

# HyVee<sup>®</sup>

FOOD | LIFE | HEALTH

# Seasons<sup>®</sup>



STEAK OUT



# Easy meals for the whole family.

Available for pickup or delivery\*



Order at [hy-vee.com/mealtime](https://hy-vee.com/mealtime)

\*Where available



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MAY OFFERS**

for **Hy-Vee. Plus™** Premium Members

**OVER \$100 WORTH OF SAVINGS  
WITH THESE OFFERS!**



**WITH ANY AISLES ONLINE  
PURCHASE OF \$150 OR MORE\***

Minimum \$150 purchase required. Some exclusions apply. See store for details.



**FREE**  
**Beaconsfield  
Bread\***  
select varieties  
24 oz.



**\$7 OFF**  
**Chinese dinner  
for 4\***  
Includes 4 pints of entrées,  
2 pints of rice or lo mein,  
4 egg rolls, 4 crab rangoons  
and 4 fortune cookies



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Not available in all states.



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(select varieties)  
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Fresh angel food round  
(select varieties 15 oz.)



**20% OFF**  
**6-ct. Chocolate-  
covered  
strawberries\***



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See reverse side for MORE exclusive offers.

\*Offer available only to Hy-Vee Plus members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Just swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires May 31, 2021. Void where prohibited.





**BUY ONE, GET ONE  
FREE**

**Pre-packaged Bulk\***  
select varieties 4 to 13 oz.  
Buy one, get one of equal or lesser value.



**BUY ONE, GET ONE  
FREE**

**14" Take and Bake Pizza\***  
select varieties 29 to 38.5 oz.  
Buy one, get one of equal or lesser value.



**FREE**  
**12 oz. Crosse & Blackwell Seafood Cocktail Sauce\***  
(select varieties)  
when you buy Fish Market Brand shrimp  
(select varieties 12 to 26 oz.)



**FREE**  
**V Chocolate with floral purchase of \$50 or more\***  
select varieties 6 or 8 oz.

**\$10 OFF**

**Meat Bundle #3\***

with Char-Broil grill purchase of \$140 or more

- 4 (8 oz. each) Bacon-Wrapped Chicken Grillers
- 4 (3.75 oz. each) Pork Bratwursts
- 4 (5 oz. each) Hy-Vee Choice Reserve® Bacon-Wrapped Sirloin Filets
- 4 (6 oz. each) Gourmet Steakhouse Burgers
- 4 (5 oz. each) 85% lean Ground Chuck Patties
- 4 (5 oz. each) Twice-Baked Potatoes

Delivery not available. A 24-hour notice for preparation is necessary.



**BUY ONE,  
GET ONE  
FREE**

**Sub sandwich or Harvester sandwich\***

select varieties 7 to 14 oz.  
Buy one, get one of equal or lesser value.



\*Offer available only to Hy-Vee Plus members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Just swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires May 31, 2021. Void where prohibited. Not available in all states.

# MAY 2021

## food



### 10 BEST STEAK ON THE BLOCK

An amazing grilling experience begins with Hy-Vee Prime Reserve, Choice Reserve and Angus Reserve beef.

### 20 BURGERS & BRATS

Gourmet burgers and bold new brat toppers for barbecue season.

### 24 COASTAL GRILL

Seafood mains and sides inspired by recipes from the coasts.

### 32 BASICS: HOW TO MARINATE

Master safe marinating techniques to liven up mealtimes.

### 34 BERRY GOOD: 10 WAYS TO USE FRESH BERRIES

Every day, any meal, fresh berries are a healthy, versatile choice.

### 39 101: MUSHROOMS

Explore many delicious varieties and learn how to grill to perfection.

### 42 FAST & EASY MEXICAN

Whip up spicy, zesty Mexican classics in 30 minutes or less, or let Hy-Vee do the work for you.

### 48 PAIR UP

Hy-Vee sommelier recommends the best wine for any grilled dish.

### 54 EASY AS 1, 2, 3

Create dishes for any time of day using just three ingredients.

### 60 KIDS IN THE KITCHEN

Fun, age-appropriate recipes to teach kids kitchen basics.

## life



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Treat your pets to products and foods they'll love.

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Create a garden oasis with outdoor furniture and plants.

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### 110 FOODS THAT IMPROVE COGNITIVE FUNCTION

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### 121 HY-VEE HELPS MOMS

Discover the many ways Hy-Vee supports families.



**DONNA TWEETEN**  
EXECUTIVE VICE PRESIDENT,  
CHIEF OF STAFF,  
CHIEF MARKETING OFFICER

# W

elcome the warmth of the season by spending more time outside and enjoying grilling weather.

If you're new to barbecue, take advantage of our how-to tips, *page 10*, and try some mouthwatering gourmet burgers and exciting new toppings for brats, *page 20*. If you don't have a grill yet, check out a few options, *page 80*.

The warmer weather often brings a renewed focus on healthy weight, *page 100*, so get energized with a daily workout routine, *page 106*.

May is also a time to honor loved ones, and stunning Mother's Day and Memorial Day plants and flowers, *page 94*, send just the right message of care.

Enjoy the beautiful days of May.

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# OWN THE GRILL.



Bring the amazing flavors of Wahlburgers home with you, right to your grill. Try our NEW American-Style Kobe and Prime blends today!

Available at **HyVee**

# aisles

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

## now trending

### READY-TO-GO SIDES

Head to the Hy-Vee Kitchen for delicious options.



#### RAINBOW ROTINI

A blend of pasta, peppers, carrots, onions, three kinds of cheese and Italian dressing.



#### BROCCOLI SUPREME SALAD

Broccoli florets and a mix of raisins, sunflower seeds, bacon and sweet creamy dressing.



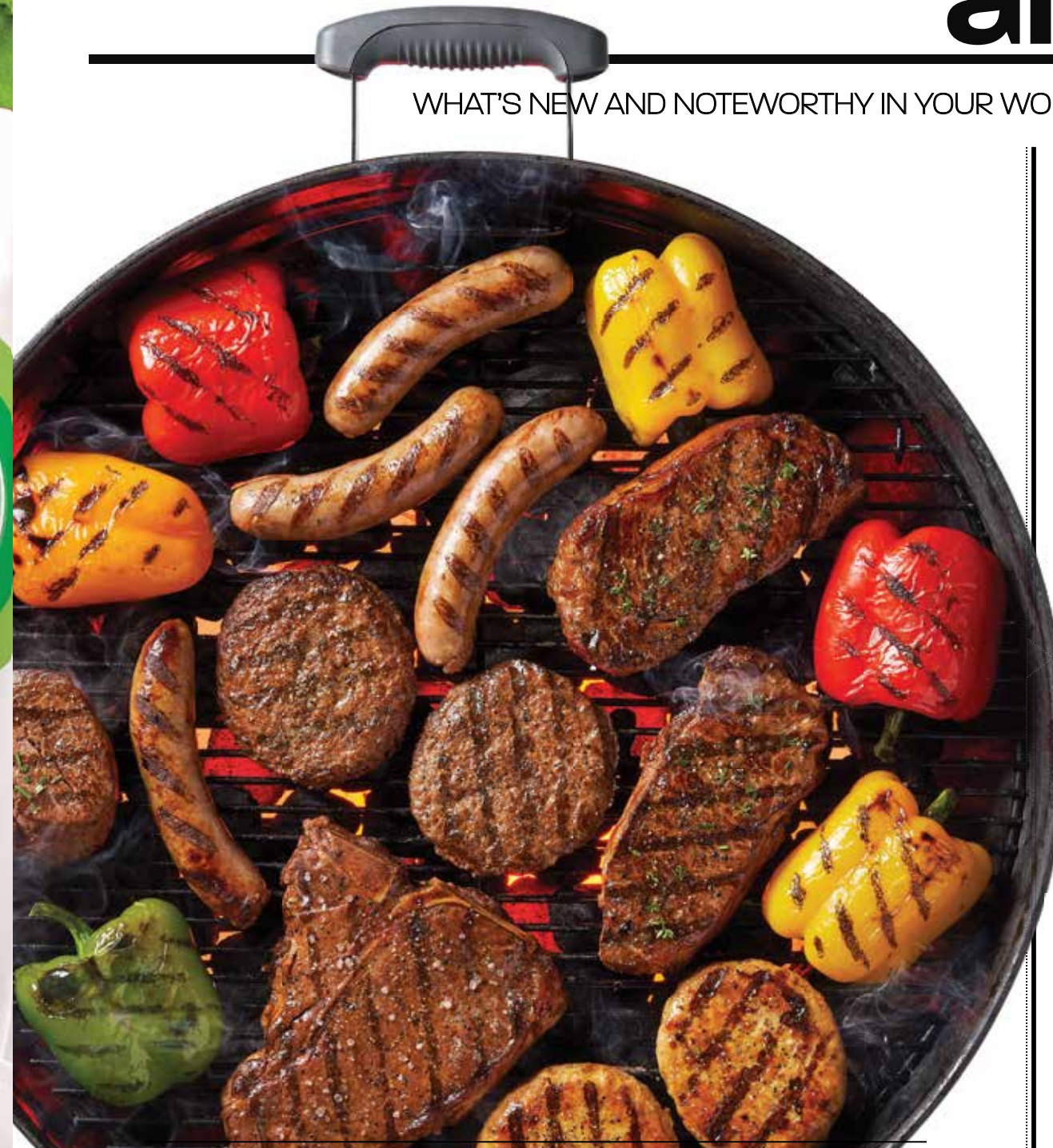
#### POTATO SALAD

Country-style potato salad featuring eggs, mayo, flavorings and seasonings.



#### FRESH FRUIT

Medley of fresh strawberries, blueberries and cubes of sweet cantaloupe.



## GET GRILLING!

Summer is at the door and it's time to fire up the barbecue. Hy-Vee makes it easy with grills, grilling tools and supplies. Hy-Vee also makes it *tasty* with meats, fish and vegetables ready for the grill. Stop by the

Meat & Seafood Department for a selection that's ideal for your backyard feasts. Then pick up some skewer-ready Hy-Vee Short Cuts vegetables and your favorite seasonings and sauces to seriously boost flavor.





brand highlight

**OVERJOY**  
Aptly named Overjoy ice cream will have you feeling overjoyed. This light ice cream isn't just scrumptious, it's high in protein and low in calories!

donut of the month

**STRAWBERRY S'MORES CAKE DONUT**  
Want s'more fun? How about a s'more that's a strawberry-flavor donut? Hy-Vee Bakery doubles up the delicious!



NEW AT HY-VEE!

STOP IN AT HY-VEE TO CHECK OUT THESE NEW, NOTEWORTHY OR SEASONALLY POPULAR PRODUCTS.

**DAIRY**  
Prairie Breeze Cheese



CHEESE OF THE MONTH

This award-winning white Cheddar-style cheese—made from milk produced on small family farms—is aged at least 9 months for sweet flavor.

**WINE & SPIRITS**  
Claffey's Frozen Cocktails



These frozen wine freezer pops are just 90 calories each and come in six flavors: grape, cherry, blue raspberry, mango, apple and lemonade.

**HEALTHMARKET**  
Performance Inspired-Bar 2.0



With a delicious chocolate layer added to pump up the flavor, these wholesome protein bars make it easy to get your fill of fiber and protein.

**REFRIGERATED**  
Crav'n Cookie Dough



Save time with this ready-to-bake cookie dough available in a variety of popular varieties including monster, chocolate chip and sugar cookie.

now trending

OUTDOOR ACTIVITIES

GET OUTSIDE AND ENJOY THE WEATHER. HY-VEE HAS THESE PRODUCTS AND MORE—ALL INTENDED TO ENCOURAGE OUTDOOR TIME FOR KIDS.



**HAVE A BALL**  
Encourage physical activity and play with sports equipment.



**SWING FOR THE FENCES**  
An oversize foam bat and ball teach hand and eye coordination.



**HIT THE MARK**  
Lawn darts can spark an afternoon of friendly competition.



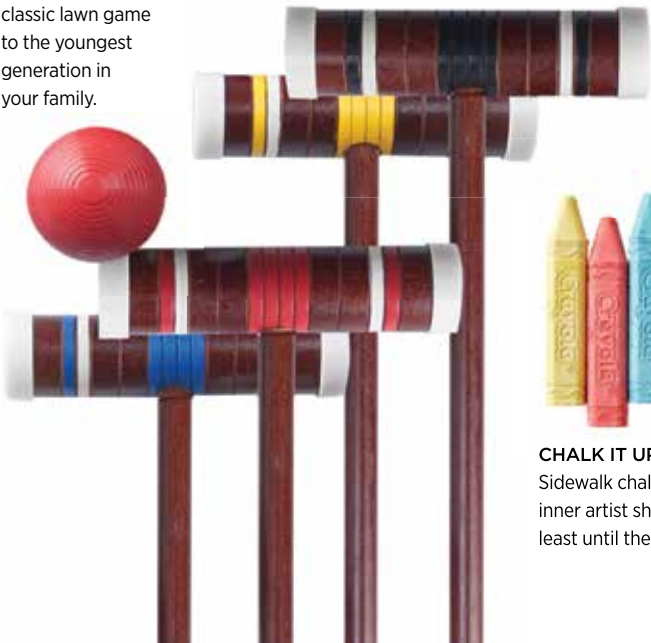
**FOOT GOLF SET**  
Enjoy two games at once: Kick a soccer ball and get a hole in one!



**IT'S A TOSS-UP**  
Test accuracy with a washer toss set—it gets harder as competitors back up!



**CROQUET SET**  
Introduce this classic lawn game to the youngest generation in your family.



**CHALK IT UP TO FUN**  
Sidewalk chalk lets a child's inner artist shine through—at least until the next rain comes.



**ON A ROLL**  
Bocce is a classic outdoor game that will get the family fun rolling.





**Mini Mermaid Cakes**  
Watch Hy-Vee's  
cake designer build  
this masterpiece from  
start to finish.

**CAKE  
this!**  
presented by  
**DECOPAC**

Watch and learn  
at **HSTV.com** today!



Scan the  
QR Code  
to see more  
cake ideas.



# UNDER THE SEA

Cake Designer: Bryant Myers  
Rochester, Minnesota

These mini cakes and cookies will make a splash at any mermaid-theme party. And they're just a few examples of our cake designer's creations. For centerpiece cakes, hand-held treats and more,

visit *HSTV.com* for inspiration. Then, make an appointment to discuss your ideas with your local Hy-Vee cake designer and see what they bring to the table—literally.



A small cake round is anchored to a larger round with a dowel before lavender frosting is piped.



The cake is then decorated with shell-like swirls of frosting in various hues of purple.



Pearlescent is airbrushed over buttercream rosettes and edible mermaid accents.



For another cake, two rounds are layered and frosted, with strips of pink and purple frosting added.



Mermaid sprinkles decorate the base and a mermaid tail candle sits in a dollop of buttercream.

you can look up  
**POPable**  
in the dictionary,  
or you can look in here



**POPable**



also try  
Naturally Flavored  
**Strawberries & Crème**



# MEAT THE FACTS



## HAND-SELECTED:

On average only 6 out of 100 cattle meet our tight specifications for Hy-Vee Choice Reserve beef

## HIGHER QUALITY:

Raised in the Midwest on family farms

## TIGHTER TRIM:

No more than 1/4 inch of fat

## CORN-FED:

More marbling for better flavor

## PRIME RESERVE:

Steakhouse quality at home

[MeatTheFacts.Hy-Vee.com](http://MeatTheFacts.Hy-Vee.com)

**HyVee**  
**CHOICE**  
RESERVE®

**HyVee**  
**PRIME**  
RESERVE®

# food

Learn to grill with high-quality beef, try new brat toppings and pair your wine like a pro.

- 10** BEST STEAK ON THE BLOCK
- 20** BURGERS & BRATS
- 24** COASTAL GRILL
- 32** BASICS: HOW TO MARINATE
- 34** BERRY GOOD: 10 WAYS TO USE FRESH BERRIES
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- 60** KIDS IN THE KITCHEN





A SUCCESSFUL GRILLING EXPERIENCE STARTS WITH CHOOSING THE RIGHT CUT. HY-VEE'S MEAT EXPERTS CAN TALK YOU THROUGH THE SELECTION PROCESS.



# BEST STEAK on the block

## 3 REASONS HY-VEE BEEF IS THE BEST

### BIGGER FLAVOR

Hy-Vee sources its beef from family farms in the Midwest that raise only corn-fed cattle. This results in better marbling of the meat, which increases the flavor, juiciness and tenderness of the cuts. "We're in the heart of corn country and corn-fed translates to quality. This meat is served in restaurants throughout the country because they desire Midwest corn-fed beef," says Jason Pride, Hy-Vee vice president of meat and seafood.

### BETTER VALUE

Locally raised beef means it costs less to get the meat into the stores and into your home. Plus, these dollars stay within the region, helping to support your local economy. In addition to cost, Hy-Vee also has some of the tightest fat trim specifications in the market. "You're paying for the meat, not the fat. You get more bang for your buck," Pride says.

### WIDER RANGE

Hy-Vee offers three grades of beef to fit your cooking needs—from restaurant-quality steaks to leaner cuts. Select from extra tender varieties like ribs, tenderloins and porterhouse, or especially flavorful options like brisket and ribeye. "We have more variety than anyone else. With leaner beef to fit any lifestyle and well-marbled cuts for lots of flavor, we have options for every occasion and every person," Pride says.



“Our trained professionals will be able to provide advice and help you decide which cut you need. We also can explain how to prepare any cut.”

—JASON PRIDE, HY-VEE VICE PRESIDENT OF MEAT AND SEAFOOD

## MAKING THE GRADE

### Hy-Vee PRIME RESERVE

#### HY-VEE PRIME RESERVE

It doesn't get any higher end than this; only the best cattle are chosen as Prime. These cuts feature abundant to slightly abundant marbling for the most flavor.

### Hy-Vee CHOICE RESERVE

#### HY-VEE CHOICE RESERVE

Hy-Vee's stringent selection standards limit the number of cattle that are deemed Choice. The cuts are well marbled for flavorful and tender meats.

### Hy-Vee ANGUS RESERVE

#### HY-VEE ANGUS SELECT

The leanest of all the grades, these cuts offer great flavor at an affordable value. Find them prepackaged for quick selection in the ready-to-go case.

## Difference Makers

### Highly Trained Meat Cutters

These experts help you choose the right cut and offer suggestions to expand your comfort zone.

**One-Stop Shop** Visit the Hy-Vee Meat & Seafood Department for all of your menu needs, including rubs, seasonings and sides to go along with the meat you're going to throw on the grill.

**Specialty Beef** Select Hy-Vee locations also offer specialty meats like American Wagyu, a very high-quality beef with intramuscular marbling; dry aged beef that has been exposed to air to slowly break down the muscles; and varieties of organic grass-fed ground beef.



# grilling 101

## PREP THE GRILL |

Preheat the grill with lid closed for at least 10 minutes until the temperature reaches 500°F. Scrape the grates with a stainless-steel brush to remove any food. Hot grates help prevent food from sticking.

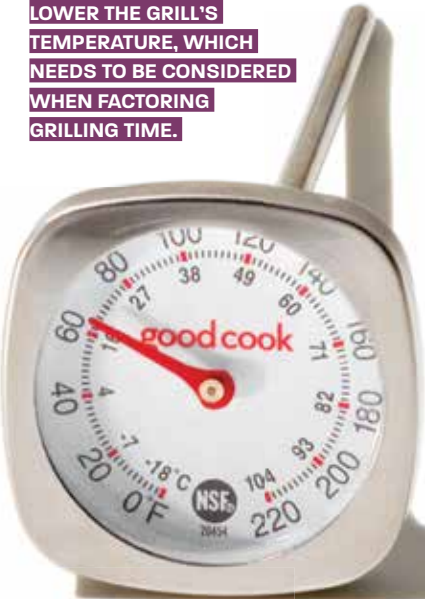
## CONTROL TEMP |

Keep the grill lid closed as much as possible to get hot grates that give a good sear and speed up cooking time, which keeps the meat moist. A closed lid also traps the smoke and prevents flare-ups that could char the meat.

## DIRECT VS. INDIRECT |

Using direct (fire directly below food) or indirect (fire on either side of food) heat depends on what you're cooking. Thin, tender cuts that cook in less than 20 minutes need direct heat. For large, tough cuts that need 20 minutes or longer to cook, use indirect heat.

**WEATHER MATTERS. IF IT'S COLD OUT, IT WILL LOWER THE GRILL'S TEMPERATURE, WHICH NEEDS TO BE CONSIDERED WHEN FACTORING GRILLING TIME.**



5 STEPS TO GRILL THE PERFECT STEAK

1 Choose your cut; not all steaks are created equal. Then, climatize the steak by bringing it closer to room temperature. Pull the steak out of the refrigerator half an hour before grilling.



2 Season the top and bottom as soon as you pull it from the refrigerator. Doing this 30 minutes before cooking allows time for the seasoning to sink in to the steak and creates a more flavorful crust.



3 Oil the grill grates, not the food. Bring the grill up to temperature. To avoid flare-ups, keep the lid closed while cooking the steak to about 10 degrees below the desired doneness.

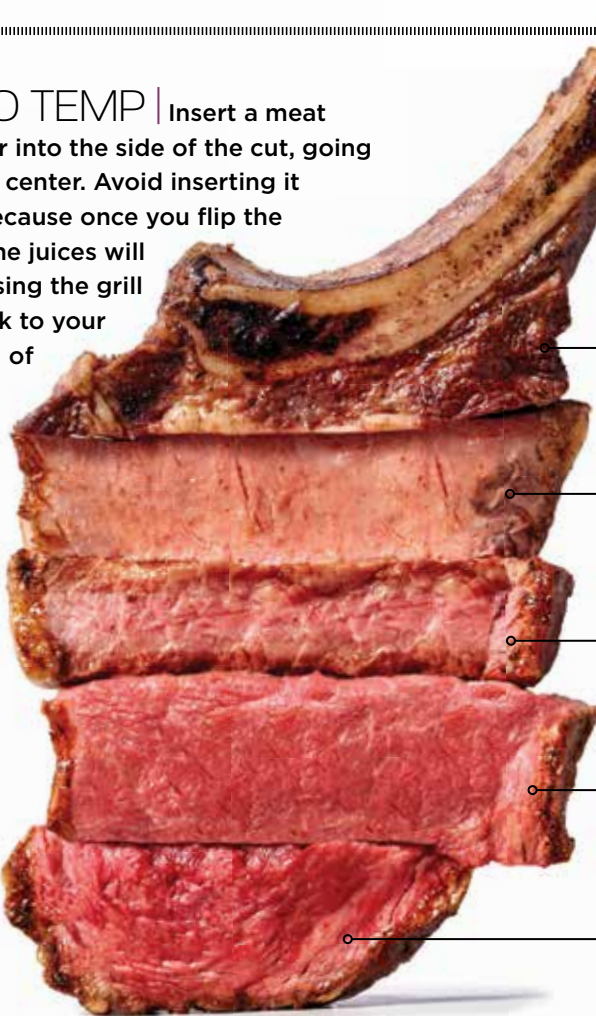


4 Use the 60/40 rule (60 percent of cooking time on one side, 40 percent on the other) to flip only once to create the perfect sear to seal in the juices. Use tongs to flip, not forks, which puncture the meat and allow juices to seep out.



5 Rest the meat for at least 5 minutes to allow the juices to redistribute and bring the steak up to the correct temperature. Cover the steaks with foil to keep them warm.

**HOW TO TEMP |** Insert a meat thermometer into the side of the cut, going just past the center. Avoid inserting it in the top because once you flip the meat over, the juices will run out, causing the grill to flare. Cook to your desired level of doneness.



- WELL DONE**  
160°F  
Brown, very firm, much drier
- MEDIUM WELL**  
150°F  
Mostly brown center, firm texture
- MEDIUM**  
140°F  
Hot pink center, firmer texture
- MEDIUM RARE**  
130°F  
Warm red center, perfect texture
- RARE**  
125°F  
Cool red center, soft texture

## Filet Mignon with Dijon-Chive Butter

**Hands On** 10 minutes  
**Total Time** 26 minutes, plus chilling and standing time  
**Serves** 4

- ¼ cup Culinary Tours unsalted Irish butter, softened
- 1½ tsp. finely chopped fresh chives
- ¾ tsp. Hy-Vee Dijon mustard
- ½ tsp. lemon zest
- 4 (8-oz.) Hy-Vee Choice Reserve center-cut beef tenderloin filet steaks, 1½ in. thick
- ½ cup Gustare Vita olive oil
- 2 tsp. coarse kosher salt
- 2 tsp. coarse-ground Hy-Vee black pepper

- 1. BEAT** butter with an electric mixer on medium in small bowl for 30 seconds. Beat in chives, mustard and lemon zest.
- 2. SHAPE** butter into a 2-in.-long log on a sheet of parchment or waxed paper. Wrap tightly in the paper and refrigerate 30 minutes or until firm.
- 3. PAT** steaks dry with paper towels. Rub all sides of steaks with oil; sprinkle with salt and pepper. Let steaks stand at room temperature 20 minutes.
- 4. PREHEAT** charcoal or gas grill for direct cooking over medium heat.

**5. GRILL** steaks 12 to 16 minutes for medium-rare doneness (130°F), turning three times to create crosshatch marks. Transfer steaks to a clean cutting board. Cut butter log into 4 slices and place on top of steak. Loosely cover steaks with foil; let rest 5 minutes before serving.

**Per serving:** 1020 calories, 87 g fat, 32 g saturated fat, 0 g trans fat, 225 mg cholesterol, 1330 mg sodium, 1 g carbohydrates, 0 g fiber, 0 g sugar (0 g added sugar), 55 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 40%, Potassium 20%



**Hy-Vee**  
**CHOICE**  
RESERVE  
ON AVERAGE, ONLY  
6 OUT OF 100 CATTLE MEET OUR  
TIGHT SPECIFICATIONS FOR  
HY-VEE CHOICE RESERVE BEEF.





# Potato, Bacon & Sirloin Steak Kabobs

**Hands On** 35 minutes  
**Total Time** 45 minutes, plus marinating time  
**Serves** 4

- 1 (1- to 1¼-lb.) Hy-Vee Angus Reserve beef flat iron steak, 1 to 1½ in. thick**
- ¾ cup plus 2 tsp. Gustare Vita olive oil, divided**
- 3 Tbsp. Gustare Vita balsamic vinegar**
- 2 Tbsp. finely chopped fresh rosemary, plus additional leaves for garnish**
- 2 Tbsp. Hy-Vee Worcestershire sauce**
- 1 clove garlic, minced**
- 4 large Hy-Vee Smart Bite baby blonde potatoes, pierced**
- 4 slices Hy-Vee Country Smokehouse thick-sliced black pepper slab bacon**
- ½ cup crème fraîche**
- 2½ tsp. refrigerated prepared horseradish**
- ½ tsp. Hy-Vee Dijon mustard**
- Hy-Vee salt and black pepper, to taste**
- Chopped Italian parsley, for garnish**

**1. PAT** steak dry with paper towels. Cut steak into 1¼-in. cubes; place in a large resealable plastic bag. Combine ¾ cup olive oil, balsamic vinegar, 2 Tbsp. rosemary, Worcestershire sauce and garlic. Pour mixture over steak cubes; seal bag. Turn bag

to evenly coat steak with mixture. Marinate in the refrigerator for 2 to 4 hours, turning bag occasionally.

**2. PLACE** potatoes in a microwave-safe bowl. Cover with plastic wrap. Microwave on HIGH 2 to 3 minutes or just until partially fork-tender. Immediately rinse under cold water. Cover and refrigerate until grilling.

**3. TO PRECOOK BACON**, bring 1½ in. water to a boil in a large skillet. Add bacon slices; return to boil. Boil, uncovered, for 1 minute. Drain; immediately rinse with cold water. Pat dry with paper towels; cover and refrigerate until grilling.

**4. FOR DIPPING SAUCE**, combine crème fraîche, horseradish and Dijon mustard in a small bowl. Season to taste with salt and pepper. Cover and refrigerate until serving.

**5. PREHEAT** a charcoal or gas grill with a greased grill rack for direct cooking over medium heat. Drain beef; discard marinade. Halve and toss potatoes with remaining 2 tsp. oil. Cut bacon strips in half. Alternately thread bacon accordion-style with beef cubes and potatoes on 12-in. metal skewers.

**6. GRILL** kabobs for 8 to 10 minutes or until beef is medium-rare (130°F), turning kabobs halfway through.

**7. TRANSFER** kabobs to a platter. Garnish with chopped parsley and rosemary, if desired. Serve with horseradish sauce.

**Per serving:** 490 calories, 38 g fat, 15 g saturated fat, 0 g trans fat, 105 mg cholesterol, 660 mg sodium, 9 g carbohydrates, 1 g fiber, 3 g sugar (0 g added sugar), 24 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 6%



**Prime Time**  
Tee up the grill and learn how to make the best steak.



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

# Chili-Lime Steak with Avocado Chimichurri

**Hands On** 35 minutes  
**Total Time** 50 minutes, plus standing time  
**Serves** 4

- 1 recipe Creamy Mashed Potatoes, for serving**
- 1 (1¼- to 2-lb.) Hy-Vee Choice Reserve beef porterhouse or T-bone steak, 1 to 1½ in. thick**
- 1½ Tbsp. plus ¼ cup Gustare Vita olive oil, divided**
- 2 Tbsp. purchased chili-lime seasoning rub**
- 1 cup lightly packed cilantro**
- ¾ cup lightly packed Italian parsley**
- 2 Tbsp. fresh lime juice**
- 1 jalapeño pepper, seeded and chopped**
- 4 cloves garlic, minced**
- ½ tsp. kosher salt**
- ¼ tsp. Hy-Vee crushed red pepper**
- 1 small avocado, seeded, peeled and diced**

**1. PREPARE** Creamy Mashed Potatoes as directed. Cover; and keep warm.

**2. PAT** steak dry with paper towels. Rub both sides of steak with 1½ Tbsp. oil; sprinkle and rub with chili-lime seasoning. Let steak stand at room temperature for 20 minutes. Preheat a charcoal or gas grill for direct cooking over medium heat.

**3. FOR CHIMICHURRI**, place cilantro, parsley, remaining ¼ cup olive oil, lime juice, jalapeño, garlic, salt and

crushed red pepper in a food processor. Cover and process until minced. Transfer to a medium bowl; stir in avocado. Cover and refrigerate until serving.

**4. GRILL** steak for 10 to 14 minutes for medium-rare doneness (130°F), turning halfway through. Transfer steak to a clean cutting board. Loosely cover with foil; let rest 5 minutes.

**5. TO SERVE**, cut steak from bone; slice meat across the grain. Serve with chimichurri and Creamy Mashed Potatoes.

**Per serving:** 1050 calories, 76 g fat, 28 g saturated fat, .5 g trans fat, 165 mg cholesterol, 1040 mg sodium, 50 g carbohydrates, 7 g fiber, 5 g sugar (0 g added sugar), 41 g protein. **Daily Values:** Vitamin D 6%, Calcium 15%, Iron 40%, Potassium 40%

**Creamy Mashed Potatoes** Cook 2 lb. peeled and cut Yukon gold potatoes in boiling salted water for 8 to 10 minutes or until fork-tender; drain. Return to pot. Brown ¼ cup Hy-Vee unsalted butter in small saucepan; stir in 1 cup Hy-Vee whole milk. Heat until warm. Add mixture to potatoes; mash. Fold in ½ (8-oz.) container mascarpone cheese and 2 Tbsp. chopped Italian parsley. Season to taste with Hy-Vee salt and black pepper. Makes 4½ cups.



**WITH A QUALITY TRADITIONALLY FOUND IN HIGH-END RESTAURANTS, HY-VEE PRIME RESERVE HAS ABUNDANT MARBLING FOR AN EXTREMELY FLAVORFUL, TENDER STEAK.**

SHOP YOUR STEAK



**PORTERHOUSE** Big on flavor, a porterhouse is a combination of the strip and tenderloin, but is larger than a T-bone.



**TENDERLOIN** Also known as filet mignon, the tenderloin is aptly named as it is the most tender of the beef cuts.



**SIRLOIN** The versatile and flavorful sirloin makes a great steak for grilling but also can be cut up for kabobs.



**SKIRT STEAK** Known for its robust flavor, the skirt steak is popular marinated and used for stir-fries or fajitas.



**FLAT IRON** The well-marbled flat iron is extremely flavorful and tender, making it ideal for grilling.



**RIBEYE** Cut from the center of the prime rib, ribeye is flavorful, but its high fat content can make grilling tricky for novices.



# Grilled Steak Salad with Fruit

**Hands On** 40 minutes  
**Total Time** 55 minutes, plus standing time  
**Serves** 4

- 1 (1- to 1¼-lb.) Hy-Vee Choice Reserve boneless beef top sirloin steak, 1 to 1¼ in. thick
- 1½ Tbsp. plus ½ cup Gustare Vita olive oil, divided
- 1½ tsp. Montreal steak seasoning
- 1 ear Hy-Vee Short Cuts sweet corn
- 2 Tbsp. Gustare Vita white wine vinegar
- ½ tsp. orange zest
- 1 Tbsp. fresh orange juice
- 1½ tsp. Hy-Vee honey
- ¼ tsp. Hy-Vee coarse-ground black pepper
- 6 oz. mixed salad greens
- 2 mini cucumbers, cut into ribbons
- ¼ small red onion, cut into slivers
- 2 medium peaches, pitted and cut into wedges
- 6 oz. Hy-Vee Short Cuts strawberries, halved or quartered
- ¼ cup blue cheese crumbles

- 1. **PAT** steak dry with paper towels. Rub both sides of steak with 1½ Tbsp. oil; sprinkle and rub with steak seasoning. Let steak stand at room temperature for 20 minutes.
- 2. **WRAP** ear of corn in a damp paper towel and place on microwave-safe plate. Microwave on HIGH 2 to 4 minutes or until tender, turning every 1½ minutes.
- 3. **PREHEAT** a charcoal or gas grill for direct cooking over medium heat. Grill corn 4 to 7 minutes or until corn is slightly charred, turning occasionally. Transfer to a cutting board. Cool and

- cut corn kernels from cob; set aside.
- 4. **GRILL** steak for 9 to 13 minutes for medium-rare doneness (130°F), turning halfway through. Transfer steak to another clean cutting board. Slightly cool for 15 minutes. Thinly slice steak across the grain; set aside.

- 5. **FOR VINAIGRETTE**, combine vinegar, orange zest and juice, honey and black pepper in a small bowl. Slowly whisk in remaining ½ cup oil; set aside.
- 6. **TO SERVE**, toss together salad greens, cucumber ribbons, onion slivers and corn; transfer to a large serving platter. Arrange steak slices, peaches and strawberries on top. Sprinkle with blue cheese; serve with vinaigrette.

Per serving: 550 calories, 41 g fat, 11 g saturated fat, 0 g trans fat, 90 mg cholesterol, 220 mg sodium, 21 g carbohydrates, 4 g fiber, 12 g sugar (2 g added sugar), 28 g protein. Daily Values: Vitamin D 0%, Calcium 15%, Iron 15%, Potassium 20%

**SHORT ON TIME? INSTEAD OF MAKING YOUR OWN ORANGE VINAIGRETTE, USE CHAMPAGNE VINAIGRETTE AVAILABLE AT HY-VEE.**



Hy-Vee  
**ANGUS**  
RESERVE<sup>®</sup>  
**LEAN, 100% NATURAL BEEF OFFERS QUALITY AT AN EVERYDAY PRICE. IT'S GREAT TO THROW IN YOUR FRIDGE OR FREEZER TO USE WHEN YOU'RE READY.**

# Smoked Italian Skirt Steak Sandwich

**Hands On** 40 minutes  
**Total Time** 1 hour 20 minutes, plus marinating and standing time  
**Serves** 4

- 1 (1- to 1¼-lb.) Hy-Vee Angus Reserve beef skirt steak
- ½ cup bottled balsamic vinaigrette, plus additional for brushing on buns
- 2 Tbsp. chopped fresh basil, plus additional leaves for garnish
- 1 tsp. Hy-Vee Dijon mustard
- 2 cups apple wood chips
- 2 tsp. Hy-Vee canola oil, plus additional for grill grates

- ½ medium yellow summer squash
- ½ medium zucchini
- 1 large red bell pepper, seeded and cut into 1½-in. chunks
- ½ small red onion, cut into ¾-in. slices
- 4 Hy-Vee Baking Stone Bread Take & Bake Artisan Ciabatta Rolls, split
- ½ cup Parmesan-basil or garlic-and-herb cheese spread

- 1. **PAT** steak dry with paper towels; place in a large resealable plastic bag. Combine ½ cup vinaigrette, basil and mustard. Pour mixture over steak; seal bag. Turn bag to evenly coat steak with mixture. Marinate in the refrigerator for 2 to 3 hours, turning bag occasionally.
- 2. **SOAK** wood chips for 10 minutes in very hot water before grill-smoking; drain. Place soaked wood chips on one-half of a 16×12-in. double sheet of heavy foil. Fold other half of foil up and over to

- cover wood chips; seal edges of foil with a double fold. Poke holes in top of packet to allow smoke to escape. Set packet aside.
- 3. **DRAIN** steak; discard marinade. Let steak stand at room temperature for 20 minutes before grill-smoking.
- 4. **PREHEAT** a charcoal or gas grill with two grilling zones: direct grilling over medium heat (350°F to 375°F) and indirect grilling over low heat (250°F to 300°F). Place foil packet on grill rack over direct heat. Cover grill.
- 5. **OIL** grill rack for indirect grilling when chips begin to smoke. Place skirt steak over indirect heat. Cover and smoke for 30 to 40 minutes for medium-rare doneness (130°F). Transfer steak to a clean cutting board; loosely cover with foil for 5 minutes.

- 6. **REMOVE** smoke packet from grill. Preheat grill for direct cooking over medium-high heat. Cut yellow squash and zucchini lengthwise into ¼-in.-thick slices; Toss slices, red pepper and onion with oil; place in a large grill basket. Grill for 4 to 6 minutes or until vegetables are crisp-tender. Cool slightly.
  - 7. **BRUSH** cut sides of rolls lightly with additional vinaigrette. Toast, cut-sides down, on grill. To assemble sandwiches, spread cut sides of split rolls with cheese spread. Thinly slice steak across the grain. Place steak slices on roll bottoms. Top with grilled vegetables and roll tops. Garnish with additional basil leaves, if desired.
- Per serving: 570 calories, 28 g fat, 12 g saturated fat, 0 g trans fat, 135 mg cholesterol, 960 mg sodium, 40 g carbohydrates, 2 g fiber, 9 g sugar (0 g added sugar), 38 g protein. Daily Values: Vitamin D 0%, Calcium 79%, Iron 6%, Potassium 10%



# Cheetos vs Doritos Flamin' Hot FACE OFF



VS



WHO IS THE REAL KING OF  
*Flamin' Hot*?



## BROWN SUGAR BOURBON CAROLINA BASTED CHICKEN

...when barbecue chicken goes *bold*.

Prep Time: 10 minutes  
Cooking Time: 16 minutes  
Servings: 6

### INGREDIENTS:

1 package McCormick® Grill Mates®

Brown Sugar Bourbon Marinade

1/4 cup oil

2 tablespoons cider vinegar

2 tablespoons water

1 tablespoon French's® Classic Yellow  
Mustard

1 1/2 pounds Hy-Vee True boneless skinless  
chicken breast

### DIRECTIONS:

Mix Marinade, oil, vinegar and water in small bowl until well blended. Remove 2 tablespoons of the marinade to a separate small bowl and stir in mustard; set aside.

Place chicken in large resealable plastic bag or glass dish. Add remaining marinade; turn to coat well. Refrigerate 30 minutes or longer for extra flavor. Remove chicken from Marinade. Discard any remaining Marinade.

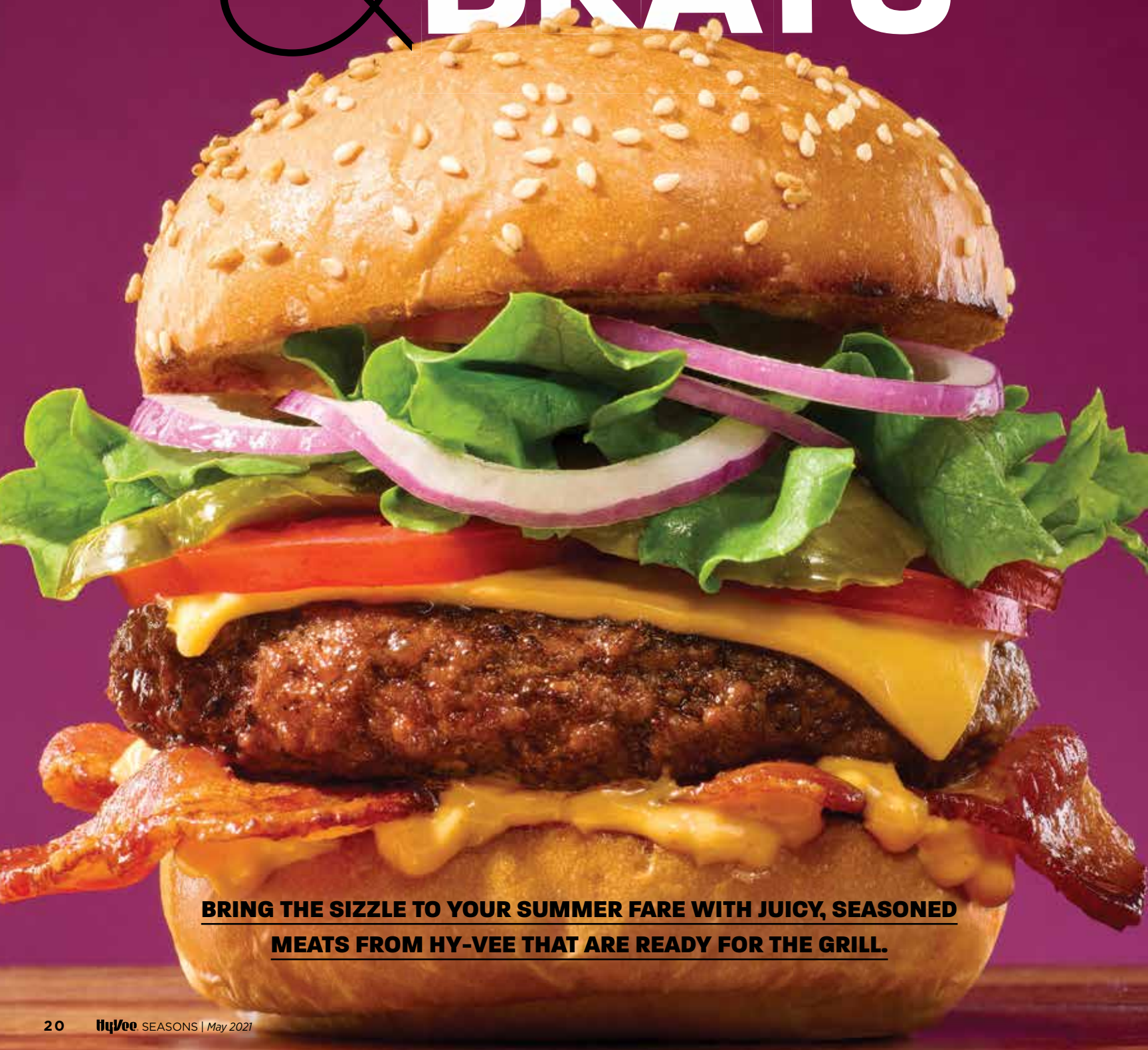
Grill chicken over medium-high heat 6 to 8 minutes per side or until cooked through, brushing with mustard mixture.



Visit [McCormick.com](http://McCormick.com) for more grilling recipes.



# BURGERS & BRATS



**BRING THE SIZZLE TO YOUR SUMMER FARE WITH JUICY, SEASONED MEATS FROM HY-VEE THAT ARE READY FOR THE GRILL.**



**BACON CHEDDAR**  
Bacon cheeseburgers just got even better with this gourmet beef burger.

**TURKEY BURGER**  
Skip the red meat for the night and grill up some tasty turkey burgers.

**COWBOY CHICKEN**  
With jalapeños, hot pepper cheese and bacon, this is not your ordinary chicken.

**CLASSIC SALMON**  
Looking for something a little lighter? A wild salmon burger is the answer.

**JALAPEÑO POPPER**  
Add a bit of heat to your grilling with these spicy beef burger patties.

**Find a Range of Delicious Burgers and Patties at Hy-Vee:**

**Gourmet Beef:**  
Bacon Cheddar, Burger Mignon, Jalapeño Popper

**Wahlburgers**

**Gourmet Brisket**

**Gourmet New York Strip**

**Pork Burgers**

**Cookies BBQ Seasoned Burger**

**Turkey Burger**

**Gourmet Chicken Grillers:**  
Cowboy, Cowgirl, Hawaiian, Bacon Cheddar

**Wild Salmon Burgers:**  
Classic, Fire-Roasted Chipotle

**TIME SAVER**  
Find these ready-to-cook grill options in the meat section at your local Hy-Vee. No thawing needed.

## GOURMET FLAVORS

**Hy-Vee's patty options include beef, turkey, salmon and chicken.**



# WE BRAT THE TOPPINGS

Paired with your favorite Hy-Vee brat flavors, these inventive and outside-the-box toppers are sure to impress.



**Alex Strauss**  
CHEF, WEST  
LAKES HY-VEE

“The key to brat toppings is balance. I like a balance of sweet, sharp and spicy garnishes.”

**Brats Available at Hy-Vee:**  
Chicken Brats  
Apple & Brown Sugar Maple  
Mild Italian  
Cheddar  
Chipotle Pepper Jack  
Jalapeño Pineapple

Wild Rice  
Hot Italian  
Bacon Cheddar: skinless, patty  
Pineapple: skinless, patty  
Beer: skinless, patty  
Jalapeño Cheddar: skinless, patty  
Original: skinless, patty  
Green Onion: skinless, patty



**LIMITED-TIME FLAVOR**  
Get the Goose Island 312 Lemonade Shandy brat while it lasts!

**MAC AND CHEESE**

Mac and cheese atop Hy-Vee's bacon Cheddar brat is an adult take on the childhood favorite pairing. Hickory House pulled pork and red onion up the ante.

**BLACKBERRY AND BRIE**

Mild Brie complements the tart sweetness of the blackberries on the Goose Island 312 Lemonade Shandy brat. Top it off with bread crumbs and fresh basil.

**MEXICAN STREET CORN**

Corn, mayonnaise, Cotija cheese, chili powder and fresh lime juice on top of Hy-Vee's jalapeño Cheddar brat makes for a creamy and spicy mouthful of flavors.

**BUFFALO AND BLUE CHEESE**

Buffalo sauce isn't just for chicken wings. Drizzle—or drench—your beer brat with Buffalo sauce, diced celery, sliced carrots and blue cheese crumbles.

**PINEAPPLE AND TERIYAKI**

Pile sweet pineapple and tri-color peppers on the fresh pineapple brat for loads of delicious summertime flavors. Top with teriyaki to add a tangy finish.

**GREEK-INSPIRED**

Mini cucumbers, feta cheese and kalamata olives bring Mediterranean vibes to the wild rice brat. Top with fresh dill for a special garnish.



Hy-Vee sources seafood from the United States' coasts to ensure the varying flavors and textures of each region can be enjoyed in the Midwest.

# COASTAL GRILL


**The East, West, Hawaiian and Gulf coasts each have signature seafood flavors and traditions.**

With help from Hy-Vee, all of these famous flavors are easy to recreate at home. "Our seafood team does a fantastic job of securing the best seafood in the world," says Hy-Vee Seafood Manager Dennis Frauenholz. Starting with high-quality fish and shellfish makes capturing the various coastal flavors easy.

"We get the best seafood so you get the best seafood," Frauenholz says. Top quality is also available for an affordable price, and experts behind the counter are ready to offer their advice to make buying and preparing seafood a success. For beginners, Frauenholz recommends starting with a simple recipe for a mild fish like halibut, and sautéing or grilling it to really let the fish's true flavors shine through. Depending where the fish came from, you'll taste the difference. The chilly waters of the northern East Coast

produce sweet shellfish and inspire famous dishes like the Maine lobster roll. Warmer waters in southern California are home to firm, meaty, medium-mild fish such as ahi tuna, often served with regional produce like avocado. Hawaiian waters host flaky mild fish like wahoo, which naturally are served with tropical local fruit. Finally, warm waters off the southern Gulf Coast produce delicious, slightly sweet shrimp great for a Cajun-spiced boil. Whichever the coast, there's a seafood for every taste.

**Edible Bowl**  
Learn tips for carving a pineapple serving platter.

**Hy-Vee seasons** 

Watch and learn at [HSTV.com](http://HSTV.com) today!

  
**FIND THIS FRESH, TROPICAL HAWAIIAN RECIPE ON PAGE 28.**



LOOK FOR THE "RESPONSIBLE CHOICE" LABEL ON ALL FISH AND SHELLFISH PRODUCTS AT HY-VEE. IT MEANS YOUR SEAFOOD WAS CAUGHT OR FARMED IN A SUSTAINABLE, SAFE WAY.

Leading Sustainability: Since 2017, 100 percent of Hy-Vee's fresh and frozen seafood and sushi has come from sources that protect the environment and ocean ecosystems.

SUSTAINABLE SEAFOOD IS RESPONSIBLY FISHED SO IT CAN REMAIN AVAILABLE IN THE FUTURE. THIS INCLUDES ALLOWING THE FISH POPULATION TO REPLENISH ITSELF AND NOT OVERFISHING THE AREA.





# Grilled Halibut Rolls

with Peppadew Herb Salsa

**Hands On** 25 minutes  
**Total Time** 35 minutes  
**Serves** 4

- 1 recipe Peppadew Herb Salsa
- ½ cup Hy-Vee roasted garlic mayo sandwich spread
- 3 tsp. fresh lemon juice
- ¼ plus ½ tsp. Hy-Vee paprika
- ¼ plus ½ tsp. Hy-Vee salt
- ¼ plus ½ tsp. Hy-Vee ground black pepper
- 4 (4-oz.) skinless halibut fillets, about ¾ inch thick
- 4 Hy-Vee Bakery white brat buns
- 4 butter lettuce leaves
- Lemon wedges, for serving

- 1. PREHEAT** a charcoal or gas grill for direct cooking over medium heat. Prepare Peppadew Herb Salsa; set aside.
- 2. STIR** together mayonnaise, lemon juice, paprika, salt and pepper in a small bowl. Reserve about ¼ cup of mixture; cover and refrigerate. Pat fish dry with paper towels; brush with remaining mayonnaise mixture.
- 3. GRILL** halibut on a greased grill screen 6 to 8 minutes, or until fish flakes easily with a fork (145°F). Remove from grill; cover with foil and set aside.
- 4. SLICE** the brat buns from the top, leaving the bottoms connected. Gently open the buns and grill cut-side down about 1 minute, or until toasted.

**5. FLAKE** halibut into large pieces. Spread grilled buns with reserved mayonnaise mixture. Line with lettuce leaves and fill with flaked halibut. Top with Peppadew Herb Salsa and serve with lemon wedges.

**Per serving:** 560 calories, 33 g fat, 4 g saturated fat, 0 g trans fat, 70 mg cholesterol, 1030 mg sodium, 39 g carbohydrates, 3 g fiber, 4 g sugar (3 g added sugar), 27 g protein. **Daily Values:** Vitamin D 25%, Calcium 15%, Iron 15%, Potassium 15%



## PEPPADEW HERB SALSA

Combine ¼ cup Gustare Vita olive oil, ½ cup chopped fresh parsley, 2 Tbsp. chopped fresh basil, 2 Tbsp. chopped mild Peppadew peppers, 2 Tbsp. chopped green onions, 2 Tbsp. chopped pitted Castelvetrano olives, 1 tsp. Hy-Vee stone-ground Dijon mustard, 1 tsp. refrigerated minced garlic and ½ tsp. Hy-Vee salt in a small bowl.



## fresh fish

DENNIS FRAUENHOLZ,  
SEAFOOD MANAGER,  
CORALVILLE, IOWA



Many new seafood customers have a fear of seafood, because it's expensive and they don't want to ruin it. But it's probably the easiest protein to cook, and you don't need to be a chef to cook it. Start out simple and grow your confidence. Find a recipe with five or less ingredients, and start with a mild fish like tilapia, flounder or halibut."



# Sesame Ahi Tuna Bowls

**Hands On** 25 minutes  
**Total Time** 30 minutes, plus marinating and resting time  
**Serves** 2

- ¼ cup Culinary Tours sesame teriyaki sauce
- 4 tsp. sesame oil



- 4 tsp. Hy-Vee less-sodium soy sauce
- 1 tsp. fresh grated ginger
- 1 (8-oz.) yellowfin ahi tuna steak
- 1 Tbsp. white sesame seeds
- 1 Tbsp. black sesame seeds
- 1 cup cooked Hy-Vee brown rice
- 1 carrot, peeled and cut into matchsticks
- ½ avocado, peeled, pitted and sliced into wedges
- ½ cup peeled, pitted and cubed fresh mango
- ½ cup thinly sliced cucumber
- ½ cup fresh arugula
- ¼ cup matchstick-cut radishes
- ¼ cup Hy-Vee wonton strips

**1. COMBINE** teriyaki sauce, sesame oil, soy sauce and ginger in a small bowl. Reserve half of marinade. Place tuna steak in a large resealable plastic bag; pour in remaining marinade. Seal bag; refrigerate 20 minutes.

**2. PREHEAT** a charcoal or gas grill with a greased grill rack for direct cooking over medium-high heat.

**3. COMBINE** white and black sesame seeds in a shallow dish. Remove tuna steak from bag and place in dish. Press sesame seeds into steak until coated.

**4. GRILL** tuna 3 to 5 minutes, or until desired doneness, turning once. Remove from grill; let rest 5 minutes.

**5. SLICE** tuna into ½-inch thick slices. Divide brown rice among two bowls. Top with tuna, carrot, avocado, mango, cucumber, arugula, radishes and wonton strips. Drizzle with reserved marinade.

**Per serving:** 590 calories, 25 g fat, 3.5 g saturated fat, 0 g trans fat, 45 mg cholesterol, 820 mg sodium, 61 g carbohydrates, 4 g fiber, 20 g sugar (12 g added sugar), 36 g protein. **Daily Values:** Vitamin D 0%, Calcium 8%, Iron 15%, Potassium 15%





# Hawaiian Salmon Pineapple Bowls

**Hands On** 25 minutes  
**Total Time** 35 minutes plus marinating time  
**Serves** 2

- 2 (4-oz.) Hy-Vee farm-raised Atlantic salmon fillets**
- ½ cup purchased Hawaiian marinade**
- 1 cup peeled, seeded and chopped mango**
- ¼ cup peeled, seeded and chopped avocado**
- 3 Tbsp. finely chopped red onion**
- 2 Tbsp. chopped cilantro**
- 1 Tbsp. fresh lime juice**

- ¾ tsp. Hy-Vee salt, divided**
- ⅛ tsp. Hy-Vee chili powder**
- 1 fresh pineapple**
- 1 cup canned Hy-Vee light coconut milk**
- ½ cup Hy-Vee long grain white rice, rinsed**
- ¼ cup water**
- ½ tsp. Hy-Vee crushed red pepper**

**1. PAT** salmon dry with paper towels, place in a large resealable plastic bag. Add Hawaiian marinade to bag, seal and refrigerate 4 hours.

**2. COMBINE** mango, avocado, red onion, cilantro, lime juice, ¼ tsp. salt and chili powder in a medium bowl; set aside.

**3. CUT** pineapple in half lengthwise. Use a sharp knife to cut into and around the edge, about ½ in. away from peel. Cut out core, discard. Cut the remaining pineapple into small squares. Use a spoon to scoop the pieces out.

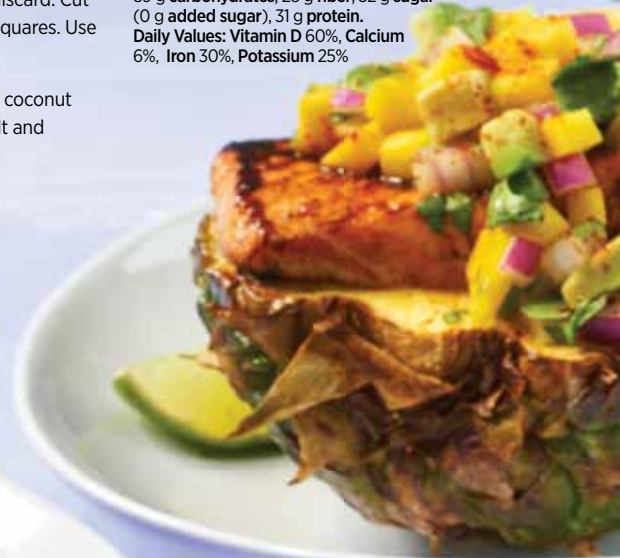
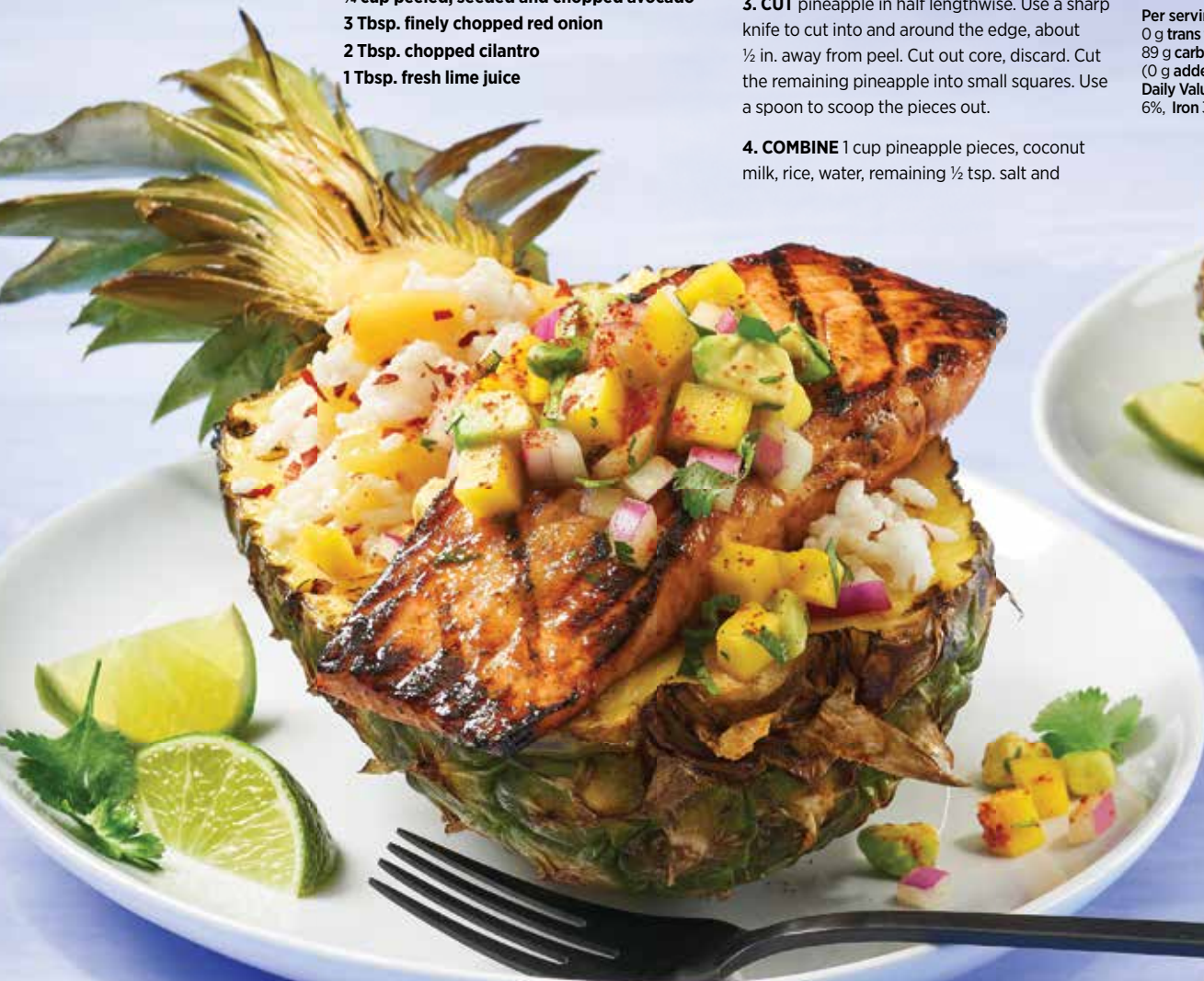
**4. COMBINE** 1 cup pineapple pieces, coconut milk, rice, water, remaining ½ tsp. salt and

crushed red pepper in a large measuring cup. Microwave for 5 minutes on HIGH. Reduce power to 50% and cook an additional 10 minutes. Let cool slightly then fluff with a fork.

**5. PREPARE** a gas or charcoal grill with greased grill rack for direct cooking over medium-high heat. Drain salmon; discard marinade. Grill salmon 4 to 6 minutes or until fish flakes easily with a fork (145°F), turning once halfway through.

**6. PLACE** pineapple halves on a serving platter. Divide rice mixture between pineapple halves and top each with a salmon fillet and salsa.

**Per serving:** 730 calories, 30 g fat, 11 g saturated fat, 0 g trans fat, 60 mg cholesterol, 1460 mg sodium, 89 g carbohydrates, 28 g fiber, 32 g sugar (0 g added sugar), 31 g protein.  
**Daily Values:** Vitamin D 60%, Calcium 6%, Iron 30%, Potassium 25%



**HY-VEE SOURCES SEAFOOD FROM THE LARGEST WILD SALMON HABITAT IN THE WORLD, BRISTOL BAY, ALASKA.**

## HOW TO CREATE A pineapple boat

THIS SIMPLE TECHNIQUE PUTS YOUR MEAL'S PRESENTATION OVER THE TOP.



**1.** Using a sharp chef's knife, carefully slice the pineapple in half lengthwise (remove the crown if desired).



**2.** Cut an oval into the fruit about ½ inch away from the peel. Slice along the fruit's center and remove.



**3.** Make horizontal cuts through the remaining fruit to create rough cubes or wedges, without slicing through peel.



**4.** Use a spoon to scoop out the fruit wedges. Repeat with other pineapple half to create two boats.

## CAJUN VEGGIE PACKS

Preheat gas or charcoal grill for direct cooking over medium heat. Combine 2 ears Hy-Vee mini corn on the cob, cut crosswise in 1-in. pieces; 1 cup multicolor baby potatoes, scrubbed and halved; ½ green bell pepper, seeded and sliced, and ¼ white onion, sliced in a large bowl. Combine 2 Tbsp. Hy-Vee salted butter, melted; 2 tsp. fresh lime juice; 1 garlic clove, minced, and ½ tsp. creole seasoning in a small bowl. Drizzle over vegetables. Season to taste with salt and black pepper. Divide vegetable mixture between two large pieces of foil, fold edges to seal. Grill for 25 to 30 minutes or until vegetables are tender. Serves 2.



# Cajun Shrimp Skewers

**Hands On** 45 minutes  
**Total Time** 54 minutes, including marinating time  
**Serves** 4

- 1 lb. large (16-to-20 ct.) tail on shrimp, fresh or frozen**
- ¾ cup lager beer**
- ¼ cup Gustare Vita olive oil**
- 4 tsp. fresh lime juice**
- 1 Tbsp. Hy-Vee honey**
- 2 cloves garlic, minced**
- 2 tsp. Old Bay Seasoning**
- 2 tsp. creole seasoning**
- ½ tsp. Hy-Vee salt**
- ½ tsp. Hy-Vee black pepper**
- Finely chopped Italian parsley, for garnish**

**1. THAW** shrimp if frozen. Peel and devein shrimp; pat dry with paper towels. Place in a large resealable plastic bag; set aside.

**2. COMBINE** lager, olive oil, lime juice, honey, garlic, Old Bay Seasoning, creole seasoning, salt and pepper in a medium bowl. Add half of marinade to shrimp; reserve remaining marinade. Seal bag and refrigerate for 30 minutes. Drain shrimp; discard marinade.

**3. PLACE** remaining marinade in a small saucepan. Cook over medium-low heat for 10 minutes or until reduced to ¼ cup.

**4. THREAD** shrimp onto 4 (8-in.) metal skewers. Prepare a gas or charcoal grill with greased grill rack for direct cooking over medium-high heat. Grill kabobs 6 to 8 minutes or until shrimp are opaque (145°F), turning once halfway through. Lightly brush reduced marinade over shrimp. Garnish with Italian parsley, if desired.

**Per serving:** 150 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 125 mg cholesterol, 1130 mg sodium, 6 g carbohydrates, 0 g fiber, 4 g sugar (4 g added sugar), 15 g protein. **Daily Values:** Vitamin D 0%, Calcium 8%, Iron 0%, Potassium 2%





Thai Flavors with  
Cashew Crunch.

delish!



CONSISTENTLY, *deliciously* FRESH.®

[freshexpress.com](http://freshexpress.com)

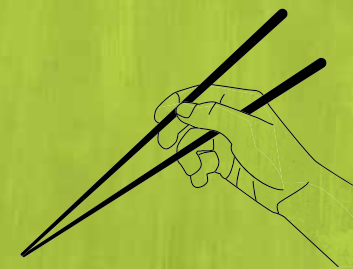


Fig. 1 — Try chopsticks.

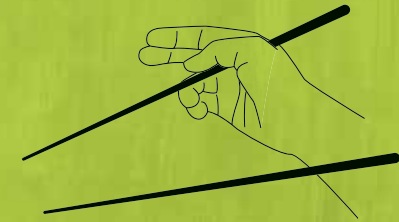


Fig. 2 — Drop chopsticks.



Fig. 3 — Try chopsticks again.

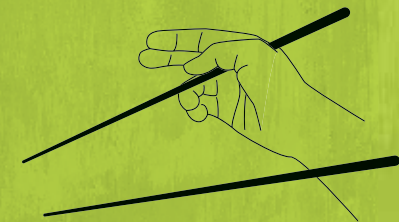


Fig. 4 — Drop chopsticks again.



Fig. 5 — Use hands.

Authentic taste. However you eat it.

N O R I  
S U S H I

EXCLUSIVELY AT **HyVee**

One of the nation's only retailers guaranteeing 100% sustainably-sourced sushi.



basics

HOW TO MARINATE

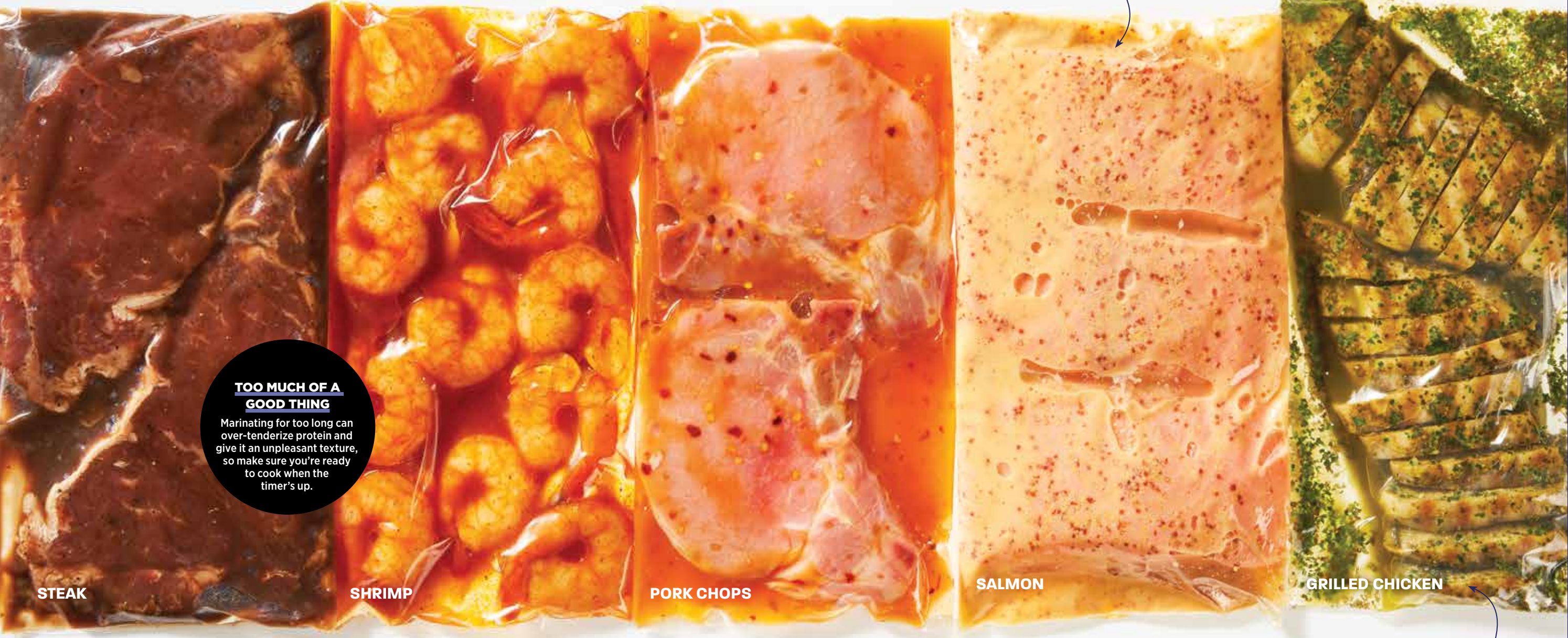
Let your meat, poultry and other foods safely soak up flavor. With Hy-Vee's selection of mouthwatering marinades, you barely have to lift a finger.



Find a wide variety of bottled marinades at Hy-Vee.

DISCARD MARINADE IMMEDIATELY AFTER USE. IT COULD CONTAIN BACTERIA, SO IT'S UNSAFE TO SERVE AS A SAUCE.

**TOO MUCH OF A GOOD THING**  
Marinating for too long can over-tenderize protein and give it an unpleasant texture, so make sure you're ready to cook when the timer's up.



STEAK

SHRIMP

PORK CHOPS

SALMON

GRILLED CHICKEN

MARINADE GUIDELINES

Fifteen minutes may be enough for some proteins to absorb flavor, but marinating for the proper amount of time is critical for the juiciest, most tender meat.

- Chicken Breast**  
1 to 12 hours
- Chicken thigh**  
1 to 24 hours
- Fish (fillet, steaks)**  
30 minutes to 1 hour
- Pork Chop and Loin**  
1 to 4 hours
- Shrimp**  
15 to 30 minutes
- Steak (thick cut)**  
4 to 6 hours
- Steak (thin cut)**  
4 to 6 hours
- Tofu**  
30 minutes to 1 hour

TOOLS YOU'LL NEED

- Tongs**  
Use to handle raw meat.  
*Try:* Oxo Softworks 12-inch Tongs
- Plastic Bag**  
To soak meat in marinade.  
*Try:* Simply Done Gallon Freezer Bags
- Bowl**  
Mix marinade or soak meat.  
*Try:* Good Cook Touch 5-qt. Bowl

**NO TIME TO MARINATE? TRY REVERSE MARINATING. REMOVE THE COOKED MEAT FROM HEAT, SLICE AND LET SOAK IN MARINADE FOR UP TO 15 MINUTES, THEN REHEAT IF NEEDED.**



**STEP 1: MIX INGREDIENTS**  
Pour prepared marinade directly into bag or bowl.



**STEP 2: ADD MEAT**  
to bag or bowl with tongs. If using bag, seal and gently toss to coat. If using bowl, flip meat with tongs to evenly coat; cover with lid or plastic wrap.



**STEP 3: REFRIGERATE**  
in bag or bowl on a sheet pan to prevent spills. Flip bag or stir meat halfway through marinating time.



**STEP 4: PAT MEAT DRY**  
with a paper towel just before cooking; this will help give a better sear. Add extra seasoning as desired.



Colorful berries from Hy-Vee add sweet and tart notes to any dish. Savor these juicy gems every day—morning, noon and night.

# berry

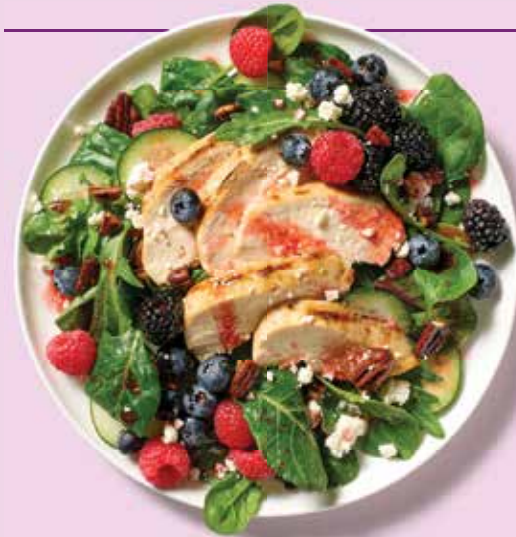
# good

10 WAYS TO USE FRESH BERRIES



## 1 Raspberry Ricotta Toasts

Preheat oven to 425°F. Brush 8 slices Hy-Vee Bakery marble rye bread with 2 Tbsp. Gustare Vita olive oil. Place bread slices on top of a wire cooling rack on a rimmed baking sheet. Bake 12 minutes, flipping slices halfway through, or until lightly browned; let cool. Combine 1 cup Hy-Vee whole milk ricotta cheese, 4 tsp. Hy-Vee honey, ½ tsp. dried Hy-Vee thyme leaves and ¼ tsp. Hy-Vee salt in a medium bowl. Beat with an electric mixer on medium until combined and fluffy. Spread ricotta mixture on cooled bread slices. Top each with 2 Tbsp. raspberries and 2 tsp. toasted and chopped pistachios. Drizzle with additional honey, if desired. Makes 8.



## 2 Triple-Berry Chicken Salad

Divide 4 cups spring mix among four large dinner plates. Top with 2 boneless skinless chicken breasts, grilled and sliced; ½ cup blueberries; ½ cup blackberries; ½ cup raspberries and ½ cup sliced cucumbers. Sprinkle with ¼ cup caramelized pecans and ½ cup crumbled feta cheese (about 2 oz.). Drizzle with Hy-Vee raspberry vinaigrette dressing, if desired. Serves 4.



## 3 strawberry basil lemonade

Combine 2½ cup water, ½ cup Hy-Vee granulated sugar, 1 cup halved strawberries, ¼ cup lightly packed basil and 1 cup fresh lemon juice in a blender. Cover and blend until combined and smooth. Strain, if desired. Serve in ice-filled glasses and garnish each with a strawberry, lemon wedge and fresh basil. Serves 2 (10 oz. each).

A PIGMENT CALLED ANTHOCYANINS GIVES BLUEBERRIES THEIR COLOR.

## 4 blueberry-goat cheese flatbreads

Preheat oven to 425°F. Place 2 naan flatbreads on a baking sheet. Bake for 3 to 4 minutes or until lightly browned. Remove from oven and spread with ¼ cup purchased bourbon bacon jam. Top with 2 oz. goat cheese and 1 cup blueberries. Bake 10 minutes or until cheese is melted. Meanwhile, toss 1 cup arugula with 1 tsp. Gustare Vita olive oil, ¼ tsp. Hy-Vee salt and ½ tsp. Hy-Vee black pepper. Top flatbreads with arugula mixture and sprinkle with shaved Parmesan, if desired. Serves 4.



Source: [wishfarms.com/berry-facts/#blueberry-facts-content](https://wishfarms.com/berry-facts/#blueberry-facts-content)





## 5 strawberry acai bowls

Combine 2 cups Hy-Vee Short Cuts strawberries, 1 (3.5-oz.) pkg. frozen unsweetened acai, thawed; ½ banana, sliced and frozen; 1 Tbsp. chopped fresh mint and 1 Tbsp. Hy-Vee honey in a blender. Cover and blend until smooth. Pour mixture into 2 (8-oz.) serving bowls. Top with desired toppers, such as sliced bananas, chia seeds, sliced strawberries, coconut flakes, sliced almonds and chopped mango. Serves 2.



## 6 Blueberry, Lemon and Thyme Cake

Preheat oven to 375°F. Spray an 8×4×2½-in. loaf pan with Hy-Vee non-stick cooking spray. Prepare 1 (16.5-oz.) pkg. Hy-Vee lemon cake mix according to pkg. directions, except reduce water to ½ cup and do not beat. Toss 1 cup fresh blueberries with 1 Tbsp. Hy-Vee all-purpose flour. Stir berries and 2 Tbsp. chopped fresh thyme into cake batter. Pour mixture into prepared pan, bake for 50 to 55 minutes or until a toothpick inserted comes out clean; let cool. Combine 1 cup Hy-Vee powdered sugar and 2 Tbsp. fresh lemon juice in a medium bowl. Spread mixture over top of cooled cake. Garnish with additional blueberries, fresh thyme and lemon zest, if desired.

AMERICANS EAT BETWEEN 3 AND 4 POUNDS OF FRESH STRAWBERRIES EVERY YEAR (PLUS ALMOST 2 MORE POUNDS FROZEN!)

## BERRY PICKING

CHOOSE YOUR RECIPE'S BERRY BASED ON FLAVOR AND TEXTURE.



### BLUEBERRIES

The fruity flavor of blueberries works to "lighten" the taste of meat and cheese dishes while still remaining a compatible flavor pairing for already light dishes such as salads and snacks.



### BLACKBERRIES

Blackberries have a slightly sour flavor, so recipes often include added sugars to accommodate the taste. Be mindful of your sugar intake when cooking with extra sweeteners.



### RASPBERRIES

Washing fresh raspberries can cause them to be mushy, or even fall apart. Just dip them in cold water to rinse so they'll maintain their shape, whether using in a recipe or eating fresh.



### STRAWBERRIES

To get children on board with a berry recipe, strawberries are the way to go. More than 50 percent of 7- to 9-year-olds consider strawberries their favorite fruit.



## 7 Mini Berry Tarts

Combine ¾ cup cheesecake no-bake-filling, ¼ cup Hy-Vee frozen whipped topping, thawed and 1 tsp. fresh lime zest in a small bowl. Spoon mixture into 15 mini baked phyllo shells. Top with ¼ cup raspberries and ¼ cup blueberries. Garnish with additional lime zest, if desired. Makes 15.



## 8 Berry Compound Butter

Beat 1½ cups softened Hy-Vee salted butter and 2 Tbsp. Hy-Vee powdered sugar with an electric mixer on medium until light and fluffy. Beat in 2 Tbsp. blueberries, 2 Tbsp. blackberries, 2 tsp. finely chopped fresh rosemary and ½ tsp. fresh lemon zest. Shape butter mixture into a log on plastic wrap. Wrap tightly. Refrigerate at least 2 hours or until firm. Cut into slices and serve as desired. Serves 24.



## 9 Berry Balsamic Steak Sauce

Combine 1 cup blueberries, ½ cup blackberries, ¼ cup Gustare Vita balsamic vinegar, 2 tsp. finely chopped fresh rosemary, ¼ tsp. Hy-Vee Dijon mustard and ½ tsp. Hy-Vee black pepper in a small saucepan. Cook over medium-low heat for 10 minutes or until mixture reduces to ¾ cup; let cool. Makes ¾ cup.

## blackberry, prosciutto and sage grilled cheese

Arrange 1½ oz. Culinary Tours prosciutto dry cured ham and 2 Tbsp. fresh sage leaves in a medium frying pan. Cook over medium heat until prosciutto is crisp; drain on paper towels. Spread 4 (½-in.-thick) slices Hy-Vee Bakery sourdough bread with ¼ cup Hy-Vee apricot preserves. Layer 1 (8-oz.) pkg. fontina cheese, sliced; 1 cup blackberries, halved; prosciutto and sage on two of the prepared bread slices. Top each with a remaining prepared bread slice. Melt 1 Tbsp. Hy-Vee unsalted butter in a medium skillet over medium heat. Place one sandwich in skillet and cook 2 to 3 minutes. Flip sandwich, cook an additional 2 to 3 minutes or until golden brown and cheese is melted. Remove sandwich from skillet and keep warm. Repeat with additional 1 Tbsp. butter and sandwich. Serves 2.



BLACKBERRY BUSHES ARE THORNY BECAUSE THEY BELONG TO THE ROSE FAMILY. THE FIRST THORNLESS BLACKBERRY BUSH WASN'T GROWN UNTIL 1993.





**TOGETHER  
TASTES  
BETTER™**



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**101**

# MUSHROOMS

Sauté, stuff, stir-fry—there are countless ways to add healthy, umami mushrooms to your plate.

**R**ich, meaty mushrooms have a slightly earthy flavor and delicate texture. They shine as a pizza topping, simmered in savory soups and sauces, and added fresh to salads. Mushrooms are cholesterol-free and low in calories and fat. They're full of nutrients, including B vitamins, which help release energy from food.

**BUY** Mushrooms should have a smooth, firm texture, and an earthy scent. Do not purchase those that look shriveled, wet or dried out, or that smell musty.

**STORE** Keep fresh mushrooms in the refrigerator (unwashed) in their original packaging or a loosely closed paper bag. Use within one week. Store dried mushrooms at room temperature.

**PREP** Wipe mushrooms clean with a damp paper towel just before using. Do not wash or soak fresh mushrooms in water until just before consuming. (They soak up water like a sponge, diluting their flavor in recipes.)



**KNOW YOUR MUSHROOMS**  
Find many delicious varieties at Hy-Vee.

**1 Portabella**  
With a meaty flavor and caps up to 6 inches across, portabellas can be stuffed, grilled or roasted.

**2 Baby Bella**  
Also called cremini mushrooms, baby bellas are brown, firm and have deeper flavor than button mushrooms.

**3 Shiitake**  
Loved for their strong, earthy flavor, spot shiitake mushrooms by their broad, umbrella-shape caps.

**4 Dried**  
With their concentrated flavor, varieties of dried mushrooms work well in risotto, soups and sauces.

**5 Button**  
The same species as baby bellas, button mushrooms are versatile and have small, smooth white caps and mild flavor.

Sources: [hsph.harvard.edu/nutritionsource/food-features/mushrooms](https://hsph.harvard.edu/nutritionsource/food-features/mushrooms)  
[ncbi.nlm.nih.gov/pmc/articles/PMC4320875](https://ncbi.nlm.nih.gov/pmc/articles/PMC4320875)  
[hsph.harvard.edu/nutritionsource/vitamins/vitamin-b/](https://hsph.harvard.edu/nutritionsource/vitamins/vitamin-b/)



# Grilled Mushroom Skewers

**Hands On** 20 minutes  
**Total Time** 40 minutes,  
including marinating  
**Serves** 4

- 1 lb. whole baby bella mushrooms
- ¼ cup Hy-Vee salted butter, melted
- 2 Tbsp. Hy-Vee Hickory House classic steak sauce
- 2 tsp. malt vinegar
- 2 tsp. chopped fresh thyme, plus additional for garnish
- 1 tsp. garlic paste
- 1 tsp. packed Hy-Vee light brown sugar

**1. SOAK** eight wooden skewers in water for 30 minutes. Wipe mushrooms clean with a damp paper towel. Trim the ends of the stems and slice in half; set aside.

**2. COMBINE** butter, steak sauce, vinegar, thyme, garlic paste and brown sugar in a bowl. Reserve half of marinade. Toss mushrooms with remaining marinade. Cover and refrigerate 20 minutes.

**3. PREHEAT** a charcoal or gas grill for direct cooking over medium-high heat. Thread five to six mushroom halves per skewer. Microwave reserved marinade about 10 seconds to melt butter. Grill 8 to 10 minutes, turning once, brushing with reserved marinade every few minutes. Garnish with additional chopped fresh thyme, if desired.

**Per serving:** 150 calories, 12 g fat, 7 g saturated fat, 0 g trans fat, 30 mg cholesterol, 280 mg sodium, 7 g carbohydrates, 0 g fiber, 3 g sugar (2 g added sugar), 4 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 0%, Iron 6%, Potassium 10%



## pro tip: STAY LOOSE

“There’s so much water that’s drawn out of a mushroom that you want to make sure you don’t overload your pan or your grill top. You can still load up your skewer, but keep it loose and don’t pack them on there too tightly.”

—Mark Webster  
Certified Retail Chef  
Hy-Vee, Lee’s Summit, Missouri



To make the marinade gluten-free, substitute apple cider vinegar for the malt vinegar.

NEW

# STARBUCKS® PREMIUM INSTANT COFFEE



## STIR IT UP

TRY THE SMOOTH  
& DELICIOUS TASTE  
THAT’S STIRRING  
UP INSTANT COFFEE

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MUY  
RAPIDO!

CREATE A  
FULL-ON  
MEXICAN FEAST IN  
UNDER 30 MINUTES.  
MAKE SPEEDY TOSTADAS,  
SUPER-FAST FAJITAS OR SET  
UP AN EXTRAVAGANT  
FIESTA OF FLAVORS.



## Chicken Tostadas

with Avocado-  
Lime Ranch

**Hands On** 15 minutes  
**Total Time** 17 minutes  
**Serves** 4 (2 tostadas each)

**1 recipe** Avocado-Lime Ranch  
**8 crunchy** corn tostadas  
**1 cup** Hy-Vee spicy refried beans  
**1½ cups** shredded Hy-Vee  
rotisserie chicken  
**1 cup** shredded Chihuahua cheese  
or Hy-Vee shredded mild  
Cheddar cheese  
**1 cup** shredded red cabbage  
**1 cup** Hy-Vee pico de gallo  
**Lime wedges**, for serving

**1. PREHEAT** broiler on HIGH. Prepare Avocado-Lime Ranch; set aside.

**2. SPREAD** tostadas with refried beans. Top with chicken and sprinkle with cheese. Broil 1 to 2 minutes or until cheese is melted. Top with cabbage and pico de gallo. Drizzle with Avocado-Lime Ranch and serve with lime wedges.

**Avocado-Lime Ranch:** Combine ½ cup Hy-Vee light sour cream; ½ cup pitted, peeled and cubed avocado; ¼ cup water; ¼ cup packed cilantro leaves; 4 tsp. Hy-Vee ranch dressing mix; and 1 Tbsp. lime juice in a food processor or blender until smooth.

**Per serving:** 590 calories, 37 g fat, 13 g saturated fat, 0 g trans fat, 65 mg cholesterol, 1550 mg sodium, 120 g carbohydrates, 4 g fiber, 8 g sugar (0 g added sugar), 26 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 20%, Iron 10%, Potassium 15%

**TOPPING TIP**  
After making the Avocado-Lime Ranch, save the extra avocado. Slice and use as a fresh topper with the pico de gallo and cabbage.



## RIPE AND READY

Ripen avocados by placing them in a paper bag for a few days. The bag will trap the ethylene gas the fruit releases, which helps them soften quicker.

# Street Corn-Style Guacamole

**Total Time** 10 minutes  
**Serves** 15 (2 Tbsp. each)

**¼ cup drained Hy-Vee**  
**Select super sweet**  
**white & gold corn**

**5 Tbsp. chopped fresh**  
**cilantro, divided**  
**2 Tbsp. crumbled Cotija**  
**cheese**  
**¼ tsp. smoked paprika**  
**2 ripe avocados, peeled**  
**and pitted**  
**¼ cup finely chopped**  
**red onion**  
**2 Tbsp. fresh lime juice**  
**1 Tbsp. seeded and finely**  
**chopped jalapeño**  
**pepper\***

**½ tsp. garlic salt**  
**½ tsp. Hy-Vee ground**  
**black pepper**

**1. STIR** together corn, 1 Tbsp. cilantro, Cotija cheese and smoked paprika in a small bowl; set aside.

**2. MASH** avocados, onion, remaining 4 Tbsp. cilantro, lime juice, jalapeño, garlic salt and black pepper in a bowl with a fork until combined. Top with

corn mixture. Garnish with cilantro.

**\*Note:** Chile peppers contain volatile oils that can burn skin and eyes. When working with chile peppers, wear protective gloves.

**Per serving:** 50 calories, 4.5 g fat, 0.5 g saturated fat, 0 g trans fat, 0mg cholesterol, 90 mg sodium, 4 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 1 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 4%

FOR A CHUNKIER GUACAMOLE, USE A FORK TO MASH THE AVOCADO.

# Sirloin Steak & Chicken Fajitas

**Hands On** 15 minutes  
**Total Time** 40 minutes  
**Serves** 8

**2 Tbsp. Hy-Vee vegetable oil**  
**4 tsp. Hy-Vee garlic powder**  
**2 tsp. Tajín seasoning**  
**1 tsp. Hy-Vee ground cumin**  
**1 tsp. chipotle chili powder**  
**1 tsp. Hy-Vee oregano leaves**  
**1 (1- to 1¼-lb.) boneless sirloin steak,**  
**about ¾ inch thick**  
**1 lb. Hy-Vee True boneless skinless**  
**chicken breasts, sliced into**  
**¼-in. strips**  
**1 cup Hy-Vee Short Cuts bell**  
**pepper strips**  
**½ yellow onion, sliced**  
**2 portobella mushroom caps,**  
**sliced into ¼-in. strips**  
**Cilantro leaves, for garnish**  
**Hy-Vee fajita-size flour tortillas,**  
**for serving**  
**Lime wedges, for serving**

**1. PLACE** an oven rack in the bottom third of the oven and another in the middle. Preheat oven to 400°F.

**2. COMBINE** vegetable oil, garlic powder, Tajín, cumin, chipotle chili powder and oregano in a small bowl; set aside.

**3. PLACE** steak on a rimmed baking pan; pat dry with a paper towel. Rub all sides of steak with 2 tsp. seasoning mixture; set aside. Place chicken breasts, pepper strips, onion and mushrooms on a separate rimmed baking pan. Drizzle with remaining seasoning mixture; toss until coated. Spread into an even layer.

**4. PLACE** the chicken and vegetables pan on the middle rack and the steak pan on the lower rack, staggering pans to allow air flow. Bake steak, chicken and veggie mixture 15 to 20 minutes or until steak is medium (140°F), and chicken is cooked through (165°F). Allow steak to rest 5 minutes.

**5. THINLY** slice steak. Toss with chicken and vegetables. Garnish with cilantro leaves. Serve with flour tortillas and lime wedges.

**Per serving:** 220 calories, 11 g fat, 3.5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 240 mg sodium, 3 g carbohydrates, 5 g fiber, 1 g sugar (0 g added sugar), 25 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 6%

WARM UP FLOUR TORTILLAS WHILE FAJITAS ARE BAKING. WRAP IN ALUMINUM FOIL AND ADD TO THE OVEN DURING THE LAST 5 MINUTES OF COOKING.



# FIESTA OF FLAVORS

A SPREAD OF TORTILLAS, TOPPINGS AND PROTEINS LETS EVERYONE MAKE THEIR MEAL JUST HOW THEY WANT.

## Easy Taco Meat

- Hands On**  
5 minutes  
**Total Time**  
15 minutes  
**Serves** 4
- 2½ tsp. That's Smart!  
minced onion  
2 tsp. Hy-Vee chili powder  
1 tsp. Hy-Vee garlic powder  
1 tsp. Hy-Vee ground cumin  
¾ tsp. packed Hy-Vee light brown sugar  
½ tsp. Hy-Vee oregano leaves  
1 lb. 85% lean ground beef  
½ cup Hy-Vee medium taco sauce  
½ cup Hy-Vee no-salt-added beef broth

- 1. COMBINE** minced onion, chili powder, garlic powder, cumin, brown sugar and oregano in a small bowl; set aside.
- 2. BROWN** beef in a large skillet over medium to medium-high heat; drain and discard drippings.
- 3. STIR** in seasoning mixture. Add taco sauce and beef broth; bring to a simmer over medium-low heat. Cook 3 minutes or until slightly thickened.

Per serving: 270 calories, 17 g fat, 6 g saturated fat, 1 g trans fat, 75 mg cholesterol, 250 mg sodium, 4 g carbohydrates, 9 g fiber, 2 g sugar (2 g added sugar), 22 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 15%, Potassium 8%

FLOUR TORTILLA SHELLS ARE STURDIER THAN CORN TORTILLAS WHEN WARM.

## OVER THE TOP

Use ready-to-eat ingredients from Hy-Vee to build your buffet.

- TORTILLA**
- Hard and soft taco shells
  - Burrito wraps
- PROTEIN**
- Ground beef
  - Shredded rotisserie chicken
  - Cooked chorizo

- CHEESE**
- Shredded Hy-Vee Mexican blend cheese
  - Cotija cheese

- VEGGIES**
- Hy-Vee Short Cuts tri-pepper blend
  - Hy-Vee Short Cuts red onion
  - Hy-Vee Short Cuts sweet corn
  - Hy-Vee shredded lettuce
  - Sliced jalapeños

- EXTRAS**
- Hy-Vee chunky salsa
  - Hy-Vee picante sauce
  - Sour cream
  - Rice
  - Refried beans
  - Cilantro

## Easy Mexican Rice

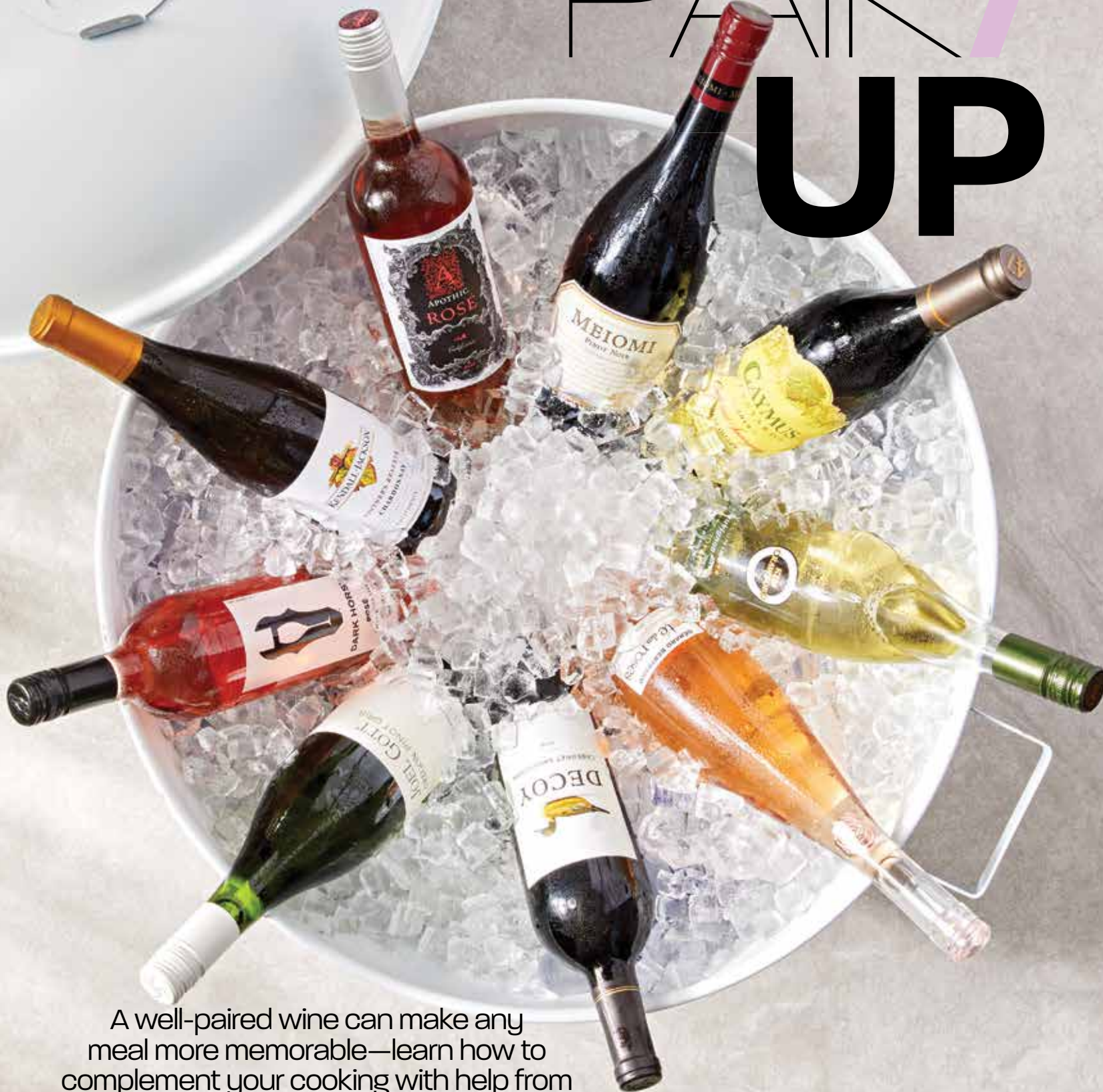
Melt 1 Tbsp. Hy-Vee unsalted butter in a large saucepan over medium heat. Sauté ½ cup chopped yellow onion 3 minutes. Add 1 cup Hy-Vee long grain white rice; sauté 2 minutes, stirring frequently. Stir in 1½ cups Hy-Vee 33% less-sodium chicken broth, 1 (10-oz.) can Hy-Vee diced tomatoes and green chiles with lime and cilantro, 1 tsp. Hy-Vee ground cumin, 1 tsp. Hy-Vee garlic powder, 1 tsp. Hy-Vee onion powder and ½ tsp. Hy-Vee salt; bring to a boil. Reduce heat to low, cover and cook 20 minutes, or until liquid is absorbed and rice is tender. Remove from heat. Stir in ½ cup thawed Hy-Vee frozen sweet peas. Fluff rice with a fork before serving. Serves 6.

## Easy Refried Beans

Melt 1 Tbsp. Hy-Vee unsalted butter in a large saucepan over medium heat. Sauté ½ cup chopped yellow onion 5 minutes, or until translucent. Stir in 1 (15-oz.) can Hy-Vee pinto beans, drained and rinsed; 1 (15.5-oz.) can Hy-Vee light red kidney beans, drained and rinsed; 1 cup Hy-Vee 33% less-sodium chicken broth; 2 Tbsp. finely chopped canned chipotle chile peppers in adobo sauce; 1 tsp. Hy-Vee garlic powder; 1 tsp. Hy-Vee onion powder; and ¼ tsp. Hy-Vee ground cumin. Bring to a boil. Reduce heat to medium-low, cover and cook 5 minutes, or until beans are heated through. Remove from heat and mash with a potato masher until smooth. Stir in ½ cup Hy-Vee shredded Mexican cheese. Sprinkle with an additional ½ cup shredded Mexican cheese. Serves 6.



# PAIR UP



A well-paired wine can make any meal more memorable—learn how to complement your cooking with help from the wine & spirits experts at Hy-Vee.

## REDS

**WHICH STYLE OF RED WINE?** Lighter bodied red wines like Pinot Noir tend to be lower in tannin (chemical compounds that affect mouthfeel) and are prized as sipping wines but can also work well with lighter fare like turkey or pork. Medium bodied reds, such as Malbec and Merlot, are extremely versatile and will match a variety of foods. Fuller bodied reds, like Cabernet Sauvignon and Syrah, can be bold and rich and pair well with beef or lamb.



Josh Cellars Cabernet Sauvignon  
**Try With:** smoked meats, hard cheeses



Decoy Cabernet Sauvignon  
**Try With:** steak, bold cheeses



Caymus Napa Cabernet Sauvignon  
**Try With:** steak, lamb, roasts



Meiomi Pinot Noir  
**Try With:** brats, pork chops



## GRILLED FOOD PAIRINGS

Hy-Vee Sommelier Blair Zachariasen recommends serving these styles of wine with grilled foods:



**Shiraz from South Australia / Zinfandel from**

**Sonoma, California:** "I like both of these styles of wine for their full body, bold, juicy black fruit notes and peppery finish. The ripe fruit contrasts the char of the grill nicely. Perfect for burgers, but not too bold to pair with brats or barbecue-sauced chicken."



**Malbec from Mendoza, Argentina / Merlot from Napa**

**Valley, California:** "I like these two wines for steaks or lamb on the grill. They are both rich red blends that are hearty enough to stand up to bold grilled red meats but are moderate in tannin so they are still easy to sip with a velvety finish."



**BLAIR ZACHARIASEN**  
CERTIFIED SOMMELIER  
HY-VEE, DES MOINES, IOWA



# WHITES

## WHICH STYLE OF WHITE WINE?

White wines can be light, crisp and dry, like Sauvignon Blanc or Pinot Grigio, perfect for seafood and salads. Fuller bodied whites, like Viognier and Chardonnay, are great for pairing with poultry and pork. Sweeter wines, like most Rieslings and Moscato d'Asti, work well with fruity desserts like grilled peaches.



Joel Gott Pinot Gris  
**Try With:** poultry, shrimp, salads



Kim Crawford Sauvignon Blanc Marlborough  
**Try With:** grilled fish, veggies, salad



Kendall-Jackson Vintner's Reserve Chardonnay  
**Try With:** chicken, turkey, salmon



Rombauer Carneros Chardonnay  
**Try With:** chicken, lobster, cream sauces



## GRILLED FOOD PAIRINGS

Hy-Vee Sommelier Blair Zachariasen recommends:



**Chardonnay from Northern California** has balanced notes of oak and a buttery finish. It blends well with smoky grilled chicken and veggies like squash and zucchini.



**Sauvignon Blanc from Marlborough, New Zealand** offers citrusy notes and a crisp finish that complements lighter fare such as grilled fish, and green veggies like asparagus.



**Gruner Veltiner from Austria** stands up to the strong character of grilled foods like fish, poultry and pork.



**Chenin Blanc from South Africa** has just the right amount of fruit to contrast char and smoke, and it pairs well with poultry and pork.

# ROSÉS

## WHICH STYLE OF ROSÉ WINE?

Rosé wines can be sweet or dry, still or sparkling. The most popular are light, dry styles, like those found from Provence in southern France. Tavel rosé is also a drier style but fuller bodied and a great match for slightly bolder food pairings. Sweeter styles like White Zinfandel or Pink Moscato appeal to the sweet tooth.

## GRILLED FOOD PAIRINGS

Hy-Vee Sommelier Blair Zachariasen recommends:



**Rosé from Provence, France.** A light, crisp and refreshing style of wine to pair with seafood, veggies, poultry and pork.



**Rosato from Tuscany, Italy.** Fuller bodied than French rosé, bold enough to work with leaner cuts of beef and grilled mushrooms.



**Vinho Verde Rosé from Portugal.** Similar fruit notes to other rosé wines, as well as a bit of effervescence to cleanse the palette. It is great with salmon and tuna, and would be just as nice with grilled chicken wings.



Apothic Rosé  
**Try With:** tuna, salmon, poultry



Gérard Bertrand Côte des Roses Rosé  
**Try With:** fresh cheeses, salads, seafood



# MAKE YOUR PARTY PUNCH PERFECT



## Perfect Party Punch

### 1. In a large punch bowl, combine:

- |                                  |   |
|----------------------------------|---|
| 24 oz. 7UP®                      | 32 oz. Hawaiian Punch® Fruit Juicy Red® |
| ¼ cup ReaLemon® 100% Lemon Juice | 16 oz. Canada Dry® Club Soda            |
| 12 oz. orange juice              | 1 pint raspberry sorbet                 |

### 2. Garnish with fresh raspberries (if desired) and enjoy!

7UP and Canada Dry Contain no Juice.  
Hawaiian Punch Contains 5% Juice.  
ReaLemon contains 100% Juice.  
7UP, CANADA DRY, HAWAIIAN PUNCH, FRUIT JUICY RED and PUNCHY Character are trademarks of Dr Pepper/Seven Up, Inc. ©2021 Dr Pepper/Seven Up, Inc. REALEMON is a registered trademark of Beverages Delaware, Inc. ©2021 Mott's LLP MB-858071

# S'MORE SEASON



STOCK UP ON THE ESSENTIALS!



# EASY AS

MAKE AMAZING  
3-INGREDIENT  
DISHS WITH  
HELP FROM  
HY-VEE, PLUS  
A FEW PANTRY  
STAPLES IN  
20 MINUTES OR  
LESS! GRAB A  
PLATE AND CUE  
THE APPLAUSE.

## 1, 2, 3...super quick **BREAKFAST**



+



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**SAUSAGE-HASHBROWN SKILLET** Heat 1 (18-oz.) pkg. frozen diced potatoes with sausage, bell peppers and onions in a 9-in. cast-iron skillet over medium heat until warm, stirring occasionally. Spread mixture evenly in skillet. Combine 6 Hy-Vee large eggs, beaten, and ½ cup Hy-Vee shredded Cheddar cheese; pour over potato mixture. Cook, uncovered, over medium heat 3 to 5 minutes or until eggs are set (155°F). Top with an additional ½ cup cheese. Cook, covered, 2 minutes or until cheese is melted. Serves 6.



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**CREAMY GREEN SMOOTHIES**  
Combine 1 cup frozen diced avocados, 1 cut-up banana and 2 cups Hy-Vee unsweetened vanilla almond milk in a blender. Cover and blend until smooth. Serves 4 (8 oz. each).



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**BREAKFAST COOKIES**  
Stir together 1¼ cups Hy-Vee quick-cooking rolled oats, 1 cup pureed bananas and ½ cup Hy-Vee milk chocolate baking chips until well combined. Using a 2-Tbsp. cookie scoop, drop dough 1 in. apart on a parchment-lined cookie sheet; flatten to ¾ in. high. Bake at 350°F for 12 to 14 minutes or until edges begin to lightly brown. Cool cookies on cookie sheet for 1 minute; transfer to a wire rack and cool completely. Serves 16 (1 cookie each).







# 1, 2, 3...super quick **LUNCH**



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**EASY SPICY CHILI**  
Combine 1 (16-oz.) container Hy-Vee Kitchen brickhouse chili and 1 (14.5-oz.) can undrained Hy-Vee diced tomatoes with green chilies in a small saucepan. Heat until warm. Ladle into serving bowls; top with ¼ cup Hy-Vee shredded triple-Cheddar cheese blend. Serves 3 (⅔ cup each).

## Leftovers?

TOP HY-VEE BRATS AND BURGERS WITH THIS DELICIOUS CHILI TO FILL OUT ANOTHER EASY WEEKNIGHT MEAL.



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**GREEK HUMMUS WRAP** Evenly spread ¼ cup Hy-Vee olive tapenade hummus in a strip just below the center of the tortilla. Top with ½ cup cucumbers, cut into sticks. Fold bottom edge up and over filling; fold in one side and roll up. Serves 1.



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**SRIRACHA RAMEN BOWLS** Bring 4 cups of water to a boil in a large saucepan. Add noodles from 2 (3-oz.) pkg. Sriracha chicken-flavor ramen noodle soups; cook 2 minutes. Stir in included seasoning. Add 1 cup Hy-Vee frozen mixed vegetables; cook 1 minute. Crack 1 Hy-Vee large egg into a cup. Slip egg into noodle mixture; repeat with 1 more egg. Cover; remove from heat. Let stand 5 minutes or until egg whites are completely set. Divide mixture into bowls. Serves 2.



try  
this

Swap in different frozen vegetables, or use other ramen soup flavors for quick (but still-yummy) changeups to this tasty noodle dish.





# 1, 2, 3...super quick DINNER



**PIZZA-STUFFED CHICKEN BREASTS** Pat 2 (10-oz.) Hy-Vee True boneless skinless chicken breasts dry. Cut each breast diagonally in half. Sear chicken in 1½ Tbsp. Gustare Vita olive oil 3 to 4 minutes or until lightly golden, turning halfway through. Drain on paper towels. Cut 3 slits in the top of each chicken piece, cutting to, but not through, the bottom. Cut each slice of pepperoni and cheese from 1 (2.76-oz.) Hillshire refrigerated snacking small plate pepperoni kit into 4 pieces. Tuck 2 pieces each of pepperoni and cheese into each slit. Spread 1 cup Gustare Vita pizza sauce in the bottom of an 11x8-in. baking dish. Place chicken breasts on top. Cover with foil. Bake at 375°F for 25 to 30 minutes or until chicken is 165°F. Sprinkle with finely crushed toasted rounds from kit. Serves 4.

## smart tips for rapid recipes

- Tear up a week's worth of lettuce for all your salads and store in lettuce containers.
- Purchase Hy-Vee Short Cuts fresh fruits and vegetables to save on chopping, peeling and slicing time when you prep your meals.
- Double your recipes and freeze extra portions. (Last week's main dish soup can be tonight's tasty side soup.)
- Use a larger pot or pan to spread out your ingredients so they'll cook faster.
- Choose ingredients based on cook time. (Fish is faster than steak; skirt steak and thin pork chops are faster than thick cuts of meat.)



## smart swap

Add even more fiber to this tender pepper dish with extra beans.



**VEGGIE-STUFFED PEPPERS** Cut 2 bell peppers lengthwise in half; discard seeds and membranes. Sprinkle insides of peppers with Hy-Vee salt. Place, cut sides up, in an 11x8-in. baking dish; add ½ cup water to dish. Cover tightly with foil. Bake at 375°F for 20 to 25 minutes or until peppers are tender. Meanwhile, heat 2 (10.25-oz.) pkg. Hy-Vee frozen Cajun style protein blend according to pkg. directions. Transfer to a bowl; stir in ¾ cup Hy-Vee finely shredded chipotle Cheddar cheese; set aside. Drain water from baking dish and peppers. Spoon Cajun mixture into pepper halves. Sprinkle an additional ¼ cup cheese on tops. Bake, uncovered, for 5 minutes or until heated through. Serves 4.



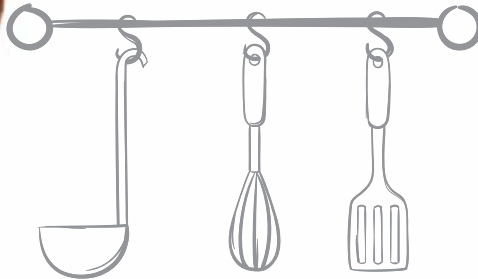
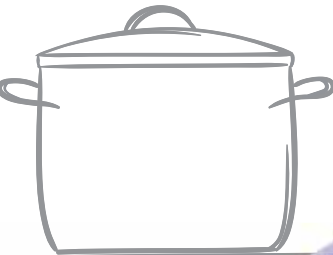
## COUNTRY STEAK SALAD

Pat 1 (8-oz.) 1-in.-thick Hy-Vee Choice Reserve boneless top sirloin steak dry with paper towels. Rub each side with ½ tsp. Gustare Vita olive oil; season with Hy-Vee coarse-ground salt and black pepper. Heat a medium cast-iron skillet over medium-high heat. Add steak; cook 8 to 10 minutes or until medium-rare (130°F). Transfer to a cutting board; let rest 10 minutes. Meanwhile, toss salad greens from 1 (10.25) pkg. country ranch salad kit with ½ cup cherry tomatoes, sliced; spoon onto 2 serving plates. Cut steak across the grain into slices; arrange with salad. Top with salad dressing and toppings from kit. Serves 2.





COOKING WITH KIDS  
IS A TERRIFIC WAY TO  
HELP THEM SAFELY  
DEVELOP LIFE SKILLS.  
MAKE LEARNING  
FUN WITH THESE  
EASY RECIPES  
AND GROCERY  
SHOPPING GAMES!



# KIDS in the KITCHEN



Who said you can't have an octopus for dinner?  
Here's a fun pizza that children of any age can help  
create, whether it's shaping dough, spreading sauce,  
sprinkling cheese or adding toppings.

**Twisted Octopus  
Pizza**  
See how little hands can  
help create a wow-factor  
dish for the whole family.



Watch and learn  
at [HSTV.com](http://HSTV.com) today!

LET  
THEM  
HELP

TRY THESE  
GUIDELINES FROM  
THE ACADEMY OF  
NUTRITION AND  
DIETETICS AND  
THE NATIONAL  
INSTITUTES  
OF HEALTH:

### AGES 4-5

- Wash fruits and vegetables
- Tear lettuce and salad greens
- Mix ingredients
- "Paint" oil with pastry brush
- Spread butter
- Use cookie cutters

### AGES 6-7

- Measure ingredients
- Dry greens with lettuce spinner
- Cut herbs with blunt kitchen scissors
- Crack eggs into bowl
- Peel vegetables and fruits with hand-held peeler

### AGES 8-9

- Gather ingredients for recipe
- Use can opener
- Grease pans
- Beat eggs
- Use food thermometer

### AGES 10-12

- Follow simple recipes
- Stir mixtures on stovetop
- Chop vegetables
- Use microwave
- Boil pasta
- Bake food in oven



### Twisted Octopus Pizza

Thaw 1 (16-oz.) pkg. Hy-Vee traditional pizza dough overnight in refrigerator. Preheat oven to 425°F. Line a baking sheet with parchment paper. Spray parchment with Hy-Vee nonstick cooking spray; set aside. Cut 2 (1-oz.) Hy-Vee string cheese sticks into 8 lengthwise strips. Shape one-third of pizza dough into an oval for the octopus head; place on prepared baking sheet. Cut 8 (1-in.) strips of various lengths from remaining dough for tentacles; wrap dough strips around cheese strips; pinch the edges to seal. Attach strips to octopus head. Bake 5 minutes. Spread ¼ cup Hy-Vee pizza sauce on the head; sprinkle with ½ cup Hy-Vee shredded mozzarella cheese. Add yellow bell pepper slices and Hy-Vee black olives for eyes and a red bell pepper strip for mouth. Brush 2 Tbsp. pizza sauce on the tentacles; lightly sprinkle with ¼ cup shredded mozzarella cheese. Top with 3 Tbsp. mini pepperoni slices. Bake 10 to 15 minutes more or until cheese begins to brown. Serves 4.

Q: How many tickles does it take  
to make an octopus laugh?  
A: Ten-tickles

Sources (for all pages): [www.nhlbi.nih.gov/health/educational/wecan/downloads/cookwithchildren.pdf](http://www.nhlbi.nih.gov/health/educational/wecan/downloads/cookwithchildren.pdf)  
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# RECIPES kids can MAKE

**Adults:** Be ready to lend a helping hand when your child uses knives, the stove, the oven and other appliances.



## AGES 6-7

- Spray foil
- Measure, mix and stir ingredients
- Press mixture
- Sprinkle jimmies
- Cut into servings

### No-Bake Cereal Bars

Line a 9×9×2-in. pan with foil. Spray foil with Hy-Vee nonstick cooking spray; set aside. Measure 3½ cups each Hy-Vee One Step cocoa crunchies and Hy-Vee One Step honey graham crunch cereal, ¾ cup Hy-Vee peanut butter chips and ½ cup miniature M&M's in a large bowl; set aside. Melt 6 Tbsp. Hy-Vee salted butter in a large saucepan over medium heat. Stir in 1 (10-oz.) pkg. Hy-Vee marshmallows until melted. Then stir in ½ cup Hy-Vee hazelnut creamy spread with skim milk and 1 tsp. Hy-Vee vanilla extract. Remove from heat. Add cereal and candy mixture; immediately press into prepared pan. Sprinkle Over the Top jimmies on top. Cool, then lift bars out of pan and cut into pieces. Serves 9 (1 each).

**TASTE MAKERS**  
As kids become familiar with ingredients, they may begin suggesting new flavors for family recipes!



## AGES 8-9

- Prepare pan
- Gather, combine and mix ingredients
- Beat egg
- Form mixture into balls
- Brush on sauce

### Turkey Meatballs with Creamy Chili Sauce

Preheat oven to 350°F. Spray a 24-cup mini muffin pan with Hy-Vee nonstick cooking spray. Combine ½ cup Hy-Vee Thai sweet chili sauce, 2 Tbsp. Hy-Vee mayonnaise and 1 Tbsp. fresh lime juice for dipping sauce; cover and refrigerate. Combine 1 lb. ground turkey, 1 lightly beaten Hy-Vee large egg, ½ cup Hy-Vee panko bread crumbs, 1 shredded small carrot, 1 shredded small apple, 1 tsp. onion salt and ½ tsp. Hy-Vee garlic powder in a bowl. Form mixture into 1-in. balls and place in prepared pan. Bake 10 minutes. Brush with 2 Tbsp. sweet chili sauce. Bake 10 to 15 minutes more or until done (165°F). Serve with dipping sauce. Serves 5.



**SNEAK IT IN:** When kids are not interested in trying a food, show them they can get nutrition without the flavor they don't like. Add mushrooms to meatballs or pureed pumpkin to their mac & cheese.



## AGES 4-5

- Hold bag open
- Squeeze ingredients in bag
- Knead dough
- Place dough in pans
- Rub butter on loaves

### Bread in a Bag Mini Loaves

Add 1 cup Hy-Vee all-purpose flour, 3 Tbsp. Hy-Vee granulated sugar and 1 (.25-oz.) pkg. rapid rise yeast to a 1-gal. resealable plastic bag. Add 1 cup lukewarm (105°F to 110°F) Hy-Vee fat-free milk. Seal bag and squeeze with hands to combine ingredients. Let rest for 10 minutes. Open bag; add 1 cup Hy-Vee whole wheat flour, 3 Tbsp. Hy-Vee canola oil and 1 tsp. Hy-Vee salt. Seal bag and combine ingredients. Add 1 cup all-purpose flour; seal bag and combine. Remove dough from bag to a lightly floured surface. Knead 5 to 10 minutes or until smooth, adding additional flour, if needed. Divide dough in half; place in 2 greased foil mini loaf pans (5¾×3¼×1¾ in.). Cover; let rise in warm place 1 hour or until double. Bake at 375°F for 25 minutes or until golden brown. Rub butter on top of hot loaves. Remove from tins; cool completely on a wire rack. Serves 10 (1 slice each).

Follow along with our Hy-Vee dietitians for Kid-Friendly Family Meals, Snack Attack, Edible Education and Hydration Station with Hy-Vee KidsFit at Home!

[hy-veekidsfit.com/kidsfit-in-the-kitchen](http://hy-veekidsfit.com/kidsfit-in-the-kitchen)

## AGES 10-12

- Cook and drain pasta
- Measure and combine ingredients
- Seed and chop tomato
- Fill taco

### Spaghetti Tacos

Break 2½ oz. dry Hy-Vee spaghetti in half. Cook according to pkg. directions; drain. Combine 1 (12-oz.) pkg. fully cooked taco-seasoned beef crumbles and 1¼ cups Hy-Vee traditional pasta sauce in a microwave-safe bowl. Cover and cook on HIGH 2 minutes or until heated through. Stir in 1 seeded and chopped medium tomato and spaghetti. Serve in 12 hard Hy-Vee taco shells with desired amounts of Hy-Vee finely shredded Mexican cheese and Hy-Vee sour cream. Garnish with chopped fresh cilantro, if desired. Serves 6 (2 tacos each).



## GROCERY GAMES

**MAKE SHOPPING A FUN ADVENTURE FOR KIDS OF ALL AGES. HERE ARE ACTIVITIES EVEN ADULTS CAN ENJOY.**

### KIDS CAN

- 1. HELP MAKE SHOPPING LISTS.** Use pictures for younger children.
- 2. DECIDE ON A MEAL AND SCAVENGER HUNT FOR INGREDIENTS.**

- 3. CHOOSE A FOOD OR DISH THEY HAVEN'T TRIED AND MAKE IT TOGETHER.**

- 4. PLAY "I SPY" AT ANY AGE.** "I spy a yellow fruit" or "I spy a vegetable that begins with the letter P."

- 5. HELP BAG GROCERIES.**

### 6. GROCERY SHOP FOR COLORS

**Red:** apples, berries

**Orange:** peaches, oranges, carrots

**Yellow:** bananas, lemons

**Green:** avocado, lettuce, beans

**Blue/Purple:** grapes, blueberries





**SMOOTH.  
VELVETY.  
DELICIOUS.**

**NITRO COLD BREW**



# life

**Presents for  
mom, products  
for pets,  
backyard  
getaways for  
you and  
much more.**

**66** LIKE CATS & DOGS:  
HY-VEE POURS ON  
THE LOVE FOR  
YOUR PETS

**72** EASY BREEZY

**80** GRILL POWER

**84** GRADUATION: LAST-  
MINUTE PLANNER

**88** GIFTS FOR MOM

**94** BLOOMS:  
FRESH COLOR



# LIKE CATS & DOGS:

HY-VEE POURS ON THE LOVE FOR YOUR PETS

PETS ARE A PART OF YOUR FAMILY, AND HY-VEE OFFERS THE FOOD, TOYS AND HEALTH-BASED PRODUCTS YOU'LL NEED TO KEEP YOUR FURRY FAMILY MEMBERS FIT AND HAPPY.



Pets provide endless friendship and love, but they also can help keep you healthy.

More than two-thirds of American households have a pet, and interactions with them can lower your levels of cortisol (stress hormone) and boost oxytocin (feel-good hormone). Taking care of a pet requires you to remain active, either by going on walks or playing with them. Some additional health benefits for you include decreased blood pressure, cholesterol levels, triglyceride levels and feelings of loneliness, as well as increased opportunities for exercise and socialization.



## CARE AND FEEDING OF DOGS

A dog's diet should be mostly meat-based, but supplemented with grains, fruits and vegetables to provide all the needed nutrients. Look for dog foods that contain high-quality versions of those ingredients to keep your dog healthy at every life stage.

### PUPPY

These growing dogs need special food with added nutrients, and they should be fed multiple times per day. Start training and rewarding with treats like Milk-Bone Macro Snacks or Pup-peroni Beef Flavor Snacks.

### ADULT

No matter the puppy dog eyes you might get, adult dogs only need to be fed twice a day. Choose Rachael Ray Nutrish, Kibbles 'n Bits or Nature's Recipe to provide all the nutrients your dog needs.

### SENIOR

Dog metabolisms slows as they age. Less fat and fewer calories may be beneficial, but protein is especially important for older dogs. Canine Carry Outs Bacon treats may be a good reward.



THE J.M. SMUCKER Co.

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## BE THE BEST PET PARENT

Carefully consider all that it takes to welcome a furry family member.

- 1 DO YOUR HOMEWORK.** YOUNG ANIMALS MIGHT NOT BE FOR YOU IF YOU AREN'T HOME A LOT OR ARE WORRIED ABOUT YOUR FURNITURE.
- 2 PET PROOF YOUR HOME.** Look for things that might be a danger to a pet and protect your keepsakes by removing them from areas your pet has access to.
- 3 CHOOSE A GOOD VETERINARIAN.** It's as important as picking your own doctor; research to make sure the vet is a good fit for both your pet and you.
- 4 MAKE YOUR HOME THEIR HOME AS WELL.** Keep their water bowls full, make sure they have access to toys and provide them a comfy sleeping spot.
- 5 GIVE THEM THE PROPER PREVENTIVE MEDICATION, LIKE VACCINATIONS AND FLEA AND HEARTWORM TREATMENTS.**
- 6 I.D. YOUR PET.** In addition to a collar tag or digital tag, microchip your dog or cat. If the tag falls off, a vet or shelter will be able to find where your pet belongs.
- 7 KEEP YOUR PET ACTIVE—PHYSICALLY AND MENTALLY.** This can be taking your dog for walks or using toys or lasers to play with your cat.
- 8 ENSURE THEY HAVE PROPER NUTRITION.** Pets' food needs change throughout their lives; feed them the best food for their particular life stage.
- 9 PRACTICE PROPER HYGIENE.** THIS INCLUDES REGULAR BATHING FOR DOGS, CLEANING OF WATER AND FOOD BOWLS AND TRIMMING NAILS.
- 10 LOVE THEM.** Pets are an important part of your family and should be loved accordingly. Hug them, kiss them and talk to them like any other family member.





CATS ARE FINICKY, AND THAT HOLDS TRUE FOR WHERE THEY EAT. FEED THEM AWAY FROM THE LITTER BOX AND HIGH-TRAFFIC, NOISY AREAS. CLEAN FOOD DISHES ALSO WILL ENCOURAGE THEM TO EAT.

## CARE AND FEEDING OF CATS

Cats are carnivores, but they can use nutrients from plants as well. Feeding them two or three different kinds of food, including dry and wet along with the occasional treat, will help keep them healthy. Try Rachael Ray Nutrish, Meow Mix or 9Lives to keep your cat's diet varied and interesting to them.



## PET Favorites!

1. MEOW MIX TASTY LAYERS GRAVY-COATED MIX
2. RACHAEL RAY SOUP BONES WITH BONE BROTH
3. PAWS HAPPY LIFE PLASTIC DOUBLE DINNER DISH
4. PAWS HAPPY LIFE ROPE TOY

5. MILK-BONE MEDIUM BISCUITS
6. PAWS PREMIUM NYLON LEASH
7. PAWS HAPPY LIFE DENTAL CARE BONE
8. PAWS HAPPY LIFE CRINKLE CAT BALLS

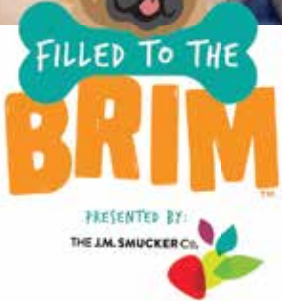
9. PAWS HAPPY LIFE COW PLUSH TOY
10. PAWS HAPPY LIFE SPIKED RUBBER BALL
11. MILK-BONE GNAW BONE DOG TREATS

12. MILK-BONE BRUSHING CHEWS
13. PAWS HAPPY LIFE LOOFA DOG TOY
14. SNAUSAGES IN A BLANKET DOG SNACKS

15. MILO'S KITCHEN CHICKEN MEATBALLS HOMESTYLE DOG TREATS
16. MEOW MIX TASTY LAYERS SWIRLED PÂTÉ
17. 9LIVES MEATY PATÉ



SCAN THE QR CODE to shop pet toys, treats and food.



## LIGHTS, CAMERA, BARK

Meet Brim, a 175-lb. English Mastiff, the star of HSTV's *Filled to the Brim*. He has a nose for new things, so you'll enjoy watching his antics.

### DOGGY DETAILS

**Breed:** English Mastiff  
**Name:** Brim, short for Sir Wilford Brimley  
**Namesake:** Actor, Wilford Brimley  
**Personality Quirks:** unimpressed, fun police, party leg, gentle giant, expert level napper, veggie lover

“I hope *Filled to the Brim* inspires other people to just enjoy their pets. I think the pandemic has shed even more light on how special it is to have a loving animal in our homes.”

—MELISSA OLSON, BRIM'S MOM AND CO-HOST



To catch Brim's latest antics, tune in to *Filled to the Brim* on HSTV.com

Watch and learn at HSTV.com today!





# LOVE AT FIRST BITE

With a variety of natural foods and treats, your cat's sure to love all things BLUE.



BLUE

## Tastefuls™

*BLUE Healthy Gourmet™ is now  
BLUE Tastefuls – better tasting  
and healthy as ever.*

**TRY IT TODAY!**

# Choose FOREST FRIENDLY†



**†Your favorite brands are  
responsibly sourced.**



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# EASY BREEZY

CREATE A RELAXING RETREAT IN YOUR OWN BACKYARD WITH OUTDOOR FURNITURE FROM HY-VEE. CHOOSE PIECES THAT MATCH YOUR STYLE, AND SOAK IN THE SUNNY DAYS.

Make outdoor meals a regular event. Steel chairs with easy-clean mesh fabric surround the circular 39-inch steel table with space for an umbrella.

Clear View 5 Piece Dining Set  
Table 39.37"L x 39.37"W x 28"H; chair 25.98"L x 23.22"W x 35"H

## \* BEAT-THE-HEAT SEAT

• Hy-Vee's woven furniture helps you catch a breeze on hot summer days. It's lightweight and easy to move so you can set it in the sun or move it under shade.

• For shade, consider creating a seating area under trees or putting up an umbrella to cool off with a drink after working in your garden or mowing the lawn.

Woven wicker makes this plush, 55-inch-tall egg chair look light and airy, but it camouflages a sturdy steel frame.

Wicker "Egg Design" Chair  
38.5"L x 30"W x 55"H



## ✿ AL FRESCO DINING

- Hy-Vee seating brings people together. Set up an intimate outdoor dining space for two, or choose a table with enough space for family and friends.
- Plan the space to suit your lifestyle; if you love late-night meals, include lanterns for extra light. If you're a daytime diner, opt for a set with space for an umbrella.

Keep family home for brunch with this comfy, steel-woven wicker dining set. The central gathering place is a square 42×42-inch dining table with an easy-clean glass top.

**Key Largo 5 Piece Dining Set**  
 Table 42"L×42"W×29"H;  
 Chairs 25"L×22.5"W  
 ×33.5"H



SPACE SAVERS: THERE'S LITTLE RISK OF DAMAGING OTHER FURNITURE BECAUSE THESE HAMMOCKS HAVE A SMALL RANGE OF MOTION.

Sit, sip and relax away the day in these foldable 75-inch-tall hammock chairs with durable steel frames and comfy polyester cushions.

**Seychelles "Egg Design" Hammock**  
 43"L×37.8"W  
 ×75"H





STYLISH  
AND  
STRONG:  
THE RUST-  
RESISTANT  
STEEL  
FRAME IS  
TOUGH, AND  
THE SEATING  
IS COMFY  
AND  
MODERN.

The relaxing never ends with plush 4-inch-thick cushions, fade-resistant decorative pillows and inlaid glass-top coffee table always ready for drinks and conversation.

**Napa 6 Piece  
Chat Set**  
*Loveseat*

57.8"L x 28"W x 29"H;  
2 *armless side chairs*  
28"L x 25.5"W x 28"H;  
2 *ottomans*  
19.5"L x 19.5"W x 13"H;  
*glass-top coffee table*  
43"L x 23.5"W x 14.5"H

## \*OUTDOOR LOUNGING

- With Hy-Vee furniture sets, you can create your own patio living room. Outdoor sofas and chairs provide plenty of seating for everyone to gather.
- Sheer outdoor curtains hung at the edge of the patio space make the area even more private and provide cover from the sun.
- Make memories in your outdoor space by setting up Mom's favorite drinks and snacks on the coffee table to host Mother's Day in the fresh air.



BRING LIFE TO THE PATIO BY PLACING LUSH, VIBRANT PLANTS AVAILABLE AT HY-VEE IN A FEW STURDY PLANTERS.

Hy-Vee is overflowing with gorgeous flowering and foliage plants. Talk to a member of the Hy-Vee Floral Department or garden center for help creating an eye-catching arrangement for your planter.

## SEAT WARMER

Warm up nights on the patio and gather around this 32x32-inch square table with a built-in gas fire pit.

Catskill Conversation Set with Gas Fire Pit

Firepit  
32"L x 32"W x 24.5"H;  
Chairs  
27.5"D x 23.85"W x 34.5"H

- Fire pits can provide gorgeous landscape focal points for your yard even when not in use. Fire pit tables add even more opportunities to socialize.

- Year-round delights, in summer, fire pits can be the main attraction, lighting the yard for guests and keeping bugs away. In winter, snuggle up and enjoy the warmth.



# GRILL POWER

WONDERING  
WHETHER YOU  
SHOULD BUY A  
GRILL OR SMOKER?  
HERE ARE  
THE PROS AND  
CONS OF EACH SO  
YOU CAN MAKE  
THE BEST BUYING  
DECISION.

## Spirit S-315

This 3-burner grill makes entertaining easy with almost 3 square feet of main grilling space, plus durable easy-to-clean cast-iron grates.

## GAS GRILLS

User-friendly gas grills operate simply by turning a knob to your desired temperature. Wait a few minutes and you're ready to start cooking. This ease of operation is a reason they are popular among cooks. Hy-Vee carries a range of gas grills to make it simple for you to find the right style, size and even color to ensure your next barbecue season is a raving success. Find your perfect grill-match!



### 1. Weber Spirit E-210 2-Burner Gas Grill

This grill from Weber is designed for small spaces. Use it on your patio or balcony for top-notch grilling. The left side table folds down when you need to save more space.

### 2. Char-Broil Performance 4-Burner Gas Grill

A 4-burner grill is ideal for larger families or those who love to entertain. With 475 square inches of primary cooking space, you'll be able to feed everyone at once.

### 3. Weber Spirit E-310 3-Burner Gas Grill

Keep all your food, tools and seasonings close by with convenient serving trays and side tables. You'll add depth to your grilling with the porcelain-enamel flavorizer bars.

### 4. Weber Portable Traveler Grill

Great grilling can happen anywhere with a portable gas grill. Take it camping or tailgating and bring it on road trips. Don't sacrifice delicious homemade food while traveling.

### 5. Weber Spirit II E-310 3-Burner Gas Grill

Plenty of grilling area, convenient side tables and reversible porcelain enamel cast-iron cooking grates that give excellent sear marks make cooking almost effortless on this grill.

### 6. Weber Spirit II E-210 2-Burner Gas Grill

The stainless-steel burners and powerful grilling system ensure even cooking, while the lid-mounted temperature gauge will help you monitor the heat inside.

## PROS

Gas grills are easy to light and you'll be able to start your grilling in about 10 minutes, much less time than it takes to prepare and light a charcoal grill. You don't have to dispose of coals like with charcoal grills. The simplicity of operating gas grills is a big advantage for most.

## CONS

Gas does not impart great smoky flavor, so if that traditional taste is important to you, a gas grill may not be the best choice. Gas grills also can be more expensive than charcoal ones, so don't be surprised if you see a higher price tag that comes with easy grilling.

**Get smoky flavor with your gas grill.** Use a smoke packet on your gas grill to get the effect of a smoker easily.



### HOW TO MAKE ONE

To make a smoke bomb, fill an aluminum pouch or disposable aluminum pan with wood chips or pellets and place directly on the grill with your food. Then, poke a few small holes in the top to let out smoke and you're ready to go.

### BRING ON BOLD FLAVORS

Marinades and seasoning rubs enhance flavors whether you grill in a smoker or on a charcoal or gas grill. Find a sauce or rub for every taste at Hy-Vee.



# SMOKERS & CHARCOAL GRILLS

Charcoal grills and smokers are often less expensive than gas grills and weigh less because there is no gas tank. This can make them more suitable for transport. Hy-Vee offers several charcoal grills to help make mealtime delicious. Explore the three types of charcoal grills (kettle, the most traditional style; barrel, which are often smokers; and kamado, also called ceramic grills), and choose the best one for your family.

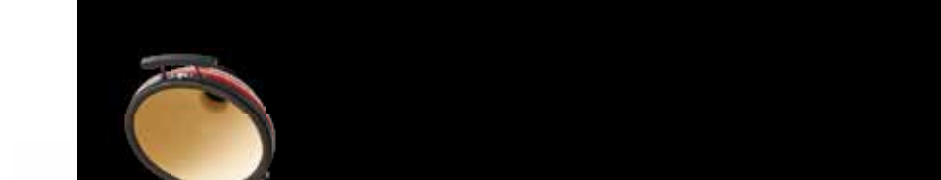
## Weber Master-Touch 22" Charcoal Grill

Get the traditional charcoal grill look, with high-performance features like a plated steel warming rack, heavy-gauge steel charcoal grate and settings for smoking.



**PROS** The big advantage of charcoal grills and smokers is the intense flavors they bring to the food you grill. They're for traditional grillers, and for those who enjoy grilling as a hobby. Many charcoal grills can also easily be fueled by wood chips for versatile grilling and added flavor.

**CONS** Charcoal grills and smokers are not as straightforward to use compared with the knob start of a gas grill. Instead, charcoal must be heated with a chimney starter or lighter fluid before grilling can begin. Charcoal grills and smokers have a different cleaning process due to the coals, and temperature is harder to regulate.



## Kamado Joe Classic II Red

These ceramic smokers are popular—and it's easy to see why with an adjustable 18-inch cooking surface and guaranteed top-notch smoky flavors.



## Green Mountain Davy Crockett WiFi Enabled

This grill holds several racks of ribs or up to six steaks, making it suitable for families, campers and tailgaters. Easily manage smoke and temperature with the WiFi controller.



## Traeger Pro Series 34"

This barrel-design pellet grill is not only a smoker, but it has the versatility to barbecue, bake, roast and braise. Plus, it has the capacity to cook a lot of food at once.



## Weber 22" Original Kettle Premium

This one is a true classic when you think "charcoal grill." Get all the backyard grilling flavors—and look—of the original kettle design with a few useful upgrades.



## Masterbuilt Gravity Series 560

Reach high levels of heat for grilling and searing in minutes with this charcoal grill and smoker. Plus, cooking temperatures are maintained with a digitally controlled fan.



## Traeger Pro Series 22"

Advanced technology ensures more precise temperature performance, while an extra grill rack provides space to get all your barbecuing done faster. The stylish bronze color is a bonus.

## TOP WOODS FOR BBQ

THE TYPE OF WOOD YOU USE TO SMOKE CAN ALTER AND ENHANCE THE FLAVORS OF YOUR FOOD. FIND WHICH ONE IS RIGHT FOR YOUR GRILLING.



**APPLE:** Commonly used for bacon, apple wood adds a mildly sweet and smoky flavor to foods.



**CHERRY:** Expect bold and earthy flavor when you use cherry wood for grilling.



**MAPLE:** Achieve a light and smoky flavor when you use this type of wood on your grill.



**HICKORY:** Use hickory wood for larger cuts of ribs, pork shoulders and red meat for robust flavor.



**MESQUITE:** Often used for Texas-style BBQ, mesquite lends a unique, strong and intense flavor.



**PECAN:** Give your food a sweet and nutty flavor that suits chicken, turkey and ham well.



## GEAR UP

Now that you have picked out your ideal grill, you need the tools to get the grilling done. Gear up with these grilling essentials you can find at Hy-Vee.







**QUICKLY PULL TOGETHER A GRADUATION PARTY WITH HY-VEE CATERING. THE CHOICES ARE ENDLESS, THE EFFORT IS NOT.**

**IT'S NEVER TOO LATE TO PLAN A PARTY. EVEN IF YOU'VE LEFT THE PLANNING UNTIL THE 11TH HOUR, HY-VEE IS HERE TO HELP YOU SPEED THROUGH YOUR CHECKLIST**

**OF MUST-HAVES: FOOD, CAKE, DRINKS, FLOWERS AND DECORATIONS. ONE SIMPLE CALL OR IN-STORE VISIT WITH THE CATERING DEPARTMENT MAKES THE PARTY HAPPEN.**

## GRAB 'N' GO

HY-VEE CAN HELP YOU CHECK EVERYTHING OFF YOUR PARTY TO-DO LIST.



### 1 FOOD

**FOOD IS A GIVEN AT ANY PARTY, AND HY-VEE HAS APPETIZERS AND FINGER FOODS FOR ANY TASTE.**



#### READY, SET, GO!

Choose from a range of premade platters including fruit, vegetable, charcuterie and dessert platters. For even more choices, order from Hy-Vee Catering.



### 2 CAKE

**IT'S NOT A PARTY WITHOUT A CAKE, WHICH IS WHY HY-VEE BAKES THEM SPECIALLY FOR THE OCCASION.**

**HAVE YOUR CAKE**  
Order a personalized graduation cake from the Hy-Vee Bakery. Cakes are available in various sizes, flavors and frostings.



### 3 DRINK

**QUENCH THE MIGHTIEST THIRST WITH A FULL COMPLEMENT OF NON-ALCOHOLIC BEVERAGES.**



#### WET THE WHISTLE

Mix up punch, iced tea and lemonade in dispensers from Hy-Vee. Or set out cans of soda and bottled water in an ice-filled bin.



### 4 FLORAL

**ADD A JOYFUL TOUCH WITH FLOWERS. THE SENTIMENTAL MAY EVEN DRY A BLOOM AS A KEEPSAKE.**

**MAKE IT MEMORABLE...**  
Rely on Hy-Vee Floral to provide beautiful arrangements for the special occasion. Or make your own arrangements with colors reflecting your grad's school colors!



### 5 DECOR

**HY-VEE HAS A HOST OF COLORFUL TABLEWARE AND DECORATIONS TO MAKE THE PARTY SPECIAL.**



**...AND MAKE IT EXCEPTIONAL**  
Hy-Vee offers streamers, signs, balloons, utensils, napkins, tablecloths and more to set the stage any way you like. Pick a color theme or let school colors prevail.

## PICKUP OR DELIVERY

Hy-Vee makes it easy to order for pickup or delivery.

### IN STORE

Visit the Catering Department to discuss available options and to place an order.

### OVER THE PHONE

Call your local Hy-Vee Catering Department to ask questions or place an order.

### ONLINE

Review the Hy-Vee Graduation Guide at [hy-vee.com/graduation](https://hy-vee.com/graduation) to get ideas. Or email the Catering Department with any questions.



### APP

With the Hy-Vee app, you can shop the many catering options and floral and cake designs for your graduation party.

### FIND MORE OPTIONS

Visit [hy-vee.com/shop](https://hy-vee.com/shop) and select Catering from the Shop menu.





ADD A  
CUPCAKE  
TRAY TO ANY  
PACKAGE IF  
YOU NEED  
MORE DESSERT.

## THEME BARS

HY-VEE CATERING OFFERS FOODS TO FIT  
JUST ABOUT ANY TASTE AT YOUR GRADUATION PARTY.

### Sliders Graduation Celebration

*Serves 8-10 / \$13 per person*  
Sliders have been around since the '40s and Hy-Vee gives you nine ways to keep the tradition going. Selections include bacon and Cheddar, California turkey, Italian sausage, jalapeño pepper Jack pork or turkey, and mushroom and Swiss. You also can choose from among 11 sides. Add a 7-inch hamburger cake for \$26.99.

### Congrats Graduation Celebration

*Serves 8-10 / \$10 per person*  
Sandwich lovers take note: This submarine will torpedo guests' hunger in a hurry. The sub ring is chock full of premium Di Lusso meats and cheeses, with crisp lettuce topped with tomatoes and onions. It also comes with chips and salad. Add a ½ traditional sheet cake for \$17.99.

### Fiesta Graduation Celebration

*Serves 8-10 / \$10 per person*  
Celebrate commencement with a fiesta to be remembered! Each serving includes two tacos (hard, soft shell or both), seasoned ground beef or chicken, cheese, lettuce, sour cream, salsa, tomato, onion, jalapeños, tortilla chips, refried or black beans, Spanish rice and cherry cheesecake or assorted cookies. Add a 7-inch taco cake for \$26.99.



**SALUTE YOUR  
STAR SCHOLAR  
WITH A BALLOON**  
*A colorful 35-inch  
graduation balloon  
adds a heapin' helpin'  
of accolades to the  
festivities for \$15.*

### Hooray Graduation Celebration

*Serves 6-8 / \$18 per person*  
Say hooray for Hickory House! Select two entrées: baby back ribs, brisket, burnt ends, meatloaf, Italian or Polish sausage, pork loin, pulled pork and smoked chicken or smoked turkey breast. Select three sides, including cheesy corn bake, coleslaw, green beans, mashed potatoes and gravy or potato salad. Add a single layer cake for \$13.99.

### Bravo Graduation Celebration

*Serves 8-10 / \$11 per person*  
Pick a pizza. Pick three of them in fact! The pizza bar includes choice of three family-size pizzas, including BBQ chicken, breakfast, Canadian bacon, cheese, meat cravers, pepperoni, sausage, supreme, taco and veggie. There's also oven-fresh breadsticks and Caesar salad. Add a 12-inch message cookie for \$16.99.

### Achieve Graduation Celebration

*Serves 8-10 / \$11 per person*  
Brunch is served—and what an eye-opener it is! Select six items from a list of 18 goodies, among them: bacon, bagels with cream cheese, biscuits & gravy, egg casserole, fresh fruit, fiesta eggs, ham, hashbrowns, mini muffins, oatmeal, pastries and sausage, plus coffee and juice. Add a stack of cake donuts and donut holes for \$19.99.

### Adventure Awaits Grad Celebration

*Serves 6-8 / \$12 per person*  
Variety is the word for this package, which includes a choice of four appetizers from a list of more than two dozen. Selections range from Nori sushi and crab Rangoons to smokies, meatballs, chicken wings, fruit kabobs and fresh vegetables. Add a cupcake cake for \$12.



# gifts FOR



What's in store for Mom? Plenty! Hy-Vee has a range of Mother's Day gifts that will suit each and every one of the special women in your life.

FIND ADORABLE KIDS CLOTHING AND MORE FROM JOE FRESH, AVAILABLE AT HY-VEE.

TAILOR A HEARTWARMING GIFT BASKET OF PERSONALIZED BEAUTY PRODUCTS JUST FOR MOM OR SELECT ONE OF HY-VEE'S MANY PREMADE GIFT BASKETS—ORDER ONLINE OR IN STORE TODAY.



## NICE AND RELAXED

**SPA DAY:** INDULGE MOM WITH A RELAXING ESCAPE MADE POSSIBLE WITH SPA ITEMS LIKE BASIN BATH BOMBS, BATH SALTS, SOAPS, BODY SCRUBS AND BODY BUTTERS. BASIN PRODUCTS COME IN DOZENS OF INTRIGUING SCENTS, SO SHE CAN EXPERIENCE LUXURIOUS ITEMS LIKE JAPANESE CHERRY BLOSSOM BATH BOMBS, EUCALYPTUS MINT SOAP, LAVENDER BODY BUTTER AND MUCH MORE.



SHANNON SMITH  
HY-VEE CUSTOMER

"My mother-in-law is big on cards and she says she never wants anything," Shannon says. "We usually send a card and flowers so she knows just how much we love and appreciate her. I usually get my mom her favorite bottle of wine."

As for her own kids, Shannon adds, "I love the homemade cards, and my boys make me a cake and dinner. Just to receive a thoughtful meal made by the ones you love shows me that they know and understand how much I love them every day of the year."



**WINE AND ROSÉS**  
Treat Mom to French wines from Hy-Vee, like Yes Way Rosé or Fleur de Mar Rosé.



ASK A HY-VEE  
WINE & SPIRITS  
EXPERT TO SUGGEST  
COMPLEMENTARY  
WINE PAIRINGS  
FOR A SIMPLE YET  
THOUGHTFUL GIFT.

# ultimate gift guide



"Now that I'm a mom myself, I appreciate even more all that my mother did for me growing up, and I love that there is one day a year where I can pause and say thank you. I love putting together combo type gifts, where I find a cute basket and stuff it full of themed items she might enjoy. I usually let my young daughters go to the card aisle at Hy-Vee and select a card they can decorate. Typically, that part of the gift is pretty playful and fun."



**CHOCOLATE LOVER** Hy-Vee has a fantastic selection of premium chocolates such as Zöet to satisfy chocolate-loving moms.



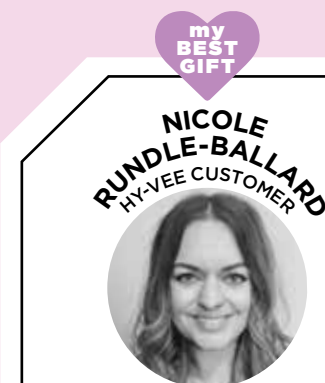
**LOUNGEWEAR LOVER** Joe Fresh keeps your mom looking amazing in the latest looks of the season—check out pajamas, active wear and more.



**BAKE IT UP** Make it easy for Mom to spend time on her favorite hobby with the many cooking aids and baking supplies available at Hy-Vee.



**FLOWER BEAUTY** Explore the range of skincare, cosmetics and styling tools from actress Drew Barrymore's brand, now available at Hy-Vee.



Nicole found a creative way to deliver not only a Mother's Day gift but a gift to two future grandmothers! "We announced our first pregnancy by giving both our moms a Mother's Day gift: a onesie that said, 'What happens at Grandma's stays at Grandma's.' They were both a bit confused. Then it clicked and the happiness took over!"



**JOE FRESH** Gift moms the stylish, comfortable and affordable fashions from Joe Fresh.

Find more incredible styles at [joefresh.hy-vee.com](http://joefresh.hy-vee.com)



## BEST FLOWERS

VISIT HY-VEE FLORAL FOR FRESH FLOWERS TO MAKE YOUR OWN ARRANGEMENT. OR LET ONE OF THE FLORISTS MAKE ONE FOR YOU.

For more gorgeous flowers, go to [hy-vee.com/shop](http://hy-vee.com/shop)

IF YOU CAN'T SEE MOM IN PERSON, ASK ABOUT HAVING HER BOUQUET DELIVERED.

Flowers have an immediate impact on happiness. In one study, people universally

showed a heartfelt "true" smile involving the mouth, cheeks and eyes upon receiving flowers.



**DESSERT BOARD** Who's the sweetest person in the world? Mom, of course. Why not match her sweetness with treats from the Hy-Vee Bakery?



**PET MOM** When it comes to pets, Hy-Vee has oodles for poodles (and other four-legged family members). Find everything from treats to toys.

## BASIN BEAUTY

Treat Mom to Basin Beauty body butter, lip balms and face scrubs.



**WHAT A CARD!** With a wide assortment of gift cards from Hy-Vee, you can choose one that appeals specifically to Mom's interests. Plus, earn tiered Fuel Saver Rewards toward gas when you buy gift cards at Hy-Vee. 5¢ off when you spend \$25 10¢ off when you spend \$50 20¢ off when you spend \$100



**WINE TIME** She'll have a fine time when it's wine time exploring vino from around the globe. Let a Hy-Vee wine expert help you select the perfect ones for Mom.



# GIFTS FOR new moms



## FULLY STOCKED

LIFE CAN GET HECTIC FOR NEW MOTHERS. GIVE THEM THE GIFT OF TIME—AND SAVE THEM SOME EFFORT—WITH GIFT IDEAS TO KEEP THEIR KITCHENS FULLY STOCKED.



PERSONALIZE A GIFT CARD BY PRESENTING IT WITH A HEARTFELT GREETING CARD FROM HY-VEE.

## MAKE MOM'S DAY

**HY-VEE PLUS MEMBERSHIP.** For a \$99 annual fee, members get fuel savings, exclusive monthly deals and offers, and access to Red Line™ team members and online personal shoppers. Membership includes free standard delivery and free 2-hour express pickup on orders of \$30 or more.

**MEALTIME MEALS MADE EASY.** Takeout doesn't get any easier than this. Have moms check out the extensive menu of ready-to-eat or heat-and-serve meals, then order online. When she receives the confirmation, she can call when she arrives at the store for the order to be brought out to her car.

**GIFT CARDS.** The perfect gift: practical, portable and available in amounts starting at \$5. Get a Hy-Vee store gift card or a gift card to a participating retailer, such as Starbucks. You can even order Hy-Vee gift cards online and have them mailed with a personal message.



## Thank Mom for everything she is

From cookie baker to bread winner, boo-boo kisser to best friend, let Mom know what she means to you with a Hallmark card.

*Mother's Day is Sunday, May 9*



## Grab a card for the grad, too!

Wish them happiness on the road ahead with a Hallmark card.





# FRESH COLOR



WHETHER IT'S  
MOTHER'S DAY  
OR MEMORIAL  
DAY, SEND A  
MESSAGE OF  
APPRECIATION  
WITH FLOWERS  
FROM HY-VEE.

## BEAUTY IN BLOOM

No matter what her favorite flower, Mom is sure to appreciate  
a lovely bouquet from Hy-Vee Floral.



### It's Ombré, Not Ordinary

Mark a progression of years and memories with an equally  
impressive progression of colors. This arrangement spans a range  
of hues from violet to lavender to pink to white for a calm  
and serene ombré effect.

USE FLORAL  
FOAM TO  
HOLD STEMS  
IN PLACE,  
GOING FROM  
DARK TO LIGHT.



### Lavender Topiary

As if the scent wasn't  
captivating enough on its  
own, lavender also boasts  
handsome foliage and  
beautiful blooms. Now  
Hy-Vee Floral has trained  
this heavenly herb into a  
lovely topiary to delight  
Mom every time she  
walks by.



### Iris You Love

Mother Nature outdid  
herself with these  
elegant irises. The purple  
and lavender colors  
complement each other,  
while the golden highlights  
add an artistic flourish.  
Show off these long-  
stemmed flowers in a tall  
vase filled with cool water  
and a packet of plant food  
from Hy-Vee Floral.

## 3 BOUQUETS AT HY-VEE

Hy-Vee Floral  
offers ready-to-go  
bouquets like  
these.



### Bountiful Blooms

Roses stand for love  
and lilies represent  
devotion—a perfect  
combo for Mother's Day!



### Sweet and Special

With white carnations  
for purity and pink  
carnations for gratitude,  
this bouquet says it all.



### Magnificent Mom

Color her world  
with yellow roses  
for friendship and  
caring, red carnations  
symbolizing admiration.



# MEMORIAL DAY

Flowers have a long association with Memorial Day, which started as an occasion to decorate the graves of Civil War soldiers. Mark the significance of the day with fresh flowers or plants.

## SHOW THE COLORS

Even a red, white and blue arrangement can stand some greenery. (Not to worry, the natural color appears neutral.)

## Memorable Statement

A Memorial Day display well worth remembering, this arrangement features red dahlias, white daisies, snapdragons, lilies and spider mums, and blue lisianthus. Eucalyptus foliage completes the bouquet.

## Blue By You

This sweetly sentimental arrangement features beautiful baby blue hydrangea blooms paired with the flower of everlasting love, white roses.

## A Striping Development

Patriotic red, white and blue stripes of carnations are anchored by a block of floral foam wrapped with a variegated leaf for visual interest.

## Rose to the Occasion

America's favorite flower is so beautiful it mesmerizes on its own. A simple white vase and blue ribbon complement the red roses.

## PLANT IN THE GARDEN

Commemorate Memorial Day with these annual flowers from Hy-Vee.



### Geraniums

Traditionally set out Memorial Day weekend, geraniums will bloom all summer long if spent flowers are removed.



### Wax Begonias

With glossy foliage and pretty flowers, wax begonias offer lasting beauty with very little care.



### Petunias

A summer favorite, petunias can be planted in ribbons of red, white and blue to represent colors of the flag.

TRY NEW

# Simply almond™

Made with all natural, simple ingredients for a delicious taste





# PLANT BASED GREAT TASTE

MORE DELICIOUS NUGGETS  
MADE WITH PLANTS.



©2021 Tyson Foods, Inc.

# health

Manage your weight, explore gluten-free foods, and see how Hy-Vee puts mothers first.

- 100** TAKE A WEIGHT OFF
- 106** KICK-START SUMMER
- 109** KIDSFIT SUMMER TIPS
- 110** FOODS THAT IMPROVE COGNITIVE FUNCTION
- 114** A NEW TWIST ON GLUTEN-FREE
- 117** DIETITIAN Q&A: NUTRITION GUIDELINES
- 119** PHARMACY: PREPAY
- 121** HY-VEE HELPS MOMS



SCAN THE QR  
CODE  
to shop this and  
other DSW shoe  
styles at Hy-Vee.





T A K E A



# WEIGHT OFF

Maintain a healthy weight to lower your risk for numerous health conditions. Whether you want to lose, gain or maintain, Hy-Vee offers nutrition and fitness guidance to help.

## TURN TO HY-VEE FOR HELP MANAGING YOUR WEIGHT.

Being either underweight or overweight can negatively affect your health. People who are underweight have a higher risk of malnutrition, decreased immune function and anemia, while being overweight increases the risk of high blood pressure, heart disease and sleep disorders. According to the Centers for Disease Control and Prevention, measuring waist circumference and determining Body Mass Index using height and weight can help estimate a healthy range. "Work with a Hy-Vee dietitian and your health care team to determine an appropriate healthy weight range for you," says Hy-Vee dietitian Amanda Jochum. Hy-Vee's dietitians can address any nutrition concerns and help you set personal goals for maintaining, losing or gaining weight. "A registered dietitian will also assist you with finding simple and realistic tips to make changes that can impact your overall health for a lifetime," Jochum says.



## HEALTHY EATING TIPS

**GOOD NUTRITION IS A KEY PART OF MANAGING YOUR WEIGHT. KEEP THESE SIMPLE TIPS IN MIND AT EVERY MEAL TO HELP MAKE HEALTHY EATING A HABIT.**



### EAT WHOLE FOODS

Fill your plate with lean proteins, fruits, vegetables and whole grains. These foods are packed with nutrients, vitamins and minerals that will provide energy throughout the day and help you maintain a healthy weight. Avoid highly processed foods like deli meat, which are usually lower in nutrients.



### MAKE HEALTHY SWAPS

Eating healthier doesn't usually mean completely changing a diet. Instead, start by making small tweaks to add more healthy foods. If you love pasta, switch to a whole grain version or serve it with veggies. Or start replacing a snack like chips with crunchy carrot sticks a few times each week.



### LIMIT SALT AND SUGAR

The U.S. Department of Agriculture's Dietary Guidelines recommend limiting sodium intake to 2,300 milligrams per day, and added sugars to less than 10 percent of total calories. Most Americans eat too much of both, which can lead to weight gain and increase other health risks.



### ADD HEALTHY FATS

Limit saturated fats (like butter) that can increase cholesterol to less than 10 percent of your calorie intake, and add healthy monounsaturated and polyunsaturated fats. They're liquid at room temperature (like olive oil) and are found in avocados, nuts and salmon.



Scan the QR Code to find your Hy-Vee dietitian, or visit [hy-vee.com](https://hy-vee.com) and click Health & Pharmacy, then click Dietitians.

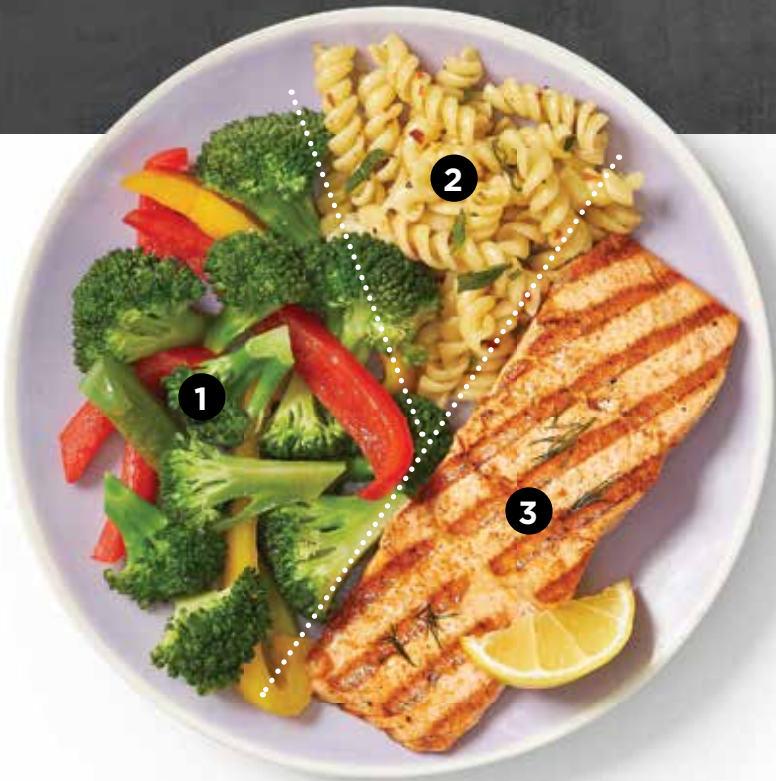
**ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, MORE THAN 74 PERCENT OF U.S. ADULTS ARE OBESE OR OVERWEIGHT. AN ESTIMATED 1.6 PERCENT OF U.S. ADULTS ARE UNDERWEIGHT.**

Sources (entire story): [cdc.gov/healthyweight/healthy\\_eating/index.html](https://cdc.gov/healthyweight/healthy_eating/index.html)  
[hsph.harvard.edu/nutritionsource/salt-and-sodium/](https://hsph.harvard.edu/nutritionsource/salt-and-sodium/)  
[wexnermedical.osu.edu/blog/too-much-sugar](https://wexnermedical.osu.edu/blog/too-much-sugar)  
[hsph.harvard.edu/obesity-prevention-source/obesity-causes/physical-activity-and-obesity/](https://hsph.harvard.edu/obesity-prevention-source/obesity-causes/physical-activity-and-obesity/)



LEARN TO LIVE HEALTHIER

LED BY HY-VEE DIETITIANS, THE BEGIN™ PROGRAM TEACHES YOU HOW TO MAINTAIN LIFELONG WELLNESS THROUGH HEALTHY EATING AND PHYSICAL ACTIVITY. GET STARTED ONE ON ONE OR WITH A GROUP TO LEARN ABOUT WEIGHT MANAGEMENT AND NUTRITION, SET YOUR OWN HEALTH GOALS AND MORE.



PORTION PERFECT

ACCORDING TO THE USDA, IF YOU'RE EATING 2,000 CALORIES PER DAY\*, AIM FOR THESE GOALS:  
\*Full plate represents one daily meal.

- 1** FRUITS AND VEGETABLES

Try to eat 2½ cups of vegetables and 2 cups of fruit each day. Raw, frozen, dried or canned fruits and veggies all count.
- 2** GRAINS

The goal is 6 ounces of grains per day, with at least half coming from whole grains. One slice of bread or ½ cup cooked pasta equals about one ounce.
- 3** PROTEIN

The USDA recommends about 5½ ounces of protein per day. Try to vary protein sources and include seafood, nuts and lean meats like chicken.

SCHEDULE A VIRTUAL DISCOVERY SESSION WITH YOUR HY-VEE DIETITIAN IF YOU'RE NOT SURE WHERE TO START. YOU'LL LEARN ABOUT ALL THE SERVICES THEY OFFER SO YOU CAN CHOOSE THE BEST PROGRAM FOR YOU.

DIETITIAN PROGRAMS

In addition to the Begin™ program, Hy-Vee also offers the 4-week Healthy Habits program, which teaches you about healthy eating and meal planning. Your dietitian will help you plan meals and snacks, find simple, healthy recipes and create grocery lists for your entire family. Hy-Vee's dietitians also offer individual nutrition counseling, help with meal planning, lead nutrition store tours and more to help you develop healthy habits. Go to [hy-vee.com/health/hy-vee-dietitians](http://hy-vee.com/health/hy-vee-dietitians) to find and connect with your local Hy-Vee dietitian and schedule an appointment.

FIND TIME FOR FITNESS

Exercise is just as important as nutrition for weight management. Regular physical activity decreases the risk of numerous health conditions like heart disease, high blood pressure, diabetes, stroke and some cancers. The latest edition of the Physical Activity Guidelines for Americans from the U.S. Department of Health and Human Services recommends at least 150 to 300 minutes of moderate-intensity (eg, brisk walking) activity or 75 to 150 minutes of vigorous-intensity (eg, jogging) physical activity for adults each week. Include at least two days of muscle-strengthening activity each week, such as doing push-ups or lifting weights. Even 10 minutes of physical activity per day can help improve your health.

ACCORDING TO THE CDC, ONLY 1 IN 4 U.S. ADULTS MEET THE RECOMMENDED LEVELS OF PHYSICAL ACTIVITY, INCLUDING INCORPORATING A COMBINATION OF AEROBIC AND MUSCLE-STRENGTHENING EXERCISES.



pro tip: CREATE A BALANCE

“When a person is looking to manage a healthy weight, I’d suggest the three key points to healthy living: balance, variety and moderation. Balance your food intake with proper exercise, eat a variety of nutrient-dense foods and eat high-calorie foods and beverages in moderation.”  
—Amanda Jochum, RD, LMNT  
Hy-Vee Dietitian

ACCORDING TO THE PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS, MANY PEOPLE MAY NEED MORE THAN 150 MINUTES OF PHYSICAL ACTIVITY PER WEEK TO MAINTAIN THEIR WEIGHT OVER TIME.





SCAN TO DOWNLOAD  
OUR MOBILE APP 

 **HyVee**  
**aisles**  
online.

# WIINGS FOR YOUR SUMMER.

WITH THE TASTE OF DRAGON FRUIT.\*



**Red Bull**

VITALIZES BODY AND MIND.®

\*Artificially flavored





# KICK-START summer

Get fit faster with these 30-minute whole-body routines to reach the weekly CDC-recommended 150 minutes of exercise.

FIND THIS TRENDY JOE FRESH WORKOUT WEAR AND THESE ATHLETIC SHOES FROM DSW AT HY-VEE.



SCAN THE QR CODE to shop Joe Fresh selections

! EXERCISE SMARTER, NOT HARDER WITH CIRCUIT TRAINING—A METHOD THAT CYCLES THROUGH A COMBINATION OF EXERCISES, WITH SHORT REST PERIODS IN BETWEEN. EACH OF THESE 30-MINUTE ROUTINES COVERS THE MAJOR MUSCLE GROUPS SO YOU CAN GET THE BENEFITS OF BOTH STRENGTH AND CARDIO TRAINING AT THE SAME TIME.

## DAY 1 TOTAL BODY

6 ROUNDS: 30 SECONDS WORK, 45 SECONDS REST

### 1. PUSH-UPS

Begin in high plank position. Bend elbows, and lower chest almost to the floor. Push up to starting position.



### 2. SQUATS

Stand, hands clasped at chest, feet pointed forward and wider than hip-width apart. Bend knees until thighs are parallel to the floor. Push off heels and return to standing.

### 3. BURPEES

Stand with feet shoulder-width apart. Bend knees, place hands on the floor and shoot legs backward, forming a high plank position. Immediately bring legs back to bent position then jump, landing softly on both feet.

### 4. PLANK

Lie on your stomach with elbows close to sides. Lift torso while maintaining a flat back and straight legs. Do not let back arch or hips dip.

## DAY 2 LOWER BODY

5 ROUNDS: 45 SECONDS WORK, 45 SECONDS REST

### 1. LATERAL LUNGES

Stand with feet shoulder-width apart. Back straight, step to the side with one leg. Bend at knee until thigh is parallel with the floor, trailing leg straight. Push up to return to standing. Alternate legs.

### 2. SUMO SQUATS

Stand, turned out feet wider than hip-width apart. Clasp hands at chest, bend knees into sitting position, keeping back straight. Push up from heels to return to standing.



### 3. SHOULDER BRIDGES

Lie on back with knees bent, feet hip-width apart and arms down by sides. Lift hips until back and legs are aligned. Extend one leg straight out, bend knee and return to floor. Alternate legs.

### 4. SUPERMAN RAISE

Lie facedown, arms and legs fully extended. Point chin toward chest, back straight, and lift both arms and legs, keeping spine stable and aligned with head and neck.

## DAY 3 CORE

5 ROUNDS: 45 SECONDS WORK, 45 SECONDS REST

### 1. JUMP SQUATS

Stand feet shoulder-width apart. Bend knees until thighs are parallel to floor, arms outstretched. Lower arms as you push up from feet into a jump. Land and lower into squat.

### 2. SIDE PLANK

Lie on your side, forearm propping up body, forming a line from shoulders to ankles. Hold position 45 seconds. Alternate sides.



### 3. LEG DROPS

Lie on your back, legs extended toward ceiling, arms by sides. Keeping both legs straight, lower one leg nearly to the floor, return to upright. Repeat with opposite leg.

### 4. MOUNTAIN CLIMBERS

Start in high plank position, legs extended and back straight. Bring right leg forward until knee is near right forearm. Quickly alternate legs.

## DAY 4 UPPER BODY

6 ROUNDS: 20 SECONDS WORK, 40 SECONDS REST; 1 MINUTE REST BETWEEN ROUNDS



### 1. WALKOUT PLANKS

Start in high plank position, arms straight under shoulders with feet between hip- and shoulder-width apart. Walk hands forward as far as possible, maintaining a straight back. Walk hands back to starting position.

### 2. CLOSE PUSH-UPS

Start in high plank position, hands slightly in from shoulder-width, elbows tucked closely to sides. Lower to floor, keeping back straight. Push back up.

### 3. PLANK TWIST

Start in plank position, elbows on floor. Twist until hip touches floor and return to starting position. Alternate sides.

### 4. WIDE PUSH-UPS

Start in high plank position, hands slightly wider than shoulder-width. Lower to floor, keeping back straight. Push back up.

## DAY 5 TOTAL BODY

6 ROUNDS: 1 MINUTE FOR EACH EXERCISE, NO REST BETWEEN; 1 MINUTE REST AT END OF ROUND

### 1. WALL-SIT

Press back against wall, feet firmly on floor, shoulder-width apart and about 2 feet from wall. Slide down wall, bending knees until thighs are parallel to floor, knees directly above ankles. Hold, then slowly raise back up.



### 2. SEATED RUSSIAN TWIST

Sit, legs together, knees bent and hands clasped, arms extended in front of body. Raise legs several inches off ground, keeping back straight. Twist from waist, moving arms to one side. Return to center and twist to other side.

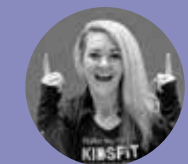
### 3. JUMPING JACKS

Stand with feet hip-width apart. Jump, moving your feet to each side while raising arms overhead. Return to starting position.

### 4. MOUNTAIN CLIMBERS

Start in high plank position with hands on the ground, legs extended and back straight. Bring right leg forward until knee is near right forearm. Quickly alternate legs.

IN ADDITION TO EXERCISING FOR HALF AN HOUR, IT'S ALSO IMPORTANT TO REDUCE YOUR AMOUNT OF SEDENTARY TIME. TOO MUCH SITTING CAN ERASE THE BENEFITS OF EXERCISE, ACCORDING TO THE MAYO CLINIC.



pro tip:  
LET'S  
MOVE IT

“Exercise is 10% or less of your day. It's important how you use the other 90%. Make sure to incorporate standing and walking throughout the day. Your body and mind will thank you. If you have a smart watch, you can set a reminder for every hour to get up and move.”

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

SHORT  
& SWEAT

FOR MORE WAYS TO PUT A SPRING IN YOUR STEP, CHECK OUT HSTV "SHORT & SWEAT," 20-MINUTE OR LESS WORKOUTS WITHOUT EQUIPMENT.

Source (entire article): [mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise/faq-20057916#:text=For%20most%20healthy%20adults%2C%20the%20of%20moderate%20and%20vigorous%20activity](https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise/faq-20057916#:text=For%20most%20healthy%20adults%2C%20the%20of%20moderate%20and%20vigorous%20activity)



# Hy-Vee® KIDSFIT CLUB

## JOIN THE FUN!

Hy-Vee KidsFit is an interactive online training program that helps kids and families get moving and have fun! Sign up to get the latest in-home activities, recipes, challenges, prizes and exclusive deals at [hy-veekidsfit.com/kidsfit-club](http://hy-veekidsfit.com/kidsfit-club)



### EARLY SIGN-UP BONUS

Join the KidsFit Club before May 15 to get a free Summer of Fun box at your local Hy-Vee!

#### BOX INCLUDES:

- Summer challenge workbook
- Exclusive member coupons
- Dietitian-approved snacks
- KidsFit Prizes



SCAN THE QR CODE to sign up for the Hy-Vee KidsFit Club.

# 10

## Hy-Vee® KIDSFIT SUMMER TIPS

Keep kids active this summer! Use these pointers to make it a safe and fun-filled season.

1

### DRINK UP

Kids should take plenty of water breaks in the heat of the summer. Staying hydrated and drinking enough water is important to keep their bodies happy and healthy.

2

### FIRST AID

A few bumps and scratches are bound to happen as kids play outdoors. A fully stocked first aid kit will save the day and patch everything up.



3

### SMART SNACKING

Swap the chips and pizza for fresh fruit and veggies, tasty sandwiches and other healthy foods to fuel bodies for playtime.

4

### STAY SHARP

Find fun educational activities to do as a family to keep children learning and their minds active while they are away from the classroom.

5

### SCREEN TIME

Set limits for screen time so kids aren't constantly glued to their devices. Get them up to do something active instead—that's what summer is all about!

6

### ALLERGIES

Don't let sneezing, itchy eyes or a runny nose keep your kids from going outside. Buy children's allergy meds from Hy-Vee so they can breathe a sigh of allergy relief.

7

### SELF-CARE SUNDAYS

Even kids need to unwind and make sure their bodies and minds are being cared for. Designate Sundays for self-care and get the whole family involved.

8

### COUNT SHEEP

Catch those z's! Kids aged 3 to 5 should get 10 to 13 hours of sleep per day, while 6- to 13-year-olds need a total of 9 to 11 hours.

10

### SUN PROTECTION

Keeping skin safe from the sun's harsh rays is crucial all year round, but especially in summer. Apply it every day and reapply often.



### HY-VEE KIDSFIT

IS ALL ABOUT CHALLENGING KIDS TO BE THEIR BEST SELVES THROUGH PHYSICAL ACTIVITY AND HEALTHY EATING CHOICES.

### KIDSFIT SUMMER CHALLENGE BOX

Kick off a healthy, active and rewarding summer with the KidsFit Challenge Box! It includes a summer challenge workbook, exclusive member coupons, dietitian-approved snacks, plus KidsFit prizes. Learn more by visiting [hy-veekidsfit.com](http://hy-veekidsfit.com)



SCAN THE QR CODE to sign up for the KidsFit Club today!

Johnson & Johnson

FIND PRODUCTS FOR A SAFE AND HEALTHY SUMMER FROM THE TRUSTED JOHNSON & JOHNSON COMPANY AT YOUR LOCAL HY-VEE.

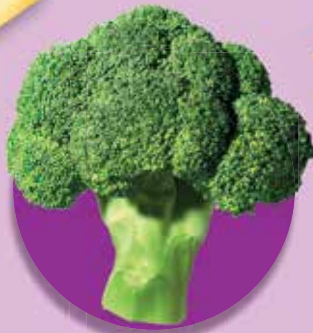


# FOODS THAT IMPROVE COGNITIVE FUNCTION

WE ALL KNOW FOOD CAN AFFECT OUR PHYSICAL HEALTH, BUT DID YOU KNOW FOOD CAN ALSO IMPACT THE BRAIN? SEE WHICH FOODS TO INCORPORATE INTO YOUR DIET TO HELP YOUR MIND STAY SHARP.



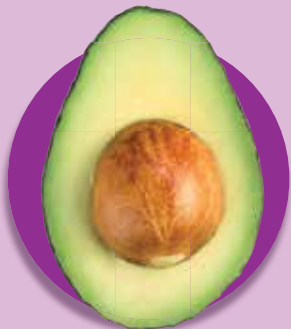
**COFFEE**  
**Benefits:** Those who drank at least 3 cups of coffee a day were 65 percent less likely to develop dementia or Alzheimer's disease than those who had less.



**BROCCOLI**  
**Benefits:** Along with leafy greens like kale, broccoli is rich in brain-healthy nutrients including lutein, which accumulates in the brain and likely plays a role in neuroprotection.



**FATTY FISH**  
**Benefits:** Fish such as salmon, cod, mackerel and light tuna are good sources of healthy omega-3 fatty acids linked to lower levels of beta-amyloid, a protein associated with Alzheimer's disease.



**AVOCADOS**  
**Benefits:** Avocados are rich in healthy fats and also contain the carotenoids lutein and zeaxanthin, which are thought to benefit brain function by enhancing cerebral blood flow.



**BEANS**  
**Benefits:** Beans and other legumes are packed with B vitamins, which help make the neurotransmitters that pass signals between the brain and nervous system.



**EGGS**  
**Benefits:** Choline in egg yolks is essential to a memory-boosting brain chemical. Eggs are rich in B vitamins, which reduce levels of a compound in the blood linked with cognitive impairment.



**DARK CHOCOLATE**  
**Benefits:** Studies suggest that the flavanols found in dark chocolate and cocoa stimulate blood flow in the brain and lower the risk of developing Alzheimer's disease.



**WALNUTS**  
**Benefits:** Walnuts contain an omega-3 fatty acid that helps reduce blood pressure—good for the heart and brain. Eating more walnuts led to improved cognitive test scores in one study.



**BERRIES**  
**Benefits:** Flavonoids in berries help improve memory. In one study, women who ate two or more servings of strawberries and blueberries each week delayed memory decline by up to 2½ years.

**MIND YOUR EATING** Research shows changing your diet can slow brain aging for 7½ years. Along with the foods above, experts from the Cleveland Clinic recommend almost any fruit or vegetable—especially apples, tomatoes and onions. Also recommended: barley, brown rice, chia, flaxseed, tea and turmeric. Foods to avoid: simple sugars and syrups; saturated fat; trans fats; and enriched, bleached or refined flour.

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## Honey-Sweet Chocolate Chip Cookies

**Hands On** 30 minutes  
**Total Time** 1 hour  
**Serves** 32 (1 each)

**2 (3-oz.) pkg. Hershey's sugar-free dark chocolate bars, plus additional for garnish**

**½ cup Hy-Vee salted butter, softened**  
**½ cup Hy-Vee raw wildflower honey**  
**1 Hy-Vee large egg**  
**1 tsp. Hy-Vee vanilla**  
**1½ cups Hy-Vee all-purpose flour**  
**½ tsp. Hy-Vee salt**  
**¼ tsp. Hy-Vee baking soda**  
**½ cup chopped toasted Hy-Vee slivered almonds**  
**½ tsp. Hy-Vee vegetable shortening, for garnish**

**1. PREHEAT** oven to 350°F. Line cookie sheets with parchment paper; set aside. Cut 2 pkg. chocolate bars into small chunks; set aside.

**2. BEAT** butter in a large mixing bowl with an electric mixer on medium for 30 seconds. Add honey and beat on medium speed for 1 to 1½ minutes more. Beat in egg and vanilla until combined.

**3. STIR** in all-purpose flour, salt and baking soda just until combined. Stir in chocolate chunks and almonds.

**4. DROP** dough by spoonfuls (about 1½ Tbsp.) 2 in. apart on prepared cookie sheets. Bake for 12 to 14 minutes or until edges are light brown. Let cookies stand on cookie sheets for 1 minute; remove and cool completely on wire racks.

**5. MEANWHILE** for garnish, place 1 oz. chopped chocolate bars (5 bars) in a microwave-safe bowl. Add shortening. Microwave on 50% power for 1 to 2 minutes or until melted, stirring every 30 seconds. Drizzle melted chocolate over cookies.

**Per serving:** 90 calories, 6 g fat, 3 g saturated fat, 0 g trans fat, 15 mg cholesterol, 70 mg sodium, 12 g carbohydrates, 1 g fiber, 4 g sugar (4 g added sugar), 2 g protein. **Daily Values:** Vitamin D 0%, Calcium 0%, Iron 6%, Potassium 0%

## 1 TUSCAN WHITE BEAN SOUP

Place 4 slices finely chopped Hy-Vee sweet-smoked bacon in large saucepan. Add 1 cup Hy-Vee Short Cuts onions, celery & carrots blend and 2 cloves minced garlic. Cook over medium heat 5 to 7 minutes or until vegetables are softened. Add 2 cups Hy-Vee chicken cooking stock; 2 (15-oz.) cans Hy-Vee cannellini beans, drained and rinsed, and 1 tsp. chopped fresh rosemary. Simmer, covered, 5 minutes. Transfer mixture to a food processor; cover and process until smooth. Return to saucepan; heat until warm. Season to taste with Hy-Vee salt and black pepper. Serves 4 (1 cup each).

## 2 ALMOND BUTTER PEACH TOASTS

Toss 1 pitted and sliced ripe peach and ½ cup berries, halved, with 2 tsp. monk fruit sweetener and ¼ tsp. Hy-Vee ground ginger. Let stand at room temperature for 15 to 20 minutes. Spread 3 toasted slices Hy-Vee Bakery classic 10-grain bread with 3 Tbsp. Hy-Vee creamy honey almond butter. Top with fruit mixture; sprinkle with 2 Tbsp. honey-almond granola. Serves 3.

## 3 DILLY TUNA SALAD

Combine ¼ cup Hy-Vee plain Greek yogurt, ¼ cup Hy-Vee mayonnaise, 2 tsp. chopped fresh dill and 1 tsp. fresh lemon juice. Add 2 (5-oz.) cans white albacore tuna packed in water, drained well; ½ cup diced seedless cucumber; ¼ cup Hy-Vee Short Cuts chopped red bell peppers and 2 thinly sliced green onions. Toss to coat; serve on lettuce leaves. Garnish with lemon wedges. Serves 2.

## 4 COLD-BREW COFFEE CONCENTRATE

Medium-coarse grind ¾ cups Hy-Vee House Blend whole bean coffee. Transfer to a 1-qt. jar. Stir in 3 cups cold filtered water. Cover and refrigerate 14 to 18 hours. Pour mixture through a strainer lined with a coffee filter; discard grounds. Transfer strained coffee to a clean jar; discard grounds. Serve over ice diluted with equal amount of Hy-Vee original unsweetened almond milk or additional water. Store coffee concentrate, covered, in the refrigerator up to 1 week. Makes 2½ cups coffee concentrate.

## 5 AIR-FRYER AVOCADO FRIES

Preheat air fryer to 400°F. Place 2 beaten Hy-Vee large eggs in shallow bowl. Combine ¾ cups Hy-Vee plain panko bread crumbs and 3 Tbsp. chili-lime rub in another shallow bowl. Cut 2 seeded and peeled slightly under-ripe medium avocados each into 6 wedges. Dip each wedge into eggs, then coat with panko mixture. Spray basket and coated avocado wedges with Hy-Vee nonstick cooking spray. Air-fry 4 minutes or until golden, turning after 3 minutes and spraying with cooking spray. Drizzle with Sriracha-mayonnaise. Serves 4.

# QUICK AND EASY RECIPE IDEAS



try  
this

Pour cold-pressed coffee in trays and freeze into ice cubes that won't water down the flavor of your drink.






**GLUTEN-FREE IS AVAILABLE** in more and more items at Hy-Vee including foods, beverages, vitamins, supplements and probiotics. Why? Nearly one-third of Americans want to reduce or avoid gluten, according to research firm NPD Group. Gluten is a protein that can cause discomfort or even serious health issues in people with celiac disease or gluten sensitivity. Going gluten-free may also help those with irritable bowel syndrome. Others are avoiding gluten as a lifestyle choice. Bear in mind that gluten-free products tend to be lower in fiber, and those avoiding gluten may not be getting all the micro- and macronutrients needed.

**Gluten-Free Friends**  
Tune in to "You. Me. And Gluten Free" on **HSTV.com**

Watch and learn at **HSTV.com** today!



## WHY GO GLUTEN-FREE?

### CELIAC DISEASE

A genetic autoimmune disorder, celiac disease triggers an immune response that damages the lining of the small intestine when gluten is consumed.

This hinders the body's ability to absorb nutrients and causes digestive issues. Celiac disease can lead to osteoporosis, anemia, nerve damage and other health conditions.

### GLUTEN SENSITIVITY

Also called non-celiac gluten sensitivity, this condition causes symptoms similar to celiac disease, but without damaging the intestines.

**CELIAC DISEASE AFFECTS 1% OF AMERICANS—ABOUT 3 MILLION PEOPLE—AND 97% OF CASES ARE UNDIAGNOSED. —UNIVERSITY OF CHICAGO MEDICINE**

\*If you believe you may have celiac disease or a gluten sensitivity, consult a medical professional for a diagnosis.



## TAKE A GLUTEN-FREE SPREE

GLUTEN CAN BE FOUND IN UNEXPECTED PRODUCTS. FORTUNATELY, HY-VEE'S HEALTHMARKET AISLES ARE TEEMING WITH GLUTEN-FREE ITEMS IN A RANGE OF CATEGORIES, FROM PANTRY FOOD TO BEVERAGES.

EATING JUST **50** MILLIGRAMS OF GLUTEN (ABOUT THE AMOUNT IN A SMALL CROUTON) IS ENOUGH TO CAUSE TROUBLE IN PEOPLE WITH CELIAC DISEASE.

—HARVARD MEDICAL SCHOOL

### Pantry

Canned vegetables and fruits, tuna fish, broth, tomato sauce, chips, cereal, peanut butter, chili, crackers, rice, baking chips, honey, pickles, popcorn, corn tortillas, soup, condiments, specialty flour

### Frozen

Crinkled potatoes, hash browns, berries, enchiladas, rice and beans, ham and cheese scramble, beef merlot, potato and vegetable medleys, fruit bars, ice cream, pizza

### Refrigerated

Milk, soy milk, cheese, cream cheese, sour cream, eggs, butter, margarine, cottage cheese, hash browns, yogurt, sausage, deli meat, whipped topping, hummus

### Vitamins & Supplements

Multivitamins, dietary fiber and herbal supplements, antacids, fish oil, zinc, probiotics, immune support, calcium, magnesium, digestive health products

### Beverages

Fruit juice, citrus juice, vegetable juice, flavored water coolers, coconut milk, fruit punch, tea, tomato juice, soda, kombucha, protein shake, nutritional and energy drinks, seltzer, specialty beer, hard cider



Good Graces.

### GOOD GRACES

Follow a healthy lifestyle without breaking the budget. Hy-Vee's line of Good Graces products are high quality but value priced. These gluten-free foods are so delicious you won't taste what's missing. Try Good Graces Gluten Free Tiny Twisty Pretzels! And watch for more good-for-your-lifestyle products from Good Graces coming soon!

**AVOIDING GLUTEN MIGHT MEAN MISSING OUT ON KEY NUTRIENTS, ESPECIALLY B VITAMINS, IRON AND TRACE MINERALS. HY-VEE DIETITIANS CAN HELP BY OFFERING NUTRITION COUNSELING AS WELL AS NUTRITION STORE TOURS.**

Sources (this page and opposite): [health.harvard.edu/blog/going-gluten-free-just-because-heres-what-you-need-to-know-201302205916](http://health.harvard.edu/blog/going-gluten-free-just-because-heres-what-you-need-to-know-201302205916)  
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# SMART SNACKING

JUST GOT A LITTLE MORE FUN

NEW



\*Product designed to be used with the Atkins ketogenic programs. Visit [atkins.com/how-it-works/keto](https://atkins.com/how-it-works/keto)

## dietitian Q&A

### NUTRITION GUIDELINES

Find out what's new in the updated USDA Dietary Guidelines, and how you can use them to eat healthier.



Elisa Sloss, RD, LD  
Vice President,  
HealthMarket

#### Q: What are the USDA Dietary Guidelines?

**A:** Every five years, the USDA (United States Department of Agriculture) publishes updated recommendations based on ongoing health and nutrition research. The updates include the number of servings from each food group to eat each day, estimations of calorie needs and nutrition goals.

#### Q: What changes are in the new Guidelines?

**A:** The 2020-2025 guidelines focus on establishing lifelong healthy eating patterns, customizing your diet to fit your preferences and eating nutrient-dense foods. But the daily recommendations for fruit, vegetables, whole grains, protein and dairy haven't changed. And for the first time, the USDA included nutrition recommendations for every life stage, including infancy, childhood and pregnancy.

#### Q: Are the Guidelines a meal plan?

**A:** Not at all! They offer recommendations and nutrition facts you can customize. If you're eating 2,000 calories per day, for example, they recommend eating 2½ cups of vegetables, but the vegetables you choose are up to you. Above all, they emphasize developing a pattern of healthy eating to maintain throughout your life.

#### Q: How can I apply the Guidelines to my eating habits?

**A:** Use the Guidelines as researched recommendations to help you make healthier choices. Instead of completely changing what you eat, swap in healthy foods you enjoy for less-healthy ones, like making a sandwich with whole wheat bread instead of white. Or setting a goal to fill half your plate with produce at each meal. Talk to your Hy-Vee dietitian to help you understand the Guidelines and get on a long-term path to healthy eating.



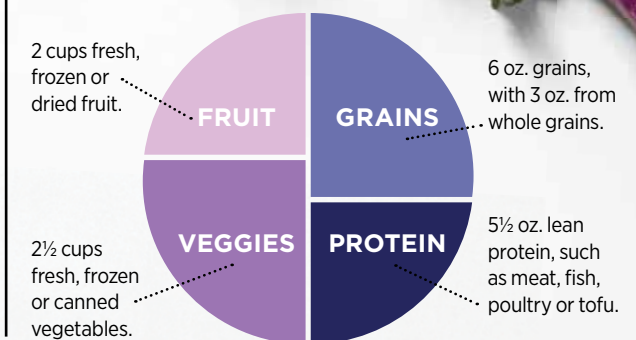
Scan the QR Code to find your Hy-Vee dietitian, or visit [hy-vee.com](https://hy-vee.com) and click Health & Pharmacy, then click Dietitians.



ONLY 1 IN 10 ADULTS EATS ENOUGH FRUIT OR VEGGIES EACH DAY  
-CDC

#### Plan Your Day

Follow these general daily guidelines from the CDC to get the proper amount of nutrients.



Sources: [dietaryguidelines.gov/sites/default/files/2020-12/Dietary\\_Guidelines\\_for\\_Americans\\_2020-2025.pdf](https://dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf)  
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# own THE DAY every day

Find a dish that fits your lifestyle.



LOW CARB  
LIFESTYLE

GLUTEN  
FREE

400  
CALORIES  
OR LESS

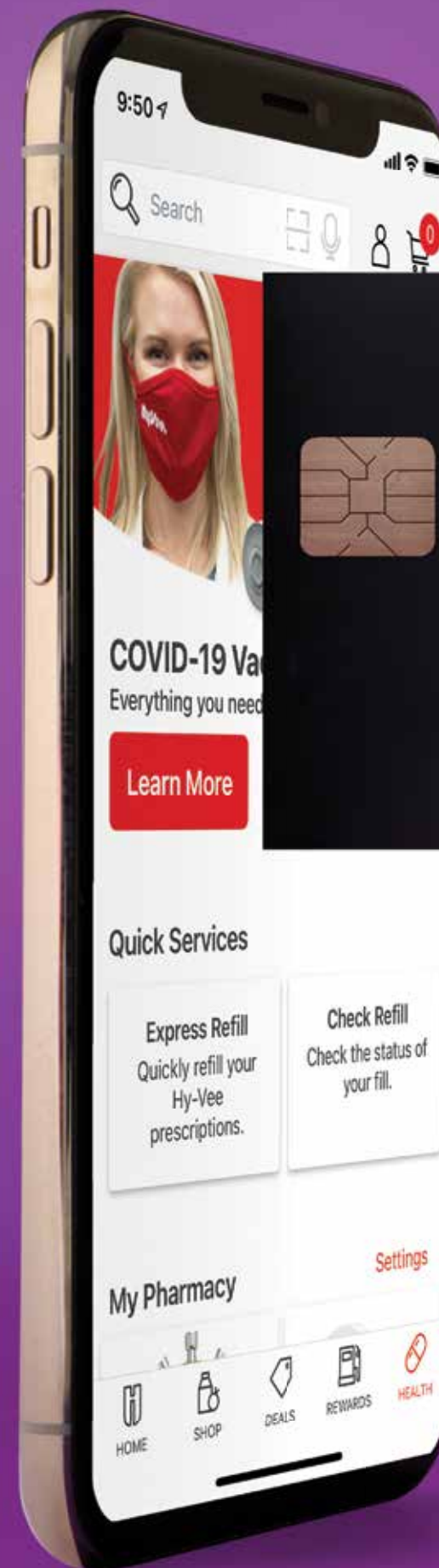
MEATLESS

HIGH  
PROTEIN

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# PREPAY

ON THE HY-VEE APP



Let Hy-Vee make your pharmacy experience even more convenient. The Hy-Vee app's prescription prepay option lets you pay online to save time during pickup.

## HOW TO USE PREPAY

Set up a Hy-Vee Pharmacy account to use prescription prepay (see right). Check with your pharmacy to make sure your prescription is eligible\*. You can always still pay in store with cash or credit if prepay is not an option for you.

\*Not all prescriptions are eligible. Other payments such as Health Savings Accounts (HSA) or Flexible Spending Accounts (FSA) are not accepted for prepay at this time.

## 4 STEPS TO GET STARTED USING PREPAY



### 1. DOWNLOAD THE HY-VEE APP

Find it both on the App Store for iPhone users, and on the Google Play Store for Android users. The app is free to download and will become your one-stop shop for ordering online groceries, finding money-saving coupons and handling prescriptions.



### 2. CREATE YOUR ONLINE HY-VEE PHARMACY ACCOUNT

To use prepay, you'll need a pharmacy account with Hy-Vee. When you open the app, click on the "Health" pill icon located in the bottom right corner of the screen. It will then ask you to either log in or create an account. If you don't want

to download and use the app on your smartphone, you can sign up on your computer at [hy-vee.com/my-pharmacy](https://hy-vee.com/my-pharmacy) and use prepay through the online pharmacy.

### 3. FILL OR REFILL YOUR PRESCRIPTIONS

Once you're logged in, go back to the "Health" page. There, you should see a screen that has options to view your prescription status, refill prescriptions, manage family members'

prescriptions, review your order history and more.

### 4. PREPAY AND AVOID THE LINE!

Once your prescriptions are filled, and are ready to be picked up, you can then opt to prepay for them online with a debit or credit card. Your card won't be charged until you pick up your prescriptions from Hy-Vee. And just like that you'll be in and out of the pharmacy in no time!





# Mothers Shine

Let's help the next generation shine even brighter.



Download our Confidence Kit at [dove.com/selfesteem](https://dove.com/selfesteem)



## WASH IT. STYLE IT. WORK IT.



**TRESemmé**  
USED BY PROFESSIONALS

# HY-VEE HELPS MOMS

Shopping with children can be easier and more enjoyable for everyone with amenities available at your local Hy-Vee.

Sometimes babies need to be fed while you're shopping, or children need a moment to calm themselves. Mother's rooms are available at select Hy-Vee locations offering a cozy, private space for caregivers to feed or tend to their children. The single, lockable rooms have recliners or chairs with footstools to make feeding infants comfortable, a changing table and electrical outlet, plus toys to keep children entertained.



## MORE WAYS HY-VEE HELPS MOMS

- **Dedicated parking spots** near entrances for new and expectant moms.
- **Immunization checklists** including boosters for expectant mothers.
- **Knowledgeable Hy-Vee dietitians** who offer pregnancy, postnatal and infant dietary advice.
- **Hy-Vee app** to place grocery orders and manage family prescriptions on your phone.

## HSTV.COM FOR MOMS

**MOMentum** offers new and expectant moms tips on staying in shape, grocery shopping for different childhood stages and more.



**Mom Squad** shares the good, bad and crazy of raising children. Find tips for the best hiding spots, staying organized and planning a date night—with or without a stop at Hy-Vee.



**Momosites Attract** features two moms (and BFFs) who share very different parenting approaches.







# FREE WATER BOTTLE

When you buy **(3)** three participating Special K® or Kellogg's Corn Flakes® products.  
Details at [KeepItK.com/swiglif](http://KeepItK.com/swiglif)

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Try this  
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- V** Almond-Butter Peach Toasts *p. 113*
- GF** **20** Dilly Tuna Salad *p. 113*
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- V** Air-Fryer Avocado Fries *p. 113*

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

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