

HyVee®

FOOD | LIFE | HEALTH

# seasons



a-MAY-zing

may  
Prices good May 1-31, 2019

# IT'S YOUR **Churn**™ PREMIUM ICE CREAM



Exclusively at **HyVee**

## MAY 2019

### food



#### **4 SWEET!**

Use an assortment of berries to whip up a tasty meal.

#### **12 EVERYTHING UNDER THE BUN**

Satisfying sandwiches with grilled meat or veggie options.

#### **24 FRESH CATCH**

Delightful dishes for your next seafood soirée.

#### **30 ONE CHICKEN FIVE WAYS**

Hy-Vee rotisserie chicken is guaranteed fresh.

#### **34 CINCO**

Add a punch to the holiday with new takes on old favorites.

#### **42 IN THE BAG**

Prepackaged greens from Hy-Vee make for a healthful meal.

### life



#### **50 HONOR YOUR MOM**

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#### **64 SWEET LAYERS**

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#### **72 MEMORIAL DAY MUNCHIES**

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Hy-Vee is proud to support the needs of veterans.

### health



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Your in-store resource for all things nutrition.

## hello from hy-vee



**DONNA TWEETEN**  
EXECUTIVE VICE PRESIDENT,  
CHIEF MARKETING OFFICER,  
CHIEF CUSTOMER OFFICER

**M**ay. This is the month to move your cooking, playtime and relaxing outside—and have some fun! We share some a-May-zing ideas for spending more of your treasured time outdoors.

Put gourmet burgers on the grill (*page 12*) and celebrate Cinco de Mayo (*page 34*) and Memorial Day (*page 72*)—while relaxing in an outdoor living room to fit your family's needs (*page 78*).

Speaking of a-May-zing, let's not forget Mom, who truly fits the description. We have some simple yet thoughtful ideas for Mother's Day (*page 50*) that are bound to add some zing to her spring. And isn't that what May is really about?

### FOLLOW US...



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Activia:  
select varieties  
4 pk.  
2.69



# food

Get ready to enjoy  
some a-May-zing  
recipes to satisfy  
every taste.

- 4 SWEET!
- 12 EVERYTHING UNDER THE BUN
- 24 FRESH CATCH
- 30 ONE CHICKEN FIVE WAYS
- 34 CINCO
- 42 IN THE BAG



\*Activia, when consumed twice a day for two weeks, may help reduce the frequency of minor digestive discomfort, which includes bloating, gas, abdominal discomfort and rumbling.

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# SWEET!

Fill up on nature's candy. Picked at peak ripeness, berries pack a burst of flavor.

**BUY** Look for plump, firm and fragrant berries. Hold the closed berry container upside down. If berries stick to the bottom inside liner, they're crushed and it's likely some are soft or moldy, so choose another box.

**STORE** Keep uncovered berries in the refrigerator in a single layer on a paper towel-lined plate for two to three days. Or freeze the berries in a single layer on a sheet pan and transfer them to a zip-top bag to use later.

**PREP** Berries are fragile. Wash them right before using them. Fill a bowl with cold water, gently add the berries, then lift them out with your hands. Let the berries dry in a single layer on a rimmed baking pan lined with paper towels.



Hy-Vee  
**Short CUTS**



1 container Hy-Vee Short Cuts triple-berry mix  
1.25 lb.

+



1 container Hy-Vee Short Cuts strawberries  
1.25 lb.

+



1 container Soirée feta cheese crumbles  
4 oz.

+



Fresh basil

+



1/2 cup Hy-Vee raspberry vinaigrette salad dressing  
16 oz.

## pro tip: KEEP 'EM FRESH



“When you get your berries home, take them out of the plastic clamshell and toss any that are soft, bruised or moldy. Then spread the berries out in a container lined

with paper towels. Make sure your container is large enough so the berries have some space to breathe. When they're smashed up against each other, they tend to spoil quickly.”

—Drew Miller  
Produce Manager  
Hy-Vee, Waukee, Iowa

## Fresh Berry Salad

**Total Time** 5 minutes  
**Serves** 6

Toss together **triple-berry mix** and **strawberries** on a large serving platter. Top with **cheese crumbles**. Drizzle with **vinaigrette** and, if desired, garnish with **basil**.



## Hy-Vee Short CUTS

### Cut Kitchen Time with Short Cuts

Pre-washed and pre-sliced, Hy-Vee Short Cuts fruits and veggies are ready for any recipe or to enjoy as a quick and healthy snack on the go.



2 containers Hy-Vee original crescent rolls 8 oz. each

+



1 container ready-to-eat cheesecake filling 24.3 oz.

+



1 container Hy-Vee Short Cuts triple-berry mix 1 lb.

+



1 container Hy-Vee Short Cuts strawberries 1 lb.

+



Mint



Take advantage of Hy-Vee Short Cuts berries to create a quick dessert that's colorful, bright and bursting with fresh fruit flavor.

## Mixed Berry Pizza

**Hands On** 10 minutes  
**Total Time** 25 minutes  
**Serves** 16

Preheat oven to 375°F. Separate **crescent rolls** into 16 triangles. Arrange triangles in a 12-in. circle on a baking sheet, with edges overlapping and points

meeting in the center. Press dough evenly to form a crust. Bake for 15 minutes or until golden. Cool on a wire rack. Spread **cheesecake filling** on cooled crust.

Arrange **triple-berry mix** and **strawberries**, halved, on top. Serve immediately or cover and refrigerate up to 2 hours. Garnish with **mint**, if desired.



## Blackberry Grilled Cheese

**Total Time** 10 minutes  
**Serves** 2

Remove rind and cut **Brie** into ¼-in. slices. Spread 2 slices **bread** each with 1 Tbsp. **preserves**. Top each with 2 oz. **Brie** and 3 oz. **blackberries**. Then layer with remaining **Brie** and add remaining 2 **bread** slices. Melt 1 Tbsp. **butter** in a skillet over medium heat. Add one sandwich and cook 4 to 6 minutes or until golden brown and cheese is melted, turning once halfway through. Repeat with remaining 1 Tbsp. **butter** and sandwich.



2 Tbsp. Hy-Vee unsalted butter 16 oz.

+



4 slices Hy-Vee Bakery classic 10-grain bread

+



1 pkg. Brie cheese 8 oz.

+



1 container fresh blackberries 6 oz.

+



2 Tbsp. Culinary Tours Marion blackberry preserves 10 oz.

Hy-Vee  
**Short  
CUTS**



1 container Hy-Vee  
Strawberry Short Cuts  
1.25 lb.

+



1 container Hy-Vee  
Strawberry Lowfat  
Yogurt 6 oz.

+



¼ cup Coconut  
Chips  
3.17 oz.

+



1½ tsp. Chia Seeds  
12 oz.

+



Fresh Blueberries  
6 oz.



smart  
swap

Enjoy other delicious  
combos such as peach  
yogurt and fresh  
raspberries or orange  
cream yogurt and mixed  
fresh berries.

## Strawberry Smoothie Bowl

**Total Time** 10 minutes  
**Serves** 2 (16 oz. each)

Combine **yogurt** and **strawberries** in a  
blender. Cover and blend until smooth.

Add 2 cups **ice**; cover and blend until  
smooth. Transfer mixture to 2 serving bowls.  
Top with additional **strawberries**, **coconut  
chips**, **chia seeds** and fresh **blueberries**.



## strawberry shortshake MILK SHAKE

For each shake, crumble  
1 Kellogg's Frosted Strawberry  
Pop-Tart; add to a blender with  
about 1 cup vanilla ice cream, ¼ cup  
whole milk, 2 Tbsp. strawberry jam  
and 2 chopped fresh strawberries.  
Cover and blend until smooth. Pour  
into glass. Top with whipped cream.  
Garnish with 1 Kellogg's Frosted  
Strawberry Pop-Tart, broken into  
pieces; strawberry jam; and  
chopped fresh strawberries.

Source: Kellogg's NYC



# GO BREADLESS WITH EGG'WICH



2 REAL EGG Frittatas

14g OF PROTEIN PER SANDWICH

With TURKEY SAUSAGE and CHEESE

Jimmy Dean Delights Sandwiches, Frittatas or Egg'wich: select varieties 12 to 22.8 oz. 6.58



TODAY'S YOUR DAY TO SHINE ON

*Jimmy Dean*

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100% NATURAL

HARDWOOD SMOKED

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Small batch. Hand seasoned. Bring home the Bistro.



Land O' Frost Premium or Bistro Favorites Sliced Lunchmeat: select varieties 6 to 16 oz. 3.99



Satisfy your craving for tender, juicy meat on a Hy-Vee Bakery-fresh bun with delicious spins on the great American sandwich. From burgers and brats to steak and chops, these simple dinner solutions will make everyone happy!



Soirée Gruyère cheese is a buttery and nutty complex cheese that melts like a champ, leaving you with a very moist and tasty burger.



## Butter-Stuffed Gruyère Burgers

Hands On 20 minutes  
Total Time 30 minutes  
Serves 4

- 1 1/2 lb., 80% lean ground beef
- 3 oz., finely chopped Soirée Swiss Gruyère cheese
- 2 tsp., Hy-Vee Dijon mustard
- 1 1/2 tsp., Hy-Vee Worcestershire sauce
- 1/4 tsp., Hy-Vee black pepper
- 2 Tbsp., Hy-Vee chilled salted butter, cut into 4 pats

4 Hy-Vee Bakery onion buns, split and toasted  
Desired condiments/toppings: Hy-Vee Select roasted garlic mayo, arugula, roasted red pepper strips and/or Caramelized Onions\*

**1. PREHEAT** a charcoal or gas grill with a greased grill grate for indirect cooking over medium heat.

**2. COMBINE** beef, cheese, mustard, Worcestershire sauce and black pepper. Form mixture into eight 4-in.-diameter patties. Place butter pat in center of four patties. Top with remaining patties; pinch edges together to seal.

**3. GRILL** burgers for 15 to 20 minutes or until medium (160°F), turning once halfway through. Serve in buns with desired condiments/toppings.

\***Caramelized Onions:** Cook 1 large sliced sweet onion in 1 Tbsp., Hy-Vee salted butter, 1 Tbsp. Gustare Vita olive oil and 1 tsp. packed Hy-Vee brown sugar in a large skillet over medium heat for 8 to 10 minutes or until onions turn golden, stirring occasionally.

Per serving: 730 calories, 49 g fat, 21 g saturated fat, 2 g trans fat, 160 mg cholesterol, 580 mg sodium, 31 g carbohydrates, 0 g fiber, 4 g sugar (0 g added sugar), 40 g protein. Daily Values: Vitamin D 0%, Calcium 20%, Iron 20%, Potassium 10%

Hy-Vee SEASONS | [hy-vee.com](http://hy-vee.com)

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# AMP IT UP!

▷ Make your next sandwich experience memorable. Top a Hy-Vee Bakery-fresh bun with your choice of meat, then unleash your wildest cravings for sauces, cheeses, spreads, mash-ups and toppings.

## CHICKEN GRILLER PATTY SANDWICH

Hy-Vee chicken griller patties come with tasty add-ins like peppers, bacon, cheese or mushrooms.

Select any flavor of chicken griller patty at your Hy-Vee Meat Department. Grill over medium heat for 14 minutes or until done (165°F), turning once halfway through. Serve in Hy-Vee Bakery sesame bun with chipotle mayo, bacon, red bell pepper and jalapeño slices. Serves 1.



## JERK PORK CHOP SANDWICH

Bite into a juicy Jamaican sandwich with amazing flavor. Rub a ½-in.-thick boneless top loin pork chop with jerk seasoning. Grill over medium heat for 5 to 8 minutes or until done (145°F), turning once. Serve in lettuce-lined Hy-Waiian bun with grilled pineapple and Hy-Vee fresh mango salsa. Serves 1.



## LOADED VEGGIE BURGER

This double-burger sandwich is sure to delight vegetarians and meat-lovers alike. Cook frozen veggie patties according to package directions. Layer in a Hy-Vee Bakery wheat bun with Hy-Vee guacamole, red onion slices, cucumber slices, tomato slices and leaf lettuce. Serves 1.



## SUPER-SIZE BURGER

Preheat oven to 350°F. Combine 3 lb. Wahlburgers ground beef, 2 tsp. Hy-Vee garlic powder, 1 tsp. Hy-Vee kosher salt and 1 tsp. Hy-Vee black pepper; shape into a 10-in. burger in a 12-in. cast-iron skillet. Bake 55 minutes or until medium (160°F); remove drippings as needed. Top with 6 (1-oz.) Hy-Vee American cheese slices; bake 1 minute or until cheese is melted. Split a Hy-Vee Bakery round rye loaf. Line bottom with lettuce and red onion slices; add burger, tomato slices, dill pickles, Hy-Vee ketchup and mustard and loaf top. Serves 6.



## Bánh Mì Steak Sandwiches

**Hands On** 30 minutes

**Total Time** 30 minutes plus marinating time

**Serves** 6

- 1 lb. **beef flank steak**, trimmed
- 1 cup Hy-Vee apple cider vinegar, divided
- 3 Tbsp. Hy-Vee canola oil
- 2 Tbsp. chili garlic sauce
- 2 Tbsp. Hy-Vee granulated sugar, divided
- 1 Tbsp. Hy-Vee less-sodium soy sauce
- 4 cloves garlic, minced; divided
- ½ cup water
- ¾ cup shredded carrots
- ½ cup thinly sliced cucumber

¼ cup thinly sliced red onion

6 Hy-Vee Bakery sesame buns, split

¼ cup Hy-Vee mayonnaise

2 jalapeño peppers,\* thinly sliced

Fresh cilantro, for serving

Fresh mint leaves, for serving

**1. TRIM** steak, pat dry and place in a large resealable plastic bag. Combine ½ cup vinegar, oil, chili garlic sauce, 1 Tbsp. sugar, soy sauce and 2 cloves garlic; pour over steak. Seal bag; refrigerate for 2 to 8 hours.

**2. COMBINE** remaining ½ cup vinegar, 2 cloves garlic and 1 Tbsp. sugar in a small

saucepan; stir in water. Cook over medium heat until sugar is dissolved. Cool slightly. Combine carrots, cucumber and red onion in a small glass bowl; add vinegar mixture. Cover and refrigerate for 2 hours or up to 3 days.

**3. PREHEAT** charcoal or gas grill for direct cooking over medium-high heat. Remove steak from marinade; discard marinade. Grill for 10 to 12 minutes or until medium-rare (130°F), turning once halfway through. Loosely cover with foil and let stand for 5 minutes. Place buns, cut sides down, on grill for 1 to 2 minutes or until toasted.

**4. SLICE** steak thinly against the grain. Spread mayonnaise on buns; top with steak, pickled vegetables, jalapeño slices, cilantro and mint leaves.

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

Per serving: 400 calories, 21 g fat, 4 g saturated fat, 0 g trans fat, 50 mg cholesterol, 470 mg sodium, 33 g carbohydrates, 0 g fiber, 11 g sugar (4 g added sugar), 21 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 6%

# STEAK-HOUSE BURGERS

Summertime means grilling, and grill-ready Hy-Vee gourmet burgers are just the thing for your next cookout. These premade patties are incredibly easy—just grill 'em and kick 'em up a notch with a few good toppers.



## pro tip: PERFECT DONENESS

Grill our steakhouse burgers over indirect heat about 8 to 10 minutes per side for medium doneness. When you see juices coming out of the top of the burger, you are close. Avoid pressing down on the burger because you'll lose juices and have flare-ups. In the last few minutes of cooking, **toast the buns** on the grill to add another layer of flavor and texture."

—**Bryan Williams**  
Market Grille Chef  
Hy-Vee, Columbia, Missouri

## EVEN MORE CHOICES!

### Bratwurst Patties

Special formulations include bacon and Cheddar.

### Vegetable Patties

Choices include the Beyond Burger, which is soy free and gluten free.

### Turkey Patties

Honeysuckle White turkey patties are slightly seasoned for great taste.

### Wahlburgers

Made with a signature Angus beef blend of brisket, short rib and chuck.

### Sliders

Preformed sliders are sized for on-the-go convenience.



### BACON CHEDDAR BURGER

Serve this ground chuck patty, infused with **bacon and Cheddar cheese**, in a Hy-Vee Bakery sesame bun with Hy-Vee Hickory House mac 'n' cheese, crispy pancetta, tomato slices and bibb lettuce.

### MUSHROOM SWISS BURGER

This burger, which is studded with **mushrooms and Swiss cheese**, is a real treat served in a Hy-Vee Bakery pretzel bun with dill pickles, fresh parsley and roasted red peppers.

### SOUTHWESTERN BURGER

Seasoned with **spices and green chiles**, this Southwestern burger combines nicely with a Hy-Vee Bakery whole wheat bun with Hy-Vee Santa Fe-style tortilla strips, jalapeño slices, avocado, Hy-Vee pico de gallo and Hy-Vee smooth & cheesy cheese dip.

### MIGNON BURGER

Loaded with **blue cheese crumbles and onion**, the Mignon burger goes great on a Hy-Vee Bakery onion bun with sautéed onions and bella mushroom slices, arugula and blue cheese crumbles.

### JALAPEÑO PEPPER BURGER

Serve this spicy ground chuck patty flavored with **jalapeño peppers and Cheddar cheese** in a Hy-Vee Bakery plain bun with leaf lettuce, Hy-Vee Pepper Jack cheese, crisp-cooked Hy-Vee double-smoked bacon pieces, fried onion rings and Hy-Vee That's Smart! honey barbeque sauce.

**Gourmet  
Steakhouse Burgers**  
Fire up the grill! Check out our video on how to top these Hy-Vee signature premade burgers.



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



Change things up by using Hy-Vee homestyle dill dip instead of chili garlic sauce.

## 20-Minute Salmon Burgers

**Hands On** 12 minutes  
**Total Time** 20 minutes  
**Serves** 4

- 4 (5-oz. each) Hy-Vee Seafood sweet and spicy salmon burgers
- 2 Tbsp. Gustare Vita olive oil
- 4 Hy-Vee Bakery onion buns, split and toasted
- ½ cup sliced red onion
- ¼ cup fresh dill sprigs, divided
- 1 large tomato, sliced

- 1 cup arugula, divided
- ¼ cup sliced green onions
- ¼ cup chili garlic sauce
- Lemon wedges, for serving

**1. PREHEAT** a charcoal or gas grill for direct cooking over medium-high heat. Brush salmon burgers with olive oil; let stand at room temperature while grill is preheating.

**2. GRILL** burgers for 6 to 8 minutes or until done (160°F.), turning once halfway through.

To serve, line bun bottoms with red onion and dill. Add a salmon burger to each. Top with tomato, arugula, green onion and chili garlic sauce. Add bun tops. Serve with lemon wedges, if desired.

**Per serving:** 470 calories, 21 g fat, 3 g saturated fat, 0 g trans fat, 100 mg cholesterol, 900 mg sodium, 39 g carbohydrates, 1 g fiber, 9 g sugar (0 g added sugar), 31 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 4%



Love salmon burgers but not a fan of making the patties from scratch? Pick up prepared salmon patties at your Hy-Vee Seafood Department and get grilling.



### Favorite Cheeses To Take Your Burger To The Next Level.

**PEPPER JACK:** Pack in flavor and heat with Pepper Jack cheese, which goes well with avocado and red bell pepper slices.

**BLUE CHEESE:** Tangy blue cheese plus crisp bacon adds an extra shot of flavor.

**AMERICAN CHEESE:** A melty cheese like American is a natural on burgers.

**CHEDDAR:** Salty Cheddar holds up to strong flavors like barbecue sauce. It also pairs well with sautéed red onions and Italian parsley.

**COLBY JACK:** Mild Colby Jack has a great melt. Add jalapeño slices and tortilla strips for heat and crunch.

**SPECIALTY CHEESES:** Go ahead, push the taste envelope! With Hy-Vee's selection of artisan cheeses, there's no limit to the unique flavors you can create.

# 1 Beer Brat



# 2 Green Onion Brat

## TOP BRATS

### 1. BEER BRAT

Top a classic brat with Hy-Vee Deli coleslaw, halved dill pickle spear, Hy-Vee wavy potato chip pieces and parsley.

# 3 Mild Italian Brat



### 2. GREEN ONION BRAT

Drizzle Hy-Vee Select chipotle mayo over this brat and top with blue cheese crumbles, sliced green onion and celery.

# 4 Jalapeño Cheddar Brat



### 3. MILD ITALIAN BRAT

Dress up this brat with shredded mozzarella cheese, purchased giardiniera, Hy-Vee tomato, basil & garlic pasta sauce and a sprinkling of Hy-Vee Italian seasoning.

# 5 Bacon Cheddar Brat



### 4. JALAPEÑO CHEDDAR BRAT

Pile this brat high with taco-seasoned ground beef, shredded iceberg lettuce, chopped tomato, Hy-Vee shredded Cheddar cheese and crushed Hy-Vee nacho cheese-flavored tortilla chips.

# 6 Fresh Pineapple Brat



### 5. BACON CHEDDAR BRAT

Can't beat bacon! Load this brat with bacon bits, some butterhead lettuce, crisp-cooked Hy-Vee double-smoked bacon, tomato slices and Hy-Vee Dijon mustard.

**6. FRESH PINEAPPLE BRAT**  
Take a taste of the tropics. Top this brat with Hy-Vee Short Cuts pineapple chunks, red onion slices, a drizzle of Hy-Vee teriyaki sauce and Hy-Vee Select Gouda cheese slices.

Grill brats over medium heat for 10 to 15 minutes or until done (160°F).

**smart swap**  
Spoon Hy-Vee corn and black bean salsa on a brat for a tasty topper.

# FIRE UP. FLAVOR ON.



Lawry's Wet Marinades: select varieties 12 or 13.58 oz. 2/5.00

French's Mustard: select varieties 12 or 14 oz. 1.69

Stubb's BBQ Sauce or Marinades: select varieties 12 or 18 oz. 3.48



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For Grilling Recipes and Tips Visit [mccormick.com](http://mccormick.com)

# IT HAS TO BE



Heinz 57 Steak Sauce: select varieties 10 fl. oz. 3.79

Heinz Mustard, Ketchup or BBQ Sauce: select varieties 15 to 21.4 oz. 2.18

Heinz Picnic Pack 54 fl. oz. 5.99

## AMERICANS HAVE PROUDLY PLACED HEINZ CONDIMENTS ON THEIR TABLES FOR 150 YEARS.



# FRESH CATCH

Reel in big flavor when you pair Hy-Vee's top-quality seafood with fresh seasonal ingredients. Our easy recipes let you enjoy seafood in a snap.

## TASTY CRAB TOASTS

Toss 6 oz. fresh lump crab meat with 1 Tbsp. fresh lemon juice. Top 8 (½-in.) slices Hy-Vee baguette bread, brushed with Gustare Vita olive oil and toasted, with purchased guacamole and crab mixture. Garnish with lemon zest and fresh dill, if desired. Serves 8.



## Grilled Tuna with Fresh Berry Sauce

**Hands On** 15 minutes  
**Total Time** 25 minutes  
**Serves** 2

Hy-Vee canola oil

½ cup fresh blackberries

1½ tsp. fresh lemon juice

1 tsp. Hy-Vee honey

2 (6-oz. each) Ahi tuna steaks, 1½ to 1¾ in. thick

2 lemon wedges, plus additional slices for serving

Hy-Vee salt and black pepper

Fresh thyme, for garnish

**1. PREHEAT** a charcoal or gas grill for direct cooking over high heat (425°F). Using tongs, dip paper towels in cooking oil and wipe grill grate several times or until grate is black and glossy.

**2. PLACE** blackberries, lemon juice and honey in a food processor. Cover and pulse mixture until well combined. Set aside.

**3. PAT** tuna dry. Brush steaks on both sides with additional oil; squeeze one lemon wedge over each tuna steak. Season with salt and pepper.

**4. GRILL** tuna for 3 to 5 minutes or until medium-rare (125°F), turning once. Remove tuna from grill; let rest 5 minutes. Slice and serve topped with berry sauce. Serve with lemon slices and, if desired, garnish with fresh thyme.

Per serving: 200 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 65 mg cholesterol, 75 mg sodium, 7 g carbohydrates, 2 g fiber, 5 g sugar (3 g added sugar), 43 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 2%



## FAIR TRADE TUNA

As of 2017, 100 percent of all service case tuna in every Hy-Vee across the Midwest is Fair Trade Certified. Tuna in our service case is harvested responsibly to avoid harming oceans or jeopardizing populations. By choosing Fair Trade certified tuna, you are supporting fishermen and their communities.

time  
saver

Tuna steaks cook very quickly when you use high heat, a well-seasoned grill grate and lemon oil brush-on sauce.



# 15-MINUTE KABOBS

## LEMON-HERB HALIBUT

Cut 12 (1-in.) cubes of halibut and Hy-Vee Bakery sourdough bread. Thread 3 cubes halibut, 3 cubes bread and 4 grape tomatoes onto each of 4 skewers. Brush with a mixture of 2 Tbsp. Gustare Vita olive oil, 1 Tbsp. lemon zest and 1 Tbsp. chopped fresh rosemary. Season with Hy-Vee salt and black pepper. Grill over direct medium heat for 4 to 6 minutes or until fish flakes. Serves 2 (2 kabobs each).

## SCALLOPS & NECTARINES

Thread 4 sea scallops, 4 nectarine slices and 4 (1-in.) green onion pieces onto each of 4 skewers. Brush with Hy-Vee sesame teriyaki sauce. Grill over direct medium heat for 4 to 6 minutes or until scallops are opaque (145°F). Sprinkle with sesame seeds, if desired. Serves 2 (2 kabobs each).



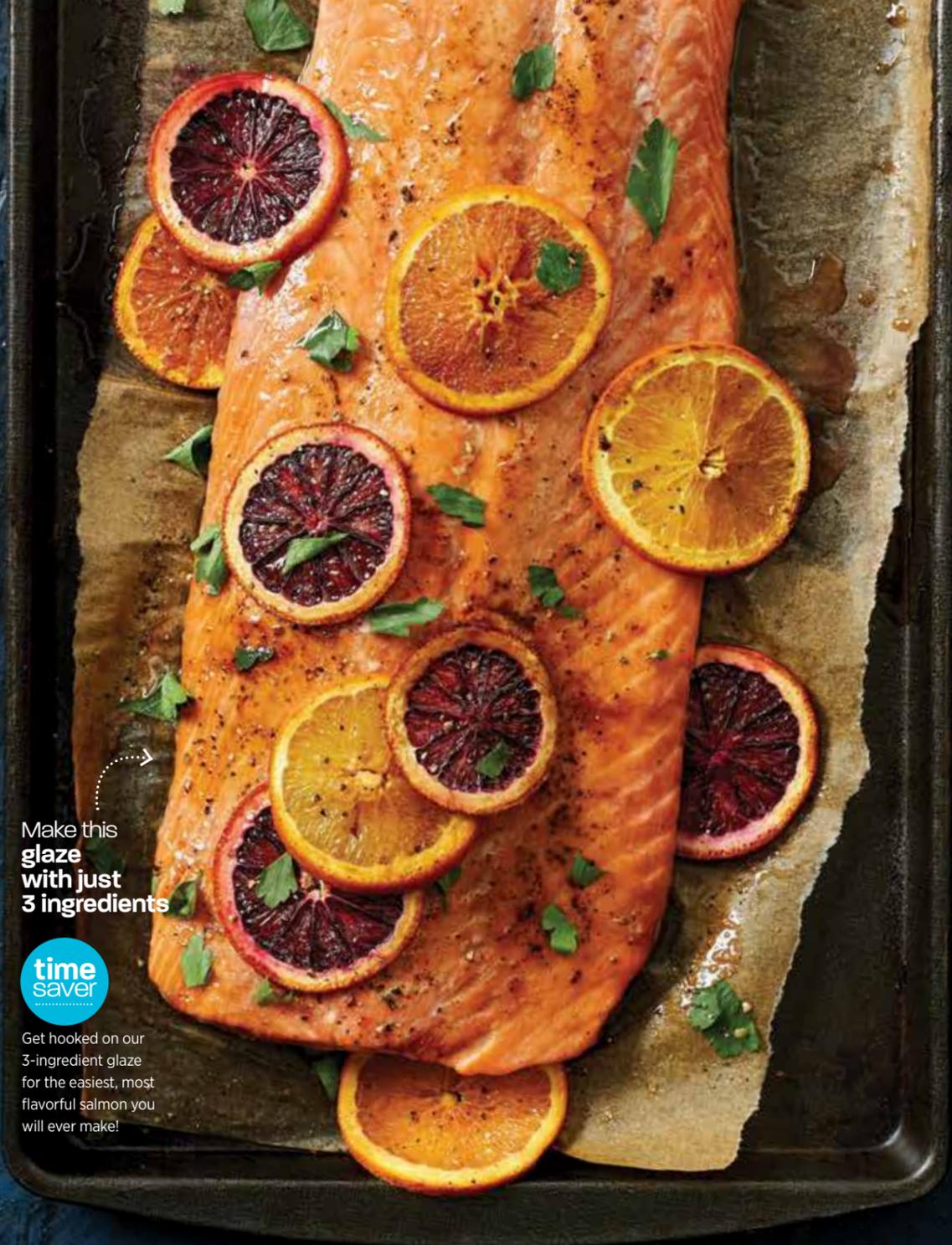
## pro tip: HALIBUT HINTS

“The main thing to remember when grilling halibut is that it will dry out on you fast, because the fish contains very little oil. Cook it low and slow. As soon as it whitens up, get it off the grill and give it a squeeze of lemon, which will help bring out the flavor.”

—Zach Sobek  
Seafood Manager  
Hy-Vee, West Des Moines, Iowa



Rosemary-lemon butter punches up the flavor of sweet, mild halibut. To save time, pulse the rosemary in a food processor until finely chopped.



Make this glaze with just 3 ingredients



Get hooked on our 3-ingredient glaze for the easiest, most flavorful salmon you will ever make!

# Quick-Fix Salmon with Maple-Bourbon Glaze

**Hands On** 10 minutes  
**Total Time** 25 minutes  
**Serves** 4

- 1 (1-lb.) fresh salmon fillet, ¾ to 1 in. thick
- ½ cup fresh orange juice
- ½ cup Hy-Vee Select 100% pure maple syrup
- 2 Tbsp. bourbon
- Hy-Vee salt and black pepper
- Orange slices
- Chopped fresh parsley, for garnish

1. **PREHEAT** oven to 425°F. Line a 15×10×1-in. sheet pan with parchment paper.

- Pat salmon dry; place, skin side down, in pan.
- 2. **COMBINE** orange juice, maple syrup and bourbon in a small saucepan. Gently boil 5 to 8 minutes or until slightly thickened. Brush salmon with half the glaze. Season with salt and pepper. Top with orange slices.
- 3. **BAKE** for 8 to 12 minutes or until salmon flakes with a fork (145°F). Brush with remaining glaze. Garnish with parsley, if desired.

## HOOKED ON QUALITY

Hy-Vee partners with top notch organizations to bring you quality, sustainable seafood.

## RESPONSIBLE CHOICE

 Hy-Vee is the largest supplier of seafood in the Midwest. The Responsible Choice label identifies seafood that is fished or farmed in ways that minimize environmental impact.

## FISH WISE

**FISHWISE**  
Hy-Vee's Responsible Choice program is supported by FishWise, an organization that promotes the health of ocean ecosystems through environmentally and socially responsible business practices.

## FAIR TRADE

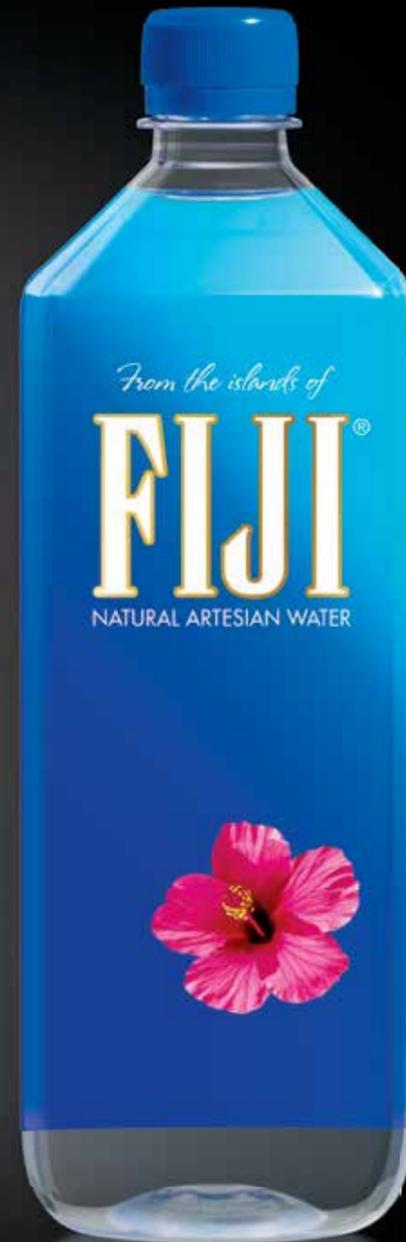
 Hy-Vee partners with Fair Trade USA, a nonprofit organization and the leading certifier of Fair Trade products in North America because we believe in the importance of taking care of fishermen and their communities. The Fair Trade Certified label is a way to recognize first-rate seafood companies for their commitment to sourcing ethical seafood.

Per serving: 330 calories, 15 g fat, 3.5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 70 mg sodium, 20 g carbohydrates, 0 g fiber, 19 g sugar (0 g added sugar), 23 g protein. Daily Values: Vitamin D 60%, Calcium 4%, Iron 6%, Potassium 10%

Crack,  
Sip,  
Repeat.



Wonderful  
Pistachios:  
select varieties  
16 oz.  
7.99



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# ONE CHICKEN FIVE WAYS

Save time with Hy-Vee rotisserie chicken. Perfectly juicy. Perfectly tender. Perfectly seasoned. And no antibiotics ever. Get yours today!



## OUR NEW HY-VEE ROTISSERIE CHICKEN

This delicious, ready-to-eat chicken is guaranteed fresh every day. A new larger size means it's ready to feed the family at dinnertime. Plus it's raised without any antibiotics ever!

### 2 CHICKEN NOODLE SOUP

Combine 4 cups Hy-Vee chicken broth, 1 cup chopped carrot and 1/8 tsp. Hy-Vee black pepper in a large saucepan. Bring to boiling; add 1/2 cup dry egg noodles and cook 5 minutes. Stir in 1 cup shredded Hy-Vee rotisserie chicken, 1/2 cup frozen Hy-Vee peas, 1/2 cup frozen shelled edamame and dash Hy-Vee dried thyme. Cook 10 minutes or until noodles are tender. Garnish with parsley, if desired. Serves 4.



### 1 BBQ CHICKEN SANDWICH

Combine coarsely shredded Hy-Vee rotisserie chicken with bottled barbecue sauce. Serve in a bun with creamy coleslaw.



### 3 CHICKEN TOSTADAS

Warm 6-in. corn tortillas; spread with refried bean dip. Top with desired amounts of shredded Hy-Vee rotisserie chicken, chopped avocado, sliced green onion, crisp shredded lettuce and chopped tomato. Drizzle with desired amount of Sriracha sauce.



### 5 SWEET-SPICY STIR-FRY

Cook 1 cup Hy-Vee Short Cuts Asian vegetables in 1 tsp. hot Hy-Vee canola oil for 2 minutes. Whisk together 2 1/2 tsp. Hy-Vee less-sodium soy sauce, 3/4 tsp. rice vinegar, 1/2 tsp. grated fresh ginger, 1/2 tsp. minced garlic and 1/4 tsp. toasted sesame oil. Whisk in 1/2 tsp. Hy-Vee cornstarch and 2 1/2 Tbsp. Hy-Vee 33%-less-sodium chicken broth. Add to skillet; cook and stir until thickened. Stir in 3 oz. shredded Hy-Vee rotisserie chicken; heat through. Serve over 1/3 cup hot cooked rice. Serves 1.

### 4 CHICKEN ALFREDO PIZZA

Preheat oven to 425°F. Place 1 (12-in.) Boboli thin pizza crust on a pizza pan. Spread 3/8 cup purchased Alfredo sauce on crust to within 1 in. of edges. Add 6 oz. chopped Hy-Vee rotisserie chicken, 3/4 cup sliced mushrooms and 2 thinly sliced tomatoes. Sprinkle 1 cup Hy-Vee finely shredded part-skim mozzarella cheese on top. Bake for 10 to 12 minutes or until bubbly. Garnish with basil, if desired. Serves 3.



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Photo: Brenda Score at [afarmgirlstables.com](http://afarmgirlstables.com)

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# Cinco

## TACOS | NACHOS | MARGARITAS

LIVEN UP YOUR FIFTH OF MAY PARTY MENU WITH THESE FABULOUS NO-FUSS IDEAS FOR FAVORITE MEXICAN-STYLE EATS AND DRINKS.



tacos  
five  
ways

### chicken and rice TACOS

Heat 1 (8.8-oz.) pkg. ready-to-heat Spanish-style rice according to pkg. directions. Add rice to 12 warmed Hy-Vee street taco flour tortillas. Top with chopped tomato, shredded Hy-Vee rotisserie chicken, bottled salsa verde, Hy-Vee shredded lettuce and Hy-Vee shredded Cheddar cheese. Add lime wedges. Serves 6.

### grilled portabella TACOS

Marinate 4 (3-oz.) portabella mushrooms in mixture of ½ cup Gustare Vita olive oil, 1 Tbsp. fresh lime juice, 1 tsp. Hy-Vee chili powder and ¼ tsp. Hy-Vee ground cumin for 2 hours. Grill mushrooms and cut into strips. Serve in 12 warmed Hy-Vee street taco flour tortillas with black beans, avocado, red cabbage and Hy-Vee Monterey Jack salsa con queso. Serves 6.

### tilapia TACOS

Grill 2 Hy-Vee Short Cuts ears sweet corn and 1 (1-lb.) container Hy-Vee Short Cuts fajita vegetables. Remove corn kernels. Season 4 (4-oz.) thawed Hy-Vee Fish Market frozen tilapia fillets with 4 tsp. Hy-Vee Mexican-style fajita seasoning mix. Grill fish; flake into chunks and serve in 12 warmed Hy-Vee street taco flour tortillas with fajita vegetables, corn, Hy-Vee pico de gallo and Hy-Vee Santa Fe tortilla strips. Garnish with cilantro. Serves 6.

### chipotle bbq pulled pork TACOS

Prepare 1 (11-oz.) pkg. sweet apple coleslaw kit according to pkg. directions. Heat 1 lb. Hy-Vee Hickory House pulled pork and 1 cup bottled chipotle-flavored barbecue sauce until warm. Serve barbecued pork in 12 warmed Hy-Vee street taco flour tortillas; top with coleslaw and Granny Smith apple slices. Garnish with cilantro, if desired. Serves 6.

## Strip Steak Tacos

**Hands On** 25 minutes  
**Total Time** 30 minutes  
**Serves** 6 (2 tacos each)

1 recipe Quick Mango Salsa, below  
1½ lb. Hy-Vee True beef  
New York strip steaks  
2 tsp. lime zest  
2 Tbsp. fresh lime juice  
1 (1.25-oz.) pkg. Hy-Vee original  
taco seasoning mix  
1 (11-oz.) pkg. Hy-Vee street taco  
flour tortillas (12 ct.)  
½ cup crumbled Cotija cheese  
Chopped fresh cilantro, for garnish

1. **PREPARE** Quick Mango Salsa; cover and refrigerate.  
2. **PAT** steaks dry. Combine lime zest and juice and taco seasoning mix; rub steaks with seasoning mixture. Let stand for 10 minutes.

3. **PREHEAT** a gas or charcoal grill with a greased grill rack for direct cooking over medium-high heat. Grill steaks for 6 to 9 minutes or until medium-rare (130°F), turning once halfway through. Cover; let rest 5 minutes. Meanwhile, grill tortillas for 1 to 2 minutes or until warm, turning halfway through.

4. **CUT** steak into thin slices. Serve steak in tortillas with Quick Mango Salsa. Top with cheese and, if desired, garnish with cilantro.

**Quick Mango Salsa:** Combine 1 cup chopped fresh mango, 2 Tbsp. Hy-Vee Short Cuts chopped red onions, 2 Tbsp. Hy-Vee Short Cuts chopped red bell peppers, 1 Tbsp. chopped fresh cilantro, 1 Tbsp. fresh lime juice, 1 Tbsp. chopped seeded jalapeño pepper\* and ¼ tsp. Hy-Vee salt.

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

Per serving: 400 calories, 17 g fat, 8 g saturated fat, 0 g trans fat, 65 mg cholesterol, 1,090 mg sodium, 36 g carbohydrates, 1 g fiber, 4 g sugar (0 g added sugar), 27 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 20%, Potassium 2%

# nachos five ways

## Ultimate Easy Beef Nachos

**Hands On** 10 minutes  
**Total Time** 25 minutes  
Serves 8

Hy-Vee nonstick cooking spray  
½ (13 oz.) bag Hy-Vee white corn restaurant-style and/or blue corn tortilla chips, divided  
2 cups Hy-Vee shredded Cheddar cheese, divided

1 (1-lb.) pkg. 93% lean ground beef  
1 (15-oz.) can Hy-Vee no-salt-added red kidney beans, drained and rinsed  
1 (1.25-oz.) pkg. Hy-Vee original taco seasoning mix

Desired toppings: Hy-Vee pico de gallo, Hy-Vee sour cream, Hy-Vee Short Cuts chopped red onions, Hy-Vee sliced ripe olives, shredded lettuce and/or cilantro

**1. PREHEAT** oven to 400°F. Line a 15×10×1-in. pan with parchment paper; spray with nonstick spray. Spread half the chips on prepared pan. Top with 1 cup cheese.

**2. BROWN** beef in a large skillet; drain. Stir in beans and taco seasoning. Cook 2 minutes more. Spoon half the beef

mixture over cheese in pan. Repeat layers. Bake 5 to 7 minutes or until cheese is melted. Add desired toppings.

Per serving: 370 calories, 19 g fat, 8 g saturated fat, 0 g trans fat, 60 mg cholesterol, 570 mg sodium, 28 g carbohydrates, 3 g fiber, 0 g sugar (0 g added sugar), 22 g protein. Daily Values: Vitamin D 0%, Calcium 15%, Iron 15%, Potassium 10%

**Sheet Pan Nachos**  
Guaranteed to be a crowd-pleaser! Simply bake the chips and meat sauce, add fresh toppers and serve.

### Microwave Tip

Keep a close eye on the nachos while they cook. Start with 1 minute, then 30-second intervals until the cheese is melted.



## quick asian NACHOS

Spread 6 oz. Hy-Vee Bakery plain wonton chips on a microwave-safe plate. Combine 1 cup shredded Hy-Vee rotisserie chicken and ¼ cup Hy-Vee Thai peanut sauce; spoon on chips. Top with 1 cup Hy-Vee shredded Monterey

Jack cheese. Microwave on HIGH 1 to 2 minutes or until cheese is melted. Add desired toppings (julienne-cut carrots, sliced green onions and/or sliced cucumber). Drizzle with Sriracha and sprinkle with peanuts. Serves 6.



## 20-minute BREAKFAST NACHOS

Divide 4 cups Hy-Vee bite-size white corn round tortilla chips among 4 serving plates; set aside. Brown 8 oz. bulk Mexican pork chorizo in a skillet; drain. Spoon chorizo over chips on plates. Top each with chopped

avocado, sliced jalapeño pepper, Hy-Vee thick & chunky salsa and Hy-Vee Cheddar cheese dip. Add 1 large pasteurized egg, cooked sunny-side up or over easy, to each plate. Sprinkle with cracked black pepper. Serves 4.



## cowboy NACHO SKILLET

Preheat oven to 400°F. Cook 8 oz. chopped Hy-Vee bacon in 10-in. cast-iron skillet; set aside. Discard drippings. Heat 7 oz. Hy-Vee Hickory House brisket and ¾ cup drained and rinsed Hy-Vee no-salt-added pinto beans in same skillet. Remove mixture from skillet. Wipe skillet clean. Spread 2 cups round

yellow-corn tortilla chips in skillet. Top with 1 cup Hy-Vee shredded Mexican cheese, half the brisket mixture and half the bacon. Repeat layers. Bake 5 to 7 minutes or until cheese is melted. Top with chopped tomato, guacamole and/or jalapeño slices. Sprinkle with Hy-Vee black pepper. Serves 6.



**Love Those Chips**  
Hy-Vee Bakery cinnamon sugar wonton chips are also great with ice cream, a steaming cup of coffee or fresh fruit salsa.



**MAKE THIS IN  
5 MINUTES!**

## chocolate-berry DESSERT NACHOS

Layer 3 oz. Hy-Vee Bakery cinnamon sugar wonton chips with ¼ cup halved Hy-Vee Short Cuts strawberries, ¼ cup fresh blueberries and 6 halved bite-size

chocolate candies. Top with whipped cream and sprinkle with cinnamon sugar. Drizzle with 1 Tbsp. warm hot fudge sauce. Serves 2.

# margaritas

## five ways



### mango MARGARITA

Combine 1 tsp. Hy-Vee chili powder and ¼ tsp. kosher salt. Rub rims of two (8-oz.) glasses with lime wedge. Dip rims into chili powder mixture; set aside. Combine 1 cup chopped fresh mango, ¼ cup Hy-Vee ruby red grapefruit juice,

3 oz. tequila, 2 Tbsp. agave nectar, 1 oz. fresh lime juice, 1 oz. orange liqueur and ¼ tsp. Hy-Vee chili powder in a blender. Cover and blend until smooth; pour into prepared glasses. Garnish each with a mango wedge, if desired. Serves 2.

**Ribbons**  
Use a sharp knife or mandoline to cut cucumber ribbons to garnish this drink.



### spicy cucumber-jalapeño MARGARITA

Combine ¾ cup chopped cucumber, ¼ cup jalapeño slices, 3 oz. tequila, 2 oz. orange liqueur, 2 oz. fresh lime juice, 1 oz. fresh orange juice and 1 Tbsp. agave nectar in a blender. Cover and blend until smooth.

Pour mixture through a fine-mesh strainer; discard pulp. Pour into two (6-oz.) smoked-salt-rimmed glasses. Garnish each with a skewer threaded with a thinly sliced cucumber ribbon, if desired. Serves 2.



**Frozen**  
For a slushy drink, mix all the ingredients in a blender and pour into the glass.

### classic MARGARITA

Combine 3 oz. tequila, 3 oz. fresh lime juice, 2 oz. orange liqueur and 1 cup ice cubes in a cocktail shaker. Cover

and shake well. Strain into an 8-oz. salt-rimmed glass over ice. Garnish with a lime slice, if desired. Serves 1.



### double-berry MARGARITA

Dip the rims of two (8-oz.) cocktail glasses in Hy-Vee light corn syrup; dip into finely crushed freeze-dried raspberries; set aside. Combine ¼ cup fresh raspberries, ¼ cup fresh blueberries and 2½ oz. fresh lime juice in a cocktail

shaker; muddle mixture. Add 2 oz. tequila, 2 oz. orange liqueur, 1 Tbsp. agave nectar and ½ cup ice cubes. Cover and shake well. Strain into prepared glasses over ice. Garnish with a skewer of blueberries, fresh mint and raspberries. Serves 2.



## Frozen Strawberry Margarita

Total Time 10 minutes  
Serves 2

2 tsp. lime zest, to dip glass rims  
1 tsp. coarse white decorating sugar, to dip glass rims

Lime wedge  
4 cups Hy-Vee frozen whole strawberries  
¾ cup ice cubes  
3 oz. fresh lime juice  
¼ cup tequila  
2 oz. orange liqueur  
2 Tbsp. agave nectar  
Fresh strawberries, for garnish

**1. COMBINE** lime zest and sugar in a small bowl. Rub a lime wedge along rim of 2 (8-oz.) margarita glasses, then dip glass rims into sugar mixture; set aside.

**2. COMBINE** frozen strawberries, ice, lime juice, tequila, orange liqueur and agave nectar in a heavy-duty blender. Cover and blend until smooth. Pour mixture into prepared glasses. Garnish each glass with a fresh strawberry, if desired.



### pro tip: SQUEEZE!

When using fruit juices, fresh hand-squeezed is always the best. Strain the juice to remove any pulp for a smoother drink. It takes a bit more effort, but the results are worth it."

—Blake Ohloff  
Wine & Spirits Manager  
Hy-Vee, Ankeny, Iowa

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## NEW O, THAT'S GOOD! FROZEN SKILLETTS

with a *Twist* of veggies in the sauce\*

O, That's Good!  
Meal Kits:  
select varieties  
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2/10.00



- NO artificial flavors, dyes or preservatives
- Chicken raised without antibiotics

Find in the frozen meals section



\*Less than 1/2 cup veggies per serving

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# IN THE BAG

Tear open a bag of greens and build a quick salad. Our salad-making list and easy-fix meal combos make it simple.



PER 3 CUPS

15 CALORIES  
0g SAT FAT  
70mg SODIUM  
0g SUGARS  
VITAMIN A  
VITAMIN C



Hy-Vee

## Spring Mix



TRIPLE WASHED & READY TO ENJOY  
A blend of baby lettuces & greens

### PICK YOUR BASE

#### GREENS

**Subtle:** Bibb or iceberg lettuce

**Mild and Distinctive:** Baby beet greens, romaine, Chinese cabbage or baby bok choy

**Standouts:** Watercress, spinach or arugula

**Punchy with Bite:** Kale, radicchio or Belgian endive

### PICK YOUR MIX-INS

#### PROTEIN

**Meats:** Cooked chicken breast, ham, salmon, shrimp, crab, tuna  
**Meatless:** Hard-boiled eggs, beans, chickpeas, lentils

#### FRUITS OR VEGETABLES

**Yellow/Orange:** Citrus, mangos, carrots, bell peppers, roasted sweet potatoes, sweet corn

**Green:** Avocados, cucumbers, sugar snap peas, green beans, celery, grilled asparagus

**Red:** Berries, tomatoes, apples, radishes, red onion, roasted beets

**White:** Jicama

#### EXTRAS

**Crunchy:** Nuts or seeds, roasted chickpeas or edamame, toasted coconut, tortilla strips

**Rich:** Salty feta or olives, aged Cheddar or Parmesan cheese, tangy goat or blue cheese, creamy Havarti, fresh mozzarella, Brie

**Fragrant:** Basil, parsley, mint, cilantro, dill

**Seasoning:** Salt, black pepper

### PICK YOUR DRESSING

#### VINAIGRETTE

**Oil-and-Vinegar Bases:** Bottled Italian dressing, bottled Asian toasted sesame dressing

#### CREAMY

**Dairy Bases:** Bottled blue cheese dressing, bottled creamy Italian dressing, bottled buttermilk ranch dressing



## make it your own

TIME TO TAP INTO YOUR KITCHEN CREATIVITY. OUR LIST OF OPTIONS WILL HELP YOU BUILD A NEW DREAM SALAD EVERY DAY OF THE WEEK.

time saver

Stock up on Hy-Vee Short Cuts ready-to-eat fruits and veggies for fresh, tasty salads anytime!

Hy-Vee Short CUTS



### STEAK CAPRESE SALAD

baby spinach and spring greens mix + beef top sirloin steak strips  
+ cherry tomatoes + Hy-Vee Short Cuts chopped red onion + mozzarella pearls  
+ basil leaves + balsamic vinaigrette



### PROSCIUTTO-PEACH SALAD

butterhead lettuce + prosciutto + fresh peach slices + fresh raspberries  
+ Burrata cheese + Hy-Vee walnuts + Hy-Vee raspberry vinaigrette  
+ cracked black pepper + chives



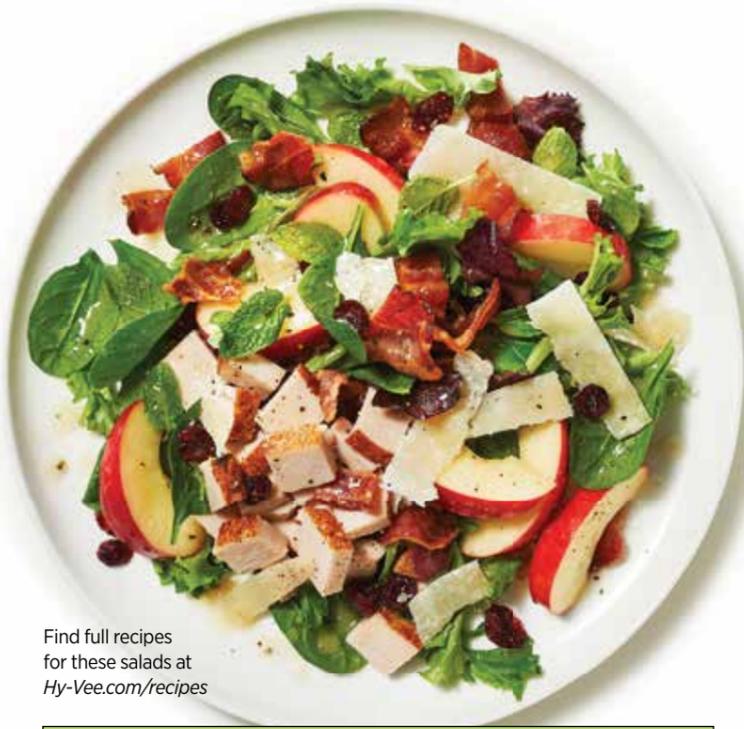
### TUNA NIÇOISE SALAD

arugula + Hy-Vee albacore tuna + tomato wedges + sliced Hy-Vee  
Short Cuts hard-boiled egg + fresh green beans + Hy-Vee Short Cuts garlic  
potatoes + red wine vinaigrette + olives + salt and pepper + lemon wedges



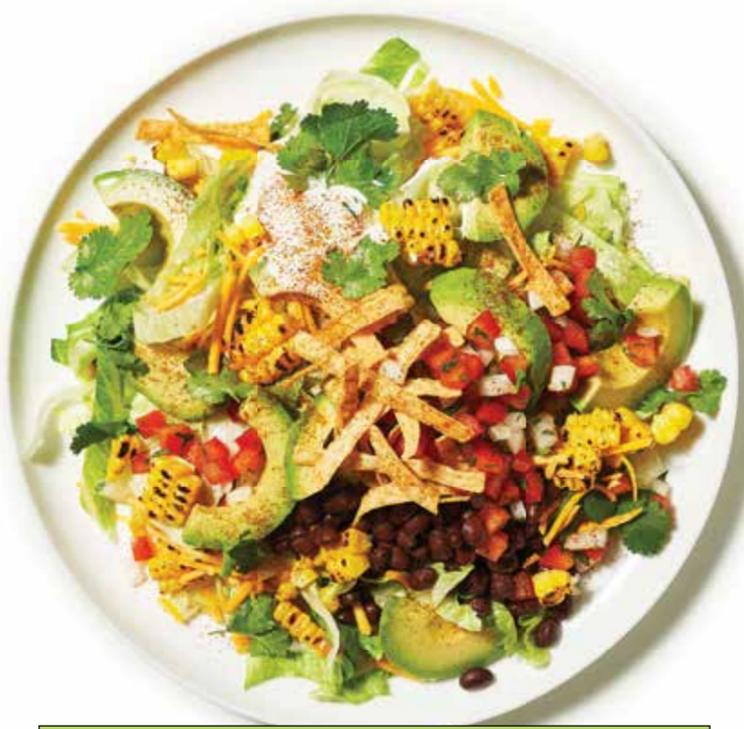
### CITRUS ASIAN CHICKEN SALAD

Hy-Vee romaine garden salad blend + Hy-Vee rotisserie chicken slices + orange slices  
+ cucumber slices + Hy-Vee Short Cuts chopped red bell peppers + sliced green onions  
+ Hy-Vee sliced almonds + bottled Asian toasted sesame dressing



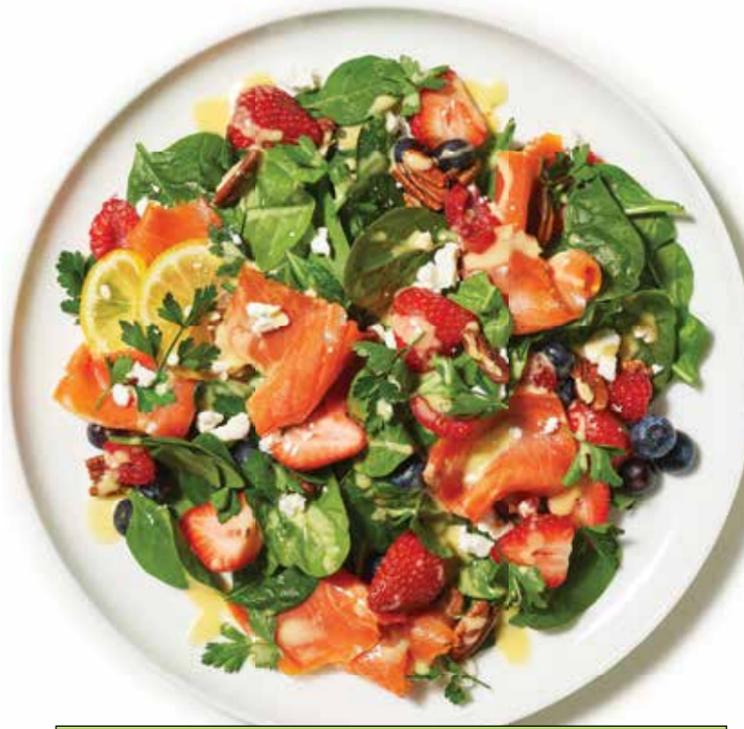
### TURKEY, BACON & APPLE SALAD

spring greens mix + cubed turkey + Hy-Vee bacon + Hy-Vee Short Cuts apple slices  
+ champagne vinaigrette + shaved Parmesan + dried cranberries + mint leaves



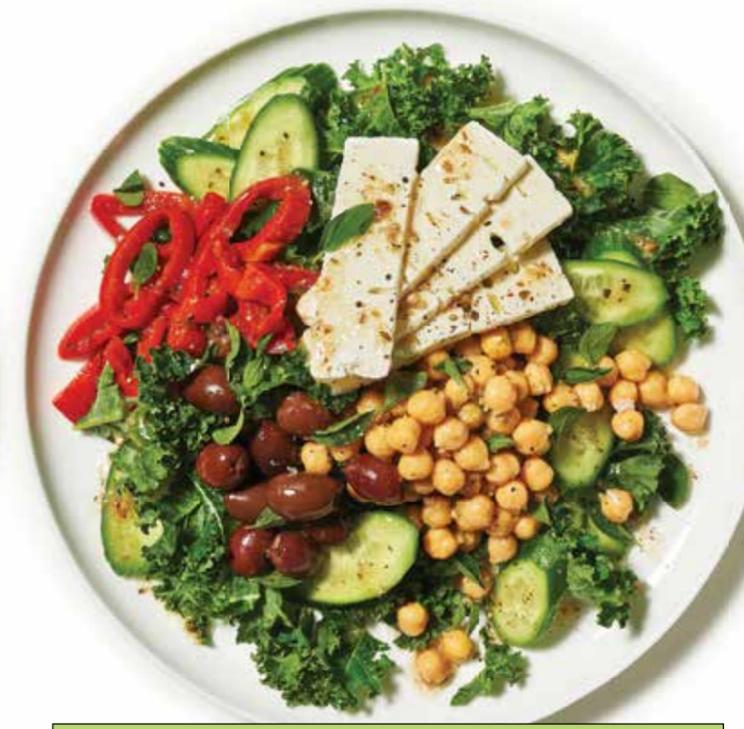
### SOUTHWEST VEGGIE SALAD

Hy-Vee iceberg lettuce + Hy-Vee black beans + roasted sweet corn + avocado  
+ Hy-Vee pico de gallo + Hy-Vee Cheddar cheese + Hy-Vee tortilla strips  
+ Hy-Vee sour cream + cilantro + Hy-Vee chili powder



### SALMON, BERRY & SPINACH SALAD

baby spinach leaves + Hy-Vee Fish Market smoked sockeye salmon + Hy-Vee  
Short Cuts strawberries + Hy-Vee Short Cuts blueberry and raspberry mix  
+ goat cheese + Hy-Vee pecans + Italian parsley + Hy-Vee honey mustard dressing



### MEDITERRANEAN CHICKPEA SALAD

baby kale leaves + Hy-Vee garbanzo beans + cucumber slices + roasted red bell pepper  
strips + Kalamata olives + Soirée feta cheese + Hy-Vee Select Old World  
Greek dressing + cracked black pepper + fresh basil leaves

Find full recipes  
for these salads at  
[Hy-Vee.com/recipes](http://Hy-Vee.com/recipes)



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Happy Mother's Day



# life

**Bright blooms and gentle breezes: It's an a-May-zing time to celebrate.**

- 50** HONOR YOUR MOM
- 64** SWEET LAYERS
- 72** MEMORIAL DAY MUNCHIES
- 78** OUTDOOR ROOMS
- 84** CHOOSE YOUR BEST GRILL
- 93** PUPS FOR HEROES

# HONOR YOUR MOM

She took you to the dentist, helped you with spelling, made millions of snacks and gave endless love. Now it's your turn to show the love, with these cool Mother's Day ideas and gifts from Hy-Vee.



## HOW SWEET IT IS!

Premium chocolates, fine candies and specialty cookies from Hy-Vee offer an exquisite taste experience. Every satisfying bite will remind Mom just how sweet you think she is.

## THE POWER OF FLOWERS

A colorful arrangement will find a special spot in her heart... and in her house.



Petite Sunny Mom  
Lulita clear vase sold separately



Beautiful Brights  
Vase sold separately



Majestic Moms  
Deep Purple Jar Handle vase sold separately; two varieties



Tulips  
Vase sold separately



## IN LIVING COLOR

Flowers are a traditional Mother's Day favorite because they're all about sentiment. Well, there's the beauty and fragrance of the blooms, too! With all that going for them, flowers are hard to resist.

### THE LANGUAGE OF FLOWERS

For centuries, flowers have been used to convey symbolic messages. Roses in particular could express a variety of emotions based solely on their color. Some examples from *The Old Farmer's Almanac*:

- Yellow**—Joy, Friendship
- Lavender**—Love at First Sight
- Pink**—Grace, Happiness, Gentleness
- White**—Purity, Innocence, Reverence
- Red**—Love, I Love You
- Orange**—Enthusiasm, Desire
- Coral**—Friendship, Modesty

## A LIVING REMINDER

Make the feeling last with a potted indoor plant she can enjoy for years.



Orchid: symbolizes love, beauty and strength.



African Violet: represents spirituality and protection.



Bonsai: signifies love, balance, calm and peaceful energy.



Azalea: denotes elegance, beauty and femininity.

## GARDEN GOODIES

Is it any coincidence that Mother's Day is also the start of the gardening season? Might as well put that info to good use!



Whimsical garden art to make her smile.



Handsome garden containers to fill her world with colorful plants.



A birdfeeder to bring feathered friends to her window.



Gardening gloves to protect her green thumbs.

## TAKE IT OUTSIDE

While you're bringing beauty indoors to Mom's living room, remember her yard as well. Landscape plants will be a fond remembrance of Mother's Day for years to come. For a personal touch, choose something that blooms at a time of year with special significance to her.



### For a living reminder of your special bond, pick a:

- Flower in her favorite color.
- Pretty container arrangement.
- Potted citrus tree.
- Shrub that blooms on an anniversary date.
- Sweetly fragrant plant.
- Culinary herb to flavor a special dish.
- Bonsai or other plant with a unique shape.



**TAILORED TO HER TASTES**

Give Mom an extra lift with handpicked items that reflect her personal preferences.



A candle with a memorable scent that takes her to faraway places.



Her favorite perfume to make her feel special when she goes out.



Cosmetic bag and personal makeup items for primping.



Fine shampoo, shower gel and bubble bath for pampering.

**SOOTHE HER SENSES**

Gather colorful bath bombs or salts, pretty soaps, skin care lotions and other pampering spa items from the Hy-Vee beauty and cosmetics aisles, then tuck them into a decorative container. Also include: makeup brushes and other accessories, nail polish, mirror, bath mitt and more.

**Specialty beauty items go beyond the ordinary.**

- Hand soap
- Fragrance diffuser
- Room spray
- Moisturizer
- Body wash
- Bath bombs
- Bath salts
- Shampoo



**ALL IN GOOD FUN**

Add to the festivities with gifts that range from practical to playful.



Wine and spirits to celebrate or just to kick back and relax.



Gourmet cheese knife set for noshing.



Greeting cards with heartfelt (or funny) messages.

Give your Mother a Gift Card.



Gift cards tailored to her favorite activities and interests, such as crafts, dining out, fashion and more.

**WINE AND DINE**

Whether it's a memorable bottle of wine, artisan-inspired dipping sauce or extraordinary jam, Hy-Vee offers many specialty products to add flavor to Mother's Day.



*Lindt* EXCELLENCE

Discover  
**EXCELLENCE**  
with all your senses

Dark chocolate made  
with the finest cocoa from the  
Lindt Master Chocolatiers.

Lindt Bars:  
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WITH SAVINGS

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SAVE \$5 on your next shopping trip with purchase of \$25 worth of Cottonelle®, Kleenex®, Scott® and Viva® products.

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Not-so-subtle lips.

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COLLECTION



TRY OUR TINTS THAT ENHANCE YOUR NATURAL LIP COLOR



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(LUCKY YOU)**

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**i'll freshen  
your day**



Mentos Gum:  
select varieties  
50 pc.  
2.99

..... **who says no to mentos gum?**



## SWEET LAYERS

Basic white, decorated chocolate or custom vision of decadence—Hy-Vee has the cake—and all the flavors—you want!



## WEDDING CAKES

Visit your local Hy-Vee Bakery as soon as you've decided on details for your wedding or other special event. Your wedding dress, event venue and colors, date, level of formality, menu, expected crowd count and other factors will help the cake designer plan.

### Fantastic Cakes

Watch our talented cake designers unleash their creativity with a graduation cake, a gender-reveal cake, a four-tier wedding cake, a milk-and-cookies masterpiece that defies gravity, and more.



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



## ALL-OCCASION CAKES

The Hy-Vee Bakery offers decorated layer and sheet cakes right in the case, as well as semi-custom decorated cakes to order (and ready the next day). Or work with an in-store professional cake designer for the dessert of your dreams.



### pro tip: FINDING INSPIRATION

“A quick Google search or a look on Pinterest is a great place to start if a customer has a theme in mind. Color swatches are important if we need to match the rest of the party decor. A pattern from an invitation, the kind of flowers in the centerpieces or the lace from a bridal gown can all be details that inspire the cake design.”

—Sara Vanderheyden  
Head Cake Designer  
Prairie Trail Hy-Vee Bakery  
Ankeny, Iowa



## CAKE YOUR WAY

### Pick a Theme:

If you're ordering a semi-custom cake, choose an event type—birthday, Mother's Day, Fourth of July, Halloween—and a design, such as TV or book characters, a floral motif or a superhero.

### Pick a Flavor:

When ordering custom or semi-custom cake, choose from white, chocolate, marble, red velvet, yellow, carrot, strawberry or lemon. Most of these flavors also are included among options in the bakery case in-store.

### Pick a Frosting:

Choose among Vanilla Buttercreme, Vanilla Whipped, Chocolate Buttercreme, Chocolate Whipped, Cream Cheese and Double-Dutch Chocolate.

**TO ORDER** a semi-custom cake, visit the Hy-Vee Bakery or go to [hy-vee.com](http://hy-vee.com) and browse a variety of designs, then place your order online. Typically, it's ready the next day if you order by 4 p.m. For a customized cake, talk with a professional cake designer in-store, and allow for consultation time.



## GOURMET CUPCAKES

Scrumptious little cakes are just right for parties or special occasions. Gourmet cupcake flavors include White Almond Wedding Cake, Raspberry Lace, Red Velvet, Chocolate Addiction, Peanut Butter Cup, Confetti, Caramel Sea Salt and Mocha Espresso.



Add a wire place card holder with place card to each cupcake. Set them at guests' places at the table. Lovely, surprising—and delicious.

## ORDER BY 4, MAKE IT YOURS

Hy-Vee bakers and cake artisans decorate sheet cakes and round layer cakes to order. Pick a general theme or design—your store associate can show you options—or browse them on [hy-vee.com](http://hy-vee.com). Select cake and icing flavors and provide the message you want.



**ORDER ONLINE** Make it easy! On [hy-vee.com](http://hy-vee.com) you can make your flavor and frosting selections, type in a special message for the cake top, and hit the order button. Then pick it up the following day!



### ROUND CAKES

Choose a 5-inch or a 7-inch double-layer cake, select a flavor, frosting and decorating scheme and add a personalized message. The cake's smaller size may limit decorating options compared with larger sheet cakes. 5-inch, \$9.99, 7-inch \$19.99.



### CHARACTER AND THEME CAKES

Popular topics include Spider Man, Star Wars, Avengers, Finding Dory, ocean, race car, confetti-donut and more. Sheet cakes available in quarter- (serves 16-24), half- (32-48) and full-sheet sizes (64-96), \$27.99, \$42.99 and \$58.99.



### FLORAL CAKES

The beautiful florals on these desserts are almost too pretty to eat. Captivating flowers include luscious rose bouquets as well as regal-looking fleur-de-lis. Quarter- (serves 16-24), half- (32-48) and full-sheet sizes (64-96), \$21.99, \$36.99 and \$52.99.



### EVENT CAKES

A cake from the Hy-Vee Bakery makes any event seem more special. Order a specially decorated cake with a personalized message—for birthdays, anniversaries, holidays, retirements and other occasions.



# EVERYBODY LOVES CAKE!



Duncan Hines Perfect Size For One: select varieties 8.4 to 11.2 oz. 2/\$5.00



Trusted brands that you love! Find them all at Hy-Vee!

# SUMMER is served



Frito Lay Multipack, Party Size Chips or Jar Dip: select varieties 12 ct., 5 to 18 oz. or 23 to 24 oz. 3.99



Frito Lay Simply Snacks or Off the Eaten Path: select varieties 4.5 to 8.5 oz. 3.29



Lay's Stax Chips: select varieties 5.5 or 5.75 oz. 4/\$5.00



**SPRING CHICKEN**

The whole family gets their fill with a bucket o' chicken from Hy-Vee. Amounts range from 10 to 75 pieces.

**EXTRA, EXTRA**

Hy-Vee offers a variety of delicious, ready-to-go hot and cold sides, including baked beans, fresh fruit and salad.

**MEMORIAL DAY**  
**Munchies**

**PREPARE A PERFECT ASSORTMENT OF GOODIES WITH THE HELP OF HY-VEE! KICK BACK IN A COMFORTABLE CHAIR AND HAVE A DRINK (OR TWO).**

Hy-Vee  
**Short CUTS**

**time saver**

Hy-Vee Short Cuts: your new best friend! Buy these ready-to-go berries in the produce aisle to cut down on prep time.



**DOUBLE-BERRY PUDDING CAKE**

Cut 1 (8-oz.) Hy-Vee Bakery loaf-style angel food cake into 12 slices. Line a 13x9-in. pan with slices, cutting to fit. Place 1 (12-oz.) container Hy-Vee plain whipped cream cheese spread, 3/4 cups Hy-Vee 2% reduced-fat milk and 2 (3.4-oz. each) pkg. Hy-Vee

instant vanilla pudding & pie filling mix in a large mixing bowl. Beat with an electric mixer until smooth. Spread mixture over cake in pan. Top with 1/2 (8-oz.) container thawed Hy-Vee frozen whipped topping. Cover and refrigerate for 2 hours.

Just before serving, fill in a square in the top left corner with 1 (6-oz.) container fresh blueberries. Arrange 1 (1-lb.) container Hy-Vee Short Cuts strawberries, sliced, in rows. Serves 12.



## SUMMER CRAFTS

Start your summer with a twist and a crack. Hy-Vee Wine and Spirits offers an impressive selection—including local and regional—of craft beers to make your picnic or party a hit. Swing by your local Hy-Vee to check offerings.

### BEER PROFILES

- Two Hearted Ale**  
Hop aromas of pine and grapefruit balanced with malt backbone.
- Voodoo Ranger IPA**  
Perfectly bitter with tropical aromas and refreshing fruit flavors.
- Leinenkugel's Summer Shandy**  
Weiss beer brewed with honey and natural lemonade flavor.

- Samuel Adams Boston Lager**  
A balance of spicy hops and slightly sweet roasted malts.
- Budweiser Discovery Reserve**  
Specialty red lager from an archival malt-forward recipe.
- Warped Roots Beer**  
Bold flavors include Loaded Toad lager, Juiced Moose IPA and Canned Chameleon pale ale.

### pro tip: EASY SIPPIN'



“Delicious summer seasonal beers tend to be crisp, clean and refreshing light-bodied beers. They tend to have light hops and fruity flavors. A pilsner, fruited IPA, wheat beer, shandy or radler will

be certain to hit the spot on a hot summer day!”

—Kara Schultz  
Wine & Spirits Manager, Hy-Vee  
Madison, Wisconsin



**ICE COLD**  
There's nothing cooler than a frosty brew on a summer day. Pop open any of these beers at your next outing to delight family and friends.



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!

**Blue  
Bunny**  
ICE CREAM®

**LIVE A LITTLE.  
OR A LOT.**

GIVE IN TO THE BUNNY™



Make your outdoor getaway as inviting and comfortable as the rest of your home.

# OUTDOOR ROOMS

Handsome navy upholstery has the classic look that's always in style.

Bremerton Steel 4-Piece Cushion Set

With a similar style and coordinated color, this bistro set fits right in with the sofa set.

Providence 3-Piece Bistro Set

*\*Products sold where available; while supplies last.*

## HOW TO CREATE THE living room

Summer's coming and it's time to get reacquainted with fresh air. Whether you'd like a cozy getaway for yourself or crowd-worthy digs for the whole family, Hy-Vee has the furniture and accessories to make your outdoor living space a true destination. So get ready to say hello to the great outdoors!

### SEATING

When furnishing an outdoor living room, the focal point is usually the sofa. Build off that with chairs, rockers, gliders and chaise longues if desired (and space permits).



Providence Bistro Chair



Bremerton Steel Sofa

### ACCENT TABLES

Tables are practical. They hold food, drinks, even serve as a footrest (don't tell Mom!). They also send a visual cue: This room is meant to be lived in.



Bremerton Steel Coffee Table



Providence Bistro Side Table

### DETAILS

Finish the ensemble with accessories. Pillows add color and energy, while planters integrate the outdoor living room with the surrounding landscape.



Pinehurst Planter 16"



Toss Pillows



### care tip OUTDOOR UPHOLSTERY

Vacuum cushions, then wipe clean with a mix of 1 Tbsp. dishwashing liquid and 1 gallon of warm water (add ¼ cup borax if cushions have mildew). Let soak for 15 minutes, then hose off cushions. Blot with clean towels, then set cushions on end to air dry completely before replacing on furniture.

This gazebo folds easily and has its own storage bag for convenient transport or storage.

Instant Up Gazebo  
10' x 10'

The durable polyester fabric seat and coordinating canopy make this swing a hit as a kids' hangout.

Children's Steel Garden Swing

Fun chairs, table and umbrella in lady bug theme will delight any tyke.

Children's 4-Piece Steel Patio Set

## HOW TO CREATE A playroom

Give little ones room to romp. Physical activity is important to children, and outdoor play satisfies their need to explore while stretching their imaginations.

A special area all their own—complete with pop-up gazebo and whimsical furniture—will set the stage for a healthy dose of outdoor playtime.



Instant Up Gazebo

### COVER UP

A pop-up gazebo offers shade while creating a destination where children can play, picnic and maybe even camp out.



Children's Quad Steel Frame Chair

### WHIMSY

Playful child-size furnishings emphasize that this is Kids Town. It's a special place they can call their own—a place for creative fun.



Steel Beach Wagon

Plastic Pitcher

### EXTRAS

From pull cart to haul toys to durable pitcher to serve lemonade at breaktime, small extras add to the enjoyment.

## FABULOUS CHAIRS

For every need under the sun

From comfy Adirondacks and lounge chairs to soothing rockers and gliders, Hy-Vee has outdoor chairs to fit your lifestyle. Even fold-up chairs for on-the-go sports fans!



American Oak Wooden Rocking Chair



RealComfort resin Adirondack Chair



Wilmington 2-Person Steel Glider



Canopy Camping Chair



Gravity Lounge Chair



Genevieve Sling Stack Chair



Beverly Sling Stack Chair



# FRESHEN UP for spring

**GIVE YOUR HOME A FRESH CLEAN  
& SPARKLING SHINE**

Scrubbing Bubbles  
Manual Toilet Bowl  
Cleaner:  
select varieties  
24 oz.  
2/4.00

Windex, Shout or  
Scrubbing Bubbles  
Cleaner:  
select varieties  
1.34 to 32 oz. or 28 ct.  
3.28

\*Based on Windex® Original lab testing against leading competitor glass cleaners per AC Nielsen 52 weeks ended 8/27/2016.

# Hefty®

Slider Bags

# SUPER STRENGTH SUPER SAVINGS!



Hefty Slider Bags:  
select varieties  
10 to 20 ct.  
2/4.00

**Marinated Grilled Vegetables  
using Hefty® Slider Bags**  
It's simple to marinate your favorite  
vegetables before grilling.

1. Simply cut your vegetables and place into a gallon size **Hefty® Slider Bag**.
2. Add your favorite marinade.
3. Marinate for at least an hour or refrigerate overnight.
4. Slide the veggies onto skewers and grill until tender.

# CHOOSE YOUR BEST GRILL

With the right grill, you'll be able to enjoy a cherished American tradition: outdoor grilling.

## always a classic CHARCOAL GRILL

- Dome shape helps with heat distribution.
- Large-capacity plated steel cooking grate.
- Heavy-gauge steel charcoal grate.
- Removable aluminum ash catcher for easy clean-up.
- Top and bottom dampers regulate air flow in and out to control temperature.
- Heat shield protects hands when lifting lid.

Porcelain-enameled bowl and lid can withstand the hottest charcoal fire and the worst weather.

Weber Original 22" Kettle Grill

*\*Products sold where available; while supplies last.*

## at-the-ready GAS GRILL

- Available in red, white, blue or black.
- Three burners and a generous grilling area.
- Upper rack to warm faster-grilling foods.
- Segmented indicators for precise dial adjustment.
- Fold-down left side table saves space.
- Six hooks to hold grill tools.

The propane tank scale makes it easy to see when it's time to get a refill.

Weber Spirit II E-310 Grill



Char-Broil Performance 4-Burner Gas Grill; black or stainless steel

Weber Spirit II E-210 2-Burner Gas Grill; black or red

Char-Broil Performance 2-Burner Gas Grill; black

Char-Broil Performance 2-Burner Gas Grill; stainless steel

**ever-versatile  
SMOKER GRILL**

- Uses 100-percent hardwood pellets for real woodsmoke flavor.
- Can be used to grill, smoke, bake, roast, braise or barbecue.
- Easy-to-clean porcelain grill grates.
- Steel construction and powder-coat finish for durability.
- Sawhorse chassis for stability.
- With extra grill, rack can handle 4 chickens, 5 rib racks or 24 burgers.



Digital controls keep temperatures within +/-15 degrees F. for precision grilling.

Traeger Pro Series 22"

**jack-of-all-trades  
CERAMIC GRILL**

- 20-inch-diameter grilling surface.
- Warming rack for foods that are done cooking.
- Porcelain-coated cast iron grates.
- Dual vents control heat.
- Easy-empty ash pan.
- Folding side shelves conserve storage space.
- Large bottom tray to hold supplies.
- Dome shape and ceramic walls retain heat and moisture.
- Locking caster wheels for stability.



Kamado grills hold the heat so you can maintain a higher temperature with less charcoal.

Char-Griller Akorn Ceramic Kamado



Char-Griller Akorn Kamado



Char-Griller Akorn Jr.

**WHAT THE HACK FOR YOUR GRILL**



Make your next grilling experience a rewarding one with these hacks.

- No grill brush? Remove gunk by rubbing a hot grill with half an onion attached to a grill fork.
- For a makeshift charcoal grill, line a deep roaster pan with charcoal and place a metal cooling rack on top.

- A recycled-paper egg carton makes a convenient fire starter if you don't have lighter fluid. Just fill it with charcoal and light it.
- Keep your burgers from drying out. When grilling, place a small ice cube or dab of butter on top of the meat.

**Grilling Hacks**  
Watch the how-to videos for all of these smart and easy grill-time tips.

**WHAT THE HACK?**

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

**TOOLS FOR FLAWLESS GRILLING**



Weber Rapidfire Chimney Starter



Weber Instant-Read Thermometer



Charcoal Companion or McCormick Grill Mates BBQ Tool: select varieties



Weber Premium Two-Piece Tool Set



Offering ultimate versatility, heat deflector can be used for indirect baking, grilling and smoking.

CharGriller Smokin' Stone

# A NEW TWIST ON TACO NIGHT!

GREEN GIANT+ORTEGA=OLÉ!



Taco Bake with Green Giant® Veggie Tots

Put a twist on taco night with our easy taco bake that's ready to pop in the oven in just 10 minutes. Deliciously crisp Green Giant® Veggie Tots on top make it easy to sneak in some extra veggies!

## INGREDIENTS

- 1½ pounds ground beef
- 1 package **Ortega® Taco Seasoning**
- 1 cup chopped tomato
- 1 cup **Green Giant® Whole Kernel Sweet Corn**, drained
- ½ cup sliced pitted ripe olives (optional)
- 1 cup shredded Mexican blend cheese
- 1 (14-ounce) package **Green Giant® Cauliflower Veggie Tots**
- 1 (16-ounce) bottle **Ortega® Taco Sauce**

## INSTRUCTIONS

- **Step 1:** Preheat oven to 425°F. Brown ground beef in large skillet and drain. Stir in **Ortega® Taco Seasoning** and ¾ cup water and simmer 10 minutes.
- **Step 2:** Turn ground beef mixture into 2-quart baking dish. Top with tomato, corn, olives then cheese. Evenly arrange **Green Giant® Cauliflower Veggie Tots** over mixture.
- **Step 3:** Bake 20 minutes or until bubbling and tots are golden brown.
- **Step 4:** Garnish with additional tomato, olives, cheese and green onion if desired.
- **Step 5:** Drizzle with **Ortega® Taco Sauce** before serving.

PREP TIME 10 mins / TOTAL TIME 40 mins / SERVINGS 6

Visit [Greengiant.com](http://Greengiant.com) for more delicious recipes!



Ortega Taco Seasoning: select varieties 1.25 oz. 0.99



Green Giant Veggie Tots or Veggie Spirals: select varieties 12 to 16 oz. 3.69



Ortega Taco Sauce: mild or medium 16 oz. 2.69



DINNER, REIMAGINED.

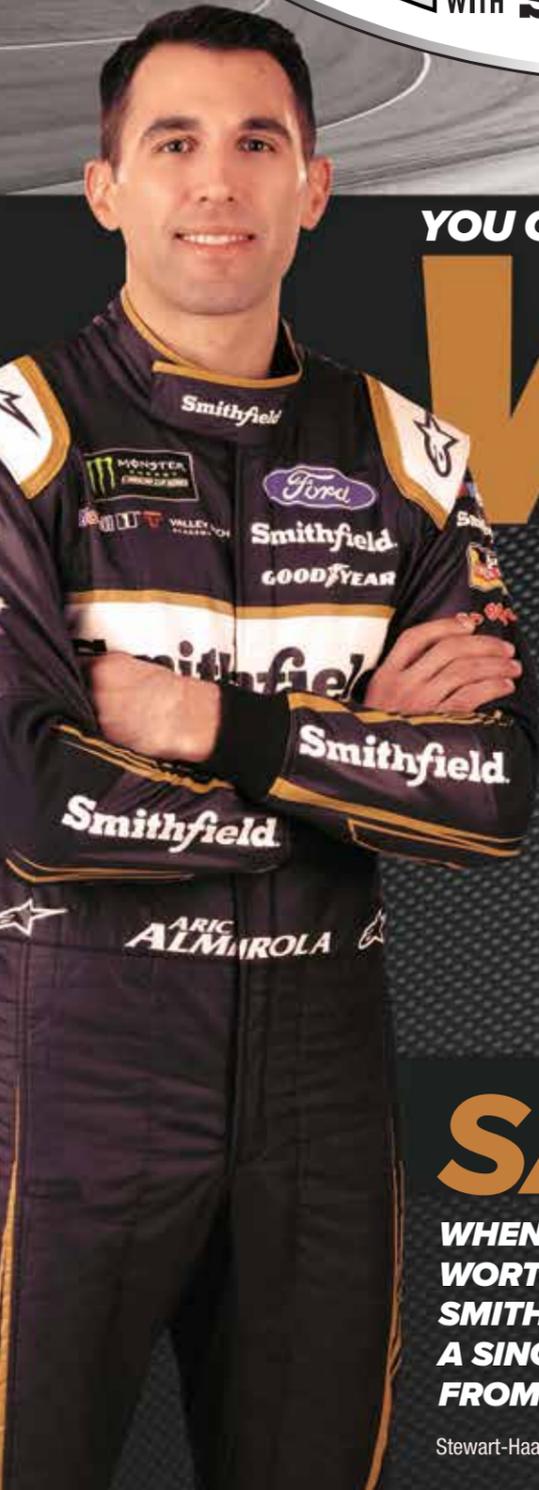


Sweet Earth Pizza: select varieties 14 to 15.3 oz. 6.79



Sweet Earth Entrée: select varieties 9 or 9.5 oz. 4.79

Delight your inner foodie. Globally inspired & flavor-forward, SWEET EARTH Enlightened Foods™ gives you the nutrients you desire in every delicious dish. Like Protein Lover's Pizza, with high fiber and a crust that includes ancient grains or General Tso's Tofu with 10g of plant-based protein, to keep you fueled!



YOU COULD

# WIN THE ULTIMATE FAMILY VACATION

Score a VIP Race Day Experience & a 4-Day Cruise

VISIT [FUELUPYOURFAMILY.COM](http://FUELUPYOURFAMILY.COM) FOR YOUR CHANCE TO WIN AND DELICIOUS RACE DAY RECIPES!

## SAVE \$5 INSTANTLY

WHEN YOU PURCHASE \$20 WORTH OF PARTICIPATING SMITHFIELD® PRODUCTS IN A SINGLE TRANSACTION FROM MAY 1 - MAY 31, 2019.



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# Freschetta

Kitchen Fresh Pizza™

First and foremost, A DELICIOUS PIZZA  
 That just happens to be gluten free  
 The dough is stretched  
 EXTRA THIN  
 Made from scratch  
 Gluten free & delicious  
 → Together at last ←  
 KITCHEN FRESH PIZZA™



Freschetta Gluten-Free Pizza: select varieties 16.77 to 18 oz. 8.99

# Edwards

## YOU WANNA PIECE OF ME?

Edwards Premium Pies: select varieties 23.5 to 36 oz. 6.99



FIND US IN THE FROZEN DESSERT AISLE  
**BRING THE SWEET**

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ILLUMINATION PRESENTS

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SEE THE MOVIE

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OR MORE WHEN YOU BUY A  
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FANDANGO

Life Cereal:  
select varieties  
13 oz.  
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select varieties  
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2/5.00

FIND OUT HOW TO GET A  
GREAT DEAL  
at [QUAKERMVIEOFFER.COM](http://QUAKERMVIEOFFER.COM)

\*Must be 18 or older to participate in the promotion. To receive a Fandango Promo Code, buy a specially marked package of Quaker® Chewy or Life Cereal. Fandango Promo Code is good towards at least \$4 (depending on the Quaker® product) off one movie ticket to see *The Secret Life of Pets 2* at Fandango partner theaters in the U.S. If lost or stolen, cannot be replaced and there will be no refunds. No cash value. Offer valid for one-time use only. Convenience fees apply. The redemption of Fandango Promo Code is subject to Fandango's Terms and Policies at [www.fandango.com/terms-and-policies](http://www.fandango.com/terms-and-policies). Offer ends 11/2/19 or when film is no longer in theaters, whichever is sooner. Only valid for purchases made at [www.fandango.com/promo/QuakerMovieOffer](http://www.fandango.com/promo/QuakerMovieOffer) or via the Fandango app. Limit 5 rewards per person. See [QuakerMovieOffer.com](http://QuakerMovieOffer.com) for full details.

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# PUPS FOR HEROES

Hy-Vee is proud to support the efforts of the Puppy Jake Foundation to ensure veterans receive service dogs that are best in class.

## MAN'S BEST FRIEND

Founded in February 2013, the Puppy Jake Foundation is committed to providing highly trained and socialized service dogs to veterans living with combat-related disabilities. "Service dogs are a remarkable source of recovery for our country's wounded veterans," says Becky Beach, CEO of the Puppy Jake Foundation. These dogs improve quality of life for owners in many ways, from retrieving an item or flipping a light switch, to navigating crowds or comforting veterans with post-traumatic stress disorder. Visit [puppyjakefoundation.org](http://puppyjakefoundation.org) for more info.



PHOTO (inset) courtesy of the Puppy Jake Foundation

22

DOGS FROM THE PUPPY JAKE FOUNDATION HAVE BEEN PLACED WITH VETERANS SINCE 2013.

Hy-Vee supports the Puppy Jake Foundation through the Homefront Round Up initiative every November by matching donations from customers.

In May 2017, Hy-Vee teamed with Purina to raise \$20,000 for the Puppy Jake Foundation.

WIINGS FOR  
YOUR SUMMER.

WITH A LIGHT AND CRISP TASTE.



Red Bull

VITALIZES BODY AND MIND.



# health

Discover the  
a-May-zing  
benefits of  
gardening,  
running and  
eating right.

**96** GARDEN  
FOR HEALTH

**100** SPRING TRAINING

**104** FOODS THAT  
PROVIDE  
LONG-LASTING  
ENERGY

**108** ONE ON ONE  
WITH A HY-VEE  
DIETITIAN

# GARDEN FOR HEALTH

There's a gym outside your door. No membership fee required. And your exercise regimen can be as intense or as low-key as you wish.

## WANT TO BE HEALTHIER?

Try gardening. Gardening works multiple muscle groups, burns calories and serves as aerobic exercise when digging or raking. You soak up a daily dose of vitamin D. Nurturing plants and being around nature reduces stress and anxiety. Moreover, if you grow your own vegetables, you're more likely to eat more healthfully, too.

### WHITTLE AWAY THE WAISTLINE

People who participate in community gardening are less likely to be overweight or obese than neighbors who don't garden, according to University of Utah researchers. Their study shows gardeners had significantly lower body mass index (BMI), a measure of body fat, than non-gardening neighbors. Women averaged a BMI 1.84 lower (or 11 pounds lighter for a 5-foot, 5-inch-tall woman), while men averaged a BMI 2.36 lower (16 pounds lighter for a 5-foot, 10-inch-tall man).

#### TAKE IT EASY

To prevent muscle strain from repetitive tasks, switch hands periodically when raking or digging, and change activities every 20 to 30 minutes.



### GARDENING AND FITNESS

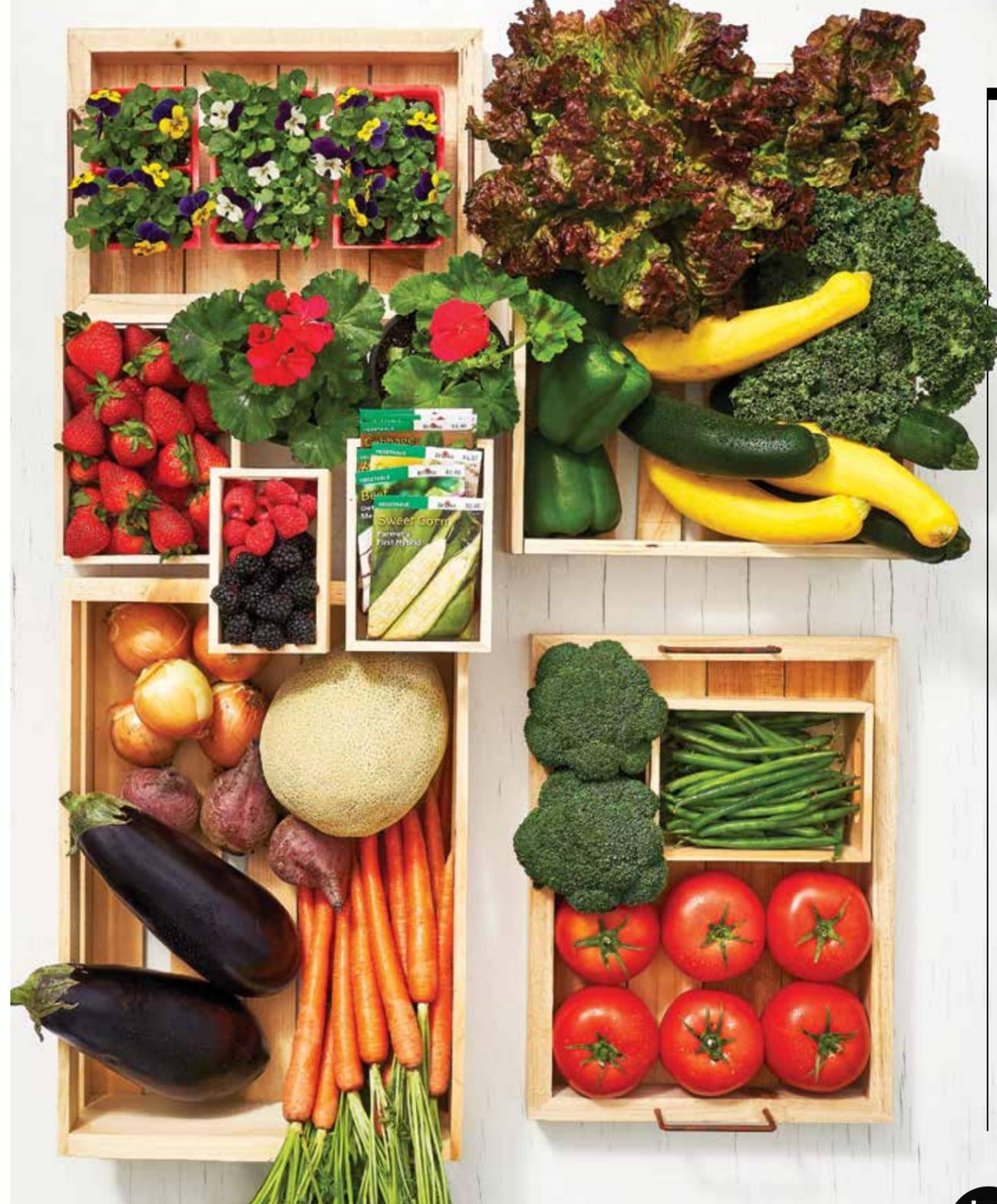
Research shows that 30 minutes of moderate-intensity exercise (such as digging, raking, tilling and mowing) can lower blood pressure and cholesterol levels, help prevent heart disease, stroke, diabetes and slow osteoporosis. Even low-intensity tasks such as watering or deadheading flowers are beneficial. A Swedish study shows that older adults who participate in gardening or other DIY activities have about a 30 percent lower risk of experiencing a cardiovascular event or death from any cause during a 12-year period.

## 10 WAYS GARDENING BOOSTS HEALTH

- 1 Weight Loss**  
Gardening burns about 300 calories per hour.
- 2 Mood Booster**  
Research shows gardening has a positive effect on mental health.
- 3 Social Networking**  
Gardening puts you outside, where you are more likely to interact with others.
- 4 Brain Function**  
Gardening could lower the risk of dementia by 36 percent.
- 5 Vitamin D Production**  
Exposure to sunlight helps people meet their daily vitamin D requirements.
- 6 Heart Health**  
Gardening may cut risk of heart attack or stroke by 30 percent.
- 7 Immunity Helper**  
Childhood exposure to soil may aid the immune system in adulthood.
- 8 Stress Reduction**  
Gardening lowers levels of the stress hormone cortisol.
- 9 Muscle Builder**  
Digging, tilling, raking and lifting improve strength.

### 10 healthy eating

Researchers discovered that college students who gardened as children or who garden now tend to eat more fruits and vegetables than their peers.



### EASIEST PLANTS TO GROW

These plants are a snap to grow and will reward you with bounty and beauty!

#### VEGETABLES

- **from seed** peas, leaf lettuce, spinach, radish, beets, zucchini, cucumber, melon, beans, pumpkin, corn, winter squash

- **from plants** tomatoes, peppers, onions, eggplant, kale, broccoli, rhubarb (which will return annually)

#### HERBS

- parsley, sage, rosemary, basil, oregano, chives, thyme, mint, lemon balm

#### ANNUAL FLOWERS

- **from seed** bachelor buttons, zinnia, sunflower, marigold, larkspur, cleome, celosia, cosmos, tithonia

- **from plants** petunia, New Guinea impatiens, dusty miller, begonia, pansies, geranium, vinca, flowering kale, snapdragon

#### PERENNIALS

- **for flowers** rudbeckia, echinacea, sedum, helenium, daisy, blanket flower (*Gaillardia*), veronica, phlox, Russian sage, aster, astilbe, yarrow, coreopsis, daylily

- **for foliage** hosta, ferns, ornamental grasses, coralbells (*Heuchera*)

#### GROUNDCOVERS

- pachysandra, ajuga, lamium, creeping Jenny (*Lysimachia*), periwinkle (*Vinca*), English ivy, Boston ivy

#### SUMMER BULBS

- gladiolus, canna, caladium, dahlia, Asiatic lily, Oriental lily, allium

## IN THE ZONE

Although annuals die at the end of the growing season, many other plants come back year after year if the conditions are right. Consult the plant tag to see how much sunlight and moisture are needed. Also, match the plant's hardiness with the coldest winter temperatures typical in your area. In the Midwest, this can range from 0°F in southern Missouri to -40°F in northern Minnesota.

try  
this

What zone are you in? Download the USDA winter hardiness zone map at [planthardiness.ars.usda.gov/](http://planthardiness.ars.usda.gov/)



**WATERING CAN** Delivering a gentle stream from its rosette, a watering can is helpful for tending containers and windowboxes and giving plants a boost of water-based fertilizer.



**HOSE** A hose is a must-have when it comes to watering anything bigger than a potted plant. Control the force of the water stream with an adjustable nozzle.



**MAKE THEM LAST**  
A good pair of pruners should last for years if you treat them right. Keep them clean, sharp and lubricated. Also, don't use them to cut stems any bigger than a pencil. Use loppers for larger cuts.

**PRUNERS** Whether you call them pruners, clippers or snips, use them to deadhead flowers, remove twigs and harvest thick-stemmed vegetables.



**GLOVES** Soil dries the skin and thorns cut it, so protect your hands with gloves. Gloves fit any task, from simple planting to heavy duty digging and chopping.

## must-have garden tools

You could stock an entire warehouse with specialized garden tools, but these are among the most helpful items to have on hand. Other tools that could be useful: a leaf rake, a garden rake to spread mulch and smooth soil, and a wheelbarrow to transport topsoil and other heavy items.



**SHOVELS** Gardeners should have at least two shovels: a round point for digging, a flat edge for edging. A long handle gives leverage, a D-handle aids lifting.



**TROWEL** Inexpensive yet indispensable, a trowel is used to plant, weed, mix materials or prepare shallow rows for sowing.



**CART** A garden cart is a handy carry-all for everything from tools to plants—and the retractable handle saves storage space. For heavier loads of soil, use a wheelbarrow.



*Jordan Spieth*

**DASANI**  
SPARKLING

# TEE UP REFRESHMENT

**DASANI**  
SPARKLING



Official Sparkling Water of the PGA TOUR





# ★ SPRING TRAINING

It's time to hit the road. Running promotes weight loss, cardiovascular health, strong bones and much more. Spring is prime time for road races, so sign up for a 5K or 10K and get motivated to rack up the miles.

**S**tart small for a big finish. Entering a 5K (3.5 miles) or even 10K (6.2 miles) may seem intimidating, but with persistence comes improvement. "Consistency is paramount when training for any event, so that means [running] 3 to 4 times a week for several weeks," says Tim Ives, Certified Strength and Conditioning Specialist and USA Track and Field Level 1 Coach. Ives recommends first-time runners aim for no less than 30 to 45 minutes of running or walking per session, building as you go.

## RUN FOR YOUR LIFE

- Those who run may live approximately three years longer than non-runners and reduce their risk of premature mortality by 25-40 percent.
- A study in *Medicine & Science in Sports & Exercise* found that those who ran to meet national guidelines for exercise reduced their chance of kidney cancer by 61 percent.
- Running has been linked to lowering the risk of Alzheimer's disease mortality.
- Moderate-intensity exercise like running may improve short- and long-term memory.
- A six-year study published in *Medicine & Science in Sports & Exercise* found that running is more effective for weight loss and weight management when compared to walking.

## THE LONG RUN

**CORRECT FORM WILL PROTECT JOINTS AND BONES, KEEPING YOUR BODY IN GOOD CONDITION OVER TIME.**



**HEAD**  
Keep head up and in a neutral position to maintain postural alignment. Always have eyes forward and looking toward the horizon.



**FEET**  
Land flat on the ground beneath knees and hips. Landing on the heel, or "heel striking," can cause additional shock throughout legs.



**STRIDE**  
"Longer strides do not necessarily equate to improved performance," Ives says. Instead focus on light, quick turnover.



**ARMS**  
Drive arms forward and backward while keeping them compact and close to sides.

Sources: [mcgill.ca/oss/article/health/want-lose-weight-then-run-dont-walk-study](http://mcgill.ca/oss/article/health/want-lose-weight-then-run-dont-walk-study)  
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# 10 recovery foods FOR RUNNERS

- 1. SPINACH**  
and other leafy greens have nitrates that may improve blood flow. Spinach has anti-inflammatory properties.
- 2. EGGS**  
Just one egg supplies nearly 100 calories and six grams of protein.
- 3. CHICKEN**  
and other protein sources such as salmon and Greek yogurt are essential for rebuilding stressed muscle fibers.
- 4. BLUEBERRIES**  
A popular anti-inflammatory, blueberries can be added to any dish to help alleviate pain from muscle soreness.
- 5. OATS**  
Complex carbs in oats and other whole grains provide lasting energy so you don't feel sluggish after a run.
- 6. CHERRIES**  
Anti-inflammatory properties may reduce any pain caused by muscle soreness.
- 7. WATERMELON**  
Contains L-Citrulline, an amino acid that may improve blood flow to help reduce muscle soreness.
- 8. BANANA**  
Chock full of potassium, an electrolyte lost in sweat. Also a good source of fast-digesting carbs for easy energy.
- 9. AVOCADO**  
A good source of electrolytes such as potassium and magnesium that are lost when sweating.
- 10. SWEET POTATO**  
Good source of carbohydrates to replenish lost glycogen and provide energy.

# Q&A

**WITH TIM IVES**  
Certified Strength and Conditioning Specialist and USA Track and Field Level 1 Coach

**Q:** WHAT SHOULD RUNNERS CONSIDER DURING THEIR FIRST 5K?

**A:** Practice your pacing during training. A lot of people might start a 5k at a pace that far exceeds their ability and that makes the rest of the race unpleasant.

**Q:** DOES FORM CHANGE WHEN RUNNING UP HILLS?

**A:** Slight grades and inclines, you won't deviate much from normal running form. [But on larger hills] I would say a slight forward lean with a longer stride until you crest the hill.

**Q:** ANY TRUTH TO THE NOTION THAT RUNNING DAMAGES KNEES?

**A:** It's just untrue that running is bad for your knees. In fact, running is one of the best things you can do for your knees. Muscles, ligaments and tendons will adapt by growing stronger and your body responds by producing more fatigue-resilient tissue and more solid bone structure.

**Q:** HOW OFTEN SHOULD YOU TAKE REST DAYS?

**A:** I would say a general rule of thumb is a person should rest every other day. That doesn't mean complete time off, but it means doing an activity that is non-impact.



# 5 moves to loosen up

Perform dynamic (in motion) stretches before a run, and static (stationary) stretches post run.



**▲ 1 LEG SWINGS (DYNAMIC)**

Hold arms straight out in front. Swing right leg forward toward hands, maintaining length throughout before bringing it down. Take three steps forward and alternate.

**▲ 2 WALKING QUAD STRETCH (DYNAMIC)**

Stand with feet together. With right hand, grab right foot and pull it toward right glute while reaching left hand straight up. Lower right foot and left hand. Take three steps forward then alternate.

**▲ 3 SEATED GROIN STRETCH (STATIC)**

Sit on the floor with soles of feet together. Push toes together and lean upper body forward by hinging at the hips.

**▲ 4 BUTT KICKS (DYNAMIC)**

Stand with feet hip-width apart. Quickly bring your right heel toward your right glute muscle and back down. Alternate legs in an exaggerated running motion.

**▲ 5 STANDING IT BAND STRETCH (STATIC)**

Cross left foot behind right foot and align feet evenly. Bend at the hips and reach to the outside of your left foot. Hold for 10 seconds. Alternate.

## pro tip: STRETCH OUT



Regular stretching is extremely important when your body completes repetitive movement like running. Both dynamic and static stretching can help reduce your risk

of injury, shorten recovery time and improve performance."

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

## WEATHER TIPS

MIDWEST WEATHER MIGHT BE UNPREDICTABLE, BUT YOU CAN ALWAYS BE PREPARED TO BRAVE THE ELEMENTS.



### SUNSHINE

Check for heat advisories before running in the summer, especially midday. Drink fluids to prevent dehydration and wear sunscreen to decrease the chance of sunburn.



### WIND

Begin your run into the wind so at the tail end the wind is to your back. This is especially important in winter, when cold temperatures mingle with sweat.



### SNOW

Remain in a neutral position and take careful steps when turning on ice. Stick to residential streets or well-maintained trails.



### RAIN

Avoid cotton clothes that may hold on to rain and cause discomfort. Opt for synthetic fibers instead.

# FOODS THAT PROVIDE Long-Lasting Energy

**STAY POWERED ALL DAY! FOCUS ON FOODS WITH COMPLEX CARBS, HEALTHY FATS AND SMART PROTEINS—THEY KEEP GLUCOSE LEVELS STEADY, PROMOTE EFFICIENT USE OF CALORIES AND FUEL FOR THE LONG HAUL. A MEGA ASSORTMENT OF FOODS FILLS THE BILL.**

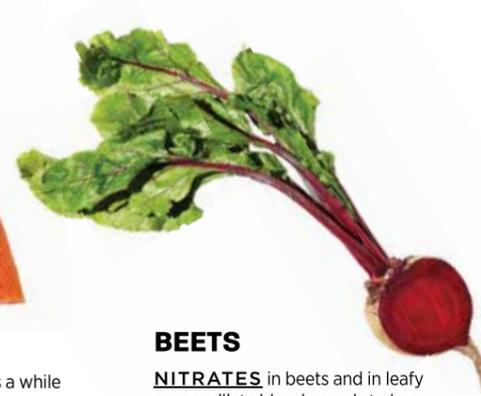


## SALMON

**PROTEIN** in salmon takes a while to break down, and it supplies long-lasting energy and curbs hunger. The body does not store protein for later energy needs. Salmon also contains **HEALTHY FATS** (omega-3s), a secondary energy source once carb calories are used up.

### WHAT YOU NEED

**Protein:** 50 g/day\*  
**Fats:** 65 g/day;\* limit saturated and trans fats (**omega-3s:** women 1.1 g/day, men 1.6 g/day)

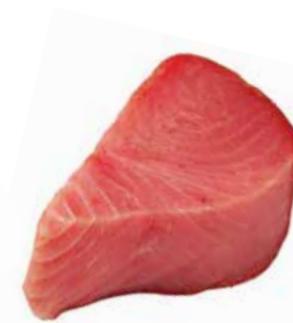


## BEETS

**NITRATES** in beets and in leafy greens dilate blood vessels to improve oxygen transport to muscles; this increases exercise endurance. Beets, which are **COMPLEX CARBS**, also contain **FIBER**.

### WHAT YOU NEED

**Nitrates:** Acceptable daily intake, according to the World Health Organization, is 3.65 mg per kg of body weight per day.  
**Carbs:** 300 g/day.\* Less than 10% from added sugars  
**Fiber:** 25 g/day\*

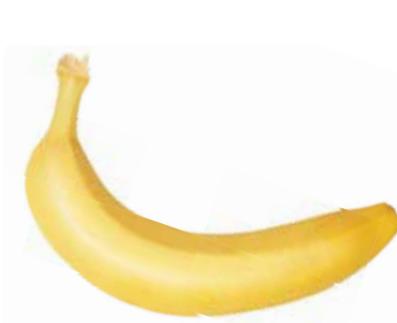


## TUNA

Tuna contains ample **PROTEIN** with essential amino acids that support calories' energy transfer into cells. It also supplies **B VITAMINS** for metabolizing fats and proteins, plus **POTASSIUM** to supply energy to muscles.

### WHAT YOU NEED

**Potassium:** 4,700 mg/day  
**Protein:** 50 g/day\*



## BANANAS

A good source of **CARBS** and **POTASSIUM** to energize muscle, bananas also provide **FIBER** to slow digestion and avoid blood-sugar spikes, and **VITAMIN B6** for a healthy metabolism.

### WHAT YOU NEED

**Carbs:** 300 g/day.\* Less than 10% should come from added sugars  
**Potassium:** 4,700 mg/day  
**Fiber:** 25 g/day\*  
**Vitamin B6:** 1.3-1.7 mg/day



## APPLES

**CARBOHYDRATES** in apples are complex, because they contain **FIBER**. Carbs are the main, readily used source of energy for the body, which stores unused carbs as fat. Complex carbs take longer to digest than sweets like pastries and candy, so blood sugar levels stay steady.

### WHAT YOU NEED

**Carbs:** 300 g/day\* Less than 10% should come from added sugars  
**Fiber:** 25 g/day\*



## MILK

**PROTEIN** in low-fat milk is considered complete because it has adequate levels of essential amino acids. **FAT** in low-fat milk provides energy and helps the body absorb vitamins A (eye health), D (to process calcium) and E (for metabolism).

### WHAT YOU NEED

**Protein:** 50 g/day\*  
**Fats:** 65 g/day;\* limit saturated and trans fats to less than 10% of calories per day



## ARTICHOKES

**COMPLEX CARBS** in artichokes steadily fuel the body and are an excellent source of **FIBER** to slow the rate at which carbs and other nutrients are absorbed into the bloodstream and make you feel full.

### WHAT YOU NEED

**Carbs:** 300 g/day.\* Less than 10% should come from added sugars  
**Fiber:** 25 g/day\*



## CHICKEN

**PROTEIN** in lean poultry such as grilled chicken breasts provides adequate amounts of essential amino acids that are required for body functions. Protein foods also are a source of **B VITAMINS** needed for protein and fat metabolism.

### WHAT YOU NEED

**Protein:** 50 g/day\*  
**Vitamin B2:** 1.1-1.3 mg/day  
**Vitamin B6:** 1.3-1.7 mg/day  
**Vitamin B12:** 2.4 mcg/day

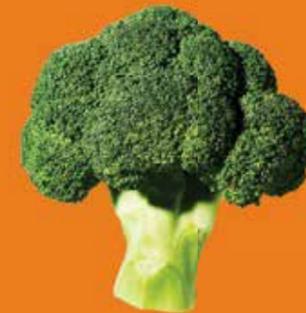


## EGGS

A complete protein, eggs have all nine essential amino acids, including **LEUCINE**, which stimulates protein synthesis in muscle and promotes energy in cells by helping them take in glucose efficiently.

### WHAT YOU NEED

**Leucine:** 6.3 mg per lb. of body weight  
**Protein:** 50 g/day\*



## BROCCOLI

**FOLATE** in broccoli and leafy greens helps the body break down and use proteins. Folate also helps prevent anemia, a condition of low iron in the blood resulting in a drop of energy. Broccoli is a good source of **FIBER** to keep you feeling full and regulate blood sugar.

### WHAT YOU NEED

**Folate:** 400 mcg/day  
**Fiber:** 25 g/day\*



## SWEET POTATOES

One medium-size baked sweet potato delivers an energy boost from carbs (23 g) plus 15% of daily recommended **FIBER** and 438% of daily recommended **VITAMIN A**. Along with promoting eye health, vitamin A may also have a bearing on iron in red blood cells and their energy-carrying capacity.

### WHAT YOU NEED

**Vitamin A:** Men 900 mcg/day; women 700 mcg/day



## OATS

Whole grains such as oats are high in **FIBER**. Oats also provide **B VITAMINS** and **IRON**, which are needed for red blood cells to carry oxygen from the lungs to to all parts of the body.

### WHAT YOU NEED

**Iron:** Men 8 mg/day; women 19-50 years old 18 mg/day, women 51 and older 8 mg/day  
**Vitamin B2:** 1.1-1.3 mg/day  
**Vitamin B6:** 1.3-1.7 mg/day  
**Vitamin B12:** 2.4 mcg/day

\*Based on a 2,000-calorie-a-day diet. May be higher or lower based on your calorie needs.

Sources: [accessdata.fda.gov/scripts/interactivenutritionfactslabel/factsheets/Protein.pdf](https://accessdata.fda.gov/scripts/interactivenutritionfactslabel/factsheets/Protein.pdf)  
[accessdata.fda.gov/scripts/interactivenutritionfactslabel/factsheets/Total-Carbohydrate.pdf](https://accessdata.fda.gov/scripts/interactivenutritionfactslabel/factsheets/Total-Carbohydrate.pdf)  
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[ods.od.nih.gov/factsheets/list-VitaminsMinerals/](https://ods.od.nih.gov/factsheets/list-VitaminsMinerals/)

Sources: [nutritionstudies.org/nitric-oxide-dietary-nitrate-another-reason-eat-vegetables/](https://nutritionstudies.org/nitric-oxide-dietary-nitrate-another-reason-eat-vegetables/)  
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[ncbi.nlm.nih.gov/pubmed/26255285](https://ncbi.nlm.nih.gov/pubmed/26255285)  
[ncbi.nlm.nih.gov/books/NBK234922/](https://ncbi.nlm.nih.gov/books/NBK234922/)

# Almond-Crusted Chicken and Roasted Beet Salad

**Hands On** 20 minutes  
**Total Time** 40 minutes  
**Serves** 4

Hy-Vee nonstick cooking spray  
¼ cup Hy-Vee all-purpose flour  
1 Hy-Vee large egg, lightly beaten  
1½ lb. Hy-Vee True boneless, skinless chicken breasts  
1 tsp. garlic-and-herbs no-salt seasoning  
1 (2-oz.) pkg. Hy-Vee sliced almonds, toasted  
¾ cup Hy-Vee plain Greek yogurt  
2 Tbsp. Hy-Vee honey  
Hy-Vee black pepper, to taste

4 small roasted red and/or orange beets\*  
4 cups mixed spinach, mizuna, chard and kale salad blend  
3 cups cooked Hy-Vee tri-color quinoa  
½ (1-lb.) container Hy-Vee Short Cuts strawberries, sliced  
¼ cup goat cheese crumbles

**1. PREHEAT** oven to 375°F. Place a wire rack on a rimmed baking pan; spray with nonstick spray. Place flour in a shallow bowl and egg in another shallow bowl.

**2. PAT** chicken dry; lightly pound to an even thickness. Sprinkle both sides of chicken

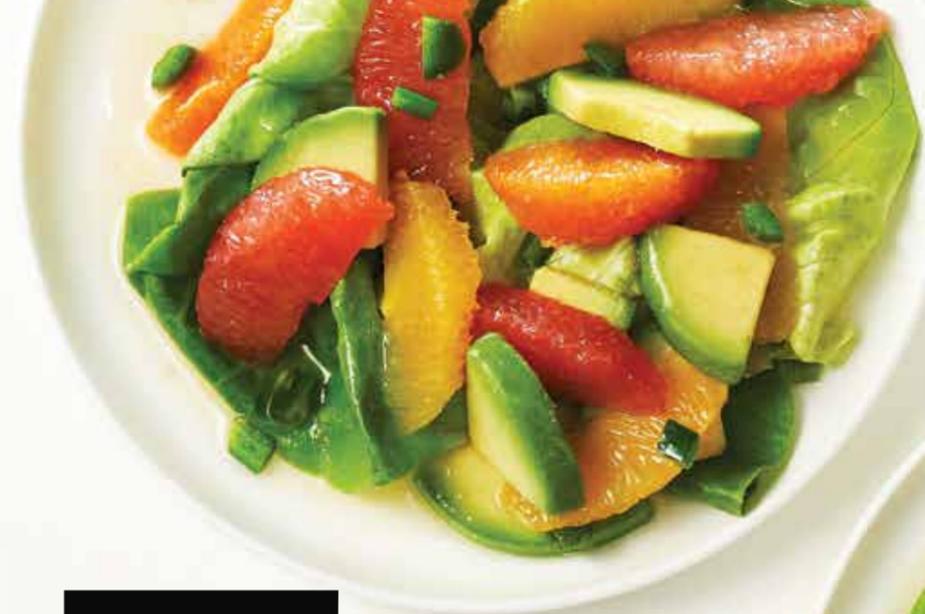
with seasoning. Coat chicken with flour, shaking off excess. Dip chicken in egg and place on prepared rack. Press almonds on top of chicken. Bake for 20 to 25 minutes or until done (165°F).

**3. COMBINE** yogurt and honey; season to taste with pepper. Cut chicken into slices and beets into wedges.

**4. TO SERVE**, divide greens and quinoa among 4 serving plates. Arrange chicken, beets and strawberries on top. Sprinkle with cheese and serve with yogurt sauce.

\***To roast beets**, preheat oven to 400°F. Trim beets, leaving 1 in. roots and stems. Scrub well. Wrap red and orange beets separately in heavy foil and place on a baking sheet. Roast 45 to 50 minutes or until fork tender. Cool; remove skins. If desired, refrigerate for up to 3 days.

Per serving: 650 calories, 18 g fat, 3.5 g saturated fat, 0 g trans fat, 180 mg cholesterol, 260 mg sodium, 64 g carbohydrates, 11 g fiber, 21 g sugar (9 g added sugar), 58 g protein.  
Daily Values: Vitamin D 0%, Calcium 15%, Iron 40%, Potassium 30%



# 5 IDEAS FOR ENERGY

Whip up one of these easy meals and treats any time you feel a lull. They replenish energy without revving up your blood sugar.

## 1 SKILLET RICE SCRAMBLE

Sauté 1 cup Hy-Vee Short Cuts chopped fresh broccoli in a small amount of Gustare Vita olive oil in a skillet. Cook over medium heat for about 5 minutes or until broccoli is crisp-tender. Push broccoli to sides of skillet. Add 2 whisked eggs and cook until nearly set. Add ¼ cup cooked brown rice to skillet and heat through.

## 2 BERRY-NUT OATMEAL

Cook enough rolled oats for a bowl of oatmeal; pour in bowl. Add Hy-Vee 2% reduced-fat milk and stir. Top with fresh or frozen raspberries and Hy-Vee sliced or slivered almonds.

## 3 SWEET POTATOES & SPICED CHICKPEAS

Preheat oven to 400°F. Halve a sweet potato lengthwise; rub skin with oil. Place, skin side down, on foil-lined sheet pan. Toss desired amount of drained, rinsed chickpeas with desired amounts of cumin and turmeric; add to sheet pan. Roast 25 to 30 minutes or until potato is fork-tender.

## 4 APPLE-YOGURT BOWL

Place plain Greek yogurt in a bowl. Top with coarsely chopped apple (if you like, microwave the apple chunks with cinnamon to soften before adding to the yogurt). Top with pecans and about 1 Tbsp. chia seeds.

## 5 AVOCADO-CITRUS SALAD

(Above) Peel and section one grapefruit and one orange. Peel, seed and slice an avocado. Arrange sections on top of Bibb lettuce. Sprinkle with finely chopped, seeded jalapeño pepper. Drizzle with your favorite vinaigrette.



# One On One

## WITH A HY-VEE DIETITIAN

LOOKING TO LOSE WEIGHT, DEAL WITH A MEDICAL PROBLEM OR JUST HAVE MORE ENERGY AND LIVE LONGER? TALK TO AN IN-STORE HY-VEE REGISTERED DIETITIAN.

**“ JULIE GALLAGHER, HY-VEE DIETITIAN, CORALVILLE, IOWA: DEB, JUST FOLLOWING UP ON YOUR BLOOD SUGAR/A1C RESULTS AND SEEING IF THE FOOD SUBSTITUTES IN ADDITION TO THE MEAL PLANS WE PUT TOGETHER ARE STILL WORKING. ”**

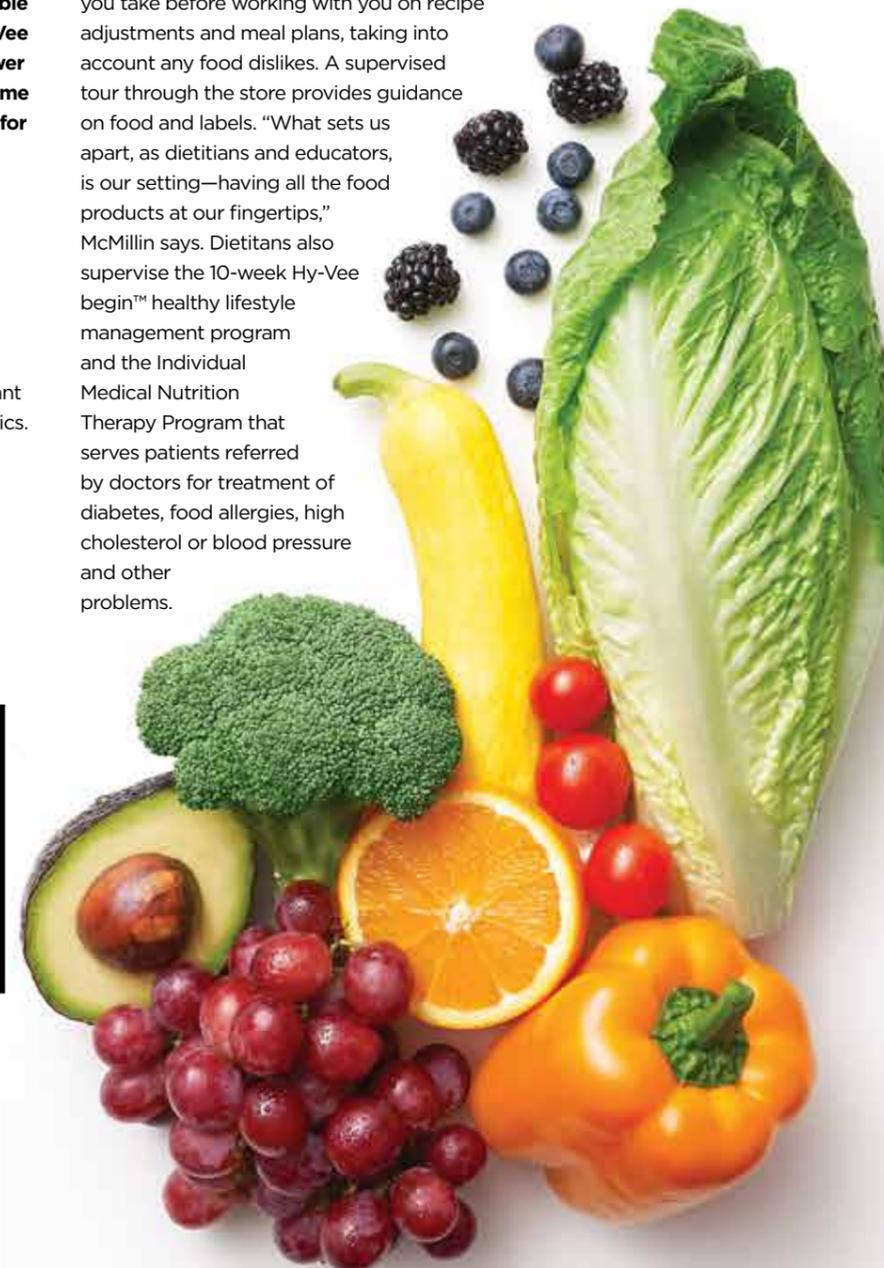
**“ DEB, IOWA CITY, IOWA: THIS HAS BEEN A TREMENDOUS AMOUNT OF HELP. I'M TWO YEARS BEYOND MY DIABETES DIAGNOSIS AND I'VE MANAGED TO KEEP OFF 40 POUNDS—AND MY A1C NUMBER IS REASONABLE. I DON'T TAKE DIABETES MEDICINE ANYMORE. ”**

Hy-Vee dietitians are experts on food and nutrition. Each has a bachelor's, master's or doctorate degree in nutrition, completed a dietetics internship, passed a national exam and stays current through continuing education.

**A** registered dietitian is an excellent source of food and nutrition expertise, and one is available in most Hy-Vee stores. Hy-Vee dietitians are eager to answer customer questions and come up with solutions, whether for weight loss, food allergies, diabetes management or general guidance on how to shop, prep and cook for health.

“We help people on their nutrition journey,” says Julie McMillin, RD, Hy-Vee Assistant Vice President, Retail Dietetics. “Some have complications around a specific disease. Others are looking to make a change before something develops into diabetes or hypertension. And a lot of people want to improve nutrition for their whole

family.” Store dietitians are available by appointment for personal consultations—call your store or stop by the dietitian's office for details, including fees. The dietitian will review your medical history and any drugs you take before working with you on recipe adjustments and meal plans, taking into account any food dislikes. A supervised tour through the store provides guidance on food and labels. “What sets us apart, as dietitians and educators, is our setting—having all the food products at our fingertips,” McMillin says. Dietitians also supervise the 10-week Hy-Vee begin™ healthy lifestyle management program and the Individual Medical Nutrition Therapy Program that serves patients referred by doctors for treatment of diabetes, food allergies, high cholesterol or blood pressure and other problems.



**1** IN  
Americans age 20 and over has hypertension (high blood pressure).

Source: [cdc.gov/nchs/fastats/hypertension.htm](http://cdc.gov/nchs/fastats/hypertension.htm)

## THE HEALTH CHECK LIST

DIET, EXERCISE AND LIFESTYLE HABITS ALL PLAY A ROLE IN GENERAL HEALTH.

### Exercise

- Get 150 minutes/week
- Include aerobics
- Work with weights
- Stretch before and after
- Repair muscle with protein

### Diet

- Eat lean protein
- Focus on fiber
- Avoid refined sugar
- Limit sodium
- Make carbs complex

### Lifestyle

- Drink water (8 glasses/day)
- Get 8–9 hours sleep
- Maintain relationships
- Enjoy downtime

# food label SMARTS

Study nutrition data on food labels. Start at the top with Serving Size. How much of the container size is considered one serving? Knowing that allows you to determine calories and nutrients you consume if you eat one serving or more than one serving. More tips:

Nutrition Facts	
Serving size	1 potato (148g/5.2oz)
Amount per serving	
<b>Calories</b>	<b>110</b>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	7%
Total Sugars 1g	0%
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin D 0mg	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 620mg	15%
Vitamin C 27mg	30%
Vitamin B <sub>6</sub> 0.2mg	10%

The most prominent number, calories are given per serving.

Avoid trans fats (listed under Total Fat).

Avoid added sugars (listed under Total Carbohydrates). Limit total sugars.

Get at least adequate levels of vitamins and minerals.

Daily Values are based on 2,000 calories/day.

DAILY VALUES ON THE RIGHT ARE IN PERCENTAGES NEEDED FOR THE DAY. LOOK FOR PROTEIN, FIBER (LISTED UNDER TOTAL CARBOHYDRATES), VITAMINS AND MINERALS IN YOUR FOODS. LIMIT CHOLESTEROL AND SODIUM.



## what to put in your BASKET

Certain foods may manage blood sugar, cholesterol, blood pressure and weight levels better than others. Fill your cart with lean protein (**chicken, fish, beans, canned tuna, eggs, low-fat milk and yogurt**); complex carbs (**fruits and veggies, brown rice, whole grain breads and cereals**) and healthy fats (**olive oil, avocados, nuts, seeds**). Keep your spice rack stocked—use more **cumin, turmeric, lemon pepper, chili powder and paprika** than salt in your recipes to manage sodium intake.

Source: [health.clevelandclinic.org/dehydrated-these-7-foods-will-satisfy-your-thirst-and-hunger/](http://health.clevelandclinic.org/dehydrated-these-7-foods-will-satisfy-your-thirst-and-hunger/)

**DIETITIAN JULIE GALLAGHER:**

Deb, there are now so many whole grain and veggie pastas available. Why not check them out? Next time you're in the store, stop by and I'll be happy to show you where to find them. Touring the aisles seemed to be really helpful for you the last time.

**DEB:**

Absolutely! Just by walking me around the store and saying, 'If you want chips, you might want to check this option out instead,' or 'If bread is your downfall, try this lower-carb, higher-fiber product'—I can't tell you how helpful that was.

## OTHER HY-VEE TOOLS

Online dietitian-approved dishes to try. Go to [hy-vee.com](http://hy-vee.com) and click on Recipes.

Hy-Vee dietitians direct occasional in-store cooking classes for kids or based on a theme, such as healthy cooking. Check with your local store for more information.

Free customer tours of the aisles with a dietitian. Learn how to read labels and shop for health. Ask your store dietitian for details on tours and various classes.

A Hy-Vee dietitian can help you work up a week or more of go-to meals based on healthy ingredients, your preferences and the groceries you have on hand. Here's a dietitian-approved suggestion for one day, right.

### better breakfast

Whole grain toast (fiber, thiamin, iron), nut butter (magnesium, riboflavin) and yogurt (protein)



### lean lunch

Romaine (vitamins A and K), black beans (protein, folate) and feta (B vitamins, calcium)



### dinner done right

Chicken breast (protein), bell peppers (vitamin C) and riced cauliflower (fiber, vitamins A and C)



**MAKE EVERY INGREDIENT COUNT.** START WITH A **LEAN PROTEIN** AND ADD VITAMIN- AND MINERAL-RICH CARBS LIKE **FRUITS, VEGGIES AND WHOLE GRAINS.**

**Balance your meals. Fill half your plate with vegetables, one-fourth with protein and one-fourth with grains.**

## PORTION size

The USDA estimates, on average, that a woman needs 2,000 calories a day and a man 2,500 calories. A plate piled high with a jumbo cheeseburger and fries can total 1,000 calories in one hit. Sometimes it's helpful to use visual clues to determine serving size: One 3-ounce serving of cooked meat or poultry should be about the size of a deck of cards. A 1-cup serving

of chopped raw vegetables or fruit is roughly the size of a baseball. And a ½-cup serving of cooked whole grain pasta is about the size of a hockey puck. Eating lots of fruits and vegetables can help reduce your risk for heart disease, diabetes and obesity. Want more food on your plate? Make it fruits and veggies—they're low in calories and fat and high in fiber, which keeps you feeling full.

Source: [choosemyplate.gov](http://choosemyplate.gov)



# Earn \$0.20

## per gallon on fuel

with your Hy-Vee Fuel Saver + PERKS™ card!

# When you buy \$25

in participating General Mills items



# GET THE GOODS

Hy-Vee shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

### fridge & freezer



Wimmer's Natural Casing Wieners: select varieties 12 or 16 oz. 3.99



Wimmer's Dinner Links or Smokies: select varieties 13 or 14 oz. 3.99



Lean Cuisine or Stouffer's Entrée: select varieties 6 to 12.75 oz. 4/10.00



Artisan Café: select varieties 14 fl. oz. 2/7.00



EVOL Burrito: select varieties 5 or 6 oz. 2/5.00



Gardein or EVOL Single Serve Meal: select varieties 7.5 to 9 oz. 2/8.00



Gardein Meatless Frozen Bags: select varieties 8 to 19.04 oz. 2/8.00



Birds Eye Voila!: select varieties 21 oz. 4.48



Green Giant Mashed Cauliflower: select varieties 20 oz. 4.99



Green Giant Riced Veggies: select varieties 10 or 12 oz. 2.69



Land O' Frost Breakfast Cuts: select varieties 7 oz. 2.99



Land O' Frost Deli Shaved Lunchmeat or Canadian Bacon: select varieties 6 or 9 oz. 2/5.00



TortillaLand Fresh Tortillas: select varieties 20 oz. 3.48



Van's Gluten-Free Frozen Waffles: select varieties 9 oz. 2/6.00



Carando Snack Trays: select varieties 3.16 oz. 2.99



Curly's Pulled Beef, Pork or Chicken: select varieties 12 or 16 oz. 4.99



Jimmy Dean Croissant Sandwiches: select varieties 8 or 20 ct. 9.79



Classico Frozen Meal Kit: select varieties 26 or 30 oz. 6.49

Look for participating General Mills products in May weekly ads. Fuel offer valid 5/1/19-5/31/19. Participating products must be purchased in a single transaction. Limit one fuel discount per person. Fuel discount good for the purchase of up to 20 gallons in one fuel purchase. See full fuel program terms at [www.hy-vee.com/perks](http://www.hy-vee.com/perks). © General Mills.

# goods

Try Dole Salad mixes in our **Salmon, Berry & Spinach Salad**, pg. 45



Dole Salad: select varieties 10 oz. 4.99



Innova Asian Single Serve Bowl or Vegetable Fried Rice: select varieties 9 or 18 oz. 3.48



TGIF Fridays Frozen Meal: select varieties 12 oz. 2/5.00



Azteca Refrigerated Tortillas: select varieties 8.5 or 12 oz. 1.68



On-Cor Entrée: select varieties 26 or 28 oz. 3.49



Johnsonville Summer Sausage: select varieties 32 oz. 9.49



Laura's Lean Ground Beef Patties (92% Lean/8% Fat): 16 oz. 7.99



Kraft Macaroni & Cheese Frozen Kids Meal: select varieties 8.5 oz. 2/6.00



O, That's Good! Devour or Classic Pizza: select varieties 18.7 to 28.3 oz. 2/10.00



Siggis's Yogurts: select varieties 24 oz. 3.99  
Save 1¢ per gallon with each item purchased



Frigo String Cheese: select varieties 20 or 24 oz. 6.99



Southwestern 505 Salsas or Quesos: select varieties 15 or 16 oz. 2/6.00



Udi's Mug Cakes or Udi's Granola: select varieties 8.4 to 12 oz. 5.29

## pantry



Heinz Mayonnaise: select varieties 19 or 30 oz. 3.99



Bertolli Olive Oils: select varieties 51 fl. oz. 18.49



Kellogg's Happy Inside Bag Cereal: select varieties 10 oz. 5.69



Hefty Foam Plates or Bowls: select varieties 25 or 45 ct. 2.48



Ziploc Containers, Freezer or Storage Bags: select varieties 2 to 24 ct. 3.48



Ziploc High Count Slider Bags: select varieties 24 to 42 ct. 4.58



Reynolds Plastic Wrap: 225 sq. ft. 3.39



Reynolds Wrap Foil: select varieties 35 to 75 sq. ft. 3.99



Chicken of the Sea: select varieties 2.5 or 5 oz. 2/3.00



Gatorade Protein Bars: select varieties 6 ct. 7.99



Jif Poppers: select varieties 6 oz. 2.99

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ORGANIC DRIED MANGO



ORGANIC DRIED CRANBERRIES



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## goods

### pantry



Earth Balance Peanut Butter, Smart Balance Peanut Butter or Canola Oil: select varieties 16 fl. oz. or 24 fl. oz. 3.99



Mrs. Butterworth's or Log Cabin Syrup: select varieties 24 oz. 2.98



Van's Gluten Free Cereal, Granola or Bars: select varieties 1.4 to 11 oz. 2/10.00



Wonderful No Shell Pistachios: select varieties 6 oz. 6.99

### beverages



Pom Wonderful Juice: select varieties 16 fl. oz. 3.99



7Up Product Mixers: select varieties 1l. 4/5.00



Starbucks Frappuccino: select varieties 4 pk., 6.5 or 9.5 fl. oz. 5.49



Zico Water: select varieties 16.9 fl. oz. 2.19

### other



Emergen-C: select varieties 14 to 45 ct. 9.99



Children's Advil: select varieties 4 fl. oz. 5.79



Nexium Caplets, Tablets, or Minis: select varieties 42 ct. 23.99



Crest Toothpaste, Mouthwash, or Oral B Toothbrushes: select varieties 3.5 or 4.1 oz, 1 or 1.5 l, or 2 or 6 ct. 6.99



Glade Aerosols or Solids: select varieties 6 or 8 oz. 4/5.00



Gillette or Venus Disposable: select varieties 2 or 3 ct. 6.99



Herbal Essences or Aussie: select varieties 6 to 12.1 fl. oz. 2/6.00



Head & Shoulders, Herbal Bio: Renew or Pantene: select varieties 4.3 to 13.5 fl. oz. 2/11.98 with purchase of 2, save 3¢ per gallon with each item purchased

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**30**  
minutes  
or less

**GF**  
option  
GLUTEN FREE

**V**  
option  
VEGETARIAN DISH

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# EXPLORE OUR FLAVORS

Taste your way through Hy-Vee every Friday and Saturday through the month of May.



**FRIDAY, MAY 3:**  
4 P.M. TO 7 P.M.  
**SATURDAY, MAY 4:**  
11 A.M. TO 2 P.M.

**Grocery:** Coke - Vitamin Water Fire & Ice  
**Deli:** Hormel - Di Lusso Fresh Sliced Pastrami with Di Lusso Deli Style Mustard  
**Grocery:** Hormel - Herdez Mexican Sauces  
**Produce:** Portion cup of mixed berries drizzled in chocolate sauce  
**Meat:** Chicken Fajitas  
**Seafood:** Fish Tacos with Pollock Skillet Cuts  
**Charcuterie:** La Quercia Prosciutto Picante  
**Cheese:** Carr Valley Smoked Gouda  
**Deli:** Hy-Vee Kitchen Chips with Deli Fresh Fiesta Dip  
**Hickory House:** "Springtime Party Demo" - Napa Valley Cashew Chicken Salad  
**Italian:** "Springtime Party Demo" - Calzones  
**Chinese:** "Springtime Party Demo" Walnut Shrimp and Sweet & Sour Shrimp  
**Bakery:** Donut of the month - Strawberry Cake Donuts and Donut Holes

**FRIDAY, MAY 10:**  
4 P.M. TO 7 P.M.  
**SATURDAY, MAY 11:**  
11 A.M. TO 2 P.M.

**Grocery/General Merchandise:** Hershey - Reese's Lovers Standard & King Size Candy Bars  
**Produce:** Coke - Odwalla Drinks  
**Deli:** Hormel - Di Lusso Fresh Sliced Italian Style Turkey with Di Lusso Pesto Aioli Sandwich Spread  
**Produce:** Fresh Strawberries  
**Meat:** Hormel Marinated Boneless Pork Loins  
**Seafood:** Smoked Whitefish Dip  
**Charcuterie:** Veroni Charcuterie Sampler Platters  
**Cheese:** Belgioioso Mascarpone and fresh berries on a 34 Degree Cracker  
**Hickory House:** Pulled Pork  
**Italian:** Flatbread Pizza  
**Chinese:** NORI Sushi  
**Bakery:** Single Layer 7-inch Cake-O-Rama!



**FRIDAY, MAY 17:**  
4 P.M. TO 7 P.M.  
**SATURDAY, MAY 18:**  
11 A.M. TO 2 P.M.

**Deli:** Hormel - Di Lusso Fresh Sliced Double Smoked Ham with Di Lusso Honey Mustard Sandwich Spread  
**Grocery:** P&G - New Mom Packets  
**Produce:** Kandy Cantaloupe  
**Meat:** Hillshire Farms Smoked Sausage  
**Seafood:** Swordfish with Yakimiku Sauce  
**Sauce Charcuterie:** Columbus Crespone Salame Antipasti Bites  
**Cheese:** Carr Valley Smoked Pepper Jack  
**Hickory House:** Green Onion & Egg Potato Salad  
**Italian:** Traditional Thin Crust Take & Bake Pizza  
**Chinese:** Egg Rolls  
**Bakery:** Texas Coffee Cakes

**FRIDAY, MAY 24:**  
4 P.M. TO 7 P.M.  
**SATURDAY, MAY 25:**  
11 A.M. TO 2 P.M.

**Grocery:** KDP - Canada Dry - Orangeade Soda  
**Deli:** Hormel - Di Lusso Roast Beef with Di Lusso Horseradish Sandwich Spread  
**Meat:** Smithfield - Primefresh Lunch Meat  
**Produce:** Kandy Cantaloupe  
**Seafood:** Sesame Encrusted Ahi Tuna Steaks  
**Charcuterie:** Columbus Charcuterie Samplers  
**Cheese:** Ellsworth Fresh Bulk Cheese Curds  
**Hickory House:** Spinach Artichoke or Buffalo Chicken Dip with Tortilla or Pita Chips  
**Italian:** Tuscano Pizza  
**Chinese:** Asian Dips with Wonton Chips  
**Bakery:** Gourmet Cinnamon Rolls





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PZ**  
meals.



**SHORT  
& SWEAT**



**MOMOSITES**  
ATTRACT.



**CAKE  
this!**



**WHAT  
THE  
HACK?**



**THE BEARD  
BEHIND THE  
BAR**



**my  
Pet  
Children**