Prices good May 1-31, 2019

F>O>O>D<\ |  L>I>F>E<\ |  H>E>ALTH<\
MAY 2019

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DONNA TWEETEN
Executive Vice President,
Chief Marketing Officer,
Chief Customer Officer

hello from
Hy-Vee

By this, we mean May 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?
With billions of our live and active probiotics.

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
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.

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.

Fresh basil

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

1 container Hy-Vee Short Cuts strawberries
1 lb.

⅓ cup Hy-Vee raspberry vinaigrette salad dressing
4 oz.

1 container Soirée feta cheese crumbles
4 oz.

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

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.
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. 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. Add remaining 1 Tbsp. butter and sandwich.
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)
- Contains: 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.

**Ingredients**

- 1 container Hy-Vee Strawberry Short Cuts 1.25 lb.
- 1 container Hy-Vee Strawberry Lowfat Yogurt 6 oz.
- ¾ cup Coconut Chips 3.17 oz.
- 1½ tsp. Chia Seeds 12 oz.
- Fresh Blueberries 6 oz.

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

Jimmy Dean Delights Sandwiches, Frittatas or Egg’wich: select varieties 12 to 22.8 oz. $6.98

Land O’Frost Bistro Favorites: 100% NATURAL
HARDWOOD SMOKED
RESIST

BUN

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!

---

BUN

EVERYTHING UNDER

THE BUN

---

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

1½ lb. 80% lean ground beef
3 oz. finely chopped Soirée Swiss Gruyère cheese
2 tsp. Hy-Vee Dijon mustard
1½ tsp. Hy-Vee Worcestershire sauce
¼ 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%.
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**

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 lettuce-lined Hy-Waiian bun with grilled pineapple and Hy-Vee fresh mango salsa. Serves 1.

**JERK PORK CHOP SANDWICH**

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.

**SUPER-SIZE BURGER**

Preheat oven to 350°F. Combine 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
¼ cup water
⅓ cup thinly sliced cucumber
⅓ cup thinly sliced red onion
6 Hy-Vee Bakery sesame buns, split
⅛ 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 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.
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.

**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.

**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
⅓ cup water
⅓ cup shaved carrots
⅓ cup thinly sliced cucumber
½ cup thinly sliced red onion
6 Hy-Vee Bakery sesame buns, split
⅛ 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 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.
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.
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.

**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.

**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.

**BACON CHEDDAR BURGER**
Serve this ground chuck patty infused with bacon and Cheddar cheese in a Hy-Vee Bakery bun with 12 Hy-Vee bakery house-made bacon strips, crispy bacon onion rings, tomato slice and lettuce.

**MUSHROOM SWISS BURGER**
The 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.

**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 barbecue sauce.

**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 juice and 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 Grill 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**: Homemade; turkey patties are lightly seasoned for great taste.
- **Waldburgers**: Made with a signature Angus beef blend of brisket, short rib and chuck.
- **Sliders**: Preformed sliders are sized for on-the-go convenience.

**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.

---

**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 today!*

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**Even more choices**
- Bratwurst Patties
- Vegetable Patties
- Turkey Patties
- Waldburgers
- Sliders

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**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 barbecue sauce.

**Over 100 5 Steak House Burgers**
Fire up the grill! Check out our videos on how to top these Hy-Vee signature premade burgers.

*Watch and learn at HSTV.com today!*
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
½ 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%

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

SPECIALTY CHEDDARS:
- Colby Jack: Mild Colby Jack is a great melt. Add jalapeño slices and tortilla strips for heat and crunch.

FAVORITE CHEESES TO TAKE YOUR BURGER TO THE NEXT LEVEL:

- Pepper Jack: Pico 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 meltly cheese like American is a natural on burgers.
- Colby Jack: Mild Colby Jack is a great melt. Add jalapeño slices and tortilla strips for heat and crunch.
- Pepper Jack: Pico 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.
Grill brats over medium heat for 10 to 15 minutes or until done (160°F).

TOP BRATS

1. BEER BRAT
Top a classic brat with Hy-Vee Deli cole slaw, halved dill pickle spear, Hy-Vee wavy potato chip pieces and parsley.

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

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.

4. JALAPEÑO CHEDDAR BRAT
Pile the 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.

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.
FIRE UP. FLAVOR ON.

FIND YOUR SUMMER HIT™

For Grilling Recipes and Tips Visit mccormick.com

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**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 Viola olive oil and toasted, with purchased guacamole and crab mixture. Garnish with lemon zest and fresh dill, if desired. Serves 8.

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**Grilled Tuna with Fresh Berry Sauce**

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

- 2 Tbsp. canola oil
- ½ cup fresh blackberries
- ⅓ 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 and 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

(Vitamin D: 0%; Calcium: 2%; Iron: 10%; Potassium: 2%)

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**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.

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

Quick-Fix Salmon with Maple-Bourbon Glaze

Make this glaze with just 3 ingredients.

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).

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Quick-Fix Salmon with Maple-Bourbon Glaze

1. PREHEAT oven to 425°F. Line a 15/multiply.tab10/multiply.tab1-in. sheet pan with parchment paper. Pat salmon dry; place, skin side down, in pan.
2. COMBINE 1 tsp each fresh orange juice and maple syrup and 2 Tbsp. 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. 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.

Vitamin D 60%, Calcium 4%, Iron 6%, Potassium 10%.

1 (1-lb.) fresh salmon fillet, ¾ to 1 in. thick
⅓ cup fresh orange juice
⅓ 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/multiply.tab10/multiply.tab1-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. 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.

Vitamin D 60%, Calcium 4%, Iron 6%, Potassium 10%.

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⅓ cup fresh orange juice
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Hy-Vee salt and black pepper
Orange slices
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Vitamin D 60%, Calcium 4%, Iron 6%, Potassium 10%.
Crack, Sip, Repeat.

Wonderful Pistachios: select varieties 7.99

Fiji Water 1.5 L. 2/5.00

Where the taste of Italy comes to your table!

ONE CHICKEN FIVE WAYS

1. **BBQ CHICKEN SANDWICH**
   Combine coarsely shredded Hy-Vee rotisserie chicken with bottled barbecue sauce. Serve in a bun with creamy coleslaw.

2. **CHICKEN NOODLE SOUP**
   Combine 4 cups Hy-Vee chicken broth, 1 cup chopped carrot and ¼ tsp. Hy-Vee black pepper in a large saucepan. Bring to boiling; add ½ cup dry egg noodles and cook 5 minutes. Stir in 1 cup shredded Hy-Vee rotisserie chicken, ½ cup frozen Hy-Vee peas, ½ 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.

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.

4. **CHICKEN ALFREDO PIZZA**
   Preheat oven to 425°F. Place 1 (12-in.) Boboli thin pizza crust on a pizza pan. Spread ½ cup purchased Alfredo sauce on crust to within 1 in. of edges. Add 6 oz. chopped Hy-Vee rotisserie chicken, ½ 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.

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 2½ tsp. Hy-Vee less-sodium soy sauce, ½ tsp. rice vinegar, ¼ tsp. grated fresh ginger, ½ tsp. minced garlic and ½ tsp. toasted sesame oil. Whisk in ½ tsp. Hy-Vee cornstarch and 2½ 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 ½ cup hot cooked rice. Serves 1.

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!
Nathan's Pretzel or Bagel Dogs: select varieties 6.25 oz. 7.99

Crystal Farms Parmesan Cup: select varieties 5 oz. 2.99

Crystal Farms Chunks or Shreds: select varieties 6 to 8 oz. 2/5.00 with purchase of 2, save 2¢ per gallon with each item purchased

Crystal Farms String or Snack Cheese: select varieties 10 oz. 3.69

Crystal Farms Deli Slices: select varieties 7 to 8 oz. 2.99

Crystal Farms American Cheese Slices: 12 oz. 2.79

PER GALLON OFF
EARN
FUEL SAV
ER
4¢
Marinate 4 (3-oz.) portabella mushrooms in mixture of ⅔ 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.


Grill 11-oz. pkg. Hy-Vee original taco seasoning mix according to pkg. directions. Grill 2 Hy-Vee Short Cuts ears sweet corn and 1 (11-oz.) pkg. Hy-Vee Short Cuts chopped red onions, 2 Tbsp. Fresh Lime Juice, 2 Tbsp. Hy-Vee Short Cuts chopped red bell peppers, 1 Tbsp. chopped jalapeño peppers, 1 Tbsp. fresh lime juice, 1 Tbsp. chopped seeded jalapeño peppers and 1 tsp. Hy-Vee salt. NOTE: Chile peppers contain volatile oils that can burn your skin and eyes. When working with jalapeños, wear protective gloves.

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 jalapeño peppers, 1 Tbsp. fresh lime juice, 1 Tbsp. chopped seeded jalapeño peppers and 1 tsp. Hy-Vee salt.
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 (sliced carrots, cucumber, shredded lettuce). Serves 8.

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, 20 g protein, 2 g sugar, 10% daily value of vitamins and minerals.

Daily Values: Vitamin D 0%, Calcium 15%, Iron 15%, Potassium 10%

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. 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 Hy-Vee shredded Monterey Jack cheese. Microwave on HIGH 1 to 2 minutes or until cheese is melted. Add desired toppings (sliced carrots, sliced olives). Serves 8.

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, 20 g protein

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Classic 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, ¾ 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.

Mango 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 2 (8-oz.) smoked-salt-rimmed glasses. Garnish each with a skewer of blueberries, fresh mint and raspberries. Serves 2.

Frozen Strawberry 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 oz. fresh orange juice 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.
NEW O, THAT’S GOOD!
FROZEN SKILLETS

with a Twist of veggies in the sauce*

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

Find in the frozen meals section

*Less than 110 cals veggies per serving

© 2019 Kraft Foods Ⓡ Ⓐ 2019 Melissa Sports, LLC
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.

**PICK YOUR BASE**

**GREENS**
- Subtle: Bibb or iceberg lettuce
- Mild and Distinctive: Baby leaf 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, Gruyère
- 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

**TIME TO TAP INTO YOUR KITCHEN CREATIVITY.**

Our list of options will help you build a new dream salad every day of the week.

Stock up on Hy-Vee Short Cuts ready-to-eat fruits and veggies for fresh, tasty salads anytime!
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
- pine nuts
- Hy-Vee raspberry vinaigrette
- cracked black pepper
- chives

TUNA NICOISE 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
- turkey breast
- Hy-Vee bacon
- Hy-Vee Short Cuts apple slices
- champagne vinaigrette
- shaved Parmesan
- dried cranberries
- mint leaves

SOUTHWEST VEGGIE SALAD
- butterhead 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 Select Old World Greek dressing
- cracked black pepper
- fresh basil leaves

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
- Sonoma 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
VEGETABLES EVERYONE WILL LOVE TO EAT!

Look what’s new from Birds Eye!

Birds Eye Premium Vegetables: select varieties 10 to 15 oz.
2.99

LEVEL UP YOUR SNACKING GAME
Pamper yourself with superior care

Happy Mother's Day

Dove Body Wash, Body Polish, Shower Foam, Lotion, Advanced Care Shampoo, Wipes, or Bath Bomb: select varieties 3.8 to 25.4 fl. oz. or 2 to 25 ct. $0.99

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
SWEET LAYERS
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OUTDOOR ROOMS
CHOOSE YOUR BEST GRILL
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.

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, Devotion
Coral—Friendship, Modesty

THE POWER OF FLOWERS

African Violet: represents spirituality and protection.
Bonsai: signifies love, balance, calm and peaceful energy.
Azalea: denotes elegance, beauty and femininity.

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.

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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.

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.

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.
Cosmetic bag and personal makeup items for primping.

Fine shampoo, shower gel and bubble bath for pampering.

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

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

TAILORED TO HER TASTES
Give Mom an extra lift with handpicked items that reflect her personal preferences.

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.

SEASONS | May 2019

Specialty beauty items go beyond the ordinary.
- Hand soap
- Fragrance diffuser
- Room spray
- Moisturizer
- Body wash
- Bath bombs
- Bath salts
- Shampoo
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.

WINE AND DINE

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

WINE AND DINE

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

WINE AND DINE

Gourmet cheese knife set for noshing.

WINE AND DINE

Greeting cards with heartfelt (or funny) messages.

WINE AND DINE

Give your Mother a Gift Card.

WINE AND DINE

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

Discover EXCELLENCE with all your senses

Dark chocolate made with the finest cocoa from the Lindt Master Chocolatiers.
SAVE $5 on your next shopping trip with purchase of $25 worth of Cottonelle®, Kleenex®, Scott® and Viva® products.
Valid 5/1/19 - 5/31/19
©/TM Trademarks of Kimberly-Clark Worldwide, Inc. or its affiliates © KCWW

BUY $25 SAVE $5 on household essentials

Subtle color. Not-so-subtle lips.

ChapStick® Total Hydration
 moisture + tint

Try our tints that enhance your natural lip color

ChapStick Total Hydration
Select varieties
12 lip, .24 oz.
$4.49
IT'S A NEW WAY TO REESE'S. (LUCKY YOU)

i’ll freshen your day

who says no to mentos gum?
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 dessert, a milk-and-cookies masterpiece that defies gravity, and more.

Watch and learn at 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.

ORDER ONLINE
Make it easy! On 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 6-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.

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. Select cake and icing flavors and provide the message you want.

TO ORDER a semi-custom cake, visit the Hy-Vee Bakery or go to 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.

TO ORDER a 5-inch or 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.

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ORDER ONLINE
Make it easy! On 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!
Duncan Hines Perfect Size For One: select varieties 8.4 to 11.2 oz. 2/5.00

Lay’s Stax Chips: select varieties 5.5 or 5.75 oz. 4/5.00

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

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

SUMMER is served
SPRING CHICKEN
The whole family gets their fill with a bucket of 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).

DOUBLE-BERRY PUDDING CAKE
Cut 1 (8-oz.) Hy-Vee Bakery loaf-style angel food cake into 12 slices. Line a 13×9-in. pan with slices, cutting to fit. Place 1 (12-oz.) container Hy-Vee plain whipped cream cheese spread, 3½ 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 ½ (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.

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).

DOUBLE-BERRY PUDDING CAKE
Cut 1 (8-oz.) Hy-Vee Bakery loaf-style angel food cake into 12 slices. Line a 13×9-in. pan with slices, cutting to fit. Place 1 (12-oz.) container Hy-Vee plain whipped cream cheese spread, 3½ 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 ½ (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.
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.

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.

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
Perfect Party Punch

1. In a large punch bowl, combine:
   - 24 oz. 7UP®
   - 32 oz. Hawaiian Punch® Fruit Juicy Red®
   - 1/4 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!
Make your outdoor getaway as inviting and comfortable as the rest of your home.

OUTDOOR ROOMS

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).

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.

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

With a similar style and coordinated color, this bistro set fits right in with the sofa set. Providence 5-Piece Bistro Set.

Handsome navy upholstery has the classic look that’s always in style. Bremerton Steel 4-Piece Cushion Set.

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.

*Products sold where available; while supplies last.

HOW TO CREATE THE living room

Pinehurst Planter

16”

Toss Pillows

*Products sold where available; while supplies last.
This gazebo folds easily and has its own storage bag for convenient transport or storage.

**Instant Up Gazebo**

10' × 10'

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

**Children’s Steel Garden Swing**

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

**Children’s 4-Piece Steel Patio Set**

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

**Children’s Quad Steel Frame Chair**

Steel Beach Wagon

Plastic Pitcher

**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.

**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**

**RedComfort resin Adirondack Chair**

**Wilmington 2-Person Steel Glider**

**Canopy Camping Chair**

**Gravity Lounge Chair**

**Genevieve Sling Stack Chair**

**Beverly Sling Stack Chair**

**Gravity Sling Stack Chair**

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**Beverly Sling Stack Chair**

**Genevieve Stack Chair**

**Beverly 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

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.
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-enamel coated bowl and lid can withstand the harshest charcoal fire and the worst weather.
Weber Original 22” Kettle Grill

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.

Weber Spirit II E-210 Grill

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

*Products sold where available while supplies last.
Traeger Pro Series 22"

Digital controls keep temperatures within ±15 degrees F. for precision grilling.

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.

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

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.

Tools for Flawless Grilling
Watch and learn at HSTV.com today!

WHAT THE HACK

Offering ultimate versatility, heat deflector can be used for indirect baking, grilling and smoking.
Char-Griller Akorn Jr.
Charcoal Companion Charcoal Companion Charcoal Companion Charcoal Companion Charcoal Companion Charcoal Companion or McCormick Grill Mates BBQ Tool: select varieties
Charcoal Companion or McCormick Grill Mates BBQ Tool: select varieties
Charcoal Companion or McCormick Grill Mates BBQ Tool: select varieties
Grill Master Rapidfire Chimney Starter
Webber Premium Two-Piece Tool Set
Char-Griller Smokin’ Stone
Char-Griller Akorn Kamado
Char-Griller Akorn Jr.
Char-Griller Akorn Kamado
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
- In 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 1/4 cup water and simmer 10 minutes.
- Step 2: Turn greased beef mixture into 2-qt 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: 14 min. | TOTAL TIME: 32 min. | SERVINGS: 6

Visit Greengiant.com for more delicious recipes!
YOU COULD
WIN
THE ULTIMATE FAMILY VACATION

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

VISIT 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.

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

Edwards
Premium Pies:
select varieties
25.5 oz. $6.99

© 2019 Smithfield Foods.
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 for more info.

MAN’S BEST FRIEND

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, matching donations from customers, matching donations from customers.

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

In May 2017, Hy-Vee teamed with Purina to raise $20,000 for the Puppy Jake Foundation. Hy-Vee supports the Puppy Jake Foundation through the Homefront Round Up initiative every November by matching donations from customers.
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.

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. Woman 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-tall man).

GARDENING AND FITNESS
Research shows that 30 minutes of moderate-intensity exercise (such as digging, raking, tilling and moving) can lower blood pressure and cholesterol levels, help prevent heart disease, stroke, diabetes and slow osteoporosis. Even low-intensity tasks such as watering and deadheading flowers are beneficial. A Swedish study shows that college students who garden now tend to eat more fruits and vegetables than their peers. Researchers discovered that college students who gardened as children or who garden now tend to be less likely to be overweight and are more likely to eat more healthfully, too.

10 WAYS GARDENING BOOSTS HEALTH

1. Weight Loss
Gardening burns about 300 calories per hour.

2. Mood Booster
Research shows stress 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 beauty and bounty!

VEGETABLES
• From seed: peas, leaf lettuce, spinach, radish, beets, zucchini, cucumber, melon, beans, pumpkin, corn, winter squash
• From plants: tomatoes, peppers, onions, eggplant, kail, broccoli, rhubarb (which will return annually)

HERBS
pansy, sage, rosemary, basil, origano, thyme, mint, lemon balm

ANNUAL FLOWERS
• From seed: bachelor buttons, zinnia, sunflower, marguerite, larkspur, cineraria, celosia, cosmos, fritillaria
• From plants: petunia, New Guinea impatiens, daisy miller, begonia, pansy, geranium, vinca, flowering kale, snapdragon

PERENNIALS
• For flowers: rudbeckia, echinacea, sedum, helianthus, daisy, blanket flower (Gaura), veronica, shiso, Russian sage, aster, aster, yarrow, coneflower, daylily
• For foliage: hosta, ferns, ornamental grasses, cordyline (Puna)

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

SUMMER BULBS
gladiolus, canna, caladium, daffodil, Asiatic lily, Oriental lily, alium

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IN THE ZONE
Although annuals die at the end of the growing season, many 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.

What zone are you in? Download the USDA winter hardness zone map at planthardiness.ars.usda.gov/planthardiness.ars/plant hardiness zone map.

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**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.
- **a watering can** is helpful for tending containers and windowboxes and giving plants a boost of water-based fertilizer.
- **pruners** to deadhead flowers, remove twigs and harvest thick-stemmed vegetables.
- **trowel** is used to plant, weed, mix materials or prepare shallow rows for sowing.
- **shovels** should have at least two: a round point for digging, a flat edge for edging. A long handle gives leverage, a D-handle aids lifting.
- **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.
- **gloves** protect your hands with gloves. Gloves fit any task, from simple planting to heavy-duty digging and chopping.
- **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.

**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.
Sprint training is 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.

Start small for a big finish. Entering a 5K (3.1 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.

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.

**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.

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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) 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 producing more fatigue-resistant tissue and more 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.

Q: ANY TRUTH TO THE NOTION THAT RUNNING UP HILLS DAMAGES KNEES?
A: Not at all. When you run up a hill, the muscles and tendons in your leg are being worked harder, but it is not damaging the knee joint if the rest of your body is in good shape. Using proper running form and technique can help prevent knee injuries.

Q: WHAT SHOULD YOU DO IF YOU EXPERIENCE KNEE PAIN DURING A RUN?
A: If you are experiencing knee pain during a run, stop and assess the situation. If the pain is mild, take a break and try to run again. If the pain is severe, consult a doctor or physical therapist.

Q: WHERE CAN I FIND MORE INFORMATION ABOUT STRETCHING?
A: You can find more information about stretching on websites such as health.harvard.edu or Runner’s World. They offer a range of stretches for different parts of the body and levels of expertise.

Q: DO YOU HAVE ANY TIPS FOR IMPROVING RUNNING FORM?
A: Incorporate strength training into your running routine. Focus on strengthening the muscles in your legs,核心, and core to improve your running form.

Q: WHAT IS THE BEST TIME OF DAY TO RUN?
A: The best time to run depends on personal preference and your schedule. Some people prefer to run in the morning to get their day started, while others prefer to run in the evening to wind down.

Q: DO YOU HAVE ANY ADVICE FOR BEGINNERS?
A: Start slow and gradually increase your running time and distance. Listen to your body and don’t push yourself too hard.

---

recovery foods

FOR RUNNERS

1. SPINACH
   - spinach is high in iron, which helps to boost oxygen delivery to muscles.
   - it also contains vitamin K, which is important for healthy bones.
   - one cup of spinach contains 218% of the RDI for vitamin K.

2. EGGS
   - eggs are a complete protein source, containing all nine essential amino acids.
   - they also provide a good amount of vitamin D, which is important for bone health.
   - one large egg contains 6 grams of protein.

3. CHICKEN
   - chicken is another great source of protein, with 26 grams per 3-ounce serving.
   - it also contains vitamins B6 and B12, which are important for energy production.
   - chicken is a good source of iron, too.

4. BLUEBERRIES
   - blueberries are rich in antioxidants, which help reduce inflammation.
   - they also contain vitamin C, which is important for immune function.
   - one cup of blueberries contains 14 grams of fiber.

5. OATS
   - oats are a complex carbohydrate, which provides sustained energy.
   - they also contain a good amount of fiber, which helps with digestion.
   - one cup of cooked oats contains 6 grams of fiber.

6. CHERRIES
   - cherries contain compounds called anthocyanins, which have anti-inflammatory properties.
   - they also contain vitamin C, which is important for immune function.
   - one cup of cherries contains 25 grams of fiber.

7. WATERMELON
   - watermelon is a good source of hydration and hydration, as well as nutrients like potassium and magnesium.
   - it also contains lycopene, a compound with antioxidant properties.
   - one cup of watermelon contains 5 grams of fiber.

8. BANANA
   - bananas are a good source of potassium, which helps to regulate heart function.
   - they also contain vitamin C, which is important for immune function.
   - one medium banana contains 42 grams of carbohydrates.

9. AVOCADO
   - avocados are a good source of healthy fats, which are important for overall health.
   - they also contain fiber, which helps with digestion.
   - one medium avocado contains 23 grams of fiber.

10. SWEET POTATO
    - sweet potatoes are a good source of complex carbohydrates, which provide sustained energy.
    - they also contain a good amount of fiber, which helps with digestion.
    - one medium sweet potato contains 15 grams of fiber.

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WEATHER TIPS

MIDWEST WEATHER MIGHT BE UNPREDICTABLE, BUT YOU CAN ALWAYS PREPARE 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 wind.

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.

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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.

---

Sources:
- health.harvard.edu/heart-health/vegetable-of-the-month-avocado
- health.harvard.edu/staying-healthy/foods-that-fight-inflammation
- sciencedaily.com/releases/2017/12/171220122054.htm
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.

APPLES
CARBONHYDRATES: It equals
energy. They can keep you
going, especially when they
contain FIBER. Fruits are a
great source of water, which
keeps you hydrated. If you
don’t like apples, try bananas,
which are lower in sugar and
higher in potassium.
WHAT YOU NEED
Carbs: per serving, less than 10%
should come from added sugars
Fiber: 25 g/day

MILK
PROTEIN: it provides
energy to the body and
helps the body absorb
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
Carbs: 50 g/day
Protein: 50 g/day

ARTICHOKEs
COMPLEX CARBS: are
found in vegetables. They
are a good source of
LEUCINE, which is an
essential amino acid that
helps muscle growth.
WHAT YOU NEED
Protein: 50 g/day

CHICKEN
PROTEIN: It is a complete
protein because it has all
the essential amino acids
needed for the body.
WHAT YOU NEED
Protein: 50 g/day

Eggs
PROTEIN: It is a complete
protein, sugar has all
the essential amino acids.
WHAT YOU NEED
Protein: 50 g/day

BROCCOLI
FOODS WITH COMPLEX
CARBS: are a great energy source.
WHAT YOU NEED
Carbs: 300 g/day* Less than 10%

SALMON
PROTEIN: In salmon, takes a while
15 g/day, and it supplies
long-lasting energy and cuts hunger.
WHAT YOU NEED
Protein: 50 g/day

BEEF
NITRATES: a key player in
blood vessels to improve
oxygen transport to muscles; this
is increased exercise endurance.
WHAT YOU NEED
Nitrate: 2.4 mg/day

TUNA
Tuna contains omega-3s:
energy booster that supports
energy-carrying capacity.
WHAT YOU NEED
Protein: 50 g/day

BANANAs
A good source of CARBS and
POTASSIUM to energize muscle,
bananas also provide B FIBER to
slow digestion and avoid blood-sugar
spikes, and VITAMIN B6 for a healthy
metabolism.
WHAT YOU NEED
Carbs: 50 g/day, less than 10%
should come from added sugars
Potassium: 4,700 mg/day
Fiber: 25 g/day

SWEET POTATOES
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 all parts of
the body.
WHAT YOU NEED
Men 18–50 years old 19 mg/day, women 15
and older 10 mg/day

OATS
WHOLE GRAINS: found in 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 all parts of
the body.
WHAT YOU NEED
Men 18–50 years old 19 mg/day, women 15
and older 10 mg/day

105
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  
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.

IDEAS FOR ENERGY

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. 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.
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.

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.

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

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

Source: cdc.gov/nchs/fastats/hypertension.htm

THE HEALTH CHECK LIST

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

Exercise

Diet

Lifestyle
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:

- Consider 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:
  - Avoid trans fats (listed under Total Fat).
  - Avoid added sugars (listed under Total Carbohydrates).
  - Limit total sugars.
  - The most prominent nutrients and minerals.
  - Levels of vitamins and minerals.

The most prominent number, calories are given per serving.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Serving size</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Calories</td>
<td>110</td>
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</tr>
<tr>
<td>Protein</td>
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<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
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<tr>
<td>Fat</td>
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</tr>
<tr>
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<tr>
<td>Fiber</td>
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<td></td>
</tr>
</tbody>
</table>

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

Strawberries are 90% water yet filled with vitamins and fiber. Other watery, nutritious foods: cucumbers, celery, watermelon and cauliflower.

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.

PORTION size

The USDA estimates, on average, that a woman needs 2,000 calories a day and a man 2500 calories. A plate piled high with a jumbo cheeseburger and fries can total 1000 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 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.

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

Better breakfast

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

Lean lunch

Romaine (vitamin 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.
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 Caviar Variety: select varieties 7 oz. 3.99
- Wimmer’s Smirnoff Smokies: select varieties 10 oz. 3.99
- I can’t Believe It’s Not Butter: select varieties 4 to 12 oz. 4.99/10.00
- Artisan Cakes: select varieties 4 oz. 2.70
- EVOL Smalls: select varieties 5 or 10 oz. 2.75
- Garden or CUML Single Serve Meat select varieties 7 oz. or 8 oz. 2.75

- Birds Eye Vege: select varieties 20 oz. 4.45
- Gardein Meatless Frozen Bags: select varieties to 19 oz. 2/8.00
- Gardein or EVOL Single Serve Meal: select varieties 2/8.75
- EVOL Burrito: select varieties 5 oz. 2/5.00
- Land O’Frost Deli Shaved Lunchmeat or Canadian Bacon: select varieties 6 oz. or 9 oz. 2/5.00
- Land O’Frost Breakfast Cuts: select varieties 7 oz. 2.99
- Land O’Frost Deli Shaved Lunchmeat or Canadian Bacon: select varieties 6 oz. or 9 oz. 2/5.00

- Green Giant Mashed Cauliflower: select varieties 20 oz. 4.99
- Gardein or EVOL Single Serve Meal: select varieties 2/8.75
- Artisan Café: select varieties 14 fl oz. 2/7.00
- Land O’Frost Deli Shaved Lunchmeat or Canadian Bacon: select varieties 6 oz. or 9 oz. 2/5.00

- Wimmer’s Natural Casing Wieners: select varieties 12 oz. 3.99
- Wimmer’s Natural Casing Wieners: select varieties 16 oz. 3.99
- Wimmer’s Natural Casing Wieners: select varieties 20 oz. 3.45
- Gardein Meatless Frozen Bags: select varieties 8 to 19 oz. 2/8.00
- Gardein or EVOL Single Serve Meal: select varieties 2/8.75
- EVOL Burrito: select varieties 5 oz. 2/5.00
- Land O’Frost Deli Shaved Lunchmeat or Canadian Bacon: select varieties 6 oz. or 9 oz. 2/5.00

- Van’s Gluten-Free Frozen Waffles: select varieties 9 oz. 2/9.00
- Van’s Gluten-Free Frozen Waffles: select varieties 9 oz. 2/9.00
- Curly’s Pull-Roasted Pork or Chicken: select varieties 12 or 16 oz. 4.99
- Curly’s Pull-Roasted Pork or Chicken: select varieties 12 oz. 4.99
- Curly’s Pulled Ribs: select varieties 8 or 20 oz. 3.75
- Gardein Meatless Frozen Bags: select varieties 8 to 19 oz. 2/9.00

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

**goods**

- **Dole Salad**: select varieties 10 oz. 4.99

- **InnovAsian Single Serve Bowl or Vegetable Fried Rice**: select varieties 9 or 18 oz. 3.46

- **TEF! Fridge Frozen Meat**: select varieties 12 oz. 2/5.00

- **Artisa 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. 5.49

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

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

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

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

- **Ziploc Containers, Freezer or Storage Bags**: select varieties 2 to 24 ct. 2/4.00

- **Wrap sandwiches in our Dole Salad mixes**, pg 45

- **Jif Poppers**: select varieties 6 oz. 2.99

- **Hefty Foam Plates or Bowls**: select varieties 25 or 45 ct. 2/5.00

- **Hefty Foam Plates or Bowls**: select varieties 25 or 45 ct. 2/5.00

- **Save 1¢ per gallon with each item purchased**

- **PER GALLON OFF EARN FUEL SAV 1¢**

- **Bertolli Oilve Oils**: select varieties 51 fl oz. 18.49

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

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

- **Reynolds Plastic Wrap**: select varieties 225 sq. ft. 3.39

- **Reynolds Plastic Wrap**: select varieties 225 sq. ft. 3.39

- **Ziploc High Count Slider Bags**: select varieties 24 to 42 ct. 4.99

- **Kellogg’s Happy Inside Bag Cereal**: select varieties 10 oz. 5.69

- **Sigg’s Yogurt**: select varieties 24 oz. 6.99

- **Jiffy Muffin Mixes** or Cheese Fries**: select varieties 2.5 oz. 2/6.00

- **Tetley Ice Tea**: select varieties 18.7 to 28.3 oz. 2/7.00

- **Odwalla Protein, Juice Drinks or Smooobucha**: select varieties 15.2 oz. 2/4.00

- **DELIVERING THE BENEFITS YOU DESERVE WITH THE TASTE YOU LOVE**

- **NEW PROTEIN PACKED SHAKES**

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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. 2.99
- Mrs. Butterworth’s or Log Cabin Syrup: select varieties 24 oz. 3.98
- Wonderful No Shell Pistachios: select varieties 6 oz. 6.99
- Herb & Woods or Annie’s, Herbal Rice, Toasted or Parmesan: select varieties 4.5 to 12.5 fl. oz. 2/7.98 with purchase of 2, save 24 per gallon with each item purchased

beverages

- Pom Wonderful Juice: select varieties 16 fl. oz. 3.99
- Tea Product Makers: select varieties 4/5.00
- Flavored water: select varieties 3.49
- Zico Water: select varieties 2/1.19

other

- Emergin-C: select varieties 14 to 45 ct. 9.99
- 3Nulk Caplets, Tablets, or Melts: select varieties 42 ct. 23.99
- Great Toothpaste, Mouthwash, or Oral & Toothbrushes: select varieties 3.5 to 41.3 oz. 1.5 to 6 oz. 6.99

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Hy-Vee provides:
- Free advice and services to people with disabilities for effective access to all services, upon request, whether necessary, such as: Qualiﬁed language interpreters
- Written information in other formats: large print, audio, accessible electronic formats
- Free language services to people whose primary language is not English, such as: Qualiﬁed language interpreters
- Information within other languages upon request

If you need these services, contact your local pharmacist. If you believe that Hy-Vee has failed to provide these services, you can ﬁle a grievance with: Hy-Vee, Civil Rights Coordinator is available to help you. You can ﬁle a civil rights grievance with: U.S. Department of Health and Human Services Ofﬁce for Civil Rights, electronically through the Ofﬁce for Civil Rights, OCR Portal, available at https://www.hhs.gov/ocr/portal. Available at http://www.ocrportal.hhs.gov/ocr/portal. Available at hhs.gov/ocr/ﬁle/908.htm.


Complaint forms are available in different languages, other languages upon request.

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Limited time only

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LOVERS

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Layers of milky sweet creams
Topped with a crispy wheat rice crisp filled with cocoa cream

Celebrate the 4th of July!

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A POWERFUL COMBINATION.

Monster Hydro: select varieties 25.4 fl. oz. 2/4.00

Muscle Monster: select varieties 15 fl. oz. 2/5.00

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Fresh Cream • All American Dairy • 20g Protein

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Moo-phoria!
always
PURE

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SUSTAINABLY SOURCED COTTON TIP APPENDAGE

RECYCLES BIODISPOSABLE

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6.97

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See your Hy-Vee pharmacist for details. A complete list is available at Hy-Vee.com.

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

FRIDAY, MAY 10: 4 P.M. TO 7 P.M.
SATURDAY, MAY 11: 11 A.M. TO 2 P.M.
Grocery/Gourmet Merchandise
- Hormel - Beaver's Lower Standard & King Size Candy Bars
- Produce: Coke - Odwalla Drinks
- Deli: Hormel - DiLusso Fresh Sliced Baked Turkey with DiLusso Pesto Aioli Sandwich Spread
- Produce: Fresh Strawberries
- Meats: Hormel Marinated Boneless Pork Loin
- Seafood: Smoked Whitefish Dip
- Charcuterie: Veneto Charcuterie Jacopo Barber
- Cheese: Reggiano Mascarpone and fresh berries on a 34 Degree Cracker
- Hickory House: Pulled Pork
- Bakery: Apple Fritters
- Chinese: NORD 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.
Grocery/Gourmet Merchandise
- Hormel - DiLusso Fresh Sliced Double Smoked Ham with DiLusso Honey Mustard Sandwich Spread
- Grocery: Ralston - New Mom Packets
- Produce: Kandy Cantaloupe
- Meat: Hillshire Farms Smoked Sausage
- Seafood: Sesame Encrusted Ahi Tuna Steaks
- Charcuterie: Columbus Charcuterie Samplers
- Cheese: Ellsworth Fresh Bulk Cheese Cubes
- Hickory House: Spinach Artichoke or Buffalo Chicken Dip with Tortilla or Pita Chips
- Italian: Tuscani Pizza
- Chinese: Egg Rolls
- Bakery: Gourmet Cinnamon Rolls

FRIDAY, MAY 24: 4 P.M. TO 7 P.M.
SATURDAY, MAY 25: 11 A.M. TO 2 P.M.
Grocery/KDF - Canada Dry - Orangeade Soda
- Deli: Hormel - DiLusso Fresh Sliced Roast Beef with DiLusso Honey Mustard Sandwich Spread
- Meat: Smithfield - Pitmaster Lox or Beef Brisket
- Produce: Kandy Cantaloupe
- Bakery: Texas Coffee Cakes

Save More with $4

Some restrictions may apply. Not applicable with all insurance plans. MN and WI state law restrictions apply.
Shows so fresh you might want to refrigerate them.

The Helpful Smiles TV streaming network is serving up all-new online video content that will help you learn, laugh and live well. Our shows cover everything from meal prep to mom talk, pet parenting to kitchen hacks, quick workouts and more.

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