NOVEMBER 2019

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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.

BAJA CHIPOTLE PORK STREET TACOS
1 package JOHNSONVILLE® Baja Chipotle Seasoned Blend
24 mini corn tortillas (4 inches)
1/4 cup chopped onion
1/4 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.

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 have and bake early for a homemade aroma that's sure to wake even the heaviest of sleepers in the day.
aisles

**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—the best of both desserts.

**WINE & SPIRITS**
Baileys Red Velvet

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

**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.

**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.

**now trending**

**FROZEN II**

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

- Kraft Frozen II Jet-Puffed marshmallows
- Zia Frozen II water bottles
- KEBLER Frozen II honey Graham crackers
- Lip Smacker Frozen II chapstick set
- Bendon Frozen II coloring & activity set
- DISNEY Frozen II toaster
- 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.

RIEDEL OUVERTURE MAGNUM WINE GLASSES
Get the most from your toast with these stylishly designed 37-oz. glasses.

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

BOSTON WAREHOUSE SERVING BOARD
Make welcoming statements for display as well as serving.

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 shaker.

BOSKA CHEESE KNIFE
Cut soft and semi-firm cheese with ease using this stylish knife. Holes in the blade prevent cheese from sticking.

GIBSON ELITE SERVING PLATTERS
Add character and charm to your food spread with these porcelain platters.

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

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.
aisles

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 Dillen, Hy-Vee has you covered!

The stack of marbled cake is intended to share a roasted turkey.
Cake stack is covered with white fondant. Blue Krispia Treats from legs and wings.
Dusting adds cake and dimension. Gently pressing a sheet liner on the cake creates texture.
Rolled fondant balls become “cranberries” and iced cake pieces stand in for “stuffing.”

FOR BUTTER LOVERS, FROM PLANTS

PERFECT FOR ALL YOUR FAVORITE HOLIDAY RECIPES!
Let the holiday feasts commence. Entrees, 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 guest a food sign-up sheet via text, email or Google sheet. Encourage them to bring bread, rolls, vegetables, desserts, pies, drinks and any other dish they’d like to make. Hy-Vee has a variety of tools, apps and recipe suggestions to keep your party tasty and stress-free.

7 DAYS BEFORE
Buy turkey and ingredients for gravy and any other dishes you’d like to make. Buy side dishes, wine, beer, soda, bottled water, etc.

4 DAYS BEFORE
Start thawing the turkey in the refrigerator. Make sure to have a cutting board, carving knife, tongs and other utensils for carving. Make a list of other items you’d like to make, such as dressing or other side dishes. Make sure you have enough time to prepare all necessary dishes.

3 DAYS BEFORE
Order Hy-Vee prepared sides from meal kits. Make sure to have all necessary tools for a stress-free day. Make sure you have enough time to prepare all necessary dishes.

1 DAY BEFORE
Set table, bring in decorations. Clean microwave for heating dishes. Clear space in fridge, prep and refrigerate any side dishes.

4 HOURS BEFORE
Prepare table for serving. Chop and prep foods for assembler kits. Refrigerate whole pies, set up a trash bin outside the kitchen.

1 HOUR BEFORE
Let cooked turkey rest, then turn down the heat and garnish platters to hold sides and gravy dishes. Place pies & side dishes.

YOU DID IT!
Enjoy a night of wine with your fellow friendsgiving! Eating together is the best part of your successful gathering.

pro tip: HOT FOOD
Keep appetizers warm at a minimum of 140°F for a few hours. Use an insulated cooler for anything over an hour. Use an insulated cooler for drinks. Pre-heat the oven to 350°F.

“Just because you’re not having the traditional holiday meal doesn’t mean it can’t be special. Hy-Vee is here to help you make something special for your friendsgiving gathering.”

—Chef Randall
Real Chief
Hy-Vee, Wabasso, Iowa
HOSTING HELPLINE

set the table
- Slap food on a tray.
- Create a centerpiece with flowers, such as the mix of mums, eucalyptus folios and hypericum berries, above, from the Hy-Vee Floral Department. Add gunfire, miniature pumpkins and candles.
- Substitute beer napkins for paper.

a well-stocked bar
All available—cooking barware—at Hy-Vee.

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

BAR MUST-HAVES
Spiced vodka, rum, tequila, bourbons, gin, Kahula
Wine: Cabernet, Sauvignon, Chardonnay
Beer: Popular craft beers
Mixers: fruit juices, club soda, beets
Nonalcohol: fresh citrus juice, soda

PINE CONE CHEESE BALL
Beat 1 lb (4 1/2 cups, softened) Hy-Vee cream cheese and 1 (5-oz) 2-pk, any flavor Bourbon cheese spread with an electric mixer until light and fluffy. Stir in 3/4 cup shredded white Cheddar cheese and 1/2 cup crumbled crisp-cooked hyviance bacon. Shape mixture into two small mounds on a serving plate. Garnish cone designs, begin at the narrow end and place tolerate while almonds (1 1/4 cups) into cheese at slight angles. Garnish with fresh rosemary. Serve 30.

cranberry spritzers
1. COMBINE 48 oz cranberry-pomegranate juice, 8 oz white and 6 oz fresh orange juice in large pitcher. Add blood orange slices, stir to combine. Cover; chill fruit mixture and 1/2 (750-mL) bottle La Marca prosecco several hours or overnight.

2. SET UP the drink station just before guests arrive. Place the prosecco in ice bucket. Pour the pitcher of juice and have glasses and plenty of ice available.

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

pumpkin ice bucket
1. ELEVATE popcorn and scoop out seeds and fibers. Let dry.
2. PAINT the outside. Let dry. Write a fun or inspirational word or message with a marker pen.
3. LINE with a gritty bag, then tuck in ice on party day to chill a bottled beverage.
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, skin. Return sausage to skillet. Stir in 2 cups Harvey’s shredded Cheddar cheese. Add ¼ cup dry white wine and 1 12-oz. can diced green chilies. Simmer covered 5 minutes, stirring. Cut off sausage into 1-in. pieces. Serve on toasted baguette slices.

Shrimp starter
Throw 1 lb. raw shrimp in 2 cups Harvey’s shredded Cheddar cheese, 2 Tbsp. chopped fresh parsley, 2 Tbsp. grated Parmesan cheese, 1 Tbsp. fresh lemon juice in a bowl. Toss until well coated. Serve in a bowl with a side of salsa.

Mac ‘n’ cheese bombs
Combine 2 cups Harvey’s Mozzarella cheese, ¼ cup shredded Cheddar cheese, ¼ cup breadcrumbs, 2 Tbsp. grated Parmesan cheese, 1 12-oz. can diced green chilies, ½ cup chopped fresh parsley. Mix well. Form into balls. Place on a baking sheet. Bake at 425°F for 15 minutes.

Plum-apricot meatballs
Preheat oven to 350°F. Mix 1 lb. ground beef, 1 large onion, 1 tsp. black pepper, 1 tsp. salt, 2 Tbsp. chopped fresh parsley, 2 Tbsp. apricot preserves in a bowl. Form into 1-in. balls. Place on a baking sheet. Bake for 15 minutes. Serve on top of mashed potatoes.

Beet-orange endive
Stir-fry 1 lb. endive leaves in a large skillet with 2 Tbsp. olive oil. Add 1 Tbsp. grated fresh ginger, ¼ cup orange juice, 1 tsp. salt, ¼ tsp. pepper. Toss well. Serve on endive leaves.

Sprout kabobs
Preheat grill to medium-high. Thread equal parts of sprouts, peppers, and onions onto skewers. Grill for 5 minutes, turning occasionally.

Crab salad toast
Mix 1 lb. lump crabmeat with 2 Tbsp. mayonnaise, 1 tsp. Dijon mustard, 1 tsp. lemon juice, 1 Tbsp. chopped fresh parsley. Spread on toasted bread. Garnish with fresh dill.

Mango salsa cups
Spoon 2 Tbsp. mango salsa into small cups. Top with toasted coconut. Sprinkle with salt and pepper.

Cranberry cheese bites
Combine 1 can (16-oz.) Harvey’s whole berry cranberry sauce, 1 cup mayonnaise, 1 tsp. Dijon mustard, and 1 tsp. red wine vinegar. Serve on crackers.

Turkey charcuterie board
Set out a charcuterie board with your favorite meats and cheeses. Serve with crackers and fruit.
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

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

Turkey

- Family Feast Turkey Dinner
- Just one dish means there’s a lot to like
- Serves 12
- Butcher’s 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: $129.00
  (or $10.75 per person)

BEEF

- Oven-Roasted Prime Rib Dinner
- A flavorful tenderloin roast and side dishes
- Serves 12
- Homelite 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: $143.80
  (about $8.95 per person)

Ham

- Applewood Pit Ham Dinner
- Plenty of meat and savory sides for a big crowd
- Serves 12
- ConAgra Applewood smoke 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: $129.00
  (or $10.75 per person)

Traditional Boneless Ham Dinner
- (Select meat is as easy as slice and serve)
- Serves 8
- Butcher’s boneless ham (6-8 lb.)
- Two large sides of mashed potatoes
- Two large sides of your choice
- 32 oz. of turkey gravy
- 12 dinner rolls
- Price: $49.99
  (about $7.25 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—Butcher’s, Armour®, and Homelite®. Food is packed in cryovac-ready containers and boxed for transport.

3 step three heat and eat

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

Try These Sides:

- Mashed Potatoes
- Green Bean Casserole
- Sage Bread Dressing
- Sweet Potato Casserole
- White Cheddar Macaroni
- Au Gratin Potatoes
- Roasted Bagel Chips with Cheddar
- Cheesy Corn Bake
- Buttered Sweet Corn
- Honey-Chipotle Slaw
- Sweet Cranberry Relish
- Apple Crisp
- Banana Cream Pie
- French Silk Pie
- Pumpkin Pie

How To Order

- By phone
- Online at hy-vee.com
- In-store

Good To Know: Reheating Takes Just 1 Hour for Prime Rib Dinner, 2 Hours for Ham Dinner and 2½ Hours for Turkey Dinner.

Gourmet Sides:

- Cheesecake Factory® Bakery Cheesecake
**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).*

1. **Sushi trays**
   - Hy-Vee sushi bars carry vibrant, beautifully arranged sushi trays. they’re sure to delight surf-and-turf dining guests.

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 refreshing during parties, and an extra bag of fresh greens and other veggies makes nothing last too long.

4. **Charcuterie boards**
   - Find a variety of dried fruit, Italian meats and cheeses selected by specialists at your Hy-Vee Deli.

5. **Games**
   - Guests enjoy the fun for hours with console games and other entertainment. Simple games allow people to duck in and out easily.

6. **Fruit & veg trays**
   - Fresh fruits and veggies inspired by the tastes and colors as a tasty counterpoint to creamy casseroles. Guests whose diets require lots of fresh produce will appreciate these offerings.

7. **Flowers**
   - Vase colorful arrangements on an entry table and draw歆s and other. Afterwards, set them on a coffee table or nightstand as a reminder of happy gatherings.

8. **Candy**
   - Chocolate always hits the spot! Bagged Ferrero Rocher candy is rich and creamy. 2021 bars feature Almond chocolate plus a variety of integrating flavors.

9. **Cheesecake**
   - Creamy cheesecakes is a holiday staple. Hy-Vee has a wide range, and they serve their offerings on fresh fruits, some combined in a variety pack.

10. **Wine + Spirits**
    - Cheers up the bar with an extra bottle of 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.
Mixed Mushroom-Leek Skillet Stuffing

HANDS-ON: 35 minutes
TOTAL TIME: 1 hour 15 minutes
SERVES: 8 (1 cup each)

1 1/2 cups Hearty Bakery sliced dressing-style sourdough bread, cut into 1/2-in. cubes
1/4 cup Hy-Vee salted butter, diced
1 1/2 tbsp. Hy-Vee grated Parmesan cheese
2 1/2 cups sliced fresh mushrooms, such as baby bella, shiitake, and/or oyster, trimmed and sliced 1/4 in. thick
2 1/2 tsp. minced fresh thyme
2 1/2 tsp. minced fresh parsley
1/2 tsp. black pepper
2 1/2 cups cubed cooked chicken
1 1/4 cups Hy-Vee long-grain rice
2 1/2 cups Hy-Vee vegetable broth, divided

PREHEAT oven to 350°F. Spread bread cubes in large rimmed baking pan. Bake 15 minutes until dry, stirring occasionally. Remove from oven and cool.

INCREASE oven temperature to 375°F. Heat 1/4 cup butter and 1 1/2 tbsp. mushrooms over medium heat until butter is melted. Add mushrooms, cook 10 to 12 minutes or until brown. Transfer mushrooms, butter and pepper, Transfer to a large bowl; set aside.

3. MELT remaining 1 1/4 cups butter in same skillet. Add rice. Cook over medium heat fond 6 minutes or until softened, stirring occasionally. Add leeks, bread cubes and cubed cooked chicken, stirring to combine. While sausage cooks, add 1 cup milk and 1 cup chicken broth to a medium saucepan over medium heat and bring to a boil. Stirring occasionally, bring to a boil. Remove from heat. Add 1 cup sour cream and 1/2 cup sour milk; cover and let stand 20 minutes. Remove cover, and place cooked stuffing mixture in a bowl. Add stuffing mixture, black pepper, and 3/4 cup of the remaining broth. Blend well to combine. Reserve 1/2 cup broth for later use.

4. ADD remaining 1/8 cup butter in same skillet. Add leeks, bread cubes and cubed cooked chicken, stirring to combine. Dice with enough of the remaining 1/8 cup broth to a medium bowl and add to rice mixture. Stir to combine. Add remaining broth, and season to taste. Stir to combine, and add final cup of broth, reserving any remaining broth for later use.

5. TRANSFER stuffing to prepared baking pan. Cover and bake 1 hour and 10 minutes or until heated through (190°F).

2 1/2 cups cubed cooked chicken
2 1/2 cups Hy-Vee long-grain rice
2 1/2 cups Hy-Vee vegetable broth, divided
1/4 cup Hy-Vee whole milk
1/2 cup Hy-Vee sour cream
1 1/2 cups Hy-Vee sour milk
1/4 cup Hy-Vee black pepper
2 1/2 cups Hy-Vee vegetable broth, divided

WHAT TO DO WHEN YOUR STUFFING IS...

TOO MOIST

When the stuffing is too moist, spread stuffing on a lightly greased sheet pan and bake at 375°F for 20 minutes to help it dry.

TOO DRY

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

FALLING APART

Check proportions of bread to add-ins. For best results, use about two times as much bread as add-ins to make the binder that holds the stuffing together.

BREAD

Sauté finely chopped fresh herbs on top to bring out the flavor. Or sprinkle with toasted chopped nuts or dried fruit. When preparing, cook onions or shallots, such as mushrooms and garlic, in butter before adding 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.
Bring a Dish
You’ll Be Proud to Pass

1 box 3 ways

BOXES STUFFING MIXES HAVE BREAD CRUMBS PLUS HERBS AND SPICES, FRESH ADDITIONS, LIKE FRUIT JUICES AND HY-VEE SHORT CUTS GRAINS, ORANGES, APPLES AND BRUSSELS SPROUTS, AND 1 FLAVOR.

Orange-Pomegranate Stuffing Prepare 1 (8 oz.) pkg. Hy-Vee Turkey Stuffing Mix according to package directions, except add 1/4 cup pomegranate seeds and 1 tsp. orange zest to mixture. Cover; let stand 5 minutes, fluff with fork. Add 2 orange segments, peeled, sectioned and sliced, garnish with chopped pistachios. Serves 8.

Apple-Brussels Sprouts Stuffing Prepare 1 (8 oz.) pkg. Hy-Vee Turkey Stuffing Mix according to package directions, using 1/2 cup water and 1/4 cup apple juice for Roast. Stir in 1 cup chopped Gala apple and 1/2 cup shredded Hy-Vee Short Cuts Brussels sprouts. Cover; let stand 5 minutes, fluff with fork. Serves 8.

Grape ’n’ Walnut Stuffing Mix 1 1/2 tbsp. Hy-Vee salted butter in saucepan. Add 1/4 cup sliced celery, 1/4 cup chopped onion and 1/2 cup crushed celery. Cook 7 minutes or until crisp-tender. Add 1/2 cups Hy-Vee 33% less sodium chicken broth and 3/4 cup water; bring to boil. Stir in 1 (8 oz.) package Hy-Vee Turkey Stuffing Mix. Cover; let stand 5 minutes, stir in 1/2 cup torn pecan halves and 1/2 cup coarsely chopped, toasted fried walnuts. Cover; let stand 5 minutes, fluff with fork. Serves 8.

Stuffin’ Comparse Check out the hints for these quick & easy stuffing recipes.

Watch and learn at MYFROZ.com today!

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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

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.

Sparking Cranberry-Pomegranate Juice
Combines 4 cups chilled cranberry-pomegranate juice and 2 cups chilled Red Hye-Vee偏向红葡萄果汁和红葡萄汁。Easy to make, 4 cups chilled Cranberry-Orange Juice. Add 2 cups chilled sparkling red grape juice and red grapefruit juice. Serve in ice-filled glasses. Garnish with fresh mint and grapefruit wedges, if desired.

Biscuits & Sausage Gravy Casserole
Hands On: 10 minutes
Total Time: 60 minutes
Serves: 8

3/4 cup Hye-Vee all-purpose flour
1 tsp. cumin seeds
1 tsp. ground cumin
1 tsp. garlic powder
1/2 tsp. ground cumin
1/4 tsp. salt
1/4 tsp. black pepper

2 cups thawed frozen hash brown potatoes
2 cups grated cheddar cheese
1 cup sour cream
1/2 cup milk
1/4 cup chopped fresh chives

PREHEAT oven to 350°F. Toss potatoes, cheese, cumin seeds, cumin, pepper, and salt in large bowl.

COOK potatoes in a 3-quart Dutch oven over medium heat for 10 minutes or until potatoes are tender. Add 1/2 cup water and cook over medium heat until water evaporates. Stir in sour cream and chives.

STIR in Hye-Vee Country Ham Gravy. Add cheese and stir until cheese melts.

Pour into a 9x13-inch baking dish. Bake at 350°F for 25 to 30 minutes or until golden brown.

Time-saving tip: Use store-bought Country Ham Gravy to save time.
**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.

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### TRY THESE COMBOS

**Orange & Granola**
- Hy-Vee Greek vanilla yogurt
- Crunchy Spiced Granola
- Orange zest

**Berries & Coconut**
- Hy-Vee strawberry Greek yogurt
- Fresh blueberries
- Fresh strawberries
- Toasted almonds
- Toasted coconut chips

**Apple & Walnut**
- Hy-Vee Greek vanilla yoghurt
- Granny Smith apple slices
- Honey walnut halves
- Cinnamon nuts
- Nuts & seeds, chopped, cinnamon
- Honey -Select 100% pure maple syrup

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### Crunchy Spiced Granola

**Total Time: 40 minutes**

**Serves: 8 (1 cup each)**

- 1/2 cup Hy-Vee Select 100% pure maple syrup
- 1/2 cup Hy-Vee whole grain rolled oats
- 1 tsp. Hy-Vee ground cinnamon
- 1 tsp. Hy-Vee ground ginger
- 1 tsp. Hy-Vee ground cloves
- 1 cup Hy-Vee old-fashioned rolled oats
- 1 cup Hy-Vee vanilla yogurt
- 1 cup Hy-Vee Select 100% pure maple syrup
- 1/2 cup Hy-Vee Select 100% pure maple syrup
- 1/2 cup Hy-Vee Select 100% pure maple syrup
- 1/2 cup Hy-Vee Select 100% pure maple syrup

**Ingredients**

- 1/2 cup Hy-Vee Select 100% pure maple syrup
- 1/2 cup Hy-Vee Select 100% pure maple syrup
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- 1/2 cup Hy-Vee Select 100% pure maple syrup

**Instructions**

1. **PREHEAT** oven to 350°F, line a large rimmed baking sheet with parchment paper, set aside.

2. **WHISK TOGETHER** in a large bowl:
   - 1 1/4 cups brown sugar
   - 1 1/2 cups all-purpose flour
   - 1 tsp. cinnamon
   - 1 tsp. ginger
   - 1/2 tsp. cloves
   - 1/4 tsp. salt
   - 1/2 tsp. baking powder

3. **ADD** in:
   - 1/2 cup old-fashioned rolled oats
   - 1/4 cup Hy-Vee Select 100% pure maple syrup
   - 1/4 cup Hy-Vee Select 100% pure maple syrup
   - 1/4 cup Hy-Vee Select 100% pure maple syrup

4. **SQUEEZED** fresh orange juice

5. **SPREAD** mixture on baking sheet, press into an even layer.

6. **Bake** for 30 minutes or until golden, stirring occasionally. Cool on a wire rack, crumble into granola. Store in an airtight container up to 1 week.

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### Time-Save Tip

Cut the Hy-Vee Sheet Cuts pressurized and packed to a 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 30 minutes

Serves 6

Hy-Vee nonfat cream cheese  
3 Tbsp. creamy honey mustard  
1 tsp. Hy-Vee Dijon mustard  
3/4 cup Hy-Vee large croissants, split and  
1/2 cup Hy-Vee large croissants, halved and  
1/2 cup Hy-Vee large croissants, halved and  
chopped Italian parsley, for garnish

1. SPRAY a large, rectangular baking dish with nonstick spray; set aside.

2. COMBINE cream cheese and mustard. Spread mixture on one side 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, letting the egg mixture seep into the croissants. Cover and refrigerate for 2 hours or overnight.

4. PREHEAT oven to 350°F; Bake, uncovered, for 25 minutes more or until mixture is set (90°F). If using leftover turkey or ham, add 1/2 cup of your choice to the top of the dish.

2. Bacon & Egg Breakfast Croissant

Preheat oven to 350°F. Take 1 side of 2 Hy-Vee Bakery mini croissants. Combine 1/2 cup Hy-Vee large eggs and 2 Tbsp. water; heat in a saucepan over medium heat. Add 1 Tbsp. grated Parmesan cheese and 3 Tbsp. water; add 1/2 tsp. sugar; cook until thickened, stirring constantly. Pour into croissants; top with more grated Parmesan cheese. Bake until golden brown, 20 minutes. Sprinkle with shredded Hy-Vee white cheese, 1/4 cup chopped ham, and 1 Tbsp. chopped parsley; bake until golden brown, 5 minutes. Drizzle with hot honey. Quick Breakfast Casserole

3. Chocolate-Stuffed Croissants

Preheat oven to 350°F. Cut 1/4 of each end of 8 Hy-Vee Bakery mini croissants. Crumble ends and spread on a baking sheet. Bake for 4 minutes or until toasted. Hold out 1/4 cup Hy-Vee white chocolate chips. Melt chips in the microwave. Cut each croissant open, spread Hy-Vee white chocolate chips inside, and close. Bake for 20 minutes or until golden brown. Sprinkle with chopped pecans.

4. Easy Croissant Danish Rolls

Cut an "X" in the top center 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 shallow hole. Brush together 1 Tbsp. milk, 1 Tbsp. melted butter; spread evenly over hole. Place 1 Tbsp. Hy-Vee cream cheese, 1 Tbsp. Hy-Vee sugar, and 1/2 tsp. cinnamon on top of each hole. Roll up each croissant; place in 8x8 baking pan. Cover with plastic wrap; refrigerate for 1 hour. Add 1/2 cup Hy-Vee white chocolate chips and 1/2 cup Hy-Vee sugar to mixture. Bake until golden brown, 20 minutes. Sprinkle with powdered sugar; serve warm.

5. Fruit and Yogurt Croissant Cones

Preheat oven to 350°F. Cut 1/4 of each end of 8 Hy-Vee Bakery mini croissants. Crumble ends and spread on a baking sheet. Bake for 4 minutes or until toasted. Hold out 1/4 cup Hy-Vee white chocolate chips. Melt chips in the microwave. Cut each croissant open, spread Hy-Vee white chocolate chips inside, and close. Bake for 20 minutes or until golden brown. Sprinkle with chopped pecans.

Quick Croissants

Hands On: 15 minutes  
Total Time: 1 hour plus 30 minutes

Serves 6

Hy-Vee nonfat cream cheese  
3 Tbsp. creamy honey mustard  
1 tsp. Hy-Vee Dijon mustard  
3/4 cup Hy-Vee large croissants, split and  
1/2 cup Hy-Vee large croissants, halved and  
1/2 cup Hy-Vee large croissants, halved and  
chopped Italian parsley, for garnish

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

Go Breadless with Egg’wich

Jimmy Dean Delights® Egg’wich or Frillatas®—32 oz. 5.99

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 be cooked in many ways. Choose it raw, in a stir-fry, or roasted, and you can’t go wrong.

HOW TO COOK
oven-roast

Cauliflower’s flavor is best when it’s mild. After roasting, the florets will have a subtle sweetness.

1. Preheat the oven to 400°F. Place a baking sheet on the middle rack.
2. Break the cauliflower into 1-inch pieces. Spread the florets on the baking sheet. Spray the cauliflower with olive oil and sprinkle with salt.
3. Roast the cauliflower for 20 to 25 minutes, or until the edges are lightly browned.

steam

Steam cooks cauliflower quickly and gently, preserving its nutrients.

1. Bring a large pot of water to a boil. Add the cauliflower to the pot and cook for 5 minutes, or until tender.
2. Drain the cauliflower and place it on a plate.

saute

This simple method caramelizes the cauliflower and brings out its natural flavor.

1. Heat a large skillet over medium-high heat. Add the cauliflower and saute for 5 minutes, or until tender.

PULSE FLORETS IN A FOOD PROCESSOR FOR A LOW-CARB ALTERNATIVE TO RICE OR MASH

Sources: https://www.eatingwell.com/article/2385984/low-carb-bowl-recipes/
https://www.eatingwell.com/article/2385984/low-carb-bowl-recipes/

Cauliflower Pizza Sticks

Total time: 15 minutes

Ingredients:
- 1 head cauliflower, cut into pizza crust
- 1/2 cup mozzarella cheese, shredded
- 1/4 cup Parmesan cheese
- 1/4 cup chopped tomato
- 1/4 cup chopped basil
- 1/4 cup chopped parsley
- 1/4 cup chopped garlic

Instructions:
1. Preheat the oven to 425°F. Line a baking sheet with parchment paper.
2. Slice the cauliflower into pizza crusts.
3. Bake for 15 minutes, or until the edges are crisp.

Enjoy your delicious and healthy Cauliflower Pizza Sticks!
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 YS Pecan Crumb Biscuit cherry ice cream and chocolate bark. To make the bark, line a baking sheet with parchment paper. Chop 2 (15-oz) bars DOL dark chocolate with cherries, melt in the microwave on MEDIUM, stirring in 30-second increments, until smooth. Evenly spread chocolate mixture on parchment. Top with 1 cup coarsely chopped walnuts and 1/2 cup chopped crystallized ginger. Refrigerate 30 minutes. Dollop with 2 oz. melted 70% white chocolate. Refrigerate 10 minutes more. Break into pieces. Makes 16 pieces.

THE SWEET AND TART FLAVOR OF A HY-VEE CHERRY PIE COMES FROM TART RED CHERRIES, HANDPICKED IN EARLY SUMMER.
**Peach Piasken**

Take peach pie to a new level—look it in the face and say no to boring old peach pie. Here's how to make a delicious, extra-moist peach pie: take 2 cups of fresh or frozen peaches, drain them, and put them in a bowl. Mix in 1/2 cup of brown sugar and 1/4 cup of butter, until the peaches are coated. Line a 9-inch pie plate with pie crust, add the peach mixture, and bake at 400°F for 15 minutes. Reduce the heat to 350°F and bake for another 30 minutes, or until the pie is golden brown and the filling is bubbly. Serve warm or at room temperature.

**Chocolate Hazelnut Pumpkin Pie**

This pie is the ultimate fall dessert. Preheat your oven to 350°F. In a medium bowl, mix together 1 cup of pumpkin puree, 1/2 cup of brown sugar, 1/4 cup of unsalted butter, 2 eggs, and 1 teaspoon of vanilla extract. In a separate bowl, mix 1 cup of all-purpose flour, 1/2 teaspoon of salt, and 1/2 cup of light brown sugar. Stir in 1/2 cup of hazelnuts. Pour the pumpkin mixture into the pie shell, and top with the crumb topping. Bake for 50-55 minutes, or until the filling is set and the top is golden brown. Let cool before slicing and serving.
Caramelicious Pecan Pie

Preheat oven to 375°F. Cut crust shaped out of Hy-Vee ready-made pie dough, set in a 9-inch pie plate. Place 1 cup pecan halves on the bottom of the crust. In a large bowl, mix together 1 cup packed brown sugar, 1 cup chopped pecans, 1/2 cup Hy-Vee sugar, 1/2 cup Hy-Vee heavy cream, 1/2 cup Hy-Vee light corn syrup, 1/2 cup Hy-Vee whole milk, 1 teaspoon vanilla extract, 1/4 teaspoon salt, and 1 1/2 teaspoons ground cinnamon. Pour mixture over the pecans. Bake at 375°F for 50 to 55 minutes or until crust is golden brown. Cool for 10 minutes before serving.
**Red Hot Cinnamon Apple Pie**

Slice of the Hy-Vee Bakery Latticize apple pie with its Cinnamon Vanilla Ice Cream. South Dakota apples and red hot cinnamon candy juice add extra spice and sprinkles with crumbled Hy-Vee Bakery cinnamon-sugar cookies.

**Red Hot Cinnamon Candy Sauce:** Whisk together 2 Tbsp Hy-Vee granulated sugar and 1 Tbsp Hy-Vee cinnamon in a small heavy saucepan. Whisk in 1 cup water and 1 tsp Hy-Vee cinnamon impregnated candy. Cook over medium heat and stir until thickened and smooth. Cool and stir in 1/2 cup crushed cinnamon candy coating. Serve hot or cool. Cinnamon-sugar cookies add extra cinnamon:

**HY-VEE'S APPLE PIE IS MADE WITH NORTH DAKOTA APPLES FROM MICHIGAN AND A SPECIAL BLEND OF CINNAMON AND CANDY.**

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**Banana Cream Pie Trifles**

Cut each of 2 (6-oz.) Hy-Vee Bakery banana cream pie into 6 slices. Arrange 6 slices for another use. Arrange 2 more layers of 6 pie slices in the bottom of a 9-inch trifle bowl. Top with banana slices and fresh raspberries. Add another layer of 2 more pie slices. Place a generous mound of Hy-Vee whipped topping on top. Sprinkle with fresh raspberries, garnish with white chocolate curls. Chill 2 hours, refrigerated for up to 4 hours. Serve 12.

**THE RICHNESS OF THIS PIE COMES FROM A BRAZILIAN BANANA PUREE — CUSTARD, TOPPED WITH WHIPPED TOPPING.**
BAKE UP HOLIDAY TRADITIONS

Pillsbury™ Refrigerated Baked Goods

Made at home:

Find Recipes at Pillsbury.com  © General Mills

it’s Sweet to Share

with Marie Callender’s & Reddi-Wip

EASY TO MAKE. EASIER TO ENJOY.

SERVE UP THE Sweetness THIS THANKSGIVING, PICK UP THESE ITEMS TODAY!

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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.

Scallop Linguine

Total Time 27 minutes
Serves 4

1½ (8- to 9-oz.) pkg. dry Hy-Vee Linguine
2 Tbsp. Hy-Vee unsalted butter
1 Tbsp. Gourmet Villa喜悦 oil
12 Hy-Vee fresh sea scallops, minced (about 1 lb.)
1 tsp. lemon zest
1 tsp. Hy-Vee lemon-pepper seasoning
1 cup finely chopped Hy-Vee Shallots
1 cup chopped red onions
1 cup dry white wines, such as Pinot Grigio
2 cups lightly packed fresh spinach, torn
1 cup marinated red peppers, drained and chopped
3 cups small fresh basil leaves
1 cup fresh Italian parsley, chopped, plus additional for garnish
1 tsp. lemon zest
3 Tbsp. fresh lemon juice
1 tsp. Hy-Vee selects 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. Add scallops, onion, parsley with salt and pepper seasoning. Carefully add 1 cup of dry white wine; let simmer 5 minutes or until golden brown and opaque (145°F). Remove from heat; keep warm.

3. ADD remaining wine to skillet to deglaze for 1 minute. Remove all 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, marinated red peppers, basil, 1 cup parmesan and lemon juice. Cook 1 minute.

4. ADD linguine and Parmesan cheese; heat through. Transfer to a serving bowl topped with scallops. Garnish with additional parsley. Serve with lemon wedges.

Nutritional Info: 
Per serving: 344 calories, 7 g protein, 5 g carbohydrates, 24 g total fat, 56 mg cholesterol, 80 mg sodium, 5 g dietary fiber, 5 g sugars, 15 g added sugars. Exchanges: 1 Starch, 2 Lean Meat, 2 Vegetable, 2 Fat. Calories from fat 24%, Calories from protein 15%, Calories from carbohydrate 60%.
Cherry-Adobo Shrimp and Salmon With Roasted Asparagus and Shredded Cabbage
**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)

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**Yogurt Dill Dip in New York Salt Rye Bread Bowl**

*Total Time: 15 minutes*

*Yield: 12 (2 Tbsp. each)*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hy-Vee plain Greek yogurt</td>
<td>1 cup</td>
</tr>
<tr>
<td>Dill</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>Hy-Vee dried dill weed</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td>Hy-Vee dried tarragon</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td>Fresh lemon juice</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 tsp.</td>
</tr>
<tr>
<td>Black pepper</td>
<td>1/4 tsp.</td>
</tr>
</tbody>
</table>

**Instructions**

1. Stir together Greek yogurt, dill, tarragon, lemon juice, salt and pepper in a medium bowl. Cover and refrigerate until serving.
2. Cut a hole, off top of baked boule. Hollow out the bread, leaving a thin wall. Reserve bread pieces. Stuff before serving. Spoon dip into bread bowl. Serve with desired vegetables or bread cubes. Garnish with fresh dill, if desired.

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*Party smart! If you’re pinching for time, fill bread bowl with a homemade Hy-Vee dip or flavored hummus.*

---

FIND A VARIETY OF ROUND LOAVES IN THE HY-VEE BAKERY: RYE, PUMPERNICKEL, MARBLE RYE, NEW YORK SALT RYE, SOURDOUGH, FRENCH, ITALIAN AND JALAPENO CHEDDAR. FOR INDIVIDUAL RYE BOWL, ORDER AHEAD.
3 QUICK Hy-Vee soup and bread pairings

**French Onion Soup in Boule Bowls**

- **Total Time:** 1 hour 25 minutes
- **Serves:** 12 (1 cup + 1 boule) each

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

2. Add dry and apple cider vinegar to stockpot. Cook and stir over high heat until oil is incorporated. Stir in beef stock, bay leaves, and thyme. Bring to boiling; reduce heat. Simmer covered, for 20 minutes. Remove from heat; discard bay leaves and thyme.

3. Set an oven rack 6 inches from broiler; preheat broiler on HIGH. Cut 3/4 cup, or 2 tablespoons, of each bread half in half. Hollow out but leave 1/4-inch wall. Reserve bread pieces.

4. Spoon ham and cheese mixture into bread bowl. Sprinkle remaining 1/4 cup cheese on top. Place breaded on rimmed baking sheet. Bake 15 to 20 minutes or until cheese is melted. Cut reserved bread into cakes. Serve warm with bread cubes.

**NOTES:**
- Diced peppers contain a substance that can burn skin and eyes. When working with peppers, wear protective gloves.
- Per serving: 123 calories, 17 g fat, 15 g saturated fat, 134 mg sodium, 16 g carbohydrates, 5 g fiber, 10 g protein. 12 % Daily Value. Carbohydrate 6%, Fiber 0%, Protein 1%

**Hot Ham & Swiss Dip in Asiago Cheese Bread Bowl**

- **Prep Time:** 10 minutes
- **Total Time:** 30 minutes
- **Serves:** 16 (1 tbsp, each)

1. In a large skillet, cook ham and cheese mixture over medium heat for 5 minutes. Stir in remaining 1/4 cup cheese on top. Place breaded on rimmed baking sheet. Bake 15 to 20 minutes or until cheese is melted. Cut reserved bread into cakes. Serve warm with bread cubes.

**NOTES:** Diced peppers contain a substance that can burn skin and eyes. When working with peppers, wear protective gloves.

- Per serving: 123 calories, 17 g fat, 15 g saturated fat, 134 mg sodium, 16 g carbohydrates, 5 g fiber, 10 g protein. 12 % Daily Value. Carbohydrate 6%, Fiber 0%, Protein 1%

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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!

Types of Cheese

- **Fresh**
  - Young cheeses—white, soft and semisoft—have not been ripened or matured.
  - Examples: Fresh Mozzarella, chèvre (goat cheese), Brie.

- **Soft-Ripened**
  - Cheeses that ripen from the outside in, characterized by creamy rind and very soft interior.
  - Examples: Brie, Camembert.

- **Semi-Soft**
  - Cheeses with smooth, creamy interior and thick or no rind, typically ripened in milk or cream.
  - Examples: Havarti, Mâche Cheddar, Montgomery Jack, Point Reyes Tomales.

- **Hard**
  - Complex, firm cheeses, pressed into molds and aged for long periods; varies in texture and distinctive flavors.
  - Examples: Asiago, Roquefort, aged Cheddar.

- **Alpine**
  - Made from milk of animals that have grazed in high mountain pastures, sometimes for years; salty flavor and dry, crumbly texture.
  - Examples: Swiss, Emmenthaler, Gruyère, Jarlsberg.

- **Blue**
  - Camphorated cheeses with natural or added mold that grows within and produces rich blue veins—taste ranges from mild to strong.
  - Examples: Gorgonzola, Roquefort.

- **Dutch**
  - Named after the town in the Netherlands where the cheese is originally made, has characteristics such as pungent aroma. Good as a crumbled topping at any age.
  - Examples: Gouda, Edam.
HOW TO PLAY THE pairing game

Complement and contrast. Match weight, light foods. Light wine, rich food? Full-bodied wines. Fatty food? Crisp, tart wine. Don’t overwhelm. 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, Clairette, crisp and refreshing Champagne pair well with classic bar food like onion rings. Whether you’re pairing or simply enjoying 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 trying a different type of wine. Keep trying other wines in the same category until you find one you like.

—Jill Zachelski
Wine & Spirits Manager
Hy-Vee, Des Moines, Iowa

WINE & FOOD PAIRINGS

Sparkling
Wines: Champagne, Prosecco
Chill to 30 to 40 minutes
Serve with:
- Fresh, crisp salads
- Poached fish and shellfish

Dry White
Wines: Pinot Gris, Sauvignon Blanc
Chill to 30 to 40 minutes
Serve with:
- Salads, steamed/diced vegetables
- Fish and chicken

Sweet White
Wines: Moscato, Chenin Blanc, Riesling
Chill to 30 to 40 minutes
Serve with:
- Indian, Thai and Chinese cuisine
- Ol’ fish and chicken

Rich White
Wines: Chardonnay
Chill to 30 minutes
Serve with:
- Cream-based soups and pasta dishes
- Game, pasta, seafood and chicken

Rosé
Wines: Rosé
Chill to 30 minutes
Serve with:
- Mediterranean dishes, risotto dishes
- Pork loin, chicken, turkey, shellfish

Light Red
Wines: Pinot Noir
Chill to 15 to 20 minutes
Serve with:
- Cream soups & pasta, bread & cheese
- Pork loin, chicken, turkey, duck

Medium Red
Wines: Merlot, Zinfandel
Chill to 15 minutes
Serve with:
- Pizza, Italian and Spanish dishes
- Pork loin, sausage, roasted veggies

Bold Red
Wines: Cabernet Sauvignon, Malbec
Chill to 15 to 20 minutes
Serve with:
- Roasted, smoked and barbecued meat
- Beef, lamb, pork, sausages, game meats

Dessert
Wines: Sherries, Port, Madeiras
Chill about 30 minutes
Serve with:
- Soft cheese, fruit, walnuts, chocolate
- Ice cream, coffee desserts

WINE COLOR WHEEL

Use this as a guide to become familiar with the color and intensity of different types of wines.

Temp Tip
Serve white wines chilled (minimally over 45°F) and red wines at room temperature (between 65°F and 70°F).

WINE RATINGS AT HY-VEE

Hy-Vee wine experts taste rules of wines some brands in tasting rooms such as online juice contest and wine specialty listening groups, exceptional collections, ask for special assignments and wines over 90 and above—considered excellent or outstanding—drinking with special tasting notes that describe aroma, taste, mouthfeel and finish.

Top Wine Picks
Look for “Top Pick” signs that point to preferred wines selections by the experts at your Hy-Vee Wine & Spirits Department, plus, with them about taste preferences, food pairings or party appeals. Follow these simple steps to ensure your selection needs are appreciated for any occasion.
POURS WE ADORE + A BITE

Cheng, Pinot Noir, Brie Bites
Top 12 cheeses with small wedges of slices Cheng wine cheese. Top souvagey spreads and condiments with toasted and crumbled dressed Hy-Vee pecans.

Beaujolais
Lush, subtle. Reimbales with notes of cherry complement legumes creaminess by adding brie cheese.

Sharp Cheddar and Pecor Wedges
Cure an Anjou pear and cut into wedges. Top each wedge with a slice of aged Cheddar cheese. Garnish from Brie crusts.

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

Goat Cheese Bites
Preheat oven to 350°F. Combine puree and pears, cheese and chopped green onions, red pepper, and pepper. Pour mixture into shallow, flower-shaped shells. Bake for 10 minutes. Remove, then add Rosemary and Rosé.

Rosé
Capture the essence of tangy goat cheese with crisp, dry rose. Which is light and pairs fresh acidity to the palate.

Gorgonzola, Nut, Fruit, and Honey Drizzle
Preheat oven to 350°F. Place small slices of Gorgonzola on a sheet pan and brush with a mixture of honey, rosemary, and pears. Bake for 10 minutes.

Sweet Riesling
The perfect partner to a Riesling and Gorgonzola is feuerball vino and a dessert course.

CHOOSE CLEAR GLASSES

Sparkling
Wine
Pours beautifully, facilitates the flow, and minimizes the risk of oxidation.

White
Small glass holds wine to stay chilled.

Full-Bodied
Reds
Cabernet, Merlot, Big bottle for dinner. Rich with spicy notes.

Delicate Reds
Pinot Noir, with medium body and gentle tannins to concentrate and make wine.

WINE DECANTER
Glassware enhances wine to extract the right amount of air, revealing its best flavors.

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 has cut, spreads, breaks, and cuts a variety of cheeses.

Chrome blades
Beautifully designed cutlery to present delicious appetizers.

CHOICE TIPS

WINE TIPS

CHOICE TIPS

CHEESE TIPS

SAY CHEESE!

SAY CHEESE!

SAY CHEESE!
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.

Sparkling Caramel Apple Punch

Total Time: 10 minutes plus chilling time
Serves: 15 (1 oz. each)

- 4 cups Hy-Vee apple cider
- ½ cup Hy-Vee orange juice
- 2 cups Crown Royal® salted caramel whiskey
- 1 tablespoon 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 water

1. Combine apple cider, orange juice, whiskey, thyme, cinnamon sticks, and 4 sprigs thyme in a large pitcher. Cover and chill for 4 hours or overnight, just before serving, and serve in the pitcher. Garnish each drink with additional apple cider, cinnamon stick, and thyme, if desired.

CROWN ROYAL SALTED CARAMEL WHISKY
Blends of Canadian whiskies infused with salted caramel flavor, 80 proof. Available.

BALLEYS PUMPKIN SPICE COCKTAILS

Drizzle 2 oz. Balleys pumpkin spice liqueur over ice. Stir with Hy-Vee original whipped cream and orange peels. Top with cinnamon-garlic sauce and cinnamon, if desired.
**Pomegranate-Pear Sangrias**

**Total Time: 15 minutes**

**Serves: 10 (6 oz. each)**

- 1½ cups pomegranate juice
- 1½ cups pear nectar
- 1½ cups white wine
- 1 1/2 cups Chardonnay
- 1 cup pear nectar
- 1 cup pear juice
- 1 cup pear juice

**Pro Tip:** To make in advance, chill the sangria. The flavors intensify overnight. Store in an airtight container for up to 2 days.

**Whisky Margaritas**

**Total Time: 10 minutes**

**Serves: 10 (6 oz. each)**

- 1½ cups lime juice
- 1 cup orange juice
- 1 cup tequila
- 1 cup triple sec
- 1 cup sugar
- 1 lemon, sliced
- 1 lime, sliced
- 1 orange, sliced

**Pro Tip:** Use fresh lime and orange juice for a tangy, citrusy flavor. Tequila is a must for a authentic margarita experience.

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**TRY THESE GARNISH IDEAS**

- **Grapefruit slice + salted rim + basil**
  - Drink: Paloma, Negroni or Greyhound
- **Pear slices + sage**
  - Drink: Noel rotund, pear or blueberry smash
- **Apple slices + cinnamon-sugar rim + cinnamon stick**
  - Drink: Hot buttered rim, hot foody, 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

Now at Hy-Vee: Sharp shave supplies to help you enjoy the shaving experience, from start to finish.

HARRY’S

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

72 35 FALL FAMILY ACTIVITIES
80 HOLIDAY TRAVEL
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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 often, 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 pie crust. 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.

7. BAKE COOKIES
   The aroma creates a happy cozy atmosphere throughout the house. Look for yummy cookie recipes on NY-VEE.COM.
GO ON A NATURE HUNT
Examine acorns, pine cones, fall leaves and flower seed heads to appreciate the cycles of nature.

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 KID-PROFIT GRATITUDE CHALLENGE
Go to byweekoflifefit.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 “0” 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.

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.

16 MAKE COCOA OR CIDER
Over warm, lingering days, each family member describes a favorite holiday tradition or memory.
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
BOS 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, VISIBEL 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.

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.
HOLIDAY TRAVEL

Road trips are part of the holiday for many of us—more than 43 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 battery’s health for select auto products to start your trip right.

- Allights 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 (kit stored 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 eyes 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 HealthMarkets is stocked with nutritious and delicious options to keep you fueled until you reach your destination.

POST

CAR WASH Wash before driving through snow-covered roads and on chemically treated roadways. The exterior of vehicles can damage 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.

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

Source: American Automobile Association

8 WAYS TO CONQUER A ROAD TRIP WITHOUT TECHNOLOGY

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

2. SPY Keep your eyes out for interesting items in the car or while out doors.

3. STATE TRIVIA Learn about new areas. Ask lots of questions beforehand and see who can tally the most correct answers.

4. SIGHTSEE Visit 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 You can be real or make something up.

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
- Cheez Mix
- Goldfish
- Hy-Vee Fruity Go applesauce
- Hy-Vee Short Cuts apple slices
- Hy-Vee Short Cuts carrots
- Hy-Vee WAB Cherry coolers
- Nutella & Go w/ brownies
- PE Portable Protein Pack
- Pretzel sticks
- Popcorn
- Trail mix
- Space outfit
- Tide to Go Pen
- Tippy Toe wipes
- Vasectomy
- Wet Ones hand wipes

3 KEEP THEM CLEAN
These products tackle almost any mess thrown at (or on) you.
- Diapers
- Hairbrush
- Hair clips
- Purell sanitizer
- Kleenex tissues
- Simple Dine trash bags

Fuel Saver Info
Save money at the pump during your road trip by signing up for the Hy-Vee Fuel Saver + Perks program. 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-veepерks.com or by downloading the Hy-Vee app;
- Start mailing the next time you shop by purchasing eligible products and scanning your card at checkout;
- Use the hy-veepérs app to check your fuel discounts;
- Redeem savings at any of the 1,500 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!
EVERY HERO NEEDS A SIDEKICK

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Satisfaction Guaranteed or call 1-800-328-0364 for your money back

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Irresistible Fragrance
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45 Days of Freshness

SC Johnson is here with everything you need to make sure your family gatherings are a success.

*Not for use with silk.
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 Harry’s Cypress Tree in a Bag. Have a family production of it with matching pots and cheerful decorations. These small trees eventually grow 6’ feet tall or can be trimmed occasionally to keep them compact. Give Cypress trees plenty of sunlight and water fortnightly 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. In low humidity, it is helpful to avoid cold drafts or hot baking air. Fertilize annually with a balanced slow-release fertilizer such as 10-10-10.
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.
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

Aroma and texture of fall inspire this holiday arrangement. Cut roses to no more than 12 in. tall and arrange in a wide circular space. Place Hy-Vee birch logs and candles onto a wood paddle with the flowers in the center. Finish by baking with cinnamon leaves and fruit.

Succulent Selection

A wood oval bursting with color from roses, birch logs and succulents—all found at Hy-Vee. Cut rose stems to 4 in., and fill the container with soil. Place succulents into the container filled by roses and leaves. 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 leafy 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
SAUCY. SAVORY. VEGGIE.
DIG IN.

NEW FLAVOR-PACKED, PROTEIN-STACKED VEGETARIAN BOWLS.

☑️ GOOD SOURCE OF PROTEIN  ☑️ VEGETARIAN MEALS
☑️ NO ARTIFICIAL PRESERVATIVES, FLAVORS OR DYSES

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

94  500-CALORIE MEALS
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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 diseases at bay. Carrying too much weight raises 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 grain—they contain fiber and protein to help keep you full and build up stamina. Veggies include several sources, such as beans, eggs, ground turkey, grilled chicken breast, nuts, salmon and lean beef. Add flavor with fresh herbs and spices.”

—Susan Cho, MPH, RD, LMT
Dietitian
Hy-Vee, Davenport, Iowa

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.

Chicken-White Bean Chili

Total Time: 30 minutes
Serves: 10

1 tbsp. Guadalajara chili 1 cup Hy-Vee Black Bean Chili chopped with onions 3 large cloves garlic, minced 1 cup Hy-Vee 13% Lean Ground Chicken breast, diced 2 (14-oz.) cans Hy-Vee Great Northern beans, drained and rinsed 1 (15-oz.) can Hy-Vee diced mild green chilies 1 tsp. Hy-Vee ground cumin

1. In a Dutch oven over medium heat, add onion, garlic, chili, beans and chilies. Add garlic; cook 5 minutes more or until onions are softened.

2. Add 1½ cups broth. Cover and simmer, stirring occasionally, 20 minutes.

3. Serve with avocado, shredded cheese and sour cream.
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: 1/2 cup, 60 Calories
- RICE NOODLES: 1/2 cup, 95 Calories
- QUINOA: 1/2 cup, 111 Calories
- BARLEY: 1/2 cup, 97 Calories
- FARRO: 1/2 cup, 100 Calories
- BROWN RICE: 1/2 cup, 103 Calories

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

Step 2: Pick a Protein

- SKINLESS CHICKEN BREAST: 4 oz, 160 Calories
- SHRIMP: 4 oz, 110 Calories
- LEAN BEEF: 4 oz, 160-230 Calories
- SALMON: 4 oz, 100-120 Calories
- TOFU: 3 oz, 60-90 Calories
- BEANS (BLACK): 1/2 cup, 93 Calories
- HARD-BOILED EGG: 1 large egg, 78 Calories

Step 3: Pick the Veggies

- BELL PEPPERS, CHOPPED: 1/2 cup, 20 Calories
- GREEN SUGAR SNAP PEAS: 1/2 cup, 7 Calories
- BROCCOLI FLORETT, RAW: 1/2 cup, 15 Calories
- MUSHROOMS, WHITE, SLICED: 1/2 cup, 12 Calories
- TOMATOES, HALVED: 1/2 cup, 16 Calories
- RED CABBAGE, SHREDDED: 1/2 cup, 8 Calories
- CAULIFLOWER FLORETT, RAW: 1/2 cup, 14 Calories
- SQUASH/ZUCCHINI, SLICED: 1/2 cup, 9 Calories
- CARROTS, SHREDDED: 1/2 cup, 23 Calories

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

Step 4: Pick a Healthy Fat

- VINAIGRETTE DRESSING: 2 tbsp, 10-120 Calories
- FETA CHEESE CUBES: 1 oz, 70 Calories
- LOW-FAT GREEK YOGURT, PLAIN: 1/2 cup, 10-120 Calories
- CASHIWS, RAW: 2 tbsp, 100 Calories
- HUMMUS, PLAIN: 1/2 cup, 100 Calories
- AVOCADO: 1/2 cup, 100 Calories

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

Note: Calorie counts are approximate.

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 Chile Rellen Chicken Sausage & Peppers
  With brown rice and quinoa. 290 calories
- Fat Rabbit Lemon Feta Frenzy
  Veggies, knife-grinds and greens with lemon-whipped sauce. 250 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. 230 calories
- Leann’s Kielbasa Lasagna
  Made with gluten-free pasta. 390 calories
- Frozentia Chicken Fajita Bowl
  With fire-roasted peppers and chipotle sauce. 250 calories.
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.

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 like 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, and 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 mayonna or heavy creams in recipes. Substitute a little orange juice for salty broths in gravies. Mash cooked carrots or cauliflower into mashed potatoes. Use vegetable-based noodles or 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.

4 oz. Dark Meat Turkey with Skin

4 oz. Turkey Breast with Skin

Slash calories from about 248 to 212, and fat grams from 13 to 8. Protein is about equal, roughly 70 grams.

2 Tbsp. Sour Cream

2 Tbsp. Plain Greek Yogurt

Sour cream has 48 calories, yogurt only 23. Cream in sour cream contains more fat than the milk in yogurt.

1 cup Traditional Mashed Potatoes

1 cup Mashed Cauliflower

A cup of mashed potatoes made with whole milk has roughly 124 calories; with butter it reaches 237 calories. The cup of plain mashed cauliflower has 70 calories.

1 Tbsp. Polyester

1 spoonful Squash Soup

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

1 slice Pecan Pie

1 slice Pumpkin Pie

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.

2 Tbsp. French Onion Dip

2 Tbsp. Plain Hummus

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.

1 White Dinner Roll

1 Whole Wheat Dinner Roll

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 36 calories and 2.3 grams fiber.

1 cup Egg nog

1 cup Apple Cider

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.
Make a Splash!

smart hydration for your holiday spirits.
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. Most toxins from blood and eliminate waste. Support these organs, and hit the reset button on your diet. To effect better detoxifying, focus on whole foods that are low-calorie and high in indigestible fiber and water content, raw cruciferous vegetables, especially to help flush out 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 diets that involve fasting, supplements, diuretics, laxatives and ultralow-calorie intake.

Foods To Avoid

- **ADDED SUGARS**. pastries, candy, cookies, cakes, pies, fruit drinks
- **SOLID FATS**: butter, stick margarine, cream, palm and palm kernel oil, 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.

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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 15 percent water, adding to hydration.

FOODS: Apples, blackberries, blueberries, cantaloupes, cranberries, grapefruit, mango, oranges, pear, plums, strawberries, watermelon
What you need: 2 cups per day*

WATER
What it does: A cleanses kidneys to eliminate waste from the body.

What you need: About 1 cup per day for men, 1/2 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—soups, kale soup, broccoli soup, cabbage, cauliflower, collard greens, kohlrabi, radish greens, onions, beets, bell peppers, spinach, tomatoes
What you need: 2 1/2 cups per day*

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

FOODS: Barley, brown rice, farro, millet, oats, quinoa, whole wheat
What you need: At least 1 1/2 cups per week*

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

FOODS: Black-eyed peas, black beans, garbanzo beans, chickpeas, kidney beans, lentils, soybeans
What you need: 1 1/2 cups per week**

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**Based on a diet of 2,000 calories a day. Source: Academy of Nutrition and Dietetics.
**From 2010 Dietary Guidelines Consultation.

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pro tip:
**DRINK WATER**

"The number you see is the scale after a day of celebrating is more Body weight is more. Not good for diet, but it removes extra waste, and more water, aim for half your weight in cups per day (unsweetened and deep).”
—Patrick Green, RD, LD Nutrition by Yes, Windsor Insights, Iowa
Lentil, Kale and Cauliflower Soup

1 cup water
1/4 cup Hy-Vee ground cumin
1/4 cup Hy-Vee cumin seed
2 cups Hy-Vee Short Cuts cauliflower stock
1 cup Hy-Vee short cut curly kale, rinsed
1/2 cup cherry tomatoes, cut in half
1 tsp Hy-Vee dried thyme

1. HEAT all in a large pot over medium heat. Add onion, cauliflower, kale, tomatoes, and thyme. Cook for 10 minutes or until tender. Add water. Cook for 5 minutes more.

2. ADD lentils, vegetable stock, water, and cumin seed. Bring to boiling. Reduce heat. Simmer covered for 15 minutes. Add cauliflower and kale, cook, covered, for 5 to 10 minutes more or until cauliflower is tender.

3. REMOVE from heat and stir in minced garlic. Season to taste with salt and pepper. Garnish with radish slices. Serve hot.

5 ways to get back on track

DON’T GO TOO EXTREME TO RESET YOUR BODY AFTER FEASTING ON TURKEY OR THE HOLiDAY CHEESE PLATE. FOCUS ON THESE SIMPLE, NOURISHING FOODS INSTEAD.

1 Mango-Orange Smoothie

1 cup Hy-Vee orange juice
1 cup Hy-Vee mango juice
2 cups Hy-Vee orange slices
1 cup Hy-Vee orange juice
1 cup Hy-Vee applesauce
1 cup Hy-Vee vanilla Greek yogurt
1 tsp Hy-Vee vanilla extract
1 tsp Hy-Vee cinnamon
1 tsp Hy-Vee ground cinnamon
1 tsp Hy-Vee ground nutmeg
1/4 tsp Hy-Vee ground cardamom
2 cups Hy-Vee unsweetened almond milk
2 cups Hy-Vee unsweetened soy milk
2 cups Hy-Vee unsweetened oat milk

1. BLEND all ingredients in a blender until smooth.

2. Quick Quinoa-Veggie Salad

Cook quinoa in Hy-Vee chicken or vegetable broth according to package directions. Cool toss with a vinaigrette made with Hy-Vee Origin white vinegar, olive oil, and Hy-Vee Short Cuts dried cranberries. Add as much Hy-Vee Sliced White Sun-dried Tomatoes as desired. Serve the quinoa cold or at room temperature.

3. Double Berry-Melon Bowl

Toast together desired amounts of Hy-Vee Short Cuts chopped chèvre, fresh blueberries and Hy-Vee Short Cuts strawberries, drizzled with a mixture of Hy-Vee Short Cuts chèvre spread and Hy-Vee Short Cuts nectarine jam. Add the toasted melon balls and berries to a large bowl. Top with a drizzle of Hy-Vee orange juice concentrate and fresh mint. Serve immediately.

4. Brussels Sprouts, Apples and Brown Rice

Make 1 cup Hy-Vee Short Cuts Brussels sprouts, sliced. Cook 1 cup Hy-Vee Short Cuts brown rice. Cook 1 cup Hy-Vee Short Cuts white quinoa in 1 cup Hy-Vee White Quinoa stock. Add 1/2 cup Hy-Vee short cut curly kale, 1 cup Hy-Vee short cut yellow bell peppers, 1 cup chopped walnuts, and 1 cup chopped fresh cranberries. Serve hot or at room temperature.

5. Orange-Poached Pears

Combine 2 tsp orange zest, 1/2 cup orange juice, 1 cup fresh orange juice, 1/4 cup Hy-Vee honey and 1/4 cup water. Simmer cinnamon stick in a 2-cup saucepan; bring to simmer. Poach 2 whole or 10 pear halves, side by side, in cinnamon mixture, drizzled with pear halves. Remove pears, then add pears to saucepan. Cook and stir over low heat for 10 minutes or until pears are tender. Remove pears. Stir in sugar over medium heat for 10 to 15 minutes or until sugar is dissolved. In 3 cups Hy-Vee cinnamon stick,bramble syrup; pour pears, Syrup, and cinnamon stick. Serve warm. Garnish with fresh mint leaves or a sprig of fresh rosemary. Serve with a dollop of Hy-Vee whipped cream. Serves 4.
CROSTINI WITH MASCARPONE, PISTACHIOS AND HONEY

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

**INGREDIENTS**
- 12 sliced French bread baguette (1/2 inch thick)
- 1 tablespoon extra virgin olive oil
- Salt and pepper
- 1/4 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.

MAKE A LITTLE HOLIDAY MAGIC! WITH Smucker’s® Beekeeper’s Promise.

SIERRA MIST IS BACK. MADE WITH REAL SUGAR.
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.

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 1.5 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 Jordan suggests surverying 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,” Jordan says.

5 REASONS TO EXERCISE THROUGH THE HOLIDAYS
WORKOUTS AND PHYSICAL ACTIVITY YIELD BENEFITS:
1. Manage Weight
Exercise offsets calorie consumption. Choosing low-calorie 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 boost energy output.
5. Improve Cognitive Function
Regular exercise improves learning and memory, which in turn fuels a good mood.

Portion Control
STICK TO THESE PORTION TIPS TO AVOID OVEREATING AT THANKSGIVING:
- GRAINS One-quarter of the plate should be whole grains, such as a whole wheat dinner roll.
- VEGETABLES One-half should be fruits or vegetables, such as asparagus, 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 favorites, dessert, like pumpkin or apple pie, and stick to one small slice.
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, bringing left leg forward until knee is near left arm. From this position, quickly alternate legs.

2. KNEE PUSH-UPS
   CHEST, THORAX
   In plank with toes on floor, hands shoulders-width apart, lower chest toward floor, push back to starting position.

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 starting 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.

7. DEAD BUG
   CORE
   Lie on your back, knees bent to 90-degree angle. Extend arms forward and simultaneously straighten one arm and extend opposite leg slightly off the floor. Return to starting position, alternate.

8. PRONE Y-Y T
   RAISES
   SHOULDERS, BACK
   Lie face down, 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.

9. BURPEES
   FULL BODY
   Stand with feet shoulder-width apart, squat, placing hands on 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.

Pro tip: BODY OF WORK

“Body-weight exercises help eliminate common excuses for not working out. These exercises require no equipment, can be done anywhere and they don’t require a gym membership. These basic bodyweight movements are essential as they help you focus on improving range of motion, body awareness and building a foundation of health.”

—Dacia Sirlin, Certified Personal Trainer and Director of Fly-Werk (Pilates and Kettlebell)
‘TIS THE SEASON TO BE POWERED

Get up to a $15 Visa Rewards Card when you spend up to $30 or more (excluding tax) on participating products.*

Visit CelebrateBigger.com for full offer details.

**PARTICIPATING PRODUCTS (Excludes Zyrtec® 40 ct. or larger. Maximum of 1/MODUM per qualifying transaction.)**

- BenGay
- Neosporin
- Tylenol
- Motrin
- Sudafed
- Zyrtec®
- Benadryl
- Lactaid
- Pepcid
- Imodium
- Visine

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 mail-in registration will be accepted. One reward per account address. Offer is not transferable. Void where prohibited or restricted. 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 offer is not a Nebraska REV Visa reward card. Issued by Metabank, Metabank is a registered mark of Metabank. Metabank does not endorse, sponsor, or promote any product or service. Visit www.celebratebigger.com for full terms and conditions. © Johnson & Johnson Consumer Inc., 2019.
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.

Leaves of 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, Vyvanse and Desvenlaflex

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 overdoses—and many more need 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 and 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.

HOW HY-VEE CAN HELP
Hy-Vee participates in the DEA’s 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: ocpdr.gov/takeback.
Appreciating what's good in your life can lead to improved health, stronger relationships and greater happiness.

1. **Establish a Habit**
   - Eden's practical question: What if you woke up tomorrow with only the things you're 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 fresh water.

2. **Keep a Gratitude Journal**
   - Each night, list three mundane 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 days? 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 Dr. 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 researchers at Michigan State University, try to send at least one per month.

6. **Opt for Optimism**
   - Adopt a glass-is-half-full attitude. If the weather’s hot, be thankful for the shade trees 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 to the silver lining. Do you have a lesson? Or perhaps your experience could serve as a teachable moment for someone else.

8. **Train the Brain**
   - Before every, regret, self-criticism and resentment with gratitude. Think through 5 to 10 things for which you’re grateful—either shall keep your mind and the feeling of gratitude for at least 30 seconds. Doing this daily for two months can lead to changed brain pathways 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 Cowbell**
    - Wear a gratitude bracelet or band on your wrist. Whenever you complain, scratch it in the opposite wrist as a reminder to change your thinking. Replace complaints and criticisms with gratitude and appreciation as you try to keep the bracelet on or band on the same wrist for 30 days.

Sources: sandhills.com/10 ways to be a more thankful person 123rf.com stockphotos/98522585, 123rf.com stockphotos/98522585, 123rf.com stockphotos/98522585
HEALTH benefits
OF BEING THANKFUL
WHEN YOU ARE THANKFUL, YOU'RE REALLY GOOD TO YOURSELF. HERE'S HOW.

1 IMPROVE RELATIONSHIPS
Gratitude improves interpersonal relationships, according to some research. Individual who 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 help to rewiring the brain.

4 BLOCK ENVY
Gratitude blocks toxic emotions, such as envy, resentment, regret, and depression, which can destroy our happiness, according to noted 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."

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 in 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 study showed that positive thoughts at bedtime can lead to a deeper and more restful sleep.

7 FOSTER BETTER SELF-CARE
Studies suggest that gratitude can help you appreciate and care for your body. A study in the Journal of Personality and Individual Differences found a correlation between gratitude, the likelihood of exercising, eating healthy, and willingness to see a doctor.

8 REDUCE STRESS HORMONES
Adopting an attitude of gratitude instead of dwelling on negative thoughts results in lower levels of stress hormones. One study showed a 57 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 a new study. This might mean making better decisions about healthy eating, smoking, exercise, and avoiding impulsive purchases.

10 BOOST HEART HEALTH
A study reported by the American Journal of Cardiology showed that feeling appreciation could lower the risk of heart attack or stroke, 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.

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 Sandwich Stuffins Chicken Breast select varieties 8 oz, 7.50 - 8 oz, 7.50
Jimmy Dean Sandwiches select varieties 2.25 to 2.75 oz, 3.59
Jimmy Dean Simple Sausages select varieties 5.25 oz, 2.59
Jimmy Dean Natural Links Patties or Sausages select varieties 15 oz, 2.99
Jimmy Dean Bacon select varieties 10 oz or 2.25 lb, 4.50 - 5.25 lb
Free Honeywood White Christmas Turkey 10 to 16 lb, 0.39 lb
when you buy a 2 lb Honeywood White Christmas Ham (15.99 lb)

Johnstonville Family Pack Breakfast Links 20 oz, 3.48
Johnstonville Family Party Pack Smoked Links 28 oz, 5.99
Johnstonville Meatballs or Grilled Sausage select varieties 8 to 12 oz, 5.99
I Can’t Believe It’s Not Butter! Original or Country Cream Cheese select varieties 8 to 16 oz, 4.59
Earth Balance Spread select varieties 8 oz to 16 oz, 2.79

beverages

Evolve Baking select varieties 4 to 11 oz, 2.39
Jelly Belly Mini Marshmallows or Heavenly Kreme select varieties 22 oz to 24 oz, 1.39
Buy 2 Get 1 Free Coca-Cola 12 oz
7UP Mixers 12 oz, 0.79
Bar’s Baking Chocolate select varieties 10 oz, 0.37

pantry

Eggo Waffles select varieties 18 oz, 4.99
Philadelphia Cream Cheese Slices 8 oz, 2.99
Pennsylvania Farm Boy Cookies or Cinnamon Stix 15 oz, 5.99
Pennsylvania Farm Boy Entertaining Cookies select varieties 10 oz to 13 oz, 5.99
Pennsylvania Farm Stuffing or Party Rice Bread select varieties 12 oz, 2.79

other

Dunkin’ Donuts Mugs select varieties 8 oz, 2.19
Evian 6 pk, 36 oz, 4.99
Snapple select varieties 32 oz, 5.50
Dunkin’ Donuts Mugs select varieties 8 oz, 0.39 lb to 0.69 lb, 2.99
Dunkin’ Donuts Mugs select varieties 32 oz, 12 oz to 24 oz, 4.99
Wildtree Cloud or Spicybell SoupSelect varieties 14 oz, 10 oz, or 24 oz to 29 oz, 2.99

120
121
**samples**

Explore our Flavors

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

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<tr>
<th>FRIDAY, NOVEMBER 18</th>
<th>FRIDAY, NOVEMBER 19</th>
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With flannel and blankets
And buckets of cheer
We're here to announce
soup season is here!

Warm up with Hy-Vee handcrafted soups.