

HyVee[®]

FOOD | LIFE | HEALTH

seasons[®]



EASY AS **PIE**

november
Prices good November 1-30, 2019

FOLLOW US...
CHECK OUT WHAT'S
HAPPENING IN
AND AROUND HY-VEE.



FOLLOW US: Come see what we've got cooking for you—new recipes, hot deals and much more! [instagram.com/HyVee](https://www.instagram.com/HyVee)

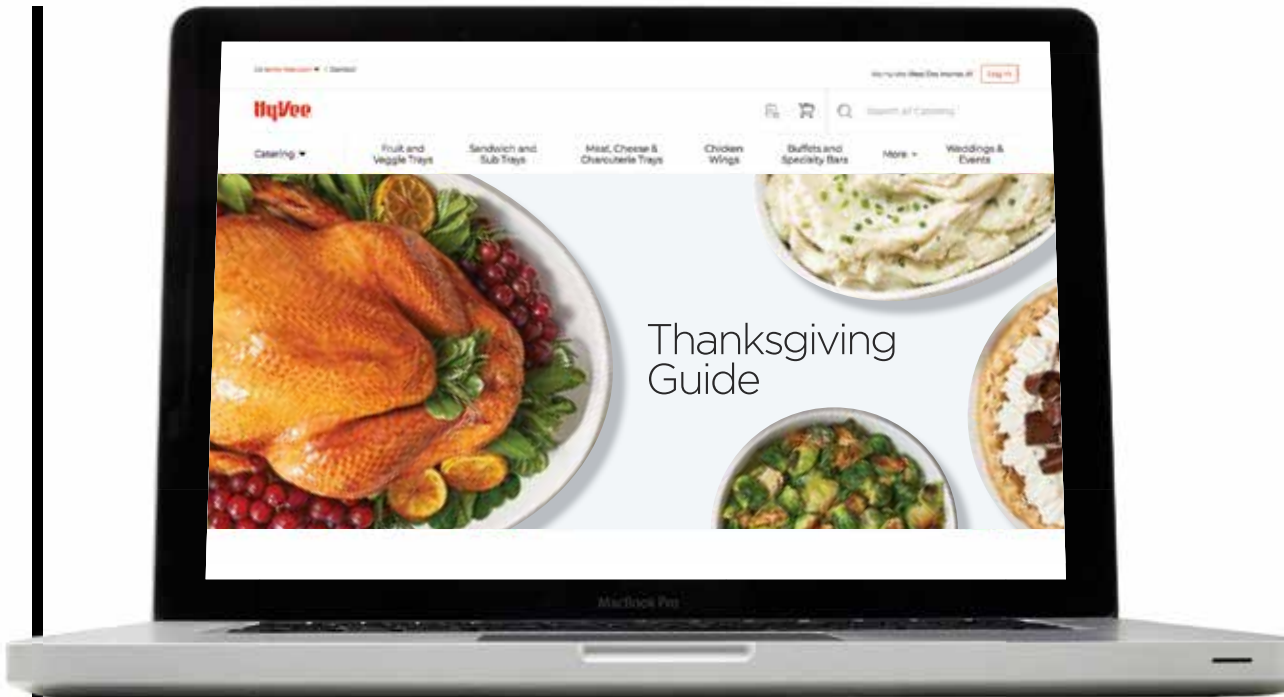


FOLLOW US: Cook up something hot and satisfying. Find great ideas at twitter.com/HyVee



WATCH US: Get more Thanksgiving entertaining and recipe ideas on our online streaming network at [hstv.com](https://www.hstv.com).

FIND HY-VEE ON YOUR FAVORITE SOCIAL MEDIA PLATFORMS:



CONNECT WITH **HyVee**®

YOUR GUIDE TO THANKSGIVING

Visit hy-vee.com and search for “Thanksgiving Guide” for all the recipes and tricks you need to make a memorable holiday feast. You’ll find everything from chef’s tips on stuffing and carving a turkey to dietitian’s advice on keeping things light.

WHAT’S IN THE THANKSGIVING GUIDE

- Recipes
- How-To Videos
- HSTV segments
- Chef’s Tips
- Dietitian’s Advice
- Wine & Spirits
- Turkey
- Stuffing and Sides
- Desserts
- Hot After-Dinner Drinks

HSTV, HY-VEE’S FREE STREAMING NETWORK, HAS ONLINE VIDEOS TO MAKE YOUR THANKSGIVING ONE TO TRULY BE THANKFUL ABOUT!



A Friendsgiving to Remember
Ready. Set. Celebrate!



Thanksgiving Sides
The Braided Apron



Toast to Thanksgiving
The Beard Behind the Bar



Perfect Pies
Recipelease!

NOVEMBER 2019
food



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Boost health and happiness with gratitude.



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

November is the bridge between fall and winter that includes an important signpost: Thanksgiving, a uniquely American holiday that reminds us to be thankful. As it turns out, gratitude is good for our health, *page 116*. This issue of *Seasons* spotlights plenty of reasons to be grateful. Check out the joy of hosting Friendsgiving, *page 12*; spending quality time with family, *page 72*; even traveling at Thanksgiving. Yes, traveling! Learn how to make the most of your trip, *page 80*.

Let’s also celebrate food—breakfast for any meal, *page 28*, and pies, *page 38*, that you’ll still talk about in December. Balance the scales with 500-calorie meals that actually fill you up, *page 94*.

Happy Thanksgiving!

SPICED TO ADD VARIETY TO YOUR LIFE.

Expertly pre-seasoned blends of 100% premium pork.
Add four ingredients for a complete meal.
Just brown, assemble and dazzle.



Johnsonville
Recipe Starters:
select varieties
16 oz.
3.99

BAJA CHIPOTLE PORK STREET TACOS

1 package JOHNSONVILLE®
Baja Chipotle Seasoned Blend
24 mini corn tortillas (4 inches)
¼ cup chopped onion
¼ cup chopped fresh cilantro
Fresh Lime wedges, optional



In a skillet, cook and crumble ground meat over medium heat until browned and fully cooked. In another skillet, over medium-high heat, brown tortillas for about 5 seconds per side; wrap in foil to keep warm.

For each taco, layer two tortillas; spoon meat into tortillas.
Top with onions and cilantro. Serve with a squeeze of fresh lime juice, if desired.

aisles

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

GATHERINGS

Give Thanks

During the season of giving and thankfulness, show gracious hosts that you appreciate the hospitality by providing a delicious appetizer tray, dessert or side dish.



Signature Premier Vegetable Platter

Crisp and colorful veggies artfully arranged with ranch dipping sauce.

Signature Fantastic Fruit Platter

Assorted fresh fruits served with a creamy fruit dip.



Apple Pie A fresh pie from the Hy-Vee Bakery gives guests a reason to make two trips to the dessert table.



Jumbo Honey Butterflake Dinner

Rolls Incredibly rich and flavorful rolls have delightfully flaky layers.



CINNAMON ROLLS

Serve a quick breakfast Thanksgiving morning as a warm-up for the feast later in the day. Fresh cinnamon rolls from the Hy-Vee Bakery fill the bill tastefully. If time is

on your side, select frozen cinnamon rolls to thaw and bake early for a homemade aroma that's sure to wake even the heaviest of sleepers in the day.

4 ON THE FLOOR

STOP IN AT HY-VEE TO CHECK OUT THE LATEST AND GREATEST PRODUCTS FROM VARIOUS DEPARTMENTS.

BAKERY
Cheesecake Factory
Pumpkin Cheesecake



For a limited time, enjoy sweetly spiced pumpkin alongside creamy cheesecake filling—the best of both desserts.

MEAT
Hy-Vee Stuffed Pork
Loin Roast



Choose a delicious alternative or second option to Thanksgiving turkey with stuffed pork loin from the Hy-Vee Meat Department.

WINE & SPIRITS
Baileys Red Velvet



Get it while it lasts. Baileys Red Velvet is the seasonal liqueur to kick up post-Thanksgiving-dinner coffees.

PRODUCE
Sweet Potato



November is the peak of sweet potato season, the perfect time to make traditional Thanksgiving dishes like sweet potato casserole or sweet potato pie.

brand
highlight

ONE STEP EGGS
Sourced from family farms in Southeast Iowa and Northeast Missouri, Hy-Vee One Step eggs are free of antibiotics and hormones. As part of the Hy-Vee One Step Program, each purchase of Hy-Vee One Step Eggs results in a meal donation to a child in need through Meals from the Heartland.



Hy-Vee One Step eggs come from cage-free hens, each guaranteed 108 sq. ft. of outdoor space to roam and feed.

now
trending

FROZEN II

Can't hold back your excitement? Celebrate the November release of *Frozen II* by taking home these inspired products.



KRAFT Frozen II Jet-Puffed marshmallows



ZAK! Frozen II water bottles



KEEBLER Frozen II honey graham snacks



LIP SMACKER Frozen II nail polish set



BENDON Frozen II coloring & activity set



DISNEY Frozen II toaster

KELLOGG'S Frozen II cereal; Frozen II Eggos



DISNEY Frozen II waffle maker



CONAIR Frozen II hair accessories



THE BEST OF HOLIDAY HOSTING

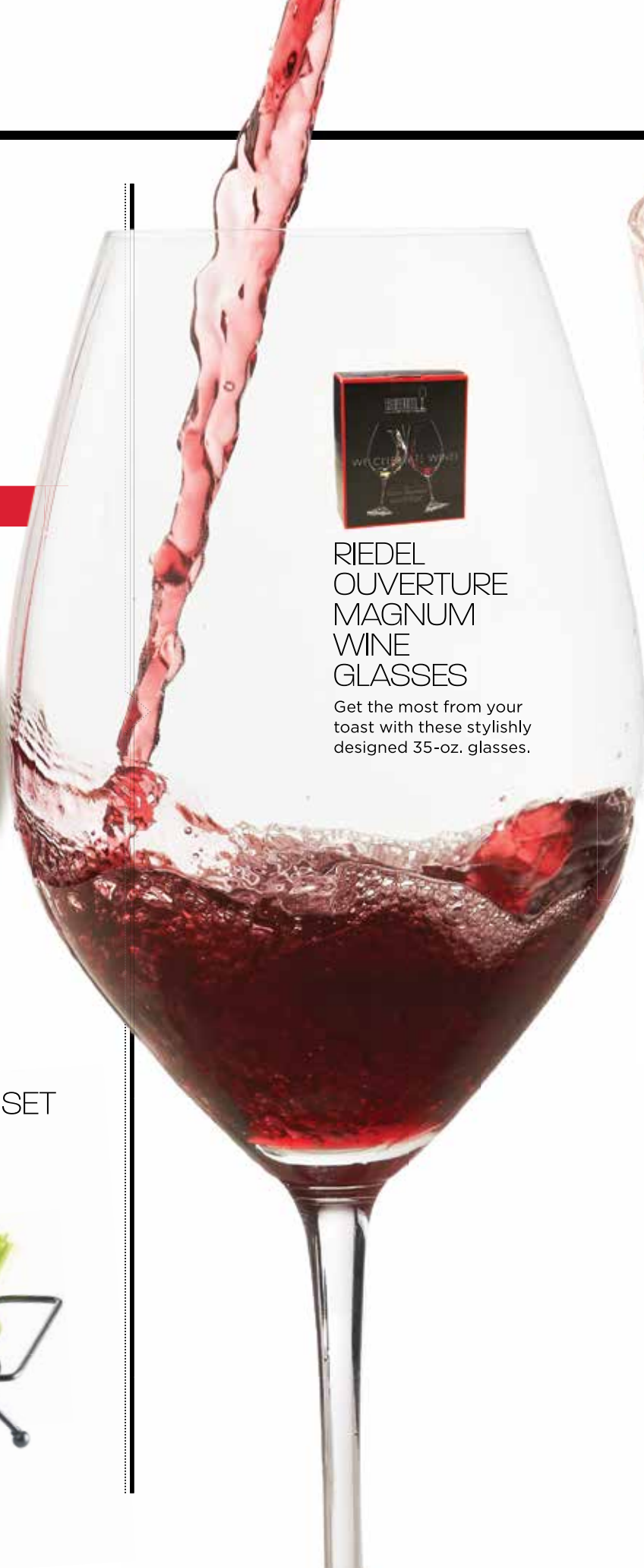
UPGRADE HOLIDAY PARTIES WITH THESE PRODUCTS FROM HY-VEE. FROM TRAYS TO GLASSES TO KNIVES, HY-VEE WILL HELP MAKE YOUR PARTY THE TALK OF THE TOWN.



boska cheese set
Beechwood serving board set includes three styles of knives for a complete meat and cheese experience.



GIBSON ELITE 4-PIECE SERVING SET
Complete with wire rack to hold three bowls for snacking and dipping.



RIEDEL OUVERTURE MAGNUM WINE GLASSES
Get the most from your toast with these stylishly designed 35-oz. glasses.



RIEDEL SPEY TUMBLERS
The right size to serve straight or mixed drinks.



gibson elite tiered plate set
Elevate appetizers for elegant and easy serving.



rustic farmhouse slate cheeseboard
Display delicious hors d'oeuvres on slate, which prevents cheese from sticking. Packaged with soapstone chalk to label food.



boska cheese knife
Cut soft and semifirm cheese with ease using this stylish knife. Holes in the blade prevent cheese from sticking.



LIBBEY BAR STARTER SET
Be the star of your bar with this 19-piece starter kit that includes mugs, glasses and tools: a muddler and cocktail strainer.



gibson elite serving platters
Add character and charm to your food spread with these porcelain platters.



takes
the
cake

COLD TURKEY

Highlight special occasions with jaw-dropping custom cakes from Hy-Vee. Have a crazy idea? Hy-Vee’s talented cake designers make bringing your

vision to life, well, a piece of cake! Just walk in or schedule a time to discuss what you’d like. Whether you want a cake to capture someone’s interest

or the spirit of the season, like the Thanksgiving Turkey Cake (pictured) from Hy-Vee cake designer Stephanie Dillon, Hy-Vee has you covered!



The stack of marbled cakes is rounded to shape a roasted turkey.



Cake stack is covered with white fondant. Rice Krispies Treats form legs and wings.



Airbrushing adds color and dimension. Gently pressing a sheet liner on the cake creates texture.



Rolled fondant balls become “cranberries” and cubed cake pieces stand in for “stuffing.”

Clever Cake
Get a bird's-eye view of how cake designer Stephanie Dillon crafted the Thanksgiving Turkey Cake at [HSTV.com](https://www.hstv.com)

CAKE this!

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



FOR BUTTER LOVERS, FROM PLANTS



Country Crock Spread or Pure Blends: select varieties 15 or 45 oz. 2.28

PERFECT FOR ALL YOUR
FAVORITE HOLIDAY RECIPES!

food

McCormick
**MAKES IT
HOME**



McCormick Gravy Mix:
select varieties
.87 to 2.64 oz.
2/2.00



NO FLAVOR LIKE HOME

Let the holiday feasts commence. Entrées, sides and drinks worth coming home to.

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THE ULTIMATE GUIDE TO A STRESS-FREE

Friendsgiving



HOST A MEMORABLE HOLIDAY GET-TOGETHER FOR FRIENDS OR FAMILY WITH THE HELP OF HY-VEE. FROM CONVENIENT READY-TO-GO HOLIDAY MEAL PACKS TO SIMPLE APPS AND DRINKS, WE ENSURE A SUCCESSFUL EVENT.

Friendsgiving began as an opportunity for those far from family to celebrate the holiday with friends and acquaintances. Now it's so popular that many host these gatherings in place of or in addition to traditional Thanksgiving

dinners. Guests are invited to bring homemade or ready-made dishes, offering choices even for those who don't cook. Hy-Vee makes it easy with a wide selection of entrées, sides, desserts and bakery items.

planning

Send invitations 2 to 3 weeks ahead. Then follow this timeline to set your celebration for success.



10 DAYS BEFORE

Send guests a food sign up sheet via text, email or Google sheet. Ensure you have enough dishes, glasses and flatware. Start a shopping list.

7 DAYS BEFORE

Buy turkey and ingredients for gravy and any other dishes you plan to make. Buy drink supplies (wine, beer, soda, bottled water, etc.)



4 DAYS BEFORE

Start thawing the turkey in the refrigerator. Make sure table linens are clean. Plan activities—find or buy playing cards, board games or other items for entertainment.



3 DAYS BEFORE

Order Hy-Vee precooked holiday meal, if using. Assign space (credenza, kitchen island) to set potluck dishes. Clean house.



1 DAY BEFORE

Set table. Arrange table decor. Clean microwave for heating guests' dishes. Clear space in fridge. Prep and refrigerate any side dishes.

4 HOURS BEFORE

Prepare turkey for roasting. Chop and prep foods for appetizer trays. Refrigerate white wine. Set up a trash bin outside the kitchen.



1 HOUR BEFORE

Let cooked turkey rest, then turn down the temp and rearrange racks to hold sides and guest dishes. Make gravy. Fill water glasses.



YOU DID IT!

Enjoy a glass of wine with your fellow Friendsgivers! Eating, talking and sharing are the best part of your successful gathering.

pro tip: HOT FOOD

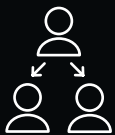


“Oven space will be at a premium, so encourage guests to use a slow cooker if they bring something hot. Free

up refrigerator space by using an ice-filled cooler for drinks.”
—Jeff Russell
Retail Chef
Hy-Vee, Waukee, Iowa

HOSTING HELPLINE

day-of-party reminders



Delegate Kitchen Responsibilities

Let guests help carry platters, bowls and utensils to the table or buffet. Invite guests to help themselves at the drink station, or delegate someone to tend bar.



Consider Dietary Restrictions

Provide fruit and veggie trays and a variety of side dishes with fresh ingredients to accommodate most dietary needs.



Meal Packs Ease Planning

Hy-Vee precooked meals are heat-and-eat, freeing time to enjoy company. A wide variety of Hy-Vee desserts offers choices, so you spend less time baking.



Food Safety

Keep in mind the two-hour rule: Remove perishable food that's been at room temperature two hours or more.



Leftovers Are Part of the Fun

Stock up on containers to pack leftovers for guests to enjoy at home.



set the table

- Stage food on a tray.
- Create a centerpiece with flowers, such as the mix of mums, eucalyptus foliage and hypericum berries, *above*, from the Hy-Vee Floral Department. Add gourds, miniature pumpkins and candles.
- Substitute linen napkins for paper.

a well-stocked bar

All available—including barware—at Hy-Vee.



BAR MUST-HAVES

Spirits: vodka, rum, tequila, bourbon, gin, Kahlúa

Wine: Cabernet Sauvignon, Chardonnay

Beer: Popular craft beers

Mixers: fruit juices, club soda, bitters

Nonalcoholic: fresh citrus juice, seltzer

easy cheesy starter

Make this the day before and refrigerate until ready to serve.



PINE CONE CHEESE BALL

Beat 1 (8-oz.) pkg. softened Hy-Vee cream cheese and 1 (5.2-oz.) pkg. any flavor Boursin cheese spread with an electric mixer until light and fluffy. Stir in ½ cup shredded white Cheddar cheese and ½ cup crumbled crisp-cooked Hy-Vee bacon. Shape mixture into two small ovals on a serving plate. For pine cone designs, begin at the narrow end and place toasted whole almonds (1¼ cups) into cheese at slight angles. Garnish with fresh rosemary. Serves 30.

cranberry spritzers

1. COMBINE

48 oz. cranberry-pomegranate juice, 8 oz. vodka and 6 oz. fresh orange juice in a 2-qt. pitcher. Add blood orange slices; stir to combine. Cover; chill fruit mixture and 1 (750-ml) bottle La Marca prosecco several hours or overnight.

2. SET UP

the drink station just before guests arrive. Place the prosecco in an ice bucket, set out the pitcher of juice and have glasses and plenty of ice available.

3. INVITE

guests to serve themselves the amount of juice and prosecco desired and to garnish with an orange slice and/or pomegranate seeds.

time saver

Pomegranate seeds are available in containers in the Hy-Vee Produce Department.



pumpkin ice bucket

1. CUT top off pumpkin and scoop out seeds and flesh. Let dry.

2. PAINT the outside. Let dry. Write a fun or inspirational word or message with a marking pen.

3. LINE with a plastic bag, then fill with ice on party day to chill a bottled beverage.

turkey charcuterie board

Set out a conversation-starter tray of meats, cheeses and veggies arranged to resemble a turkey. Keep it fresh and ready for the party by assembling it the morning of; cover and refrigerate it until guests arrive.

Belgian endive leaves form tail feathers.

Rolled prosciutto adds contrast and depth.

Folded cheese slices and olives cap off tail feathers.

Sliced salami is a backdrop for inner feathers.

Jarred sweet red cherry peppers (or fresh cherry tomatoes) fill out the body.

Cheese cut into arrow-tipped strips resembles feathers.

Cheese chunks represent the main portion of the body.

Layers of crackers ground the colorful bird.

A carrot becomes the neck, a slice of cherry tomato or pepper the wattle.

EASY APPS

SET OUT A FEW FLAVORFUL STARTERS FOR GUESTS TO MUNCH BEFORE THE MAIN ATTRACTION MOVES TO THE TABLE.



sausage stars

Brown ½ lb. Italian pork sausage; drain. Return sausage to skillet. Stir in 2 cups Hy-Vee shredded Cheddar cheese, ½ (4.25-oz.) can drained Hy-Vee chopped ripe olives and ½ (1.12-oz.) packet Hy-Vee dry ranch dressing mix; heat through. Cut 1½-in. star shapes from 30 (¼-in.) apple slices with seeds removed. Top with sausage mixture. Serves 30.



shrimp starter

Thaw and peel 14 Hy-Vee Fish Market frozen raw shrimp (26 to 30 ct.); pat dry. Toss with 1 Tbsp. Gustare Vita garlic-flavored olive oil and ¾ tsp. taco seasoning. Cook shrimp in skillet until opaque (145°F). Chill. Divide ½ cup Hy-Vee guacamole among 14 partially peeled cucumber slices; top with shrimp. Sprinkle with additional taco seasoning. Serves 14.



mac 'n' cheese bombs

Combine 2 cups Hy-Vee Kitchen white Cheddar mac and cheese, ½ cup crushed Hy-Vee nacho-flavored tortilla chips and 2 Tbsp. Hy-Vee Hickory House Big Bad tangy buffalo wing sauce. Spoon into 15 mini muffin cups. Bake at 350°F for 30 minutes. Serve bombs on Hy-Vee tortilla chips with additional wing sauce. Serves 15.



plum-apricot meatballs

Mix ¾ cup each ketchup, plum jam and apricot preserves in a 2-qt. baking dish. Add one 14-oz. pkg. Hy-Vee frozen beef or homestyle meatballs. Bake, covered, 30 minutes. Skewer fresh basil, pepper Jack cheese squares and a meatball onto each appetizer pick. Serves 25.



beet-orange endive

Spread fresh goat cheese on desired amount of Belgian endive leaves. Top with desired amounts of sliced canned pickled beets, orange sections and candied pecans.



sprout kabobs

Toss 16 Hy-Vee Short Cuts Brussels sprout halves with 1 Tbsp. Gustare Vita garlic-flavored olive oil and 2 tsp. Hy-Vee Select balsamic glaze. Bake at 375°F for 15 to 18 minutes or until tender. Cut ½ (2-oz.) pkg. sliced prosciutto into 16 pieces. Skewer sprouts, prosciutto, halved mozzarella cheese log slices and halved cherry tomatoes onto picks; drizzle with additional balsamic glaze. Serves 16.



crab salad toasts

Preheat oven to 400°F. Place 12 thin slices pumpernickel cocktail bread in a single layer on a large rimmed baking pan. Lightly spray with Hy-Vee nonstick cooking spray. Bake for 6 to 8 minutes or until lightly toasted, turning once halfway through. Cool. Top each bread slice with about 1½ Tbsp. Hy-Vee Deli imitation crab salad and, if desired, garnish with fresh dill. Serves 12.



mango salsa cups

Spray 30 mini muffin cups with Hy-Vee nonstick cooking spray. Line each with a wonton wrap; bake at 350°F until golden. Combine 1 cup chopped fresh mango, ¼ cup Hy-Vee Short Cuts chopped red onions, ½ cup pomegranate seeds, 2 Tbsp. finely chopped fresh cilantro and 1 Tbsp. fresh lime juice. Season with Hy-Vee salt and cayenne pepper. Divide salsa among cups. Serves 30.



cranberry cheese bites

Combine ½ (14-oz.) can Hy-Vee whole berry cranberry sauce, 1 tsp. prepared horseradish, ½ tsp. Hy-Vee Dijon mustard and ½ tsp. Hy-Vee granulated sugar. Using 1 (8-oz.) pkg. softened Hy-Vee cream cheese and 1 (4.4-oz.) box Chesapeake round multigrain crackers, spread cream cheese on crackers. Top with cranberry mixture and, if desired, chopped pistachios. Serves 12.



**time
saver**

A few days before the big meal, assign serving bowls, platters, utensils and trivets for each dish.

HOW TO ORDER
• IN-STORE
• BY PHONE
• ONLINE AT HY-VEE.COM

MEAL PACKS

DINNER IS SERVED! WITH HY-VEE PREMADE HOLIDAY MEALS, IT'S REHEAT—THEN EAT. SPEND LESS TIME IN THE KITCHEN AND MORE TIME WITH GUESTS. CHOOSE FROM AN ASSORTMENT OF SIDE DISHES, ADD-ONS AND DESSERTS. THEN ORDER YOUR MEAL AT LEAST 48 HOURS BEFORE PICK-UP TIME.

meal choices

These are just a few of the meal packs at Hy-Vee. Call or visit your local store to order.

TURKEY



FAMILY FEAST TURKEY DINNER

Four side dishes mean there's a lot to like

- Serves 12
- Butterball® turkey (14–16 lb.)

- Two large sides of mashed potatoes
- Four large sides of your choice
- 48 oz. of turkey gravy
- 24 dinner rolls

Price: \$129.99
(only \$10.83 per person)

BEEF



OVEN-ROASTED PRIME RIB DINNER

A flavorful fork-tender roast and side dishes

- Serves 8
- Hormel® USDA Select prime rib (5–6 lb.)

- Two large sides of mashed potatoes
- Two large sides of your choice
- 32 oz. of beef gravy
- 12 dinner rolls

Price: \$149.99
(about \$18.75 per person)

HAM



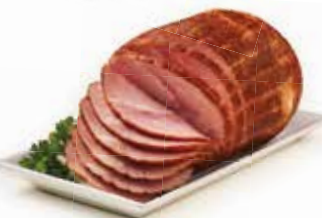
APPLEWOOD PIT HAM DINNER

Plenty of meat and savory sides for a big crowd

- Serves 12
- CarveMaster® Applewood pit ham (7–10 lb.)

- Two large sides of mashed potatoes
- Four large sides of your choice
- 48 oz. of turkey gravy
- 24 dinner rolls

Price: \$129.99
(only \$10.83 per person)



TRADITIONAL BONELESS HAM DINNER

Delicious meal that's as easy as slice and serve

- Serves 8
- Farmland® boneless ham (4–6 lb.)

- Two large sides of mashed potatoes
- Two large sides of your choice
- 32 oz. of turkey gravy
- 12 dinner rolls

Price: \$89.99
(about \$11.25 per person)

1 step one order

Call or visit your local Hy-Vee store to order. Or order online at hy-vee.com. All the food will be cooked and prepared, then refrigerated until you're ready to pick it up.

2 step two pick up

Meals are made with the highest-quality ingredients and feature well-known brands—Butterball®, Farmland® and Hormel®. Food is packed in oven-ready containers and boxed for transport.

3 step three heat and eat

Reheat following simple instructions supplied with your meal, and then enjoy.

GOOD TO KNOW: REHEATING TAKES JUST 1 HOUR FOR PRIME RIB DINNER, 2 HOURS FOR HAM DINNER AND 2½ HOURS FOR TURKEY DINNER.

TRY THESE SIDES:

- | | |
|-------------------------------|--|
| MASHED POTATOES | HONEY CITRUS WALDORF SALAD |
| GREEN BEAN CASSEROLE | SWEET CRANBERRY RELISH |
| SAGE BREAD DRESSING | CREAMED SPINACH |
| SWEET POTATO CASSEROLE | BRUSSELS SPROUTS WITH SPICY HONEY BUTTER |
| WHITE CHEDDAR MACARONI | APPLE CRISP |
| AU GRATIN POTATOES | BANANA CREAM PIE |
| HOLIDAY POTATOES WITH CHEDDAR | FRENCH SILK PIE |
| CHEESY CORN BAKE | APPLE PIE |
| BUTTERED SWEET CORN | PUMPKIN PIE |



Brussels Sprouts with Spicy Honey Butter



Sweet Cranberry Relish



Sage Bread Dressing



Cheesy Corn Bake



Pumpkin Pie



French Silk Pie

GOURMET SIDES:

- | | |
|---------------------------------------|------------|
| CHEESECAKE FACTORY® BAKERY CHEESECAKE | FUDGE CAKE |
|---------------------------------------|------------|

TAKE-ALONG DISHES

CHECK OUT RECIPES ON HY-VEE.COM FOR DISHES YOU OR GUESTS CAN BE PROUD TO SET ON THE FRIENDSHIP BUFFET. HERE ARE A FEW THAT ROUND OUT A FEAST.



1. Sides

- Easy Baked Butternut Squash
- Slow-Cooker Corn Casserole
- Baked Spaetzle with Beer Cheese
- Broccoli Amandine



2. Desserts

- Blackberry Semifreddo Bars
- Upside-Down Fruit Nacho
- Peach-Blueberry Galette with Basil Cream
- No-Bake Snowballs



3. Special Diet

- Cranberry-Apple Crisp (gluten free)
- Mini-Pepper Mozzarella Bites (vegetarian)
- Maple Sweet Mash (vegan)
- Sweet Potato and Beet Chips (dairy free)

FIND HOW-TO, TIPS AND RECIPES IN HY-VEE'S THANKSGIVING GUIDE. GO TO HY-VEE.COM AND SEARCH FOR THANKSGIVING GUIDE.

1. sushi trays

Hy-Vee sushi bars carry vibrant, beautifully arranged sushi trays. They're sure to delight seafood-loving dinner guests.



Hosting Hacks

Enjoy your special event with these helpful entertaining! time-savers.



Watch and learn at HSTV.com today!

10 THINGS TO BRING

WHEN GUESTS ASK "WHAT CAN I BRING?", DON'T BE SHY. SUGGEST ANY OF THESE IDEAS. THEY'RE WELCOME AT A FRIENDSGIVING PARTY AND EASY PICKUPS AT HY-VEE (YES, EVEN BOARD GAMES).



2. sweet bread

Banana nut, blueberry or pumpkin loaves from the Hy-Vee Bakery are welcome additions to dessert—less sweet than pies and cookies and a good nibble with coffee.



3. bagged salad

Salads need replenishing during parties, and an extra bag of fresh greens and other veggies makes refilling fast and easy.



4. charcuterie boards

Find a variety of slowly aged Italian meats and cheeses selected by specialists at your Hy-Vee Deli.



5. games

Guests interact and have fun with sociable games and other entertainment. Simple games allow people to duck in and out easily.



6. fruit & veg trays

Fresh fruits and veggies brighten the table and serve as a tasty counterpoint to creamy casseroles. Guests whose diets require lots of fresh produce will appreciate these offerings.



7. flowers

Vivid colors brighten the dinner table and draw oohs and ahhs. Afterwards, set them on a coffee table or nightstand as a reminder of happy gatherings.



8. candy

Chocolate always has strong appeal. Ferrero Rocher candy is rich and creamy; ZÖET bars feature Belgian chocolate plus a variety of intriguing flavors.



9. cheesecake

Creamy cheesecake is a holiday indulgence, and Hy-Vee offers several flavors, some combined in a variety pack.



10. wine + spirits

Shore up the bar with an extra bottle or two of beer, wine or liquor for the party.

STUFF IT!

Chewy artisan breads provide irresistible texture in this traditional favorite. For a quicker dish, put a delicious spin on boxed stuffing mix.



Sausage-Herb Stuffing

Hands On 50 minutes

Total Time 1 hour 40 minutes

Serves 18 (⅔ cup each)

1 (24-oz.) Hy-Vee Bakery Artisan Settler's bread, cut into ½-in. cubes
Hy-Vee nonstick cooking spray
½ (16-oz.) pkg. Hy-Vee Midwest Pork mild ground sausage
6 Tbsp. Hy-Vee salted butter
2 Gala apples, cored and cut into ¾-in. pieces
1 cup Hy-Vee Short Cuts chopped white onions
1 cup sliced celery
2 Tbsp. finely chopped Italian parsley
2 Tbsp. finely chopped fresh sage
1 Tbsp. finely chopped fresh thyme, plus additional for garnish
2 tsp. finely chopped fresh rosemary
¼ tsp. Hy-Vee black pepper
2 Hy-Vee large eggs, beaten
1¼ to 2¼ cups Hy-Vee 33%-less-sodium chicken broth

1. PREHEAT oven to 300°F. Spread bread cubes on rimmed baking pans. Bake 18 to 22 minutes or until crisp, stirring halfway through. Remove from oven; cool. Transfer to a large bowl.

2. INCREASE oven temperature to 350°F. Spray a 3-qt. baking dish with nonstick spray. Cook sausage in a skillet until browned, stirring occasionally. Drain sausage; set aside.

3. MELT butter in same skillet. Add apples, onions and celery. Cook over medium heat until softened, stirring occasionally. Stir in parsley, sage, 1 Tbsp. thyme, rosemary and pepper. Add sausage and apple mixture to bread; toss to combine. Combine eggs and 1 cup broth; drizzle over bread mixture and toss. Add enough remaining broth to moisten, tossing lightly to combine. Transfer to prepared dish. Bake, covered, for 30 minutes. Uncover and bake 10 to 15 minutes more or until 165°F and top is slightly toasted. Garnish with additional thyme, if desired.

Per serving: 180 calories, 8 g fat, 4 g saturated fat, 0 g trans fat, 40 mg cholesterol, 370 mg sodium, 21 g carbohydrates, 1 g fiber, 3 g sugar (0 g added sugar), 6 g protein.
Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 2%



PORK SAUSAGE ADDS TEXTURE AND A MEATY PUNCH TO THIS STUFFING WITHOUT COMPROMISING FLAVOR.

Mixed Mushroom-Leek Skillet Stuffing

- Hands On** 35 minutes
Total Time 1 hour 15 minutes
Serves 16 (⅔ cup each)
- 1 (21-oz.) Hy-Vee Bakery sliced grains-of-the-earth bread, cut into ½-in. cubes**
½ cup Hy-Vee salted butter, divided
1 Tbsp. Gustare Vita olive oil
1 lb. mushrooms, such as baby bellas, shiitake, and/or oyster, trimmed and sliced
1 Tbsp. finely chopped fresh rosemary
1 Tbsp. finely chopped fresh thyme
¼ tsp. Hy-Vee salt
¼ tsp. Hy-Vee black pepper
2 leeks, white and light green parts cut lengthwise and thinly sliced (2 cups)
½ cup Hy-Vee dried cranberries
2 Hy-Vee large eggs, beaten
2½ to 3 cups Hy-Vee vegetable stock, divided

- 1. PREHEAT** oven to 300°F. Spread bread cubes in 2 large rimmed baking pans. Bake 16 to 18 minutes or until dry, stirring halfway through. Remove from oven and cool.
- 2. INCREASE** oven temperature to 350°F. Heat ¼ cup butter and oil in a 12-in. ovenproof skillet over medium heat until butter is melted. Add mushrooms; cook 10 to 12 minutes or until tender. Stir in rosemary, thyme, salt and pepper. Transfer to a large bowl; set aside.
- 3. MELT** remaining ¼ cup butter in same skillet. Add leeks. Cook over medium heat for 4 to 6 minutes or until softened, stirring occasionally. Add leeks, bread cubes and cranberries to mushroom mixture; toss to combine. Whisk together eggs and 1 cup stock; drizzle over bread mixture and toss to combine. Drizzle with enough of the remaining 1½ to 2 cups stock to moisten, tossing lightly to combine. Transfer stuffing to same skillet. Bake, covered, for 30 minutes. Uncover; bake 10 minutes or until heated through (165°F).

Per serving: 170 calories, 8 g fat, 4 g saturated fat, 0 g trans fat, 48 mg cholesterol, 410 mg sodium, 24 g carbohydrates, 1 g fiber, 5 g sugar (2 g added sugar), 4 g protein.
Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%

try this

Short one of the herbs? Sub in 1 tsp. poultry seasoning—a blend of sage, thyme and other savory herbs—for the fresh herbs.

WHAT TO DO WHEN YOUR STUFFING IS...

TOO MOIST

While the turkey is resting, spread stuffing on a lightly greased sheet pan and bake at 325°F for 20 minutes to help it dry.

TOO DRY

Drizzle a small amount of broth over stuffing to improve moistness.

FALLING APART

Check proportion of bread to add-ins. For best results, use about twice as much bread as add-ins—bread is the binder that holds stuffing together.

BLAND

Sprinkle finely chopped fresh herbs on top to brighten the flavor. Or sprinkle with toasted chopped nuts or dried fruit. When prepping, cook onions or stir-ins, such as mushrooms and celery, in butter before building the stuffing.

BONUS TIPS

- Dry the bread cubes thoroughly so they hold shape in the stuffing.
- Broth is essential—the amount depends on density and absorbency of the bread. A dense artisan bread requires more broth than typical sliced white bread.



try
this

Toss toasted
nuts—like pecans
or almonds—into
stuffing to add
crunch.



1 box 3 ways

BOXED STUFFING MIXES HAVE BREAD CRUMBS PLUS HERBS AND SPICES. FRESH ADDITIONS, LIKE FRUIT JUICES AND HY-VEE SHORT CUTS GRAPES, ORANGES, APPLES AND BRUSSELS SPROUTS, ADD FLAVOR.

Orange-Pomegranate Stuffing

Prepare 1 (6-oz.) pkg. Hy-Vee Turkey Stuffing Mix according to package directions, except add $\frac{1}{2}$ cup pomegranate seeds and 1 tsp. orange zest to mixture. Cover; let stand 5 minutes. Fluff with fork. Add 2 oranges, peeled, sectioned and sliced. Garnish with chopped Italian parsley, if desired. Serves 6.

Apple-Brussels Sprouts Stuffing

Prepare 1 (6-oz.) pkg. Hy-Vee Turkey Stuffing Mix according to package directions, using $\frac{3}{4}$ cup water and $\frac{3}{4}$ cup apple juice for liquid. Stir in 1 cup chopped Gala apple and 1 cup shredded Hy-Vee Short Cuts Brussels sprouts. Cover; let stand 5 minutes. Fluff with fork. Serves 6.

Grape 'n' Walnut Stuffing

Melt 1 Tbsp. Hy-Vee salted butter in saucepan. Add $\frac{1}{2}$ cup sliced celery. Cook 3 minutes or until crisp-tender. Add $1\frac{1}{2}$ cups Hy-Vee 33%-less-sodium chicken broth and 3 Tbsp. butter; bring to boiling. Stir in 1 (6-oz.) package Hy-Vee Turkey Stuffing Mix, $\frac{3}{4}$ cup halved red grapes and $\frac{1}{2}$ cup coarsely chopped, toasted Hy-Vee walnuts. Cover; let stand 5 minutes. Fluff with fork. Serves 6.



Stuffin' Compares
Check out the how-to
for these quick & easy
stuffing recipes.



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



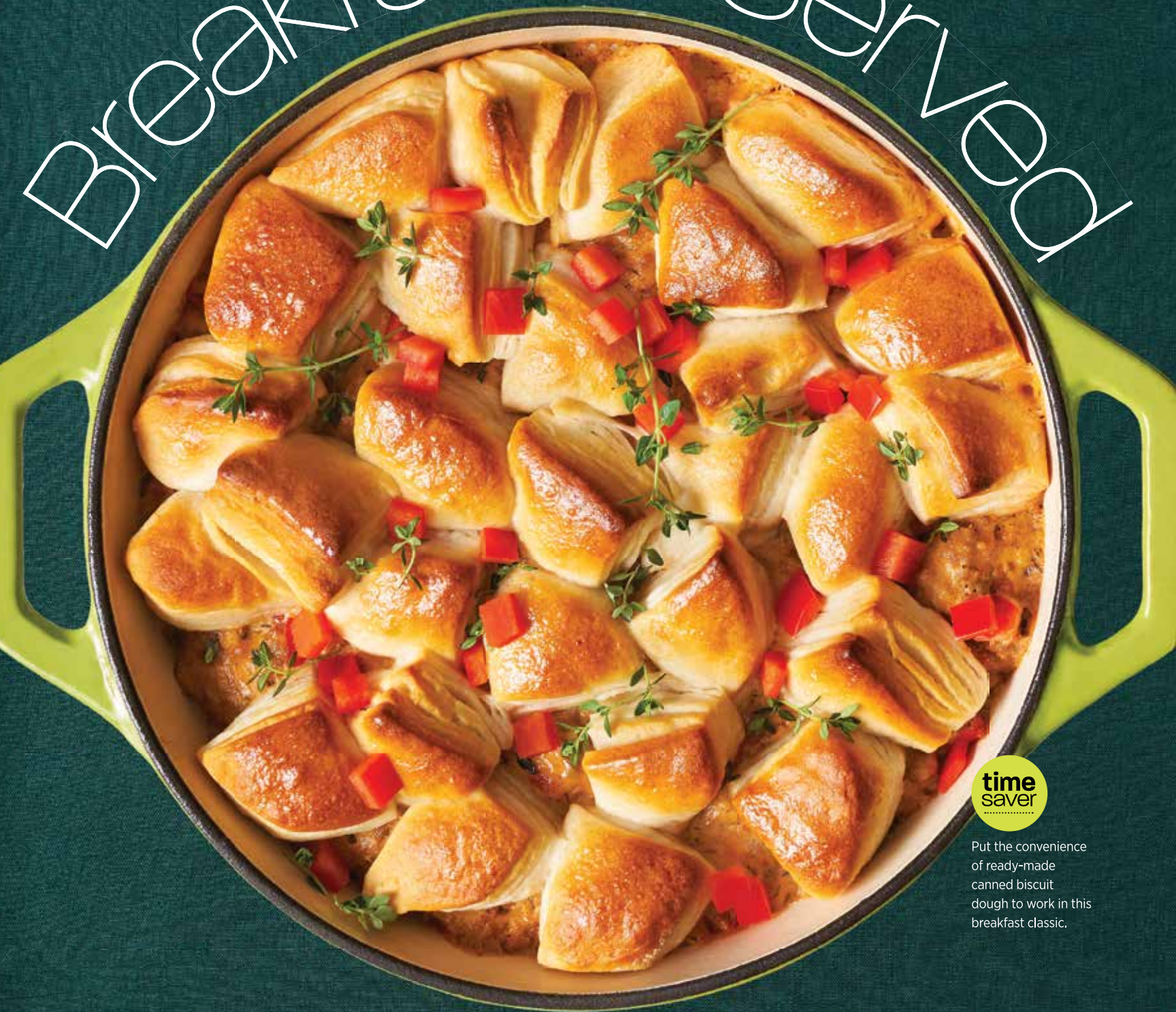
Bring a Dish You'll Be Proud to Pass



Add the distinctive taste of Pepperidge Farm® cookies.

Whether you're the holiday host or bringing a delicious dish to pass,
wow them with the taste they look forward to every year.

Breakfast Is Served



**time
saver**

Put the convenience of ready-made canned biscuit dough to work in this breakfast classic.

SAVORY OR SWEET, THERE'S SOMETHING SATISFYING ABOUT A HEARTY BREAKFAST. SO WHY LIMIT IT TO MORNING? HERE'S HOW TO SERVE BREAKFAST MAGIC FROM SUNUP TO SUNDOWN.

Sparkling Cranberry-Pomegranate Juice

Combine 4 cups chilled cranberry-pomegranate juice and 2 cups chilled Hy-Vee ruby red grapefruit juice in an ice-filled 2-qt. pitcher. Add 2 cups chilled sparkling red grape juice and grapefruit slices. Gently stir. Serve in ice-filled glasses; garnish with fresh mint and grapefruit peels, if desired. Serves 8 (8 oz. each).

Biscuits & Sausage Gravy Casserole

Hands On 30 minutes
Total Time 60 minutes
Serves 8

½ cup Hy-Vee all-purpose flour
1 tsp. fennel seeds
1 tsp. Hy-Vee dried thyme leaves
1 tsp. white pepper
1½ lb. ground pork breakfast sausage
½ cup Hy-Vee Short Cuts chopped red bell peppers, plus additional for garnish
2 Tbsp. Hy-Vee salted butter
3¾ cups Hy-Vee whole milk
1 (16-oz.) can Hy-Vee Homestyle flaky jumbo refrigerated biscuits (8 ct.)
Fresh thyme sprigs, for garnish

1. PREHEAT oven to 350°F. Combine flour, fennel seeds, thyme and white pepper in a small bowl; set aside.

2. COOK sausage in a 3½-qt. Dutch oven over medium heat for 8 to 10 minutes or until browned, breaking up large pieces with a wooden spoon. Add ½ cup red peppers and butter to Dutch oven; cook over medium heat until butter is melted. Sprinkle flour mixture over sausage; continue cooking, stirring constantly, until flour is well combined. Slowly stir in milk; simmer 5 minutes or until sauce has thickened.

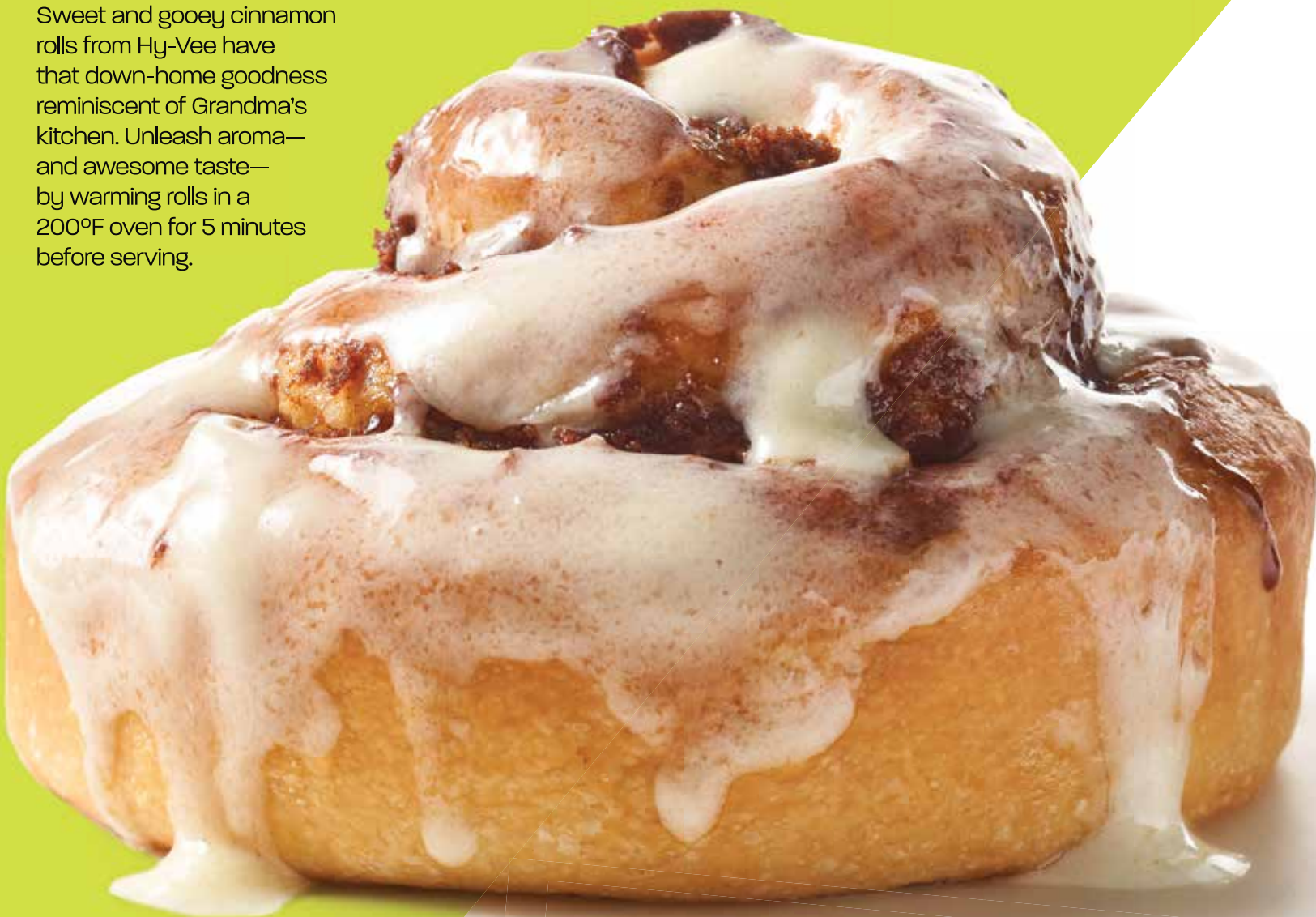
3. SEPARATE refrigerated biscuits. Cut each biscuit into fourths. Top sausage gravy with biscuit pieces. Bake for 25 to 30 minutes or until biscuits are cooked through and golden brown. Garnish with fresh thyme sprigs and additional red pepper, if desired.

Per serving: 430 calories, 23 g fat, 11 g saturated fat, 0 g trans fat, 60 mg cholesterol, 550 mg sodium, 36 g carbohydrates, 1 g fiber, 10 g sugar (5 g added sugar), 17 g protein.
Daily Values: Vitamin D 6%, Calcium 10%, Iron 10%, Potassium 10%



Hy-Vee Bakery cinnamon rolls

Sweet and gooey cinnamon rolls from Hy-Vee have that down-home goodness reminiscent of Grandma's kitchen. Unleash aroma—and awesome taste—by warming rolls in a 200°F oven for 5 minutes before serving.



try this Air-Fried Cinna-Fries

Preheat air fryer to 350°F according to manufacturer's directions. Scrape frosting off a Hy-Vee Bakery cinnamon roll; transfer frosting to a small serving dish. Unroll the cinnamon roll. Cut strip lengthwise in half, then crosswise to make 2- to 3-in. lengths. Coat the pieces in a mixture of 4 Tbsp. melted Hy-Vee salted butter and 2 Tbsp. packed Hy-Vee brown sugar. Air-fry pieces in a single layer for 3 minutes or until golden. Roll the fries in cinnamon-sugar. Serve with reserved frosting. Serves 2.



self-service yogurt bar

DISH OUT A VARIETY OF FLAVOR COMBOS WITH YOGURTS AND TOPPINGS FROM HY-VEE. LO AND BEHOLD, THERE'S SOMETHING FOR EVERYONE!

TRY THESE COMBOS

- Orange & Granola** Hy-Vee low-fat Greek vanilla yogurt
+ Crunchy Spiced Granola
+ Orange slices
- Berries & Coconut** Hy-Vee strawberry Greek yogurt
+ Fresh blueberries
+ Fresh strawberries
+ Sliced banana
+ Toasted coconut chips
- Apple & Walnut** Hy-Vee vanilla Greek yogurt
+ Granny Smith apple slices
+ Hy-Vee walnuts
+ Chia seeds
+ Hy-Vee ground cinnamon
+ Hy-Vee Select 100% pure maple syrup



Crunchy Spiced Granola

- Total Time** 40 minutes
Serves 18 (¼ cup each)
- ½ cup Hy-Vee Select 100% pure maple syrup
 - ¼ cup Hy-Vee virgin coconut oil, melted
 - ¼ cup mild-flavor molasses
 - 2 tsp. Hy-Vee ground cinnamon
 - 1 tsp. Hy-Vee ground ginger
 - ¼ tsp. Hy-Vee ground cloves
 - 3 cups Hy-Vee old-fashioned rolled oats
 - 1 cup Hy-Vee sweetened flake coconut
 - ½ cup shelled pistachios
 - ½ cup Hy-Vee pecan pieces
 - ½ cup Hy-Vee dried cranberries

- 1. PREHEAT** oven to 350°F. Line a large rimmed baking pan with parchment paper; set aside.
- 2. WHISK TOGETHER** maple syrup, coconut oil, molasses, cinnamon, ginger and cloves in a large bowl.
- 3. TOSS** oats, coconut, pistachios and pecans with maple syrup mixture until well combined.
- 4. SPREAD** mixture in prepared pan. Bake for 20 minutes or until crisp, stirring occasionally. Cool in pan on a wire rack. Toss cranberries into granola. Store in an airtight container up to 1 week.

Per serving: 170 calories, 9 g fat, 4 g saturated fat, 0 g trans fat, 0 mg cholesterol, 20 mg sodium, 21 g carbohydrates, 1 g fiber, 14 g sugar (5 g added sugar), 2 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 4%

time saver

Call on Hy-Vee Short Cuts prewashed and peeled fruit for quick prep.



5

ways

to transform Hy-Vee bakery croissants

1

Monte Cristo Sandwich Casserole

Hands On 15 minutes

Total Time 1 hour plus chilling time
Serves 6

Hy-Vee nonstick cooking spray

3 Tbsp. Culinary Tours Oregon Marion
blackberry preserves

1 Tbsp. Hy-Vee Dijon mustard

6 Hy-Vee Bakery large croissants, split and
toasted

12 extra-thin slices Hy-Vee Swiss cheese

12 thin slices Hy-Vee Deli Black Forest
ham (8 oz.)

12 thin slices Hy-Vee Deli turkey (8 oz.)

5 Hy-Vee large eggs, lightly beaten

1½ cups Hy-Vee half-and-half

Chopped Italian parsley, for garnish

1. SPRAY a 3-qt. rectangular baking dish with
nonstick spray; set aside.

2. COMBINE preserves and mustard. Spread
mixture on cut sides of each croissant. Layer
slices of cheese, ham and turkey on croissant
bottoms. Add croissant tops.

3. ARRANGE sandwiches in a single layer
in prepared dish. Whisk together eggs and
half-and-half in a medium bowl. Pour over
sandwiches. Using the back of a spoon, press
sandwiches into liquid. Cover and refrigerate
for 2 hours or overnight.

4. PREHEAT oven to 350°F. Bake, uncovered,
for 20 minutes. Cover and bake for 25 minutes
more or until set (165°F). Serve immediately.

Per serving: 680 calories, 39 g fat,
22 g saturated fat, 0 g trans fat, 295 mg cholesterol,
1,080 mg sodium, 47 g carbohydrates, 0 g fiber,
13 g sugar (0 g added sugar), 37 g protein.
Daily Values: Vitamin D 6%, Calcium 30%,
Iron 35%, Potassium 2%

2

Bacon & Egg Breakfast Croissant

Split 1 Hy-Vee Bakery large croissant;
toast in a toaster and spread bottom with
purchased pesto. Set aside. Whisk together
2 Hy-Vee large eggs and 2 Tbsp. water. Heat a
small nonstick skillet over medium heat. Add 1 tsp.
Gustare Vita olive oil and 1 tsp. Hy-Vee salted butter.



When hot, add egg mixture to skillet. Cook until eggs
are set, turning once. Place 1 slice Hy-Vee sharp
Cheddar cheese on top of eggs, then fold eggs in
half. Place cheese-filled egg, 2 slices crisp-
cooked Hy-Vee sweet smoked bacon
in croissant top. Serves 1.

3

Chocolate-Stuffed Croissants

Preheat oven to 200°F. Make a small cut into one side of 2 Hy-Vee Bakery mini
croissants. Break 2 squares of ZÖET 57% dark chocolate into small pieces; stuff
one square of broken chocolate into each croissant. Place on a rimmed
baking pan. Warm in oven for 10 minutes or until chocolate is melted.
Sprinkle with Hy-Vee powdered sugar, if desired. Serves 2.



4

Easy Croissant Danish Rolls

Cut an "X" in the top centers of 8 Hy-Vee Bakery mini
croissants. Using the handle of a wooden spoon, poke a hole
into the "X" and move in a circular motion to create a hollow shell.
Beat together 1 (8-oz.) pkg. softened Hy-Vee cream cheese, 1 (8-oz.)
container mascarpone cheese, 3 Tbsp. Hy-Vee powdered sugar and 1 tsp.
lemon juice. Pipe filling into each hollowed croissant; spoon ½ tsp. warmed Hy-Vee
apricot preserves on top of each croissant. Serves 8.

5

Fruit and Yogurt Croissant Cones

Preheat oven to 350°F. Cut 1 in.
off one end of 8 Hy-Vee Bakery
mini croissants. Crumble ends and
spread on a baking sheet. Bake for
4 minutes or until toasted. Hollow out



trimmed croissants. Spoon ¼ cup Hy-Vee
vanilla nonfat Greek yogurt into each
croissant cone. Top each with ¼ cup
Hy-Vee Short Cuts mixed berries.
Sprinkle with croissant crumbs.
Serves 8.



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FLAVORS OF ZÖET
PREMIUM BELGIAN
CHOCOLATE.**

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video tutorial.



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Hy-Vee breakfast pizza

Enjoy a breakfast pizza from Hy-Vee—either freshly baked in store or take & bake. Hy-Vee's delicious 16-in. thin crust breakfast pizzas feature cheese sauce, pizza cheese, scrambled eggs and your choice of either sausage or bacon.



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2 REAL EGG Frittatas

With TURKEY SAUSAGE and CHEESE



TODAY'S YOUR DAY TO Shine on
Jimmy Dean

CAULIFLOWER

Prized for its health benefits, this versatile veggie takes on another creative spin that even kids will love.

Fresh mild flavor means cauliflower can do nearly anything you want. Press riced cauliflower into a pizza crust for a no-carb option, cut cauliflower heads into steaks for a meatless meal or oven-roast as a stand-in for Buffalo wings. In the same family as broccoli, collards and kale, cauliflower is available year-round. Like its cousins, cauliflower provides fiber and vitamins along with antioxidants, which help protect against cancer.

BUY Choose heads with tight, compact leaves and clusters of florets, whichever color or size.

STORE Wrap cauliflower head in plastic and store stem-side up in a refrigerator crisper drawer up to five days.

EAT To prepare cauliflower, pull off any leaves, then cut out the core using a paring knife. Separate florets from the inner stem using a knife. Cut large florets into small pieces by slicing through the stems. Once cut, use cauliflower immediately.



pro tip: WASH BEFORE USE

“Always wash produce whether it's wrapped or not to get rid of any pesticide residue and dirt. A head of cauliflower has a bumpy, uneven surface so you'll want to soak it for a few minutes in cold water. To wash

florets, hold them under cold running water and gently rub them with your hands as you rinse.”

—David Murray
Produce Expert
Hy-Vee, Urbandale, Iowa

HOW TO COOK

oven-roast

Cauliflower's flavor is sweet and nutty after roasting. Toss florets with olive oil and seasonings, or slice a head into inch-thick steaks and roast in a 420°F oven for 15 to 30 minutes, turning once. Toss roasted florets into bowls, curries and soups. Or pair steaks with a bright salsa verde.

steam

Steaming cooks cauliflower quickly and gently while keeping its flavors intact. Place in a steamer basket set in a pot of simmering salted water. Cover and steam for 8 to 10 minutes. Then toss florets with a zesty cheese sauce or puree them and add to mashed potatoes or an Alfredo sauce.

sauté

This quick-cooking method caramelizes and brings out natural flavor. Cook small batches of florets in hot oil in a large skillet until nicely browned with firm yet tender texture.

PULSE FLORETS IN A FOOD PROCESSOR FOR A **LOW-CARB ALTERNATIVE** TO RICE OR PASTA.

Sources: <https://www.livescience.com/54552-cauliflower-nutrition.html>
<https://www.ncbi.nlm.nih.gov/pubmed/10736624>
https://www.cdc.gov/pccd/issues/2014/13_0390.htm/pdf/13_0390.pdf



Use this same crust for a homemade pizza. Include the step for squeezing out the liquid—that's what creates a crisp crust.



Cauliflower Pizza Sticks

Hands On 30 minutes

Total Time 1 hour 10 minutes

Serves 10

Hy-Vee nonstick cooking spray

1 large head cauliflower, cored and cut into florets (6 cups), divided

2 Hy-Vee large eggs, lightly beaten

1 cup Hy-Vee finely shredded Italian cheese blend

1 cup Hy-Vee grated Parmesan cheese

¼ cup fresh oregano leaves, chopped; plus additional for garnish

2 Tbsp. finely chopped fresh basil

2 tsp. Hy-Vee garlic salt

¼ tsp. Hy-Vee black pepper

½ cup Hy-Vee shredded sharp Cheddar cheese

1 tsp. Hy-Vee crushed red pepper

Hy-Vee marinara sauce, for serving

1. PREHEAT oven to 425°F. Line a baking sheet with parchment paper; lightly spray with nonstick spray.

2. RESERVE 1 cup florets for topping. Working in batches, place remaining cauliflower in a food processor and finely mince. Transfer to a microwave-safe bowl and cook on HIGH 8 minutes or until softened, stirring once. Cool. Transfer to a clean dish towel and squeeze out as much liquid as possible.

3. COMBINE drained cauliflower, eggs, Italian and Parmesan cheeses, chopped oregano, basil, garlic salt and black pepper in a bowl. Spread mixture into a 12×6-in. rectangle on prepared baking sheet. Top with reserved florets. Bake 20 minutes. Remove from oven; slide pizza onto a wire rack. Place rack on baking sheet. Sprinkle with Cheddar cheese and bake 20 minutes more or until crisp and edges start to brown.

4. CUT pizza crosswise into ten 1-in. strips. Halve each strip to make twenty 1×3-in. sticks. Sprinkle with crushed red pepper and, if desired, garnish with oregano leaves. Serve with marinara sauce.

Per serving: 120 calories, 8 g fat, 4 g saturated fat, 0 g trans fat, 55 mg cholesterol, 680 mg sodium, 6 g carbohydrates, 1 g fiber, 2 g sugar (0 g added sugar), 9 g protein, **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 6%, Potassium 6%



TURN HY-VEE BAKERY PIES INTO WORKS OF ART. EACH PIE HAS A STATE-INSPIRED STORY TO TELL—AND TASTE THAT'LL HAVE GUESTS TELLING STORIES OF THEIR OWN!



Candy Bark Cherry Pie
Top slices of cherry pie with It's Your Churn black jack cherry ice cream and chocolate bark. To make the bark, line a baking sheet with parchment paper. Chop 2 (3.5-oz.) bars ZÖET dark chocolate with cherry. Melt in the microwave on MEDIUM, stirring in 30-second increments, until smooth. Evenly spread chocolate mixture on parchment. Top with ¼ cup toasted Hy-Vee chopped walnuts and ¼ cup chopped crystallized ginger. Refrigerate 30 minutes. Drizzle with 2 oz. melted ZÖET white chocolate. Refrigerate 30 minutes more. Break into pieces. Makes 36 pieces.

Peach Piecaken

Take peach pie to a new level—tuck it in a three-layer cake for piecaken. Prepare 1 (16.5-oz.) box Hy-Vee extra-moist classic white deluxe cake mix according to package directions, using 2 Hy-Vee whole eggs instead of egg whites and adding ¼ cup Hy-Vee all-purpose flour to batter. Bake in a 10×2-in. round baking pan lined with parchment paper for 30 to 35 minutes or until a wooden toothpick inserted near center comes out clean. Cool 10 minutes. Remove cake from pan; discard parchment and cool in refrigerator. Repeat to make two additional 10-in. cakes. To assemble, purchase 3 (16-oz.) cans Hy-Vee creamy white frosting. Place one cake layer on serving plate; spread ½ cup frosting over

surface to ¼ in. of edge. Stack another cake layer on top; use melon baller to scoop cake from layer to form a shell. Spread thin layer of frosting over cake shell. Remove Hy-Vee Bakery 10-in. peach pie from its tin; place right side up in cake shell. Spread ¾ cup frosting on pie layer to ¼ in. of edge. Place remaining cake layer on top. Frost cake top and side with remaining frosting. Drain 1 (15-oz.) can That's Smart! sliced peaches in light syrup; pat peaches dry. Top cake with peach slices, toasted chopped Hy-Vee macadamia nuts and fresh mint leaves. Press additional toasted chopped Hy-Vee macadamia nuts into frosting along lower edge of cake. Store in refrigerator. Serves 24.

PEACH PIE



MISSOURI

Missouri is one of the few Midwestern states that grows peaches commercially. Most of those peaches are sold regionally for fresh eating.



Peach Piecaken
“It’s a pie...It’s a cake?”
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PERFECT BLEND OF SPICES
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REAL HOMEMADE TASTE.



PUMPKIN PIE



ILLINOIS

The Land of Lincoln is also the place for pumpkins. Between 90 and 95 percent of processed pumpkins in the U.S. are grown in Illinois.

Chocolate-Hazelnut Pumpkin Pie
Dress up a Hy-Vee Bakery pumpkin pie with a layer of rich, smooth chocolate, then crown with hazelnuts. Preheat oven to 350°F. Spread ½ cup raw hazelnuts in a shallow baking pan. Bake 5 minutes or until light brown and fragrant, shaking pan occasionally. Cool. Massage hazelnuts in a clean kitchen towel to remove skins. Coarsely chop nuts. Chop 1 (3.5-oz.) bar ZÖET dark chocolate. Microwave on MEDIUM, stirring in 30-second increments until melted. Spread melted chocolate on pumpkin pie. Sprinkle nuts on top. Cover and refrigerate for 30 minutes or until chocolate is firm.



French Silk Sunflower Crunch Pie

Preheat oven to 350°F. Combine ¼ cup Hy-Vee sunflower seeds and 2 Tbsp. Hy-Vee sweetened shredded coconut. Spread mixture on a rimmed baking pan. Bake for 5 to 8 minutes or until toasted, stirring once. Cool to room temperature. Just before serving, stir 3 Tbsp. pomegranate seeds into sunflower mixture; sprinkle on Hy-Vee French silk pie.

Maple Cream and Cheddar Apple Pie

Combine 1 cup Hy-Vee heavy whipping cream, 2 Tbsp. Hy-Vee Select 100% pure maple syrup and ½ tsp. Hy-Vee vanilla extract in a chilled medium mixing bowl. Beat with an electric mixer on medium until soft peaks form (tips curl). Serve on Dutch apple pie with wedges of Wisconsin Cheddar cheese. Sprinkle Hy-Vee ground cinnamon on top, if desired.



Caramelicious Pecan Pie

Pile a few spiced pastry leaves on a Hy-Vee Bakery whiskey pecan pie. Add a scoop of It's Your Churn salted caramel ice cream and pour on homemade caramel-pecan sauce.

Spiced Pastry Leaves: Preheat oven to 375°F. Cut leaf shapes out of 1 Hy-Vee ready-to-bake 9-in. piecrust. Lightly brush cutouts with Hy-Vee 2% reduced-fat milk and sprinkle with cinnamon-spiced maple sugar. Bake for 10 to 12 minutes or until golden. Cool.

Caramel-Pecan Sauce: Combine ¾ cup packed Hy-Vee brown sugar, ½ cup chopped Hy-Vee salted butter, ½ cup Hy-Vee heavy whipping cream and 3 Tbsp. Hy-Vee light corn syrup in a heavy 2-qt. saucepan. Bring to boiling over medium-high heat, stirring until sugar is dissolved and butter is melted. Reduce heat. Gently boil over medium heat for 5 minutes (do not stir). Remove from heat. Stir in ⅓ cup toasted Hy-Vee chopped pecans and ½ tsp. kosher salt. Cool for 30 minutes.

FEATURING SWEET AND RICH PECAN FILLING, **HY-VEE'S WHISKEY PECAN PIE** IS COVERED WITH HANDPICKED NATIVE PECAN HALVES.





Red Hots Cinnamon Apple Pie

Top a slice of Hy-Vee Bakery lattice apple pie with It's Your Churn vanilla ice cream. Drizzle homemade red hots cinnamon candy sauce over top and sprinkle with crumbled Hy-Vee Bakery snickerdoodle cookies.

Red Hots Cinnamon Candy Sauce: Whisk together 2 Tbsp. Hy-Vee granulated sugar and 1 Tbsp. Hy-Vee cornstarch in a small heavy saucepan. Whisk in 1 cup water and ½ cup Hy-Vee cinnamon imperials candy. Cook over medium heat and stir until thickened and bubbly. Cook and stir 1 minute more or until candy is melted. Stir in ¼ tsp. Hy-Vee ground cinnamon.

HY-VEE'S APPLE PIE IS MADE WITH NORTHERN SPY APPLES FROM MICHIGAN AND A SPECIAL BLEND OF ONLY THE BEST SPICES.



THE RICHNESS OF THIS PIE COMES FROM REAL BRAZILIAN BANANA PUREE CUSTARD, TOPPED WITH WHIPPED TOPPING.

Banana Cream Pie Trifle
Cut each of 2 (10-in.) Hy-Vee Bakery banana cream pies into 8 slices. Reserve 6 slices for another use. Arrange a single layer of 5 pie slices in the bottom of a 9-in. trifle bowl. Top with banana slices and fresh raspberries. Add another layer of 5 more pie slices. Pipe a generous mound of Hy-Vee whipped topping on top. Sprinkle with fresh raspberries. Garnish with white chocolate curls, if desired. Refrigerate for up to 4 hours. Serves 12.



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FEAST ON SEAFOOD

Take a seafood or fish dish over the top following quick, simple cooking techniques and adding flavorful sauces.

30
minutes
or less

Scallop Linguine

Total Time 27 minutes
Serves 4

½ (16-oz.) pkg. dry Hy-Vee linguine
2 Tbsp. Hy-Vee unsalted butter
1 Tbsp. Gustare Vita olive oil
12 Hy-Vee fresh sea scallops, trimmed (about 1 lb.)
½ tsp. kosher salt
½ tsp. Hy-Vee lemon-pepper seasoning
½ cup finely chopped Hy-Vee Short Cuts chopped red onions
1 cup dry white wine, such as Pinot Grigio
2 cups lightly packed fresh spinach, torn
½ cup roasted red peppers, drained and chopped
¼ cup small fresh basil leaves
¼ cup fresh Italian parsley, chopped; plus additional for garnish
1 tsp. lemon zest
3 Tbsp. fresh lemon juice
½ cup Hy-Vee Select shredded Romano cheese
Lemon wedges, for serving

1. COOK pasta according to package directions; drain and set aside.

2. HEAT butter and oil in a large skillet over medium-high heat. Pat scallops dry; season with salt and lemon-pepper seasoning. Carefully add to skillet; sear 4 minutes or until golden brown and opaque (145°F), turning once. Remove from skillet; keep warm.

3. ADD red onions to skillet; cook for 1 minute. Remove skillet from heat; add wine. Return skillet to heat. Scrape brown bits from bottom of skillet. Gently cook wine until reduced by half. Stir in spinach, roasted red peppers, basil, ¼ cup parsley and lemon zest and juice. Cook 1 minute.

4. ADD linguine and Romano cheese; heat through. Transfer to a serving bowl; top with scallops. Garnish with additional parsley, if desired. Serve with lemon wedges.

Per serving: 440 calories, 14 g fat, 7 g saturated fat, 0 g trans fat, 35 mg cholesterol, 860 mg sodium, 52 g carbohydrates, 1 g fiber, 5 g sugar (0 g added sugar), 18 g protein.
Daily Values: Vitamin D 0%, Calcium 15%, Iron 20%, Potassium 6%



A HEALTHY SEAFOOD

Scallops are a lean protein source—a 3-oz. serving has just 90 calories. Scallops also contain fair amounts of vitamin B12, potassium and magnesium, which contribute to heart health.



pro tip: SOME LIKE IT HOT

“Blot scallops with paper towels until no moisture remains and make sure the pan is screaming hot before you add them. That will guarantee that you get beautifully seared scallops. Tarragon, dill, parsley, basil, paprika, Old Bay seasoning or blackening seasoning all go well with scallops.”

—Alex Strauss

Chef
Hy-Vee, West Des Moines, Iowa



COOK & TURN

Carefully add scallops to a hot skillet, then wait 2 minutes, without disturbing the pan, to turn them.



CHECK TEMPERATURE

After flipping the scallops, begin checking the temperature. Scallops are done when they're golden brown and opaque (145°F).

HY-VEE SEAFOOD STANDARDS

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

RESPONSIBLE CHOICE



Hy-Vee is the largest supplier of seafood

in the Midwest. The Responsible Choice label identifies seafood that is fished or farmed in ways that minimize environmental impact.



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

FAIR TRADE



Hy-Vee partners with Fair Trade USA, a nonprofit

organization and the leading certifier of Fair Trade products in North America, because we believe in the importance of taking care of fishermen and their communities. The Fair Trade Certified label recognizes first-rate seafood companies for their commitment to sourcing ethical seafood.

20
minutes
or less

Kickin' Shrimp

Total Time 20 minutes
Serves 4

1 lb. fresh asparagus, trimmed and cut into 2-in. pieces
3 Tbsp. Hy-Vee salted butter
2 tsp. refrigerated minced garlic
1 tsp. minced fresh ginger

1 lb. Hy-Vee Fish Market EZ-peel raw shrimp, thawed and shelled with tails (16–20 ct.)
2 Tbsp. Hy-Vee honey
2 Tbsp. gochujang Korean chili sauce
2 tsp. Hy-Vee soy sauce
Sesame seeds, Hy-Vee crushed red pepper and/or sautéed lemon slices, for garnish

1. BOIL asparagus in lightly salted water for 3 to 5 minutes or until crisp-tender. Drain.

2. MEANWHILE, melt butter in a large skillet over medium heat. Add garlic and ginger.

Cook and stir for 1 minute. Add shrimp; cook and stir for 2 minutes. Stir in honey, gochujang sauce and soy sauce; cook and stir 1 minute more or until shrimp are opaque. Toss in asparagus and heat through. Transfer to a serving platter. Garnish with sesame seeds, crushed red pepper and/or sautéed lemon slices, if desired.

Per serving: 220 calories, 9 g fat, 5 g saturated fat, 0 g trans fat, 150 mg cholesterol, 670 mg sodium, 19 g carbohydrates, 2 g fiber, 15 g sugar (9 g added sugar), 18 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 8%

COOKING TIP

Shrimp are done when they're opaque and have a pearly pink color and bright red tails.

Cherry-Adobo Salmon with Roasted Slaw

Hands On 30 minutes
Total Time 52 minutes
Serves 6

1 cup Hy-Vee frozen sweet dark cherries
½ (8-oz.) can Hy-Vee tomato sauce
2 Tbsp. packed Hy-Vee brown sugar
2 Tbsp. Gustare Vita red wine vinegar
2 tsp. finely chopped chipotle peppers in adobo sauce*
2 tsp. smoked paprika
½ tsp. Hy-Vee ground cumin
2 Tbsp. Gustare Vita olive oil, divided
1 (2-lb.) salmon fillet, skin on, about 1 in. thick
4 cups shredded green and/or red cabbage
1 cup Hy-Vee Short Cuts sweet potato veggie noodles
1½ tsp. Hy-Vee salt
½ tsp. Hy-Vee black pepper
2 Tbsp. Hy-Vee apple cider vinegar

1. PREHEAT oven to 350°F. Line a rimmed baking pan with parchment paper; set aside.

2. COMBINE frozen cherries, tomato sauce, brown sugar, red wine vinegar, chipotle peppers in adobo sauce, smoked paprika and cumin in a medium saucepan. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes, stirring occasionally.

3. DRIZZLE 1 Tbsp. oil on parchment-lined pan. Place salmon, skin side down, in center of pan, tucking under thin edges for even thickness. Spoon cherry mixture on top. Spread cabbage and veggie noodles around salmon; drizzle with remaining 1 Tbsp. olive oil and sprinkle with salt and black pepper. Bake for 15 minutes. Remove pan from oven.

4. PREHEAT broiler to HIGH. Toss cabbage mixture in pan with tongs. Broil salmon and cabbage mixture 6 in. from the heat for 5 to 7 minutes or until salmon flakes easily with a fork (145°F). To serve, toss cabbage mixture with apple cider vinegar; serve with salmon.

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

Per serving: 430 calories, 25 g fat, 5 g saturated fat, 0 g trans fat, 85 mg cholesterol, 810 mg sodium, 18 g carbohydrates, 2 g fiber, 11 g sugar (4 g added sugar), 33 g protein. **Daily Values:** Vitamin D 90%, Calcium 4%, Iron 10%, Potassium 20%

try
this

Another time, give chicken or pork a flavor boost with the bold, tangy cherry-adobo sauce.



BRISTOL BAY SOCKEYE SALMON

Harvested in the pristine waters of Bristol Bay, Alaska, wild sockeye salmon has distinctively rich flavor, firm texture and deep red flesh. Color stays bright even when cooked. Sockeye is ideal for oven-roasting and finishing under the broiler for caramelization. Adjust cook

time as needed for thickness of fish and cook until lightly translucent in the center. It will finish cooking from retained heat. The cherry-adobo sauce here complements the rich, wild taste of sockeye. Fresh herbs and bright citrus flavors also pair well with salmon.



BOWL'EM OVER

Pick up a freshly baked Hy-Vee boule, scoop it out to form a bowl and fill it with hearty soup or savory dip. (Eat the bowl!)

FIND A VARIETY OF ROUND LOAVES IN THE HY-VEE BAKERY: RYE, PUMPERNICKEL RYE, MARBLE RYE, NEW YORK SALT RYE, SOURDOUGH, FRENCH, ITALIAN AND JALAPEÑO CHEDDAR. FOR INDIVIDUAL-SIZE BOULES, ORDER AHEAD.

20
minutes
or less

Yogurt Dill Dip in New York Salt Rye Bread Bowl

Total Time 15 minutes
Serves 16 (2 Tbsp. each)

1 cup Hy-Vee plain Greek yogurt
1 cup olive oil mayo
2 Tbsp. Hy-Vee dried dill weed
2 Tbsp. Hy-Vee dried minced onions
2 tsp. fresh lemon juice
½ tsp. Hy-Vee garlic salt
¼ tsp. Hy-Vee black pepper
1 (21-oz.) loaf Hy-Vee Bakery
Artisan New York Salt Rye
Vegetable dippers or bread cubes,
for serving
Fresh dill, for garnish

1. **STIR** together Greek yogurt, mayo, dill, dried onions, lemon juice, garlic salt, and pepper in a medium bowl. Cover and chill until serving time.

2. **CUT** ½ in. off top of bread loaf. Hollow out the bread, leaving a 1-in. wall. Reserve bread pieces. Just before serving, spoon dip into bread bowl. Serve with desired vegetables and/or bread cubes. Garnish with fresh dill, if desired.

Per serving: 140 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 380 mg sodium, 17 g carbohydrates, 0 g fiber, 1 g sugar (0 g added sugar), 4 g protein.
Daily Values: Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 0%

smart
swap

Party smart! If you're pinched for time, fill a bread bowl with a ready-made Hy-Vee dip or flavored hummus.



3 QUICK

Hy-Vee soup and bread pairings



Hy-Vee Hearty Chicken, Bacon & Wild Rice Soup

in ciabatta bread bowl, topped with parsley.



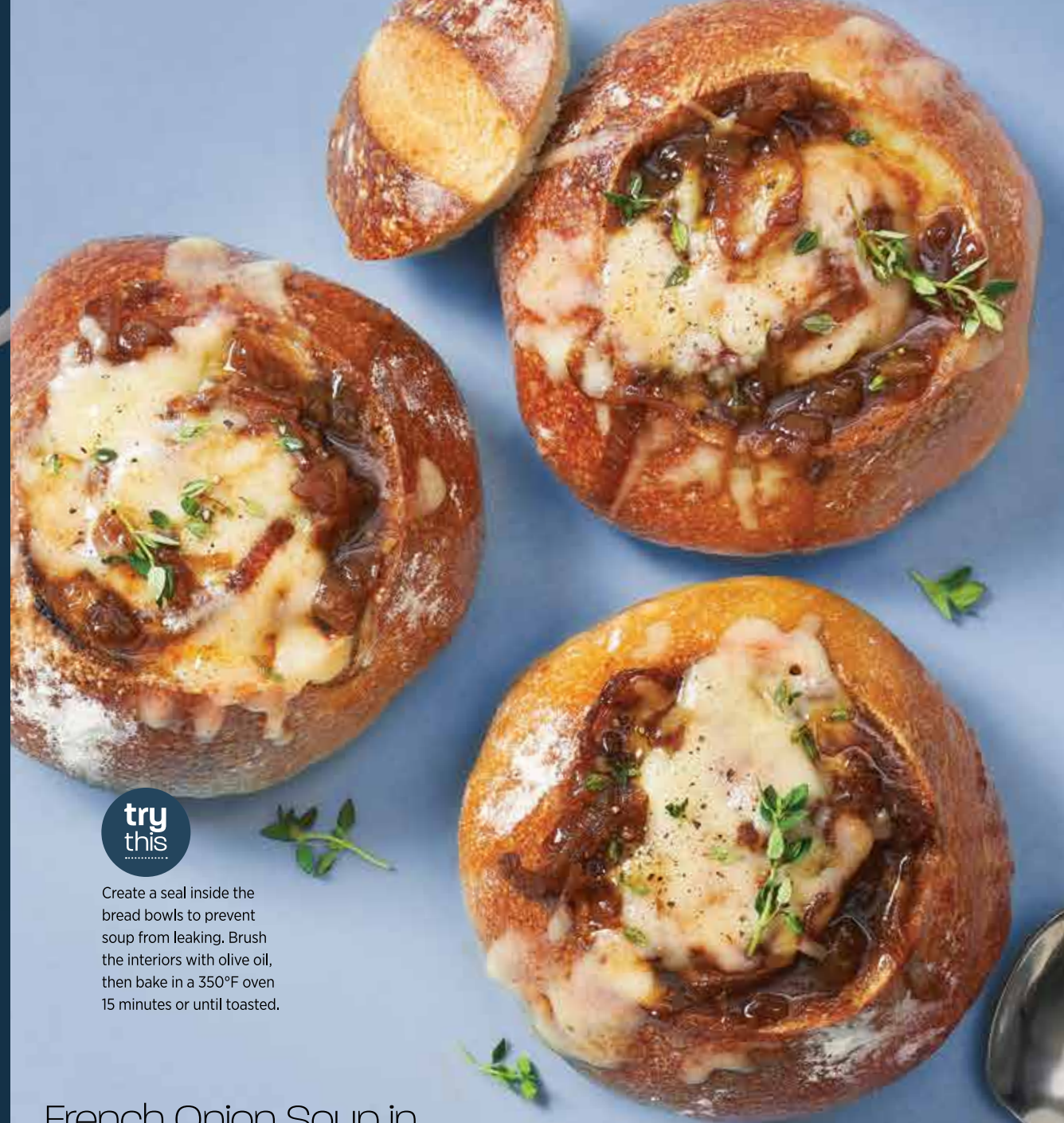
Hy-Vee Brickhouse Chili

in jalapeño Cheddar bread bowl, with Cheddar cheese and sliced green onion.



Hy-Vee Cream of Broccoli with Cheese

in ancient grains bread bowl, sprinkled with chopped red onion



try
this

Create a seal inside the bread bowls to prevent soup from leaking. Brush the interiors with olive oil, then bake in a 350°F oven 15 minutes or until toasted.

French Onion Soup in Boule Bowls

Total Time 1 hour 25 minutes
Serves 10 (¾ cup plus boule each)

- ½ cup Hy-Vee salted butter
- 5 medium yellow onions, thinly sliced
- 2 cloves garlic, minced
- 2 Tbsp. dry sherry cooking wine
- 1 Tbsp. Hy-Vee apple cider vinegar
- 6 cups Hy-Vee beef stock
- 4 Hy-Vee dried bay leaves
- 4 sprigs fresh thyme, plus additional for garnish
- 10 (7-oz.) loaves Hy-Vee Bakery French boule
- 8 oz. Gruyère cheese, shredded

1. MELT butter in a stockpot over medium-high heat. Add onions and garlic; cook 20 to 25 minutes or until onions begin to brown, stirring occasionally. Cook on medium-low 20 to 25 minutes or until onions are golden, stirring occasionally.

2. ADD sherry and apple cider vinegar to stockpot. Cook and stir over high heat until liquid is evaporated. Stir in beef stock, bay leaves and 4 thyme sprigs. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes. Remove from heat; discard bay leaves and thyme.

3. SET an oven rack 6 in. from broiler; preheat broiler on HIGH. Cut ½ in. off

top of each bread loaf. Hollow out boule, leaving 1-in. wall. Reserve bread pieces. Place bowls on baking sheets. Ladle hot soup into bowls. Place ½-in. bread slices, trimmed to fit, on top; sprinkle with cheese. Broil 2 to 5 minutes or until cheese is browned and bubbly. Garnish with additional thyme, if desired.

Per serving: 650 calories, 16 g fat, 10 g saturated fat, 0 g trans fat, 50 mg cholesterol, 1,880 mg sodium, 95 g carbohydrates, 1 g fiber, 3 g sugar (1 g added sugar), 31 g protein.
Daily Values: Vitamin D 0%, Calcium 20%, Iron 45%, Potassium 2%

30
minutes
or less

Hot Ham & Swiss Dip in Asiago Cheese Bread Bowl

Prep Time 10 minutes
Total Time 30 minutes
Serves 16 (2 Tbsp. each)

- 1 (8-oz.) pkg. Hy-Vee cream cheese, softened
- 1 cup Hy-Vee mayonnaise
- 1 Tbsp. Hy-Vee spicy brown mustard
- 1 cup Hy-Vee diced cooked ham
- 1¼ cups Hy-Vee shredded Swiss cheese, divided
- 3 jalapeños, seeded, chopped and/or thinly sliced*
- 1 (21-oz.) loaf Hy-Vee Bakery Artisan Asiago cheese bread

1. PREHEAT oven to 375°F. Stir together softened cream cheese, mayonnaise and mustard. Stir in ham, 1½ cups cheese and sliced jalapeños.

2. CUT ½ in. off top of bread loaf. Hollow out loaf, leaving 1-in. wall. Reserve bread pieces.

3. SPOON ham and cheese mixture into bread bowl. Sprinkle remaining ¼ cup cheese on top. Place bread bowl on a rimmed baking sheet. Bake 15 to 20 minutes or until cheese is melted. Cut reserved bread into cubes. Serve warm with bread cubes.

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

Per serving: 320 calories, 23 g fat, 9 g saturated fat, 0 g trans fat, 45 mg cholesterol, 680 mg sodium, 16 g carbohydrates, 0 g fiber, 2 g sugar (0 g added sugar), 12 g protein.
Daily Values: Vitamin D 0%, Calcium 20%, Iron 0%, Potassium 0%

try
this

In addition to bread chunks, offer tasty dippers, such as apple slices, raw veggies or pretzels.



Wine & Cheese

HOLIDAY GUIDE TO

PAIR THE TWO AND
GET THE PARTY
STARTED! PAIRINGS
ARE A FUN WAY TO
SHARE AND LEARN
ABOUT WINES AND
CHEESES OFFERED
AT YOUR LOCAL
HY-VEE. CHEERS!



1. Norwegian Jarlsberg
8.99/lb.
2. Artisan Soirée Manchego
17.99/lb.
3. Rustic Red Cheddar
9.99/lb.
4. Sartori Reserve Extra Aged Asiago
14.99/lb.
5. Parmigiano-Reggiano select varieties
13.99/lb.
6. BelGioioso Fresh Mozzarella Cheese
8 oz.
2.99
7. Amablu Blue Cheese
4.5 oz. or 5oz.
4.88
8. Montchevre Goat Cheese Log
4 oz.
2.99
9. Maple Leaf Gouda cheese
10.99/lb
10. La Bonne Vie Triple Crème Brie
8 oz.
6.99

CHEESE KNOW-HOW

Types of Cheese

Fresh

Young cheeses—white, soft and spreadable; have not been ripened or matured.

Examples: Fresh Mozzarella, chèvre (goat cheese), Burrata, fresh Feta cheese

Soft-Ripened

Cheeses that ripen from the outside in; characterized by bloomy rind and very soft interior.

Examples: Brie, Camembert

Semisoft

Cheeses with smooth, creamy interior and little or no rind; typically buttery or light sour cream flavor.

Examples: Havarti, mild Cheddar, Monterey Jack, Point Reyes Toma

Hard

Complex, firm cheese; pressed into molds and aged for long periods; dense texture and distinctive sharp taste.

Examples: Asiago, Manchego, aged Cheddar

Alpine

Made from milk of animals that have grazed in high mountain pastures; holes sometimes form during maturing process.

Examples: Swiss, Fontina, Emmentaler, Gruyère, Jarlsberg

Grana

Hard cheese brined in salt baths, then pressed in molds and aged up to seven years; strong, salty flavor and dry, crumbly texture.

Examples: Parmigiano-Reggiano, Pecorino

Blue

Soft-ripened cheese with natural or added mold that grows within and produces rich blue veining; taste ranges from mild to strong.

Examples: Gorgonzola, Roquefort

Dutch

Named after towns in Holland where the cheese is originally made; have wax rinds and fruity, buttery aroma. Gouda develops a caramel sweetness as it ages.

Examples: Gouda, Edam

“

DON'T BE AFRAID TO TRY SOMETHING OFF THE BEATEN TRACK. IT'S A GREAT WAY TO DISCOVER SOME OF THE BEST WINES.

”

WINE TIPS

HOW TO PLAY THE pairing game

Complement and contrast. Match weight. Light food? Light wine. Rich food? Full-bodied wine. Fatty food? Crisp, tart wine. Don't overthink it! If

you serve seafood or a salad with a lemon wedge or vinaigrette, consider a light, tart or citrusy white like Sauvignon Blanc. If you're having roast pork loin or pork chops and apple sauce, try a white wine with a ripe apple or pear aroma—like Chenin Blanc. Clean, crisp and refreshing Champagne pairs well with classic bar food like onion rings. Whether you're pairing or simply having a glass for enjoyment, there's a great wine for everyone, and we at Hy-Vee can help you find something to suit your food, mood and budget. I remind customers not to let one bad experience prevent them from drinking a certain type of wine. Keep trying other wines in the same category until you find one you like.”

—Blair Zachariasen

Wine & Spirits Manager
Hy-Vee, Des Moines, Iowa

WINE & FOOD PAIRINGS

Sparkling

Wines: Champagne, Prosecco

Chill: 30 to 40 minutes

Serve with:

- Fries, chips, sushi
- Poultry, fish and shellfish

Dry White

Wines: Pinot Gris, Sauvignon Blanc

Chill: 30 to 40 minutes

Serve with:

- Salads, sautéed/roasted vegetables
- Fish and chicken

Sweet White

Wines: Moscato, Chenin Blanc, Riesling

Chill: 30 to 40 minutes

Serve with:

- Indian, Thai and Chinese cuisine
- Oily fish and chicken

Rich White

Wines: Chardonnay

Chill: 30 minutes

Serve with:

- Cream-based soups and pasta dishes
- Quiche, lasagna, seafood and chicken

Rosé

Wines: Rosé

Chill: 30 minutes

Serve with:

- Mediterranean dishes, spiced dishes
- Pork loin, chicken, turkey, shellfish

Light Red

Wines: Pinot Noir

Chill: 15 to 20 minutes

Serve with:

- Cream soups & pasta, bread & cheese
- Pork loin, chicken, turkey, duck

Medium Red

Wines: Merlot, Zinfandel

Chill: 10 to 15 minutes

Serve with:

- Pizza, Italian and Spanish dishes
- Pork, lamb, sausage, roasted veggies

Bold Red

Wines: Cabernet Sauvignon, Malbec

Chill: 10 to 15 minutes

Serve with:

- Roasted, smoked and barbecued meat
- Beef, lamb, pork, sausage, cured meats

Dessert

Wines: Sherry, Port, Madeira

Chill: About 30 minutes

Serve with:

- Soft cheese, fruit, walnuts, chocolate
- Ice cream, toffee desserts

WINE TIPS

wine color wheel

USE THIS AS A GUIDE TO BECOME FAMILIAR WITH THE COLOR AND INTENSITY OF DIFFERENT TYPES OF WINES.



Wine Enthusiast 90
Tasting Panel 90
Wine Spectator 90

WINE RATINGS AT HY-VEE

Hy-Vee wine experts take note of wine scores listed in leading sources such as *Wine Enthusiast* and *Wine Spectator* to bring you exceptional selections. Look for

special signage on wines rated 90 and above—considered excellent or outstanding—along with special tasting notes that describe aroma, taste, mouthfeel and finish.

Top Wine Picks

Look for “My Top Pick” signs that point to preferred wine selections by the pros in your Hy-Vee Wine & Spirits Department. Chat with

them about taste preferences, food pairings or party plans—they have the know-how needed to steer you right and help you select wines that are appropriate for any occasion.

WINE &

CHEESE

PAIRS

SPARKLING WINES

W I N E S



Champagne



Prosecco

C H E E S E



Fresh Chèvre
(Goat Cheese)



Triple Crème Brie

F O O D S



Marcona almonds



Hot Pepper Jelly

W I N E S

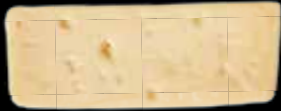


Pinot Gris

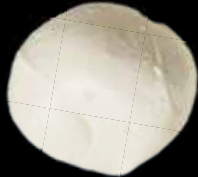


Sauvignon Blanc

C H E E S E



Asiago



Burrata Cheese

F O O D S



Mustard



Sweet n' Tangy
Pepper Drops

W I N E S

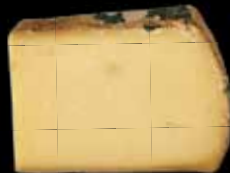


Chardonnay

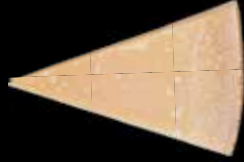


Chenin Blanc

C H E E S E



Comté



Parmigiano-
Reggiano

F O O D S



Pear



Walnuts

W I N E S

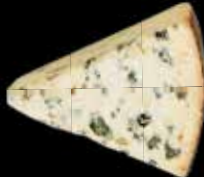


Rosé

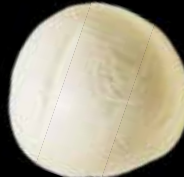


Rosé

C H E E S E



Blue Cheese



Fresh Mozzarella

F O O D S



Prosciutto



Red Grapes

W I N E S

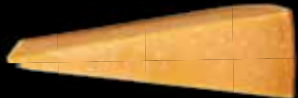


Pinot Noir

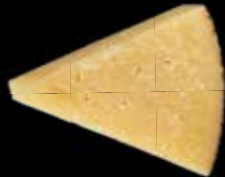


Zinfandel

C H E E S E



Aged Gouda



Spanish Manchego

F O O D S



Crackers



Salami

W I N E S



Cabernet Sauvignon



Merlot

C H E E S E



Aged Drunken
Goat Cheese



Aged Cheddar

F O O D S



Fruit Paste



ZÖET Chocolate Bar

POURS WE ADORE + A BITE

Cherry-Pecan Brie Bites

Top pita crackers with small wedges of Triple Crème Brie cheese. Spoon on sour cherry spread and sprinkle with toasted and coarsely chopped Hy-Vee pecans.

Beaujolais

Lush, acidic Beaujolais with hints of cherry complements deliciously creamy and buttery Brie cheese.

Sharp Cheddar and Pear Wedges

Core an Anjou pear and cut into wedges. Top each wedge with a slice of aged Cheddar cheese. Sprinkle fresh thyme leaves.

Chardonnay

Medium-bodied Chardonnay with well-balanced oak and fruit flavors pairs well with sharp, firm aged Cheddar cheese and pears.

Goat Cheese Tartlets

Preheat oven to 350°F. Combine herb and garlic chevré and chopped roasted red pepper. Spoon mixture into thawed frozen phyllo shells. Bake for 10 minutes or until heated through. Garnish each with fresh oregano leaves, if desired.

Rosé

Capture the richness of tangy goat cheese with crisp, dry rosé, which is bright and brings fresh acidity to the pairing.

Gorgonzola, Fruit, Nut and Honey Crostini

Preheat oven to 350°F. Place small slices of Hy-Vee Bakery raisin walnut bread on a rimmed baking pan. Bake for 10 minutes, turning once. Cool. Top each with a thin slice of Gorgonzola and Hy-Vee dried apricot. Drizzle with Hy-Vee honey.

Sweet Riesling

The interplay between a Riesling and Gorgonzola is salty-sweet and works well for a dessert course.

WINE TIPS

CHOOSE CLEAR GLASSES with slightly tapered sides to capture color, clarity and aromas.



Sparkling Wine
Narrow, fluted glass keeps bubbles intact and preserves the fizz.



White
Small glass helps wine to stay chilled.



Full-Bodied Reds
Cabernet, Bordeaux; large shallow bowl for dense, rich reds with spicy notes.



Delicate Reds
Pinot Noir; wide bowl and narrow opening allow aromas to concentrate toward the nose.



Wine Decanter
Classic shape exposes wine to the right amount of air, bringing out its best flavor.

CHEESE TIPS

SAY CHEESE! Start every occasion with a cheeseboard and the right tools, offered at Hy-Vee.



Artisan Boards
Hardwood boards with handles to cut and serve cheeses.



Cheese Knives
Sturdy stainless-steel blades cut, spread, break up or spear a variety of cheeses.



Slate Boards
Beautiful organic rustic surfaces to present delicious appetizers.

Pitcher Perfect

GIVE A TOAST TO BIG-BATCH COCKTAILS INFUSED WITH FRESH INGREDIENTS AND INSPIRED FLAVOR COMBINATIONS. PLUS, FIND SIX NEW DRESS-UPS FOR HOLIDAY DRINKS.



BAILEYS PUMPKIN SPICE COCKTAILS

Dip the rims of 8-oz. cocktail glasses into Hy-Vee light corn syrup. Immediately coat with cinnamon-sugar. Drizzle Hy-Vee caramel-flavored syrup along sides of glasses. Add ice cubes. Pour Baileys pumpkin spice liqueur over ice. Top with Hy-Vee original whipped topping. Add orange peel and sprinkle with Hy-Vee ground cinnamon, if desired.



Limited
Quantity
Available

Sparkling Caramel Apple Punch

Total Time 10 minutes plus chilling time
Serves 15 (5 oz. each)

4 cups Hy-Vee apple cider
½ cup Hy-Vee orange juice
2 cups Crown Royal salted caramel whisky
1 Gala apple, thinly sliced, plus additional for garnish
4 Hy-Vee cinnamon sticks, plus additional for garnish
4 sprigs fresh thyme, plus additional for garnish
1 (750-ml.) bottle sparkling white wine

1. COMBINE apple cider, orange juice, whisky, apple slices, 4 cinnamon sticks and 4 sprigs thyme in a large pitcher. Cover and chill for 4 hours or overnight. Just before serving, add wine to the pitcher. Garnish each drink with additional apple slices, cinnamon sticks and thyme, if desired.



CROWN ROYAL SALTED CARAMEL WHISKY

Blend of Canadian whiskies infused with salty-sweet caramel flavor.
Limited Quantity Available



Pomegranate-Pear Sangrias

Total Time 10 minutes plus chilling time
Serves 10 (6 oz. each)

½ cup Hy-Vee granulated sugar
 1 (750-mL.) bottle Cabernet Sauvignon red wine
 12 oz. Cîroc snap frost vodka
 2 Bartlett pears, thinly sliced
 2 red Anjou pears, thinly sliced
 ½ cup pomegranate seeds
 4 fresh rosemary sprigs
 Ice cubes, for serving
 24 oz. Hy-Vee club soda



CÎROC SNAP FROST VODKA

Made from fine French grapes, this ultra-premium vodka is distilled five times for a smooth taste.

Limited Quantity Available



pro tip: BATCH FROM SCRATCH

“I recommend making batch drinks 1 to 2 hours in advance. The batch has time to set up but doesn't settle for too long, which can cause the flavors to become muddled or to separate. You can leave the

alcohol on the side so that guests can add their preferred amount. It's a nice courtesy to those who may prefer a nonalcoholic option.”

—Jeff Naples

“The Beard Behind the Bar”
 HSTV.com

Whisky Margaritas

Total Time 10 minutes
Serves 10 (6 oz. each)

Hy-Vee kosher salt, for garnish
 16 oz. Glenlivet whisky
 8 oz. orange liqueur
 8 oz. Hy-Vee orange juice
 8 oz. fresh lime juice
 4 oz. agave nectar
 Ice cubes
 1 (12-oz.) can Hy-Vee lemon-lime soda
 2 limes, thinly sliced for garnish
 1 navel orange, thinly sliced for garnish
 1 blood orange, thinly sliced for garnish



THE GLENLIVET SCOTCH WHISKY

This famous 12-year-old single malt has a smooth balance of flavors.

1. **DIP** rims of 10 (8-oz.) glasses in water, then immediately into salt; set aside. Combine whisky, orange liqueur, orange juice, lime juice and agave nectar. Add to an ice-filled 6-cup pitcher and top with lemon-lime soda. Garnish drinks with lime and orange slices, if desired.

10
minutes
or less



TRY THESE GARNISH IDEAS



Grapefruit slices + salted rim + basil

Drink: Paloma, Negroni or Greyhound



Pear slices + sage

Drink: rosé spritzer, gimlet or bourbon smash



Apple slices + cinnamon-sugar rim + cinnamon stick

Drink: hot buttered rum, hot toddy, apple cider



Cucumber + blackberries

Drink: martini, gin and tonic, Tom Collins



Orange peel + rosemary

Drink: Old-Fashioned, whiskey sour, sidecar



Pineapple slice + mint

Drink: mai tai, margarita, mojito

MAKING SPIRITS BRIGHT

Peet's Holiday Bags
and K-Cups:
select varieties
10 oz. or 10 ct.
6.99



A SPIRITED BLEND, STOUT AND SPICY WITH FRUITED NOTES.

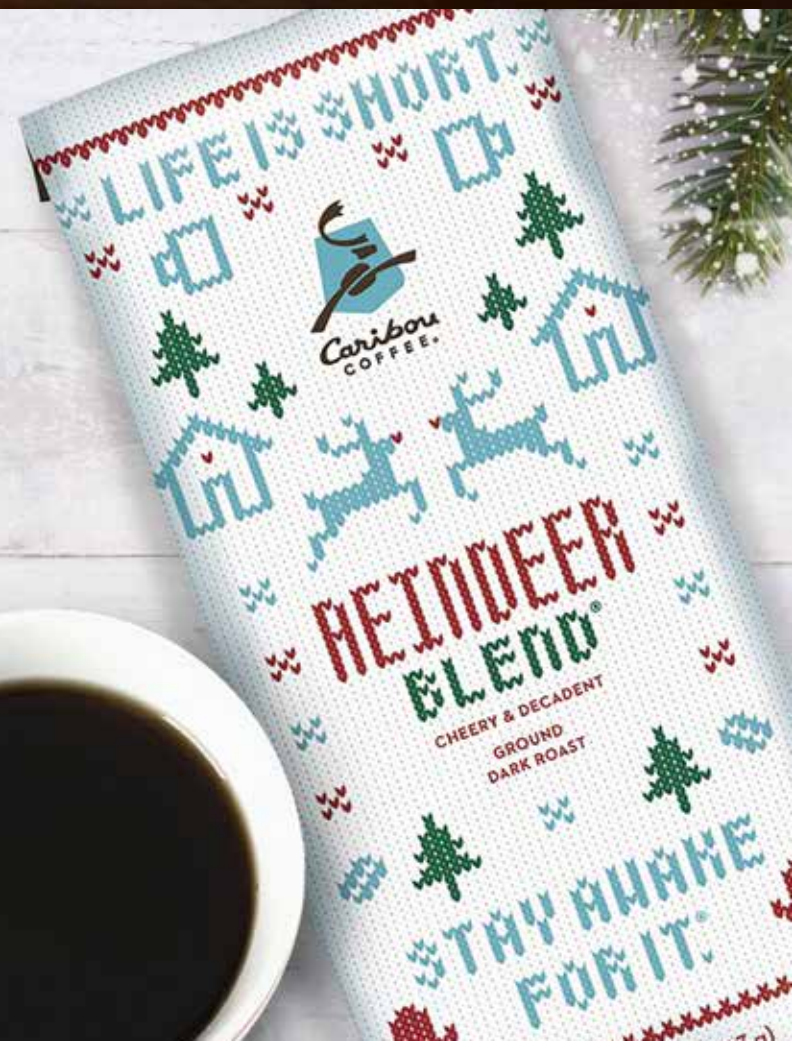
Peet's

CARIBOU COFFEE'S REINDEER BLEND®

A GREAT GIFT
FOR THE
whole herd



Caribou Coffee
Reindeer Blend
10 oz.
5.99



700 FARMER FAMILIES.
One-of-a-Kind Bold Taste.



Ocean Spray
Cranberry Juice:
select varieties
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from start to finish.



HARRY'S

life

Tips to set a
beautiful table,
entertain guests
and keep your
family safe on
the road.

- 72 25 FALL FAMILY
ACTIVITIES
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25 FALL FAMILY ACTIVITIES

Kids feel loved, protected and well-adjusted when families join in fun adventures. Togetherness fosters learning and a sense that kids matter, says Child Development Institute, a parents' resource recommended by the American Psychological Association.



1

JUMP IN A PILE OF LEAVES

If kids pitch in with raking, they get to leap into the pile (then help pack leaves into bags).



2

CRAFT AN APPLE STAMP

Slice an apple in half vertically. Press the cut surface into acrylic or watercolor paint, then onto paper. Use fabric paint if stamping onto cloth.

3

BAKE A PUMPKIN PIE

Go for convenience with canned pumpkin and a frozen piecrust. Kids can help measure the sugar and spices and pour them into the bowl.

4

PRESERVE BEAUTIFUL LEAVES

Sandwich leaves between sheets of waxed paper. Place a cloth on an ironing board and another on the waxed paper. With a dry iron, press. Hang art in windows.



5

HOP ON BIKES AND WHIZ THROUGH FALLING LEAVES

Take in crisp, cool air and spicy outdoor fragrances as a family.

6

BUY NEW PET ITEMS. GET FURRY

FRIENDS IN ON THE EXCITEMENT WITH NEW TOYS TO BAT AROUND OR A NEW LEASH TO SPORT WHILE ON WALKS.

BAKE COOKIES

THE AROMA CREATES A HAPPY, COZY ATMOSPHERE THROUGHOUT THE HOUSE! LOOK FOR YUMMY COOKIE RECIPES ON HY-VEE.COM





GO ON A NATURE HUNT

EXAMINE ACORNS, PINE CONES, FALL LEAVES AND FLOWER SEED HEADS TO APPRECIATE THE CYCLES OF NATURE.

9

SET UP A POPCORN BAR

FILL A LARGE BOWL WITH FRESHLY POPPED CORN. SET OUT CONDIMENTS SUCH AS GRATED PARMESAN, CANDY SPRINKLES, CHIPOTLE POWDER AND SHREDDED COCONUT.

10

SHARE A KIDSFIT GRATITUDE CHALLENGE

Go to hy-veekidsfit.com for a worksheet on gratitude the whole family can fill out and discuss.

11

STRING POPCORN AND FRESH CRANBERRIES

Then show kids how to adorn nearby trees and bushes where birds and squirrels can feast on the treats.

12

SET UP A WOODLAND PICNIC. THE GREAT OUTDOORS STOKES AN APPETITE AND CONVERSATION. PACK A BLANKET, A THERMOS AND FINGER FOOD—SANDWICHES, PITA CHIPS, PICKLES, FRUIT, RAW VEGGIES.

13

PREPARE A MEAL TOGETHER

Something simple like sautéed chicken breasts and veggies or a stir-fry gives everyone a role: Adults chop and cook, older kids help measure and stir, and young children help set the table and pour water into glasses. Everyone pitches in for cleanup.

14

PLAY FLASHLIGHT TAG AT DUSK

The “it” person counts to 50 while holding the flashlight, then uses it to scout for the hiders, pointing the beam on them and calling out their name as they’re discovered.



16

MAKE COCOA OR CIDER

Over warm, lingering sips, each family member describes a favorite holiday tradition or memory.



15

MAKE A FALL BOUQUET

Place cut mums in a vase of water; set that vase inside a larger one. Place acorns (family-gathered) between vases.



17

MAKE A BIRD FEEDER

It can be as simple as slathering peanut butter on a pine cone or an inverted ice-cream cone and rolling it in birdseed. Hang it, then watch for visitors—hungry birds winging south.



18

MAKE PUMPKIN-SHAPE RICE KRISPIE TREATS

ADD A FEW DROPS OF ORANGE FOOD COLORING TO MELTED MARSHMALLOWS BEFORE POURING IN CEREAL. FORM INTO PUMPKINS AND INSERT HY-VEE PRETZEL RODS FOR STEMS.



19

REVEL IN GAME NIGHT

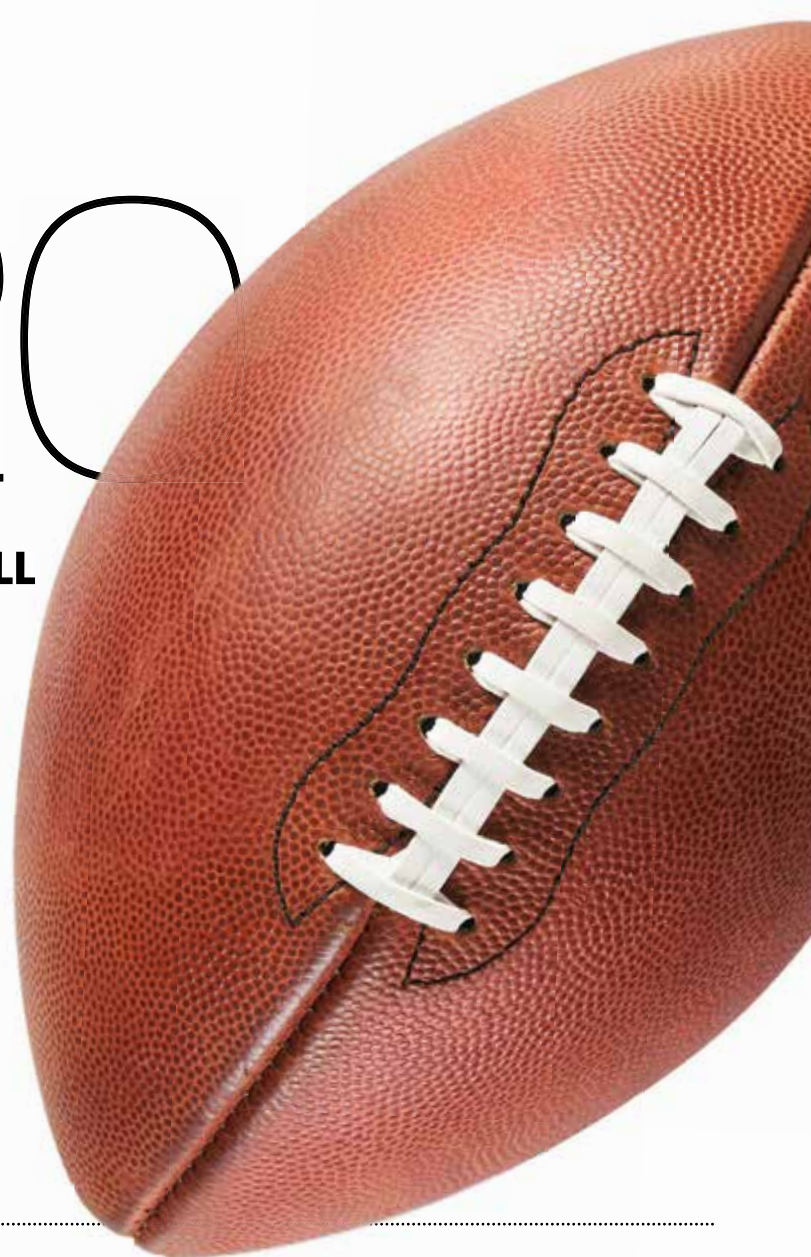
Turn off electronic devices and gather the family for a game of Uno, Scrabble, Spontaneous or Trivial Pursuit. Enhance game time with hot chocolate and a sizzling fire in the fireplace.



20

TOSS A FOOTBALL

WELCOME FRESH AIR AND EXERCISE AS THE WHOLE FAMILY GETS COMPETITIVE IN A GAME OF TOUCH FOOTBALL. INVITE NEIGHBORS TO JOIN IN THE FUN. SHARE ON INSTAGRAM.



21

BOB FOR APPLES

Set a tub of water and apples on a sturdy table outside (have towels handy!). Give each player a set amount of time to nab an apple by mouth (no hands). Whoever gets one in the least time wins.

22

DECORATE THE FRONT PORCH

Lanterns, twine, twigs and baskets of dried grasses perk up the porch between Halloween and Christmas. Swap out white or green-hue pumpkins for jack-o'-lanterns. Add dashes with plaid ribbon.

23

HIKE IN THE WOODS, PLAYING "I SPY" WITH SCENERY. TOTE BINOCULARS AND STUDY WILDLIFE, VISIBLE AS TREES DROP FOLIAGE.

24

TOAST PUMPKIN SEEDS

FOR A TASTY, NUTRITIOUS SNACK, TOAST SEEDS IN A SINGLE LAYER ON A RIMMED PAN FOR 5 TO 10 MINUTES AT 400°F.



25

MAKE S'MORES

Indoors or out, toast this treat over a gas flame, an open outdoor pit or baking sheet in the broiler. Whichever method, savor while sharing ghostly stories.



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Deposit where required. See store for details.

HOLIDAY TRAVEL

Road trips are part of the holiday for many of us—more than 48 million Americans hit the road for Thanksgiving in 2018, according to the American Automobile Association. If travel is in your plans, here's how to gear up to head out—safely and well-prepared.

PREP

SLEEP Get a good night's sleep before a trip to maintain alertness and energy behind the wheel. Poor sleep weakens reaction time, decision-making and overall concentration.

VEHICLE CHECKLIST Perform a basic maintenance inspection on your car a few days before leaving. If time allows, have a mechanic perform a full inspection of brakes, hoses, fluids and battery life. Check your local Hy-Vee for select auto products to start your trip right. Check:

- All lights work
- Tires properly inflated
- Wipers in working condition
- Wiper fluid full
- Spare tire, jack and tire iron stored in an accessible location

KNOW YOUR ROUTE Review travel plans before you depart. Keep a map in your vehicle in case you enter a no-service area for cell usage.

PACK LIKE A PRO Pack smart to make life easy on the road.

- Keep emergency items easily accessible (not buried beneath bags and boxes)
- Pack paper towels and cleanup supplies for spills and messes
- Stash books, magazines or laptops under seats or in storage compartments behind the front seats

- Keep rear windows clear for vision
- Pack a bag of essentials or personal items and keep easily accessible

DURING

TAKE BREAKS If your eyelids get heavy, pull off to switch drivers, stretch, go for a quick walk or grab a cup of coffee. Consider extending your trip and staying over at a halfway point if switching drivers is not an option.

MONITOR FORECAST Check weather when you can by using a radio or app. Preparing for adverse conditions before they hit may save time and give you an opportunity to make alternative plans.

SNACK AND SIP CONSCIOUSLY Stick to plain water or coffee instead of sugary sodas, and opt for nuts, fruit or protein bars instead of candy or chips. The Hy-Vee HealthMarket is stocked with nutritious and delicious options to keep you fueled until you reach your destination.

POST

CAR WASH Sloshing through snow-covered roads and on chemically treated roadways can damage the exterior of vehicles. Wash the car during stopovers and certainly at the end of the trip to prevent long-term damage.

CLEAN THE INTERIOR Long trips often come with a few crumbs and spills. Discard wrappers, vacuum and wipe down for the next road trip.



6.7 BILLION

GALLONS OF GAS USED IN THE MIDWEST THROUGH NOVEMBER AND DECEMBER 2018.

Source: newsroom.aaa.com/2018/11/thanksgiving-travel-forecast-2018/
eia.gov/dnav/pet/hist/LeafHandler.ashx?n=PET&s=MGFUPP21&f=M



54.3 MILLION AMERICANS TRAVELED 50 MILES OR MORE FOR THANKSGIVING IN 2018, ACCORDING TO THE AMERICAN AUTOMOBILE ASSOCIATION.

8 Ways To Conquer A Road Trip Without Technology

Put phones and tablets away and spend quality screen-free time together. These activities get you started.

1 / READ A BOOK Themes, plots and characters may spark conversation on a long car ride.

2 / SPY Keep your eyes peeled! Spot any item in the car or within sight outdoors.

3 / STATE TRIVIA Learn about new areas. Make a list of questions beforehand and see who can tally the most correct answers.

4 / SIGHTSEE Admire new geographic locations, landmarks and any animals or plants you wouldn't normally see at home.

5 / LICENSE PLATE BINGO Rack up as many license plates as you can, starting with your home state in the free space.

6 / START A HOBBY With so much time on your hands, start and (try to) master a new hobby, like knitting or crocheting.

7 / TELL A STORY It can be a real memory or a tall tale!

8 / SCAVENGER HUNT Make a list of things to spot while on the road and see who finds everything first. Items could be a type of car, landmark, animal or anything you think up!

BACK-SEAT READINESS KITS

Make sure kids are clean and happy on the road by prepping easy-to-make kits from products at your local Hy-Vee.



1 KEEP THEM BUSY

- Grab plenty of books and toys to occupy little hands and minds.
- Activity books
 - Card games
 - Craft kits
 - Crayons
 - Colored pencils
 - Coloring books
 - Small toys
 - Storybooks
 - Window markers



2 KEEP THEM FED

- Opt for healthy snacks to satisfy hunger, and eliminate sugary ones.
- Almonds
 - Cheerios
 - Chex Mix
 - Goldfish
 - Hy-Vee Fruity Go applesauce
 - Hy-Vee Short Cuts apple slices
 - Hy-Vee Short Cuts carrots
 - Hy-Vee Wild Cherry coolers
 - Nutella & Go w/ breadsticks
 - P3 Portable Protein Pack
 - Pretzel sticks
 - Popcorn
 - Trail mix



3 KEEP THEM CLEAN

- These products tackle almost any mess thrown at (or on) you.
- Diapers
 - Hairbrush
 - Hair clips
 - Purell sanitizer
 - Kleenex tissues
 - Simply Done trash bags
 - Spare outfit
 - Tide to Go Pen
 - Tippy Toes wipes
 - Vaseline
 - Wet Ones hand wipes

Fuel Saver Info

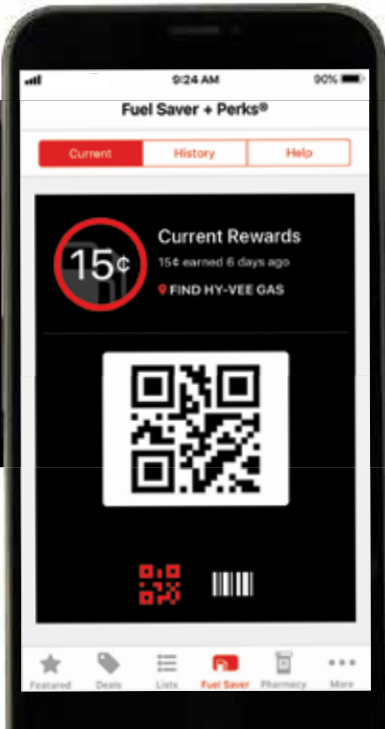
Save money at the pump during your road trip by signing up for Hy-Vee Fuel Saver + Perks.

The Hy-Vee Fuel Saver + Perks program is free and gives Hy-Vee shoppers a discount on gas after purchasing select products. Sign-up is easy! Just follow these steps:

- Pick up a card at your local Hy-Vee Customer Service Desk.
- Activate the card online at hy-veeperks.com or by downloading the Hy-Vee app.
- Start saving the next time you shop by purchasing eligible products and scanning your card at checkout.
- Use the Hy-Vee app to check your fuel discounts.
- Redeem savings at any of the 2,600 eligible gas stations, including all Hy-Vee gas stations, Casey's, Shell Stations and Kwik Trip.



GO TO HY-VEEPERKS.COM TO SIGN UP AND ACTIVATE YOUR CARD TO START SAVING!



Winter Emergency Kit

Emergencies happen. Store these essential items.

- BATTERIES
- BLANKET
- CAT LITTER
- FIRST AID KIT
- FLASHLIGHT
- FOOD (PROTEIN BARS/NUTS)
- GAS CANISTER
- GLOVES
- HAND WARMERS
- HAT
- ICE SCRAPER
- JUMPER CABLES
- PHONE CHARGER
- PORTABLE SHOVEL
- WATER BOTTLES (FILLED)
- WOOL SOCKS

OVER 70 PERCENT OF ROADS IN AMERICA ARE LOCATED IN SNOWY REGIONS. DRIVING IN COLD AND SNOWY CONDITIONS INCREASES THE CHANCES OF ROADSIDE EMERGENCIES LIKE ACCIDENTS, STALLED VEHICLES AND DEAD BATTERIES.

Source: ops.fhwa.dot.gov/weather/weather_events/snow_ice.htm



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Ever Green



GET A HEAD START ON THE HOLIDAYS. HAVE A JOLLY OL' TIME DECORATING WITH MINIATURE EVERGREENS FROM HY-VEE.



In the Bag

(opposite) Bring a touch of the outdoors in with a Hy-Vee Cypress Tree in a Bag. Make a lively family production of it with matching pots and cheerful decorations. These small trees eventually grow 6-8 feet tall or can be trimmed occasionally to keep them compact. Give cypress trees plenty of sunlight and water. Fertilize annually with a balanced, slow-release fertilizer, such as 10-10-10.

A Pine Way to Celebrate

(right) Norfolk Island pine offers a striking decoration that extends well beyond the holidays. Slowly growing to 6 feet or taller, the tree requires medium to bright light and water whenever the top inch of soil is dry to the touch. Extra humidity is helpful, but avoid cold drafts or hot blowing air. Fertilize annually with a balanced, slow-release fertilizer, such as 10-10-10.



TOP-DRESS THE SOIL WITH DRIED MOSS, PINE CONES OR COLORFUL MARBLES.

Set the Scene

Begin with Cordon Bleu plateware and a 50-piece Hampton Signature flatware set. Add Hy-Vee linens, cups and plates when guests visit.

Home Plate

FRESH IDEAS FOR YOUR FALL TABLE

Head to Hy-Vee for your Thanksgiving tablescape. Here, seven designs borrow items from the produce, candy and spice aisles for stylish and inspired settings.

Twine and Dine

Accent the table with plates from your vintage collection. Wrap asparagus with twine, then attach a place card to the bundle.

Fit to Be Tied

Tie up silverware with twine, burlap and craft ribbon. Tuck in Hy-Vee cinnamon sticks and a simple thoughtful message.

Just For You

Top salad plates with miniature pumpkins painted with each guest's initials. The colorful orb is a party favor for guests to take home.

Clearly Autumn

Press bright leaves between two glass salad plates from Hy-Vee for colorful pizzazz. Matching linens tied in twine showcase the fall hues.

ORIGINS TORTILLA GRIDDLE STANDS IN AS A PLATE.

Inspired by the Outdoors

For a rustic affair, swap out traditional plates for a cast-iron tortilla pan and wood slice charger.

Candy Cornucopia

Wrap the lower third of a waffle cone in a damp paper towel. Microwave for 30 seconds. Curl the tip around a skewer. Fill cone with Hy-Vee sweets.

ONE HY-VEE BOUQUET **THREE STYLES**

Pick up a bouquet of beautiful roses from Hy-Vee to build one of three Thanksgiving centerpieces—ranging from casual and simple to a full formal affair. Add-ons from Hy-Vee give each arrangement distinction.

Fresh and Natural

Aromas and flavors of fall inspire this holiday arrangement. Cut roses no more than 12 in. tall and arrange in a low circular vase. Place Hy-Vee birch logs and candles onto a wood paddle with the flowers in the center. Finish by layering with citrus leaves and fruit.



Succulent Selection

A wood crate bursts with color from roses, berries and succulents—all found at Hy-Vee. Cut rose stems to 4 in. and fill the container with soil. Place succulents into the container, followed by roses and berries. Fill any remaining gaps with moss.



Traditional Bounty on Burlap

This arrangement relies on classic fall themes to dress the table. Build a short, circular floral bouquet from the Hy-Vee roses and set on a burlap table runner. Arrange real or faux leaves in a curved pattern and top with pumpkins, gourds, pine cones and acorns.



PUMPKINS AND GOURDS FROM HY-VEE ADD FALL COLOR TO YOUR TABLESCAPE.



ADD TO THE CASUAL CHARM—USE TWINE, MULE MUGS FROM HY-VEE FOR WATER GLASSES.

EXTEND THE ARRANGEMENT WITH ADDED GREENERY, BLOOMS AND GOURDS.

“Gourdeous” Simplify the dramatic palette. Accent white place settings with white mini pumpkins (gourds) and fresh sprigs of rosemary. Display white accents in the centerpiece as well.

SAUCY. SAVORY. VEGGIE.
DIG IN.

NEW FLAVOR-PACKED,
PROTEIN-STACKED
VEGETARIAN BOWLS.



Fat Rabbit
Frozen Meals:
select varieties
11 oz.
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FIND IN THE
FROZEN AISLE

- ✓ GOOD SOURCE OF PROTEIN
- ✓ VEGETARIAN MEALS
- ✓ NO ARTIFICIAL PRESERVATIVES, FLAVORS OR DYES



International Gourmet 2019

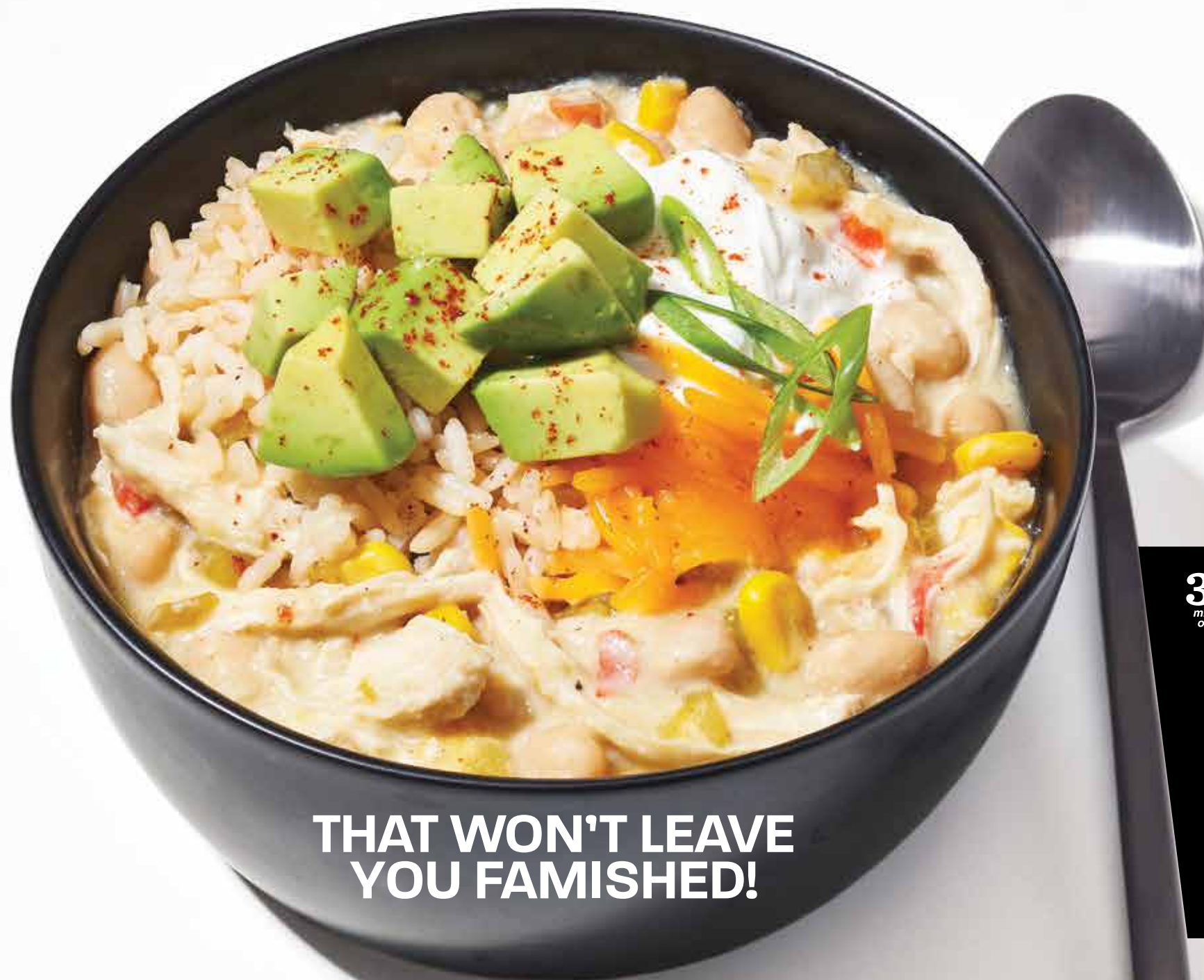
health

Post-pie
workouts and
meals to fuel
your body,
plus gratitude
to nourish
your mind.

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YOU CLEANSE
- 108 STAY THE COURSE
- 114 PRESCRIPTION
DRUG ABUSE
- 116 GIVE THANKS



500-Calorie Meals



THAT WON'T LEAVE YOU FAMISHED!

FILL A BOWL WITH HEALTHY PROTEIN, VEGGIES AND STARCH PLUS DRESSING OR TOPPER FOR A MEAL THAT'S 500 CALORIES OR FEWER. TURN THE PAGE FOR TASTY BUILD-A-BOWL OPTIONS. COUNTING CALORIES JUST GOT EASY!

Weight management keeps disease at bay. Carrying too much weight runs risks for type 2 diabetes, high blood pressure, heart disease and certain cancers. Many diets base recommendations on 2,000 calories per day, but *USDA Dietary Guidelines for Americans 2015-2020* notes the total should also reflect age, metabolism, lifestyle and amount of exercise. The guidelines recommend eating a variety of

nutrients within calorie limits: vegetables (dark leafy green, cruciferous, red, orange); whole fruits; whole grains; fat-free or low-fat dairy; protein focusing on lean meat and poultry, eggs, legumes, nuts and seeds; and oils instead of heavy fats.

LIMITING MEALTIME CALORIES TO 500 EVEN A FEW TIMES A WEEK HELPS MANAGE OR REDUCE WEIGHT.



pro tip:
THE RIGHT VARIETY

“The biggest key to keeping calories in check is paying attention to portion sizes. Build the base of your bowl with whole grains—they contain fiber and protein to help keep you full—and load up on nonstarchy veggies. Include lean protein sources such as beans, eggs, ground turkey, grilled chicken breast, tuna, salmon and lean beef. Add flavor with fresh herbs and spices.”

—Susan Coe, MPH, RD, LMNT Dietitian
Hy-Vee, Omaha, Nebraska

begin™

Sign up for the Hy-Vee begin™ healthy-lifestyle program and learn how to incorporate weight-management habits into your daily routine. It's not a diet—it's a plan to foster lifelong wellness. **Included in begin™:** health screenings, discussions with a Hy-Vee dietitian and store tours for discussing food labels, portion control, prep and cooking tips and more. Clients report lower blood pressure, reduced cholesterol and blood sugar and other positive results. Contact your store dietitian for information.

30
minutes
or less

Chicken-White Bean Chili

Total Time 30 minutes
Serves 6 (about 1¼ cups each)

1 Tbsp. Gustare Vita olive oil
1 cup Hy-Vee Short Cuts chopped white onions
3 large cloves garlic, minced
3 cups Hy-Vee 33%-less-sodium chicken broth, divided
2 (15-oz.) cans Hy-Vee Great Northern beans, drained and rinsed; divided
1 (7-oz.) can Hy-Vee diced mild green chiles
1¼ tsp. Hy-Vee ground cumin

½ tsp. Hy-Vee dried oregano leaves
¼ tsp. Hy-Vee cayenne pepper, plus additional for garnish
2 Tbsp. dry yellow cornmeal
3 cups shredded Hy-Vee rotisserie chicken breast
1 (11-oz.) can Hy-Vee Mexican-style corn, drained
1½ cups hot cooked Hy-Vee long-grain white rice
1 avocado, seeded, peeled and chopped
1 cup Hy-Vee plain Greek yogurt
½ cup Hy-Vee shredded sharp Cheddar cheese
Sliced green onions, for garnish

1. HEAT oil in a 4-qt. stockpot over medium heat. Add onions; cook 3 minutes, stirring occasionally. Add garlic; cook 1 minute more or until onions are softened.

2. ADD 1½ cups broth, 1 can beans, undrained green chiles, cumin, oregano and ¼ tsp. cayenne pepper. Bring to boiling; reduce heat. Gently simmer, covered, for 10 minutes. Remove from heat; cool slightly and transfer to a blender. Cover and blend until smooth. Return mixture to same stockpot.

3. STIR in remaining 1½ cups broth, 1 can beans and cornmeal. Add chicken and Mexican-style corn. Cook until heated through. To serve, spoon ¼ cup rice into each serving bowl. Ladle chili over rice in bowls; top with avocado, yogurt and Cheddar cheese. Garnish with green onions and additional cayenne pepper, if desired.

Per serving: 480 calories, 19 g fat, 5 g saturated fat, 0 g trans fat, 45 mg cholesterol, 1,110 mg sodium, 57 g carbohydrates, 10 g fiber, 8 g sugar (0 g added sugar), 30 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 15%, Potassium 8%

Sources: niddk.nih.gov/health-information/weight-management/health-risks-overweight
health.gov/dietaryguidelines/2015/guidelines/

Build Your Best 500-Calorie Bowl

Easy to bring together with foods you like, build-a-bowls are a low-calorie meal option any time. Start with starch and protein, then load on veggies and healthy fats.

STEP 1 Pick a Starch



SWEET POTATO
½ cup
60 Calories



RICE NOODLES
½ cup
95 Calories



QUINOA
½ cup
111 Calories



BARLEY
½ cup
97 Calories



FARRO
½ cup
100 Calories



BROWN RICE
½ cup
109 Calories



SKINLESS CHICKEN BREAST
4 oz.
180 Calories



SHRIMP
4 oz.
130 Calories



LEAN BEEF
4 oz.
190–290 Calories



SALMON
4 oz.
150–220 Calories



TOFU
3 oz.
50–100 Calories



BEANS (BLACK)
½ cup
109 Calories



HARD-BOILED EGG
1 large egg
78 Calories

STEP 2 Pick a Protein

Flank, skirt or sirloin steak, cooked and sliced thin, works well in a bowl recipe.

STEP 3 Pick the Veggies

Red bell peppers are loaded with nutrition: vitamins A, B6 and C, plus minerals and fiber.



BELL PEPPERS, CHOPPED
½ cup
20 Calories



GREENS (SPINACH)
1 cup
7 Calories



BROCCOLI FLORETS, RAW
½ cup
15 Calories



MUSHROOMS, WHITE, SLICED
½ cup
11 Calories



TOMATOES, HALVED
½ cup
16 Calories



RED CABBAGE, SHREDDED
½ cup
13 Calories



CAULIFLOWER FLORETS, RAW
½ cup
14 Calories



SQUASH/ZUCCHINI, SLICED
½ cup
9 Calories



CARROTS, SHREDDED
½ cup
23 Calories

STEP 4 Pick a Healthy Fat

Vinaigrettes brighten a dish while letting ingredient flavors stand on their own.



VINAIGRETTE DRESSING
2 Tbsp.
70–100 Calories



FETA CHEESE CRUMBLES
2 oz.
114 Calories



LOW-FAT GREEK YOGURT, PLAIN
½ cup
70–100 Calories



CASHEWS, RAW
2 Tbsp.
100 Calories



HUMMUS, PLAIN
¼ cup
100 Calories



AVOCADO
½ cup
117 Calories

RULE OF THUMB: AS WITH YOUR PLATE, CHOOSE FOODS FROM ALL FOOD GROUPS AND PORTION THEM SO THAT ABOUT HALF THE BOWL HAS VEGETABLES, ONE-FOURTH LEAN PROTEIN AND ONE-FOURTH WHOLE GRAINS. FILL IN WITH SMALL AMOUNTS OF HEALTHY FATS.

Grab 'n' Go Frozen Meals

Pick up a delicious frozen bowl at Hy-Vee. Many have calorie counts well under 500.



Healthy Choice Italian Chicken Sausage & Peppers
With brown & red rice and quinoa. 290 calories



Fat Rabbit Lemon Feta Frenzy
Veggies, lentils and grains with lemon-artichoke sauce. 230 calories.



Atkins Chicken Marsala
Chicken & mushrooms in Marsala sauce with green beans. 220 calories.



Lean Cuisine Chicken with Almonds
With veggies and long-grain rice. 290 calories.



Udi's Italian Sausage Lasagna
Made with gluten-free pasta. 340 calories.



Frontera Chicken Fajita Bowl
With fire-roasted peppers and chipotle sauce. 260 calories.

Note: Calorie counts are approximate.
Sources: ndb.nal.usda.gov/ndb/search/list
nutritiondata.self.com/
www.myfitnesspal.com/food/calorie-chart-nutrition-facts
choosemyplate.gov/

dietitian Q&A

OVEREATING

Food and celebration are well-established partners. Knowing how and when to slow down, to avoid overindulging, is good for overall health.



Julie McMillin, RD, LD
Assistant Vice President,
Retail Dietetics

Q: What happens to the body when we overeat?

A: Our bodies work harder. To digest all that food, the heart

pumps strenuously. The stomach expands and releases extra hydrochloric acid, which can back up into the esophagus and cause heartburn. An expanded stomach also pushes against other organs, causing discomfort.

Q: How long does it normally take to become full?

A: It takes roughly 20 minutes for digestive hormones to

signal the brain that your stomach is full and your body is being nourished. Keep this in mind when you finish eating the food on your plate. Eat slowly, and wait 20 minutes before heading for seconds to see whether you're truly still hungry.

Q: Will overindulging at just one meal cause serious damage?

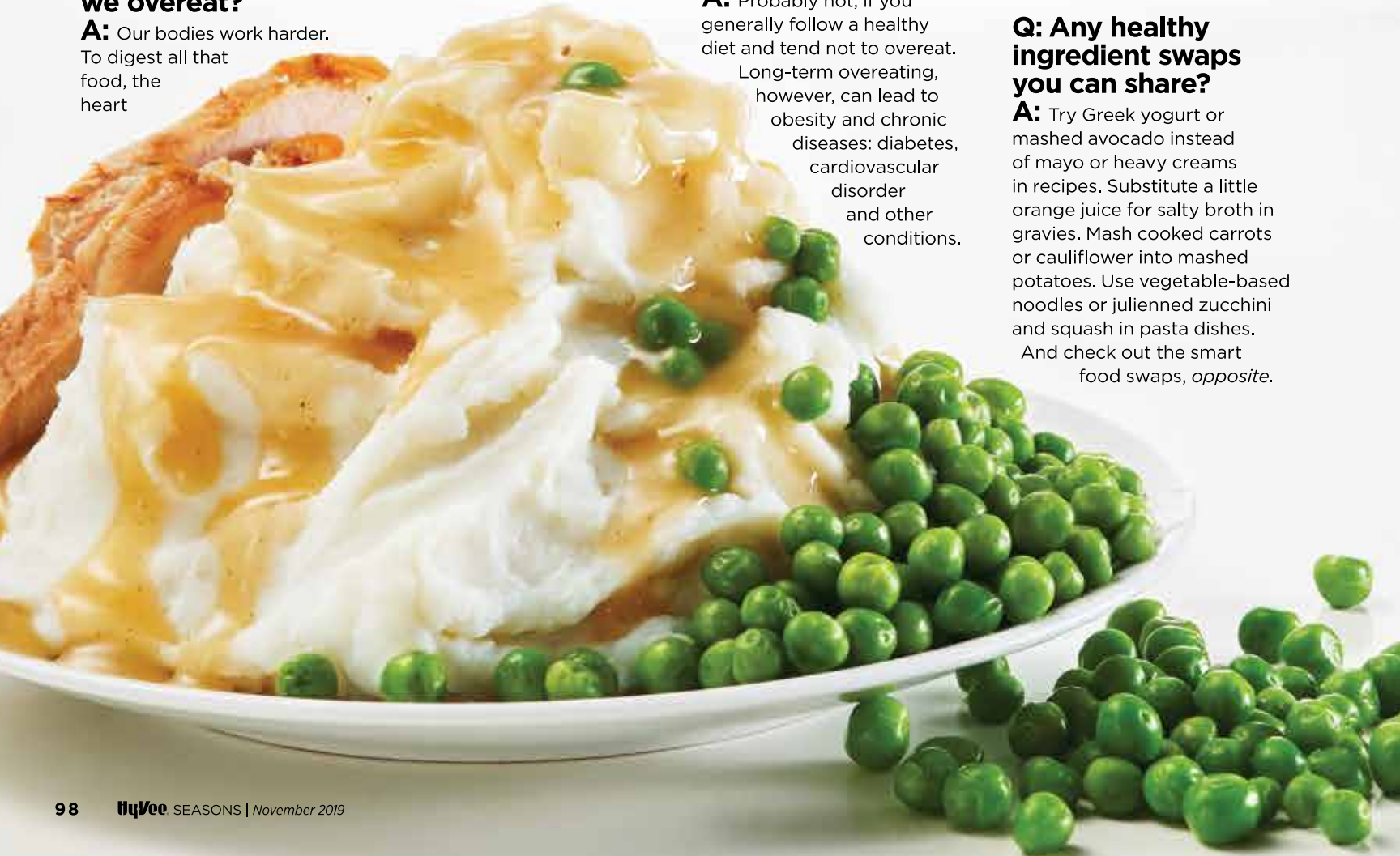
A: Probably not, if you generally follow a healthy diet and tend not to overeat. Long-term overeating, however, can lead to obesity and chronic diseases: diabetes, cardiovascular disorder and other conditions.

Q: What tips do you have for restraining ourselves during this holiday season?

A: Holidays are a special time, so slow down and enjoy your food. Put down your fork and engage in conversation. Drink plenty of water with meals. Find ways to incorporate healthy foods into meals and snacks and to swap lighter ingredients for heavier ones in dishes.

Q: Any healthy ingredient swaps you can share?

A: Try Greek yogurt or mashed avocado instead of mayo or heavy creams in recipes. Substitute a little orange juice for salty broth in gravies. Mash cooked carrots or cauliflower into mashed potatoes. Use vegetable-based noodles or julienned zucchini and squash in pasta dishes. And check out the smart food swaps, *opposite*.



HEALTHY HOLIDAY FOOD SWAPS

A few tweaks or substitutions allow you to savor Thanksgiving fare without excessive worry over calories, fat and sugar.



Slash calories from about 248 to 212, and fat grams from 13 to 8. Protein is about equal, roughly 30 grams.



Sour cream has 48 calories, yogurt only 29. Cream in sour cream contains more fat than the milk in yogurt.



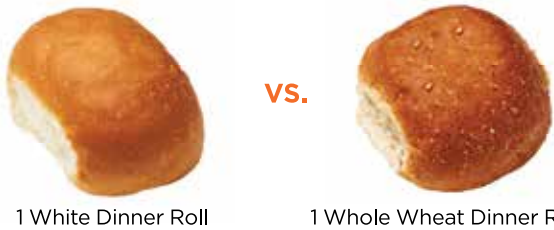
A cup of mashed potatoes made with whole milk has roughly 174 calories; with butter it reaches 237 calories. The cup of plain mashed cauliflower has 70 calories.



Spiralized fresh vegetables have significantly fewer total carbs than pasta made from grains, and they contain higher amounts of vitamins, minerals and fiber.



French onion dip has 50 to 60 calories and up to 5 grams of fat, depending on brand, compared to approximately 26 calories and 2 grams of fat in the same amount of hummus.



At least half the grains eaten each day should be whole ones for fiber, vitamin and mineral content. A small white dinner roll has 87 calories and 0.6 grams fiber; a small whole wheat roll has 74 calories and 2.1 grams fiber.



An 8-oz. cup of regular store-bought eggnog can have more than 300 calories and up to 19 grams of fat. The same amount of apple cider has around 100 calories, about the same amount of sugar and no fat.



Cut fat grams in half by choosing pumpkin. Roughly reduce sugar from 36 to 25 grams, and calories from more than 500 to about 300. And benefit from vitamin A in pumpkin.

Disclaimer: Calorie and nutrition amounts are approximate.

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FOODS THAT HELP YOU Cleanse

HOLIDAY FOOD BECKONED. NOW IT'S TIME TO PAY. INSTEAD OF FASTING, HOWEVER, RELY ON YOUR BODY'S NATURAL ABILITY TO CLEANSE, AND HELP IT ALONG WITH NUTRITIOUS LOW-CALORIE, HIGH-FIBER FOODS PLUS PLENTY OF WATER.

The liver, kidneys and intestines are the body's detoxification tools to remove chemicals and food additives, filter toxins from blood and eliminate waste. Support these organs, and hit the reset button on your diet. To offset holiday overindulging, focus on whole foods that are low-calorie and high in insoluble fiber and water

content (raw cruciferous vegetables, especially) to help flush the digestive system. Foods high in antioxidants and those containing probiotics also help. Health experts recommend lighter yet hardworking foods across the food groups over stringent plans that involve fasting, supplements, diuretics, laxatives and ultralow calorie intake.

Foods To Avoid

- **ADDED SUGARS:** soft drinks, candy, cookies, cakes, pies, fruit drinks
- **SOLID FATS:** butter, stick margarine, cream, palm and palm kernel oils, fried chicken with skin, sausage, hot dogs
- **ALCOHOL:** It takes about 1 hour for the liver to process one standard alcoholic drink. Excess alcohol taxes the liver.



FRUITS

What they do: Antioxidants fight cell damage caused by free radicals. A study in China reported that blueberries appear to protect liver cells from oxidative stress. Cranberries are thought to fight urinary tract infections and therefore protect kidneys. Some fruits are up to 95 percent water, adding to hydration.

FOODS: Apples, blackberries, blueberries, cantaloupe, cranberries, grapefruit, mangoes, oranges, pears, plums, strawberries, watermelon

What you need: 2 cups per day*



WATER

What it does: Allows kidneys to eliminate waste from the body.

What you need: About 15 cups per day for men, 11 cups for women



VEGETABLES

What they do: The antioxidants fight cell damage from free radicals—unstable molecules caused by ultraviolet light, air pollution and tobacco smoke. Cancer researchers are studying whether cruciferous vegetables might protect DNA.

FOODS: Cruciferous—arugula, bok choy, Brussels sprouts, cabbage, cauliflower, collard greens, kale, rutabaga. Other—asparagus, beets, bell peppers, spinach, tomatoes

What you need: 2½ cups per day*



WHOLE GRAINS

What they do: Fiber promotes nutrient absorption and eliminates toxins in the stool. The digestive tract uses probiotics from fiber for growth of beneficial bacteria, which in turn aid digestion for quick waste removal.

FOODS: Barley, brown rice, farro, millet, oats, quinoa, whole wheat

What you need: At least 1½ cups per week*



LEGUMES

What they do: Part of the vegetable group, legumes also are a protein source. To maintain a healthy level of this macronutrient—required for hormone production—immune response and to build and repair cells, include them in a reduced-calorie diet.

FOODS: Black-eyed peas, black beans, cannellini beans, chickpeas, kidney beans, lentils, soybeans

What you need: 1½ cups per week*



pro tip: DRINK WATER

“The number you see on the scale after a day of celebrating is most likely water weight. It may sound counterintuitive, but to remove excess water you must drink more water. Aim for half your weight in ounces to get rehydrated and de-puff.”

—Paige Green, RD, LD
Dietitian
Hy-Vee, Windsor Heights, Iowa

*Based on a diet of 2,000 calories a day

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**time
saver**

Call on Hy-Vee Short Cuts chopped onion, celery and carrots, a classic combo, to enhance flavor in fall and winter soups and stews.

**Hy-Vee
Short
CUTS**

Lentil, Kale and Cauliflower Soup

Hands On 15 minutes

Total Time 55 minutes

Serves 4

1 Tbsp. Gustare Vita olive oil

2 (0.5-lb.) containers Hy-Vee Short Cuts chopped onion, celery and carrots

1 clove garlic, minced

1 cup Hy-Vee All Natural dry lentils, rinsed

1 (32-oz.) container Hy-Vee vegetable stock

1 cup water

¼ tsp. Hy-Vee ground cumin

¼ tsp. ground coriander

2 cups Hy-Vee Short Cuts cauliflower florets

2 cups fresh kale leaves, torn

2 tsp. Gustare Vita red wine vinegar

Hy-Vee salt and black pepper, to taste

Radish slices, for garnish

1. HEAT olive oil in a large pot over medium heat. Add onion, celery and carrots. Cook for 10 minutes or until softened. Add garlic; cook for 1 minute more.

2. ADD lentils, vegetable stock, water, cumin and coriander. Bring to boiling; reduce heat. Simmer, covered for 30 minutes. Add cauliflower and kale; simmer, covered, for 5 to 10 minutes more or until cauliflower is tender.

3. REMOVE from heat and stir in red wine vinegar. Season to taste with salt and pepper. Garnish with radish slices, if desired.

Per serving: 260 calories, 4.5 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 620 mg sodium, 43 g carbohydrates, 15 g fiber, 10 g sugar (2 g added sugar), 15 g protein. **Daily Values:** Vitamin D 0%, Calcium 6%, Iron 30%, Potassium 20%

5 ways to get back on track

DON'T GO TO EXTREMES TO RESET YOUR BODY AFTER FEASTING ON TURKEY OR THE HOLIDAY CHEESE PLATE. FOCUS ON THESE SIMPLE, NOURISHING FOODS INSTEAD.

1 Mango-Orange Smoothies

Place 1½ cups Hy-Vee frozen unsweetened mango chunks; 1 medium banana, peeled; 1 (5.3-oz.) container Hy-Vee vanilla Greek yogurt; 1 cup Hy-Vee HealthMarket coconut water; and ½ cup fresh orange juice in a blender. Cover and blend until smooth. Pour into 2 (12-oz.) glasses. Garnish each with an orange wedge, if desired. Serves 2.

2 Quick Quinoa-Veggie Salad

Cook quinoa in Hy-Vee chicken or vegetable broth according to package directions. Cool; toss with arugula, halved cherry tomatoes, sliced cucumber and Hy-Vee Short Cuts chopped red onions. Add just enough Hy-Vee Select White Balsamic Honey Vinaigrette to coat and toss to combine.

3 Double Berry-Melon Bowl

Toss together desired amounts of Hy-Vee Short Cuts chopped cantaloupe, fresh blueberries and Hy-Vee Short Cuts strawberries, sliced. Whisk together equal parts of lime juice, honey and chopped fresh mint; add to fruit mixture and toss to coat.

4 Brussels Sprouts, Apples and Brown Rice

Halve 10 oz. Hy-Vee Short Cuts Brussels sprouts; set aside. Cook ¾ cup Hy-Vee Short Cuts chopped white onions in 1 Tbsp. Gustare Vita olive oil in a large skillet until softened. Add Brussels sprouts; cook for 5 to 8 minutes or until sprouts are tender. Stir in 3 cups hot cooked brown rice and 2 cups cored and chopped Honeycrisp apples, 2 Tbsp. Hy-Vee apple cider vinegar, 1 Tbsp. Hy-Vee honey and ¼ tsp. Hy-Vee dried thyme leaves. Season to taste with Hy-Vee salt and black pepper. Serves 6.

5 Orange-Poached Pears

Combine 2 tsp. orange zest, 1½ cups fresh orange juice, ¼ cup Hy-Vee honey and 1 (3½-in.) Hy-Vee cinnamon stick in a 1½-qt. saucepan; bring to simmer. Peel 2 Bosc or Anjou pears; add to saucepan. Cover and cook over low heat for 30 minutes or until pears are fork-tender. Remove pears; simmer liquid over medium heat for 10 to 15 minutes or until liquid is reduced to ½ cup. Remove cinnamon stick. Drizzle syrup over pears. Serves 2.

MAKE A LITTLE HOLIDAY MAGIC!



WITH **SMUCKER'S**
Beekeeper's
PROMISE™

CROSTINI WITH MASCARPONE, PISTACHIOS AND HONEY

Prep time: 15 minutes **Cook time:** 10 minutes **Yield:** 1 dozen

INGREDIENTS

- 12 slices French bread baguette (1/2-inch thick)
- 1 tablespoon extra virgin olive oil
- Salt and pepper
- 1/3 cup mascarpone cheese
- 1/4 cup coarsely chopped salted pistachios
- Smucker's® Beekeeper's Promise™ Honey

DIRECTIONS

1. HEAT oven to 400°F. Place bread slices on baking sheet. Brush tops lightly with oil. Sprinkle with salt and pepper.
2. BAKE 7 to 10 minutes or until lightly toasted.
3. SPREAD a thin layer of cheese on top of each crostini. Sprinkle evenly with pistachios. Drizzle lightly with honey.

MORE SWEET IDEAS

From toast to tea to so much more, countless little pleasures are even more delicious with Smucker's® Beekeeper's Promise™ honey — proudly sourced from select small farms that tend no more than 300 hives. Try our NEW pure honey and fruit honey options to discover more tastes you'll love from a brand you know and trust. Plus, find more recipes at Smuckers.com.



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STAY THE COURSE

Power through a busy holiday schedule to make time for exercise.

Doing so will energize, reduce stress and help you avoid weight gain.

NO WEIGHTS? NO PROBLEM. PERFORM BODY-WEIGHT EXERCISES ALMOST ANYWHERE, WITHOUT EQUIPMENT, TO BUILD MUSCLE AND STRENGTH.

Routine Adjustment

Holidays are hectic. Sneak in exercise, and keep your mind fresh and fitness goals within reach, without sacrificing time with your loved ones. According to a study in *The New England Journal of Medicine*, Americans gain an average of 1.3 pounds from Thanksgiving to New Year's. Maintain your exercise routine to offset extra calories and reduce stress. "Try to fit in small increments at the beginning and end of the day," says Daira Driftmier, certified personal trainer and director of Hy-Vee KidsFit and Hy-Vee Fitness. "Family walks at the end of the day can be a great way to unwind."

Sneak Peak

High-fat and sugar-rich foods are at a premium during the holidays, as are calorie-laden drinks. Hy-Vee Dietitian Amanda Jochum suggests surveying the food spread to see what options are available, then adding small portions of your favorites to your plate to avoid overeating. "And remember to drink water between each alcoholic beverage to reduce overall calorie intake," Jochum says.

5 REASONS TO EXERCISE THROUGH THE HOLIDAYS

WORKOUTS AND PHYSICAL ACTIVITY YIELD BENEFITS:

- 1. Manage Weight**
Exercise offsets calorie consumption. Choosing low-cal lean protein and fiber for energy helps you to feel full.
- 2. Improve Sleep**
Exercise may lead to sound sleep, at home or away.
- 3. Avoid Seasonal Depression**
Less sunlight leaves some people feeling down. Exercise boosts serotonin, a chemical released by

the brain that contributes to happiness.

4. Increase Energy
Exercise improves cardiovascular function and helps tissues receive nutrients to increase energy output.

5. Improve Cognitive Function
Regular exercise improves learning and memory, which in turn fuel a good mood.

Portion Control

STICK TO THESE PORTION TIPS TO AVOID OVEREATING AT THANKSGIVING.

GRAINS One-quarter of the plate should have whole grains, such as a whole wheat dinner roll.

VEGETABLES One-half should be fruits or vegetables, such as broccoli, sweet potatoes, cauliflower or fruit salad.

PROTEIN One quarter should include a protein, such as turkey or ham, or a serving of dairy.

DESSERT Pick your favorite dessert, like pumpkin or apple pie, and stick to one small slice.



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Pull Your Weight

PERFORM EACH MOVE FOR TWO SETS OF 30 SECONDS,
RESTING 1 MINUTE BETWEEN SETS AND 1 MINUTE BETWEEN MOVES.



1 MOUNTAIN CLIMBERS
CORE, SHOULDERS
Start in high plank position, hands below shoulders, legs extended and back straight. Bring left leg forward until knee is near left arm. From this position, quickly alternate legs.



2 KNEE PUSH-UPS
CHEST, TRICEPS
In plank with knees on floor, hands shoulder-width apart, lower chest toward floor. Push back to starting position.



7 DEAD BUG
CORE
Lie on your back, knees raised to 90-degree angle. Extend arms toward ceiling. Simultaneously straighten one arm and extend opposite leg slightly off the floor. Return to starting position. Alternate.



8 PRONE I-Y-T RAISES
SHOULDERS, BACK
Lie facedown, arms extended overhead, palms facing. Move arms out to sides, spread in a Y shape. Lift, and return arms to starting position. Move arms out to sides in T shape. Return to starting position. Repeat.



3 SIDE-STEP SQUAT
QUADS, GLUTES, HAMSTRINGS
With feet hip-width apart, step right foot out to shoulder-width, then squat until thighs are parallel to the floor. Return to starting position. Alternate.



4 JUMPING JACKS
FULL BODY
With feet hip-width apart, jump out to sides while raising arms overhead. Immediately return to starting position and repeat.



5 OVERHEAD LUNGES
QUADS, HAMSTRINGS, GLUTES
Stand with arms overhead. Take an exaggerated step forward, lowering until thigh is parallel to floor. Return to standing position. Alternate.



6 SINGLE LEG RDL
HAMSTRINGS, GLUTES
Stand with feet hip-width apart, arms extended forward. While extending right leg behind, balance on left leg and lean forward until chest is parallel to floor. Slowly return to starting and alternate.



9 BURPEES
FULL BODY
Stand, feet shoulder-width apart. Squat, placing hands on the floor, then shoot legs backward to high plank. Immediately bring legs back to squat position, then jump, landing softly on both feet.



10 SQUAT JUMPS
FULL BODY
Stand with feet shoulder-width apart. Squat until thighs are parallel to the floor. Pressing your heels into the floor, jump straight up. Land softly on both feet.



USE YOUR ARMS TO HELP PROPEL YOU UP AND WORK UPPER BODY MUSCLES.



pro tip: BODY OF WORK



“Body-weight training helps eliminate common excuses for not working out. These moves require no equipment, can be done while traveling and they don’t

require a gym membership. I love teaching bodyweight movements because they help people focus on improving range of motion, body awareness and building a foundation of health.”

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

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UPLOAD

Visit www.celebratebigger.com, enter your information and submit the image of your full receipt by 12/31/19.

RECEIVE

Submissions are reviewed within 2-5 business days. Once your submission has been validated, you will receive an email with a link to choose your Reward.

Reward must be chosen and activated by 1/31/20. Reward choices include a Visa Rewards Virtual Account and Visa Rewards Card. Limit 2 rewards per household. No manual reproductions will be accepted. One reward per receipt submission. Must be a resident of the U.S. Must be 18 or older or the age of majority to participate. Offer valid only in the U.S. Rewards Card and Virtual Account issued by MetaBank®, Member FDIC, pursuant to a license from Visa U.S.A. Inc. This optional offer is not a MetaBank, nor Visa, product or service nor does MetaBank, nor Visa, endorse this offer. Limits and restrictions apply. Sponsor: Johnson & Johnson Consumer Inc., McNeil Consumer Healthcare Division, 7050 Camp Hill Road, Fort Washington, PA 19034. © Johnson & Johnson Consumer Inc., 2019.

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PRESCRIPTION DRUG ABUSE

A 2017 survey reported 6 million Americans misused controlled prescription drugs—most of them obtained from family and friends, often from the home medicine cabinet.

Leftover prescription medications are a public safety issue, according to the Drug Enforcement Agency (DEA), with potential for accidental poisoning, misuse or overdose.

THE PROBLEM

Prescription drug abuse is a growing problem that affects all ages. The Mayo Clinic reports that the drugs most often abused include:

- Opioid painkillers such as OxyContin and Percocet
- Anti-anxiety medications and sedatives such as Xanax, Valium and Ambien
- Stimulants such as Ritalin, Concerta, Adderall XR, Mydayis and Dexedrine

WHO'S MOST AT RISK

Young adults, ages 18–25, are the biggest abusers of opioid painkillers, stimulants and antianxiety drugs, according

to the National Institute on Drug Abuse. In 2014, 1,700 young adults died from prescription drug overdose—and many more needed emergency treatment.

USE & STORE SECURELY

Don't share your medications with others. It's dangerous and doesn't take into account proper dosage, medical history, drug interactions or other issues. Store medications securely. In the wrong hands, they can be abused, causing dependency, overdose, even death. Also, dispose of unused medications properly.

DON'T FLUSH

Never flush a medication down the toilet unless directions specifically state to do so. Some communities prohibit this practice due to concerns about drug residues entering the environment.

12%

OF YOUNG
ADULTS AGES
18–25 USED
PRESCRIPTION
DRUGS
NONMEDICALLY
IN 2014.

HOW HY-VEE CAN HELP

Hy-Vee participates in the DEA National Prescription Drug Take Back Day each spring and fall. Some Hy-Vee pharmacies collect unused medications at other times of the year (ask a pharmacist for details). In Iowa, 43 Hy-Vee pharmacies have prescription drug take-back receptacles year-round. See participating locations at: odcp.iowa.gov/rxtakebacks.

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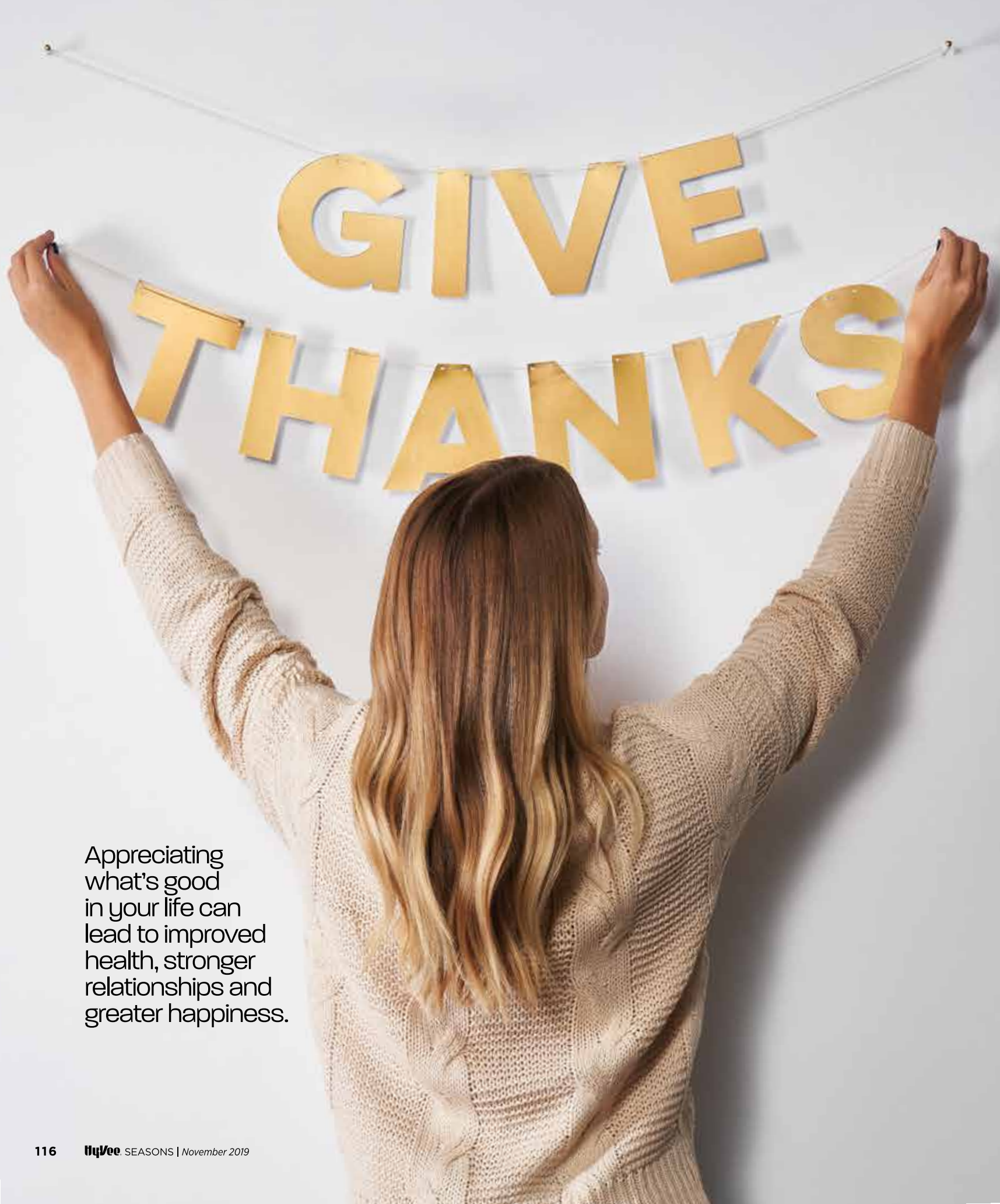
GET A FLU SHOT GET



**NO APPOINTMENT NECESSARY.
HIGH DOSE AND QUADRIVALENT AVAILABLE.**

**FUEL SAVER OFFER AVAILABLE TO ALL FLU SHOT RECIPIENTS.
SEE PHARMACY OR HY-VEE.COM FOR DETAILS. RESTRICTIONS APPLY.**

HyVee®



Appreciating what's good in your life can lead to improved health, stronger relationships and greater happiness.

1 ESTABLISH A HABIT Ponder this philosophical question: What if you woke up tomorrow with only the benefits you were grateful for today? Reason enough to be thankful not only for your five senses but other things we take for granted: freedom, family, friends, food, fresh air and clean water.

2 KEEP A GRATITUDE JOURNAL Each night jot down small blessings of the day, such as hearing a favorite song on the radio, enjoying a particularly good cup of coffee or getting a welcome text from a friend. Really tough day? Find positive inspiration by reviewing previous entries.

3 SAY NIGHTY NIGHT At bedtime, rather than reviewing the day's frustrations, reflect on what went right instead. Drift off to sleep with these positive thoughts, which will then be reinforced in your subconscious mind.

4 CONTEMPLATE NATURE Get outside and admire the intricate perfection of nature. "Give yourself a gift of five minutes of contemplation in awe of everything you see around you," writes self-help author Wayne Dyer. "This five-minute-a-day regimen of appreciation and gratitude will help you to focus your life in awe."

5 WRITE A THANK-YOU NOTE You can make yourself happier and nurture relationships with others by expressing your appreciation in a thank-you letter, according to Harvard Medical School. Try to send at least one per month.

6 OPT FOR OPTIMISM Adopt a glass-is-half-full kind of attitude. If the weather's hot, be thankful for the shade tree outside your window. If you're stuck in traffic, be grateful you have a vehicle to take you places—and money to buy the gas.

7 FIND THE LESSON Life brings challenges to everyone. When reflecting on a difficult experience, look for the silver lining. Did you learn a lesson? Or perhaps your experience could serve as a teachable moment for someone else.

Gratitude is really about appreciating what you already have rather than seeking something else to make yourself feel happier.

8 TRAIN THE BRAIN Replace worry, regret, self-criticism and resentment with gratitude. Think through 5 to 10 things for which you're grateful, picturing each in your mind and the feeling of gratitude for at least 12 seconds. Doing this daily for two months can lead to changed brain patterns that result in greater empathy and happiness.

9 LOOK OUTWARD, NOT INWARD Think bigger than yourself. Volunteer, get involved in a cause, help others who are less fortunate. When you direct your thoughts externally instead of internally, you may start to develop an appreciation for what you have.

10 GET CUFFED Wear a gratitude bracelet or band on your wrist. Whenever you complain, switch it to the opposite wrist as a reminder to change your thinking. Replace complaints and criticism with gratitude and appreciation as you try to keep the bracelet or band on the same wrist for 30 days.

10

WAYS TO BE A MORE thankful person

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10 HEALTH benefits OF BEING THANKFUL

WHEN YOU'RE BEING THANKFUL, YOU'RE REALLY BEING GOOD TO YOURSELF. HERE'S HOW.

1 IMPROVE RELATIONSHIPS

Gratitude improves interpersonal relationships, according to some research. Individuals feel grateful for a partner's help and want to spend more time together. Partners are also more likely to reciprocate—based specifically on gratitude rather than a sense of obligation.

2 REDUCE STRESS

Feeling grateful and recognizing help received from others creates a more relaxed body state, according to University of California, Berkeley, researchers. They note that the regions of the brain associated with gratitude are heavily connected to those associated with stress relief and pain reduction.

3 COUNTER DEPRESSION

Studies suggest that gratitude can reduce the frequency and duration of episodes of depression. It may even be capable of rewiring the brain. Indiana University researchers found that practicing gratitude can alter brain function in depressed individuals.

4 BLOCK ENVY

"Gratitude blocks toxic emotions, such as envy, resentment, regret and depression, which can destroy our happiness," according to retired University of California, Davis, psychology professor Robert A. Emmons, a leading expert on the science of gratitude. "It's impossible to feel envious and grateful at the same time."



Grateful people tend to view things in a positive light. They see their lives and their experiences as gifts for which to be thankful.



PHOTO Rawpixel.com/Shutterstock

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5 HEAL THE HURTS Gratitude has the power to heal, to energize and to change lives, Emmons says. "In fact, people do report a healing power to gratefulness that can heal them of past hurts, plus give them hope and inspiration for the future," he says.

6 IMPROVE SLEEP Counting your blessings instead of sheep helps you sleep better and longer, according to research in the *Journal of Psychosomatic Research*. The deciding factor: having positive thoughts at shut-eye. (For a tip on how to do this, see p. 117, "Say Nighty Night.")

7 FOSTER BETTER SELF-CARE

Being a thankful person may help you appreciate and care for your body. A study in the journal *Personality and Individual Differences* found a correlation between gratitude and the likelihood of exercising, eating healthy and willingness to see a doctor.

8 REDUCE STRESS HORMONES

Adopting an "attitude of gratitude" instead of entertaining negative thoughts results in lower levels of stress hormones. One study showed a 23-percent reduction in cortisol, which can lead to high blood pressure, decreased immune function and cognitive decline when elevated for a prolonged period.

9 AID SELF-CONTROL Grateful people are more likely to have better self-control, according to *CBS News*. This might mean making better decisions about healthy eating, smoking, saving money and avoiding impulse purchases.

10 BOOST HEART HEALTH A study reported by *The American Journal of Cardiology* showed that feeling appreciation could result in better heart rate variability, an indicator of good heart health. The study suggested that positive emotions could help treat hypertension and reduce the risk of sudden death in patients with congestive heart failure and coronary artery disease.

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Gratitude is an affirmation of goodness and an acknowledgment that this goodness often originates outside of ourselves, according to Emmons.

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



Oven-Ready Boneless Stuffed Chicken Breast: select varieties 8 oz. **2/7.00** 7.00 lb.



Jimmy Dean Sandwiches: select varieties 27.2 to 36.8 oz. **9.99**



Jimmy Dean Simple Scrambles: select varieties 5.35 oz. **2.69**



Jimmy Dean Natural Links, Patties or Skillet: select varieties 7.5 or 20 oz. **3.98**



Jimmy Dean Bacon: select varieties 12 oz. or 2.2 oz. fully cooked **3.99**



Free Honeysuckle White Frozen Turkey 10 to 14 lb. (1.39 lb.) **when you buy a Hormel Whole Cure 81 Boneless Ham (3.99 lb.)**



Johnsonville Family Pack Breakfast Links: 23 oz. **5.48**



Johnsonville Family Party Pack Smoked Links: select varieties 28 oz. **5.99**



Johnsonville Flame Grilled Sausage: select varieties 14 oz. **3.99**



Johnsonville Meatballs or Grillers: select varieties 24 oz. **5.99**



I Can't Believe It's Not Butter, Brummel & Brown, Promise or Country Crock Plant Butter Sticks: select varieties 8 to 16 oz. **2/5.00**



Earth Balance Spread: select varieties 10 to 16 oz. **4.99**



Egg Beaters: select varieties 32 oz. **4.99**



Philadelphia Cream Cheese Dip: select varieties 10 oz. **2.99**



Pepperidge Farm Puff Pastry Sheets: 17.3 oz. **3.99**



Pepperidge Farm Bag Cookies or Farmhouse Bread: select varieties 4.75 to 8.6 oz. or 17 to 24 oz. **2/6.00**



Pepperidge Farm Entertaining Cookies: select varieties 10.9 to 13.5 oz. **5.99**



Pepperidge Farm Stuffing or Party Rye Bread: select varieties 12 oz. **2/5.00**



Crisco Shortening: select varieties 3 lb. **5.48**



Crisco Spray: select varieties 6 oz. **2/5.00**



\$1.00 off Spice Island Gourmet Spices: select varieties



Ocean Spray Craisins: select varieties 5 or 6 oz. **2/4.00**



Ocean Spray Craisins: select varieties 20 or 24 oz. **5.99**



Ocean Spray Cranberry Sauce: select varieties 14 fl. oz. **2/3.00**



French's Fried Onions: select varieties 5 or 6 oz. **3.49**



25% off McCormick Holiday Spices: select varieties .5 to 5.37 oz.



25% off McCormick Vanilla, Extracts or Food Coloring: select varieties .25 to 4 oz.



Nabisco Ritz Toasted Chips or Crisps: select varieties 7.1 to 8.1 oz. **2.98**



Kettle Brand Potato Chips or Snack Factory Pretzel Crisps: select varieties 6.5 or 8.5 oz. **2/6.00**



Baker's Baking Chocolate: select varieties 4 oz. **2/5.00**

beverages



Godiva Baking: select varieties 4 to 12 oz. **2.99**



Jet-Puffed Mini Marshmallows or Marshmallow Crème 13 or 16 oz. **1.99**



Buy 2, Get 1 Free Coca-Cola 2 l.



7UP Mixers 1 l. **5/5.00**



Bai or Core: select varieties 6 pk. 18 fl. oz. or 30.4 fl. oz. **8.99**



Dunkin' Donuts Coffee: select varieties 20 oz. **10.97**

pantry



Dunkin' Donuts K-Cups: select varieties 32 ct. **21.99**



Evian 6 pk. 1 l. **8.99**



Snapple: select varieties 16 or 18.5 fl. oz. **5/5.00**



Ocean Spray 100% Juice, Multipacks or Sparkling: select varieties 6 pk. 5.5 to 10 fl. oz. or 60 fl. oz. **2/6.00**



Drano or Pledge: select varieties 9.7 to 32 oz. or 24 or 25 ct. **4.49**



Windex, Shout or Scrubbing Bubbles: select varieties 1.34 to 32 oz. or 3 to 10 ct. **2/6.00**

other



Ziploc Containers or Freezer Bags: select varieties 2 to 20 ct. **2/7.00**



Glade Candle or PlugIns Scented Oil Starter or Refill: select varieties .67 to 3.4 oz. **2/6.00**



Murphy Oil Soap: select varieties 22 or 32 oz. **3.49**



Softsoap Body Wash or Soap: select varieties 15 to 18 fl. oz. or 32 fl. oz. refill **2.99**



Colgate Toothpaste, Toothbrush or Mouthwash: select varieties 3.5 to 6 oz. or each **3.99**



Neutrogena Clean & Clear or Aveeno: select varieties .17 to 2 oz. or each **1.88**



Herbal Essences or Aussie: select varieties 6 to 12.1 fl. oz. **2.99**
Save 1¢ per gallon with each item purchased



Bengay 4 oz. **6.99**



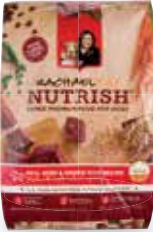
Visine: select varieties .5 oz. **5.99**



Children's Tylenol, Motrin or Benadryl: select varieties 1 to 4 oz. or 20 to 24 ct. **5.48**



Sudafed or Tylenol Cough Cold: select varieties 8 oz. or 18 to 24 ct. **6.99**



10% off Rachael Ray Pet Food: select varieties

recipe index

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- 30** Shrimp Starter *p. 17*
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30
minutes
or less
**30 MINUTES
OR LESS**

20
minutes
or less
**20 MINUTES
OR LESS**

10
minutes
or less
**10 MINUTES
OR LESS**

GF
option
**GLUTEN
FREE**

V
option
**VEGETARIAN
DISH**

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HONEYSUCKLE
WHITE®

TURKEY RAISED BY
*Good
Feeds
Good*
FAMILY FARMERS

FEATURED RECIPE:
POMEGRANATE MAPLE GLAZED TURKEY

When you serve delicious Honeysuckle White® turkey, you're helping good feed good. Meet the independent family farmers who raise our turkeys with care, by tracing the code found on our select fresh turkeys.

Antibiotics responsibly used only when needed for treatment or prevention of illness. *Turkeys raised with no added hormones or steroids.
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samples

EXPLORE OUR FLAVORS

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

FRIDAY, NOVEMBER 1:
4 P.M. TO 7 P.M.

SATURDAY, NOVEMBER 2:
11 A.M. TO 2 P.M.

Produce: Holiday Seedless Grapes
Meat: Pork Tenderloins with Stuffing
Seafood: Creating Gourmet Entrées
Charcuterie: La Quercia Nduja Spread
Specialty Cheese: St. Mary's Grass-Fed Gouda
Deli: Di Lusso Sliced Cheese & Di Lusso Fresh Sliced Cranberry Sage Turkey
Hickory House: Caprese Pasta Salad
Italian: Flatbread Pizza
Chinese: Asian Dips & Wonton Chips
Bakery: Cinnamon Rolls (White Iced, Cream Cheese and Maple)
Frozen: Schwan's Edward's Pies - Hershey's Crème Pie & Whipped Cheesecake

FRIDAY, NOVEMBER 8:
4 P.M. TO 7 P.M.

SATURDAY, NOVEMBER 9:
11 A.M. TO 2 P.M.

Produce: Emerald Grapes
Meat: Carando Meatballs
Seafood: Cod Steamer Meals
Charcuterie: La Quercia Rustix Salami Sticks
Specialty Cheese: Wensleydale with Cranberries
Deli: Di Lusso Roast Beef & Di Lusso Sliced Cheese
Hickory House: Chicken Pot Pie
Italian: Family-Size Lasagna & Chicken Alfredo
Chinese: Potstickers
Bakery: Warm Jumbo Honey Butterflake Rolls
Grocery: Kraft Heinz Food Network Creamy Wild Rice Soup Kit & Southwest Chicken Tortilla Soup Kit

FRIDAY, NOVEMBER 15
4 P.M. TO 7 P.M.

SATURDAY, NOVEMBER 16:
11 A.M. TO 2 P.M.

Produce: Holiday Seedless Grapes
Meat: Hormel Smoked Chops & Side Dishes; Smithfield - Carando Meatballs - Italian, Toscano, Sicilian, Rustica & Toscano Link
Seafood: Maryland-Style Crab Cakes with Remoulade Sauce
Charcuterie: Veroni Charcuterie Platters
Specialty Cheese: Barber's English Cheddar
Deli: Hy-Vee Sliced Chicken & Hy-Vee Sliced Cheese
Hickory House: Pulled Pork
Italian: Family-Size Single Topping Pizza
Chinese: Heat & Eat Chinese Entrées
Bakery: U-bake Cinnamon Rolls with Cream Cheese Icing
Grocery - HealthMarket: Frito-Lay - Off the Eaten Path - Veggie Crisps & Chickpea Veggie Crisps

FRIDAY, NOVEMBER 22:
4 P.M. TO 7 P.M.

SATURDAY, NOVEMBER 23:
11 A.M. TO 2 P.M.

Produce: Holiday Seedless Grapes
Meat: Hormel Boneless Cure 81 Hams
Seafood: Gourmet Seafood Mac & Cheese
Charcuterie: Columbus Sampler
Specialty Cheese: Somerdale Rustic Red English Cheddar
Deli: Hy-Vee Delish 9-inch Sub Sandwiches
Hickory House: Buffalo Chicken Dip & Spinach Artichoke Dip with Tortilla & Pizza Chips
Italian: Family-Size Breakfast Pizza
Chinese: Asian Dips & Wonton Chips
Bakery: Apple, Pumpkin and French Silk Pies
Frozen: Kraft Heinz Cool Whip - Mix-Ins - Oreo & Double Chocolate

FRIDAY, NOVEMBER 29:
4 P.M. TO 7 P.M.

SATURDAY, NOVEMBER 30:
11 A.M. TO 2 P.M.

Produce: Honeycrisp Apples
Charcuterie: Columbus Salame Chubs
Specialty Cheese: La Bonne Vie Triple Crème Brie with Red Pepper Jelly
Deli: Hy-Vee Delish Croissant Sandwiches
Hickory House: Rotisserie Chicken Breast
Italian: Lasagna & Chicken Alfredo
Chinese: Nori Sushi Crispy Crunchy Rolls
Bakery: Donut Puffs



Maryland-Style Crab Cakes with Remoulade Sauce



Honeycrisp Apples; Wensleydale with Cranberries



Family-Size Breakfast Pizza



Carando Meatballs



La Quercia Rustix Salami Sticks; St. Mary's Grass-Fed Gouda; Columbus Sampler

With flannel and blankets
And buckets of cheer
We're here to announce
soup season is here!



Warm up with **HyVee** handcrafted soups.