

# HyVee<sup>®</sup>

FOOD | LIFE | HEALTH

# seasons<sup>®</sup>

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DUNK  
SLICE



march



tons of toppings,  
tons of flavor,  
**tonucci**



Make the whole family happy with six delicious varieties of new Tonucci frozen pizza. Each is made with traditional Italian flavors and enough real Wisconsin cheese to please any pizza lover. Try Tonucci today.

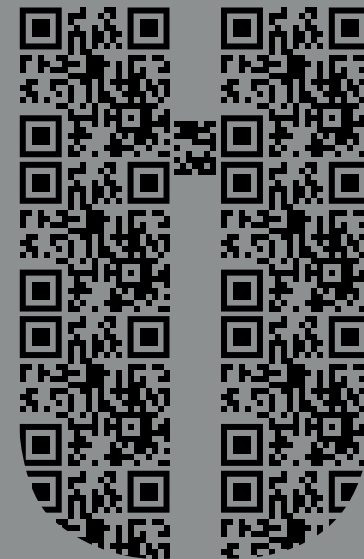
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**HyVee** PLUS

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MARCH OFFERS**  
for **Hy-Vee Plus™**  
Premium Members

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SPRING SAVINGS  
WITH THESE OFFERS!**



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**Frozen Pizza\***  
20.7 to 28.5 oz.  
Limit 1.



**FREE**  
**Fish Market Frozen  
Cooked Shrimp\***  
51 to 60 ct. 12 oz. pkg.  
Limit 1.



**FREE**  
**Crav'n Flavor  
Potato Chips\***  
7.8 to 8.5 oz.  
Limit 1.



Don't have a membership? Sign up today. [hy-vee.com/plus](https://hy-vee.com/plus)

See reverse side for MORE exclusive offers.

\*Offer available only to Hy-Vee Plus Premium members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires March 31, 2022. Void where prohibited. Not available in all states.





SAVE  
\$299  
WITH  
OFFER!

## FREE Virtual BEGIN— A Healthy Lifestyle and Weight Management Program\*

Join Hy-Vee Dietitian Paige for a 10-week virtual group nutrition program teaching you how to prioritize your health. Check your Hy-Vee Plus email for promo code. Restrictions apply. Participation is limited to one person per membership.



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to sign up



FREE  
Hy-Vee Bakery Fresh  
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15 oz.  
Limit 1.



# 20% OFF

**Mealtime To Go\***  
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Exclusive to *Hy-Vee.com/mealtime* orders.  
Pickup and delivery where  
available. Check your monthly  
email or your Hy-Vee Plus  
dashboard for promo code.



# MARCH 2022

## food



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**DONNA TWEETEN**  
EXECUTIVE VICE PRESIDENT,  
CHIEF OF STAFF,  
PRESIDENT HY-VEE  
MARKETING AND MEDIA

**S**pring is a time for rebirth and new beginnings. Breathing in fresh air. Opening windows. Planning new adventures.

And it's a great time for memorable get-togethers with fresh and delicious foods. Keep the crowd happy with a simple Easter brunch, *page 10*, or with fast pizzas, *page 34*. Mix up bright, tasty salads, *page 48*, and serve unexpected desserts, *page 60*.

Celebrating the season wouldn't be complete without Easter baskets and spring clothing, *page 68*, and gorgeous flowers, *page 96*.

This issue even has seasonal allergy- and headache-sufferers covered. Check out how Hy-Vee can help bring you comfort, *pages 110 and 114*.

Welcome, welcome, colorful spring!

## HY-VEE SEASONS IS DIGITAL!



Scan the QR code to enjoy *Hy-Vee Seasons Digital Edition*, a free, highly interactive online version of *Hy-Vee Seasons* magazine. We look forward to connecting with you!

\*Offer available only to Hy-Vee Plus Premium members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires March 31, 2022. Void where prohibited. Not available in all states.



# BUZZER BEATER BURGERS



wahlburgers  
AT HyVee



## SMALL BATCH, BIG FLAVOR

Craft beers are made by independent breweries that produce less than six million barrels of beer per year. Often produced in small batches, craft beers can include IPAs, wheat beers, ales, stouts, sours and more.

Hy-Vee has a large selection of craft beers from small breweries across the country. If you aren't sure what to try, ask one of the Wine & Spirits Department experts for recommendations for your next celebration.

# aisles

WHAT'S NEW AND NOTEWORTHY IN YOUR WORLD AND AT HY-VEE

## now trending

**SNACKS FOR  
YOUR CELEBRATION**  
Pair craft beers with  
appetizers and other morsels  
from Hy-Vee.



**CRAV'N FLAVOR CHEDDAR  
CHEESE & BACON POTATO SKINS**  
Tender potatoes piled high with  
gooey cheese and crisp bacon.



**HY-VEE DILL PICKLE  
BRAIDED PRETZELS**  
Crunchy pretzel sticks with a  
burst of briny dill pickle flavor.



**CRAV'N FLAVOR  
MINI PIZZA BAGELS**  
Bagel halves with mozzarella  
cheese, sausage and pepperoni.



**GREEN GIANT CAULIFLOWER  
VEGGIE RINGS**  
Crisp cauliflower rings filled with  
bacon and three cheeses.



brand  
highlight

## HY-VEE FISH MARKET

Enjoy sustainable, top-quality fresh and frozen seafood, including shrimp, wild Alaskan salmon, king crab and lobster.


donut of  
the month

SALTED CARAMEL  
OLD FASHIONED  
DONUT

Salted caramel cake donuts get a generous drizzle of caramel glaze for a double flavor delight.



## POPULAR AT HY-VEE!

CHECK OUT THESE NEW, NOTEWORTHY OR SEASONAL PRODUCTS AT HY-VEE.

## DAIRY

## Kerrygold Irish Cheese



Made with milk from grass-fed cows in Ireland, Kerrygold cheeses offer snackable flavors. Try reserve Cheddar, Dubliner, Swiss and more.

## HEALTHMARKET

Tone It Up Cookies  
and Bars


Enjoy plant-based protein on the go with delicious cookies and bars. Flavor options include birthday cake bars and chocolate chip cookies.

## BEAUTY

## Basin



Try delicate spring scents and St. Patrick's Day-theme products from Basin, including relaxing shower bombs and beautiful bath shimmers.

## BEVERAGES

## Zevia Zero-Calorie Drinks



Sip refreshing zero-calorie sodas in more than 10 flavors, including classics such as creamy root beer, ginger ale, lemon lime and black cherry.

## GO FETCH!

SHOP ALL THE FOOD AND SUPPLIES YOU NEED FOR YOUR BEST FURRY FRIENDS.



**PAWS PREMIUM FUZZY FISH CAT TOYS**  
We're not kitten—cats will love these catnip toys!

**BLUE BITS SOFT-MOIST TRAINING TREATS**  
Treats for training! Be patient for your good boy or girl.



**PAWS HAPPY LIFE KITTEN FORMULA**  
Feed kittens their fur-vorite food to help them grow.



**PAWS HAPPY LIFE SCENTED CAT LITTER**  
Cats stay feline fresh with easy-clean clumping litter.



**PAWS PREMIUM NYLON LEASH**  
Keep the rolls off Rover with a brisk walk!



**PAWS PREMIUM RAWHIDE TWIST STICKS**  
Bone appetit! Chicken and beef chews are a real treat!



**PAWS DOG TOYS**  
Pets are ready to pounce on warm weather! Get toys for outdoor fun!

**pets'hip**  
PET SUPPLIES

ALL WE CAN SAY IS  
... BOW WOW!

PETSHIP PUTS OVER 5,500 PRODUCTS RIGHT AT YOUR PAWS. FETCH WHAT YOU NEED IN A FEW CLICKS. NOT JUST FOR DOGS AND CATS, BUT SCALY AND FEATHERED FRIENDS TOO. AND WE'LL DELIVER IT FREE TO YOUR DOORSTEP\*.



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ShopPetShip.com

Follow us on social media:



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\*A minimum order of \$49 is required for free shipping.



**Sushi Sensation**  
See how our Hy-Vee cake designer built this masterpiece start to finish.



Watch and learn at [HSTV.com](https://www.hstv.com) today!



takes  
the  
cake

# HUNGRY FOR HY-CHI

Cake Designer: Heather K.  
Location: Grinnell, IA

Delicious desserts that look like popular savory foods are one of the latest cake decorating trends. On the outside, this cake looks like a helping of lo mein noodles and sushi. But cutting the fondant reveals moist cake and

buttercream frosting. Hy-Vee's talented cake designers can bring almost any vision to life for weddings, parties and other occasions, including transforming one of your favorite foods into an unforgettable dessert.



White fondant covers a three-layer cake, and bubble tea straws support wooden chopsticks.



Tan fondant is sliced into thin strips and draped on top of the cake to form noodles.



Clear gel and edible pearls are airbrushed red and placed on top of sushi cupcakes.



Cupcakes are rolled in white sprinkles to mimic sushi rice on California rolls.



Tan fondant is cut into a circle and folded to form a sweet fortune cookie.

# WAKE UP TO DELICIOUS







## FROM FABIO'S KITCHEN TO YOURS

Fabio Viviani has graced some of TV's most popular cooking shows. And now he's coming home to help you cook authentic Italian recipes that'll have you saying Cheers (or *Cin Cin* in Italian).

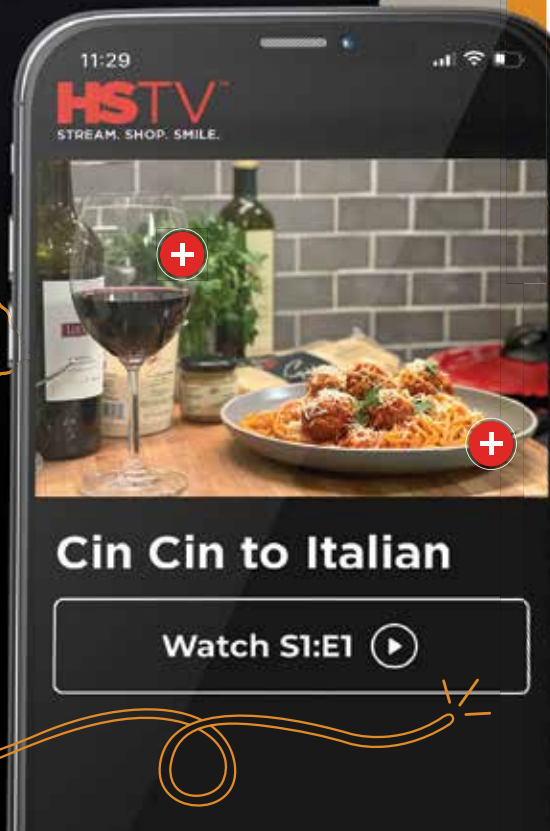
Watch and shop our newest show, **Cin Cin to Italian**, on HSTV.

**WATCH + SHOP TODAY!**



**HSTV**  
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# food

**Learn to create a simple yet super Easter meal, game-day snacks and fresh spring salads.**

- 10** EASIEST EVER! EASTER BRUNCH
- 18** FISH-FRY FUN
- 25** 101: CARROTS
- 28** GRAB & GO GAME DAY
- 34** BASICS: HOW TO MAKE A PIZZA IN 30 MINUTES
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Hosting Easter brunch is a breeze with these table-setting tips, recipes, cooking timeline and restaurant-quality Hy-Vee Easter meal packs.

## The Traditional Table

SET A GORGEOUS TABLESCAPE FOR ANY SIZE CROWD.

### SPACE & TONE

Designate each guest's space by setting chairs an equal distance apart. Follow traditional table-setting guidelines, or create your own—as long as each guest's space is identical, the table will appear harmonious.

### DISHWARE

Set a plate directly in front of each guest's chair. Include a charger (decorative plate) underneath, if desired. Place a salad plate on each dinner plate. Place bread plates above and to the left of dinner plates.

### SILVERWARE

Set forks to the left of the plate and knives and spoons to the right of the plate. Place utensils in order of use (eg, the salad fork would go farther from the plate than the dinner fork). Line up all silverware at the bottom for a symmetrical appearance.

### GLASSWARE

Water glasses go to the right and above the plate. Place wine glasses to the right of the water glasses. Like utensils, wine glasses are to be placed in the order they will be used if there will be multiple wines served.

## THE 5-MINUTE TABLE

A MINIMALIST TABLE KEEPS THE FOCUS ON FOOD AND COMPANY:

1. Keep decor in one color family, such as reds and pinks.
2. Add more "white space" by putting all silverware on one side of the plate.
3. Keep floral arrangements and centerpieces low so guests can see each other.

easiest ever!

# EASTER BRUNCH



# Vibrant Veggie Tray

Arrange fresh spring veggies by color for a wow factor to any Easter brunch.

- asparagus
- green bell peppers
- sugar snap peas
- red radishes
- radicchio\*
- purple carrots
- orange cauliflower
- orange and yellow cherry tomatoes
- orange carrots
- orange bell peppers
- yellow carrots
- yellow bell peppers
- white carrots
- leeks
- endive\*
- parsnips
- snow peas
- green cauliflower
- cucumber
- green beans
- celery

Garnish with basil, parsley, celery leaves and edible flowers.

Serve with Hy-Vee original hummus topped with pine nuts, pink peppercorns and olive oil.

\*For maximum color and crispness, these should be cut just before serving.

Hy-Vee  
Short  
CUTS  
HELP YIELD  
AN ALMOST  
EFFORTLESS  
VEGGIE TRAY.



## SMOKED SALMON

1 Tbsp. Hy-Vee whipped cream cheese, softened + 1 slice Hy-Vee Fish Market smoked Alaska sockeye salmon + 1 Tbsp. sliced red onion + 1 tsp. Gustare Vita capers, drained + fresh dill

## BACON 'N' CRÈME

1 Tbsp. crème fraîche + 1 slice Hy-Vee bacon, crisp-cooked and chopped + fresh chives + smoked paprika

## VEGGIE

1 Tbsp. Soirée mascarpone cheese, softened + 3 English cucumber slices + lemon zest + fresh parsley + coarse-ground black pepper

# Two-Tone Hash Brown Haystacks

**Hands On** 25 minutes  
**Total Time** 41 minutes  
**Serves** 6 (1 each)

**2 large Hy-Vee One Step russet potatoes** (about 1½ lb.), peeled  
**1 large sweet potato** (8 oz.), peeled  
**½ cup chopped leek**, white and light green parts only  
**1 large shallot**, chopped  
**3 Hy-Vee large eggs**, slightly beaten

**½ cup Soirée shredded Parmesan cheese**  
**2 Tbsp. Hy-Vee cornstarch**  
**2 cloves garlic**, minced  
**1 tsp. Hy-Vee salt**  
**¼ tsp. Hy-Vee ground nutmeg**  
**¼ tsp. Hy-Vee black pepper**  
**½ cup Hy-Vee vegetable oil**  
**Desired toppings**

**1. SHRED** russet and sweet potatoes using the large holes on a box grater. Spread potatoes on a large sheet of

paper towels or a clean kitchen towel. Add leek and shallot. Squeeze to remove liquid; set potato mixture aside.

**2. WHISK** together eggs, Parmesan cheese, cornstarch, garlic, salt, nutmeg and black pepper in a large bowl. Add potato mixture; stir until well combined.

**3. HEAT** oil in a large nonstick skillet to 325°F. Form mixture into 6 (3-in.) patties, using about ⅓ cup for each patty. Carefully, place 3 patties into

the hot oil. Fry patties 6 to 8 minutes or until golden and crisp, turning halfway through. Transfer patties to paper towels to drain. Fry remaining 3 patties. Add desired toppings.

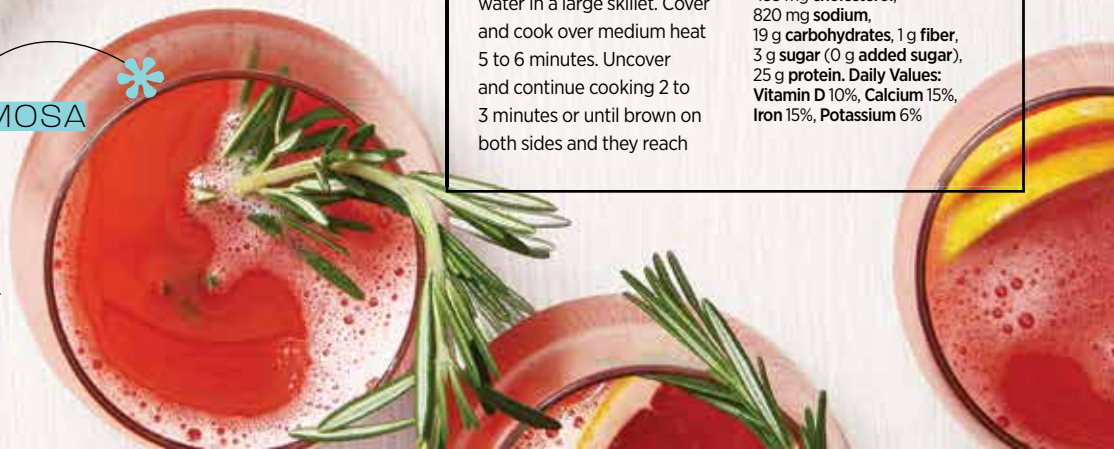
Per serving: 320 calories, 21 g fat, 4 g saturated fat, 0 g trans fat, 5 mg cholesterol, 510 mg sodium, 31 g carbohydrates, 2 g fiber, 4 g sugar (0 g added sugar), 5 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 6%, Potassium 15%





## ROSEMARY-GRAPEFRUIT MIMOSA

Combine 8 oz. 100% white grape-peach juice, 8 oz. fresh orange juice, 4 oz. Hy-Vee ruby red grapefruit juice and 2 oz. grenadine syrup in a 24-oz. ice-filled pitcher. Pour juice mixture into 8 (8-oz.) glasses. Top with 1 (750-ml) bottle sparkling wine, chilled. Garnish with grapefruit half-slices and rosemary sprigs, if desired. Serves 8 (7 oz. each).



## Eggs Benedict Casserole

**Hands On** 28 minutes  
**Total Time** 50 minutes  
**Serves** 8

### CASSEROLE

Hy-Vee nonstick cooking spray  
8 Hy-Vee Bakery mini croissants, split  
1 (9.6-oz.) pkg. Hy-Vee fully cooked pork sausage patties (8 ct.)  
3 Tbsp. water  
2 cups sliced baby bella mushrooms  
2 cups lightly packed baby spinach  
2 cloves garlic, minced  
2 cups freshly shredded Fontina cheese  
8 Hy-Vee large eggs  
1 Tbsp. Hy-Vee unsalted butter, melted  
1 Tbsp. Culinary Tours everything bagel seasoning

**HOLLANDAISE SAUCE**  
1½ cups Full Circle Market original clarified butter ghee  
4 pasteurized large egg yolks\*  
1 Tbsp. Gustare Vita white wine vinegar  
2 Tbsp. finely chopped shallot  
1 Tbsp. fresh lemon juice  
Kosher salt, to taste  
Hy-Vee cayenne pepper, to taste

**1. FOR CASSEROLE**, preheat oven to 400°F. Spray a 13×9-in. baking dish with nonstick spray. Place croissant bottoms, cut sides up, in prepared baking dish.

**2. PLACE** sausage patties and water in a large skillet. Cover and cook over medium heat 5 to 6 minutes. Uncover and continue cooking 2 to 3 minutes or until brown on both sides and they reach

165°F, turning halfway through. Chop patties and set aside.

**3. ADD** mushrooms, spinach and garlic to same skillet. Cook over medium heat 5 to 7 minutes or until mushrooms are tender and spinach is wilted; cool slightly.

**4. TO ASSEMBLE**, evenly sprinkle croissants in prepared dish with shredded cheese; top with sausage and mushroom-spinach mixture. Use a fork to slightly whisk eggs in a small bowl; pour evenly over croissants.

**5. BAKE**, uncovered, 15 to 17 minutes or until eggs are set. Place croissant tops, cut sides down, on top of egg layer. Brush with melted butter and sprinkle with bagel seasoning. Bake 3 to 5 minutes more or until tops are crisp.

**6. FOR HOLLANDAISE**, melt ghee in a small saucepan over medium heat; cool slightly. Place egg yolks, vinegar, shallot and lemon juice in a blender. Cover and blend on high 2 minutes. Reduce speed to low. With blender running, slowly add melted ghee. Continue blending 2 to 3 minutes or until slightly thickened. Season to taste with salt and cayenne pepper. Serve with casserole.

*\*Use pasteurized eggs, which are safe to consume uncooked.*

**Per serving:** 830 calories, 71 g fat, 39 g saturated fat, 1.5 g trans fat, 435 mg cholesterol, 820 mg sodium, 19 g carbohydrates, 1 g fiber, 3 g sugar (0 g added sugar), 25 g protein. Daily Values: Vitamin D 10%, Calcium 15%, Iron 15%, Potassium 6%

## Raspberry Swirl Coffee Cake

**Hands On** 35 minutes  
**Total Time** 1 hour 25 minutes plus cooling time  
**Serves** 16

Hy-Vee nonstick baking spray with flour  
2½ cups Hy-Vee all-purpose flour  
1 tsp. Hy-Vee baking powder  
½ tsp. Hy-Vee baking soda  
½ tsp. Hy-Vee salt  
1 cup Hy-Vee salted butter, softened  
1½ cups Hy-Vee granulated sugar  
4 Hy-Vee large eggs, room temperature  
1 cup Hy-Vee plain Greek yogurt  
1½ Tbsp. orange zest  
2 tsp. Hy-Vee vanilla extract  
½ cup raspberry cake and pastry filling, divided  
1 recipe Powdered Sugar Glaze  
Fresh berries, for garnish  
Orange slices, for garnish  
Fresh mint, for garnish

**1. PREHEAT** oven to 350°F. Generously spray a 10-cup tube pan with nonstick baking spray; set aside.

**2. WHISK** together flour, baking powder, baking soda and salt; set aside.

**3. BEAT** butter in a large mixing bowl with electric mixer on medium until creamy. Add sugar; beat on medium until well combined. Add eggs, one at a time, beating well after each addition; beat 2 minutes more on medium-high or until light and fluffy. Beat in yogurt, orange zest and vanilla on

low just until combined. Add flour mixture; beat on low just until combined.

**4. SPREAD** 3 cups batter evenly in prepared pan. Drop ¼ cup raspberry filling by small spoonfuls on top of batter; carefully spread raspberry filling in a thin layer. Run the tip of a knife through the filling to slightly swirl it into the batter. Carefully top with remaining batter, spreading to cover raspberry filling. Then, drop and spread remaining ¼ cup raspberry filling on top of batter, and use a knife to gently swirl again.

**5. BAKE** 40 to 45 minutes or until a toothpick inserted near center comes out clean and the cake is golden brown. Cool the cake in the pan on a wire rack for 15 minutes. Loosen edges of cake from pan with a thin metal spatula or knife. Remove cake from pan; cool completely on wire rack.

**6. DRIZZLE** cake with glaze. Garnish with fresh fruit and mint leaves, if desired.

**Powdered Sugar Glaze:** Stir together 1 cup Hy-Vee powdered sugar, ¼ tsp. Hy-Vee vanilla extract and 3 to 4 tsp. Hy-Vee 2% reduced-fat milk to make desired drizzling consistency. Makes ½ cup.

**Per serving:** 310 calories, 13 g fat, 8 g saturated fat, 0 g trans fat, 80 mg cholesterol, 260 mg sodium, 45 g carbohydrates, 1 g fiber, 29 g sugar (28 g added sugar), 5 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 2%



**EVERYTHING SPRING**  
FRESH FRUIT AND A GORGEOUS RASPBERRY SWIRL TRANSFORM THIS AMAZING COFFEE CAKE INTO A BRUNCH STANDOUT.

## BRUNCH TIMELINE

FOLLOW THIS SCHEDULE SO THE FOOD WILL BE READY WHEN YOU ARE.

DAY BEFORE	1 HOUR AHEAD	30 MINUTES AHEAD	15 MINUTES AHEAD	BRUNCH
<ul style="list-style-type: none"><li>*Bake coffee cake; wrap and store at room temperature.</li><li>*Mix mimosa juices; refrigerate.</li><li>*Cut and refrigerate select vegetables for veggie tray. (See veggie tray list.)</li></ul>	<ul style="list-style-type: none"><li>*Prep and bake croissant casserole.</li><li>*Prep haystack potatoes; set aside.</li></ul>	<ul style="list-style-type: none"><li>*Cook and assemble haystack potatoes.</li><li>*Cut remaining vegetables and arrange veggie tray.</li></ul>	<ul style="list-style-type: none"><li>*Add glaze, fruit and mint garnish to coffee cake.</li><li>*Add champagne to the juice blend to make mimosas.</li></ul>	<ul style="list-style-type: none"><li>*Enjoy!</li></ul>



# Hy-Vee Easter MEAL PACKS

Whether serving a crowd or small group, take advantage of Hy-Vee Easter meal packs, à la carte extras and prepared desserts. Follow each pack's simple cooking instructions for classic entrées and sides, including prime rib, applewood pit or brown sugar spiral ham, buttery rolls, corn and more.

**Place orders 25 days to 48 hours in advance. Order in store, by phone or online at [Hy-Vee.com/catering](https://www.hy-vee.com/catering)**



## BROWN SUGAR SPIRAL HAM MEAL

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



**À LA CARTE ITEMS**  
CHOOSE FROM OVER 20 SIDES, PLUS ROLLS, PIES, GRAVIES AND MORE FROM [HY-VEE.COM/CATERING](https://www.hy-vee.com/catering)

### HOW TO HEAT HY-VEE EASTER MEAL PACKS

Follow instructions provided with the refrigerated meal pack. Plan for 1 to 3 hours of cooking time depending on meal pack selected.

## Easter Sweets EASY AS PIE

Tempt guests with one last treat at the end of the meal with gourmet pies and cakes from Hy-Vee Bakery.



Wildberry Pie - 10"



Fresh Strawberry Pie - 9"



French Silk Pie - 10"



Lemon Meringue Pie - 10"



Lattice Apple Pie - 12"



Strawberry-Rhubarb Pie - 10"



Cheesecake Factory Bakery® All American - 10"



Cheesecake Factory Bakery® Fudge Cake - 10"



Cheesecake Factory Bakery® Classic - 10"



Cheesecake Factory Bakery® Cinnabon - 10"



## MEAL PACK POSSIBILITIES

Easily serve Easter brunch for 6, 8 or even 12 people with Hy-Vee Easter meal packs. Choose from an assortment of mains and sides to suit your guest list.



### APPLEWOOD PIT HAM MEAL

Includes a 7- to 10-lb. CarveMaster® Applewood pit ham, two large sides of mashed potatoes, choice of two additional large sides, 16 oz. beef or turkey gravy and 12 dinner rolls. Serves 8. **89.99**



### HONEY-GLAZED SPIRAL HAM FEAST

Includes an 18- to 20-lb. Hy-Vee honey-glazed spiral ham, three large sides of mashed potatoes, four additional large sides, 32 oz. beef or turkey gravy and 24 dinner rolls. Serves 12. **189.99**



### TURKEY PARTY PLEASER

Includes a 10- to 12-lb. Butterball® turkey, two large sides of mashed potatoes, two additional large sides, 16 oz. beef or turkey gravy and 12 dinner rolls. Serves 8. **99.99**



### PRIME RIB PARTY PICK

Includes a 5- to 6-lb. Hormel® USDA Select prime rib, two large sides of mashed potatoes, two additional large sides, 16 oz. beef or turkey gravy and 12 dinner rolls with horseradish sauce. Serves 8. **169.99**



### TURKEY BREAST BUNDLE

Includes a 3- to 4-lb. Jennie-O® boneless turkey breast, two large sides of mashed potatoes, two additional large sides, 16 oz. beef or turkey gravy and 12 dinner rolls. Serves 6. **89.99**



# fish-fry

# FUN

SERVE UP A  
TRADITIONAL  
FISH FRY, AND  
DISCOVER MORE  
WAYS FOR FRYING  
FRESH AND  
FROZEN SEAFOOD  
FROM HY-VEE.

## the new fish fry

COMMUNITY AND RESTAURANT FISH FRIES ARE POPULAR IN THE MIDWEST DURING THE LENTEN SEASON. Bring the tradition into your home and learn different frying techniques featuring catfish, cod, tilapia, salmon and walleye.



**HEAT OIL**  
To help monitor the oil temperature while frying, clip a fry thermometer to the side of the pot. Pay attention as the oil heats, and adjust the burner as needed.

### Catfish Nuggets with Chipotle Ketchup

**Hands On** 40 minutes  
**Total Time** 52 minutes plus chilling time  
**Serves** 2 (6 each)

**2 Hy-Vee large eggs,** slightly beaten  
**¾ cup Hy-Vee plain panko bread crumbs**  
**¼ cup finely chopped fresh cilantro**  
**2 Tbsp. Luvafoodie seafood spice blend,** divided

**14 oz. Hy-Vee Fish Market fresh skinless farm-raised catfish fillets,** finely chopped  
**1 cup Hy-Vee ketchup**  
**1 Tbsp. fresh lime juice**  
**1 Tbsp. canned chipotle peppers in adobo sauce,** finely chopped  
**Hy-Vee vegetable oil,** for frying  
**Kosher salt,** to taste

**1. LINE** a large rimmed baking pan with parchment paper; set aside. Stir together beaten eggs, bread

crumbs, cilantro and 1 Tbsp. seafood spice blend. Add catfish; gently stir until combined.

**2. FORM** catfish mixture into 12 (2-in.-round) patties. Place patties in prepared baking pan; refrigerate 20 minutes.

**3. STIR** together ketchup, remaining 1 Tbsp. seafood spice blend, lime juice and chipotle peppers in a small bowl; set aside.

**4. HEAT** oil to 350°F in a deep-fat fryer or large heavy saucepan suitable for deep-fat frying. Follow instructions for quantity of oil in deep-fat fryer. For heavy saucepan, use at least 2 in. of oil.

**5. FRY** catfish patties, 6 at a time, 4 to 6 minutes or until 145°F and golden brown. Drain on paper towels; season to taste with kosher salt. Serve with chipotle ketchup.

*Nutrition not available for fried foods.*

### GET HOOKED

Try these thin and quick-to-cook varieties of fish for your next fish fry.



**CATFISH** Mild flavored, moist and slightly sweet white fish ideal for deep-frying.



**TILAPIA** Firm, flaky and mild white fish often pan-seared or oven-fried.



**SALMON** Tender, rich salmon is usually baked but cooks well in an air fryer.



**WALLEYE** Sweet and mild in flavor, walleye holds up well to deep-frying, pan-frying and baking.





**SEAFOOD WITH THE RESPONSIBLE CHOICE SYMBOL** was caught or farmed in a sustainable way that protects ecosystems and preserves fish supply for future generations.

## Fried Cod Bahn Mi

**Hands On** 45 minutes  
**Total Time** 1 hour 19 minutes  
plus pickling time  
**Serves** 4

**1½ cups** seasoned rice vinegar  
**¾ cup** water  
**¼ cup** Hy-Vee granulated sugar  
**2 tsp.** kosher salt, divided  
**1 cup** shredded daikon white radish  
**1 cup** thinly sliced English cucumber  
**1 cup** shredded carrots  
**1 small** red bell pepper, seeded and cut into thin strips  
**½** jalapeño pepper, sliced

**¾ cup** Hy-Vee mayonnaise  
**¼ cup** Gustare Vita capers, drained; plus additional for garnish  
**1 Tbsp.** Hy-Vee Dijon mustard  
**1 Tbsp.** fresh lemon juice  
**Hy-Vee** vegetable oil, for frying  
**¾ cup** Hy-Vee all-purpose flour  
**½ cup** Hy-Vee cornstarch  
**1 cup** Hy-Vee club soda  
**1 (1½-lb.)** Hy-Vee Fish Market fresh skinless Alaskan cod fillet, quartered  
**1 (12-oz.)** pkg. Hy-Vee Bakery hoagie buns (4 ct.), split and toasted  
Fresh cilantro, for serving

**1. COMBINE** rice vinegar, water, sugar and 1 tsp. salt in a small saucepan. Cook and stir until sugar dissolves; cool slightly. Combine daikon, cucumber, carrots, bell pepper and jalapeño in a medium bowl. Add vinegar mixture. Cover; refrigerate 2 hours or up to 3 days.

**2. FOR SAUCE,** place mayonnaise, ¼ cup capers, Dijon mustard and lemon juice in a food processor or blender. Cover; pulse or blend until capers are slightly chopped. Set aside.

**3. HEAT** oil to 350°F in a deep-fat fryer or large heavy saucepan suitable for deep-fat frying. Follow instructions for quantity of oil in deep-fat fryer. For heavy saucepan, use at least 2 in. of oil.

**4. WHISK** together flour and cornstarch in a medium bowl. Whisk in club soda, ¼ cup at a time, until combined (batter will be thick).

**5. PAT** fish dry with paper towels. Dip fish into batter to coat. Fry, 2 pieces at a time, 10 to 12 minutes or until 145°F

and golden brown, turning halfway through. Drain on paper towels. Repeat frying remaining coated fish. Sprinkle fish with remaining 1 tsp. salt.

**6. TO SERVE,** drain vegetables. Spread bun bottoms with caper sauce; top with fish, vegetables, cilantro and bun tops. Spoon remaining caper sauce into a serving bowl. Garnish with additional capers, if desired. Serve sauce with sandwiches.

*Nutritionals not available for fried foods.*

## Oven-Fried Chili-Lime Tilapia

**Hands On** 20 minutes  
**Total Time** 36 minutes  
**Serves** 4

**Hy-Vee** nonstick cooking spray  
**1 lb.** fresh green beans, trimmed  
**8 oz.** red radishes, trimmed and halved  
**4 Tbsp.** Gustare Vita olive oil, divided  
**½ tsp.** kosher salt  
**½ tsp.** coarse-ground black pepper  
**4 (5-oz.)** Hy-Vee Fish Market fresh tilapia fillets  
**1½ cups** freshly grated Soirée Parmesan cheese  
**½ cup** Hy-Vee plain panko bread crumbs  
**2 Tbsp.** salt-free fiesta lime seasoning  
**2 tsp.** lime zest, plus additional for garnish  
Lime wedges, for garnish

**1. PREHEAT** oven to 350°F. Lightly spray a large rimmed baking pan with nonstick spray.

**2. PLACE** green beans and radishes in prepared pan. Drizzle with 2 Tbsp. olive oil; toss to coat. Sprinkle with salt and black pepper. Spread vegetables into an even layer, leaving room for fish.

**3. PAT** fish dry with paper towels. Stir together Parmesan cheese, bread crumbs, lime seasoning and 2 tsp. lime zest in a shallow dish.

**4. BRUSH** both sides of tilapia with remaining 2 Tbsp. olive oil. Coat with a thick layer of the Parmesan mixture, gently pressing to adhere. Place coated fish in baking pan with vegetables.

**5. BAKE** 14 to 16 minutes or until 145°F and coating is crisp. Garnish with lime wedges and additional lime zest, if desired.

**Per serving:** 500 calories, 30 g fat, 12 g saturated fat, 0 g trans fat, 70 mg cholesterol, 1,000 mg sodium, 37 g carbohydrates, 6 g fiber, 19 g sugar (0 g added sugar), 50 g protein. Daily Values: Vitamin D 20%, Calcium 40%, Iron 15%, Potassium 15%



## HOW TO OVEN-FRY



**1.** Mix coating together in a shallow dish. Brush both sides of each fish fillet with olive oil.



**2.** Dredge fish in coating, covering each side completely and pressing firmly to help coating stick.



**3.** Top fish with Parmesan mixture and bake until golden brown and crispy.



**Simple Salmon**  
See how easy it is to make this seafood dish with an air fryer.

**Hy-Vee**  
**seasons**  
Watch and learn at  
[Seasons.Hy-Vee.com](https://Seasons.Hy-Vee.com)



## Air-Fried Buffalo Salmon Taquitos

**Hands On**  
30 minutes

**Total Time**  
44 minutes plus marinating time

**Serves** 3 (2 each)

**¼ cup Hy-Vee ketchup**  
**¼ cup Hy-Vee less sodium soy sauce**  
**2 Tbsp. Gustare Vita olive oil**  
**1 Tbsp. molasses**  
**2 tsp. curry powder**  
**½ tsp. Hy-Vee cayenne pepper, plus additional for garnish**  
**2 cloves garlic, minced**  
**2 (8-oz.) Hy-Vee Fish Market fresh skinless salmon fillets, about 1 in. thick**

**6 Hy-Vee taco-size flour tortillas**  
**Hy-Vee nonstick cooking spray**  
**Black sesame seeds, for garnish**  
**¼ cup Hy-Vee sour cream**  
**1 Tbsp. fresh lime juice**  
**Hy-Vee homestyle guacamole, for serving**  
**Hy-Vee spicy Buffalo mayo and dip, for serving**  
**Chopped Italian parsley, for garnish**  
**Lime zest, for garnish**  
**Chopped tomatoes, for garnish**

**1. STIR** together ketchup, soy sauce, olive oil, molasses, curry powder, ½ tsp. cayenne pepper and garlic in a medium bowl. Set half of the mixture aside for filling.

**2. ADD** salmon to the bowl with remaining ketchup mixture; turn to coat. Marinate at

room temperature  
20 minutes.

**3. PREHEAT** air fryer to 400°F according to manufacturer's directions. Remove salmon from marinade; discard marinade in bowl. Place salmon in air fryer basket; close air fryer and air-fry 12 to 15 minutes or until salmon reaches 145°F. Transfer salmon to a cutting board; flake salmon and cool slightly.

**4. TO ASSEMBLE**, spoon salmon and reserved ketchup mixture in a line just below the center of each tortilla, then tightly roll up tortillas.

**5. WIPE** air fryer basket clean with paper towels. Spray basket with nonstick spray. Working in batches, place tortilla rolls with seam sides down in a single layer in basket. Lightly spray with nonstick spray; sprinkle with sesame seeds, if desired. Close air fryer and air-fry for 5 to 7 minutes or until golden.

**6. STIR** together sour cream and lime juice. Serve taquitos with sour cream mixture, guacamole and Buffalo mayo for dipping, if desired. Garnish taquitos with parsley, and dips with lime zest, chopped tomatoes and additional cayenne pepper, if desired.

**Per serving:** 520 calories, 23g fat, 7 g saturated fat, 0 g trans fat, 120 mg cholesterol, 1,500 mg sodium, 49 g carbohydrates, 0 g fiber, 13 g sugar (11 g added sugar), 35 g protein. **Daily Values:** Vitamin D 35%, Calcium 10%, Iron 20%, Potassium 20%

## HOW TO PAN-FRY



**1.** Add fish burgers or coated fish to a heated skillet with oil. Press fish with a spatula to make a sear.



**2.** Cook for 8 to 10 minutes, then use a spatula or tongs to flip fish and continue cooking.



**3.** While cooking, press the edges of the fish against the sides of the pan to sear.



**OK, THIS SANDWICH LOOKS AMAZING! BUT HOW DO YOU KNOW IT'S FRESH? AND SAFE TO EAT? WE KNOW A GUY.** Back in 1998, Hy-Vee stepped up our commitment to fresh, quality seafood by hiring our very own U.S. Department of Commerce (USDC) lot inspector. That means our rigorous inspection process goes above and beyond government requirements. Last-caught, first-off-the-boat freshness!

## Pan-Fried Walleye Burgers

**Total Time** 1 hour plus chilling time  
**Serves** 4

**2 lb. Hy-Vee Fish Market fresh skinless walleye fillets**  
**1 Hy-Vee large egg white**  
**1 Tbsp. potato starch**  
**¼ cup finely chopped red onion, plus additional sliced red onion for serving**  
**2 Tbsp. finely chopped Wahlburger fresh dill pickle chips, plus additional pickles for serving**

**3 green onions, finely chopped**  
**½ tsp. lemon zest**  
**½ tsp. kosher salt**  
**¼ tsp. coarse-ground black pepper**  
**3 Tbsp. Gustare Vita olive oil, divided**  
**4 Hy-Vee Bakery hamburger buns, split and toasted**  
**¼ cup Wahlburger Chef Paul's Wahl sauce**  
**4 butterhead lettuce leaves, for serving**

**4 Hy-Vee singles American cheese slices, for serving**  
**Tomato slices, for serving**  
**Culinary Tours everything bagel seasoning, for garnish**

**1. PAT** fish dry with paper towels. Remove bones from fish. Place fish, egg white and potato starch in a food processor. Cover and pulse 5 or 6 times or until coarsely chopped. Add ¼ cup chopped red onion, 2 Tbsp. chopped dill pickle, green onions, lemon zest, salt and

black pepper. Cover and pulse 2 or 3 times or until combined. Refrigerate mixture 30 minutes.

**2. DIVIDE** mixture into 4 equal balls. Heat 2 Tbsp. olive oil in a large nonstick skillet over medium-high heat. Place fish balls in skillet; flatten with spatula to 2 in. thick. Cook 16 to 20 minutes or until 145°F and golden brown, turning halfway through.

**3. TO SERVE**, spread bottoms of buns with Wahlburger sauce. Top

with lettuce, fish patties, cheese, tomatoes, pickle slices, red onion slices and tops of buns. Brush tops of buns with remaining 1 Tbsp. olive oil; sprinkle with bagel seasoning, if desired.

**Per serving:** 620 calories, 23 g fat, 6 g saturated fat, 0 g trans fat, 220 mg cholesterol, 1,040 mg sodium, 46 g carbohydrates, 2 g fiber, 10 g sugar (3 g added sugar), 55 g protein. **Daily Values:** Vitamin D 0%, Calcium 35%, Iron 35%, Potassium 25%

## HOW TO AIR-FRY



**1.** Place marinated salmon in air fryer basket. Air-fry at 400°F for 12 to 15 minutes. Flake salmon.



**2.** Spoon salmon and marinade down the center of each tortilla, then roll.



**3.** Place the taquitos seam-side down in the air fryer basket and cook until crispy.



The U.S. Department of Commerce (USDC)  
sets high standards for seafood inspection.

# We set ours higher.

Hy-Vee has its own USDC Lot Inspector,  
so only the industry's freshest and safest  
seafood makes your plate!

And that's no fish tale.



Scan the QR code or visit  
Hy-Vee.com to learn more  
about our seafood standards.



**HyVee**



**Bryan Sauve**  
Hy-Vee USDC Lot  
Inspector

**101**

# CARROTS

Find this snappy  
veggie at Hy-Vee in  
a variety of shapes,  
sizes and colors.

**C**runchy, earthy  
and sweet  
carrots are a  
nutritious and  
versatile veggie. They are a  
staple in produce sections  
and crisper drawers across  
the U.S. in shades of  
orange, gold, white, purple  
and red. Carrots contain  
beta carotene, which  
converts to vitamin A and  
is essential for skin and eye  
health, as well as a strong  
immune system.

**BUY** loose, bundled or  
packaged carrots with  
vibrant color. Look for  
carrots with fresh-looking  
attached tops. If the tops  
have been removed,  
inspect the stem end—  
darkening can be a sign of  
age. If buying packaged  
carrots, check that they  
are firm and bright.

**STORE** carrots in  
a plastic bag in the  
fridge for up to two  
weeks, trimming any  
greens 1 to 2 inches from  
the top before storing. If  
carrots start to become  
dry and white, place them  
in a container with enough  
water to submerge  
them completely.

**PREP** carrots by rinsing  
under cool water. For  
whole carrots, peel off a  
thin layer of skin.



## WAYS TO ENJOY

### Raw

Shred raw carrots  
for salads, or simply  
cut them lengthwise to  
serve with hummus or  
veggie dip.

### Roasted

Roast whole or slice into  
strips or rounds with  
desired seasonings as a  
side dish.

### Baked

Carrots are a classic  
ingredient in baked  
goods like cakes, muffins,  
cookies and more.

Source: [health.clevelandclinic.org/reasons-why-carrots-of-all-colors-are-healthy-for-you/](https://health.clevelandclinic.org/reasons-why-carrots-of-all-colors-are-healthy-for-you/)



# Vegan Carrot Cake Loaf

**Hands On** 25 minutes  
**Total Time** 1 hour 10 minutes plus cooling time  
**Serves** 10

**CAKE**  
**Hy-Vee nonstick cooking spray**  
**1½ cups Hy-Vee all-purpose flour**  
**1¼ tsp. Hy-Vee baking soda**  
**1 tsp. Hy-Vee baking powder**  
**½ tsp. Hy-Vee salt**  
**½ tsp. pumpkin pie spice**  
**½ cup vegan granulated sugar**  
**½ cup packed vegan light brown sugar**  
**½ cup Hy-Vee unsweetened applesauce**  
**½ cup Hy-Vee vegetable oil**  
**¼ cup water**  
**1 Tbsp. fresh lemon juice**  
**1 cup coarsely shredded fresh carrots**  
**¾ cup Hy-Vee chopped walnuts, plus additional for garnish**

**FROSTING**  
**½ (8-oz.) container Tofutti Better Than Cream Cheese**  
**2 Tbsp. Miyoko's Creamery European-style vegan butter**  
**2 tsp. Hy-Vee vanilla extract**  
**1½ cups vegan powdered sugar**  
**2 Tbsp. Hy-Vee cornstarch**

**1. PREHEAT** oven to 350°F. For cake, line the bottom of a 9×5-in. loaf pan with parchment paper. Spray sides with nonstick spray; set aside.

**2. WHISK** together flour, baking soda, baking powder, salt and pumpkin pie spice in a medium bowl; set aside.

**3. WHISK** together granulated sugar, brown sugar, applesauce, vegetable oil, water and lemon juice in

another medium bowl. Stir in shredded carrots. Add carrot mixture all at once to flour mixture; stir just until combined. Fold in ¾ cup walnuts.

**4. SPREAD** batter evenly in prepared loaf pan. Bake 50 to 55 minutes or until toothpick inserted near center comes out clean. Cool in loaf pan 10 minutes. Remove from loaf pan; cool completely on wire rack.

**5. FOR FROSTING**, beat cream cheese, vegan butter and vanilla in a small mixing bowl with an electric mixer on high until well combined. Beat in powdered sugar and cornstarch. Continue beating 1 minute more or until light and creamy.

**6. PLACE** loaf on a serving platter; spread frosting on top. Sprinkle with additional chopped walnuts, if desired. Store covered in refrigerator up to 3 days.

Per serving: 420 calories, 20 g fat, 4.5 g saturated fat, 1 g trans fat, 0 mg cholesterol, 390 mg sodium, 58 g carbohydrates, 2 g fiber, 39 g sugar (37 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 2%



## Shredded VS Fresh Packaged

**Coarsely shredded fresh carrots**, like the ones in the recipe above, are created using the large holes of a box shredder. The coarse texture enhances bakery items with ingredients such as nuts and raisins. **Prepackaged shredded carrots** are smoother, larger (almost julienne-like) and contain more moisture. They are ideal for salads, cake mixes and stir-fries.



**NEW!**

# ALL THAT AND A BAG OF...

**Reese's**  
**POTATO CHIPS**  
**BIG CUP**

MILK CHOCOLATE & PEANUT BUTTER  
 STUFFED WITH POTATO CHIPS



**Reese's**  
**UNIVERSITY**

**ENROLL NOW**  
**REESESUNIVERSITY.COM**



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Hoop-hoop-hooray!  
Time for some serious college  
basketball playoff action on  
TV. Hy-Vee has the recipes,  
foods and drinks for you to  
score points at your game  
day party. Let the bracket  
(and belt) busting begin.



# GRAB & GO

# GAME DAY



## The brat pack

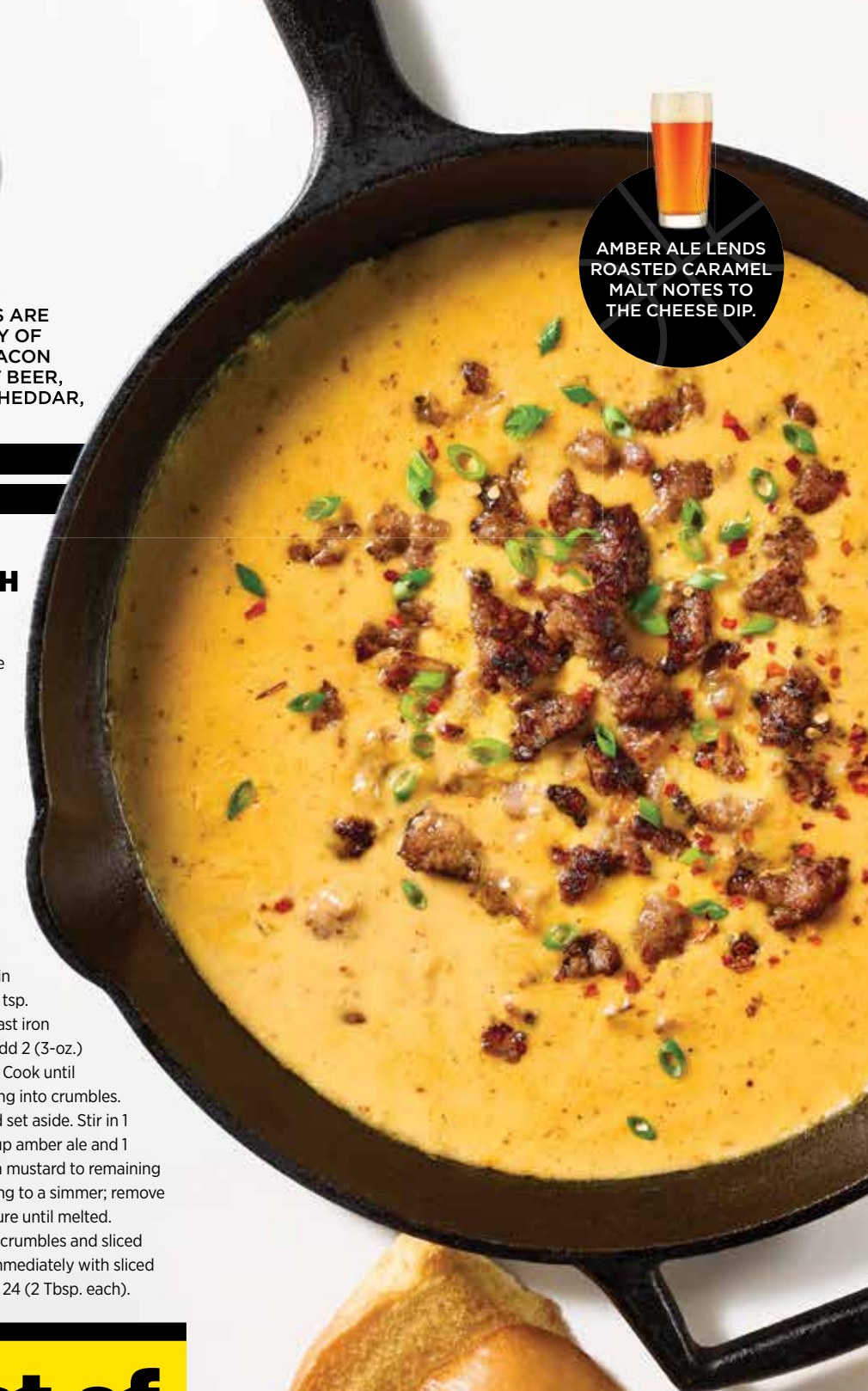
HY-VEE SKINLESS BRATS ARE  
AVAILABLE IN A VARIETY OF  
FLAVORS, INCLUDING BACON  
CHEDDAR, BUSCH LIGHT BEER,  
CHEDDAR, JALAPEÑO CHEDDAR,  
PINEAPPLE AND PORK.

## BEER BRAT CHEESE DIP WITH BUN CROSTINIS

Place oven rack 6 in. from heat.  
Preheat broiler to HIGH. Separate  
tops from bottoms of 6 Hy-Vee  
Bakery brat buns; cut each into  
4 pieces to make 24 pieces  
total. Place in a large rimmed  
baking pan. Lightly spray both  
sides of bun pieces with Hy-Vee  
nonstick cooking spray. Broil  
3 to 4 minutes or until toasted;  
cool. Toss together 2½ cups  
Hy-Vee shredded sharp Cheddar  
cheese, 1½ cups Hy-Vee finely  
shredded Swiss cheese and  
1 Tbsp. Hy-Vee all-purpose flour in  
a medium bowl; set aside. Heat 1 tsp.  
Gustare Vita olive oil in a 10-in. cast iron  
skillet over medium-high heat. Add 2 (3-oz.)  
Hy-Vee skinless beer bratwursts. Cook until  
brown (165°), stirring and breaking into crumbles.  
Remove half of the crumbles and set aside. Stir in 1  
cup Hy-Vee evaporated milk, 1 cup amber ale and 1  
Tbsp. Hy-Vee stone ground Dijon mustard to remaining  
bratwurst crumbles in skillet. Bring to a simmer; remove  
from heat. Whisk in cheese mixture until melted.  
Garnish with reserved bratwurst crumbles and sliced  
green onions, if desired. Serve immediately with sliced  
butter-toasted brat buns. Serves 24 (2 Tbsp. each).

## toast of the town

HY-VEE BAKERY BRAT  
BUNS MAKE IDEAL  
DIPPERS WHEN CUT INTO  
PIECES AND TOASTED.



AMBER ALE LENDS  
ROASTED CARAMEL  
MALT NOTES TO  
THE CHEESE DIP.

## SET UP WITH HY-VEE

SIMPLIFY SERVING  
AND CLEANUP WITH  
DISPOSABLE OPTIONS.



Simply Done  
Heavy Duty  
Square Plates



Simply Done  
Appetizer &  
Dessert Platters



Simply Done  
Soft & Extra  
Strong Napkins



Simply Done  
Assorted Cutlery

TIP: SIMPLY DONE  
PLATES MADE  
WITH NATURAL  
SUGARCANE  
FIBER ARE AN  
ECO-FRIENDLY  
OPTION.



LOADED NACHO FRIES

Preheat oven to 450°F. Spread 1 (28-oz.) pkg. frozen Hy-Vee steak fries in a large rimmed baking pan; bake 10 minutes. Flip fries and bake 10 minutes more; remove from oven and set aside. Cook 1 (1-lb.) pkg. 85%-lean ground beef in a large skillet over medium-high heat until browned (165°F), stirring occasionally to break into crumbles. Stir in 1 (1.25-oz.) pkg. Hy-Vee original taco seasoning mix and ¾ cup water. Bring to a boil; reduce heat. Simmer 5 to 7 minutes, stirring occasionally. Remove half of fries

from the baking pan. Spoon half of beef mixture and 1 cup Hy-Vee shredded mild Cheddar cheese over fries in pan. Repeat layers with remaining fries and beef mixture, and an additional 1 cup Cheddar cheese. Bake 12 minutes or until cheese is melted. Remove from oven and top with 1 cup shredded iceberg lettuce, ¾ cup Hy-Vee Santa Fe style tortilla strips and ¾ cup chopped Roma tomatoes. Garnish with Hy-Vee sour cream, melted Hy-Vee Cheddar cheese dip and fresh cilantro, if desired. Serves 14.



Want fries with that? THICK-CUT HY-VEE STEAK FRIES ARE A HEARTY ADDITION TO THIS DISH, AND HY-VEE SANTA FE STYLE TORTILLA STRIPS COMPLEMENT THE NACHO FLAVOR.



DESSERT TRAYS

END THE GAME ON A SWEET NOTE WITH WINNING TRAYS FROM HY-VEE.



Assorted Cookie Tray

Brownie Cocktail Tray

Mini Cupcake Tray

Spritz & Thumbprint Tray

Bakery Fresh 12\"/>

BASKETBALL CEREAL TREATS

Combine 4 cups Hy-Vee One Step crispy rice cereal and 2 cups Hy-Vee One Step Tasteeos cereal in a large bowl; set aside. Combine 6 cups Hy-Vee miniature marshmallows and ¼ cup Hy-Vee unsalted butter in a large microwave-safe measuring cup. Microwave on HIGH at 30-second intervals until melted, stirring each time. Stir in a few drops of orange food coloring. Pour mixture over cereals; stir to coat. Let stand 5 minutes. For each basketball, shape ¼ cup cereal

mixture into a ball; let set. Place ¼ cup dark chocolate melting wafers in a small microwave-safe bowl. Microwave on HIGH at 30-second intervals until melted, stirring each time. Pipe melted chocolate on each ball to create basketballs. Let set before serving. Serves 20 (1 each).

Take one step forward PROCEEDS FROM HY-VEE ONE STEP CEREALS, SUCH AS THE CRISPY RICE CEREAL IN THIS RECIPE, HELP SUPPORT A PROGRAM TO FEED THE HUNGRY—IN THE MIDWEST AND AROUND THE WORLD.



PIPE MELTED CHOCOLATE ON CEREAL BALLS TO MIMIC THE SEAMS ON A BASKETBALL.



SOFT DRINKS

SOME GUESTS MAY APPRECIATE HAVING NONALCOHOLIC OPTIONS, SO SERVING SODA, LEMONADE, ICED TEA, SPRITZERS AND ALCOHOL-FREE BEER IS BOUND TO BE A WINNING STRATEGY.

ADULT DRINKS APLENTY

RUN THE COURT WITH THE SELECTION OF ADULT DRINK OPTIONS FROM THE HY-VEE WINE & SPIRITS DEPARTMENT.



BEER There's a brew for every taste, including favorites such as Fat Tire Amber Ale and Hazy Little Thing IPA. Want real selection? Hy-Vee has mix-and-match six-packs.



LIQUOR Hy-Vee has a great selection of spirits, including award-winning Wild Turkey 101 Bourbon and Bedlam Vodka.



HARD SELTZER Enjoy low-carb alcoholic beverages in every fruit flavor imaginable. Test out a variety pack of Topo Chico or Alaskan Hard Seltzer.



## GAME-TIME GOODIES

WHEN THE CLOCK IS TICKING, TAKE A TIME-OUT FROM COOKING WITH FOODS FROM THE HY-VEE KITCHEN.



Nori Sushi



Mia Italian Pizza



Fried Chicken



Meat & Cheese Tray



Vegetable & Dip Tray



## winged wonder

THIS SLIDER IS A 3-POINT SENSATION WITH BUN, JUICY BONELESS CHICKEN WING AND FLAVORFUL FIXINGS.

### PULL-APART BONELESS WING SLIDERS

Preheat oven to 400°F. Cut 1 (10.92-oz.) pkg. Hy-Vee Hy-Waiian dinner rolls (12 ct.) in half horizontally, separating top from bottom (do not separate rolls). Place bottom section, cut side up, in a rimmed baking pan. Spread with ¼ cup peach preserves. Layer with ½ small red onion, sliced and separated into rings; ¼ cup Hy-Vee sliced hot & sweet jalapeño peppers,

drained; and 12 Hy-Vee Market Grille boneless Buffalo chicken wings. Top with 6 slices Hy-Vee provolone cheese and 1 (5-oz.) pkg. Soirée blue cheese crumbles. Spread ¼ cup That's Smart! original barbeque sauce on cut side of top portion of rolls. Place, cut side down, onto blue cheese. Bake 15 minutes or until cheese melts. If necessary, cover with foil during the last 5 minutes to prevent overbrowning. Cut into individual sandwiches and serve. Makes 12 (1 each).



**Say Cheese!** AT HY-VEE, YOU'LL FIND THE PERFECT CHEESE FOR WHATEVER YOU'RE PREPARING, SUCH AS HY-VEE PROVOLONE FOR MELTING OR SOIRÉE BLUE CHEESE CRUMBLES FOR A TOPPING.



BBQ

General Tso

Honey Mustard

EACH PLATTER COMES WITH ITS OWN FLAVORFUL DIPPING SAUCE TO COMPLEMENT BONELESS AND TRADITIONAL WINGS!

## A SLAM DUNK

IMPRESS THE FANS BY SERVING WINGS FROM HY-VEE CATERING IN BBQ, BUFFALO, GENERAL TSO, HONEY ROASTED GARLIC AND HONEY MUSTARD FLAVORS.



# basics

## HOW TO MAKE A PIZZA IN 30 MINUTES

Whip up a fresh, cheesy pizza exactly how you like it whenever you need a quick dinner that's faster than delivery.

**ARRANGE A MAKE-YOUR-OWN-PIZZA BAR WITH INGREDIENTS FROM HY-VEE, AND LET EVERYONE CUSTOMIZE THEIR PIE. SET OUT A VARIETY OF SAUCES, CHEESES, MEATS AND HY-VEE SHORT CUTS VEGGIES FOR A FUN DIY DINNER.**

### SHORT ON TIME? GRAB A MIA ITALIAN TAKE & BAKE PIZZA

Homemade pizza is fast, but Hy-Vee's Mia Italian take-and-bake pizzas are even faster! Choose popular toppings such as Italian sausage, pepperoni or supreme, then bake at home in just 15 minutes.



#### TOOLS YOU'LL NEED:

- **SIMPLY DONE ROLLING PIN**
- **WILTON RECIPE RIGHT NONSTICK 12-IN. PIZZA PAN**
- **GOOD COOK PIZZA CUTTER**



Watch more pizza-making ideas on



And SHOP the items used in this episode as you watch.



## 30-MINUTE PIZZA IN 4 SIMPLE STEPS



**1. COMBINE** 1 cup warm water, 1 package quick-rise yeast and 2 tsp. Hy-Vee granulated sugar in a large mixing bowl. Immediately add 2½ cups Hy-Vee all-purpose flour, 2 Tbsp. Gustare Vita olive oil and 1 tsp. Hy-Vee salt.



**2. PLACE** dough on a flat surface lightly dusted with flour. Form dough into a ball using your hands.



**3. ROLL** out dough to desired shape and thickness using your hands and a rolling pin. Transfer to a large baking sheet or pizza pan lined with parchment paper.



**4. TOP** with pizza sauce, cheese and toppings. Bake at 400°F for 15 to 20 minutes or until edges of crust are golden brown.

## POPULAR TOPPINGS



**VEGGIE**  
+ Red Onion  
+ Olives  
+ Mushrooms



**CHEESE**  
+ Mozzarella  
+ Ricotta  
+ Gouda



**MEAT**  
+ Prosciutto  
+ Pepperoni  
+ Shrimp





# luck of the Irish COCKTAILS

**GIVE A TIP O' THE  
HAT, LADS AND  
LASSES, TO THE  
EMERALD ISLE WITH  
THESE NEW TAKES  
ON CLASSIC  
IRISH DRINKS.**

PHOTO: Jeel Wenger/Shutterstock (clover background)

## ST. PATTY'S DAY OMBRÉ MILKSHAKES

Place 3 Tbsp. hot fudge topping on a small microwave-safe plate. Microwave on HIGH until softened. Dip rims of 2 (14-oz.) glasses in fudge topping to coat; sprinkle with 1½ Tbsp. Over the Top chocolate jimmies. Set glasses aside; reserve remaining topping. Place 2½ cups Hy-Vee We All Scream! mint chip ice cream and ½ cup Hy-Vee 2% reduced-fat milk in a blender. Cover and blend until smooth. Pour ½ cup shake mixture into each prepared glass. Add 3 drops Hy-Vee green food coloring to shake in blender. Cover and blend just until combined. Pour ½ cup of the shake over the back of a spoon into each glass. Repeat using an additional 3 drops of green food coloring, blending and pouring remaining shake over the back of a spoon on top of the lighter green layers in each glass. Top with desired garnishes, such as Hy-Vee aerosol original whipped topping; Hy-Vee We All Scream! mini vanilla ice cream sandwiches, halved; Crav'n Flavor fudgy covered mint cookies, crushed; and crème de menthe thins candies. If desired, microwave reserved fudge topping on HIGH for 5 seconds; drizzle over milkshakes. Serves 2 (14 oz. each).

## MINT MOCHA WITH COLD FOAM

Line a baking sheet with parchment paper for preparing garnish, if desired. Place ½ cup white vanilla-flavored melting wafers and 1 tsp. Full Circle Market organic virgin coconut oil in a small microwave-safe bowl. Microwave on HIGH at 30-second intervals until melted and smooth, stirring each time. Stir in 10 drops green food coloring gel. Spoon mixture into a sandwich-size resealable plastic bag; close bag and snip off one corner of bag. Pipe mixture into 4 (2- to 3-in.) shamrock shapes on prepared baking sheet; let stand until set. Add 1 oz. Hy-Vee chocolate flavored syrup and ¼ tsp. mint extract to each of 2 (10-oz.) glass mugs. Add 6 oz. cold strong-brewed coffee or espresso to each mug; stir to combine. Add ice; set aside. Beat 2 oz. Hy-Vee heavy whipping cream and 2 Tbsp. granulated sugar in small bowl with an electric hand mixer until slightly thickened. Add 1 oz. Hy-Vee whole milk and ½ tsp. mint extract; beat until combined. Spoon cream foam on top of coffee mixture in mugs. Garnish with the green vanilla-flavored shamrocks. Serves 2 (10 oz. each).

**FOR SPIRITED  
VERSIONS, add  
1 oz. of cream  
liqueur, vodka or  
crème de menthe in  
the milkshake and  
substitute 1 oz.  
peppermint  
schnapps for the  
mint extract in the  
coffee mixture for  
the mocha.**



## READY-TO- ENJOY IRISH DRINKS

At Hy-Vee, find a variety of adult beverages made in Ireland.



**IRISH BEER**  
Tip back a Guinness Extra Stout, Guinness Draught Stout, Smithwick's Red Ale or Harp Lager, all brewed in Ireland.



**IRISH WHISKEY**  
Enjoy Irish-made Finagren's, Bushmills, Jameson, Proper No. Twelve, The Quiet Man, Redbreast, Slane, Teeling or Tullamore DEW.



**IRISH CREAM  
LIQUEUR**  
Baileys, Saint Brendan's, Carolans and O'Reillys are all Irish staples.



**IRISH GIN**  
Drumshanbo Gunpowder Irish Gin is slow distilled in Ireland with botanicals and gunpowder tea.



**IRISH CIDER**  
Produced in Ireland since 1935, Magners Irish Cider is made from 17 apple varieties.



## BABY IRISH COFFEE SHOTS

Beat 1 oz. Hy-Vee heavy whipping cream in small bowl with an electric hand mixer for 2 to 3 minutes or until stiff peaks form (tips stand straight). Gently stir in 1 oz. chilled Baileys original Irish cream liqueur until combined. Fill 4 (1½-oz.) shot glasses each with 1 oz. Kahlúa original rum & coffee liqueur. Top with cream mixture. Serve immediately. Serves 4 (1½ oz. each).

## SHAMROCK FISH BOWL PUNCH

Remove seeds from ½ cantaloupe and ½ honeydew melon. Scoop 12 balls each from the cantaloupe and honeydew using a melon baller; set aside. Slice 2 Granny Smith apples into ¼- to ½-in.-thick slices. Cut slices into shamrock shapes using a 2½-in. cookie cutter; set aside. Add 8 oz. Finagren's Irish whiskey, 6 oz. sour apple schnapps, 6 oz. melon liqueur and 4 oz. Hy-Vee 100% no-sugar-added apple juice to a 1½-gal. punch bowl; stir to combine. Add 34 oz. chilled Hy-Vee seltzer water, 2 (12-oz.) bottles chilled green apple soda, shamrock-shape apple slices and cantaloupe and honeydew melon balls. Serves 12 (6 oz. each).

## POPULAR IRISH DRINKS

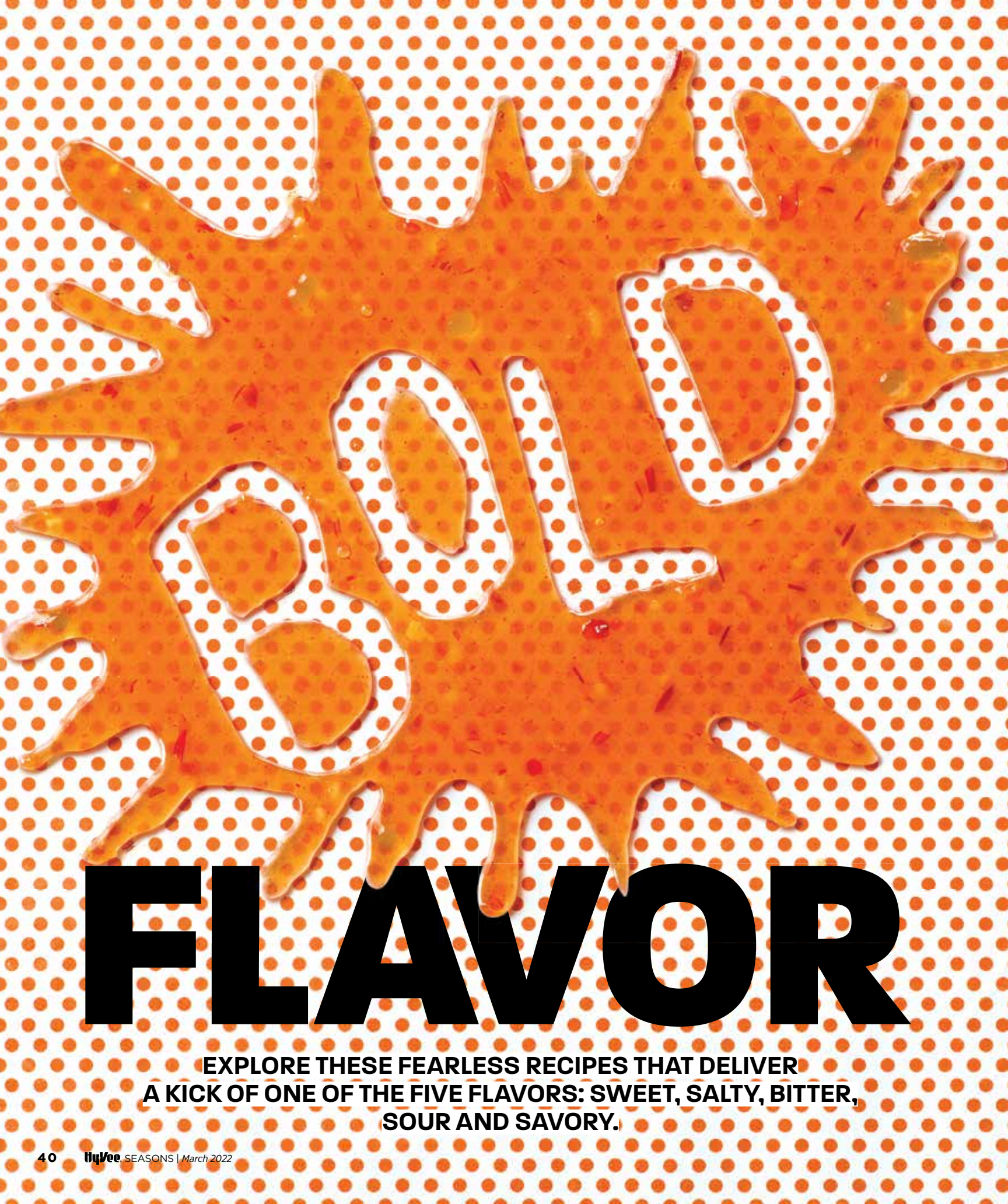
*Savor the history as well as the taste.*

Although the origins of **Irish beer** are believed to be rooted in the Bronze Age, **Irish whiskey** is a relative newcomer, arriving in the 12th century after monks brought back a perfume distilling technique from Europe.

Lesser-known **mead** actually has a long history in Ireland. The honey-flavor wine was considered a delicacy and traditionally served to guests upon their arrival. Finally, there's **Irish coffee**, which was first offered to

air travelers waiting out a weather delay in Ireland in the 1940s. The recipe, later perfected in the U.S., includes black coffee, Irish whiskey and brown sugar—plus a dollop of cream (floating on top, never mixed in).





# FLAVOR

EXPLORE THESE FEARLESS RECIPES THAT DELIVER  
A KICK OF ONE OF THE FIVE FLAVORS: SWEET, SALTY, BITTER,  
SOUR AND SAVORY.

## Firecracker Fried Chicken

**Hands On** 30 minutes

**Total Time** 1 hour

**Serves** 8

**½ cup Hy-Vee Thai sweet chili sauce**

**¼ cup Culinary Tours California red pepper jelly**

**2 Tbsp. gochujang Korean chili sauce**

**2 Tbsp. Hy-Vee apple cider flavored vinegar**

**2 tsp. refrigerated garlic paste**

**¾ tsp. coarse-ground black pepper, divided**

**½ tsp. kosher salt, divided**

**¼ tsp. Hy-Vee cayenne pepper**

**1 cup Hy-Vee long grain white rice**

**Hy-Vee vegetable oil, for frying**

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

**½ cup Hy-Vee cornstarch**

**2 Hy-Vee large eggs**

**3 (1-lb.) pkg. Hy-Vee True boneless, skinless chicken breasts, cut into 2-in. pieces**

**Fresno chiles, sliced, for garnish**

**Sliced green onions, for garnish**

**1. WHISK** together chili sauce, red pepper jelly, gochujang sauce, vinegar, garlic paste, ½ tsp. black pepper, ¼ tsp. salt and cayenne in a large bowl; set aside. Cook rice according to pkg. directions; keep warm.

**2. HEAT** oil to 350°F in a deep-fat fryer or 6-qt. Dutch oven suitable for deep-fat frying. Follow instructions for quantity of oil in deep-fat fryer. For Dutch oven, use at least 2 in. of oil.

**3. WHISK** together flour, cornstarch, remaining ¼ tsp. salt and remaining ¼ tsp. black pepper in a medium bowl. Whisk eggs in another medium bowl.

**4. PAT** chicken dry with paper towels. Dip chicken pieces, a few at a time, in flour mixture; shake off excess. Then dip in eggs and again in flour mixture.

**5. CAREFULLY** drop half of the coated chicken pieces, one at a time, into the hot oil. Fry 12 to 14 minutes or until coating is crisp and chicken reaches 165°F. Drain on paper towels. Repeat with remaining chicken pieces.

**6. IF DESIRED**, add sliced Fresno chile slices to hot oil. Fry 1 to 2 minutes or until crisp; drain on paper towels.

**7. TO SERVE**, add hot fried chicken to chili sauce mixture in bowl; toss to coat. Serve over cooked rice. Garnish with fried Fresno chile slices and green onions, if desired.

*Nutrition not available for fried foods.*

Taste buds recognize one of the five flavors, **sweet**, as saccharine. Another flavor in this recipe—**sour**—is often called tart and can cause the mouth to water.



THE  
COMPLEX  
FLAVORS OF CHILI  
SAUCE PROVIDE  
SWEET AND  
SOUR POPS OF  
FLAVOR.





SALT IS A FLAVOR ENHANCER, SO THE SALTY OLIVES BRING OUT THE SWEETNESS OF THE POTATOES.

Taste buds recognize salt by the level of sodium detected.

# TASTE BUDS

THE HUMAN BODY HAS ABOUT 4,000 TASTE BUDS LOCATED ON THE TONGUE, THROAT AND SIDES AND TOP OF THE MOUTH. TASTE BUDS DISTINGUISH BETWEEN ALL FIVE BASIC TASTES, INCLUDING SWEET, SOUR, SALTY, BITTER AND SAVORY (OR UMAMI). TASTE BUDS ALSO CAN DETECT THE SCENT, TEXTURE AND TEMPERATURE OF FOOD.

## Mediterranean Sweet Potatoes with Whipped Feta

Hands On 25 minutes  
Total Time 1 hour 20 minutes  
Serves 4 (½ sweet potato per person)

- Hy-Vee nonstick cooking spray
- 2 (8- to 9-oz.) sweet potatoes
- 4 Tbsp. Gustare Vita olive oil, divided
- 1 tsp. kosher salt, divided
- 1 tsp. coarse-ground black pepper, divided
- ½ (8-oz.) Soirée traditional chunk feta, crumbled, plus additional for garnish
- ½ cup Hy-Vee plain Greek yogurt
- 1 tsp. lemon zest
- 1 cup Hy-Vee canned no salt added garbanzo beans, drained and rinsed
- 1 cup Hy-Vee sweet grape tomatoes, quartered
- 1 small shallot, finely sliced
- ¼ cup Hy-Vee jumbo queen green olives, drained and sliced, plus 1 Tbsp. brine
- ¼ cup Hy-Vee Greek kalamata olives, drained and sliced, plus 1 Tbsp. brine
- 2 Tbsp. Gustare Vita capers, undrained
- 2 Tbsp. chopped fresh mint
- 2 Tbsp. chopped Italian parsley, plus additional for garnish
- 1 tsp. fresh lemon juice
- 6 cloves garlic, minced

- 1. PREHEAT** oven to 400°F. Line large rimmed baking pan with foil. Spray with nonstick spray and set aside.
  - 2. CUT** sweet potatoes in half lengthwise. Place, cut sides up, in prepared baking pan. Drizzle with 2 Tbsp. olive oil; season with ½ tsp. each salt and black pepper. Bake 50 to 55 minutes or until fork-tender, turning halfway through.
  - 3. PLACE** feta, Greek yogurt and lemon zest in a food processor. Cover and pulse until smooth. With processor running, slowly pour in remaining 2 Tbsp. olive oil; process 1 to 2 more minutes or until smooth. Set aside.
  - 4. COMBINE** garbanzo beans, tomatoes, shallot, green olives, kalamata olives, 1 Tbsp. each green and kalamata olive brines, undrained capers, mint, 2 Tbsp. parsley, lemon juice, garlic and remaining ½ tsp. each salt and pepper in a medium bowl.
  - 5. TO SERVE**, top each sweet potato half with ¼ cup whipped feta and ¾ cup garbanzo bean mixture. Garnish with additional feta and parsley, if desired.
- Per serving: 440 calories, 24 g fat, 4.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 1,650 mg sodium, 41 g carbohydrates, 8 g fiber, 9 g sugar (0 g added sugar), 15 g protein. Daily Values: Vitamin D 0%, Calcium 20%, Iron 10%, Potassium 15%

## Sticky Miso-Glazed Tofu

Total Time 50 minutes  
Serves 4

- ¼ cup Hy-Vee cornstarch
- 1 (16-oz.) pkg. extra-firm tofu, drained, pressed and cut into 1-in. cubes
- ½ cup Korean BBQ marinade & sauce
- 1 Tbsp. sweet white miso paste
- 1½ tsp. Hy-Vee honey
- 1½ tsp. oyster sauce
- 5 Tbsp. Hy-Vee vegetable oil, divided
- 1 (8-oz.) pkg. frozen shelled edamame, thawed

- 1 cup fresh snow peas
  - Radish microgreens, for garnish
  - Black sesame seeds, for garnish
- 1. PLACE** cornstarch in a small shallow bowl. Coat tofu, a few pieces at a time, with cornstarch. Set tofu aside.
  - 2. WHISK** together BBQ sauce, miso, honey and oyster sauce in a small bowl; set aside.
  - 3. HEAT** 2 Tbsp. oil in a large nonstick skillet over medium-high heat. Add edamame and snow peas. Cook and stir 2 to 3 minutes or until slightly golden. Transfer to a bowl; cover and keep warm.

- 4. HEAT** remaining 3 Tbsp. oil in same skillet over medium heat. Add coated tofu; cook 8 to 10 minutes or until lightly browned on all sides, turning frequently. Add BBQ sauce mixture; cook 3 to 5 minutes or until sticky and golden brown.
  - 5. TO SERVE**, divide edamame mixture among 4 serving bowls. Top with tofu. Garnish with microgreens and sesame seeds, if desired.
- Per serving: 430 calories, 26 g fat, 3.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 830 mg sodium, 32 g carbohydrates, 5 g fiber, 15 g sugar (3 g added sugar), 19 g protein. Daily Values: Vitamin D 0%, Calcium 20%, Iron 20%, Potassium 4%



Umami is a blend of salty, meaty and earthy.

MISO, A FERMENTED PASTE MADE FROM SOYBEANS, DELIVERS THE UMAMI.



THE BITTERNESS OF ESPRESSO ENHANCES THE SMOOTH SWEETNESS OF CHOCOLATE.



Bitter flavors are pungent, unsweet, sharp.

## Bitter Flourless Chocolate Cake with Coffee Cream

**Hands On** 25 minutes

**Total Time** 55 minutes plus cooling time

**Serves** 12

**Hy-Vee nonstick baking spray with flour**

**2 (4-oz.) bars 60% bittersweet baking chocolate, coarsely chopped**

**½ cup Hy-Vee unsalted butter, cut up**  
**1¼ cups Hy-Vee granulated sugar, divided**

**6 Hy-Vee large eggs, separated, at room temperature**

**¼ cup Dutch process cocoa powder plus additional for garnish**

**¼ tsp. kosher salt**

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

**¼ cup instant espresso powder**

**Chocolate curls, for garnish**

**Hy-Vee dark chocolate espresso beans, for garnish**

**1. PREHEAT** oven to 375°F. Line bottom of a 9-in. springform cake pan with parchment paper; lightly spray parchment with nonstick baking spray. Set pan aside.

**2. PLACE** chopped chocolate and butter in a large microwave-safe bowl. Microwave on HIGH at 30-second intervals until melted, stirring each

time until smooth and combined; cool 5 minutes. Whisk in 1 cup granulated sugar and egg yolks. Stir in ¼ cup cocoa powder and salt.

**3. BEAT** egg whites in large mixing bowl with electric mixer on high until soft peaks form (tips curl). Gently fold the egg whites into chocolate mixture.

**4. SPREAD** batter into prepared pan. Bake 25 to 30 minutes or until a thin crust forms on top. Cool completely in pan on a wire rack.

**5. BEAT** heavy cream, remaining ¼ cup sugar and espresso powder in

a large mixing bowl with an electric mixer on high until soft peaks form (tips curl).

**6. REMOVE** cake from pan; place on serving platter. Top cake with whipped espresso cream mixture. Garnish with additional cocoa powder, chocolate curls and espresso beans, if desired.

**Per serving:** 360 calories, 25 g fat, 15 g saturated fat, 0.5 g trans fat, 135 mg cholesterol, 90 mg sodium, 34 g carbohydrates, 1 g fiber, 29 g sugar (21 g added sugar), 5 g protein.  
**Daily Values:** Vitamin D 6%, Calcium 2%, Iron 15%, Potassium 2%

## Five-Spice Beef Stir-Fry

**Hands On** 20 minutes

**Total Time** 30 minutes

**Serves** 4

**¼ cup Hy-Vee honey**

**¼ cup hoisin sauce**

**2 Tbsp. peeled and minced gingerroot**

**2 Tbsp. Chinese five-spice powder**

**2 Tbsp. chili oil, plus additional for serving**

**1 Tbsp. Asian sesame oil**

**4 cloves garlic, minced**

**1 lb. Hy-Vee Choice Reserve beef flat iron steak**

**1 (8-oz.) pkg. dry udon noodles**

**4 Tbsp. vegetable oil, divided**

**3½ cups Hy-Vee Short Cuts broccoli, cut into bite-size florets**

**1 medium orange bell pepper, seeded and thinly sliced**

**1 small red onion, sliced**

**1 zucchini, halved lengthwise and sliced**

**1. WHISK** together honey, hoisin sauce, gingerroot, five-spice powder, 2 Tbsp. chili oil, sesame oil and garlic in a medium bowl. Pat steak dry with paper towels; thinly slice steak across the grain into bite-size strips. Add steak to honey mixture; toss to coat. Marinate at room temperature 10 minutes.

**2. COOK** udon noodles according to pkg. directions. Drain; cover to keep warm.

**3. HEAT** 2 Tbsp. vegetable oil in a large nonstick skillet over medium-high heat. Add beef and marinade; stir-fry 2 to 3 minutes or until slightly pink in center. Transfer beef to a bowl.

**4. HEAT** remaining 2 Tbsp. vegetable oil in skillet. Add broccoli, bell pepper and onion; stir-fry 2 minutes. Add zucchini; stir-fry 2 to 3 minutes or until vegetables are crisp-tender.

**5. RETURN** beef and juices to the skillet; toss to combine. Add cooked udon noodles; gently stir to combine.

**6. TO SERVE,** divide mixture among 4 serving bowls, drizzle with additional chili oil, if desired.

**Per serving:** 820 calories, 37 g fat, 8 g saturated fat, 0 g trans fat, 75 mg cholesterol, 1,050 mg sodium, 97 g carbohydrates, 4 g fiber, 48 g sugar (34 g added sugar), 35 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 10%, Iron 45%, Potassium 25%

### “TRAINING” TO REGAIN TASTE

Research has yet to confirm that bold flavors help build back taste after COVID-19, but smell training—sniffing strong-scented essential oils—may help retrain your brain, according to Harvard Medical School. Mindfulness also plays a role. Try to remember the smell of the food to help your mind conjure the flavor.

CHINESE FIVE-SPICE POWDER IS A BLEND OF CINNAMON, FENNEL SEED, CLOVES, SZECHUAN PEPPERS AND STAR ANISE.





# GET YOUR — EDGE —

**100MG CAFFEINE**

**1000MG ELECTROLYTES**

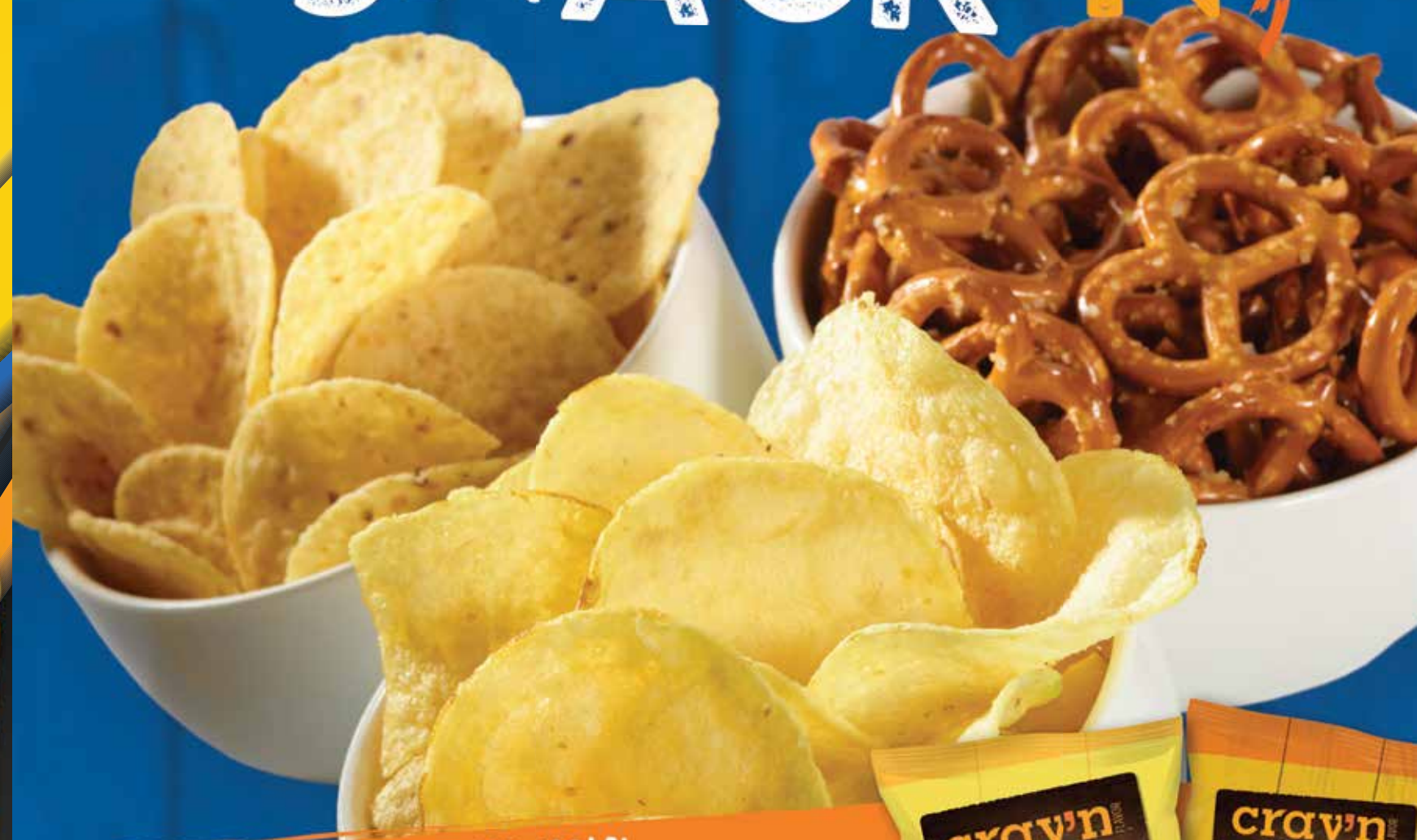
**NEW**

**NEW**



100mg caffeine and 1033mg electrolytes per 20.2oz bottle. BA Sports Nutrition, LLC. © 2022 All Rights Reserved.

# SLAM DUNK “SNACK”N



FIND THEM IN THE SNACK AISLE!

**crav'n** FLAVOR  
IT'S SERIOUS SATISFACTION.







fresh & colorful

SPRING

SALADS

BURSTING WITH COLOR AND FLAVOR.  
SALADS FILL THE BILL THIS SEASON.

# PICK OF THE CROP

PREP SPRING SALADS WITH FRESH PRODUCE. IT'S EASY WITH A FEW TIPS. Choose fruits and vegetables that are brightly colored, heavy for their size and free from bruises. For faster prep, select sliced or chopped produce set on ice or in the refrigerated section, like Hy-Vee Short Cuts, a variety of washed, cut and ready-to-eat fruits and vegetables.

ADD COLORFUL FRUITS AND VEGETABLES TO YOUR DIET TO NOURISH YOUR BODY. EACH COLOR PROVIDES DIFFERENT NUTRIENTS THAT HELP PROTECT AGAINST CHRONIC DISEASES. SO EAT AS MANY COLORS AS YOU CAN FIND.



## what's in season

ADD THESE VERSATILE FRUITS AND VEGETABLES TO CREATE TASTY SALADS.

<b>BLUEBERRIES</b> Sweet berries can be tossed into salads without cutting. They pair well with a variety of leafy greens.	<b>PEAS</b> Technically classified as a legume, they add sweet and savory flavor whether served raw or cooked.
<b>RADISHES</b> When raw, they add crunch and a spicy, zesty flavor. Slice them into rounds or cut into julienne strips.	<b>STRAWBERRIES</b> Sweet yet tart flavor pairs with savory salads, and they add interesting texture.
<b>ASPARAGUS</b> Lightly blanch and slice or cut raw spears into smaller pieces to add a green bean- or broccoli-like flavor.	<b>TURNIPS</b> Mildly spicy when raw. The flavor becomes sweeter and nuttier when cooked. Slice to add to salads.
<b>CARROTS</b> Available in a variety of colors, raw and cooked carrots add sweetness with a touch of bitterness.	<b>SWISS CHARD</b> Chop the leafy green to add a mild, earthy flavor; the colorful celery-like stalks deliver a sweet flavor.

**KEEP FRESH LONGER**  
Store produce like a pro to extend its shelf life.

Keep perishable fruits and vegetables, such as berries, lettuce and sliced produce, in a refrigerator at or below 40°F.

Skip rinsing off leafy greens until right before eating them. Store in a sealed plastic bag.

Remove room-temperature produce, such as potatoes, onions and bananas, from the store bag once home.

IF YOU HAVE QUESTIONS ABOUT HOW TO STORE SPECIFIC PRODUCE, ASK THE EXPERTS IN YOUR LOCAL HY-VEE PRODUCE DEPARTMENT.



# 3

# MEALWORTHY SALADS

**SATISFYING SPRINGTIME VEGGIES FOR GOOD-FOR-YOU LUNCH AND DINNER.**



**KALE**  
Hearty, bold in flavor and nutrient-dense



**BUTTER LETTUCE**  
Known for buttery-soft leaves with a mildly sweet taste



**GREEN BEANS**  
Earthy flavor; also called string beans



**CUCUMBERS**  
Mild and sweet with crisp, cool mouthfeel.

## VEGAN GARBANZO SHAWARMA SALADS

Preheat oven to 425°F. Line a rimmed baking pan with foil; spray with Hy-Vee nonstick cooking spray. Spread 2 (15-oz.) cans Hy-Vee no salt added garbanzo beans, drained and rinsed, on prepared baking pan; pat dry with paper towels. Drizzle with 1 Tbsp. Gustare Vita olive oil; sprinkle with 1½ Tbsp. harissa seasoning. Roast 10 to 12 minutes or until golden, stirring halfway through; cool. Place 6 cups chopped kale in a medium bowl. Add 1 Tbsp. Gustare Vita olive oil, 2 tsp. fresh lime juice and ½ tsp.

Hy-Vee salt. Gently massage with fingers until kale is dark green and tender. Add 4 cups chopped romaine lettuce and half of the roasted garbanzo beans; toss to combine. Divide mixture among 4 serving plates. Top each with ¼ cup halved cherry tomatoes; ¼ cup sliced red onion; ½ avocado, seeded, peeled and sliced; and remaining roasted garbanzo beans. Stir together ½ cup almond milk yogurt, 2 Tbsp. fresh lime juice, 1 Tbsp. finely chopped cilantro and ½ tsp. Hy-Vee salt in a small bowl. Drizzle salads with yogurt mixture. Garnish with lime wedges, if desired. Serves 4.

## SALMON PANZANELLA SALADS

Preheat oven to 375°F. Line a large rimmed baking pan with parchment paper. Cut ¼ (20-oz.) Hy-Vee Bakery Italian Bread loaf into ¾-in.-thick cubes. Arrange cubes on prepared baking sheet and drizzle with 3 Tbsp. Gustare Vita olive oil. Bake 15 to 18 minutes or until toasted, stirring halfway through; cool. Prepare 1 (1-lb.) pkg. lemon & garden herb creamer potatoes with seasoning according to pkg. directions; set aside. Prepare 1 (12-oz.) pkg. trimmed fresh green beans according to pkg directions. Cut beans in half. Combine green beans; potatoes; toasted bread; 1 (15-oz.) can Hy-Vee butter beans, drained and rinsed; and ½ cup Tuscan house Italian salad dressing in a large bowl. Toss to combine. Line 4 serving plates with 1 small head butterhead lettuce, chopped. Top with potato mixture, 4 Hy-Vee Short Cuts hard-boiled eggs, halved, and 1 lb. cooked and flaked salmon. Garnish with coarse-ground black pepper, Hy-Vee pine nuts and fresh basil, if desired. Serves 4.



**PREP VEGGIE TOPPINGS AHEAD AND REFRIGERATE TO MAKE WEEKDAY MEALS EASIER AND QUICKER.**

## EASY STEAK SALADS

Pat dry 1 (1- to 1¼-lb.) Hy-Vee Choice Reserve boneless beef top sirloin steak, 1 in. thick, with paper towels. Rub both sides of steak with 1 Tbsp. Gustare Vita olive oil. Sprinkle with 2 tsp. Hy-Vee steak grill seasoning. Heat a medium grill pan over medium heat. Add steak to grill pan; cook 12 to 14 minutes or until steak reaches 130°F for medium-rare. Transfer to a cutting board. Loosely cover with foil; let rest 5 minutes. Cut steak into slices. Arrange 2 cups spring salad mix and steak slices on 4 serving plates. Top each with ½ cup sliced Persian cucumbers, ½ cup blueberries, ¼ cup thinly sliced radishes, ¼ cup Soirée blue cheese crumbles and 2 Tbsp. halved Hy-Vee roasted & salted macadamia nuts. Serve with Full Circle Market organic balsamic vinaigrette dressing. Garnish with coarse-ground black pepper, if desired. Serves 4.



# ON THE SIDE

**TRY THESE EASY, DELICIOUS AND SHARABLE SIDE SALAD RECIPES.**



**ZUCCHINI**  
Mild, slightly sweet, grassy flavor



**PURPLE CABBAGE**  
Slightly peppery with sweet notes



**RADICCHIO**  
Cabbage-like with sharp, bitter flavor



**ARUGULA**  
Peppery and slightly spicy

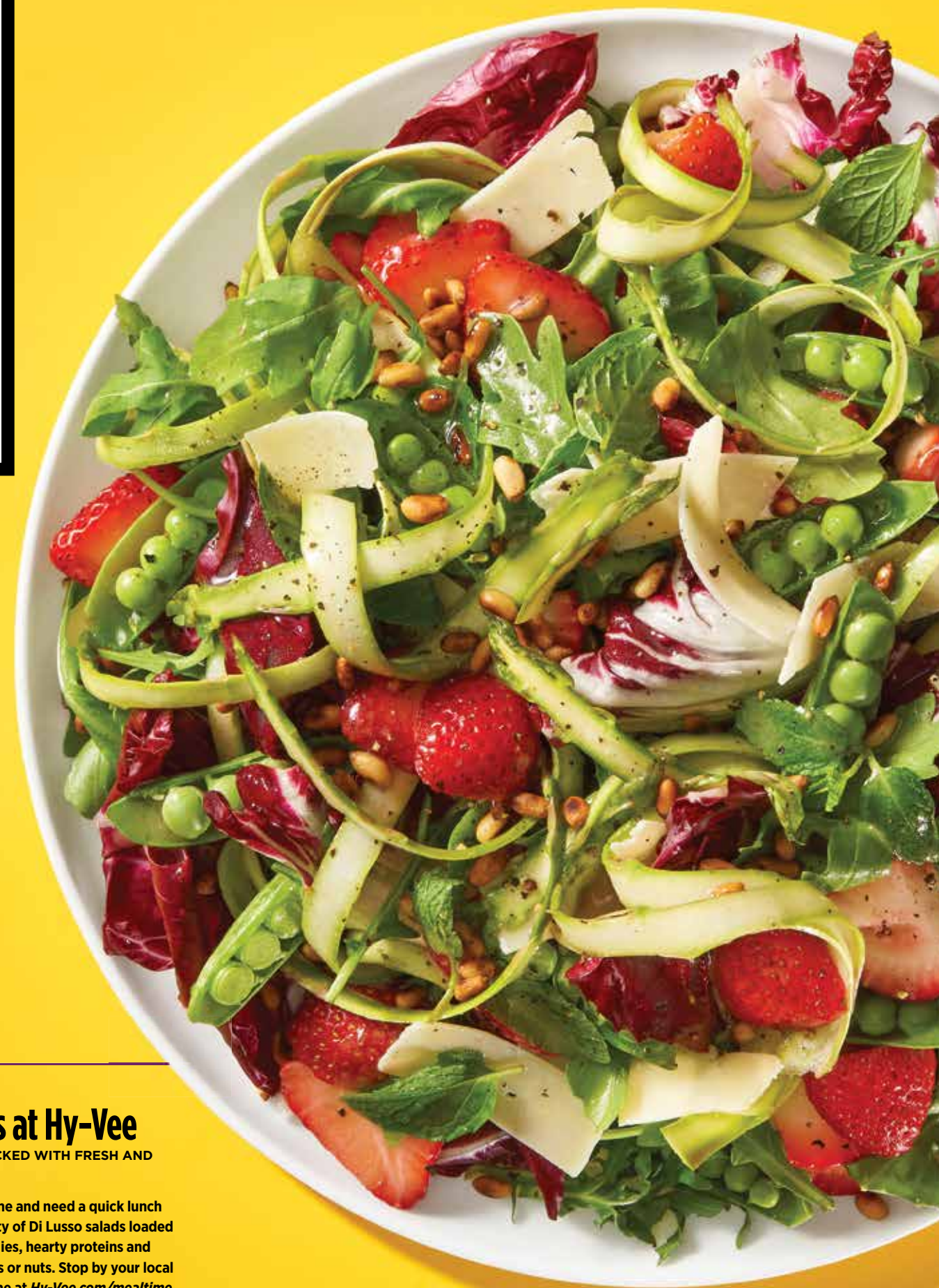
## SPRING ASPARAGUS SALADS

Peel 12 asparagus spears into thin strips with a vegetable peeler. Toss strips with 2 cups arugula, 2 cups halved sugar snap peas, 1 cup torn radicchio and ½ cup fresh mint leaves in a large bowl. Divide among 4 serving plates. Top each with ¼ cup sliced strawberries, ⅓ cup Soirée shaved Parmesan cheese and 2 Tbsp. toasted Hy-Vee pine nuts. Serve with bottled champagne vinaigrette. Serves 4.

## Di Lusso Salads at Hy-Vee

READY-TO-EAT SALADS PACKED WITH FRESH AND HEALTHY INGREDIENTS.

When you're crunched for time and need a quick lunch or dinner, select from a variety of Di Lusso salads loaded with crisp greens, other veggies, hearty proteins and topped with cheese, croutons or nuts. Stop by your local Hy-Vee Kitchen or order online at [Hy-Vee.com/mealtime](https://www.hy-vee.com/mealtime)



## CRUNCHY PAD THAI SALADS

Combine 2 cups finely shredded red cabbage; 1 cup shredded zucchini; 1 cup shredded carrot; 1 cup frozen shelled edamame, thawed; ½ cup coarsely chopped fresh cilantro; ½ cup Hy-Vee lightly salted whole cashews and 2 Tbsp. thinly sliced green onion in a medium bowl. Set aside. Whisk together 1 Tbsp. plus 1 tsp. Hy-Vee creamy peanut butter, 1 Tbsp. Hy-Vee Thai sweet chili sauce, 1 Tbsp. Hy-Vee less-sodium soy sauce, 2 tsp. fresh lime juice and 1½ tsp. Hy-Vee honey in a small bowl. Drizzle over cabbage mixture; toss to coat. Serves 4 (1½ cups each).



**TO QUICKLY SHRED VEGETABLES, USE A BOX GRATER OR THE SHREDDING DISK IN YOUR FOOD PROCESSOR.**



# CASSEROLE

# CRUSH

Shorten prep time and get incredible piping-hot casseroles on the table fast, any night of the week, with these tips and techniques.

## Chicken and Ranch Casserole

**Hands On** 30 minutes  
**Total Time** 1 hour 20 minutes  
plus cooling time  
**Serves** 8

Hy-Vee nonstick cooking spray  
1 (15.5-oz.) can Hy-Vee golden hominy, drained  
1 (15.5-oz.) can Hy-Vee no salt added pinto beans, drained and rinsed  
1 (6.8-oz.) pkg. Hy-Vee Spanish rice  
2¼ cups Hy-Vee finely shredded Mexican cheese, divided  
3 cups Hy-Vee Kitchen shredded rotisserie chicken  
1 cup Hy-Vee 33% less sodium chicken broth  
4 Roma tomatoes, chopped  
½ cup Hy-Vee Short Cuts chopped white onions  
2 Tbsp. fresh lime juice  
1 dried ancho chile, seeded, stemmed and chopped  
½ jalapeño pepper, seeded and chopped, plus additional slices for garnish  
2 cloves garlic, minced  
2 cups Hy-Vee ranch flavored tortilla chips, divided  
Hy-Vee ranch salad dressing, for garnish  
Fresh cilantro, for garnish  
Lime wedges, for serving

**1. PREHEAT** oven to 400°F. Spray a 3-qt. Dutch oven with nonstick spray. Stir together hominy, pinto beans, Spanish rice and seasoning packet, and 1 cup Mexican cheese in prepared Dutch oven; spread evenly. Top with shredded chicken; set aside.

**2. PLACE** chicken broth, tomatoes, onions, lime juice, ancho chile, chopped jalapeño and garlic in a blender. Cover and blend until smooth. Pour 3 cups tomato mixture over chicken in Dutch oven. Crush 1 cup tortilla chips; sprinkle on top. Sprinkle with 1 cup Mexican cheese.

**3. BAKE**, covered, 35 to 40 minutes or until most of the liquid is absorbed. Drizzle with remaining tomato mixture. Top with remaining 1 cup whole tortilla chips and remaining ¼ cup cheese. Bake, uncovered,

10 minutes or until cheese is melted. Cool 5 minutes before serving.

**4. TO SERVE**, garnish with ranch dressing, cilantro and additional jalapeño slices, if desired. Serve with lime wedges.

**Per serving:** 480 calories, 22 g fat, 9 g saturated fat, 0 g trans fat, 85 mg cholesterol, 880 mg sodium, 40 g carbohydrates, 6 g fiber, 3 g sugar (3 g added sugar), 27 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 20%, Iron 15%, Potassium 15%

### TIME-SAVER

Instead of spending time chopping, substitute canned tomatoes for fresh. Use one 14.5-oz. can of diced tomatoes for about 2 cups of chopped fresh tomatoes.

**Hominy is whole corn kernels that have been cooked to nearly double their size. It has a chewy texture and delicate flavor.**



# FREEZE AHEAD

Most casseroles freeze well before baking, especially those with ingredients such as cooked chicken, beef, pasta and rice. Casseroles with hearty vegetables, including broccoli and potatoes, also freeze well. The exceptions are dairy-based casseroles with cream or milk, which can separate in the freezer.

## HOW TO FREEZE & THAW

### TO FREEZE

- **Line pan with aluminum foil**, with extra on ends to act as handles.
- **Prep recipe** so it's ready to bake; cover with foil.
- **Freeze until solid; lift casserole** out of pan with foil handles.
- **Wrap frozen casserole in foil**, label and replace in freezer.



### TO THAW

- **Place frozen casserole** in a pan and thaw in the fridge overnight.
- **Add toppings** such as cheese or crushed crackers just before baking.
- **Bake casserole** as directed. When done, the center should register 165°F on an instant-read thermometer.

## TIME-SAVERS

Use no-prep ingredients from Hy-Vee to minimize your time in the kitchen.



### ROTISSERIE CHICKEN

Add protein to meals without increasing the prep time. Buy whole or shredded Hy-Vee rotisserie chicken for a quick and easy addition to casseroles.



### HY-VEE SHORT CUTS

These washed and cut fruits and vegetables add extra nutrition and shorten prep time for any casserole recipe.



### FROZEN VEGGIES

Quickly add nutrients to casseroles by mixing in frozen veggies. To thaw, submerge the bag in cold water, or pour the vegetables into a colander and run cool water over them.



### JARRED SAUCES

Instead of spending time simmering sauces from scratch, use jarred sauce. Hy-Vee has plenty of gourmet choices, including Gustare Vita Alfredo and tomato sauces.

### CANNED FOODS

Produce that has been canned is just as easy to add to a casserole as frozen. Canned soups make a quick, simple sauce. Follow the recipe's instructions for draining any extra liquid before stirring in canned foods.



### Refrigerate Leftovers

If you have casserole leftovers, divide them into individual portions for easier reheating. Then place in airtight containers or bags and store in the fridge for up to 4 days (refreezing may affect the texture). To quickly reheat and serve, microwave in a loosely covered microwave-safe dish until hot.

## Shrimp Chowder and Biscuits Casserole

**Hands On** 30 minutes

**Total Time** 1 hour 15 minutes plus cooling time

**Serves** 12

**Hy-Vee nonstick cooking spray**

**2 cups Hy-Vee Fish Market cooked shrimp (26 to 30 ct.), tails removed and discarded; chopped**

**1 cup sliced leeks, white and light green parts only**

**1 cup sliced celery**

**1 cup Hy-Vee 33% less sodium chicken broth**

**1 (15.25-oz.) can Hy-Vee no salt added whole kernel golden corn, drained**

**4 strips Hy-Vee double smoked thick-sliced bacon, crisp-cooked and chopped**

**½ cup dry white wine or Hy-Vee 33% less sodium chicken broth**

**2 cloves garlic, minced**

**2 tsp. Creole seasoning**

**10 Tbsp. cold Hy-Vee unsalted butter, chopped, divided**

**2¼ cups self-rising flour, divided**

**1½ cup lowfat buttermilk, divided**

**1 Tbsp. Hy-Vee baking powder**

**1 tsp. Hy-Vee salt**

**1½ cups Hy-Vee shredded mild Cheddar cheese, divided**

**2 Tbsp. sliced green onion, plus additional for garnish**

**1. PREHEAT** oven to 400°F. Lightly spray a 13×9-in. baking dish with nonstick spray. Combine shrimp, leeks, celery, 1 cup chicken broth, corn, bacon, wine, garlic and Creole seasoning in prepared baking dish. Add 5 Tbsp. butter, ¼ cup self-rising flour and ¼ cup buttermilk; stir until combined and set aside.

**2. WHISK** together remaining 2 cups self-rising flour, baking powder and salt in a large bowl. Add 1 cup Cheddar cheese and 2 Tbsp. green onions; toss to combine. Cut in remaining 5 Tbsp. butter with a pastry blender until mixture resembles coarse crumbs. Make a well in the center of the flour mixture. Add remaining 1¼ cup buttermilk. Stir with fork just until combined.

**3. USING** a 2-in. scoop (about 3 Tbsp.), drop dough mixture on top of shrimp mixture to make 12 biscuits. Bake 35 minutes. Sprinkle with remaining ½ cup cheese; bake 5 minutes or until biscuits are golden brown and cheese is melted. Cool 5 to 10 minutes before serving. Garnish with green onion, if desired.

**Per serving:** 300 calories, 15 g fat, 9 g saturated fat, 0 g trans fat, 85 mg cholesterol, 1,080 mg sodium, 25 g carbohydrates, 2 g fiber, 4 g sugar (0 g added sugar), 13 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 10%, Potassium 4%



### TIME-SAVER

Instead of mincing fresh garlic, consider using jarred garlic for quick dinners with less prep. Substitute about ½ tsp. jarred minced garlic for one garlic clove.





## Queso Fundido Casserole

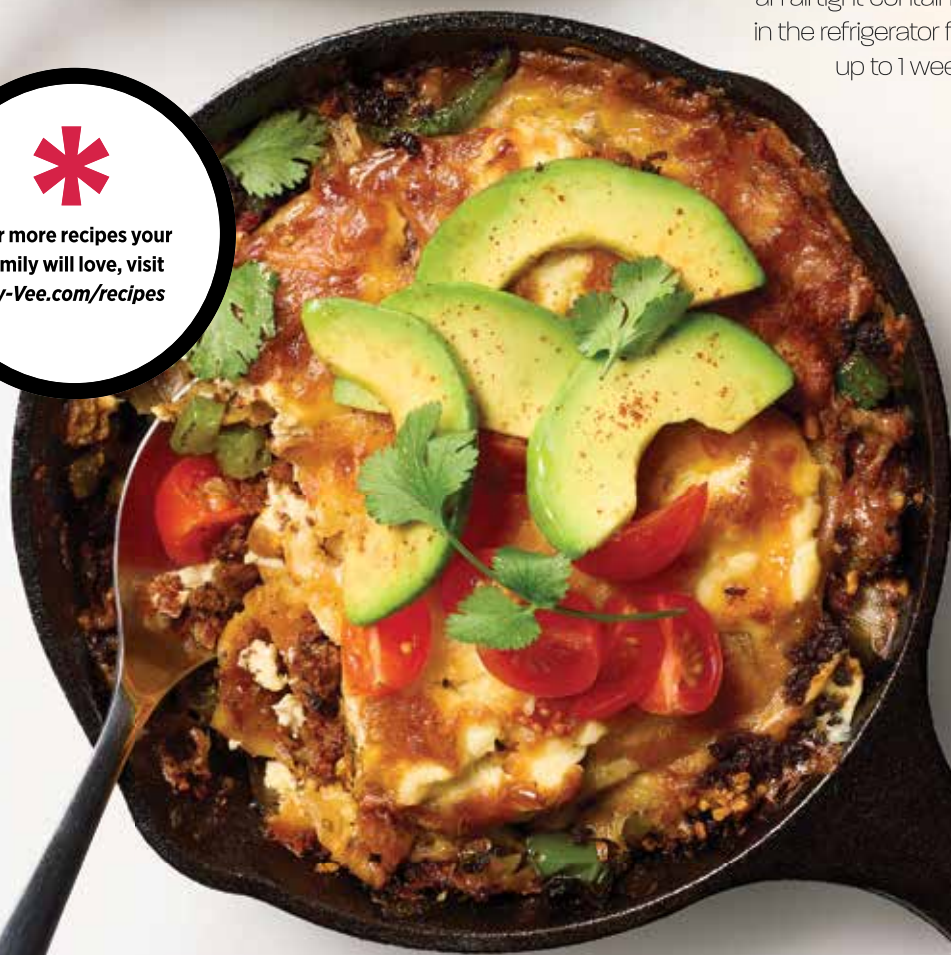
**Hands On** 25 minutes  
**Total Time** 50 minutes  
**Serves** 6

### TIME-SAVER

Buy shredded cheese whenever possible, or shred a block of cheese yourself, and store in an airtight container in the refrigerator for up to 1 week.



For more recipes your family will love, visit [Hy-Vee.com/recipes](https://hy-vee.com/recipes)



1 (7.06-oz.) pkg. shredded Chihuahua cheese, divided  
1 (7-oz.) pkg. shredded Oaxaca cheese, divided  
½ (8-oz.) pkg. Hy-Vee cream cheese, softened  
2 Tbsp. Hy-Vee vegetable oil  
6 Hy-Vee taco-size flour tortillas  
½ (9-oz.) pkg. Mexican ground pork chorizo  
1 cup Hy-Vee Short Cuts chopped white onions  
½ medium green bell pepper, seeded and chopped  
1 small jalapeño, seeded and chopped  
2 cloves garlic, minced  
¼ tsp. kosher salt  
2 cups cherry tomatoes, chopped, plus additional for garnish  
Avocado slices, for garnish  
Fresh cilantro, for garnish  
Smoked paprika, for garnish

**1. PREHEAT** oven to 400°F. Stir together 1 cup Chihuahua, 1 cup Oaxaca and cream cheese in a small bowl; set aside.

**2. HEAT** oil in a large nonstick skillet. Fry tortillas, in batches, 1 to 2 minutes or until lightly browned, turning halfway through. Drain on paper towels; set aside.

**3. ADD** chorizo, onions, green pepper, jalapeño, garlic and salt to same skillet. Cook over medium heat 5 to 7 minutes or until chorizo is cooked through (165°F), stirring occasionally to break chorizo into crumbles. Remove from heat.

**4. TO ASSEMBLE CASSEROLES**, place 1 tortilla in each of 2 (6-in.) cast-iron skillets. Layer each with ½ cup chorizo mixture, ½ cup chopped cherry tomatoes and ⅔ cup cream cheese mixture. Repeat layers with an additional 2 tortillas and remining chorizo, chopped cherry tomatoes and cream cheese mixture. Top with remaining 2 tortillas, Chihuahua cheese and Oaxaca cheese.

**5. BAKE** casseroles 20 to 25 minutes or golden. Remove from oven. Garnish with avocado slices, cilantro, additional cut-up cherry tomatoes and smoked paprika, if desired.

**Per serving:** 620 calories, 38 g fat, 19 g saturated fat, 0 g trans fat, 85 mg cholesterol, 1,170 mg sodium, 41 g carbohydrates, 2 g fiber, 4 g sugar (0 g added sugar), 25 g protein. **Daily Values:** Vitamin D 0%, Calcium 35%, Iron 15%, Potassium 4%

## Tuna-Zoodle Casserole

**Hands On** 25 minutes  
**Total Time** 1 hour 10 minutes plus cooling time  
**Serves** 8

Hy-Vee nonstick cooking spray  
4 (12-oz.) pkg. Hy-Vee frozen zucchini spirals  
¼ cup Hy-Vee unsalted butter  
1 (5-oz.) pkg. sliced shiitake mushrooms  
1 Tbsp. finely chopped shallot  
1 tsp. garlic, minced  
2 (10.5-oz.) cans Good Graces gluten-free cream of mushroom condensed soup

2 (5-oz.) cans Hy-Vee solid white albacore tuna, drained  
1 cup Soirée grated Parmesan cheese, plus additional for garnish

1 cup Hy-Vee 2% reduced-fat milk  
½ cup Hy-Vee frozen sweet peas, thawed  
¼ cup Hy-Vee shredded mozzarella cheese  
¼ cup Hy-Vee shredded mild Cheddar cheese  
½ cup Good Graces gluten-free organic French fried onions, plus additional for garnish

**1. PREHEAT** oven to 350°F. Lightly spray a 13×9-in. baking dish with nonstick spray; set aside. Cook zucchini spirals in the microwave according to pkg. directions; pat dry with paper towels. Set aside 1 cup zucchini spirals. Place remaining cooked zucchini in an even layer in bottom of prepared baking dish; set aside.

**2. MELT** butter in a large nonstick skillet. Add mushrooms, shallot and garlic; cook 5 to 6 minutes or until mushrooms are golden, stirring occasionally. Stir in soup, tuna, 1 cup Parmesan cheese, milk and peas.

**3. SPOON** mushroom mixture on top of zucchini in baking dish. Sprinkle with mozzarella and Cheddar cheeses and ½ cup French fried onions. Place mounds of reserved zucchini noodles on top of casserole.

**4. BAKE** 40 to 45 minutes until golden. Let cool 5 minutes before serving. Garnish with additional French fried onions and Parmesan cheese, if desired.

**Per serving:** 320 calories, 18 g fat, 9 g saturated fat, 0 g trans fat, 40 mg cholesterol, 910 mg sodium, 16 g carbohydrates, 3 g fiber, 7 g sugar (0 g added sugar), 24 g protein. **Daily Values:** Vitamin D 0%, Calcium 25%, Iron 6%, Potassium 15%

### TIME-SAVER

Keep crunchy casserole toppers on hand to add a fast boost of flavor and texture. French fried onions, crushed crackers, nuts, cereal, bread crumbs and chow mein noodles can all be added just before, and often after, baking.





# HYBRID



# desserts

What's better than one of your favorite desserts?  
Two of them combined into one mega-delicious treat.

## trending TREATS

It all began with the cronut—a croissant-donut hybrid. Now “frankenpastries” abound, including these sweet unions of well-loved desserts you can make at home.



### TAKING SHAPE

For a consistent size and picture-perfect shape, use a small ice cream scoop to portion the batter evenly.



### Cinnamon Roll Whoopie Pies

**Hands On** 30 minutes

**Total Time** 56 minutes

plus cooling time

**Serves** 10 (1 each)

#### COOKIES

**¼ cup Hy-Vee unsalted butter**

**1½ cups Hy-Vee packed light brown sugar, divided**

**1 Tbsp. Hy-Vee ground cinnamon**

**2½ cups Hy-Vee all-purpose flour**

**1 tsp. Hy-Vee baking powder**

**1 tsp. Hy-Vee baking soda**

**1 tsp. Hy-Vee salt**

**½ cup Hy-Vee vegetable shortening**

**1 Hy-Vee large egg**

**1 tsp. Hy-Vee vanilla extract**

**1 cup Hy-Vee whole milk**

#### FILLING

**1 (8-oz.) pkg. Hy-Vee cream cheese, softened**

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

**2½ cups Hy-Vee powdered sugar**

**1 tsp. Hy-Vee vanilla extract**

**½ tsp. Hy-Vee ground cinnamon**

**1. PREHEAT** oven to 350°F. Line cookie sheets with parchment paper; set aside. For the cinnamon swirl, microwave butter in small microwave-safe bowl on HIGH 30 to 45 seconds or until melted. Stir in ½ cup brown sugar and cinnamon with fork until completely smooth; set aside.

**2. FOR COOKIES,** whisk together flour, baking powder, baking soda and salt in medium bowl; set aside.

**3. BEAT** shortening, remaining 1 cup brown sugar, egg and vanilla in large mixing bowl with electric mixer on high 3 to 4 minutes or until light and fluffy. Alternately add flour mixture and milk, beating on medium until well combined.

**4. DROP** dough in 20 mounds 3 in. apart onto prepared cookie sheets. Slightly press to flatten tops. Stir cinnamon mixture. Place mixture into a pastry bag\* fitted with a small round-shape piping tip. Pipe a spiral shape on top of each dough mound, beginning at the center. Bake 10 to 13 minutes or until centers are set. Cool completely on cookie sheets on wire racks.

**5. FOR FILLING,** beat cream cheese and butter in large mixing bowl with electric mixer on high until smooth. Add powdered sugar, vanilla and cinnamon; beat until creamy.

**6. REMOVE** cookies from parchment paper. Spoon frosting on flat sides of 10 cookies. Top with remaining cookies, flat sides down. Store covered in refrigerator up to 2 days.

*\*To pipe without a pastry bag, spoon mixture into a sandwich-size resealable plastic bag; seal bag and snip one corner.*

**Per serving:** 670 calories, 33 g fat, 16 g saturated fat, 1 g trans fat, 80 mg cholesterol, 500 mg sodium, 88 g carbohydrates, 1 g fiber, 60 g sugar (58 g added sugar), 6 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 8%, Iron 10%, Potassium 2%



# Caramel Apple Éclair Cake

**Hands On** 40 minutes  
**Total Time** 1 hour 13 minutes  
plus cooling time  
**Serves** 15

- Hy-Vee nonstick cooking spray
- 1 cup water
- ½ cup Hy-Vee salted butter
- 1 cup Hy-Vee all-purpose flour
- 4 Hy-Vee large eggs
- 1½ cups Hy-Vee whole milk
- 1 (3.4-oz.) pkg. Hy-Vee instant French vanilla pudding & pie filling

- ½ cup Hy-Vee sour cream
- 1½ (8-oz.) containers Hy-Vee frozen original whipped topping (12 oz. total), thawed; divided
- 2 medium Red Delicious apples, cored and thinly sliced
- 1 (13.5-oz.) container classic caramel dip
- ½ cup Hy-Vee semisweet chocolate baking chips

- 1. **PREHEAT** oven to 400°F. Spray a baking sheet with nonstick spray; set aside. Combine water and butter in a medium saucepan. Bring to a boil. Add flour all at once, stirring vigorously. Cook and stir until mixture forms a ball. Remove from heat. Cool 10 minutes.
- 2. **ADD** eggs, one at a time, beating well with a wooden spoon after each addition.

- 3. **SPOON** batter into a pastry bag fitted with a ½-in. round-shape piping tip. Pipe 10 (5-in.-long) strips of batter onto the prepared baking sheet. Bake 30 to 33 minutes or until puffed and golden brown. Transfer to a wire rack to cool completely.
- 4. **FOR FILLING**, whisk together milk, instant pudding and sour cream in a large bowl until smooth. Fold in 2 cups whipped topping.
- 5. **SPLIT** éclairs horizontally in half. Place bottom halves, cut sides up, in a 13×9-in. baking dish, cutting to fit. Spread pudding mixture evenly on top. Cover with top halves of éclairs. Spread with remaining whipped topping to cover completely. Arrange apple slices on top.

- 6. **HEAT** caramel dip according to pkg. directions; spread over apples using the back of a spoon. Microwave chocolate chips in small microwave-safe bowl on HIGH at 30-second intervals or until melted, stirring each time. Pipe or drizzle chocolate over caramel. Chill, covered, 1 hour before serving.

**Per serving:** 340 calories, 18 g fat, 12 g saturated fat, 0 g trans fat, 80 mg cholesterol, 250 mg sodium, 41 g carbohydrates, 1 g fiber, 29 g sugar (13 g added sugar), 5 g protein.  
**Daily Values:** Vitamin D 6%, Calcium 6%, Iron 6%, Potassium 2%



**BEST BATTER**  
Batter is ready for the piping bag when it is silky smooth and thin enough that a large spoonful will drop heavily in one lump, but thick enough that it doesn't slide off easily.



**Stack It Up**  
Discover the simple steps to make this lovely layered cake.

**Hy-Vee seasons**  
Watch and learn at [Seasons.Hy-Vee.com](http://Seasons.Hy-Vee.com)

# Jelly Donut Macarons

**Hands On** 40 minutes  
**Total Time** 1 hour 8 minutes  
plus standing and cooling time  
**Serves** 48 (1 each)

- 1½ cups Full Circle Market almond flour
- 1 cup Hy-Vee powdered sugar
- 3 Hy-Vee large egg whites, at room temperature
- ¼ tsp. cream of tartar
- ½ cup Hy-Vee granulated sugar
- 1 tsp. Hy-Vee vanilla extract
- 3 drops Hy-Vee yellow food coloring
- ½ cup seedless red raspberry jam
- 1 recipe Jelly Donut Glaze, for decorating

- 1. **LINE** 2 large cookie sheets with parchment paper; set aside. Sift together almond flour and powdered sugar in medium bowl; set aside.
- 2. **BEAT** egg whites in a large mixing bowl with electric mixer on medium until foamy. Add cream of tartar. Beat in granulated sugar, 1 Tbsp. at a time. Beat in vanilla and yellow food coloring until stiff peaks form (tips stand straight). Fold in one-third of the almond mixture. Repeat folding in remaining almond mixture just until smooth. Spoon mixture into a pastry bag fitted with a ¼-in.-round tip.

- 3. **HOLDING** piping bag vertically, pipe 48 (1½-in.-round) disks on one prepared cookie sheet. Pipe 48 (1½-in.) circular rings on the other prepared cookie sheet, leaving a hole in the centers. Firmly tap cookie sheets on work surface several times to release air bubbles. Let stand 30 to 40 minutes or until tops are slightly dry.

- 4. **PREHEAT** oven to 300°F. Bake, one cookie sheet at a time, 11 to 14 minutes or until dry and crisp. Cool completely on baking sheets on wire racks.

- 5. **STIR** jam until smooth. Spread ½ tsp. jam on the bottom of each macaron disk. Top with macaron rings, bottom sides down.

- 6. **TO DECORATE**, frost half of the filled macarons with pink glaze and the remaining filled macarons with white glaze. Drizzle or pipe purple glaze over pink-glazed macarons. Let stand until set.

**Per serving:** 70 calories, 3 g fat, 0.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 0 mg sodium, 11 g carbohydrates, 0 g fiber, 10 g sugar (8 g added sugar), 1 g protein. **Daily Values:** Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 0%

**JELLY DONUT GLAZE:** Melt ¼ cup Hy-Vee unsalted butter in a medium microwave-safe bowl in microwave. Whisk in 1½ cups Hy-Vee powdered sugar, 1 Tbsp. Hy-Vee 2% reduced-fat milk and ½ tsp. Hy-Vee vanilla extract. Set aside half. Tint remaining glaze with pink food coloring. Transfer 3 Tbsp. pink glaze to a small bowl; stir in 1 drop of purple food coloring. Makes ¾ cups.



**Très Délicieux!**  
See France and America come together in these decorative cookies.  
**Hy-Vee seasons**  
Watch and learn at [Seasons.Hy-Vee.com](http://Seasons.Hy-Vee.com)

## HYBRID BAKING TOOLS AT HY-VEE



**WILTON NON-STICK LARGE LOAF PAN**  
Bake any and all unique bread recipes in this easy-to-clean pan.



**TOASTMASTER 5-SPEED HAND MIXER**  
Mix with thumb-tip controls and an easy-grip handle.



**WILTON OBLONG CAKE PAN**  
Make cakes, bars, and brownies with this 13×9-in. versatile cake pan.



**WILTON 12-CUP MUFFIN PAN**  
The nonstick surface provides quick release and easy cleanup.





#### RIPE AND RICH

Bananas with a few brown spots and a mushy texture have a stronger and richer flavor when baked.



## Banana Bread Brownies

**Hands On** 20 minutes  
**Total Time** 1 hour plus cooling and standing time  
**Serves** 15 (1 each)

Hy-Vee nonstick cooking spray  
1 (18.3-oz.) pkg. Hy-Vee deluxe chewy fudge premium brownie mix

3 Hy-Vee large eggs, divided  
⅔ cup Hy-Vee vegetable oil  
¼ cup cold water  
1¼ cups Hy-Vee all-purpose flour  
½ cup Hy-Vee granulated sugar  
¾ tsp. Hy-Vee baking soda  
½ tsp. Hy-Vee salt  
½ tsp. Hy-Vee ground cinnamon  
1½ cups mashed ripe bananas (about 3 bananas)  
½ cup Hy-Vee unsalted butter, melted  
⅓ cup Hy-Vee sour cream  
1 tsp. Hy-Vee vanilla extract

¾ cup Hy-Vee creamy chocolate fudge frosting  
Jimmies and/or nonpareils, for garnish

**1. PREHEAT** oven to 350°F. Spray a 13×9-in. baking pan with nonstick spray. Prepare brownie batter according to pkg. directions using 2 eggs, oil and water; set aside.

**2. WHISK** together flour, sugar, baking soda, salt and cinnamon in a medium bowl; set aside. Whisk remaining 1 egg in a large bowl; stir in mashed bananas,

melted butter, sour cream and vanilla. Add flour mixture; stir just until combined.

**3. DOLLOP** half of the banana batter, by the spoonful, onto the bottom of the prepared baking pan. Pour brownie batter around the banana batter. Dollop remaining banana batter over the top, allowing some brownie batter to show. Gently swirl batters with tip of knife.

**4. BAKE** 35 to 40 minutes or until a toothpick inserted near

the center comes out clean. Cool completely in pan on wire rack.

**5. MICROWAVE** frosting in a medium microwave-safe bowl on HIGH 20 seconds or until softened. Spread frosting evenly over brownies. Garnish with jimmies and/or nonpareils, if desired. Let stand 30 minutes or until frosting is set.

**Per serving:** 430 calories, 21 g fat, 8 g saturated fat, 0 g trans fat, 55 mg cholesterol, 290 mg sodium, 58 g carbohydrates, 0 g fiber, 37 g sugar (35 g added sugar), 3 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 4%

## Chocolate Hazelnut Cruffins

**Hands On** 25 minutes

**Total Time** 50 minutes plus cooling time

**Serves** 12 (1 each)

1 (17.3-oz.) pkg. frozen puff pastry sheets (2 ct.)  
½ cup Hy-Vee granulated sugar  
1 Tbsp. Hy-Vee baking cocoa powder  
1 tsp. Hy-Vee ground cinnamon  
4 Tbsp. Hy-Vee mini semisweet chocolate baking chips, divided  
4 Tbsp. chopped hazelnuts, divided; plus additional for garnish  
¼ cup Hy-Vee chocolate hazelnut creamy spread with skim milk & cocoa  
6 small strawberries, halved lengthwise, for garnish

**1. THAW** frozen puff pastry according to pkg. directions. Preheat oven to 375°F. Line 12 standard-size (2½-in.) muffin cups with paper liners; set aside.

**2. WHISK** together sugar, cocoa powder and cinnamon in a small bowl. Sprinkle 1½ Tbsp. sugar mixture on a work surface. Unfold 1 sheet of puff pastry on top of sugar mixture. Sprinkle 1½ Tbsp. sugar mixture evenly over top. Sprinkle with 2 Tbsp. chocolate chips and 2 Tbsp. hazelnuts. Roll gently with rolling pin to a 12×9-in. rectangle, pressing the chocolate chips and nuts into pastry.

**3. ROLL** up into a spiral, starting from a short side. Cut into 6 (1½-in.) slices. Place into prepared muffin cups with cut sides up. Repeat with remaining pastry sheet, sugar mixture, chocolate chips and hazelnuts. Place in remaining prepared muffin cups.

**4. BAKE** 22 to 25 minutes or until crisp and golden. Cool in pan on wire rack 10 minutes. Remove from pan to wire rack. If desired, remove paper liners. Pipe or spoon 1 tsp. chocolate hazelnut spread on top of each cruffin. Garnish each with strawberry half and chopped hazelnuts, if desired. Serve warm.

**Per serving:** 320 calories, 20 g fat, 3.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 105 mg sodium, 32 g carbohydrates, 1 g fiber, 12 g sugar (11 g added sugar), 4 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 2%



#### ALL THE LIKES

For best results, thaw frozen pastry overnight in the fridge so it's pliable but still cold.







bring  
on  
spring



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life

Find sweet  
Easter baskets,  
plus beauty  
products for  
warm weather  
and discover  
ideas for  
decorating with  
spring flowers.

68 SUNDAY BEST

74 HIGH HOOPS

80 PARTY LIKE IT'S 2022

86 WATCH PARTY  
BASICS

92 SPRING BREAK:  
PAMPER AND PACK

96 COLOR OF SPRING

100 WAYS TO SAVE  
@ HY-VEE





## A young boy and girl are sitting in a large, colorful woven basket. The basket has a yellow base with green and pink horizontal bands. The boy, on the right, is wearing a blue and white plaid shirt and is pointing upwards with his right hand. The girl, on the left, is wearing a colorful patterned dress and is smiling. Above them, a colorful umbrella with green, pink, and blue sections is visible. The background is a solid blue color.



**BUILD YOUR  
OWN BASKETS  
WITH HELP  
FROM HY-VEE**



### sugar & spice

Outfit a pink lover with adorable Joe Fresh headbands and clips, let them show their creative side with Cra-Z-Art glitter markers, Crayola washable sidewalk chalk and coloring books—and don't forget the stuffed bunny.



### animal lover

For the person who is *pup*essed, the best gift is for man's best friend. Get Three Dog Bakery treats, Paws Happy Life collars and leashes, and Paws Happy Life toys like plush stuffed animals, ropes and rubber balls.



### spa gear

Include every indulgent goodie needed for a night in: Basin bath bombs, body butter, bath shimmer and body lotion; Ghirardelli chocolates; La Marca Prosecco and a fragrant Tuscany Sea Isle Spa candle.



### puppy dog tails

For the kid who loves animals, make a grab basket with a Lotsa Pops fidget toy; Lindt chocolate bunny; Paw Patrol bubbles, Grab & Go coloring set and book; Crayola crayons and Blue's Clues coloring and activity book.



### grill master

Get your favorite backyard chef Western BBQ smoking chips, Hy-Vee Hickory House steak soak, Wildwood Grilling planks, Good Cook silicone brush, Tablecraft grill brush and spatula and Simply Done skewers.



### baker

Equip the greatest baker you know with the basics to make some delicious and sweet treats: Wilton baking cups, sprinkles and icing; Pillsbury cake mix and cute Now Designs tea towels.



# BASKETS FOR ALL



# DIY EGG DISPLAY

Decorate the holiday table with this festive and easy-to-make Easter egg centerpiece.

## how-to steps

ALL YOU NEED ARE EGGS, TWO PLATES, HOT GLUE AND A CANDLE.



### 1. Attach Plates

Hot-glue a clear glass Hy-Vee salad plate onto the center of a matching dinner plate.



### 2. Glue on Eggs

Hot-glue hard-boiled eggs in alternating colors onto the rim of the large plate so they encircle the smaller plate.



### 3. Add Candle

Place a Himalayan Handmade candle from Hy-Vee in the center of the smaller plate.



### 4. Fill In

Hot-glue a second row of eggs to cover the empty spaces between the outer row and the candle.



DECORATE EASTER EGGS TOGETHER AS A FAMILY WITH A VARIETY OF DYE KITS FROM HY-VEE.

## PLAN YOUR

# EGG HUNT

### 1 location

If outside, choose an area that is safe, has defined boundaries and plenty of grass, and is far away from roads or water.

### 2 eggs

If using plastic eggs, get them in an array of colors from Hy-Vee to fill with candy, toys, money and other fun surprises.

### 3 baskets

Plan to have at least one basket, bucket or pail for each guest invited.

### 4 hide

Pick hiding spots that make sense for the ages of the kids invited. If they're young, put eggs in easy-to-reach locations.

### 5 hunt

If there are kids of varying ages, consider having them start in rounds by age to give little ones a head start.

### 6 count

Once all the eggs have been found, give out rewards and fun prizes for all-star gatherers.

## JOE FRESH

LOOK FOR STYLISH, COMFORTABLE AND FESTIVE OUTFITS AND ACCESSORIES FOR KIDS AND ADULTS AT SELECT HY-VEE STORES.



SCAN THE QR CODE to shop stylish Joe Fresh Easter clothing.

Watch Egg Hunt Ideas on

HOLIDAY HOW-TO'S

HSTV.com  
STREAM. SHOP. SMILE.







CAITLIN  
CLARK

# HIGH HOOPS

DISCOVER SHARPSHOOTING  
COLLEGE BASKETBALL STAR,  
CAITLIN CLARK'S KEY TO SUCCESS  
WITH THE IOWA HAWKEYES AS SHE  
NAVIGATES THE NEW WORLD OF  
NAME, IMAGE, LIKENESS (NIL).

Caitlin Clark may have been picked on while trying to keep up with her older brother and cousins playing basketball, but she wouldn't have changed a thing. "They pushed me around quite a bit," Caitlin laughs. "I give them a lot of credit for making me who I am, making me tough."

That fierce competitive spirit is now translating to unrivaled success as a sophomore at the University of Iowa. In less than two seasons as a Hawkeye, Caitlin has shattered school records and is recognized as one of the top players in the country. She's also part of the first generation of college athletes to launch their own brands and sponsorships, and is Hy-Vee's first NCAA athlete partner.

**STATS CARD**  
Height: 6'0"  
Age: 20  
Position: Point Guard  
Team: Iowa Hawkeyes

**Career Stats**  
(as of Jan. 2022):  
• Points per Game: 26.2  
• Total Points: 1,102  
• Three-Pointers Made: 142  
• Assists: 299

**Awards/Records**  
• Co-National Freshman of the Year (2021)  
• Big Ten Freshman of the Year (2021)  
• Fastest Big Ten women's basketball player to reach 1,000 career points (40 games)





# FAMILY ASSIST

**From her very first shot, Caitlin's family encouraged her to aim high.**

Sports have always bonded Caitlin and her family. Her dad was her first coach, and formerly played basketball and baseball at Simpson College. In total, 11 family members have played sports at the college level, including older brother Blake, a football player at Iowa State.

Caitlin credits her parents' role in instilling the confidence she exhibits on and off the court, and for encouraging her to set the bar high. "Growing up and having people that really support and care about you and build you up is the biggest thing," Caitlin says. "And that really was my family for me."

That same support has been instrumental as her success has launched her into the spotlight. Her entire family has pitched in to help her manage her new fame and field sponsorship requests. "That's my backbone, my family," Caitlin says.

## LEGACY OF SUCCESS

Caitlin shares skills and competitiveness with several family members, including:

- Father, Brent Clark, Simpson college basketball and baseball.
- Brother, Blake Clark, Iowa State football.
- Cousin, Audrey Faber, Creighton University basketball.
- Uncle, Tom Faber, Drake University and Utica College basketball.

## On the Importance of Family

"I always turn to my family whenever I need something. I don't think you could ask for anybody better than your own family to help you, with really anything in life. They're always the people that I turn to."  
-Caitlin Clark



## GOING FOR GOLD

As a member of Team USA for three FIBA Women's Basketball World Cups, Caitlin has won three gold medals in 2017, 2019 and 2021. In 2021, she was named MVP of the tournament and landed on the five-member all-tournament team.

## CLOSE TO HOME

Ranked No. 4 in the 2020 college recruiting class, Caitlin had offers from schools all across the country.

After visiting schools coast to coast, Caitlin chose to stay in the Midwest, where her parents could drive to home games. Finding a program with room on their roster was also part of her decision. "I wanted to be able to impact the team right away when I stepped on the court as a freshman," Caitlin says. With an open guard position, University of Iowa was the perfect fit.

PHOTO USA Basketball (Team USA)

# TAKING POINT

## AT UNIVERSITY OF IOWA

**IN HER FIRST YEAR, CAITLIN WAS NAMED CO-NATIONAL FRESHMAN OF THE YEAR BY THE U.S. BASKETBALL WRITERS ASSOCIATION.**

She also scored at least 30 points in each of 12 games, the most by any NCAA Division I freshman since 2000, and led the country in total points, total assists, points per game, field goals made and 3-pointers made.



## Caitlin teams up with Hy-Vee

New NCAA rules paved the way for the partnership.

On July 1, 2021, the NCAA approved a new name, image and likeness (NIL) policy that allows college athletes to profit from their brand. In part, the new rule opened the door for brands to sponsor student-athletes. Caitlin is Hy-Vee's first partner at the NCAA level. "I think pretty much

every company that I've partnered with is a hometown Iowa company, and that's my story too," Caitlin says. As part of the new partnership, look for exclusive Q&As and videos with Caitlin on Hy-Vee's social media, as well as family health and wellness initiatives featuring the star player.

**"SUCCESS CAN BE DEFINED AS YOUR IMPACT, YOUR LEGACY THAT YOU LEAVE. AND I THINK THAT'S SOMETHING I TAKE SERIOUSLY. I WANT TO INSPIRE THE NEXT GENERATION."**

-Caitlin Clark

## Pay It Forward

As a major star in women's basketball, Caitlin wants her success to encourage others.

As a child, watching WNBA player Maya Moore inspired Caitlin to pursue her dream of playing sports at the professional level. Now, she hopes to motivate other young girls in the same way. "If I am going to have an impact on a younger kid, I just want to inspire them to be great at whatever they want to be," Caitlin says.

# #22

THE SIGNIFICANCE BEHIND HER NUMBER? SHE WAS BORN ON JANUARY 22. "I'VE WORN IT FOR EVERY SPORT MY ENTIRE LIFE," CAITLIN SAYS.



# OFF THE COURT

## with CAITLIN CLARK

**Q.** How was the adjustment going from high school to college?

**A.** I've always had a really tight knit circle. So, I think really just leaning on your teammates, leaning on your coaches, leaning on your family and the people that have really been with you through your whole entire journey, through the highs and lows, really that's all that matters.

**Q.** What's your schedule look like?

**A.** I'm at the facility six hours a day, whether it's film, rehab treatment, lifting weights, practice. I think it's a lot more than what people think. It basically is your job—that and school. You're

basically a professional athlete just at the college level.

**Q.** What do you do to balance a schedule like that?

**A.** I think turning your phone off and just getting away can be a big one. I think my coaches, my teammates, my family really keep me levelheaded more than anything.

**Q.** And physically, how do you maintain that level of on-the-go?

**A.** My diet and sleep have become more important. When you are so busy all the time, performing at such a high level, working out so much—it's really something I didn't take that seriously when I

was younger. Now that my body's getting older, I perform so much—you have to lift weights, practice every day and then go play the next day. I mean, it's a lot. So, learning to take care of your body in that regard too, I think is super important and something I've learned to do.

**Q.** Do you feel like you've achieved success yet?

**A.** Oh, definitely not. I think there's little goals that I've achieved, and I've done some great things. But when I think about where I want to be, I don't know if I'll ever say I'm at full potential or reaching success. Obviously when I meet some goals, yes, that's successful. But definitely not right now.

**Q.** Have you thought about your career after Iowa?

**A.** I definitely want to play at the next level, especially in the WNBA. Obviously, you can play in multiple leagues depending on your seasons, and getting to go overseas

and play basketball and explore would be super cool as well.

**Q.** What would be your dream job outside basketball?

**A.** I'm not sure I'd be able to achieve this, but I wanted to be on the LPGA pro golf tour or a pro tennis player. I would also like to be a rock star. I used to think that would be super cool, to be a famous singer or something. I would never be able to, I have a horrible voice, but I think that would be really fun.

**Q.** What's something you want to get better at?

**A.** Cooking! I want to learn more recipes. I wish I could cook more fun stuff. I like to bake

brownies, cookies—I just need to open the palate up more so I can get more meals in there. My mom is a super good cook, so she sets the bar high and I want to be able to make really great meals like her.

**Q.** What type of music do you like?

**A.** Definitely country music. Luke Combs, Brett Young. I'm a big Dan + Shay fan.

**Q.** How would you describe your personal style?

**A.** Comfy, relaxed. I've always been more relaxed. I don't like to dress up much, but I don't have to dress up much. I'm usually in a comfy, chill style.

**Q.** What is the best purchase you've ever made?

**A.** That's so hard. Probably my Keurig, because I love coffee and I drink it all the time. I'm a huge coffee person.

**Q.** Can your older brother still beat you in a one-on-one?

**A.** We would have some serious battles out in front of our house, but I think more than anything I can take him to school. He still likes to think that he would beat me, but no, I win, every time.

“ I THINK I CAN BE SOMEBODY THAT REALLY EXCITES PEOPLE ABOUT WATCHING THE GAME. I THINK NOT ONLY ME, BUT OUR ENTIRE TEAM PLAYS THE GAME IN SUCH A FUN MANNER.”

**performance achievements**  
Caitlin keeps racking up basketball records and honors.

**2016:** Averages 15.3 points per game as a high school freshman.

**2019:** Named Gatorade State Player of the Year after averaging 32.6 points per game as a junior.

**2020:** Honored as Iowa Miss Basketball and as a McDonald's All-American team member.

**2021:** Receives honors as Big Ten Freshman of the Year and USBWA Co-National Freshman of the Year.

**2022:** Sets a new Big Ten record for reaching 1,000 career points the fastest, in just 40 games.

**2022:** Sets record for most points scored (44) in a women's basketball game in Carver-Hawkeye Arena.



# PARTY LIKE IT'S

# 2022

Celebrations of life's big moments were scaled back the past two years. Now get-togethers are coming back in a big way. Plan a blockbuster grad party with fun themes, delicious food and impressive decor with help from Hy-Vee.

## COLOR TRENDS

- MONOCHROMATIC**  
One color in different shades
- SCHOOL COLORS**  
Either graduating from or attending
- CONTRASTING PASTELS**  
Pair light and dark hues

## FLORAL

**THE HY-VEE FLORAL DEPARTMENT** can help you place floral and balloon orders, and can help with theme and decor ideas. To make an appointment, call, stop in or visit [Hy-Vee.com/shop/flowers](https://www.hy-vee.com/shop/flowers)

## PARTY THEMES

### A FEW IDEAS:

- **Hobbies** the grad is passionate about
- **Foods** and treats they love to eat
- **Careers** they aspire to
- **Sports** the grad plays or teams they love

**Cards and Bags**  
Hy-Vee has what you need to surprise your favorite grad with a gift.

**Napkins and Tableware**  
Color coordinate your paper goods and cutlery.

**Ready-to-Go Bakery**  
Get grab-and-go cupcakes, cookies, cake and more.

## PLANNING TIMELINE

Be party-ready on time with these guidelines.

### 8 WEEKS PRIOR

- Finalize the date
- Decide on a budget
- Choose a theme
- Reserve party tents, tables, chairs, etc.
- Order invitations

### 6 WEEKS PRIOR

- Mail invites
- Plan your menu with Hy-Vee
- Plan and prepare decorations

## party task list

Organize your to-do's and speed up the party planning process with this checklist.

### DATE, TIME & LOCATION

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### BUDGET

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### THEME

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### MENU

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### CHECKLIST

- ☐ Visit [Hy-Vee.com/graduation](https://www.hy-vee.com/graduation) for Party Tips
- ☐ Order Hy-Vee Catering
- ☐ Order Drinks
- ☐ Order Hy-Vee Cake & Desserts
- ☐ Order Balloons
- ☐ Order Hy-Vee Flowers
- ☐ Order Additional Party Supplies
- ☐ Decorate



# one smart COOKIE

For the grad with a sweet tooth, set up a display of bright and colorful cookies and treats.

**Diploma Cookies**  
Tie colored ribbon around chocolate pirouette wafers.

**Cookie Bar**  
Fill jars with fresh and chewy cookies in flavors for everyone.

**Fruit Tray**  
Hy-Vee carries various sizes and types of signature fruit trays.

**Specialty Cookies**  
The Hy-Vee Bakery can bake and frost custom cookies to match the theme.

**Rainbow Cookie Tower**  
Dip the grad's favorite Crav'n sandwich cookies in melted white chocolate bark tinted with food coloring.

# honor ROLL

Scholars and sushi lovers alike will enjoy this party theme. Hy-Vee has the seafood and sushi platters to make this grad party A+.

**HY-VEE MAKES IT EASY.** It can take a village to throw a big party—that's where Hy-Vee comes in.

The catering team will help plan and order all the elements for the party. To determine the type and amount of food

needed for the party, along with any other event supplies, call or visit Hy-Vee Catering or go to [Hy-Vee.com/catering](http://Hy-Vee.com/catering)

**Sushi Cake**  
An impressive and detailed cake like this is the perfect centerpiece.

**Drink Up**  
Fill the cooler with sodas and juices that pair with the food and theme.

**Dessert Sushi**  
Roll your own adorable desserts with rice cereal treats, pastries and assorted candies.

**Sushi Platters**  
Buy assorted Nori sushi trays from Hy-Vee that include classics like rainbow and California rolls.

**4 WEEKS PRIOR**

- Place your Hy-Vee Catering and Bakery orders
- Finalize your floral decor

**1 WEEK PRIOR**

- Buy a guestbook
- Hand out invites at school
- Finalize your guest list based on RSVPs
- Get any extra groceries

**3 DAYS PRIOR**

- Gather last-minute needs
- Check the weather
- Grab personalized gift cards for grads at Hy-Vee



**1 DAY PRIOR**

- Clean your home
- Set up tables & tents
- Stock up on ice





#### Paper Planes

Fold paper airplanes to hang from the ceiling on string or wire as simple and fun decor.

#### Adventure Awaits Cake

Highlight the party theme with a custom decorated cake that is (almost) too amazing to eat.

#### Veggie Cups

Fill the bottom with your choice of dip! Chop veggies or buy ready-to-snack Hy-Vee Short Cuts.

#### Winging It

Hy-Vee Catering offers boneless and traditional wing platters in BBQ, Buffalo, honey mustard and other flavors.

# take FLIGHT

Get your grad ready to take off on their next great adventure. This theme is ideal for the jet-setter student ready to take on the world.

## MORNING OF

- Place decorations
- Charge your phone

## PARTY TIME!

- Bring out the food
- Celebrate!

# how to ORDER

Call, visit or go to [Hy-Vee.com/catering](https://www.hy-vee.com/catering) to make selections online.

**order party trays** from Hy-Vee for your **big day**. Select from sandwich, fruit, veggie, dessert and snack trays for easy handheld food options.



**Brownie Cocktail**  
Tray includes German chocolate, fudge, turtle and crème cheese.



**Vegetable Tray** features an array of cut fresh veggies like carrots and broccoli with ranch dip.



**Mini Gourmet Cupcake**  
Tray offers assorted cake and icing flavors in 16 or 20 count.



#### CUSTOM CAKES

from Hy-Vee Bakery make impressive centerpieces.

The talented cake designers at Hy-Vee can create showstopping cakes from large to small, with your choice of cake flavors and edible decorations.



## SPECIALTY BARS

HY-VEE HAS OPTIONS FOR CROWDS OF ALL SIZES.

### 1. Pizza Bar:

Choice of three pizza varieties plus oven-fresh breadsticks and Caesar salad. \$11 per person.

### 2. Pasta Bar:

Choice of two pastas and sauces, choice of meatballs or chicken, choice of two salads, choice of breadsticks or garlic bread, choice of cherry cheesecake or cookies. \$12 per person.

### 3. Taco Bar:

Two tacos (seasoned ground beef or chicken), taco toppings, Spanish rice and choice of cherry cheesecake or cookies. \$10 per person.

### 4. Potato Bar:

Baked potato, cheese, bacon bits, sour cream, salsa and broccoli; choice of salad; choice of cherry cheesecake or cookies. \$10 per person.







# BASICS



BETWEEN COLLEGE BASKETBALL TOURNAMENTS, A MAJOR GOLF MATCH AND AWARD SHOWS, MARCH OFFERS PLENTY OF OPPORTUNITIES TO HOST A WATCH PARTY. GATHER YOUR GUESTS, PROVIDE THE FOOD, DRINKS AND COMFORTABLE SEATING AND LET THE TV DO THE ENTERTAINING. YOUR LOCAL HY-VEE MAKES IT EVEN EASIER WITH A WIDE SELECTION OF FOOD TRAYS, DRINKS AND FUN DECORATIONS. WHAT BETTER WAY TO WIND DOWN THE WINTER SEASON?

## LET'S PARTY

Staying connected with others isn't just fun, it can also be beneficial to our health. A University of Southern California study found that socializing leads to better health, a stronger immune system and improved

mood. And a Harvard University study suggests socializing increases levels of the bonding hormone, oxytocin. **Note:** Keep COVID-19 in mind and take any necessary safety precautions. For tips, visit [cdc.gov](https://www.cdc.gov) and input "gatherings" in the search function.

Hosting is good for your health. A study from the American Academy of Neurology found that people who socialize often are **55% LESS LIKELY TO DEVELOP DEMENTIA**

## PARTY BASICS

**READY TO PLAN? DECIDE ON THE FOLLOWING, THEN READ ON TO GET STARTED:**

### CHOOSE WHAT TO WATCH

The type of show—sports event, awards ceremony, popular movie or TV series—drives your guest list, food and decor choices.

### SET THE MOOD

Make the event special and host like a pro. From how to prep, decorate and treat guests right—Hy-Vee has you covered.

### PICK FOOD AND DRINKS

Check out *Grab & Go Game Day* to find some tasty snack recipes and ready-to-go foods from the Hy-Vee Kitchen, including fried chicken, Mia Italian pizza, Nori sushi and party trays featuring fruits, vegetables or meat and cheese.



# WHAT TO WATCH

CHOOSE CROWD-WORTHY SHOWS—LIVE, ON-DEMAND OR RENTALS—FOR GREAT WATCH PARTY FUN!

## MARCH 2022

A FEW MAJOR ENTERTAINMENT EVENTS HAPPENING THIS MONTH

### ACADEMY OF COUNTRY MUSIC AWARDS

AMAZON PRIME VIDEO  
The 57th annual music awards ceremony honors the hottest country music acts, **March 7**.

### THE PLAYERS CHAMPIONSHIP

NBC/GOLF CHANNEL  
The world's best golfers compete, **March 10-13**.

### NCAA BASKETBALL TOURNAMENT

CBS/TNT/TBS/TRUTV  
Annual extravaganza featuring 67 games played over three weeks, **March 15-April 4**.

### ACADEMY AWARDS

ABC  
Filmmakers and actors are honored for cinematic achievements at the 94th Academy Awards, **March 27**.

If a live event doesn't work, show a movie or series instead. Many of the Oscar-nominated movies and new theatrical releases are available through streaming services. Timing is flexible—with no need to plan around a live air date—so you can hold the party whenever it's most convenient. And if guests are ready for an intermission, you can pause the movie. New releases not catching your fancy? There's no shortage of classics—both vintage and contemporary—some of which are practically tailor-made to headlining a theme party.

## SOIREE STREAMING

**CHECK YOUR LOCAL HY-VEE FOR A REDBOX KIOSK. CHOOSE NEW RELEASES, OLD CLASSICS AND EVEN VIDEO GAMES FOR YOUR WATCH PARTY.**

## SWAG BAG

Show further appreciation for your guests by sending them home with party favors that reflect the theme of your watch party. There's no need to break the bank with these items, as even the simplest gifts can make a difference when thoughtfully considered. Find gift bags, wrapping paper, baskets or containers at Hy-Vee, along with a variety of local sports memorabilia, packaged snacks and other watch-party-appropriate gift items.

## DON'T FORGET!

MAKE THESE SMALL ADJUSTMENTS TO FIELD A BETTER EXPERIENCE FOR GUESTS.



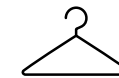
### ATMOSPHERE

Ahead of the party, turn the heat down a few degrees, especially if you've used the oven to prep food. If weather permits, open some windows for improved ventilation.



### SIZE

Keep the size of the gathering smaller and more manageable. This will make for easier viewing and is a wise precaution during the pandemic.



### COMFORT

Stock the bathroom with disposable towelettes and designate a spot for coats, shoes and purses. Place food and drinks where guests can easily help themselves.



### SCHEDULING

On the invitation, include arrival and event start times. This will allow time for guests to settle in and reduce the amount of pause breaks during live events.



### SAFETY

Set out hand sanitizer for guests and have plenty of single-serve utensils that can be easily tossed. You may even want to have a supply of disposable face masks on hand.

**AVOID CARPET OR FURNITURE STAINS BY BEING CAREFUL WITH YOUR FOOD CHOICES. SELECT FOODS WITH LESS GREASE OR SAUCE, LIKE POPCORN AND CHEESE-AND-MEAT TRAYS, TO SAVE ON MORE THAN JUST CALORIES.**

## DECOR WITH MORE

Decorating sets the mood—guests get excited as soon as they walk in the door when the room environment matches the event theme. And they'll leave with a memorable experience.

**For an awards watch party, go all out with silver and gold hanging spirals or balloons, beautiful bouquets from Hy-Vee Floral, and celebratory Champagne and champagne flutes from Hy-Vee Wine & Spirits.**

Bright colors match the energy and excitement of a major sporting event like a college basketball tournament. Find team-branded decorations and colorful napkins, flatware and paper products at Hy-Vee. And check out the local Hy-Vee for any team gear you may need. T-shirts, hats, mugs and more also make for good door prizes for any game-related games that are played during the watch party.



# Filling Flavors.

Fresh Out of the Freezer



This Frozen Food Month, stock up on can't resist meals!

## CUT THE ADDED SUGAR, NOT THE Flavor

ENJOY THE TASTES YOU CRAVE WITH 0 GRAMS ADDED SUGAR

NO ADDED  
SUGAR



0 GRAMS OF  
SUGAR\*

MADE WITH  
REAL CREAM

\*Not a low calorie food

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# STARLIGHT

TRY A TASTE FROM A NEW WORLD



LIMITED EDITION

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# PAMPER AND PACK

IT'S TIME FOR A MUCH-NEEDED GETAWAY FROM THE COLD AND SNOW. HELLO SPRING BREAK! HY-VEE HAS PRODUCTS TO PREP SKIN AND NAILS, GIVE YOU A NATURAL GLOW AND PROTECT SKIN FROM THE SUN.

**GIVE WINTER HANDS AND FEET A REFRESH BEFORE VACATION.** Hy-Vee carries a huge selection of nail polish for colorful manicures and pedicures.

**1. PENNY TALK**  
nail polish by essie makes a statement with copper metallic shine.

**2. PINK CARDAMOM**  
Sally Hansen Pure nail polish offers a beautiful soft pink with shine.

**3. YOU DON'T KNOW JACQUES!**  
is the trendy mauve nail lacquer from OPI that your nails have been needing.

**4. MUCHI, MUCHI**  
by essie gives nails a creamy, luscious light pink polish with hints of mauve.

**5. ELEPHANTASTIC PINK**  
is a bold and bright carnation pink nail lacquer from OPI.

**6. LADY LIKE**  
essie nail polish is your barely there beige pink nail color.

**7. CUTE AS A BUTTON**  
essie nail polish warms up nails with a fresh, delightful coral color.

**8. HAWAIIAN ORCHID**  
nail lacquer by OPI is a tropical pink with hints of light purple.



the  
*W*  
nail bar



Scan the QR Code to learn more about prepping your nails for spring break from the owners of The W Nail Bar.

self-tanners



**GLOW IN 1 WEEK**  
For a natural-looking glow in about 7 days, apply streak-free Jergens Natural Glow firming moisturizer daily.



**BRONZE IN 60 SECONDS**  
For a bronzed tan in just a minute, smooth lightweight Natural Glow Instant Sun tanning mousse onto skin.

hair removal



**3 MINUTES TO SMOOTH SKIN**  
Get silky legs, arms, underarms and bikini line in minutes with Nair hair remover lotion with cocoa butter.



**3 BLADES FOR EXTRA CARE**  
Gillette Venus smooth sensitive razors feature 3 blades and a SkinElixir Lubrastrip that protects and glides on skin.

GO  
YOUR  
BEFORE  
BEE



**SPRING BREAK CALLS FOR MAKEUP PRODUCTS THAT ARE WATERPROOF OR GIVE YOU A NATURAL SUN-KISSED GLOW.** Pack your makeup bag with these must-have items from Hy-Vee.

**1. TRUE MATCH MINÉRAL**

gentle mineral blush by L'Oréal Paris brightens skin with a natural-looking cheek color.

**2. VOLUMINOUS LASH PARADISE**

waterproof mascara by L'Oréal Paris withstands water and sweat, all while giving lashes volume and length.

**3. HEATWAVE**

luminous bronzer by FLOWER Beauty enhances your glow for a sun-kissed look.

**4. DREAM FRESH**

8-in-1 Skin Perfector BB cream by Maybelline New York blurs imperfections and hydrates, brightens, smooths and perfects skin tone, is oil-free and contains SPF 30.

**5. PETAL POUT**

lip color in Pink Orchid by FLOWER Beauty is a bright and playful shade that applies smoothly and protects lips with antioxidants.

**6. MAKEUP REMOVER**

cleansing towelettes singles by Neutrogena effectively remove makeup and cleanse skin on the go.

**7. SUN'S BLAZING**

Shimmer & Shade eyeshadow palette by FLOWER Beauty includes 10 bright and sunny shades made with a crease-free formula.

**8. MAKE IT LAST**

sunscreen setting spray by Milani locks makeup in place and protects skin from sun pollution for up to 16 hours.

**sun protection and SPF**



**SPF 30 + HYDRATION**  
CeraVe AM facial moisturizing lotion with SPF 30 is oil-free and hydrating for daily coverage with a nongreasy finish.



**SPF 30 + SHIMMER**  
Coppertone Glow with Shimmer sunscreen offers SPF protection with an instant and natural sun-kissed glow.



**SPF 30 + VITAMIN E**  
Sun Bum original sunscreen with SPF 30 protects from harmful UVA/UVB rays while enriching skin with vitamin E.



**SPF 50 + BB CREAM**  
Australian Gold Botanical tinted face mineral sunscreen doubles as a BB cream for crucial sun protection and subtle color.



**LIP SPF 30 + ALOE**  
Sun Bum original SPF 30 coconut sunscreen lip balm has aloe and vitamin E for a sun-protected pout.

**STEP OUT IN STYLE**

Get in the spring break spirit with sandals from DSW and sunglasses from Joe Fresh at Hy-Vee.



**DAHLIN SANDAL**

Slide on these minimalist yet eye-catching sandals from Kelly & Katie.



**CROCS TULUM**

These stylish sandals feature an adjustable buckle and foam cushioning.



**CLASSIC CROCS SANDAL**

Be bold with the colorful out-of-this-world design.



**JOE FRESH SUNGLASSES**

Accessorize your spring break look while shielding your eyes from the sun.



Scan the QR Code for more spring shoe styles.

**PROTECT YOUR SKIN WITH SUNSCREEN FOR THE TRIP, AND PROTECT YOUR EYES WITH SUNGLASSES FROM JOE FRESH AT HY-VEE.**

ESSENTIALS

TOPACK



# COLOR OF SPRING

## TURN A CENTERPIECE INTO A MASTERPIECE

TAKE IN-SEASON BLOOMS FROM  
HY-VEE FLORAL AND TRANSFORM  
THEM INTO BRIGHT, COLORFUL  
ARRANGEMENTS THAT ARE  
UNIQUE TO YOU.

### GARDEN INSPIRED

Welcome spring inside with a high-style floral centerpiece. This stunning arrangement creates a flow of color with vibrant spring flowers. The stars of the show are the garden roses with their lacy, delicate texture. Use this as inspiration to show a Hy-Vee florist so they can bring it to life.

#### BOLD MULTI PALETTE

**PURPLE:** stock, scabiosa +  
**BRIGHT PINK:** garden rose, calla lily +  
**BLUSH PINK:** garden rose, ranunculus  
+ **CORAL:** garden rose + **YELLOW:**  
ranunculus, fnesia + **GREEN:** seeded  
eucalyptus + **WHITE:** stock





CELEBRATE  
TULIPS

Tulips are a classic spring bloom in the Hy-Vee Floral Department. Celebrate their simple beauty with bright blocks of color. To prevent tulips from drooping, keep the stems in water, trim the bottom by about ½ inch, remove any leaves below water level and avoid placing them in direct sun or heat.

**BOLD MULTI  
PALETTE**  
**BRIGHT PINK:** tulip +  
**RED:** tulip, variegated  
tulip + **BLUSH PINK:**  
variegated tulip +  
**YELLOW:** tulip



**Vivid and Vibrant**  
Discover how easy it is  
to style your own  
display with ready-made  
arrangements.

**HyVee**  
**seasons**  
Watch and learn at  
[Seasons.Hy-Vee.com](https://Seasons.Hy-Vee.com)



**HOW TO STYLE  
A CENTERPIECE  
WITH A JUST  
BECAUSE  
BOUQUET FROM  
HY-VEE FLORAL**



**STEP 1:** Undo bouquet and gather purchased greenery. Add flower preservative to water.



**STEP 2:** For structure, use chicken wire, or make a grid from clear tape.



**STEP 3:** Place greenery to create the base. Clip stems about 1½ times the height of the vase.



**STEP 4:** Add the focal or the largest blooms, trimming them as you go.



**STEP 5:** Finish with smaller, filler flowers for texture.





**WAYS  
TO**

**SAVE  
@HY-VEE**

SAVE TIME AND MONEY  
SHOPPING AT HY-VEE WITH  
PROGRAMS SUCH AS AISLES  
ONLINE, HY-VEE PLUS MEMBERSHIP  
DISCOUNTS AND MORE.

# AISLES ONLINE

Save time and conveniently browse deals by shopping Aisles Online,  
Hy-Vee's digital grocery pickup and delivery service.



## Easy shopping

Visit [Hy-Vee.com/aisles-online](https://www.hy-vee.com/aisles-online) and browse items by category or sort by deals. Link your Fuel Saver + Perks card to your account to easily apply coupons and deals at checkout.



**SEARCH ITEMS**  
Use the search bar to look for individual items, or browse by category or weekly deals.



**ADD TO CART**  
Once you find what you're looking for, add the item to your cart.



**SCHEDULE YOUR ORDER**  
Choose a time that works for you for pickup or delivery. Pickup is free, and delivery is \$9.95 with a \$24.95 minimum purchase.



**CHECK OUT**  
Select a payment method, place your order and the Hy-Vee team will get to work!

**Hy-Vee.**  
**deals\$ .COM**

Visit [Hy-Vee.com/deals](https://www.hy-vee.com/deals) to see Fuel Saver deals, weekly ads and all other sales. As you search, add deals to your shopping list, then automatically add those items to your cart in Aisles Online. Load coupons to your Fuel Saver + Perks card, or print or save them to your mobile device to scan at checkout when shopping in-store.

## ABOVE AND BEYOND

**“** Just a note of appreciation for the Aisles team who went above and beyond what we expected. [They] single-handedly won us over as loyal, long-term customers. Thank you for the spectacular customer service and going above and beyond what we had expected.”

—Kurt Sanderson  
Hy-Vee Shopper

## FIND THE DEALS!

Visit [Hy-vee.com/deals](https://www.hy-vee.com/deals) to search the latest ads, discounts and sales like these at your local Hy-Vee:

### HY-VEE MEGA AD

View online or print deals and sales happening all month.

### IN-STORE DEALS

Your local store also may have unique discounts on a weekly basis.

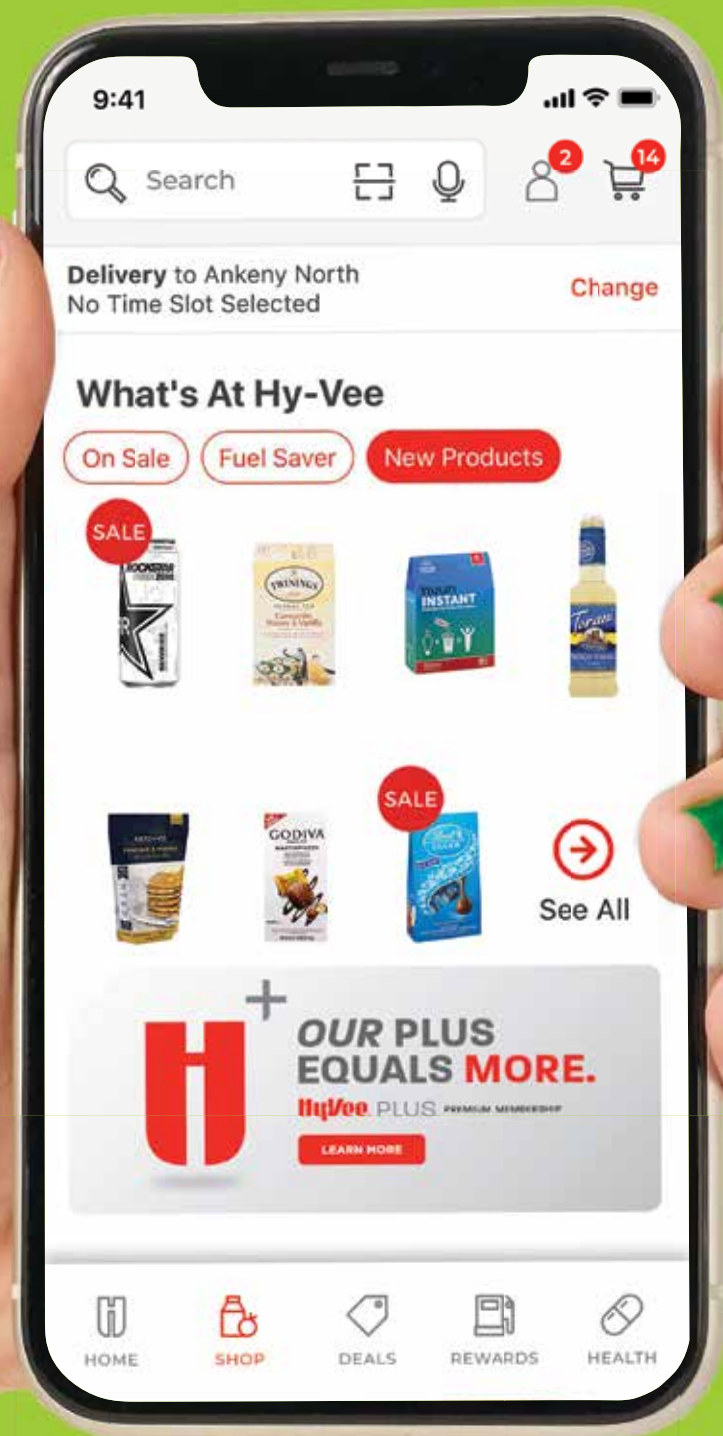
### WEEKEND SALE AD

Shop special weekend sales and Fuel Saver deals.

### HOT DEALS

Check out top deals lasting only one week.





## Hy-Vee App

Shop Aisles Online with the Hy-Vee app and find recipes, watch how-to videos, refill pharmacy prescriptions from any location, and never miss a deal. Download the app from the Google Play Store or Apple App Store.



## CHOOSE HY-VEE

Hy-Vee's brands are top-notch products at an affordable price.

### CRAV'N FLAVOR

Delicious snacks, including heat-and-eat appetizers and pizzas.

### CULINARY TOURS

A sampling of flavors from around the world: snacks, desserts, drinks, sauces and seasonings.

### GOOD GRACES

Budget-friendly gluten-free entrées, snacks and baking mixes.

### GUSTARE VITA

Premium pastas, sauces and other high-quality Italian ingredients.

### SIMPLY DONE

Household essentials such as paper products, cleaning supplies and food storage.

### TOPCARE

Over-the-counter aid for cold, flu, allergies, pain relief and more.

## CUSTOMER CARE

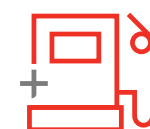
**“** I just want to tell you how wonderful everyone was to my mother. Your store and services were an absolute godsend to me for ordering groceries for her. She could get a little cranky about orders (that were my fault) and call the store. Everyone was polite and would let me know. Thank you all for all that you do, especially during such difficult times.”

—Jody Howells  
Hy-Vee Shopper



## Membership has never had more benefits

Exclusive savings, extra convenience and personalized customer care are all yours with a Hy-Vee Plus premium membership. To sign up, visit Hy-Vee or create a Hy-Vee account online, then sign up at [Hy-Vee.com/plus](https://www.hy-vee.com/plus)



### FUEL SAVINGS EVERY TIME YOU SHOP

Earn 3¢ per gallon on all in-store and online purchases.\*

\*exclusions apply



### EXCLUSIVE MONTHLY DEALS & OFFERS

Enjoy deals and free gifts just for you, such as free bakery items, discounted products and more.



### FREE STANDARD GROCERY DELIVERY

Get free standard grocery delivery\* on every Aisles Online order of \$24.95 or more.

\*where available



### FREE 2-HOUR EXPRESS PICKUP

Enjoy free 2-hour express pickup on all Aisles Online orders of \$24.95 or more.



### RED LINE™ ACCESS

Available day and night, this members-only hotline connects you to team members ready to answer any question.



### PERSONAL SHOPPER

Give and receive real-time feedback as your Aisles Online order is shipped.



## Start Saving Now

Sign up for a Hy-Vee Plus membership in two ways:

- Visit [Hy-Vee.com/plus](https://www.hy-vee.com/plus)
- Scan the QR code

# FUEL SAVER



A Fuel Saver + Perks card lets you enjoy exclusive deals and savings while shopping at Hy-Vee.

### HOW TO REDEEM

Scan your Fuel Saver + Perks card at more than 2,600 fuel stations across the Midwest, including Hy-Vee Gas, Casey's, Shell, Sinclair and KwikTrip.

### HOW TO EARN

Link your card to your Hy-Vee account and look for the icon to earn rewards.

## GET THE MOST OUT OF SHOPPING

Compare the benefits of a Hy-Vee Plus membership with Fuel Saver + Perks.



Aisles Online pickup	FREE	FREE
Aisles Online 2-hour express pickup	\$9.95	FREE
Aisles Online standard grocery delivery*	\$9.95	FREE
Hundreds in monthly savings with digital coupons	✓	✓
Reduced prices and fuel savings throughout the store	✓	✓
Earn 3¢ in Fuel Saver Rewards on every purchase**	X	✓
Bonus monthly discounts	X	✓
Red Line™ access	X	✓
Personal shopper	X	✓
Bonus monthly free item(s)	X	✓
	FREE	\$99/year or \$12.95/month

\*where available

\*\*exclusions apply



Want dietitian-  
approved products  
delivered right to  
your doorstep?  
You're in luck.

When you order groceries from  
WholeLotta Good, you're in for even  
more good luck because you can:

Save 10% on your first order\*

Get free shipping on orders  
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Order with no subscription required

\*Use code WELCOME

**WHOLELOTTA**  
GOOD

Scan the code  
to shop now.



# health

Discover the  
benefits of  
cardio, foods  
that can  
help relieve  
headaches  
and a new  
way to get  
health  
care from  
Hy-Vee.

- 106** GET FIT
- 110** FOODS THAT HELP  
EASE HEADACHES
- 114** NATURAL  
ALLERGY RELIEF
- 118** DIETITIAN Q&A:  
UNDERSTANDING  
METABOLISM
- 121** PHARMACY:  
REDBOX RX





AEROBIC  
ACTIVITY  
WORKS  
YOUR HEART,  
LUNGS  
AND BLOOD  
VESSELS  
FOR GREATER  
STAMINA.  
OUR  
EXERCISES  
GET YOU  
MOVING.

GET  
FIT

Aerobic activities boost cardiovascular endurance—your ability to continuously perform a repetitive exercise or movement. As a result, the heart, lungs and circulatory system all work more efficiently. You have more stamina and can carry out everyday activities with less effort. You also reduce the risk of diabetes, heart disease and stroke.

## RAMP IT UP

INCREASED CARDIOVASCULAR ENDURANCE  
CAN IMPROVE:

**CHOLESTEROL**

Exercise can reduce bad cholesterol (LDL) and total cholesterol in the blood and increase good cholesterol (HDL).

**BLOOD PRESSURE**

Regular physical activity helps strengthen the heart so it pumps blood with less effort, resulting in decreased force on the arteries.

**BODY WEIGHT**

Regular exercise burns calories, promoting weight loss when coupled with a moderate diet.

**INSULIN SENSITIVITY**

Research findings reported by the National Institutes of Health show that regular physical activity reduces the risk of insulin resistance, which can lead to higher blood sugar levels and ultimately prediabetes or type 2 diabetes.

**FRESH GEAR**  
SHOP COMFORTABLE  
AND STYLISH JOE  
FRESH WORKOUT  
CLOTHING OPTIONS  
AT HY-VEE!

## 53% OF AMERICAN ADULTS

MEET THE PHYSICAL ACTIVITY GUIDELINES FOR AEROBIC PHYSICAL ACTIVITY, ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION. JUST 23% MEET THE GUIDELINES FOR BOTH AEROBIC AND MUSCLE-STRENGTHENING ACTIVITY.

Sources: [heart.org/en/healthy-living/fitness/fitness-basics/endurance-exercise-aerobic](https://heart.org/en/healthy-living/fitness/fitness-basics/endurance-exercise-aerobic) [cdc.gov/nchs/fastats/exercise.htm](https://cdc.gov/nchs/fastats/exercise.htm)  
[ahajournals.org/doi/full/10.1161/01.CIR.0000048890.59383.8D](https://ahajournals.org/doi/full/10.1161/01.CIR.0000048890.59383.8D) [health.com/fitness/cardiovascular-endurance](https://health.com/fitness/cardiovascular-endurance)  
[ncbi.nlm.nih.gov/pmc/articles/PMC5569266/](https://ncbi.nlm.nih.gov/pmc/articles/PMC5569266/) [cancer.org/latest-news/sitting-time-linked-to-higher-risk-of-death-from-all-causes.html](https://cancer.org/latest-news/sitting-time-linked-to-higher-risk-of-death-from-all-causes.html)

ADVANCES IN TECHNOLOGY HAVE LENGTHENED THE TIME WE SIT AND STAY INACTIVE. ACCORDING TO AN AMERICAN CANCER SOCIETY STUDY, PROLONGED LEISURE-TIME SITTING (DEFINED AS 6 OR MORE HOURS A DAY) LEADS TO A 19% HIGHER RISK OF DEATH FROM CANCER, HEART DISEASE AND ALL OTHER CAUSES COMBINED.

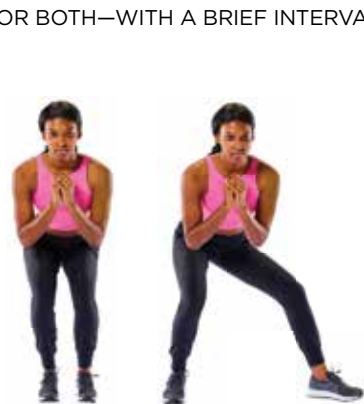


# THE MOVES

IF SITTING IS THE NEW SMOKING, THEN MOVEMENT IS MAGIC! ADULTS SHOULD GET AT LEAST 30 MINUTES OF MODERATE EXERCISE OR 15 MINUTES OF INTENSE EXERCISE DAILY.

## CIRCUIT TRAINING

A TIME-EFFICIENT WAY TO IMPROVE STRENGTH AND ENDURANCE, CIRCUIT TRAINING INVOLVES A SERIES OF EXERCISES—AEROBIC, MUSCLE BUILDING OR BOTH—WITH A BRIEF INTERVAL BETWEEN.



### 1. SIDE-TO-SIDE SHUFFLE

Stand with feet together, knees bent and hands at chest height. Shuffle to one side in three quick steps, then shuffle in the opposite direction.



### 2. JUMPING JACKS

Stand up straight, feet close together and arms at sides. While jumping, spread legs and extend arms overhead. Land with feet spread apart greater than shoulder width. Jump again, bringing arms and legs back to starting position.



### 3. SQUATS

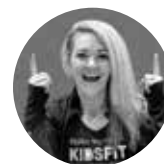
Stand with feet shoulder-width apart, hands clasped at chest. Keeping back straight, bend knees to lower yourself until thighs are parallel to floor. Return to starting position.



### 4. BURPEES

Stand, feet shoulder-width apart, and drop to a squat with hands touching floor. Kick feet back and assume a push-up position, then return to a squat position. Jump up and extend arms above head.

Perform 1 set of 10 reps for each exercise, with a 30-second rest between sets. Repeat the circuit a second time. As your endurance improves, increase intensity and add a third set.



### pro tip: TRACK YOUR PROGRESS

“Beginners should journal and schedule their workouts or daily movement. This will allow you to reflect on all the small changes you have completed and look back in 2 to 3 months to see some incredible improvements. Journal not only how you perform but how the movement makes you feel after it is completed. Take pride in what you did for your body and mind.”

—Daira Driftmier  
Certified Personal Trainer and  
Director of Hy-Vee KidsFit and  
Hy-Vee Fitness



SCAN THE  
QR CODE  
to shop  
DSW  
footwear.

Sources: [health.harvard.edu/newsletter\\_article/how-much-exercise-do-you-need-who.int/news-room/fact-sheets/detail/physical-activity](https://health.harvard.edu/newsletter_article/how-much-exercise-do-you-need-who.int/news-room/fact-sheets/detail/physical-activity) [hsph.harvard.edu/nutritionsource/walking/](https://hsph.harvard.edu/nutritionsource/walking/) [mayoclinic.org/healthy-lifestyle/fitness/in-depth/cycle-your-way-to-better-health/art-20270194](https://mayoclinic.org/healthy-lifestyle/fitness/in-depth/cycle-your-way-to-better-health/art-20270194) [betterhealth.vic.gov.au/health/healthyliving/running-and-jogging-health-benefits](https://betterhealth.vic.gov.au/health/healthyliving/running-and-jogging-health-benefits) [mayoclinic.org/healthy-lifestyle/fitness/in-depth/7-quick-stair-exercises-to-do-at-home/art-20390063](https://mayoclinic.org/healthy-lifestyle/fitness/in-depth/7-quick-stair-exercises-to-do-at-home/art-20390063)

## GET ACTIVE

MOVEMENT OF ANY TYPE THAT GETS THE HEART PUMPING IS THE KEY TO OVERALL HEALTH. “REPLACING SEDENTARY TIME WITH PHYSICAL ACTIVITY OF ANY INTENSITY, INCLUDING LIGHT INTENSITY, PROVIDES HEALTH BENEFITS,” ACCORDING TO THE WORLD HEALTH ORGANIZATION. INTRODUCE THESE ACTIVITIES TO YOUR DAILY LIFE.



### 1. WALKING

A brisk walk (3 mph or faster) is best for reducing risk of diabetes and high blood pressure and cholesterol. However, all forms of walking are helpful when done regularly and with increased number of total steps.



### 2. BIKING

Biking builds leg and core muscles—without stressing joints—so it’s well suited to anyone with osteoarthritis.



### 3. JOGGING/RUNNING

Both activities offer cardio benefits but require a higher level of fitness. It may be best to start with brisk walking and gradually introduce jogging and running (a faster, more intense form of jogging).



### 4. STAIR CLIMBING

Stair climbing burns calories, strengthens leg muscles and keeps leg arteries flexible so blood can flow more easily.

“YOU CAN GET ALL THE HEALTH BENEFITS YOU NEED FROM MODERATE EXERCISE THAT WON’T MAKE YOU HUFF AND PUFF—EVEN IF YOU DO IT IN LITTLE CHUNKS—AS LONG AS IT ADDS UP TO ENOUGH TOTAL ACTIVITY.” —HARVARD HEALTH

Hy-Vee  
**KIDSFIT**

KIDS ALSO NEED TO EXERCISE, AND HY-VEE OFFERS A FREE ONLINE PERSONAL TRAINER AND NUTRITION PROGRAM FOR CHILDREN, TEENS AND FAMILIES.

### MONTHLY CHALLENGE

Each month a different challenge is emailed. Track your progress and submit the results to win a prize.

### FITNESS VIDEOS

Watch dozens of KidsFit fitness videos showing how to do simple yet effective exercises and stretches at home.

### MOVEMENT BREAKS

A 5-minute movement break has been shown to increase blood flow, send oxygen to the brain and aid learning. Hy-Vee KidsFit has special videos to get you up and moving.



# FOODS THAT HELP EASE HEADACHES

## TWEAK YOUR DIET AND TRY SOME NATURAL SOLUTIONS TO PREVENT OR RELIEVE A HEADACHE.

Common tension headaches occur when muscles in the scalp and neck contract or become tense, causing a consistent pain. Migraine, a more debilitating headache involving blood vessels in the head, causes severe throbbing or pulsing pain that can last for hours or days. Environmental factors such as certain foods, noise, lighting, changes in sleeping patterns, alcohol use and exposure to strong smells or allergens can cause headaches. The vitamins and minerals found in some foods may have a positive effect on headaches by preventing, stopping or soothing symptoms. Eating some foods regularly, such as fatty fish, leafy greens and nuts, may reduce how often you experience headaches. Other foods, including ginger, beans and legumes, plus proper hydration, may help soothe the pain once a headache has started.

## FOODS FOR RELIEF

Consume these foods to help prevent and soothe head pain.



### GREEN LEAFY VEGETABLES

Broccoli, romaine lettuce, spinach and other dark green leafy vegetables are sources of the B vitamin folate. A 2015 study found that folate may help prevent and reduce the severity of headaches among people who experience migraines.



### FATTY FISH

Research from the National Institutes of Health found that eating a diet high in fatty fish that contain omega-3 fatty acids, such as salmon and tuna, for at least 16 weeks reduced the severity and frequency of headaches among migraine sufferers.



### NUTS & SEEDS

A deficiency of the mineral magnesium may be linked to chronic migraines, cluster headaches and stress- or tension-type headaches. Nuts and seeds are a top source of magnesium, especially almonds, cashews, peanuts and pumpkin seeds.



### WATER

Dehydration can make the brain contract, putting pressure on nerves and causing a headache. Stay hydrated by drinking at least 2 liters (or more than 8 cups) of water each day. Drink a glass or two of water when you begin to feel headache pain.



### GINGER

A 2014 study found that ginger may be as effective as the migraine medication sumatriptan at relieving headache pain. Ginger has also been shown to relieve other symptoms, such as nausea, that can accompany severe migraines.



### BEANS & LEGUMES

Black beans, peas and other beans and legumes contain magnesium and folic acid, both of which can help relieve headaches. They also have fiber and protein, which help maintain blood sugar levels and prevent headaches caused by fluctuating blood sugar.

## strategies for easing headaches

In addition to food, these at-home remedies may provide relief or prevent an oncoming headache.



### USE HOT OR COLD PACKS

Place hot or cold compresses on your head and neck to numb pain and relax tense muscles.



### REDUCE STRESS

Stress can trigger headaches and migraines. Try deep-breathing exercises to relax, and take breaks when you feel overwhelmed.



### DRINK CAFFEINE

Small amounts of caffeine may relieve early-stage migraine pain. Caffeine can trigger headaches, so limit tea and coffee to one cup.



### EXERCISE

Regular physical activity may help headaches. Exercise releases chemicals that block pain signals to your brain.

Sources: [my.clevelandclinic.org/health/diseases/9639-headaches](https://my.clevelandclinic.org/health/diseases/9639-headaches), [ncbi.nlm.nih.gov/pmc/articles/PMC8280611/](https://ncbi.nlm.nih.gov/pmc/articles/PMC8280611/), [ncbi.nlm.nih.gov/books/NBK507271/](https://ncbi.nlm.nih.gov/books/NBK507271/), [pubmed.ncbi.nlm.nih.gov/23657930/](https://pubmed.ncbi.nlm.nih.gov/23657930/), [ncbi.nlm.nih.gov/pmc/articles/PMC4818021/](https://ncbi.nlm.nih.gov/pmc/articles/PMC4818021/), [mayoclinic.org/diseases-conditions/migraine-headache/in-depth/migraines/art-20047242](https://mayoclinic.org/diseases-conditions/migraine-headache/in-depth/migraines/art-20047242), [nccih.nih.gov/research/research-results/diets-higher-in-omega-3-fatty-acids-reduce-headache-frequency-and-severity-in-people-with-frequent-migraines](https://nccih.nih.gov/research/research-results/diets-higher-in-omega-3-fatty-acids-reduce-headache-frequency-and-severity-in-people-with-frequent-migraines), [ncbi.nlm.nih.gov/pmc/articles/PMC4359851/](https://ncbi.nlm.nih.gov/pmc/articles/PMC4359851/), [snpnamed.com/blog/what-foods-and-drinks-help-headaches/](https://snpnamed.com/blog/what-foods-and-drinks-help-headaches/)





12%

OF U.S. ADULTS  
ARE AFFECTED  
BY MIGRAINE  
HEADACHES.

## Matcha Green Tea Soba Noodle Bowl

**Total Time** 20 minutes plus  
chilling time  
**Serves** 2

**4 oz.** Japanese-style soba noodles  
**3 tsp.** Asian sesame oil, divided  
**1½ Tbsp.** Full Circle Market organic  
creamy cashew butter  
**2 tsp.** organic matcha powder  
**2 tsp.** Full Circle Market organic raw  
unfiltered apple cider vinegar  
**2 tsp.** Hy-Vee honey  
**1 tsp.** grated gingerroot

**1 tsp.** sriracha  
**¼ tsp.** fine-ground Hy-Vee  
Himalayan pink salt  
**½ medium English cucumber,**  
thinly sliced  
**½ cup tightly packed baby spinach**  
**Sliced avocado, for garnish**  
**Fresh cilantro, for garnish**  
**Toasted sesame seeds, for garnish**

**1. COOK** soba noodles according  
to pkg. directions. Drain and rinse  
with cold water. Transfer noodles to

medium bowl. Add 1½ tsp. sesame oil;  
toss to coat. Set aside.

**2. COMBINE** cashew butter,  
matcha powder, vinegar, honey,  
gingerroot, sriracha and salt in a small  
microwave-safe bowl. Microwave on  
HIGH 20 seconds; stir until smooth.

**3. ADD** cashew mixture to noodles;  
toss to coat. Add cucumber and  
spinach; toss to combine. Cover and  
refrigerate 10 minutes.

**4. TO SERVE,** gently stir in remaining  
1½ tsp. sesame oil. Divide between  
2 serving bowls. Garnish with  
avocado, cilantro and sesame seeds.  
Serve immediately.

**Per serving:** 380 calories, 14 g fat,  
2 g saturated fat, 0 g trans fat,  
0 mg cholesterol, 510 mg sodium,  
54 g carbohydrates, 1 g fiber,  
9 g sugar (6 g added sugar),  
9 g protein. Daily Values:  
Vitamin D 0%, Calcium 2%,  
Iron 6%, Potassium 4%

### 1 Cinnamon-Ginger Mixed Nuts

Preheat oven to 300°F. Line a large rimmed  
baking pan with parchment paper. Combine  
1 Tbsp. melted Full Circle Market organic  
original butter, 1½ tsp. Hy-Vee honey,  
½ tsp. Hy-Vee ground ginger and ½ tsp.  
Hy-Vee ground cinnamon in a medium bowl.  
Add 1 (8.75-oz.) container Hy-Vee deluxe  
lightly salted mixed nuts; stir to coat. Spread  
nuts in an even layer in prepared pan. Bake  
25 to 30 minutes or until golden brown,  
stirring every 10 minutes. Cool completely  
in baking pan. Store in an airtight container at  
room temperature up to 5 days.  
Serves 8 (½ cup each).

### 2 Black Bean Hummus

Place 1 (15.5-oz.) can Hy-Vee no salt added  
garbanzo beans, drained and rinsed;  
1 (15-oz.) can Hy-Vee no salt added black  
beans, drained and rinsed; ½ cup Gustare Vita  
extra virgin olive oil; ½ cup fresh lime juice  
and 2 tsp. Hy-Vee paprika in a food processor.  
Cover and process 2 to 3 minutes or until well  
combined and smooth. Season to taste with  
Hy-Vee salt. Cover and refrigerate until ready  
to serve. Garnish with chopped fresh cilantro,  
if desired. Serve with Hy-Vee Short Cuts  
celery sticks and/or baby carrots. Serves 12  
(3 Tbsp. each).

### 3 Migraine-Relief Refresher

Place 1¼ cups Hy-Vee Short Cuts watermelon;  
½ cup tightly packed baby spinach;  
½ medium English cucumber, chopped;  
½ cup Hy-Vee unsweetened coconut water  
and 2 Tbsp. chopped fresh mint in a blender.  
Cover and blend until smooth. Strain mixture  
through a fine-mesh sieve before serving.  
Garnish with a cucumber ribbon skewered on  
a cocktail pick. Serves 1 (10 oz.).



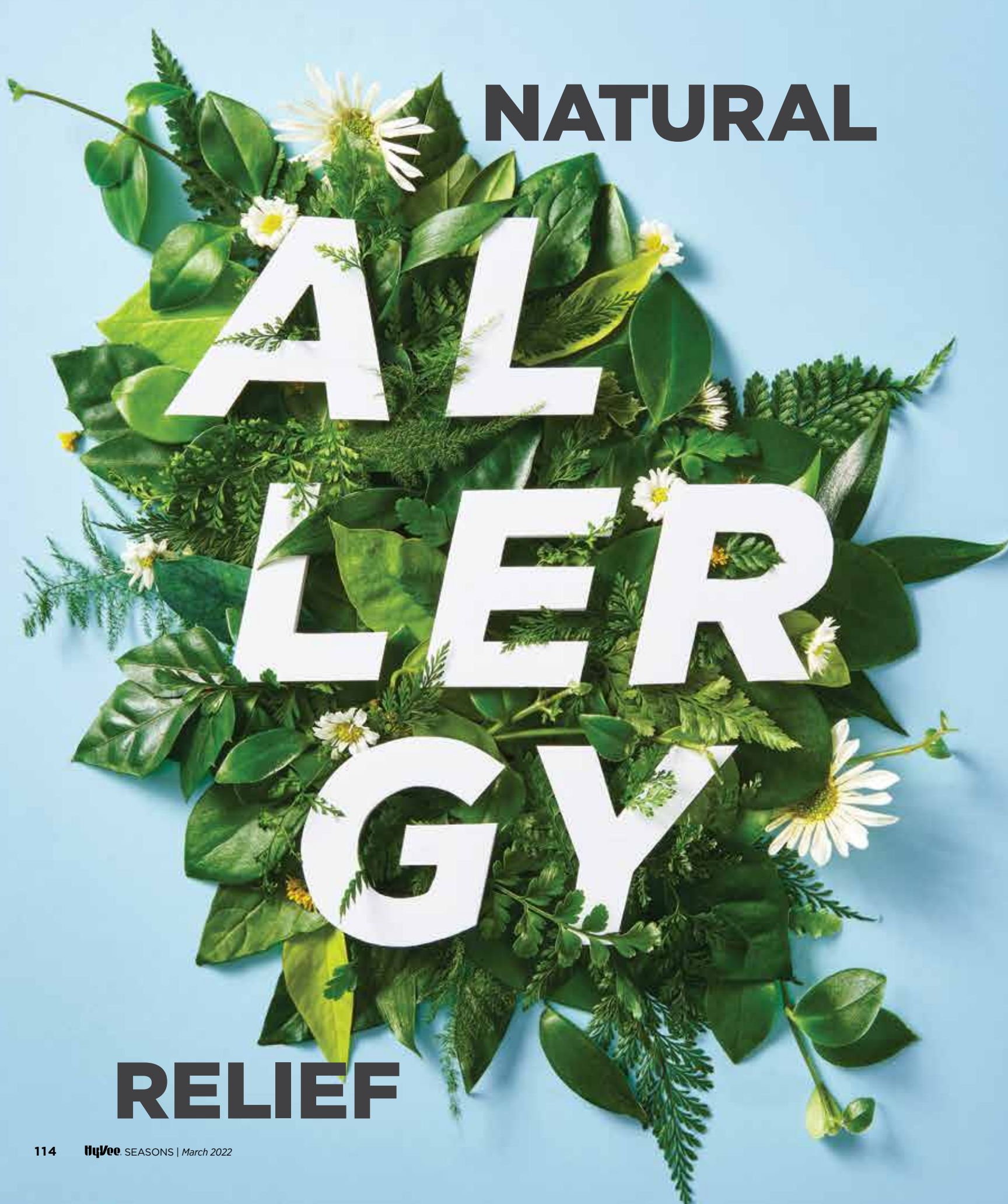
3

## HEADACHE- SOOTHING RECIPES

The next time you feel a headache starting, try  
these recipes that may help relieve the pain.







NATURAL

ALLERGY

RELIEF

ease allergies

NATURAL REMEDIES PROVIDE RELIEF FROM ALLERGY SYMPTOMS SUCH AS ITCHING, SNEEZING OR A STUFFY NOSE WITHOUT THE USE OF MEDICATION, AND MAY HAVE FEWER SIDE EFFECTS. SOME EXAMPLES INCLUDE NASAL IRRIGATION AND REGULAR CLEANING TO REDUCE EXPOSURE TO ALLERGENS. LEARN ABOUT COMMON HOUSEHOLD ALLERGENS AND THE NATURAL SOLUTIONS FOUND AT HY-VEE.

## ENVIRONMENTAL ALLERGENS

REDUCE SYMPTOMS OF SEASONAL AND HOUSEHOLD ALLERGIES, SUCH AS:



### POLLEN

Tree pollen is common in early spring. In summer, grass pollen is released, and ragweed and other weed allergies flare up in fall. Symptoms usually occur at the same time each year. Pollen allergies may also be referred to as hay fever or seasonal allergic rhinitis.

#### Natural Remedies:

- **Reduce exposure to pollen** by keeping windows closed, and shower and change clothes after spending time outdoors.
- **Eat a healthy diet** of fruits and vegetables to keep your immune system strong
- **Rinse nasal passages** with saline spray.

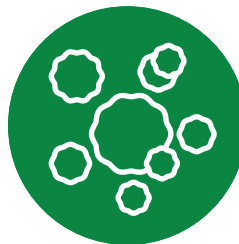


### DUST MITES

Dust mites are microscopic bugs that live in house dust. Allergy symptoms are often similar to hay fever but can occur year-round. Symptoms may worsen when dust mites are temporarily airborne, such as while cleaning.

#### Natural Remedies:

- **Regularly clean your home** to reduce allergens. Vacuum and dust at least once per week to minimize dust mites.
- **Wash bedding weekly** to help prevent dust.
- **Rinse nasal passages** with salt water to wash out allergens and reduce congestion and sneezing.



### MOLD

Mold allergies are triggered by inhaling mold spores. To prevent a reaction, reduce your exposure and stop mold from growing in your home. If you find mold, remove it with a commercial product or bleach and water mixture.

#### Natural Remedies:

- **Prevent exposure to mold** by making sure damp areas, such as bathrooms, have good ventilation.
- **Irrigate nasal passages with saline** if you're exposed to mold.
- **Reduce humidity** in your home with a dehumidifier, and fix leaky pipes and roofs to prevent mold.



### PET DANDER

Pet allergies flare when the immune system reacts to proteins found in an animal's skin cells (or dander), saliva and urine. To alleviate symptoms, reduce your exposure to animals as much as possible, or use medications and natural remedies when interactions are unavoidable.

#### Natural Remedies:

- **Remove allergens** by regularly cleaning your home, such as vacuuming carpets and cleaning furniture at least once per week.
- **Turn on an air purifier** in your home to help remove airborne allergens.

ALLERGIES OCCUR WHEN THE IMMUNE SYSTEM MISTAKENLY IDENTIFIES A SUBSTANCE, SUCH AS POLLEN, AS HARMFUL. EXPOSURE TRIGGERS AN IMMUNE RESPONSE THAT CAUSES ALLERGY SYMPTOMS.



# natural relief AT HY-VEE

LOOK FOR THESE NATURAL REMEDIES AT HY-VEE TO HELP REDUCE ALLERGY SYMPTOMS QUICKLY AND EASILY.



**GINGER TEA**  
Drinking ginger tea or taking ginger supplements may help reduce pollen allergy symptoms for some. In a 2020 study, researchers found that ginger extract may be as effective as the antihistamine loratadine at reducing nasal allergy symptoms in allergic rhinitis patients. Ginger also may have fewer side effects than allergy medication.



## SPIRULINA

A type of blue-green algae, spirulina is full of nutrients such as B vitamins, minerals and antioxidants. It may be added to supplements, foods or drinks. A 2020 medical study found that spirulina may be as effective as the antihistamine cetirizine in reducing and preventing seasonal allergy symptoms.



## REGULAR CLEANING

Especially for dust, mold and pet allergies, regularly cleaning your home can reduce exposure to allergens. Wash bedding and linens in hot water and vacuum and dust at least once per week to eliminate allergens. Disinfect surfaces like countertops daily. Reduce exposure to pollen by frequently washing clothes and bedding, and dry inside instead of line-drying.

# exercise

A 2012 study found that moderate-intensity exercise may significantly decrease seasonal allergy symptoms. If you have severe seasonal allergies, it may be best to avoid exercising outside

when pollen counts are high. However, a 2019 study found that outdoor winter exercise decreased airway inflammation and reduced symptoms in people with seasonal allergies.

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## PROBIOTICS

Probiotics are foods or supplements with good bacteria and yeasts that naturally live in your body. Some sources of probiotics include yogurt, kombucha, kimchi and other fermented foods. Research from the University of Florida found that probiotics with a combination of two bacteria (lactobacilli and bifidobacterium) might help reduce symptoms of hay fever during allergy season. A 2013 study in the *North American Journal of Medical Sciences* also found that probiotics may help prevent seasonal allergy symptoms.



## HEALTHY DIET

Some nutrients from food may decrease pollen allergy symptoms. A study published in the medical journal *Allergy, Asthma and Immunology Research* found that increased vitamin C intake may be linked to fewer symptoms of seasonal allergies. Vitamin C is common in many fruits and vegetables, especially citrus fruits, tomatoes, peppers, broccoli and strawberries.

Another study, published in the *European Journal of Clinical Nutrition*, showed that a high intake of fatty acids, found in fish like salmon and tuna, also decreased seasonal allergy symptoms.

# NASAL RINSE



According to the Mayo Clinic, rinsing nasal passages with saline solution (a mixture of salt and water) can provide almost immediate relief from symptoms by flushing out mucus and allergens. Medicated antihistamine sprays help

relieve symptoms such as congestion and runny nose, but drug-free saline sprays can also provide quick relief. Look for products such as Arm & Hammer Simply Saline Nasal Relief for daily care to help alleviate symptoms.

## SALINE NASAL IRRIGATION

If you prefer, make your own saline solution to rinse allergens and mucus out of nasal passages using a neti pot. Found at Hy-Vee, NeilMed NasaFlo neti pot includes 50 packets of salt to mix with water before using. Always use distilled, sterile or previously boiled (then cooled) water to prevent infection.



# ALLERGY RELIEF AT HY-VEE

If natural remedies aren't relieving your symptoms, try medication from the Hy-Vee Pharmacy.



**Claritin Non-Drowsy Indoor & Outdoor**  
All-day relief from environmental allergy symptoms.



**TopCare All Day Allergy**  
Alleviate symptoms such as sneezing and runny nose for up to 24 hours.



**TopCare Children's Allergy Relief**  
Chewable grape tablets relieve symptoms in children ages 2 and older.



**Flonase Allergy Relief**  
Medicated nasal spray quickly soothes congestion and other symptoms.

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# dietitian Q&A

## UNDERSTANDING THE METABOLISM

You've probably heard people blame their weight on a slow metabolism, but is there any truth in it? Find out how this bodily function works and its real effect on weight.



Elisa Sloss, RD, LD  
Vice President,  
HealthMarket

### Q: What is metabolism?

**A:** Metabolism is the process by which organs such as the liver and thyroid convert what you eat and drink into energy. Even when inactive, your body needs energy for breathing, circulating blood, adjusting hormone levels and growing and repairing cells. The amount of calories used to carry out these functions is known as basal metabolic rate, or metabolism.

### Q: Is a slow metabolism to blame for my weight?

**A:** Only in rare cases do people gain an excessive amount of weight from a medical issue that slows the metabolism, such as

Cushing's syndrome or having an underactive thyroid gland. Weight gain is a complicated process; it's likely a combination of genetic makeup, hormonal controls, diet composition and other lifestyle factors such as sleep, physical activity and stress.

### Q: What factors influence metabolism?

**A:** Several factors determine your individual metabolism. The first is your body size and composition; people who are larger or have more muscle burn more calories, even at rest. The next is your sex; men usually have less body fat and more muscle than women, so they burn more calories. Finally, age is a big factor; as you get older, the amount of muscle you have tends to decrease and fat accounts for more of your weight, slowing down calorie burning.

### Q: Does the metabolic reset diet work?

**A:** The metabolic reset diet focuses on altering

the metabolism through a personalized meal plan and workout routine to speed it up and burn more calories. People may lose weight while on the diet, but since it's only meant to last a month or two, the results won't be long-lasting or sustainable. Plus, there's little research to show that our metabolisms can—or need to—be reset.

### Q: Can I speed up my metabolism naturally?

**A:** We don't have much control over the speed of our metabolism, but we can control how many calories we burn through physical activity. The more active someone is, the more calories they burn. Those you think have a faster metabolism than you may actually be burning more calories due to their higher activity level throughout the day. Aerobic exercise is an effective way to burn calories. Experts also recommend strength training exercises at least twice a week to help build muscle because muscle burns calories.



Scan the QR Code to find a local dietitian and learn how Hy-Vee can help you maintain a healthy lifestyle.

It may be tempting to blame metabolism for weight gain, but the reality is that it actually plays a very minor role. The greatest factors of weight gain as you age are poor diet and lack of exercise.

## REV UP YOUR ENGINE

Metabolic rate can be improved with quality sleep, a diet containing fruits, veggies, whole grains and lean protein and other lifestyle changes.

Getting enough sleep may prevent decreases in metabolism. Studies have shown that sleep deprivation can alter the glucose metabolism and hormones involved in regulating metabolism.

Metabolism increases when you eat, digest and store food—a process called thermic effect of food. Eating protein has a higher thermic effect because it takes longer for your body to burn and absorb it.

Research suggests that those who eat breakfast may have a healthier weight. Eating breakfast fuels the body and kickstarts metabolism, both of which can help with weight loss and management.

Drinking water instead of sugary beverages reduces calorie intake and may encourage weight loss over time. Water takes up space in the stomach, which can lead to feelings of fullness between meals.

Studies have found green tea contains a compound called epigallocatechin gallate that may increase calories and fat burned, giving metabolism a boost. Green tea is also a low-calorie drink option.



Metabolism is a natural process regulated by the body to meet individual needs. Weight loss can be improved through lifestyle changes.

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## WHEELS TURNING, CALORIES BURNING

LEARN A LITTLE MORE ABOUT THE TWO MAIN TYPES OF WORKOUTS THAT BOOST ENERGY AND METABOLISM.



### CARDIO/AEROBIC

Cardiovascular exercises such as running, swimming, aerobics, high intensity interval training (HIIT) and walking burn calories. After the exercise, calories continue to be burned.



### STRENGTH TRAINING

Workouts with weights tone muscles and boost lean tissue mass, which burns more calories per pound than fat. The more lean muscle tissue someone has, the more calories are burned daily.





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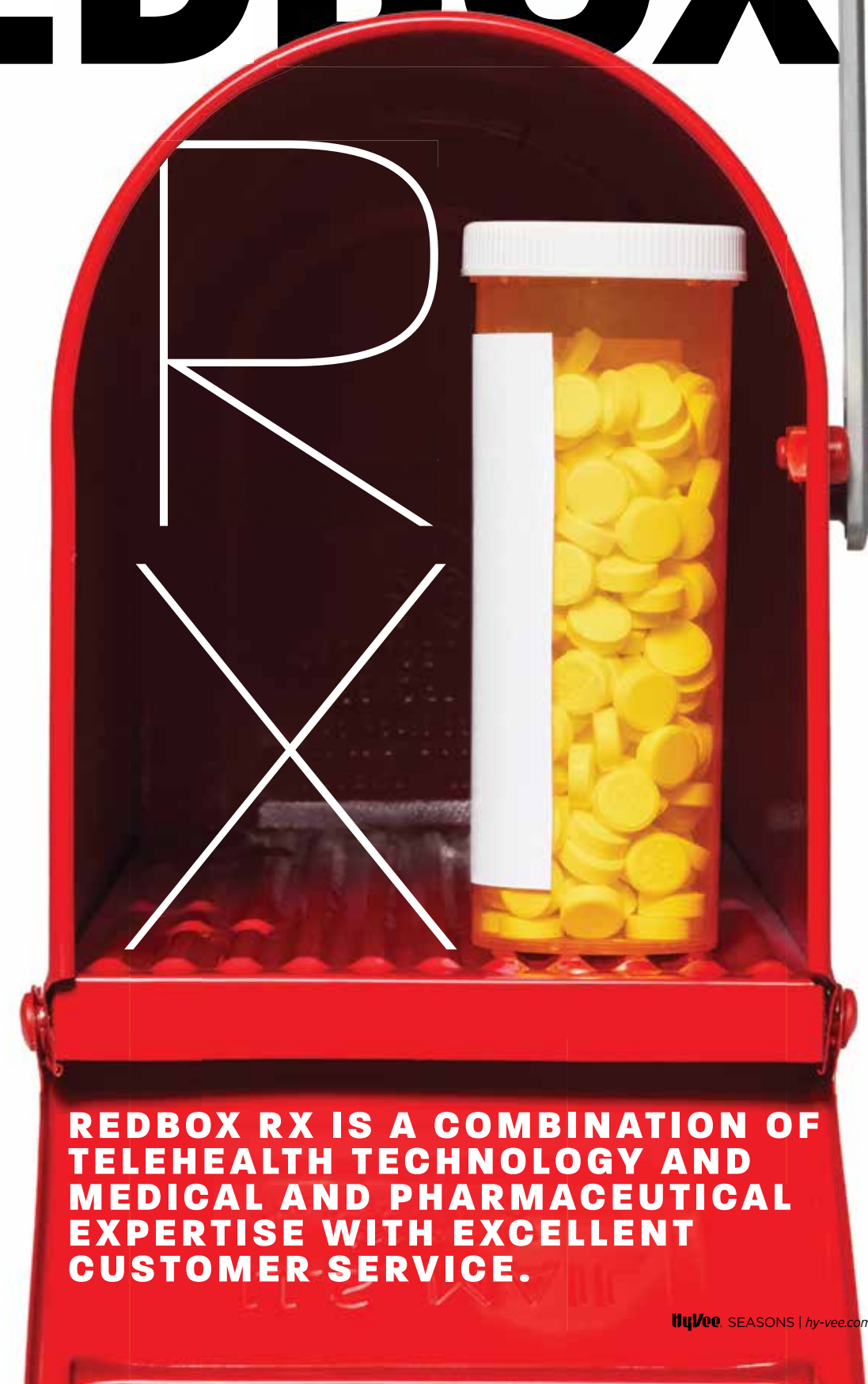
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Try this  
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<b>30</b> minutes or less	<b>20</b> minutes or less	<b>10</b> minutes or less	<b>GF</b> option GLUTEN FREE	<b>V</b> option VEGETARIAN DISH
30 MINUTES OR LESS	20 MINUTES OR LESS	10 MINUTES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

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