkg. Basket & Bushel broccoli slaw, ¼ cup chopped cilantro and ¼ cup chopped green onions in a large bowl; set aside. Whisk together ½ cup Gustare Vita white wine vinegar, 3 Tbsp. Hy-Vee granulated sugar, 1 tsp. Hy-Vee salt and 1 tsp. Hy-Vee toasted sesame oil in a small bowl. Add vinegar mixture to broccoli slaw; toss. Cover; refrigerate 20 minutes. Preheat oven to 450°F. Slice 1 (15-oz.) pkg. Hy-Vee Hawaiian dinner rolls (12 ct.) in half horizontally. Spread cut sides with ½ cup Hy-Vee unsalted butter, softened. Place on a large baking sheet, buttered side up; bake 4 to 5 minutes or until toasted. Stir 3 cups Slow-Cooker Pulled Chicken (recipe, above) and ½ cup YIng's sweet & sour sauce, warmed, in a large bowl to coat. Drain broccoli slaw. Top roll bottoms with chicken mixture, broccoli slaw and roll tops. Serve with additional sweet & sour sauce, if desired. Serves 6 (2 each).

SIMPLE SLAW MAKES THESE TOASTED CHICKEN SLIDERS A BREEZE.

30
MINUTES
OR LESS

SPICY NOODLE CHICKEN BOWLS

Prepare and microwave 4 (2.1-oz.) Pho'nomenal Bowl chicken pho soup bowls according to pkg. directions. Cover heated bowls to keep warm. Stir together 2 cups Slow-Cooker Pulled Chicken, warmed (recipe, above), and ½ cup YIng's spicy noodle sauce, warmed, in a medium bowl to coat. Top noodle bowls with 1 cup thinly shredded red cabbage; 2 medium baby bella mushrooms, thinly sliced; 4 medium red radishes, thinly sliced; 4 Hy-Vee peeled & ready to eat hard boiled eggs, halved lengthwise; and 1 sheet sushi nori, cut into thin strips. Garnish with cilantro, if desired. Season to taste with coarsely ground Hy-Vee black pepper. Serves 4 (1 each).

MICROWAVE NOODLES MAKE A QUICK MEAL WITH NO BOWL TO CLEAN UP.



FIND IT AT HY-VEE

YIng's Kitchen Sauces

Low-sodium sauces in flavors like yum yum and General Tso. select varieties 8 or 12 oz.

15% OFF

GENERAL TSO CHICKEN LETTUCE CUPS

Stir together 1½ cups Slow-Cooker Pulled Chicken (recipe, left) and ½ cup YIng's General Tso sauce in a medium bowl to coat. Stir in ½ cup packaged shredded carrots, ¼ cup finely chopped Hy-Vee sliced water chestnuts and ¼ cup Hy-Vee chopped green onions. To serve, layer 2 butterhead lettuce leaves together and top each with ¼ cup chicken mixture. Serve with additional sauce, if desired. Serves 4 (2 each).

A SINGLE SAUCE IS ENOUGH TO ENRICH THESE CHICKEN LETTUCE CUPS.

GF
option
GLUTEN-FREE

20
MINUTES
OR LESS



ROASTED TOGETHER ON A SINGLE SHEET PAN, THIS IRISH-INSPIRED RECIPE WITH HEARTY PORK BEER BRATWURSTS AND FRESH VEGETABLES MAKES THE PERFECT MEAL FOR ST. PATRICK'S DAY (OR ANY DAY) WITH MINIMAL CLEANING.

Sheet Pan Mustard-Glazed Brats and Veggies

Hands On 20 minutes
Total Time 1 hour
Serves 4

- Hy-Vee vegetable oil cooking spray
- 1 (24-oz.) pkg. Basket & Bushel petite red potatoes, quartered
- 1 (12-oz.) pkg. Basket & Bushel Brussels sprouts, halved
- 2 cups petite baby carrots
- 1 large red onion, cut into ½-in. wedges
- 4 Hy-Vee Meat Department fresh pork beer bratwursts, cut into thirds
- ¼ cup Gustare Vita olive oil
- ¼ cup Hy-Vee Select 100% pure maple syrup
- ¼ cup Culinary Tours coarse ground smoked porter mustard

1. PREHEAT oven to 425°F. Spray a large rimmed baking pan with cooking spray; set aside.

2. PLACE potatoes, Brussels sprouts, carrots, onion and bratwursts in a large bowl; set aside.

3. WHISK together oil, maple syrup and mustard in a small bowl; pour over vegetables and bratwursts; toss to combine and coat evenly. Transfer mixture into prepared baking pan.

4. BAKE for 35 to 40 minutes or until potatoes are tender and bratwursts reach at least 165°F, stirring halfway through.

Per serving: 620 calories, 28 g fat, 3.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 1,130 mg sodium, 72 g carbohydrates, 10 g fiber, 22 g sugar (12 g added sugar), 16 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 15%, Potassium 30%



Simplify dinners with Hy-Vee Mealtime To Go. Order ready-to-eat or heat-and-serve meals online, prepared in as little as 20 minutes for curbside pickup. Select your favorite meals from HyChi, Hibachi Grill, Hy-Vee Market Grille, Wahlburgers, Hickory House Comfort Foods, Nori Sushi, Mia Pizza and more.



Scan to start your order from Mealtime To Go.

THE INSTANT POT MAKES THIS COZY RECIPE COME TOGETHER FAST AND ALMOST EFFORTLESSLY WITH VEGGIES AND SEASONED PORK LOIN—MAKING IT IDEAL FOR A BUSY WEEKNIGHT DINNER.



Pressure Cooker Garlic-and-Herb Pork Dinner

Hands On 25 minutes
Total Time 30 minutes plus standing time
Serves 6

- 1 (1.7-lb.) pkg. roasted garlic-herb marinated fresh pork loin fillet
- 2 Tbsp. Hy-Vee vegetable oil
- 1½ cups Hy-Vee 33% less sodium chicken broth, divided
- 1 (24-oz.) pkg. Basket & Bushel petite red potatoes
- 1 lb. rainbow carrots, peeled, cut into 3-in. pieces and halved lengthwise, if necessary

- 1 (13-oz.) pkg. Hy-Vee Short Cuts celery, halved diagonally
- 1 large red onion, cut into wedges
- 2 Tbsp. Hy-Vee corn starch
- ¼ cup chopped Italian parsley, plus additional for garnish

1. PAT pork dry with paper towels; set aside. Heat oil in a 6-qt. pressure cooker on SAUTÉ setting. When HOT displays, add pork; sear for 2 to 3 minutes on each side or until lightly browned. Turn off pressure cooker; remove pork and set aside.

2. ADD 1 cup broth to pressure cooker. Scrape brown bits from bottom of pressure cooker using a wooden spoon. Add potatoes, carrots, celery and onion to broth mixture. Place pork on top.

3. LOCK lid in place and set valve to SEALING position. Cook on HIGH PRESSURE for 5 minutes. Place towel over release valve; move to VENTING position (Quick Release) to release remaining pressure. Check that pork is at least 145°F. (If temperature is less than 145°F, cover pork in pressure cooker and let the carryover heat

from the pressure cooker continue cooking the pork.) Remove pork from pressure cooker. Tightly wrap in foil; let stand for 10 minutes. Transfer vegetables to a serving platter using a slotted spoon; cover with foil to keep warm.

4. FOR GRAVY, set pressure cooker to SAUTÉ. Bring mixture to a simmer. Whisk together corn starch and remaining ½ cup broth in a small bowl. Whisk corn starch mixture into simmering mixture; whisk in ¼ cup parsley. Cook for 2 to 3 minutes or until thickened, whisking often.

5. TO SERVE, strain gravy mixture through a fine-mesh sieve set over a serving bowl. Slice pork and arrange on platter with vegetables. Garnish with additional parsley, if desired. Serve with gravy.

Per serving: 340 calories, 11 g fat, 3 g saturated fat, 0 g trans fat, 60 mg cholesterol, 690 mg sodium, 35 g carbohydrates, 6 g fiber, 8 g sugar (0 g added sugar), 27 g protein. Daily Values: Vitamin D 6%, Calcium 8%, Iron 15%, Potassium 45%



SEAFOOD SALADS

ENJOY QUALITY, SUSTAINABLE, FRESH-TASTING SEAFOOD WITH COLORFUL MAIN DISH SPRING SALADS.



Hy-Vee
Short CUTS

Make It a Meal with Hy-Vee Short Cuts

Fill out your meal and save time with Hy-Vee Short Cuts washed and cut fresh fruits and vegetables.



DISH UP FISH

The American Heart Association recommends eating two 3.5-ounce servings of fish each week for a healthy heart. Mild, sweet tilapia is a gentle starting point for anyone trying to introduce seafood to a family menu.

Caribbean-Style Tilapia Salads

Total Time 30 minutes
Serves 4

- 4 (4- to 5-oz.) Fish Market fresh Rainforest tilapia fillets**
- 2 Tbsp. Hy-Vee salted butter, melted**
- 4 tsp. salt-free blackened seasoning**
- 2 Tbsp. Gustare Vita olive oil, divided**
- 2 (8.5-oz.) pkg. ready-to-heat coconut jasmine rice**
- 1 cup Hy-Vee canned black beans, drained and rinsed**

- 2 cups loosely packed organic baby spinach and arugula blend**
- 1 cup Hy-Vee Short Cuts pineapple chunks**
- 1 avocado, seeded, peeled and sliced**
- ½ cup Hy-Vee plantain chips**
- ½ cup organic mango vinaigrette dressing**
- Lime wedges, for serving**

1. PAT tilapia dry with paper towels. Brush both sides of fillets with melted butter; sprinkle with blackened seasoning. Set aside.

2. HEAT 1 Tbsp. oil in a large nonstick skillet over medium-high heat. Cook 2 tilapia fillets for 3 to 5 minutes or until 145°F, turning once halfway through. Transfer to a platter; loosely cover with foil. Slightly cool skillet; repeat with remaining 1 Tbsp. oil and 2 tilapia fillets.

3. MEANWHILE, heat rice in microwave according to pkg. directions. Transfer to a medium bowl; add beans and toss to combine. Divide mixture among 4 serving plates.

4. ARRANGE fish, salad greens, pineapple, avocado and plantain chips on top of rice mixture. Drizzle with mango dressing. Serve with lime wedges, if desired.

Per serving: 790 calories, 38 g fat, 11 g saturated fat, 0 g trans fat, 85 mg cholesterol, 470 mg sodium, 78 g carbohydrates, 10 g fiber, 15 g sugar (9 g added sugar), 39 g protein. **Daily Values:** Vitamin D 20%, Calcium 8%, Iron 15%, Potassium 20%

30
MINUTES
OR LESS

GF
option
GLUTEN-FREE

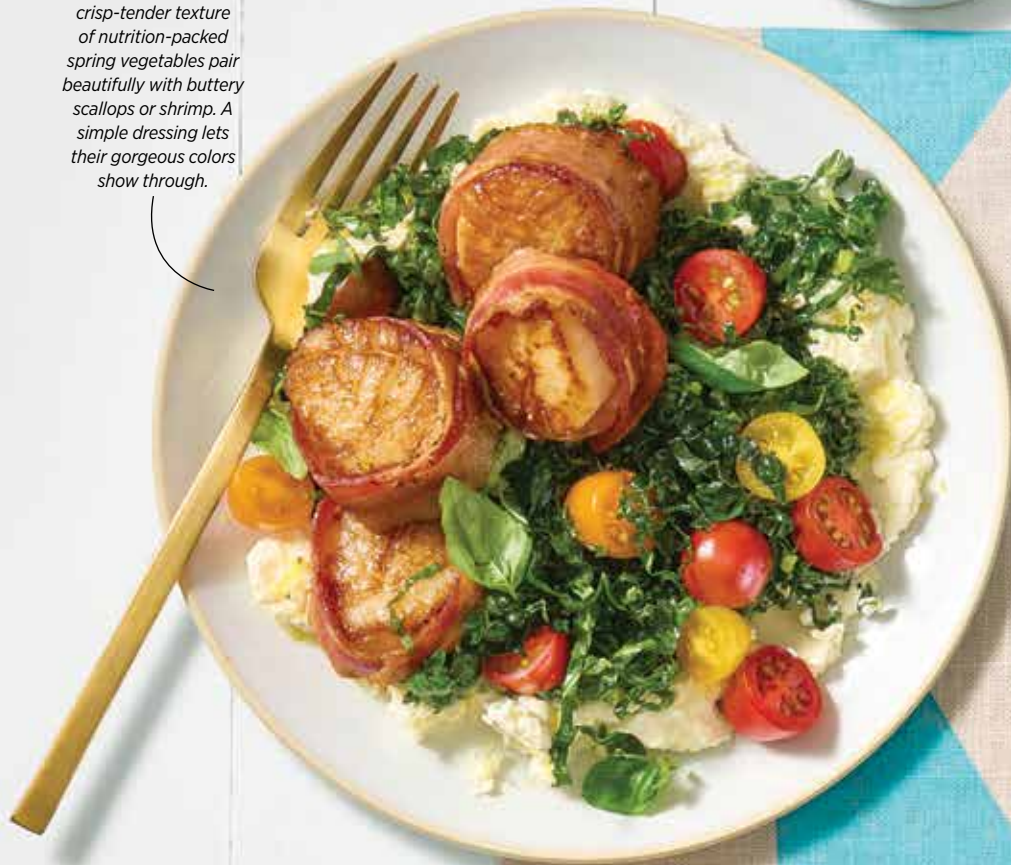


RAINFORREST

Rainforest tilapia at Hy-Vee is sustainably raised in a natural environment in Costa Rica. Each stage of the fish's life is subject to quality standards. Rainforest is committed to a low-carbon reforestation and zero-waste policies.

SPRING FLING

The fresh flavors and crisp-tender texture of nutrition-packed spring vegetables pair beautifully with buttery scallops or shrimp. A simple dressing lets their gorgeous colors show through.



BACON-WRAPPED SCALLOPS SALADS

Place 3 cups tightly packed ribs removed and finely sliced lacinato kale, ½ Tbsp. fresh lemon juice and ¼ tsp. Hy-Vee salt in a large bowl. Gently massage kale by rubbing between fingers for 1 to 2 minutes or until kale turns dark green and is tender. Whisk together ½ cup Soirée mascarpone cheese, softened; 1 tsp. lemon zest and an additional 2 Tbsp. fresh lemon juice until combined. Spread mascarpone mixture onto 2 serving plates. Top with kale, ½ cup Basket & Bushel Gourmet Medley tomatoes, halved, and 2 Tbsp. thinly sliced basil; set aside. Pat 8 Fish Market fresh sea scallops dry. Wrap 1 slice Hormel Black Label fully cooked thick cut bacon around each scallop; secure with a wooden toothpick. Heat 2 Tbsp. Hy-Vee unsalted butter in a medium nonstick skillet over medium-low heat. Add scallops; cook for 6 to 8 minutes or until scallops reach 145°F, turning once halfway through and occasionally spooning butter over tops. To serve, remove toothpicks from scallops; arrange scallops on salads. Drizzle with ¼ cup sun-dried tomato-and-garlic vinaigrette. Garnish with additional basil leaves and lemon zest, if desired. Serves 2.



SHRIMP SCAMPI SALADS

Peel 1½ (16-oz.) pkg. thawed Fish Market frozen shell-on, EZ peel & deveined raw shrimp (16 to 20 ct.); remove tails. Pat shrimp dry; set aside. Heat ¼ cup Gustare Vita olive oil in a large nonstick skillet over medium heat. Add ¼ cup Hy-Vee unsalted butter and melt. Add ½ (12-oz.) pkg. fresh snipped green beans and 4 mini sweet peppers, sliced into ¼-in. rings and seeded; cook for 3 minutes, stirring occasionally. Add shrimp and 2 Tbsp. McCormick garlic-butter shrimp scampi seasoning mix. Stir until mixture is combined and seasoning is dissolved. Cook and stir for 3 to 4 minutes or until shrimp reaches 145°F; remove from heat. Stir in 2 Tbsp. fresh lemon juice; set aside. Toss together 3 cups tightly packed baby spinach-and-spring mix blend, 2 cups tightly packed chopped radicchio and ¼ cup Dogpatch Urban Gardens lemon garlic vinaigrette in a large bowl. Transfer salad mixture to a large platter; top with shrimp mixture. Sprinkle with ¼ cup Soirée shaved Parmesan. To serve, divide among 4 serving plates. Serve with lemon wedges. Serves 4 (1¼ cup each).



FIND IT AT HY-VEE

Dogpatch Urban Gardens Salad Dressing

Simple, familiar ingredients with an avocado oil base.

select varieties
11.5 or 12 oz.

5.99

Citrus Salmon Caesar Salads

Hands On 25 minutes

Total Time 52 minutes plus marinating and standing time

Serves 4

2 small navel oranges, divided
2 small blood oranges, divided
2 Tbsp. Hy-Vee Dijon mustard
3 Tbsp. Gustare Vita olive oil, divided

1 Tbsp. Hy-Vee honey
1 (13- to 16-oz.) Bristol Bay frozen skin-on salmon fillet, thawed and cut into 4 portions

½ (12-oz.) loaf Hy-Vee Bakery unsliced Asiago focaccia bread

2 tsp. coarsely ground Hy-Vee garlic pepper

1½ (9-oz.) pkg. chopped hearts of romaine

½ cup Soirée shaved Parmesan cheese
½ cup Bolthouse Farms refrigerated creamy Caesar yogurt dressing & dip

1. PREHEAT oven to 425°F. Juice 1 each navel and blood orange to make ½ cup total juice. Place juice in a small bowl. Slice remaining navel and blood oranges and set aside.

2. WHISK mustard, 1 Tbsp. olive oil and honey into orange juice in bowl. Place salmon portions in a large resealable plastic bag. Pour orange juice mixture over salmon; seal bag. Turn bag to evenly coat salmon with marinade. Refrigerate for 20 to 25 minutes, turning halfway through.

3. FOR CROUTONS, place remaining 2 Tbsp. olive oil in a large bowl. Cut focaccia into ¾-in. cubes; add to bowl with oil and toss to coat. Spread bread cubes in a single layer in a rimmed baking pan. Bake for 12 to 15 minutes or until crisp and golden brown, stirring halfway through. Cool completely.

4. LINE another rimmed baking pan with parchment paper; set aside. Remove salmon from marinade; discard marinade. Place salmon, skin side down, in prepared baking pan. Sprinkle with garlic pepper. Place reserved orange slices on top.

Bake for 8 to 12 minutes or until salmon reaches 145°F. Remove from oven; loosely cover salmon with foil and let rest for 5 minutes.

5. TO SERVE, divide romaine among 4 serving plates. Top each with a salmon portion, croutons and Parmesan cheese. Drizzle with dressing.

Per serving: 550 calories, 26 g fat, 8 g saturated fat, 0 g trans fat, 90 mg cholesterol, 1,340 mg sodium, 41 g carbohydrates, 7 g fiber, 20 g sugar (4 g added sugar), 37 g protein. Daily Values: Vitamin D 70%, Calcium 25%, Iron 10%, Potassium 20%

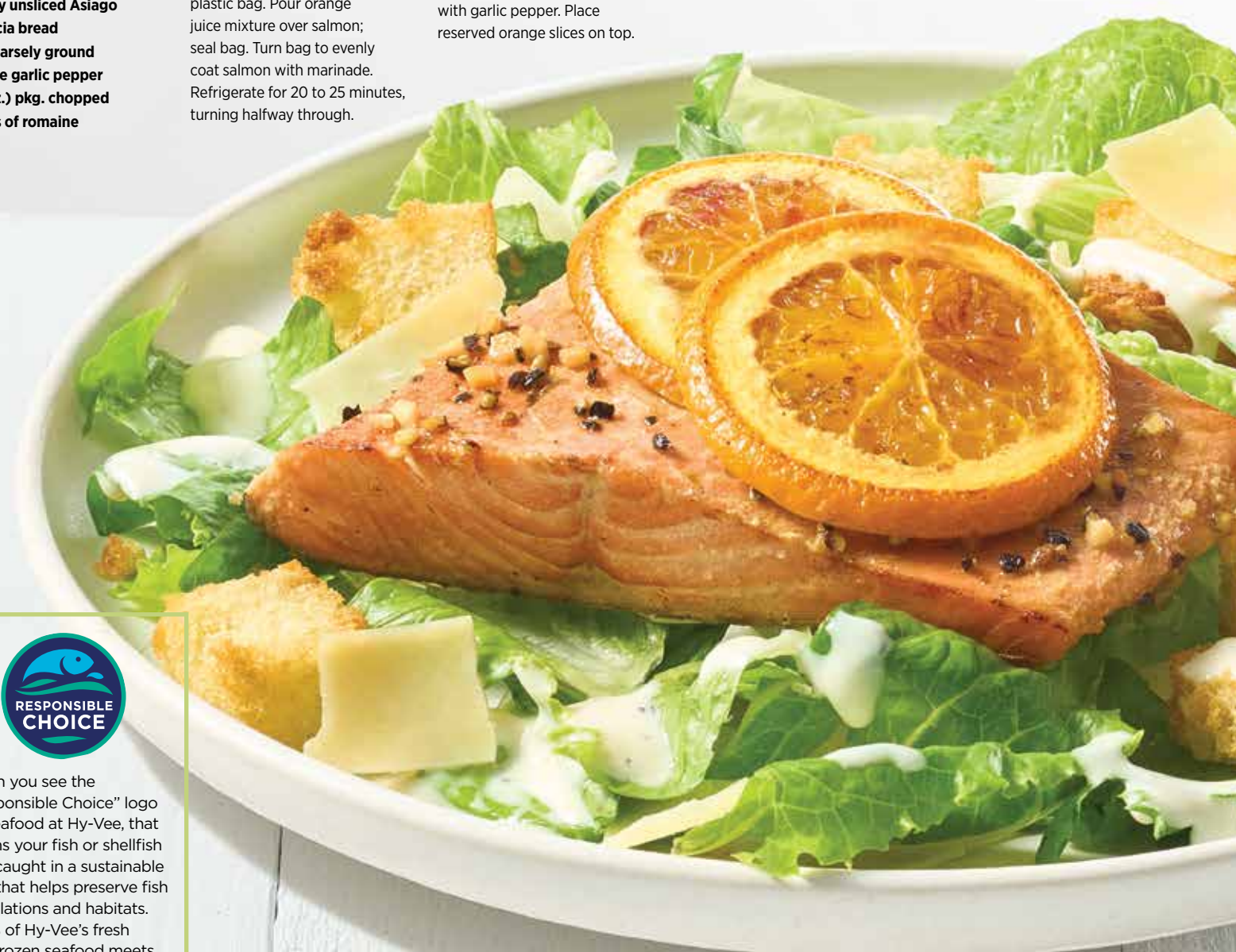


When you see the "Responsible Choice" logo on seafood at Hy-Vee, that means your fish or shellfish was caught in a sustainable way that helps preserve fish populations and habitats. 100% of Hy-Vee's fresh and frozen seafood meets the standards to be a Responsible Choice.

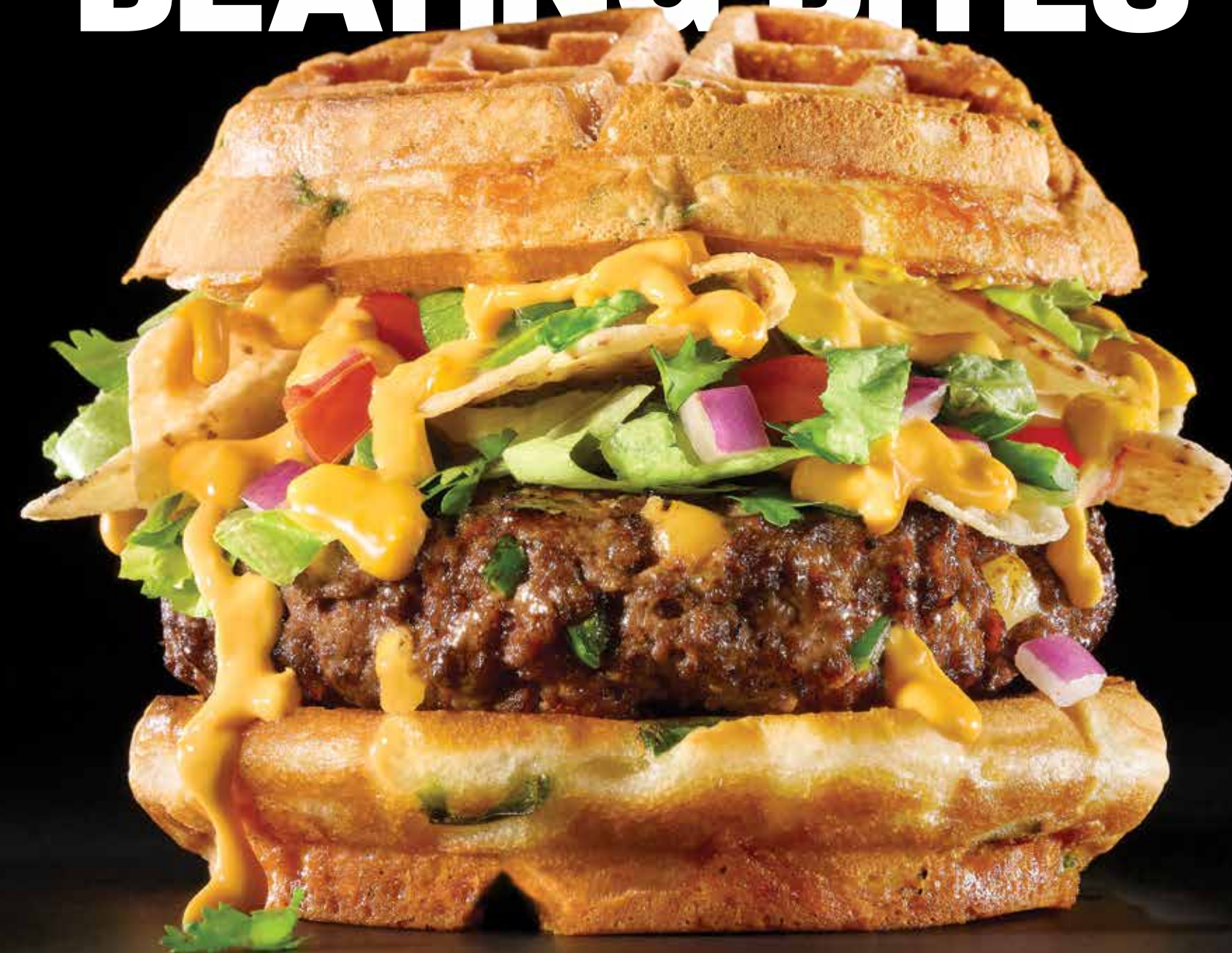


BRISTOL BAY
ALASKA'S SOCKEYE SALMON

Sockeye salmon from Bristol Bay are sustainably wild-caught by fish industry workers of Bristol Bay, Alaska, one of the most pristine watersheds in the world.



BUZZER-BEATING BITES



EFFICIENT COUNTERTOP APPLIANCES FROM HY-VEE MAKE TOURNAMENT SEASON A SLAM DUNK WITH RESTAURANT-RIVALING GAME-DAY EATS.

Total Time 35 minutes
Serves 2 (1 each)

5 tsp. Hy-Vee vegetable oil, divided
1½ cups Hy-Vee buttermilk complete pancake & waffle mix
1 cup water
6½ oz. Soirée Manchego cheese chunk, cut into 1-in. cubes
1 medium jalapeño pepper, thinly sliced and seeded*
2 (6-oz.) Hy-Vee Meat Department gourmet steakhouse jalapeño pepper jack burger patties
2 Tbsp. shredded iceberg lettuce
1 oz. Crav'n Flavor restaurant style lime flavored tortilla chips (about 8 chips)
2 Tbsp. fresh pico de gallo
¼ cup Hy-Vee Cheddar cheese dip, warmed

1. BRUSH top and bottom waffle plates of a 5-in.-round stuffed waffle maker with 1 tsp. oil. Preheat waffle maker according to manufacturer's directions.

2. FOR BATTER, whisk together pancake & waffle mix and water in a medium bowl until large lumps disappear.

3. SPREAD ½ cup batter evenly on the bottom plate of waffle maker. Sprinkle with half each of cheese cubes and jalapeño slices. Pour and spread an additional ½ cup batter on top. Close lid and lock. Grasping handle, turn waffle maker over and cook for 7 minutes. Turn waffle maker over again and open to check doneness. Waffle is done when golden and can be easily loosened and removed from waffle maker. Repeat making a second waffle with remaining batter, cheese and jalapeño slices.

4. CUT each waffle horizontally in half; set aside. Heat 2 tsp. oil in a large nonstick skillet over medium-high heat. Place 2 waffle halves, cut sides down, in skillet; cook for 2 to 3 minutes or until edges are crisp and golden. Transfer to a wire rack. Repeat with remaining 2 tsp. oil and waffle halves.

5. MEANWHILE, cook burger patties in another large skillet over medium-high heat for 8 to 10 minutes or until patties reach 165°F, turning halfway through. Transfer patties to a cutting board; cool for 1 to 2 minutes.

6. TO ASSEMBLE, place patties on toasted side of 2 waffle halves. Top with lettuce, tortilla chips, pico de gallo and cheese dip. Place remaining waffle halves on top to sandwich.

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

Per serving: 1,350 calories, 83 g fat, 34 g saturated fat, 2 g trans fat, 225 mg cholesterol, 2,490 mg sodium**, 88 g carbohydrates, 3 g fiber, 17 g sugar (12 g added sugar), 64 g protein. **Daily Values:** Vitamin D 0%, Calcium 80%, Iron 40%, Potassium 15%



SAVE TIME
Prepare servings of batter and fillings for individual waffles ahead of time to make one after another quickly.

WAFFLE NACHO BURGERS

**USDA Dietary Guidelines recommends average daily intakes of 2,500 calories for men and 2,000 calories for women, and limiting sodium intake to 2,300 mg. For more information, visit [dietaryguidelines.gov](https://www.dietaryguidelines.gov)

4

AIR FRYER HACKS

USE THESE TIPS FOR PERFECTLY CRISP FOODS EVERY TIME.

ALWAYS PREHEAT

Ensure that foods cook evenly and quickly by preheating your air fryer. Use the preheat setting or set it to your desired temperature for 3 to 5 minutes.

DON'T OVERCROWD

Avoid overcrowding the basket or layering foods. This prevents the hot air from circulating, leading to unevenly cooked, or even burnt, foods.

GIVE IT A SHAKE

To ensure all sides of the food are exposed to the hot air and crisp evenly, shake the air fryer basket to flip foods at least two times while cooking.

KEEP IT CLEAN

To keep the air fryer from smoking and potentially burning foods, clean excess crumbs or grease on the heating element in between uses.

5. STIR together sauerkraut and Cheddar cheese dip in a medium microwave-safe bowl. Microwave on HIGH for 1 to 2 minutes or until heated through. Serve with bratwurst bites.

NOTE: Cooking times, temperatures and quantities may vary depending on style of air fryer.

Per serving: 280 calories, 14 g fat, 5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 1,010 mg sodium, 27 g carbohydrates, 1 g fiber, 6 g sugar (3 g added sugar), 11 g protein. Daily Values: Vitamin D 6%, Calcium 2%, Iron 6%, Potassium 4%

piece in a single layer. Place on a tray; sprinkle with 1 tsp. salt.

4. SPRAY air fryer basket with nonstick spray. Working in batches, place wrapped bratwurst pieces in basket. Air-fry for 7 to 9 minutes or until dough is golden brown and bratwursts reach 165°F, turning halfway through. (Place cooked bratwurst bites on a wire rack in a rimmed baking pan and keep warm in a 200°F oven while air-frying remaining bratwurst bites.) Cool slightly. Garnish with additional salt, if desired.

1. PREHEAT air fryer to 400°F according to manufacturer's directions.

2. STIR together water and baking soda in a small bowl until dissolved; cool.

3. UNROLL pizza crust dough; brush both sides of dough with baking soda mixture. Cut dough crosswise into 24 (¼-in.-wide) strips. Cut each bratwurst into 4 equal pieces. Beginning at one end of each bratwurst piece, wrap 1 dough strip in a spiral fashion around the bratwurst

½ cup drained Hy-Vee canned shredded sauerkraut

½ cup Hy-Vee Cheddar cheese dip

AIR-FRIED

BRAT PRETZEL BITES

Hands On 15 minutes
Total Time 51 minutes plus cooling time
Serves 12 (2 each)

½ cup warm water (110°F to 115°F)

1 tsp. Hy-Vee baking soda

1 (13.8-oz.) can Hy-Vee refrigerated pizza crust

6 Hy-Vee apple & brown sugar maple pork bratwursts

1 tsp. kosher salt, plus additional for garnish

Hy-Vee vegetable cooking spray



FIND IT AT HY-VEE

McClure's Pickles or Bloody Mary Mix

Crunchy pickle spears with a brine also used for McClure's drink mixers.

select varieties
32 oz.

10% OFF



AIR-FRIED PIZZA POTATO SKINS 3 WAYS

Scrub 4 (8- to 10-oz.) russet potatoes; dry well. Pierce several times with tip of a sharp knife. Cut each potato lengthwise in half; rub with 1½ tsp. Gustare Vita olive oil. Spray air fryer basket with Hy-Vee vegetable cooking spray. Working in batches, place potato halves in air fryer basket with flesh sides down. Air-fry at 400°F for 25 to 30 minutes or until tender and beginning to brown. Cool slightly. Scoop out flesh from each potato half to make ¼-in.-thick shells. Reserve potato flesh for another use. Fill potato shells with toppings. Place in air fryer basket; air-fry for 3 to 4 minutes or until toppings are heated through. After heating, top with remaining toppings. Serves 4 (2 each).

NOTE: Cooking times, temperatures and quantities may vary depending on style of air fryer.

BBO CHICKEN POTATO SKINS

Gustare Vita cacio e pepe pasta sauce + Hy-Vee Kitchen picked rotisserie chicken + thinly sliced red onion + cooked and chopped Hy-Vee Hickory House thick-sliced applewood-smoked bacon + Hy-Vee shredded pizza cheese. *After heating:* Culinary Tours sweet & tangy bourbon BBQ sauce + chopped McClure's spicy pickle spears + chopped green onions

TACO POTATO SKINS

Hy-Vee 80% lean ground beef prepared with Hy-Vee original taco seasoning mix and water + Hy-Vee traditional refried beans + chopped roma tomato + chopped onion. *After heating:* shredded iceberg lettuce + Hy-Vee mild taco sauce + Hy-Vee finely shredded Mexican cheese

MEAT LOVERS' POTATO SKINS

Hy-Vee marinara pasta sauce + Graziano Brothers precooked Italian sausage + Hy-Vee diced cooked ham + mini pepperoni + Hy-Vee Short Cuts chopped tricolor bell peppers + torn fresh mozzarella cheese ciliegine



CRAV'N MORE

SATISFY THOSE GAME-DAY CRAVINGS WITH FROZEN, READY-TO-COOK CRAV'N FLAVOR PRODUCTS.



CRAV'N FLAVOR BATTERED GREEN BEANS

Juicy green beans in a crispy golden coating with included wasabi dipping sauce.



CRAV'N FLAVOR CREAM CHEESE STUFFED JALAPEÑO POPPERS

Jalapeño peppers filled with real cream cheese and covered with a light, crunchy breading.



CRAV'N FLAVOR MOZZARELLA STICKS

Golden breaded cheese sticks made with real mozzarella.



CRAV'N FLAVOR RISING CRUST THREE MEAT PIZZA

Pepperoni-, sausage- and beef-topped pizza with 100% real cheese and 13 grams of protein.



FIND IT AT HY-VEE

Chefman Portable Sandwich Maker

Cook for two at a time in this compact, nonstick sandwich maker that is easy to store and clean. 8.8x2.7x9 in.

24.99

FIND IT AT HY-VEE

Quince & Apple Preserves or Forward Provisions Pickled Vegetables

Try Wisconsin-made small-batch preserves like apples and cranberry and pickled vegetables like carrots.

select varieties 6 or 12 oz.

15% OFF

SAVE TIME

Honeycrisp apples add their signature juicy and crisp texture to this recipe. Use the thickest setting of a hand-held mandoline slicer to quickly and easily cut perfectly thin slices, using the guard protector for safety.

APPLE-BBQ CHICKEN-STUFFED SANDWICHES

Hands On 10 minutes
Total Time 14 minutes
Serves 2 (1 each)

8 pieces Hy-Vee frozen fully cooked popcorn chicken
4 slices Hy-Vee white bread
¼ tsp. cinnamon-sugar blend
¼ tsp. Hy-Vee Irish stout rub
2 Tbsp. Quince & Apple apples and cranberry preserves

2 Tbsp. Stonewall Kitchen maple bacon onion jam
8 thin Honeycrisp apple slices
1½ tsp. Gustare Vita olive oil

1. PREHEAT sandwich maker according to manufacturer's directions. Meanwhile, heat frozen popcorn chicken in microwave according to pkg. directions. Cool slightly and cut in half; set aside.

2. TO ASSEMBLE sandwiches, place bread slices in a single layer on a flat surface; sprinkle with cinnamon-sugar blend and Irish stout rub. Turn bread slices over. Spread apple and cranberry preserves on one side of 2 slices and maple bacon onion jam on remaining 2 slices.

3. ARRANGE apple slices on bread slices spread with preserves;

arrange chicken on bread slices spread with jam. Sandwich together an apple-topped slice with a chicken-topped slice to make 2 sandwiches.

4. BRUSH top and bottom plates on sandwich maker with oil. Carefully place sandwiches in preheated sandwich maker. Firmly close the lid and lock. Cook for 3 to 4 minutes or until

toasted. Remove sandwiches with a silicone spatula. Cool slightly before serving.

Per serving: 330 calories, 9 g fat, 1 g saturated fat, 0 g trans fat, 10 mg cholesterol, 490 mg sodium, 53 g carbohydrates, 1 g fiber, 21 g sugar (16 g added sugar), 9 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 2%

20
MINUTES
OR LESS

MIA PIZZA

TAKE & BAKE PIZZAS WITH REAL MOZZARELLA CHEESE AND RED SAUCE MADE WITH FRESH VINE-RIPENED TOMATOES AND BASIL LEAF.



TRADITIONAL CRUST
Wheat crust finished with sauce, cheese and toppings.



GLUTEN FREE CRUST
Saucy, cheesy pizza with a crisp brown rice flour crust.



FLATBREAD PIZZA
Smaller serving of classic pizzas made flatbread-style.



Scan to shop Mia Italian Take & Bake Pizzas at Hy-Vee.



GEAR UP

EFFICIENT APPLIANCES AT HY-VEE MAKE IT EASY TO FUEL YOUR TEAM WITH TASTY APPETIZERS AND SNACKS, WHILE SAVING PRECIOUS TIME ON THE CLOCK.



FIND IT AT HY-VEE

1. Char-Broil Universal Pizza Oven Grill Accessory

Master gourmet pizza in this compact accessory with a temperature gauge that can be used on most 330-sq.-in. or larger charcoal and gas grill grates.

16.5×5.75×16.87 in.
99.99

2. Ariawave Mini Digital Air Fryer & Toaster Oven

Roast, toast, fry, dehydrate, bake and more in this elegant, tiny but mighty appliance with included cooking trays, roasting spit and 16 presets.

16.2×15.4×13.5 in.
99.99

3. Chefman TurboFry Air Fryer

Cook irresistible foods quickly in this discreet, sleek 2-qt. air fryer with a 60-minute timer and dishwasher-safe basket and tray.

7.87×11.02×9.45 in.
49.99

4. Chefman Big Stuff Stuff'd Waffle Maker

Pour batter and add fillings for 2-in.-thick stuffed waffles with little mess thanks to an anti-overflow moat; stand this tool upright for easy storage.

7×10×5 in.
39.99

GRAB AND GET WATCHING

WHEN IT COMES TO WATCH PARTIES, HY-VEE CATERING HAS YOU COVERED WITH CROWD-FAVORITE FOOD PLATTERS THAT INDULGE EVERY FLAVOR CRAVING.



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

5. Hickory House Chicken Tenders

Comforting hand-breaded chicken plus sauces to feed a variety of crowd sizes.

1 to 100+ pc.

6. Pick 3 Boneless Wing Tray

Pick 3 sauces on these wings, which can be purchased heated or ready-to-heat.

Serves 15 to 20

7. 50/50 Fruit and Vegetable Tray

Beautifully arranged tray with celery, carrots, grapes, pineapple and more, plus two dips.

Serves 24 to 48

8. Nori Sushi Large Party Tray

Choose one each of mini, crispy, crunchy and artisan rolls, plus Nigiri, made fresh.

42 to 50 pc. each tray

9. Pepperoni Pinwheels

Pepperoni, cheese and garlic butter rolled in pizza crust, baked and topped with Parmesan.

12 to 36 ct.

4

PARTY SIPS

STOCK YOUR FRIDGE WITH GAME-DAY LIBATIONS FROM HY-VEE.



Nütrl Vodka Seltzer, 8-pk. Vodka with real fruit juice, sparkling water and natural flavors. Look for variety packs with just 100 calories per can.



Dark Horse Cabernet Sauvignon Wine, 750 ml This bold, full-bodied red wine has hints of spice and fruity notes that complement meats and cheeses.



Captain Morgan Spiced Rum, 1.75 liter A spiced rum with subtle notes of vanilla, caramel, clove and cinnamon to pair with your favorite mixers.



High Noon Hard Seltzer, 8-pk. Real vodka and fruit juice with sparkling water and no added sugar. Choose from a wide assortment of variety flavor packs.

Save THE Date

CELEBRATE NEW GRADS WITH A BASH TO REMEMBER!
HY-VEE CAN PROVIDE DECOR, CATERING, SWEET
TREATS AND GIFTS TO HELP YOUR GRAD
KICK OFF THE NEXT CHAPTER
WHILE CELEBRATING THEIR
ACCOMPLISHMENTS.

FLORAL AND MORE

FIND WHAT YOU NEED TO DECORATE FOR
A FESTIVE GRAD BASH AT THE HY-VEE
FLORAL DEPARTMENT. BALLOONS, FLORAL
CENTERPIECES AND OTHER SEASONAL DECOR
ARE ALL AVAILABLE TO BRING THE PARTY TO LIFE.

Balloons

Hy-Vee Floral offers foil and latex balloons for
a variety of occasions, including graduation. If
you're purchasing additional balloons for the party,
Hy-Vee also can fill them for you with helium or air.

Custom Floral

Choose from select arrangements at Hy-Vee, or
work with a florist to create your own custom
centerpieces for the party. Hy-Vee's expert florists
can offer recommendations for flowers and
arrangements, or they can take inspiration from
your party theme to craft a unique design.



Warm Welcome

Create a festive entryway
to the party by decorating
with a customized sign, and
liven it up with a large balloon
display. Find balloons at
Hy-Vee that match the
party's color scheme, then
attach to balloon tape to
form an arch or garland.

Memory Lane

Photos of the graduate
double as decor when
attached to helium balloons.
To use as centerpieces or
table decor, tie a ribbon to
each balloon, and attach a
weight at the end. Attach the
photos to the length of ribbon
using tape or a dot of glue.



Scan the QR code to shop graduation
floral arrangements and balloons from
Hy-Vee Floral.

FOOD

HY-VEE CATERING OFFERS SPECIALTY BUFFETS AND PARTY TRAYS TO SATISFY THE CROWD, NO MATTER HOW BIG OR SMALL THE GUEST LIST. CUSTOMIZE YOUR SPREAD WITH ADDITIONAL ITEMS FROM HY-VEE, SUCH AS DRINKS, DESSERTS AND SNACK FOODS.

DIY Brunch Bar

Create a delicious brunch buffet starting with a catered yogurt, fruit and granola bar from Hy-Vee. Then, pick up your grad's favorite cereals to serve alongside the catered meal, and offer drinks such as coffee, tea and milk.



FIND IT AT HY-VEE

1. Chefman Stainless Steel Electric Kettle

Quickly heat water for tea, coffee, oatmeal and more with this electric kettle. The cordless design allows for easy filling and pouring—simply place the kettle on its base to heat.

1.8-liter capacity
39.99

2. Moka Coffee Cup

This reusable and recyclable coffee cup is made from repurposed coffee grounds and husks. Both heat-resistant and dishwasher-safe for easy cleaning, it includes a lid and is sized to fit in standard cupholders.

16 oz.
6.99

3. Anchor Hocking 48 oz. Montana Jar

Glass canisters make it easy to see food as it's stored in each jar, and acacia wood lids include an airtight silicone seal, locking in freshness and flavor and keeping any moisture out.

6.1×6.1×5.1 in.
14.99

4. Anchor Hocking 64 oz. Montana Jar

Each large jar from Anchor Hocking has a wide-mouth lid, making it easy to scoop out dry ingredients like flour with a measuring cup, or to serve foods like cereal with a large scoop or spoon.

6.8×6.8×5.8 in.
16.99

5. Anchor Hocking 96 oz. Montana Jar

Easily clean up after a party by washing each glass jar in the dishwasher. Hand-washing is recommended for the wood lids to prevent any warping or cracking.

6.5×6.5×7.75 in.
19.99



Scan the QR code to order and browse all of Hy-Vee Catering's offerings, including party trays, catering bars and more.



Taco Bar

Includes hard or soft taco shells, seasoned ground beef or chicken, cheese, lettuce, sour cream, salsa, tomato, onion, jalapeños, tortilla chips, refried or black beans, Spanish rice and assorted cookies or cherry cheesecake.

ADDITIONS: Pair with Jarritos sodas in flavors like pineapple and lime, or offer bags of chips for walking tacos.



Slider Bar

Includes three varieties of sliders from nine choices, freshly baked buns, cheese, toppings and your choice of two sides, such as baked beans and white Cheddar mac and cheese.

ADDITIONS: Pick up a variety of two-liter sodas from Hy-Vee for drinks, and consider serving sides like French fries and tots for a diner-style meal.



Asian Bar

Includes choice of two or three entrées (such as beef and broccoli, orange chicken and walnut shrimp), fried rice, steamed rice, egg rolls, crab rangoons and fortune cookies.

ADDITIONS: Provide sauces from Hy-Vee for dipping, such as soy sauce and sweet and sour sauce, and include chopsticks alongside silverware.

CUSTOM CAKES

PUT YOUR GRAD'S NAME IN MARQUEE LIGHTS FOR THEIR PARTY WITH A PERSONALIZED CAKE FEATURING THE FIRST LETTER OF THEIR NAME. THE HY-VEE BAKERY CAN CREATE CUSTOM CAKES AND OTHER DESSERTS TO FIT ALMOST ANY PARTY THEME.

Personalized Cakes

A custom letter cake with edible marquee lights is just one of the many designs Hy-Vee's talented bakers and decorators can create. Other options include sheet cakes, layer cakes and personalized cupcakes. You'll choose the cake's flavor and frosting, then work with Hy-Vee Bakery professionals to bring your vision to life with coordinating colors and a unique design. To order, talk with a baker or order online to choose from dozens of cake options.



Customized Cupcakes

If you want to skip the cake cutting, serve personalized cupcakes. Hy-Vee bakers can decorate individual cupcakes to your specifications, or frost a cupcake grouping with a creative design for the appearance of a cake with the convenience of cupcakes.

Cookie Cakes

Order a frosted cookie cake with the colors and message of your choosing. You also can order individually decorated sugar cookies to pair with a cookie cake for a cute, unique treat.



SWEET ENDINGS

IN ADDITION TO CUSTOMIZED DESSERTS, THE HY-VEE BAKERY HAS A VARIETY OF OTHER SWEETS TO HELP FILL OUT YOUR SPREAD. CHOOSE GRAB-AND-GO ITEMS, OR PLACE A SPECIAL ORDER ONLINE AT HY-VEE.COM/SHOP

More Bakery Treats

Complete your buffet with extra Hy-Vee desserts. In addition to cakes and cupcakes, Hy-Vee offers cookies, brownies, pies, cheesecakes, scotcheroos, donuts, macarons and more, plus dessert party trays.



Scan the QR code to see a full selection of desserts available from the Hy-Vee Bakery, and to place your party order.

GIFTS

NO MATTER WHERE YOUR GRAD'S INTERESTS LIE, VISIT HY-VEE TO PUT TOGETHER A PERSONALIZED GIFT BASKET, COMPLETE WITH GIFT CARDS AND MORE, TO CELEBRATE THEIR ACHIEVEMENTS.

Gifts at Hy-Vee

Use your creativity to put together a personalized gift basket with items from Hy-Vee. You also can find other gifts for your grad, such as small appliances to set them up for success in their first dorm room or apartment, as well as gift cards from a variety of retailers and restaurants.



FOR THE FITNESS FANATIC

FOR THE COFFEE ENTHUSIAST



FIND IT AT HY-VEE
Asobu Recycled Stainless Steel Mug
 This vacuum-seal mug has a ceramic coating to prevent any metallic flavor.
 select varieties
 20- or 50-oz. capacity
19.99

FIND IT AT HY-VEE

- | | | |
|--|--|--|
| <p>1. Gojo Japanese Sauces
 Created by Chef Jo Yamanaka, these Japanese sauces have been a Midwest favorite for over 40 years with flavors like miso ginger.
 select varieties
 12 or 13.5 oz.
 6.49</p> | <p>2. JFC International Ramen Bowls
 Add boiling water to prepare a delicious meal in minutes. Try flavor variations such as ramen curry, ramen miso and ramen tonkotsu.
 select varieties
 2.82 to 9.5 oz.
 2/7.00</p> | <p>3. Starfrit Gourmet ECO Cutlery Set with Case
 Made from recyclable wheat husk and food-safe plastic, this fork, spoon and knife set includes a storage case.
 select varieties
 each
 9.99</p> |
| <p>4. Boston Warehouse Souper Bee Positive Mug
 Heat and store leftovers in this cute mug that is dishwasher-, oven-, microwave- and freezer-safe, with included lid.
 20-oz. capacity
 8.99</p> | <p>5. HIP Suga Water Bottle
 Available in four colors such as sky and sand, the body of each bottle is made from renewable sugarcane stalks, with a silicone handle and ring.
 select varieties
 20-oz. capacity
 6.99</p> | <p>6. Diamond Home Kitchen Bin
 Plastic bins include gold handles on each side for easy carrying; use them to organize items in your home, or as the base for a gift basket.
 select varieties
 each
 6.99</p> |



Hallmark Greeting Cards
 Say congrats to your grad with beautiful cards from Hallmark. Find a unique greeting with pop-up cards, textured designs and more for every occasion.



HY-VEE GIFT BASKETS

CONGRATULATE YOUR GRAD WITH ONE OF HY-VEE'S GIFT BASKETS, INCLUDING SWEET TREATS AND SAVORY SNACKS. ORDER ONLINE, OR SHOP AN ASSORTMENT OF GIFT BASKETS IN STORES.



GOURMET SAMPLER BASKET

V CHOCOLATES SAMPLER BOX

SCAN TO SHOP
 Hy-Vee's selection of gift baskets.



DIETITIAN Q&A

Eating a Nutritious Diet on Vacation

Elisa Sloss, registered and licensed dietitian and senior vice president, HealthMarkets, offers her advice for making better dietary choices while on vacation.



Elisa Sloss, RD, LD
Senior Vice President,
HealthMarkets

Q: How can traveling affect your diet?

A: Whether you're going on vacation, visiting family or traveling for work, you want to enjoy your trip. But changes in eating habits can leave you feeling sluggish, impact your mood, cause changes in your digestion or impact hydration. While it's easy to opt for convenience items, it's important to prioritize staying hydrated and including balanced meals to give you the energy boost needed to enjoy your vacation to the fullest!

Q: What should I order when I'm at restaurants?

A: No matter what options are available on your trip, it's possible to find foods that will provide lasting energy. Most restaurants, including fast food places, offer salads as an option for a starter or even an entrée. If you are

monitoring calorie intake, you can ask for higher-fat-and-calorie toppings such as dressing and cheese on the side. For meat and seafood, choose grilled meat and fish instead of deep fat fried. You can keep an eye on portion sizes by splitting entrées with a travel partner, or by taking part of your meal back to your hotel if a mini fridge is available for storage.

Q: What kinds of snacks should I pack for the trip?

A: Whether you're flying or taking a road trip, taking the time to pack snacks before you leave can help ease the temptation to fill up on fast foods. A balanced snack that will satisfy you contains protein and fiber—think of classics like apple slices with nut butter. If you're flying, the Transportation Security Administration (TSA) allows solid food items that aren't liquids or gels in carry-on items. Some TSA-approved nutritious options include whole grain cereal and crackers, dried fruit, nuts, sandwiches and granola bars. For a road trip, there are no restrictions. If you're bringing refrigerated or frozen foods, pack a cooler with several inches of ice or cold packs, and keep food in waterproof containers. Fill any extra space with additional ice. Fiber-rich

fruits and vegetables can help keep you full longer and supplement indulgent meals that may not offer a nutrient-dense side when you arrive at your destination.

Q: Should I skip a meal so I can eat more later?

A: Don't skip breakfast or other meals on vacation—missing meals, especially breakfast, might make you more tired throughout the day and more likely to overindulge. If you're staying in a hotel with a continental breakfast, look for options that contain protein, such as eggs, or whole grains, such as oatmeal or unsweetened cereals. Pair those with a piece of fruit and grab a single-serve container of yogurt or milk to round out the meal.

Q: Are there foods and drinks I should avoid while on vacation?

A: You don't have to avoid the foods and drinks you enjoy, especially on vacation. Just remember to enjoy everything in moderation. Staying hydrated is also important while traveling. Coffee and tea both count toward hydration goals, but try to limit sugary beverages like soda, and try ordering water alongside any drinks with alcohol.



TRAVEL SNACKS AT HY-VEE

Stock up on nutritious foods at Hy-Vee or Fast & Fresh locations, and visit the Hy-Vee HealthMarket for allergen-friendly, gluten-free, keto-friendly snacks and more:

- Short Cuts fruits, veggies and snack cups
- Good Graces gluten-free veggie straws, veggie chips and high-protein cheese crisps
- Full Circle Market applesauce pouches, wheat cereals and multigrain rice cakes
- That's Smart! nuts, trail mix and crackers
- Other snacks such as jerky, popcorn, dried fruit, granola bars, fruit cups and more.

FIND IT AT HY-VEE

1. Swoon Lemonade or Iced Tea

Made with monk fruit sweetener, each zero-sugar can has 5 calories and includes vitamin C.
select varieties
12 fl. oz.
2/5.00

2. Daily Crunch Snacks

These slightly sprouted nuts are easier to digest than roasted nuts, are low in added sugar and offer plant-based protein in every serving.
select varieties
5 oz.
4.99

3. The Humble Seed Crackers

Grain-free crackers are gluten- and soy-free and made with a paleo-friendly six-seed blend in flavors such as garlic herb.
select varieties
4.25 oz.
4.99

14.5

million Americans traveled by air during March and April in 2023.

—Transportation Security Administration

Sources: heart.org/en/news/2022/03/30/how-to-boost-your-mood-through-food tsa.gov/travel/security-screening/whatcanibring/food-extension.umn.edu/preserving-and-preparing/packing-cooler-road-trip tsa.gov/travel/passenger-volumes hsp.harvard.edu/news/hsp-in-the-news/the-importance-of-hydration/ health.harvard.edu/staying-healthy/breaking-the-fast health.clevelandclinic.org/how-to-eat-healthy-at-your-favorite-restaurants/ healthmatters.nyp.org/how-to-stay-healthy-while-traveling/

BLOOMS

Welcome Spring!

Usher in the new season with simple DIY projects using tulips and other fresh blooming florals from Hy-Vee.



INDOOR HANGING TULIP BOUQUET

In a metal or plastic container with handles, arrange tulips in rows by color and fill with water. Tie the ends of a cut ribbon to each handle of the container, and hang indoors. Fresh tulips may open quickly when exposed to warm outdoor temperatures, and may last only a few days.

FLORAL & CARROT CENTERPIECE

Insert a glass cylinder vase into a larger globe cylinder vase. Clean rainbow carrots with leaves attached. Rub the carrots with vegetable oil and attach at the top with a rubber band. Position the carrots in the large vase around the outside of the small vase. Using tulips, daffodils, gerbera daisies and other spring florals, create an arrangement and insert it into the small vase. Intersperse the carrot leaves with the florals. Add water to the smaller vase.



TULIP EGG VASES

Dye eggs in your choice of color. Carefully add dyed eggs to glass vases of varying heights until each vase is three-fourths full. Insert tulips into the vases and fill with water, moving the eggs around as needed to make the stems fit.

GRAB-'N'-GO FLORAL AT HY-VEE



EASTER BASKET

A wicker basket of lavender stock and disbuds, solidago, carnations and Limonium.



SIMPLY THE BEST

Hot pink roses and gerbera daisies contrast purple carnations and alstroemeria.



FOR THE BEST

Cheerful sunflowers, carnations, alstroemeria, Hypericum and green pittosporum in a vibrant vase.



BLISSFUL BLOSSOMS

A delightfully elegant bunch of lilies, alstroemeria, eucalyptus and green pittosporum.



SCAN TO SHOP floral bouquets at Hy-Vee.



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RESTORE

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LIMITED TIME ONLY

Valid thru 3/31/24



\$2 DOMESTIC DRAFTS
DURING BASKETBALL GAMES



FINDS

Woman-Owned Brands at Hy-Vee

Celebrate Women's History Month and support these products from women.

WOMEN'S HISTORY MONTH

In the United States, March is Women's History Month, a time to recognize and honor women's accomplishments throughout American history. March 8 is also International Women's Day, a global celebration of women's achievements with the goal of raising awareness and working toward gender equality and fundraising for charities that support women. Celebrate both occasions with products from Hy-Vee that have been created and produced by businesses owned primarily by women.



FryAway

Founded by Laura Lady, FryAway makes it easy to dispose of used cooking oil.

The plant-based powder solidifies oil so it can be tossed with organic waste.



MaryRuth's

MaryRuth Ghiyam wants to empower families through health and wellness.

Find liquid and gummy vitamins and supplements created for all ages at Hy-Vee.



Kristin Ess Hair

Co-founded by celebrity hairstylist Kristin Ess, this company aims to make luxury hair care and styling affordable.

Formulated for all hair types and textures, the line offers cruelty-free shampoos, conditioners, scalp care, dry styling and more.



Urban Hydration

Psyche and Vontoba Terry created a beauty brand that gives back.

Their natural skin and hair care products include enriching vitamins, and also help bring clean water to global communities.



Da Bomb

Isabel and Caroline Bercaw created their first bath bombs in their basement as preteens.

Each of their bath bombs contains a surprise inside, and are made with simple, top-notch ingredients.



Char Crust

Created at a Chicago steakhouse in 1957, Char Crust crisps meat while locking in juices.

Led by CEO Elisabeth Settimi, Char Crust easily elevates meat and seafood.



Three Wishes

The Wishingrad family developed their own lower-sugar cereals.

Each flavor is plant-based, vegan and gluten-free, and has as much as 70% less sugar than other cereals.



Purely Elizabeth

Elizabeth Stein created her first batch of natural granola in her kitchen.

Made to nourish the body and the taste buds, Purely Elizabeth granola is vegan and gluten-free certified.



Sunday Night Foods

Eileen Gannon's love for baking became a business.

Each flavor of chocolate sauce can be used for topping ice cream, drinks, frostings and more.



Mama Geraldine's

Cathy Cunningham used her mother's cheese straw recipe to build a successful snack company.

The buttery cheese straws come in six varieties, including gluten-free.



Nixie Sparkling Water

Nicole Dawes founded Nixie to provide delicious organic drink options.

Each sparkling water flavor has zero calories and no sugar or sweeteners.

PASS THE SAUCE

LOOK FOR THESE FLAVORFUL, WOMAN-OWNED SAUCES AND SPREADS AT HY-VEE.



1 Dogpatch Urban Gardens

Jenny and Eric Quiner created their own urban farm in 2015.

They offer farm-made products like salad dressings made dairy- and gluten-free, and with no extra sugar.



2 Linda's Salsa

Linda Putnam founded Linda's Salsa after growing her own hydroponic tomatoes.

Try it in four flavors at Hy-Vee: mild, medium, hot and black bean and corn.



3 Janet's Finest Compotes

Janet Fuhrken has been sharing her compotes for more than 25 years.

Now run by her two daughters, the company offers berry and jalapeño spreads.



4 Sienna Sauce

Tyla-Simone Crayton launched her own "everything" sauce as a high schooler.

Available in multiple flavors such as tangy and spicy, the sauce can be a dip, marinade and more.



5 The Gracious Gourmet

Nancy Wekselbaum turned her love of cooking into a successful business.

Her company offers jams, jellies and sauces, all developed in Nancy's kitchen.



6 Ying's Kitchen

Ying Stoller started her business to help bring simple Chinese meals to homes across America.

Try several flavor-packed varieties like sweet and sour and spicy noodle sauce.

FOODS THAT

The Function of Food

Learn the role of nutrients and how they can impact various processes throughout the body.

Nutrients are chemical substances required by the body and are classified as either macronutrients (proteins, carbs, fat) or micronutrients (vitamins and minerals). "Nutrients help our bodies function, both physically and mentally, supporting our overall livelihood," says Dr. Maria Barnes, Ph.D., associate professor of Biochemistry and Nutrition at Des Moines University. Macronutrients are the body's primary source of energy and micronutrients are needed to run all physiological processes, she says. For example, calcium builds and maintains healthy bones, and iron transports oxygen throughout the body.

A well-balanced diet includes both macro- and micronutrients because they work together to keep all processes of the body running, according to Dr. Barnes. A severely reduced level of one or more nutrients is a deficiency, which prevents the body from performing its regular processes and increases the risk of diseases like diabetes, cancer and heart disease. "Signs of a deficiency can be weight changes, fatigue, depression, headaches, tingling fingertips, lack of concentration, irregular heart rhythm, muscle weakness, reduced ability to fight infections and other symptoms depending on the nutrient," Dr. Barnes says.

To consume a well-balanced diet and avoid nutritional deficiencies,

Dr. Barnes emphasizes eating a wide variety of minimally processed foods from all major food groups. She also suggests reading the Dietary Guidelines for Americans, a free source to help individuals meet nutrition intake recommendations. The National Academy of Medicine also established Recommended Dietary Allowances (RDAs) for micronutrients based on age, gender and life stage. Dr. Barnes recommends talking to your doctor about deficiency concerns and dietary support. Thorough testing can pinpoint deficiencies, which can be addressed through nutrition and, if recommended by your doctor, supplements as well.

Look to consume a variety of sources of the following nutrients to maintain a well-balanced diet and keep your body functioning like a well-oiled machine.

VITAMIN D

Required for the body to absorb calcium, vitamin D helps keep bones strong and reduces the risk of osteoporosis and fractures. It also has been shown to reduce cancer cell growth and inflammation. Certain climates and sun protection make it tricky for the body to produce vitamin D, so it is important to get it in your diet often. The RDA is 10 to 15 mcg for adults. Sources: salmon, tuna, sardines, UV-exposed mushrooms and fortified orange juice, milk and cereals.

CALCIUM

A primary mineral for healthy bones and teeth, calcium also plays a role in blood clotting, muscle contraction, and regulating normal heart rhythms and nerve functions. The daily RDA for calcium is 1,000 mg for women and men age 19+ years of age, and 1,200 mg for women 50+ and men 70+. Sources: milk, yogurt, cheese, leafy greens, winter squash, edamame, tofu and almonds.

FAT

This macronutrient is stored to support cellular structure and function, regulate temperature and protect organs. Fat should make up 25% to 35% of daily calorie intake, with less than 10% coming from saturated fat. Sources: avocado, salmon, almonds, seeds, oil (olive, canola, sesame).



USE COOKING METHODS THAT REDUCE HEAT EXPOSURE TIME WHEN PREPARING VEGETABLES, LIKE STEAMING AND MICROWAVING, TO AVOID DECREASING NUTRITIONAL VALUE.

—DR. MARIA BARNES, DES MOINES UNIVERSITY

CARBOHYDRATES

As the body's primary source of energy, carbs should make up 45% to 65% of total daily calories. Carbs also affect blood sugar and weight, and support immune function. Focus on fiber-rich whole grain sources and limit refined carbs and added sugars. Sources: brown rice, quinoa, oatmeal, barley, farro, popcorn, sweet potatoes, bananas, blueberries, corn, carrots, beets.

IRON

Although iron is required in a smaller amount than other minerals (8 mg for men and 18 mg for women), it is a crucial nutrient for maintaining healthy blood and transferring oxygen from the lungs to all parts of the body. Sources: beef, poultry, oysters, beans, spinach, lentils, canned light tuna, potatoes with skin, sesame seeds.

PROTEIN

This essential macronutrient contributes to structural and mechanical function by forming muscle, building and repairing tissue and providing energy, if necessary. Protein intake may vary by person depending on activity levels and other factors, but the RDA for protein is 10% to 35% of your daily calories. Sources: beans, lentils, lean meat, nuts, poultry, fish, eggs, tofu, edamame.

EVERYDAY SUPPLEMENTS

Find multivitamins at Hy-Vee with daily nutritional values based on gender and age.



Hy-Vee HealthMarket Mega Multi for Men Tablets
Neutralizes free radicals and is complete with over 39 essential vitamins and minerals.



OLLY Women's Multi Gummies
A multitasking blend of vitamins A, Bs, C, D, E, biotin and folic acid for overall wellness in blissful berry flavor.



Centrum Silver Adults 50+ Multivitamin Tablets
Supports heart, eye, brain and whole-body health with vitamins A, Bs, C, E, zinc and lutein.

Sources: ncbi.nlm.nih.gov/books/NBK554545/
ncbi.nlm.nih.gov/pmc/articles/PMC9710417/dietaryguidelines.gov/
ods.od.nih.gov/HealthInformation/nutrientrecommendations.aspx

MEAL MAKEOVER

Lighter Guacamole

Combine avocado and spring peas to create a delicious guacamole with a touch of sweetness, fewer calories and less fat.



Skinny Spring Pea-Style Guacamole

Hands On 10 minutes

Total Time 15 minutes plus cooling time

Serves 10 (2 Tbsp. each)

1 cup Hy-Vee Select frozen petite green peas

1 avocado, seeded, peeled and quartered

¼ cup fresh pico de gallo, drained; plus additional for garnish

Coarsely ground Hy-Vee sea salt, for garnish

Coarsely ground Hy-Vee

black pepper, for garnish

Cilantro, for garnish

Gluten-free corn tortilla chips, for serving

1. PLACE a steamer basket in a medium saucepan. Add enough water so water is just below basket. Bring water to a boil over medium-high heat. Place frozen peas in the basket; reduce heat to medium.

Cover saucepan and steam for 3 to 5 minutes or until tender. Transfer peas to a bowl to cool.

2. PLACE peas and avocado in a food processor. Cover and process on high for 1 to 2 minutes or until desired consistency. Transfer to a bowl; stir in ¼ cup pico de gallo. If desired, cover and refrigerate up to 1 day.

3. TO SERVE, garnish with additional pico de gallo, salt, pepper and cilantro, if desired. Serve with tortilla chips.

Per serving: 35 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 30 mg sodium, 3 g carbohydrates, 2 g fiber, 1 g sugar (0 g added sugar), 0 g protein.
Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 2%



GLUTEN-FREE



VEGETARIAN DISH

SKINNY SWAP

A traditional guacamole recipe has about 60 calories and 5 grams of fat per 2-tablespoon serving. This recipe cuts the calories nearly in half and also reduces fat by swapping in peas.



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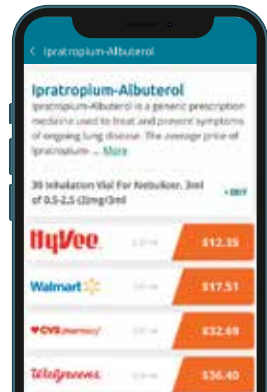
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HyVee pharmacy

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30 <small>minutes or less</small>	20 <small>minutes or less</small>	10 <small>minutes or less</small>	GF <small>option</small>	V <small>option</small>
30 MINUTES OR LESS	20 MINUTES OR LESS	10 MINUTES OR LESS	GLUTEN FREE	VEGETARIAN DISH

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- Qualified language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as:
- Qualified interpreters
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Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-874-3972.

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