

# HyVee<sup>®</sup> Seasons



SHARE **THANKS**

november/december





# Spruce up your holiday season.

Order your seasonal arrangements.  
For yourself or as gifts.

**Call or visit your local store today.**



**FLORAL**



## NOV/DEC 2023



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**DONNA TWEETEN**  
PRESIDENT, HY-VEE, INC.

**T**his is a special time of year marked by holidays that inspire us and also remind us to be grateful.

And that's why in this issue, you'll find solutions and intentional ways to express gratitude to those who are in your life.

We share ideas to simplify hosting Thanksgiving dinner (*page 24*), serve a hassle-free holiday brunch (*page 68*) and prepare memorable appetizers in a snap (*page 62*). Plus, we tell you how Hy-Vee Holiday Meal Packs (*page 14*) can be the ultimate time-savers for busy families and weary travelers hoping to avoid cooking a big meal.

Take inspiration from our stunning cookie recipes (*page 42*), serve gluten-free baked goods (*page 58*), find helpful dietary advice on how to avoid overindulgence (*page 82*) and even check a few boxes off your gift-giving list with a great selection of items from Hy-Vee (*page 86*).

Happy holidays!

## HY-VEE SEASONS IS DIGITAL!

Hy-Vee Seasons magazine content—including back issues—is available anytime, anywhere. Visit [Hy-Vee.com/seasons](https://hy-vee.com/seasons)





*"Where the Taste of Italy Comes to Your Table!"*



# AISLES

## New & Noteworthy Products at Hy-Vee

### Twin Lake Cranberries

Based in central Wisconsin, family-owned Twin Lake Cranberry Co. provides tart, fresh cranberries harvested at peak freshness. Juicy, fresh cranberries not only make a stunning sweet-tart holiday sauce, but can also lend a slightly sour flavor to cocktails, cakes, stuffing, appetizers and more.

STOP IN YOUR  
LOCAL HY-VEE  
STORE OR VISIT  
[HY-VEE.COM/](http://HY-VEE.COM/)  
SHOP TO FIND  
**EXCITING NEW  
PRODUCTS.**

### Mmm... melons!

**CANTAGOLD**  
Grown by local farmers in Guatemala, these cantaloupes are harvested throughout the warm months of Central America's winter, so they're in season right now. Bred to stay fresh longer, CantaGold is naturally sweet, juicy and refreshing, with soft pulp and honeylike flavor.

**CANTA***Gold*



#### Did You Know?

A one-cup serving of cantaloupe has just 53 calories but contains 95% of the recommended daily allowance of vitamin C and 106% of vitamin A, according to the Mayo Clinic. It is also a good source of potassium and folate.



SCAN FOR  
cantaloupe  
recipes at  
[Hy-Vee.com](http://Hy-Vee.com)



Festive Flavors



**It's Your Churn Cinnamon Ice Cream**  
Featuring a favorite flavor of the season, it's perfect by itself or with a cobbler.



**Crav'n Flavor Holiday Cookies**  
Sample these limited edition double-stuffed peppermint crème cookies while you can.



**The Safe + Fair Food Company Dark Chocolate Drizzled Popcorn**  
Dig into a medley of lightly salted popcorn and dairy-free, vegan dark chocolate.



**Hy-Vee Winter Variety Pack**  
Enjoy single-serve, specialty coffee in winter blend, white chocolate peppermint and gingerbread flavors.



Crunch Munch

**GOLDEN CANNOLI**  
Shipped frozen for optimum texture and flavor, these convenient kits feature crispy cannoli chips that pair perfectly with sweet and rich cannoli cream. Choose from traditional or chocolate chip dip. All Golden Cannoli foods are nut free, kosher and made without any trans fats.

- Cannoli Chips and Dips Small Platter
- Cannoli Chips and Dips Larger Platter
- Chocolate Chip Ricotta Dip

ZÖET CHOCOLATE CLUSTERS  
THESE DESSERT MORSELS COME IN MANY TEMPTING FLAVORS BOUND TO SATISFY THE SWEET TOOTH IN EVERYONE.



**Zöet Puppy Chow Milk Chocolate Clusters**  
These delicious clusters are made with peanut bits, peanut butter and crisped rice in rich milk chocolate.



**Zöet Fruity Cereal White Confection Clusters**  
Fruit-flavor cereal coated in white confectionery adds up to clusters your taste buds won't regret.



**Zöet Cinnamon Crunch Cereal Milk Chocolate Clusters**  
Premium Belgian milk chocolate joins forces with cinnamon for a heavenly flavor combination.

Citrus Central

This is a great time to get in-season citrus fruit at Hy-Vee, including navel oranges and Halos California mandarins. Both make perfect lunch box companions, after-school snacks or roadtrip treats.



**Navel Oranges**  
These large, round citrus fruits with belly-buttonlike indentations (hence the name) have a thick, slightly pebbly rind that is easily removed to get to the juicy, sweet, seedless flesh.



**Halos**  
Seedless, easy-to-peel Halos are super sweet and bursting with flavor, offering a boost of vitamin C.

Honolulu Cookie Company

PREMIUM SHORTBREAD COOKIES FEATURE ISLAND-INSPIRED FLAVORS, HAND-DIPPED CHOCOLATE AND A SIGNATURE PINEAPPLE SHAPE.



Chocolate Chip Macadamia



Pineapple Macadamia



Double Chocolate Macadamia



Guava



Wellness Boost

FUNGIMENTS

These mushroom-based supplements combine fungi with a blend of vitamins and herbs to provide benefits such as improved immunity, more energy and better sleep, according to founder and actress Maria Camila Giraldo. Find these supplements at Hy-Vee.



Super Shield

This daily vitamin can stimulate and support the immune system with mushroom beta-glucans.



Super Bouncy

Formulated with organic Cordyceps, this supplement can provide balanced energy and stamina.



Super Chill

Organic reishi mushroom supplements may help regulate mood and promote natural, deep sleep cycles.

Stocking Stuffers

BASIN

Give the gift of self-care for the holidays with relaxing products from Basin at Hy-Vee. Enjoy a long soak with seasonal bath bombs, fight dry skin with moisturizing body butter or share a holiday-ready gift box—all without harsh parabens, alcohols or mineral oils.

Basin Seasonal Body Butter

Moisturizing cocoa and shea butters hydrate and nourish skin with scents like winter berry and strawberry slush. 4 fl. oz.

Basin Disney Olaf Lip Balm

Hydrate dry lips with a blend of sunflower seed oil and beeswax with a minty scent. 0.15 oz.

Basin Holiday Bath Bomb Trio Gift Box

Three small bath bombs, a container of fragrant bath salts and a slice of seasonal soap make for a relaxing holiday gift. 5 ct.

Basin 12 Days of Bath Bombs Gift Box

A dozen medium bath bombs with holiday scents is a great gift for anyone who needs a little self-care. 12 ct.

Basin Gnome for the Holidays Soap

Made with glycerin, fragrance oil and natural mineral pigments, this soap has a refreshing lemon-lime fragrance. 3.5 oz.

For the get better quicker side of you.

TopCare®

BE RELAXED.  
BE REFRESHED.  
BE TRUE TO YOU.

Very Bellissima bath and body products are designed with you in mind. Made with high standards and quality ingredients – without being overpriced. Ensuring that you can feel good about looking good.

GLUTEN FREE PARABEN FREE CRUELTY FREE

VERY BELLISSIMA™

EXCLUSIVELY AT HyVee®





The perfect, stress-free holiday meal  
doesn't exi-

**Hy-Vee holiday meal packs** are an easy and  
convenient way to get a handle on the holidays.  
Scan the QR code and order yours today!



**HyVee**



# 101

## Mandarins

Find out what you need to  
know about this small citrus  
that packs a punch with  
flavor and health benefits.

**S**weet, juicy mandarin  
oranges are native  
to Southeast Asia,  
but are commonly  
found in the United States.  
They are smaller, sweeter and  
less acidic than navel oranges,  
with a thin, loose rind that  
makes them easy to peel.  
They separate readily into  
individual segments, so they're  
convenient for packed lunches  
and on-the-go snacking.  
Mandarins are available at  
Hy-Vee all year round with  
different varieties rotating  
throughout the seasons.

**BUY** Look for fruit that is  
deeply colored, shiny and firm  
but not hard. The fruit should  
feel heavy for its size and  
the rind slightly loose with a  
bit of give when squeezed.  
Mandarins should have a  
bright, citrusy fragrance as  
well. Avoid fruit that is dull,  
blemished, squishy or has  
soft spots.

**STORE** Keep mandarins in a  
cool, dry location away from  
direct sunlight for up to a  
week. Refrigerate whole fruit  
in the crisper drawer up to two  
weeks. To freeze, remove rind  
and membrane, divide into  
segments, then store in a zip-  
top freezer bag up to one year.

**PREP** Remove top and  
bottom so the mandarin sits  
level on the cutting board.  
Following the curve, cut away  
the rind and membrane, then  
divide into individual segments.

**DID YOU  
KNOW?**  
A mandarin provides  
36.1 milligrams of vitamin C, an  
antioxidant important to immune  
function. That is about half the  
recommended daily allowance  
for a woman and more than  
a third of that for a man.

### WAYS TO ENJOY

#### Fresh

Eat out of hand as an  
on-the-go snack. Or use  
as a salad topper to add  
sweetness to leafy greens  
or pasta.

#### Baked

Squeeze juice into cake,  
cookie or waffle batters  
before baking. Or mix zest  
and juice to add brightness  
to glazes.

#### Sautéed

Stir-fry mandarin sections  
with meat and vegetables;  
squeeze juice into teriyaki  
sauce and drizzle onto  
meat before pan-cooking.

Sources: [aicr.org/resources/blog/healthtalk-do-mandarin-oranges-provide-the-same-nutrients-as-other-oranges/](https://aicr.org/resources/blog/healthtalk-do-mandarin-oranges-provide-the-same-nutrients-as-other-oranges/)  
[fdc.nal.usda.gov/fdc-app.html#/food-details/168195/nutrients](https://fdc.nal.usda.gov/fdc-app.html#/food-details/168195/nutrients)  
[ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/](https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/)





**FIND IT AT HY-VEE**

**BIA Cordon Bleu Porcelain Round Cake Stand**

Sturdy cake stand made of durable porcelain and is dishwasher safe.  
12×6.25 in.  
**20.00**

**FIND IT AT HY-VEE**

**Zyliss Easy Slice Cake Server**

Innovative server with a detachable plastic upper blade that slides forward to release slice of cake.  
1 ct.  
**12.49**

## Mandarin Holiday Cake

**Hands On** 55 minutes

**Total Time** 2 hours plus cooling

**Serves** 10

**CANDIED ORANGES**

**1 cup Hy-Vee granulated sugar**

**1 cup water**

**6 or 7 medium, firm mandarin oranges, cut into ½-in.-thick slices (about 24 slices)**

**CAKE**

**Hy-Vee canola oil cooking spray**

**¼ cup Hy-Vee unsalted butter, melted**

**½ cup packed Hy-Vee light brown sugar**

**1 (16.5-oz.) pkg. Hy-Vee extra moist classic yellow deluxe cake mix**

**1 (3.4-oz.) pkg. Hy-Vee vanilla instant pudding & pie filling**

**4 Hy-Vee large eggs**

**1 cup water**

**⅓ cup Hy-Vee vegetable oil**

**1½ tsp. mandarin orange zest**

**½ tsp. Hy-Vee ground cinnamon**

**½ tsp. fresh thyme leaves, plus additional sprigs for garnish**

**1. FOR CANDIED ORANGES**, combine sugar and water in a medium saucepan; bring to a boil. Carefully add orange slices; press slices down into the liquid with the back of spoon. Reduce heat to low. Simmer, uncovered, for 15 minutes, gently stirring every 5 minutes. Remove from heat; let cool for 10 minutes. Transfer orange slices to a plate; set aside syrup in saucepan.

**2. FOR CAKE**, preheat oven to 350°F. Lightly spray the bottom and side of a 9×3-in.-deep round springform cake

pan; line bottom with parchment paper. Place prepared springform pan in a rimmed baking pan. Add melted butter to springform pan; spread evenly with a pastry brush. Sprinkle evenly with brown sugar. Arrange orange slices in a decorative pattern on top of brown sugar, overlapping if necessary; set aside.

**3. PLACE** cake mix, pudding mix, eggs, water, oil, mandarin zest, cinnamon and ½ tsp. thyme in a large bowl. Beat with an electric mixer on medium for 2 minutes or until well combined. Carefully spread batter over orange slices in springform pan. Bake for 60 to 65 minutes or until a toothpick inserted near center comes out clean.

**4. MEANWHILE**, cook syrup in saucepan over medium heat for 6 to 8 minutes or

until slightly thickened and reduced by half; remove from heat.

**5. COOL** cake in springform pan on a wire rack for 15 minutes. Run a narrow metal spatula or table knife around the inside edge of the cake pan to loosen side of cake from pan. Place a serving plate over top and invert the pan with the plate. If necessary, slightly shake to loosen cake from pan onto plate. Remove pan and parchment paper. Brush mandarin slices with syrup. Cool completely. Garnish with thyme sprigs, if desired.

**Per serving:** 490 calories, 17 g fat, 6 g saturated fat, 0 g trans fat, 85 mg cholesterol, 450 mg sodium, 80 g carbohydrates, 1 g fiber, 60 g sugar (55 g added sugar), 4 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 4%

# EVERY DAY IS A BURGER & FRIES KIND OF DAY.



 **wahlburgers**  
AT HyVee®



# BASICS

## How to Make a Pan Sauce

With a few simple ingredients and a bit of know-how, you can create restaurant-quality pan sauces in four easy steps.

### HOW-TO

After searing meat, poultry or fish in a cast iron or stainless steel pan, there are often small browned pieces of food still stuck to the pan. These flavor-packed bits are called fond, and with a bit of aromatics, liquid and fat, you can create a complementary sauce.



#### STEP ONE

Once your protein has been removed from the pan, add desired aromatics such as shallots or garlic; cook over medium heat until fragrant.



#### STEP TWO

Deglaze or release the food residue in the hot skillet by pouring in about ½ cup of liquid such as wine, broth or water. Use spatula to scrape browned bits from skillet.



#### STEP THREE

Add about ¾ cup liquid such as broth or stock and simmer over medium-high heat until liquid has reduced by about half or until sauce coats the back of a spoon.



#### STEP FOUR

Remove skillet from heat; whisk in butter to emulsify the liquids, giving the sauce a smooth, velvety texture along with additional flavor.

*\*These steps will yield approximately ½ cup or 2 servings of sauce*

### CHOOSE YOUR FLAVOR

Since the sauce is made in the same pan used to cook the protein, the flavors naturally complement each other. However, you can change up the sauce with different bases, such as broth, cream or wine, and by adding seasonings.



SCAN TO SEE the full recipes for pan sauces at [Hy-Vee.com](https://www.hy-vee.com).

**10**  
MINUTES  
OR LESS

#### RED WINE PAN SAUCE (above)

A rich, flavorful sauce that pairs well with beef, lamb and pork.

Beef, lamb or pork steaks or chops, for searing + Hy-Vee canola oil + chopped shallots + Hy-Vee beef stock + Merlot wine + Hy-Vee unsalted butter + Gustare Vita balsamic vinegar

**20**  
MINUTES  
OR LESS

#### MUSHROOM-CREAM PAN SAUCE (left)

This creamy, garlicky sauce is best served over pork, steak or poultry.

Pork or beef steaks or boneless poultry pieces, for searing + Hy-Vee canola oil + finely chopped shallots + sliced baby bellas + minced garlic cloves + Sauvignon Blanc wine + Hy-Vee no salt added chicken stock + Hy-Vee heavy whipping cream + fresh thyme

**10**  
MINUTES  
OR LESS

#### LEMON-CAPER PAN SAUCE (right)

Similar to a piccata sauce, this is delicious over poultry, pork chops, salmon or white fish.

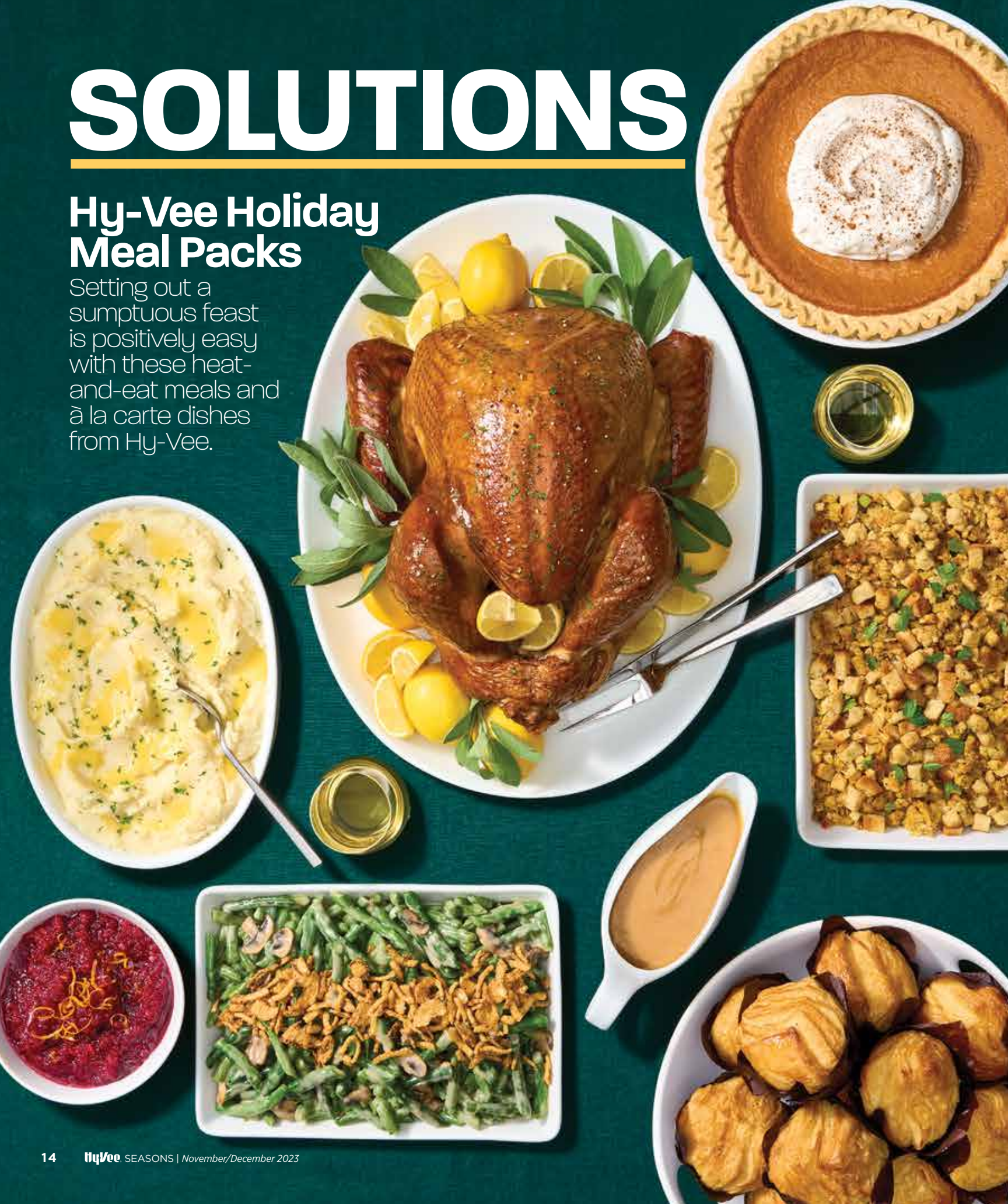
Boneless poultry pieces, pork chops or fish fillets, for searing + Hy-Vee canola oil + minced garlic + Hy-Vee 33% less sodium chicken broth + fresh lemon juice + Hy-Vee unsalted butter + Gustare Vita capers



# SOLUTIONS

## Hy-Vee Holiday Meal Packs

Setting out a sumptuous feast is positively easy with these heat-and-eat meals and à la carte dishes from Hy-Vee.



## Pick an Entrée



### Turkey Party Pleaser Meal Pack

- Serves 8
  - Butterball turkey (10-12 lb.)
  - Two large sides of mashed potatoes
  - Two large sides or dessert
  - 16 oz. beef or turkey gravy
  - 12 dinner rolls
- 119.99**



### Prime Rib Party Pack

- Serves 8
  - Hormel USDA Select prime rib (5-6 lb.)
  - Two large sides of mashed potatoes
  - Two large sides or dessert
  - 16 oz. beef or turkey gravy
  - 16 oz. horseradish sauce
  - 12 dinner rolls
- 199.99**



### Family Feast Turkey Dinner

- Serves 12
  - Butterball turkey (14-16 lb.)
  - Two large sides of mashed potatoes
  - Four large sides or dessert
  - 32 oz. beef or turkey gravy
  - 24 dinner rolls
- 169.99**



### Brown Sugar Spiral Ham Meal

- Serves 8
  - Brown sugar spiral ham (8-10 lb.)
  - Two large sides of mashed potatoes
  - Two large sides or dessert
  - 16 oz. beef or turkey gravy
  - 12 dinner rolls
- 119.99**



### Crowd's Choice Gourmet Ham and Turkey Meal Pack

- Serves 12
  - Butterball turkey (10-12 lb.)
  - Honey-glazed spiral ham (16-18 lb.)
  - Three large sides of mashed potatoes
  - Four large sides
  - 32 oz. beef or turkey gravy
  - 24 dinner rolls
  - 2 pies
- 289.99**



## Pick the Sides



Sage Bread Dressing



White Cheddar Macaroni



Holiday Potatoes with Cheddar



Cranberry Relish



Mashed Potatoes



Green Bean Casserole



Buttered Sweet Corn



Apple Pie



Banana Crème Pie



French Silk Pie

## Hassle-Free Holiday Meals

Hy-Vee Holiday Meal Packs can help simplify the process of hosting a holiday dinner. Pick a pack to serve 2, 4, 8 or 12 people with mains such as prime rib, flavored hams, a full turkey or turkey breast. The list of side dishes is chock-full of tempting choices including mashed potatoes, sage bread dressing, green bean casserole, white Cheddar macaroni and buttered sweet corn, as well as fruit salad and cranberry relish. Add in some Hy-Vee Bakery Fresh rolls, then top off the meal with a delectable treat such as apple, banana crème, pumpkin or French Silk pie for a hearty meal that's long on flavor, short on labor.

## How to Order

Hy-Vee Holiday Meal Packs aren't just easy to serve, they're also easy to order. Just be sure to do so at least one week before a holiday such as Thanksgiving or Christmas. Here are three ways to order your Hy-Vee Holiday Meal Pack:

- **Call** the Catering Department at your local Hy-Vee store.
- **Visit** your local Hy-Vee and talk with the Catering manager in person.
- **Online** at [Hy-Vee.com/shop](https://www.hy-vee.com/shop)



SCAN TO ORDER a Hy-Vee Holiday Meal Pack.







Season's Eatings.  
Seasonal Sweets. Gluten Free.

G

You'll never taste what's missing  
when you choose Good Graces  
gluten free products.



Good  
Graces™

Exclusively at **HyVee**

# LEVEL UP

## Pumpkin Pie

If you missed out on the state fair food, you're in luck with this quick-to-make dipped and drizzled pie-on-a-stick that adds a twist to a traditional holiday favorite.



HY-VEE BAKERY  
PUMPKIN PIE

+



Ghirardelli White Vanilla  
Flavored Melting Wafers

+



Crav'n Flavor Cinnamon  
Graham Crackers

+



Smucker's Magic Shell  
Chocolate Fudge Topping

### ► PUMPKIN PIE-ON- A-STICK

Line a small rimmed baking pan with parchment paper. Carefully cut ½ (10-in.) Hy-Vee Bakery gourmet pumpkin pie into 5 wedges. Gently insert a wooden pop stick into the crust edge of each pie wedge. Place wedges in prepared baking pan; freeze at least 2 hours. Microwave 1 cup white vanilla flavored melting wafers in a medium microwave-safe bowl on HIGH at 30-second intervals or until melted, stirring each time. Remove pie wedges from freezer. Hold 1 pie wedge over the bowl of white melted wafers. Spoon mixture over pie wedge using a silicone spatula; coat at least three-quarters of wedge, turning pie wedge to coat top and sides. Gently scrape off excess coating with edge of spatula. Return coated pie wedge to tray; repeat coating remaining pie wedges. Sprinkle with 2 Tbsp. coarsely crushed Crav'n Flavor cinnamon graham crackers; freeze for 5 minutes or until coating is hard. Drizzle coated pie wedges with 2 Tbsp. Smucker's Magic Shell chocolate fudge topping; freeze 5 minutes or until topping is hard. Remove from freezer 10 minutes before serving. Serves 5 (1 each).

### HY-VEE BAKERY FRESH PIES

Try this recipe with a variety of ready-to-order pies from Hy-Vee including apple, banana cream, blueberry, French silk, lemon meringue and more.





# Hy-Vee®

# PERKS®

**New name. Same benefits.**  
**Plus, now save even more**  
**with PERKS PRICES.**

Enjoy new members-only prices storewide along with fuel savings. Switch over from Hy-Vee Fuel Saver + Perks or sign up for a new **FREE Hy-Vee PERKS** membership now – and start saving more today.

It pays to **PERK.**



**Hy-Vee.com/PERKS**



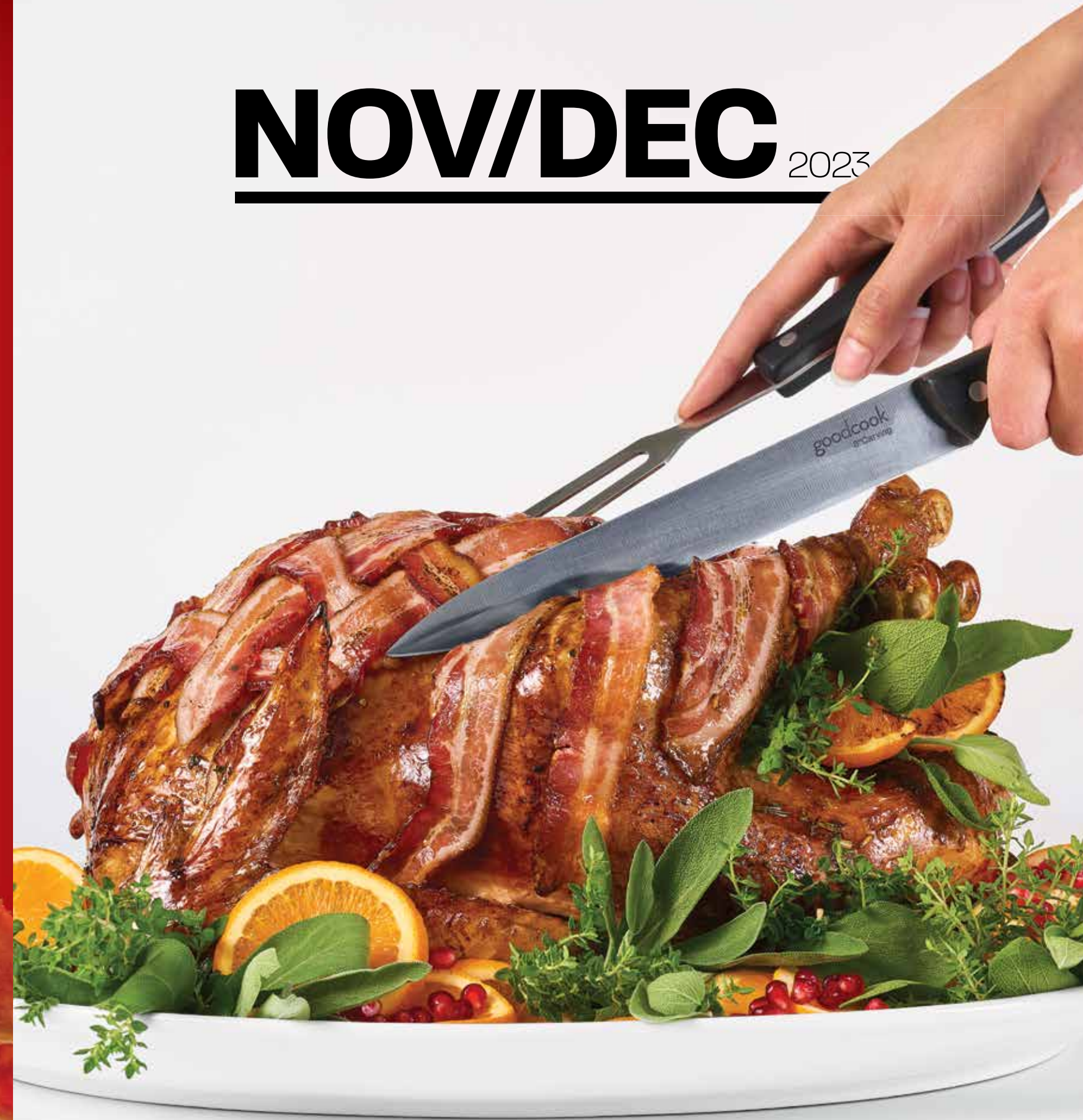
Wishing you peace, love, and  
sustainable seafood.



Every Responsible Choice purchase  
supports a healthy ecosystem.

**HyVee**®

# NOV/DEC 2023



SHARE THANKS | GRAZE | WARMING COCKTAILS | COOKIE CRUSH |  
CHRISTMAS AROUND THE WORLD | GLUTEN-FREE GOODIES | FAST APPS |  
BRUNCH WITHOUT THE TIME CRUNCH | HO-HO-HOLIDAY POTATOES





Set out brilliant fall-theme decorations, like this Give Thanks arrangement from Hy-Vee Floral.

# share thanks

Gather friends and family around the table this season to express gratitude with a delicious meal of traditional Thanksgiving favorites made simple. Plus, a mix of hosting tips, decor ideas, versatile serveware and more ways Hy-Vee can help you alleviate stress as you prep for the holidays.

## HOW TO get ahead of the crowd

Use these tips for smooth sailing during your Thanksgiving meal prep.

### SIZE THINGS UP

When deciding on the size of turkey to buy, figure on  $\frac{3}{4}$  lb. to 1 lb. turkey per person.

Remember, frozen turkey will need to thaw in the refrigerator one day for every 4 lbs.

### AVOID THE RUSH

Cook casseroles and bake pies one to two days beforehand. Any foods served cold or at room temperature, such as a vegetable tray, can be prepared in advance as well.

### WORK AHEAD

Decorate and set the table the day before Thanksgiving, placing sticky notes on serveware as a reminder which foods go with each item. Clean special occasion glasses and dishes in advance, especially those that don't get much use.

### MAKE IT EASY

Having less to prepare can cut down on stress, so let guests bring a potluck item. Also, rely on Hy-Vee to fill in the blanks in your menu with bakery-fresh rolls and pies and assorted appetizer trays.

### PLAN FOR LEFTOVERS

A few days before the dinner, consolidate items in the fridge and wipe down shelves to be ready for an influx of make-ahead dishes and leftovers. Conserve shelf space by sending guests home with leftovers—they'll be thankful!



# Maple Bacon-Wrapped Turkey

**Hands On** 1 hour  
**Total Time** 4 hours plus standing and chilling time  
**Serves** 12

- 1 (12- to 14-lb.) Hy-Vee frozen whole turkey, thawed
- 1 (.8-oz.) pkg. fresh poultry herb blend (rosemary, sage and thyme), divided
- ½ cup Bacon Up bacon grease
- 2 Tbsp. Hy-Vee mimosa seasoning, divided
- 1 Tbsp. Hy-Vee Select 100% pure maple syrup
- Hy-Vee vegetable oil cooking spray
- 1 navel orange, cut into thick wedges
- 1 bulb garlic, halved crosswise
- 1 (24-oz.) pkg. Hy-Vee Hickory House applewood smoked thick-sliced bacon (16 to 18 slices), divided
- 4 cups Hy-Vee refrigerated orange juice
- Simple Pan Gravy, for serving (see QR code, right, for online recipe)
- Orange slices, for garnish
- Fresh sage sprigs, for garnish
- Fresh thyme sprigs, for garnish
- Pomegranate arils, for garnish

- 1. **REMOVE** neck and giblets from turkey; reserve for another use or discard. Pat cavity and skin completely dry with paper towels. Let turkey stand at room temperature for 30 minutes to ensure drying.
- 2. **FINELY** chop 2 Tbsp. poultry herbs. Stir together chopped poultry herbs, bacon grease, 1 Tbsp. mimosa seasoning and maple syrup in a small bowl. Rub mixture evenly on outside of turkey. Refrigerate turkey, uncovered, for 30 minutes or up to 1 day.

**FIND IT AT HY-VEE**  
**Escali Gourmet Digital Thermometer**  
Probe 4.75-in.  
**13.99**



## HOW TO CARVE THE TURKEY



**STEP ONE**  
Start slicing through separation between breast and leg; pull leg back to show joint, then continue cutting toward and around joint (don't cut bone). Remove leg (with thigh).



**STEP TWO**  
Cut through middle of breast along the breast bone. With other hand, slightly pull back breast meat to expose joint at wing. Carve out breast.



**STEP THREE**  
Cut off wings. Keep meaty wing sections; reserve other two sections for stock. Slice breast half diagonally across grain (about half-inch slices). Cut bone out of thigh and slice meat diagonally.

3. **PLACE** oven rack in lower third of oven. Preheat oven to 350°F. Spray a roasting rack from a large shallow roasting pan with cooking spray; return rack to roasting pan and set aside. Place orange wedges, garlic halves and remaining poultry herb sprigs in turkey cavity; set aside.

4. **ARRANGE** 6 slices bacon, side-by-side, on a 12-in.-square sheet of parchment paper. Weave an additional 6 slices bacon perpendicular to first 6 strips, forming a lattice. Adjust the bacon lattice so it is loosely woven. To transfer lattice to turkey, flip over parchment paper with bacon lattice and place on turkey in a diamond shape with a parchment paper point at the top of the neck. Carefully peel off parchment; adjust bacon lattice to cover turkey breast and secure with wooden toothpicks, if necessary.

5. **WRAP** turkey drumsticks with remaining bacon slices in a single layer. Secure with toothpicks, if necessary. Tie drumsticks together with kitchen string. Twist wing tips under back. Sprinkle remaining 1 Tbsp. mimosa seasoning over bacon top and turkey sides.

6. **ADD** orange juice to bottom of roasting pan. Place turkey, breast side up, on prepared roasting rack in roasting pan. Cover turkey and roasting pan with foil.

7. **ROAST** turkey for 2 hours. Remove foil and rotate pan. Roast for ½ to 1 hour more or until turkey reaches 165°F in breast, rotating pan during the last 15 minutes. Remove turkey from oven. Transfer turkey to a large cutting board; reserve drippings in roasting pan for gravy. Loosely tent turkey with foil; let stand for 20 minutes. Prepare gravy, if desired.

8. **TO SERVE,** remove and discard orange wedges, garlic halves and herb sprigs from cavity of turkey. Transfer turkey to a serving platter. Remove toothpicks. Garnish with orange slices, sage and thyme sprigs, and pomegranate arils, if desired. Serve with gravy.

Per serving: 660 calories, 36 g fat, 12 g saturated fat, 0 g trans fat, 280 mg cholesterol, 520 mg sodium, 13 g carbohydrates, 0 g fiber, 9 g sugar (1 g added sugar), 67 g protein. Daily Values: Vitamin D 6%, Calcium 4%, Iron 15%, Potassium 10%



SCAN TO SEE a recipe for this pan gravy at [Hy-Vee.com](http://Hy-Vee.com)

**FIND IT AT HY-VEE**  
**Mud Pie Nothin' Grater Mac & Cheese Baking Dish**  
This set includes a ceramic casserole dish with side handles and silverplate grater.  
Dish 2.5×13×8 in.; Grater 8.5 in.  
**39.99**



Add personality to your table with this collection of white ceramic serveware featuring debossed phrases sure to raise a smile from guests throughout the holidays.

## Jalapeño Mac-and-Triple Cheese

**Hands On** 20 minutes  
**Total Time** 45 minutes plus standing time  
**Serves** 16 (¾ cup each)

- Hy-Vee canola oil cooking spray
- 1 (16-oz.) pkg. Hy-Vee cellentani pasta
- 4½ Tbsp. Hy-Vee unsalted butter, divided
- 2 jalapeño peppers, sliced into rings, divided\*
- 2 Tbsp. Hy-Vee all-purpose flour

- 2 (12-oz.) cans Hy-Vee evaporated milk
- 6 oz. Hy-Vee sharp Cheddar cheese chunk, shredded (1½ cups); plus additional for garnish
- 3 oz. Culinary Tours Gruyère cheese chunk, shredded (¾ cup)
- 3 oz. Soirée Fontina cheese chunk, shredded (¾ cup)
- 1 Tbsp. Hy-Vee Dijon mustard
- 1 tsp. Hy-Vee seasoned salt
- 1 cup Wicked Minis jalapeño Cheddar seasoned snacking crackers
- ½ tsp. smoked paprika

1. **PREHEAT** oven to 375°F. Spray a 2-qt. baking dish with cooking spray; set aside. Cook pasta in boiling water, without salt, according to pkg. directions. Drain; rinse with cool water. Return to pot.

2. **MELT** 4 Tbsp. butter in a large saucepan over medium-low heat. Add 1 sliced jalapeño; cook for 1 minute, stirring occasionally. Whisk in flour; cook and whisk for 1 minute. Slowly whisk in evaporated milk. Cook and whisk over medium heat for 2 to 3 minutes until sauce coats the back of a spoon.

3. **REDUCE** heat to low; whisk in 6 oz. Cheddar, Gruyere, and Fontina cheeses; mustard; seasoned salt and remaining 1 sliced jalapeño. Cook and whisk until cheeses are melted. Add cheese mixture to pasta in pot; stir to coat. Transfer to prepared baking dish.

4. **MICROWAVE** remaining ½ Tbsp. butter in a small microwave-safe bowl

on HIGH until melted. Stir in crackers and paprika; sprinkle on pasta.

5. **BAKE** pasta, uncovered, for 20 to 25 minutes or until bubbly and crackers are toasted. Let stand 10 minutes before serving.

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

Per serving: 290 calories, 14 g fat, 7 g saturated fat, 0 g trans fat, 35 mg cholesterol, 340 mg sodium, 29 g carbohydrates, 1 g fiber, 5 g sugar (0 g added sugar), 11 g protein. Daily Values: Vitamin D 6%, Calcium 20%, Iron 6%, Potassium 4%



VEGETARIAN DISH





## Spicy Dill Pickle Sweet Potato Casserole

**Hands On** 50 minutes

**Total Time** 2 hours 10 minutes plus chilling and standing time

**Serves** 8

### PICKLED SWEET POTATOES

**5 to 6 medium sweet potatoes, peeled and cut into ¼-in.-thick slices (8 cups total)**

**1 cup water**

**1 cup seasoned rice vinegar**

**2 Tbsp. Hy-Vee granulated sugar**

**1 Tbsp. kosher salt**

**1 Tbsp. dill seed**

**1 Tbsp. dried dill weed, plus additional for garnish**

### CASSEROLE

**½ cup Hy-Vee salted butter**

**½ cup Hy-Vee hot honey infused with chillies, plus additional for serving**

**2 tsp. salt-free garam masala**

**2 tsp. smoked paprika**

**Hy-Vee olive oil cooking spray**

**Dill pickle flavored cashews, for garnish**

**Fresh dill, for garnish**

**1. FOR PICKLED SWEET POTATOES,** place sweet potatoes into a large bowl; set aside. Stir together water, rice vinegar, sugar, salt, dill seed and dill weed in a small saucepan. Bring to a boil over medium-high heat, stirring occasionally to dissolve sugar and salt. Pour hot brine over sweet potatoes; cool to room temperature. Cover and refrigerate at least 2 hours.

**2. FOR CASSEROLE,** preheat oven to 400°F. Melt butter in a medium saucepan over medium-low heat. Stir in ½ cup hot honey, garam masala and smoked paprika. Simmer for 3 minutes; remove sauce from heat.

**3. SPRAY** a 2-qt. round or oval baking dish with cooking spray. Add 2 Tbsp. hot honey mixture to the bottom of prepared dish. Remove potatoes from vinegar mixture; discard vinegar mixture. Arrange sweet potatoes, standing upright, in prepared dish, working in a circle from the outside. Brush sweet potatoes with half of the remaining sauce. Cover with foil.

**4. BAKE** for 55 to 60 minutes or until potatoes are fork-tender. Remove foil. Bake for 15 to 20 minutes more or until potatoes are golden brown and lightly caramelized.

**5. REMOVE** baking dish from oven; brush top of the potatoes with remaining sauce. Let stand for 15 minutes. Drizzle with additional hot honey; garnish with dill pickle cashews and fresh dill, if desired.

**Per serving:** 320 calories, 11 g fat, 7 g saturated fat, 0 g trans fat, 30 mg cholesterol, 420 mg sodium, 55 g carbohydrates, 6 g fiber, 26 g sugar (18 g added sugar), 3 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 15%



**FIND IT AT HY-VEE**

### Mud Pie Stuffing Serving Dish and Pot Holder Set

Ceramic dish and pot holder marked with light-hearted sayings.

**Dish** 2.5×12 in.;

**Pot holder** 8 in. dia.;

**Spoon** 9 in.

**29.99**



## Vegan Harvest Stuffing

**Hands On** 50 minutes

**Total Time** 1 hour 45 minutes

**Serves** 18 (¾ cup each)

**Hy-Vee olive oil cooking spray**  
**1 (24-oz.) loaf Hy-Vee Bakery unsliced roasted garlic sourdough bread, cut into ¾-in. cubes**

**6 Tbsp. vegan butter sticks**

**2 Tbsp. Gustare Vita olive oil**

**3 cups ½-in.-cubed Hy-Vee Short Cuts butternut squash**

**3 cups Basket & Bushel Brussels sprouts, trimmed and halved lengthwise**  
**1 small red onion, cut into small wedges**

**1 medium Honeycrisp apple, cored and cut into ¼-in.-thick slices**

**2 cups ½-in.-chopped celery stalks with leaves, plus additional leaves for garnish**

**3 tsp. coarsely ground Hy-Vee garlic pepper seasoning, divided**  
**2 tsp. poultry seasoning**

**1 cup Full Circle Market organic vegetable broth**  
**¼ cup chopped and toasted hazelnuts**  
**Fresh thyme, for garnish**

**1. PREHEAT** oven to 300°F. Lightly spray a large rimmed baking pan with cooking spray; spread bread cubes in prepared baking pan. Bake for 20 to 22 minutes or until crisp, stirring halfway through. Remove from oven; cool. Transfer to a large bowl.

**2. INCREASE** oven temperature to 350°F. Spray a 3-qt. baking dish with cooking spray; set aside.

**3. MELT** vegan butter and olive oil in a large skillet. Add butternut squash, Brussels sprouts and onion; cook over medium heat for 8 to 10 minutes or until slightly crisp, stirring occasionally. Add apple and chopped celery; cook for 2 to 3 minutes or until fork-tender. Season with 2 tsp. garlic pepper and poultry seasoning.

**4. ADD** vegetable-and-apple mixture to bread cubes in large bowl; toss to combine. Drizzle with just enough broth to moisten, gently tossing to combine. Season with remaining 1 tsp. garlic pepper seasoning; add remaining broth,

if needed. Transfer to prepared baking dish; cover with foil.

**5. BAKE** for 30 minutes. Uncover; gently stir. Bake, uncovered, for 20 to 25 minutes more or until stuffing reaches 165°F and top is slightly toasted. Sprinkle with toasted hazelnuts. Garnish with fresh thyme, if desired.

**Per serving:** 170 calories, 6 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 370 mg sodium, 25 g carbohydrates, 3 g fiber, 3 g sugar (0 g added sugar), 2 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 6%





HOLIDAY  
PAPER GOODS  
AT HY-VEE

Find festive paper plates and napkins with colorful fall or Thanksgiving themes that will enliven any get-together.

FIND IT  
AT HY-VEE



Pumpkin Harvest  
Oval Plates

Serve snacks and other foods on festive, premium-strength paper plates adorned with autumn images.

8 ct.

3.99



Harvest Turkey  
Plates & Napkins

Paper plates and napkins feature assorted fall themes such as turkeys and pumpkins.

Plates 8 ct.;

Napkins 16 ct.

2/3.00



Paper Art Fall  
Guest Towels

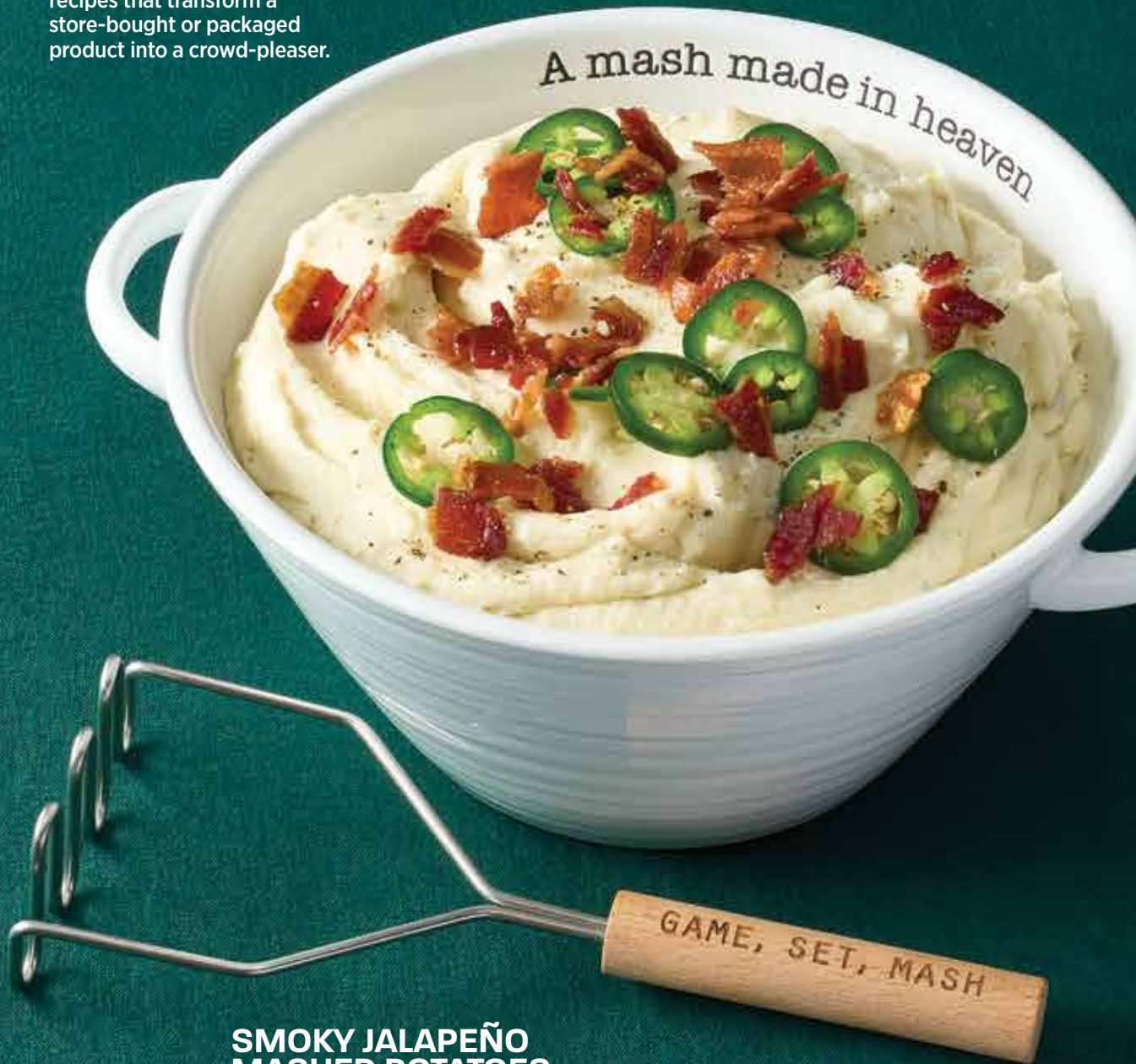
Sturdy 3-ply paper napkins feature autumnal images.

16 ct.

2.99

FAST  
fix-ups

Complement your meal with these simple side and dessert recipes that transform a store-bought or packaged product into a crowd-pleaser.



FIND IT AT HY-VEE

Mud Pie Mash  
Potato Bowl Set

The 2-piece set includes a ceramic bowl labeled "A mash made in heaven" and masher reading "Game, Set, Mash."

Bowl 9×4.5 in.; Masher 9 in.

39.99

SMOKY JALAPEÑO  
MASHED POTATOES

Stir together 1 (32-oz.) pkg. refrigerated mashed potatoes and ½ cup Alouette smoky jalapeño soft spreadable cheese in a medium microwave-safe bowl. Microwave, covered, on HIGH for 6 to 7 minutes or until potato mixture reaches 165°F, stirring halfway through. Garnish with Hy-Vee double smoked thick-sliced bacon, crisp-cooked and crumbled; thinly sliced jalapeño pepper and coarsely ground Hy-Vee black pepper, if desired. Serves 6 (⅔ cup each).

20  
MINUTES  
OR LESS

GF  
option  
GLUTEN-  
FREE

HOLIDAY  
GREEN BEANS  
ALMONDINE

Transfer 1 lb. Hy-Vee Kitchen green beans almondine to a medium microwave-safe bowl; add ¼ cup champagne-style vinaigrette dressing and toss to coat. Microwave, uncovered, for 3 to 4 minutes or until beans reach 165°F. Meanwhile, melt ½ Tbsp. Hy-Vee salted butter in a small nonstick skillet over medium heat. Add ½ cup thinly sliced shallot; cook and stir for 2 to 3 minutes until golden. Stir shallot and 2 Tbsp. pomegranate arils into green beans. Serves 6 (⅓ cup each).

20  
MINUTES  
OR LESS

GF  
option  
GLUTEN-  
FREE



CINNAMON-HONEY SWEET POTATOES

Stir together 1 (22-oz.) container refrigerated mashed sweet potatoes and ¼ cup cinnamon brown sugar honey butter in a medium microwave-safe bowl. Microwave, covered, on HIGH for 5 to 6 minutes or until sweet potatoes reach 165°F, stirring halfway through. Top with 3 Tbsp. honey roasted pecan pieces salad topping and 2 Tbsp. Heath Bits o' Brickle English toffee bits. Serves 4 (¾ cup each).

10  
MINUTES  
OR LESS

V  
option  
VEGETARIAN  
DISH



PIES AT  
HY-VEE

Finish off the feast with Hy-Vee Bakery Fresh pies including apple, banana cream, blueberry, cherry, lemon meringue, Southern pecan and pumpkin.

PECAN PIE  
WITH PRALINE  
MAPLE BACON

Stir together 3 Tbsp. Hy-Vee Select 100% pure maple syrup and 3 Tbsp. caramel sauce in a small bowl; set aside. Preheat oven to 375°F. Line a large rimmed baking pan with foil; place a wire rack in prepared pan. Place 6 slices Hy-Vee Hickory House maple smoked thick-sliced bacon in a single layer on wire rack. Bake for 20 to 25 minutes or until the bacon is slightly chewy. Meanwhile, place 2 Tbsp. packed Hy-Vee brown sugar and 2 Tbsp. Hy-Vee pecan pieces in a mini food processor. Cover and pulse 10 to 15 times or until the pecans are finely chopped. Sprinkle brown sugar mixture on top of each bacon slice; gently press to adhere. Bake for 10 to 12 minutes more or until bacon is crisp and brown sugar mixture is slightly bubbly. Cool on wire rack for 10 minutes. Coarsely chop bacon. To serve, cut 1 (37-oz.) Hy-Vee Bakery Fresh Gourmet Southern Pecan Pie into 8 servings; transfer to serving plate. Top pie slices with Hy-Vee frozen whipped topping, thawed, if desired. Drizzle with maple-caramel syrup and sprinkle with bacon pieces. Serves 8.



FRENCH ONION  
MAC-AND-CHEESE

Stir together 1 (28-oz.) container refrigerated macaroni & cheese and ½ cup Hy-Vee French onion sour cream dip in a medium microwave-safe bowl. Microwave, covered, on HIGH for 6 to 7 minutes or until pasta mixture reaches 165°F, stirring halfway through. Top with ½ cup coarsely crushed Hy-Vee original potato chips. Garnish with green onions, if desired. Serves 6 (½ cup each).

20  
MINUTES  
OR LESS

V  
option  
VEGETARIAN  
DISH



# graze

CREATE UNIQUE SPREADS TO SUIT YOUR GUESTS' PREFERENCES WITH A VARIETY OF BOARDS AVAILABLE AT HY-VEE.



## «ORNAMENT BOARD

Assemble this DIY board using:

- La Quercia Prosciutto Americano
- Pitted Italian Castelvetrano olives
- Hot whole sweet Peppadew piquanté peppers
- Lightly sweet oatcake biscuits
- Aged Cheddar cheese
- Marcona almonds
- Spiced pecans
- Culinary Tours Italian dry black pepper salami
- Basket & Bushel red raspberries
- Fig & pecan seeded crisps
- Creamy Gorgonzola wedge, crumbled
- Extra sharp yellow Cheddar cheese chunk, sliced
- Soirée Manchego cheese chunk, sliced
- Brie bites
- Pomegranate arils
- Fresh rosemary, for garnish



FIND IT AT HY-VEE

### Mud Pie Circular Christmas Board Set

Set of three red, white and green round boards adds color and interest to the buffet table.

8.25x6.25 in.

24.99

1

2

3

4

5

6

FIND IT AT HY-VEE

### BIA Cordon Bleu Acacia and Slate Serving Trays

Round and rectangular acacia wood boards include slate inserts for elegant, sophisticated serving.

select varieties

9.99 to 13.99

FIND IT AT HY-VEE

### 1. Fromager d'Affinois Le Fromager

This French cheese has a buttery, mild flavor and soft texture.

priced per pound

19.99

### 2. Better Butter Craft Butter

Made with simple ingredients and no oils, these gourmet butters include flavors such as garlic Parmesan basil.

3 oz.

3.59

### 3. BelGioioso Cheese Wedges

These award-winning Wisconsin cheeses are made with fresh milk from local farmers.

Available in varieties such as Parmesan, Asiago and Romano.

select varieties

8 oz.

5.49

### 4. Somerdale Wensleydale & Cranberries

Creamy, crumbly English Wensleydale cheese combined with sweet cranberries.

5.3 oz.

4.99

### 5. Roth Havarti Cheese

Inspired by early Danish cheesemaking, these Wisconsin cheeses include flavors such as dill, French onion and tomato basil.

select varieties

6 oz.

4.99

### 6. Jarlsberg Wedge

Mellow with a slightly nutty flavor, this semi-soft cheese is imported from Norway and recognizable by its large, round holes.

8 oz.

7.99





## SEA-CUTERIE GRAZING BOARD

Assemble this DIY board using:

- 2 (4-oz.) Fish Market frozen spiny lobster tails, thawed, butterflied and steamed
- Better Butter garlic Parmesan basil butter, softened
- Buttery crackers
- Fresh kale, for garnish
- Maine style lobster roll salad
- Fresh green beans, steamed
- Hy-Vee cocktail sauce
- Fish Market Alaska snow crab legs, steamed
- Lemon wedges
- Sliced red radishes
- Fish Market barstool cocktail oysters, scrubbed and shucked
- Classic Mignonette (see QR code, above, for online recipe)
- Cherry tomatoes
- Yellow and purple carrot sticks

FIND IT AT HY-VEE

### Kaukauna Cheese Balls, Logs and Cups

Wisconsin-made aged cheese products with distinct flavors such as port wine, beer, smoky bacon and more.

select varieties  
2/7.00



SCAN TO SEE  
the recipe  
for Classic  
Mignonette at  
Hy-Vee.com



## BEER CHEESE FONDUE BOARD

Assemble this DIY board using:

- Red grapes
- Soft pretzel bites
- Beer Cheese Fondue Dip\*
- Gala apple slices
- Granny Smith apple slices
- Green grapes
- Crav'n Flavor original beef sticks, cut up
- Hy-Vee Bakery baguette, sliced and toasted
- Yellow, orange and purple carrot sticks

\*To make Beer Cheese Fondue Dip, place 1 (6.5-oz.) container Kaukauna Extra Sharp Cheddar Spreadable Cheese and 2 Tbsp. light lager beer in a small saucepan. Cook over medium heat for 4 to 5 minutes or until smooth and warm, whisking frequently. Garnish with black pepper, if desired.

## CAJUN SHRIMP COCKTAIL BOARD

Assemble this DIY board using:

- Tail-on, peeled & deveined raw wild Argentina red shrimp (16 to 25 ct.), cooked
- Basket & Bushel petite red potatoes, boiled, halved and garnished with chopped fresh chives
- Fish Market seafood cocktail sauce
- Italian parsley, for garnish
- Cajun style fully cooked andouille smoked sausage, sliced and cooked
- Lemon wedges
- Raw wild Argentina red shrimp (14 to 15 ct.), cooked; peeled, leaving tails on
- Basket & Bushel mini sweet peppers, halved and seeded
- Snack-size cracked black pepper bruschetta toasts
- Remoulade sauce
- Celery sticks
- Old Bay seasoning, for garnish



## SUSHI BOARD

Assemble this DIY board using:

- Nori Sushi ocean fruits
- Hy-Vee frozen fresh steam edamame in the pods, cooked in microwave
- Nori Sushi California roll
- Nori Sushi spicy salmon roll
- Hy-Vee soy sauce

## BOARDS AT HY-VEE

Hy-Vee Catering has more than two dozen party tray options, including these spreads to handle a crowd of 12 to 16 guests.



### PRIDE OF THE MIDWEST CHARCUTERIE BOARD

Blue cheese, two kinds of Cheddar, prosciutto, cheese curds, flatbread crackers, seedless red and green grapes, roasted almonds and dried apricots.



### EVERYTHING ENGLISH CHARCUTERIE BOARD

Tuxford & Tebbutt Blue Stilton, Rustic Red Cheddar, Wensleydale & Cranberries, Barber's Cheddar, Columbus Italian dry salami, wild Maine blueberry jam, raspberries, grapes, caramelized pecans, sweet oatcakes.



### BRUNCH CHARCUTERIE BOARD

Artisan charcuterie meats and cheeses, fresh fruit, pastries, preserves, honey, sweet and salty yogurt-covered pretzels.



SCAN TO  
SHOP  
party trays  
from Hy-Vee  
Catering.



# WARMING COCKTAILS



CHASE AWAY THE CHILL WITH STEAMING HOT COCKTAILS YOU CAN SERVE ALL SEASON LONG WITH TOP-NOTCH BAR ACCESSORIES FROM HY-VEE.



## TROPICAL HOT TODDY

Fill 1 (10-oz.) heatproof glass or mug with 8 oz. warm water (120°F to 140°F); let stand for 1 minute. Remove and discard water. Add 2 oz. Malibu Caribbean rum with coconut liqueur, 1 tsp. fresh lime juice, ½ tsp. Good Graces gluten-free organic coconut sugar and 1 star anise to warmed glass. Top with an additional 6 oz. warm water; stir until coconut sugar dissolves. Garnish with 1 fresh pineapple slice, if desired. Serves 1 (8 oz.).

**10**  
MINUTES  
OR LESS

*If your ideal holiday is spent on a tropical beach, this warm cocktail will transport you there with sweet and tangy flavors from coconut rum, lime juice and pineapple.*

## APPLE BUTTER OLD FASHIONED

Pour 2 oz. whiskey bourbon and 3 dashes orange bitters into 1 (8-oz.) heatproof glass; set aside. Whisk together 3 oz. water and 3 Tbsp. apple butter in a small saucepan. Cook and whisk over medium heat for 2 to 3 minutes or until warm (120°F to 140°F). Strain apple butter mixture through a fine-mesh sieve over glass containing bourbon and bitters; stir to combine. Add 1 (3-in.-long) orange peel twist. Light one end of 1 (4-in.) cinnamon stick until it begins to smoke; extinguish any flames. Set in glass with smoking end up. Garnish with 1 sprig fresh rosemary, if desired. Serves 1 (6 oz.).

**20**  
MINUTES  
OR LESS

*Change up a traditional Old Fashioned by introducing flavors from a warm apple pie like smoked cinnamon and apple butter.*





To create a stunning ice chiller for holiday entertaining, place sliced citrus, cranberries and hardy herbs such as rosemary inside the ice mold. Then, fill with distilled water and freeze.

#### FIND IT AT HY-VEE

##### Final Touch Stainless Steel Ice Bottle Chiller

Keep bottles cold with a stainless steel holder and ice formed with a plastic mold. 6.3×6.3×7.1 in.

**33.99**

##### Viski Alchemi C02 Cork Remover

This tool uses compressed carbon dioxide to quickly remove corks with the push of a button.

2×9 in.

**16.99**

##### Riedel Vivant Red Wine Glasses

Riedel's crystal wine glasses are designed with shapes that emphasize the flavors and aromas of red and white wines.

4 ct.

**49.99**

##### Rabbit Wine Aerator with Stand

Enhance wine flavor and reduce bitterness with an adjustable aerator that fits decanters and single glasses.

4 pc.

**12.49**

As this big-batch mulled wine simmers in the slow cooker, it will also fill your home with holiday scents from the ingredients—such as cinnamon, cloves, nutmeg and citrus.



#### FIND IT AT HY-VEE

##### Crockpot Programmable Cook & Carry Slow Cooker

Prepare and transport hot drinks with this device that features a locking lid to prevent spills.

6 qt.

**59.99**

## MULLED WINTER WHITE WINE

Cut 1 Anjou pear lengthwise into ¼-in.-thick slices; remove seeds and set pear slices aside. Stud 1 navel orange with 16 whole cloves. Cut orange crosswise in half; set aside. Pour 4 (750-ml) bottles Riesling white wine, 16 oz. no-sugar-added 100% pear juice and 5 oz. pear brandy into a 6-qt. slow-cooker. Stir in 1 cup Hy-Vee granulated sugar, 6 (4-in.) cinnamon sticks and 1 whole nutmeg. Add in pear slices and orange halves. Cover and cook on LOW for 4 to 6 hours or until desired mulled flavor strength. Reduce heat to warm setting. Remove spices and orange halves, if desired. Pour mulled wine into heatproof glasses or mugs. Garnish with additional pear slices, if desired. Serves 16 (8 oz. each).





## BLACKBERRY-VODKA HOT CHOCOLATE

Pour 1½ oz. double-chocolate flavored vodka into 1 (12-oz.) cup or mug; set aside. Whisk together 8 oz. Hy-Vee whole milk, 2 Tbsp. Full Circle Market organic seedless blackberry fruit spread and 1 Ghirardelli 60% cacao intense dark chocolate square, coarsely chopped, in a small saucepan. Cook over medium heat for 3 to 4 minutes or until chocolate is melted and mixture is warm, whisking often. Pour chocolate milk mixture into cup or mug with vodka; stir. Top with 3 Hammond's vanilla bean marshmallows and, if desired, an additional Ghirardelli chocolate square. Serves 1 (10 oz. each).

**20**  
MINUTES  
OR LESS

The percentage of cacao on chocolate labels references how much of the bar's weight is made up by cocoa beans. The 60% cacao chocolate used in this recipe results in a stronger, richer cup of cocoa.

## PEPPERMINT SCHNAPPS HOT COCOA

Pour 1½ oz. peppermint schnapps into 1 (12-oz.) cup or mug; set aside. Heat 8 oz. Hy-Vee whole milk in a small saucepan for 2 to 3 minutes or until hot (190°F). Pour into cup or mug with peppermint schnapps. Top with 2 Tbsp. Hy-Vee frozen original whipped topping, thawed, and 2 Tbsp. crushed The Candy Shoppe starlight mint candies. Drop in 1 Maud Borup milk chocolate Hot Cocoa Bomb filled with mini marshmallows; stir to combine. Serves 1 (10 oz. each).

**20**  
MINUTES  
OR LESS



Concoct the perfect cup of cocoa with powdered mix or cocoa bombs, then top it off to your liking with rich Ghirardelli squares, fluffy Hammond's marshmallows and peppermint candies.



### FIND IT AT HY-VEE

#### Ghirardelli Chocolate Squares

Individually wrapped creamy chocolates feature fillings such as caramel and raspberry.

14.86 to 15.96 oz.

**14.98**

#### Hammond's Marshmallows

Flavors such as vanilla bean and toasted coconut are handmade in small batches for premium quality.

4 oz.

**4.99**

#### Maud Borup Hot Cocoa Bombs

A luscious milk chocolate shell encloses hot cocoa powder and mini marshmallows.

4 ct.

**2/10.00**

#### Maud Borup Hot Cocoa Bombs

Choose from dark, white and milk chocolate cocoa bombs, each stuffed with mini marshmallows.

9 ct.

**12.99**

#### Maud Borup Cocoa Caddy

The wire caddy holds glass bottles filled with peppermints, powdered cocoa mix and marshmallows.

14.5 oz.

**15.00**

#### Hot Cocoa Stir Spoon Set

Stir with one cup of hot milk for cozy cocoa in flavors such as milk chocolate caramel and dark chocolate mint.

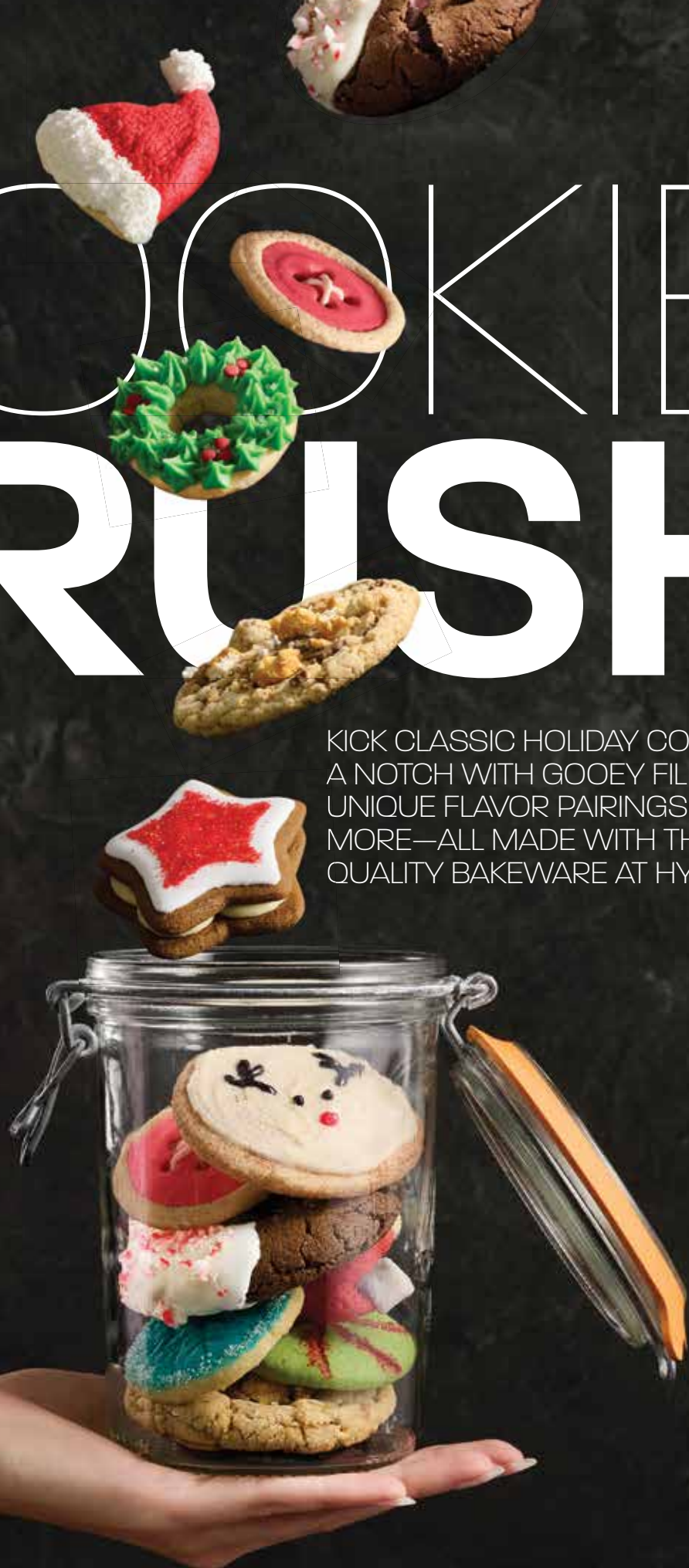
7 oz.

**7.99**



# COOKIE CRUSH

KICK CLASSIC HOLIDAY COOKIES UP A NOTCH WITH GOOEY FILLINGS, UNIQUE FLAVOR PAIRINGS AND MORE—ALL MADE WITH THE BEST-QUALITY BAKEWARE AT HY-VEE.



## FIND IT AT HY-VEE

### Handstand Kitchen Winter Wonderland Cookie Cutter Assortment

Make cookies with stainless steel cutters in holiday shapes such as snowman, reindeer, snowflake and Christmas tree.

12 pc.

12.99



## Gingerbread Sandwich Cookies

**Hands On** 47 minutes

**Total Time** 1 hour 5 minutes plus chilling and cooling time

**Serves** 13 (1 each)

**½ cup Hy-Vee unsalted butter, softened**  
**½ cup Hy-Vee granulated sugar**  
**1½ tsp. Hy-Vee ground ginger**  
**1½ tsp. ground allspice**  
**1 tsp. Hy-Vee baking soda**  
**1 tsp. Hy-Vee baking powder**  
**1 tsp. Hy-Vee ground cinnamon**  
**½ cup Hy-Vee molasses**  
**1 Hy-Vee large egg yolk**  
**2 cups Hy-Vee all-purpose flour**  
**½ (16-oz.) container Hy-Vee creamy white frosting, for serving**

**2 Tbsp. orange zest**

**1 recipe Royal Icing, see QR code, right, for online recipe**

**Assorted food coloring gels, sprinkles and colored sanding sugars, for decorating**

**1. BEAT** butter in a large bowl with an electric mixer on medium for 30 seconds. Add sugar, ginger, allspice, baking soda, baking powder and cinnamon. Beat until combined, scraping side of bowl occasionally. Beat in molasses and egg yolk until combined. Beat in flour. Divide dough in half. Wrap each portion in plastic wrap; refrigerate for 2 to 3 hours or until firm.

**2. PREHEAT** oven to 350°F. On a lightly floured surface, roll dough, one portion

at a time, to ¼ in. thick. Cut dough into holiday shapes using a 3- to 3½-in. cookie cutter. Place cutouts 1½ in. apart in 2 large rimmed baking pans.

**3. BAKE** for 8 to 9 minutes or until bottoms are light brown. Cool in pan for 5 minutes. Transfer cookies to a wire racks and cool completely.

**4. STIR** together white frosting and orange zest in a small bowl; set aside. Prepare Royal Icing; spoon into a pastry bag fitted with a small round-shape pastry tip.

**5. DECORATE** the tops of half of the cookies with Royal Icing and coloring gels, sprinkles and/or sanding sugars, if desired.

Spread orange frosting on the bottoms of remaining cookies. Place decorated cookies on the frosted cookies to sandwich.

**6. STORE** cookies in an airtight container in the refrigerator up to 5 days. Bring to room temperature before serving.

**Per serving:** 250 calories, 9 g fat, 5 g saturated fat, 0 g trans fat, 30 mg cholesterol, 140 mg sodium, 39 g carbohydrates, 1 g fiber, 26 g sugar (25 g added sugar), 2 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 4%



**SCAN TO SEE**  
the recipe for  
Royal Icing  
at Hy-Vee.com





# Peppermint Crunch Stuffed Cookies

**Hands On** 45 minutes  
**Total Time** 1 hour 19 minutes plus chilling and cooling time  
**Serves** 12 (1 each)

- 2 cups Hy-Vee all-purpose flour
- ½ cup Hy-Vee baking cocoa
- ½ tsp. Hy-Vee baking soda
- ½ tsp. Hy-Vee baking powder
- ½ tsp. Hy-Vee salt
- 6 Pepperidge Farm Milano mint chocolate cookies, finely crushed
- ¾ cup cold Hy-Vee unsalted butter, cut up
- ¾ cup Hy-Vee granulated sugar
- ½ cup packed Hy-Vee brown sugar
- 1 tsp. Hy-Vee vanilla extract

- 1 Hy-Vee large egg
- 1 Hy-Vee large egg yolk
- 1 (3.5-oz.) pkg. Zöet 57% cacao dark chocolate bar, coarsely chopped
- ¼ cup crushed peppermint candy canes, plus additional for garnish
- 120 Hy-Vee fun miniature pink or green marshmallows (about 4 cups), frozen
- 1 (10-oz.) pkg. white vanilla flavored melting wafers
- 1. **LINE** 3 large cookie sheets with parchment paper; set aside. Sift together flour, cocoa powder, baking soda, baking powder and salt in a medium bowl. Stir in crushed mint cookies; set aside.
- 2. **BEAT** butter in a large bowl with an electric mixer on medium for 30 seconds. Add granulated sugar, brown sugar and vanilla. Beat on medium for 2 to 3 minutes or until combined, scraping side of bowl occasionally. Beat in egg and egg yolk.

- Stir in flour mixture until combined; stir in chopped chocolate bar.
- 3. **SHAPE** dough into 24 balls using a 2-in. scoop; place on 1 prepared cookie sheet.
- 4. **TO ASSEMBLE** cookies, flatten each ball into a 2½-in.-round disk. Top 12 cookie dough disks each with 1 tsp. crushed candy canes and 10 frozen marshmallows; lightly press into the dough. Top with remaining cookie dough disks. Press edges together to seal in marshmallows; smooth any cracks in dough. Gently shape each into a slightly rounded ball.
- 5. **PLACE** filled cookies 2½ in. apart on remaining 2 prepared cookie sheets. Cover and refrigerate for 1 to 2 hours or until firm to the touch.
- 6. **PREHEAT** oven to 350°F. Bake cookies, one cookie sheet at a time, for 14 to 17 minutes or until edges are slightly firm,

- rotating cookie sheet halfway through. Cool on cookie sheet for 5 to 7 minutes. Transfer cookies to wire racks and cool completely.
- 7. **PLACE** white melting wafers in a shallow medium microwave-safe bowl. Microwave on HIGH at 30-second intervals until melted, stirring each time.
- 8. **DIP** half of each cookie into melted wafers; place on parchment paper. Garnish with additional crushed candy canes, if desired. Let stand until completely set. Store in airtight container in refrigerator up to 5 days. To softened centers of chilled cookies, microwave each cookie on HIGH for 10 to 15 seconds just before serving.
- Per serving: 540 calories, 25 g fat, 17 g saturated fat, 0 g trans fat, 65 mg cholesterol, 220 mg sodium, 76 g carbohydrates, 3 g fiber, 50 g sugar (45 g added sugar), 6 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 15%, Potassium 4%

# Snickerdoodle Reindeer

**Hands On** 30 minutes  
**Total Time** 54 minutes plus chilling and cooling time  
**Serves** 18 (1 each)

- COOKIES**  
3 cups Hy-Vee all-purpose flour  
1 tsp. Hy-Vee baking powder  
¼ tsp. Hy-Vee salt  
1¼ cups Hy-Vee unsalted butter, softened  
1 cup plus 2 Tbsp. Hy-Vee granulated sugar, divided  
2 tsp. Hy-Vee ground cinnamon, divided  
1 tsp. Hy-Vee vanilla extract  
1 Hy-Vee large egg
- EGGNOG FROSTING & DECORATING**  
2¼ cup Hy-Vee powdered sugar  
½ cup Hy-Vee unsalted butter, softened  
¼ cup Hy-Vee heavy whipping cream
- 3 Tbsp. Hy-Vee classic eggnog, divided  
½ tsp. Hy-Vee ground nutmeg  
Wilton red Sparkle Gel for writing and accents, for decorating  
Wilton black Sparkle Gel for writing and accents, for decorating  
Over the Top wispy white sanding sugar, for decorating
- 1. **FOR COOKIES**, sift together flour, baking powder and salt in a medium bowl; set aside.
- 2. **BEAT** together butter and 1 cup sugar in a large bowl with an electric mixer on medium for 30 seconds. Add 1 tsp. cinnamon and vanilla; beat on low for 3 minutes, scraping side of bowl occasionally. Beat in egg until combined. Stir in flour mixture.

- 3. **DIVIDE** dough in half; wrap each with plastic wrap. Refrigerate for 30 to 60 minutes or until chilled. Meanwhile, stir together remaining 2 Tbsp. sugar and 1 tsp. cinnamon in a small shallow bowl; set aside.
- 4. **PLACE** oven rack in center of oven. Preheat oven to 350°F. Remove dough from refrigerator and roll each portion between 2 sheets of parchment paper to ¼-in. thickness. Cut each portion into 9 (2½-in.) rounds for a total of 18 rounds. Dip both sides of each dough round in sugar-cinnamon mixture; place 2½ in. apart on ungreased cookie sheets.
- 5. **BAKE** cookies, one cookie sheet at a time, for 8 to 10 minutes or until tops are firm to touch. Cool on cookie sheet for 5 minutes. Transfer to a wire rack; cool completely.
- 6. **FOR FROSTING**, beat powdered sugar, butter, heavy cream, 2 Tbsp. eggnog and nutmeg in a large mixing bowl with an electric mixer on medium for 30 to 60 seconds or until combined. If necessary, beat in enough of remaining 1 Tbsp. eggnog for desired consistency.
- 7. **SPREAD** frosting on cookies with a small metal spatula until frosting is smooth. Decorate cookies by adding antlers and eyes with black gel and noses with red gel. Store in an airtight container in the refrigerator up to 5 days.
- Per serving: 360 calories, 19 g fat, 12 g saturated fat, 0 g trans fat, 60 mg cholesterol, 65 mg sodium, 44 g carbohydrates, 1 g fiber, 28 g sugar (27 g added sugar), 3 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 0%





# MIX AND MATCH

WHEN IT COMES TO HOLIDAY BAKING, HY-VEE CAN HELP WITH A VARIETY OF PREP, BAKE AND AND STORAGE SOLUTIONS FROM TOP BRANDS INCLUDING CUISINART, PYREX AND MORE.

## FIND IT AT HY-VEE

### Cuisinart Stand Mixer

This 12-speed mixer includes a stainless steel mixing bowl, whisk, dough hook and flat mixing paddle.

5.5 qt.  
**249.99**

### Cuisinart Power Advantage Hand Mixer

Equipped with a swivel cord that allows for right- or left-hand use, this 5-speed mixer also has self-cleaning beaters.

8.07×3.56×5.91 in.  
**44.99**

### Pyrex Simply Store Set

Each glass bowl and plastic lid set is freezer-, microwave- and dishwasher-safe, as well as airtight to help keep leftovers fresh longer. The set includes two 4-cup bowls, one 2-cup bowl and two 1-cup storage bowls.

10 pc.  
**15.99**

# ICEBOX COOKIES

ONE DOUGH, ENDLESS POSSIBILITIES! TO GET AHEAD ON HOLIDAY BAKING, PREP THE DOUGH FOR BASIC ICEBOX COOKIES, THEN SHAPE INTO A CYLINDER OR RECTANGLE AND FREEZE. WHEN IT'S COOKIE TIME, SIMPLY SLICE, BAKE AND DECORATE AS DESIRED.



### HOLIDAY CHEER

Slice cookie dough. Carefully cut out centers. Decorate using green icing, red confetti sprinkles and white sparkling sugar.



### SWEATER WEATHER

Shape cookie dough into square log; slice. Frost with white icing in a cable knit pattern. Top with round white sprinkles as desired.



### SANTA'S HELPER

Tint dough with red food gel. Slice cookie dough; cut slices into triangles, slightly curving the tops. Decorate with white icing, mini marshmallows and sanding crystals.



### HOME FOR THE HOLIDAY

Tint cookie dough with cocoa powder. Shape dough into square log; slice. Cut one slice diagonally in half to form triangles to top squares. Decorate with white icing.



### CUTE AS A BUTTON

Slice cookie dough. Use a shot glass to make indentation for button rim. After baking, immediately cut 4 small holes in center of each cookie. Frost with red icing. Use white icing to create stitches.



### LET IT SNOW

Tint cookie dough with blue food gel. Slice cookie dough. Use toothpicks to create a snowflake imprint. Dip edges in sanding sugar.



### CANDY SWIRL

Tint cookie dough with green food gel. Slice cookie dough. Create imprints using a measuring spoon. Sprinkle red sanding sugar in imprints.



### STAMP OF APPROVAL

Shape dough into square log; slice. Cut edges with scalloped pastry wheel. Frost with white icing. When dry, frost a tree shape with green icing. Add details with red icing gel.

## FIND IT AT HY-VEE

### Wilton Assorted Icing, Gels and Sprinkles

Get creative with vibrant colors and fun sprinkle shapes from Wilton, a trusted provider of bakeware and dessert decorating tools for over 70 years.

select varieties

**20% OFF**



## Icebox Cookie Dough

These old-fashioned refrigerator cookies remain popular, as they're simple-to-make and are easily customizable.

SCAN TO SEE the recipe for Icebox Cookies at [Hy-Vee.com](https://www.hy-vee.com)



# SANTA'S BAKESHOP

MIXING, MEASURING AND SERVING TOOLS FROM HY-VEE WILL HELP YOU BAKE UP ENOUGH COOKIES TO SATISFY EVEN SANTA'S SWEET TOOTH.



## FIND IT AT HY-VEE

### Danica 12 Days of Christmas Gift Set

Avoid scratching mixing bowls with a silicone whisk, and use the silicone brush to spread sauces and seasonings. A countdown dish towel completes the set.

3 pc.

**14.99**

### Mud Pie Holiday Sweets Board Set

Pile cookies, fudge and other holiday treats on this engraved mango wood serving board with cutout handles and an included metal cookie cutter.

18×7.5 in.

**10% OFF**

### Mud Pie Light Up Santa Canister

Store cookies and other small treats in this hand-painted ceramic canister. The lid gets a magical glow with battery-powered LED lights for additional holiday flair.

9×5.25 in.

**10% OFF**

### Figural Mug Cookie Cutter Set

Sip cocoa from cute character mugs shaped like a penguin, snowman or reindeer, and use the attached cookie cutters in mitten, snowman and tree shapes to help with holiday baking.

16 to 19 fl. oz.

**6.99**

### Magenta Home Mixing Bowl with Spatula Set

Stir up a small batch of dough or batter in a Santa-shape ceramic bowl with included silicone spatula stamped with the phrase "Happy Holidays."

7.75 in.

**7.99**

### Mud Pie Nutcracker Measuring Cup Set

Two-piece set includes a festively decorated stoneware liquid measuring cup and a wood and silicone spatula; handwash only.

**10% OFF**

### Mud Pie Nutcracker Bowl Set

This hand-painted stoneware bowl with charming graphics comes with wood and silicone spatula; handwash only.

Bowl 9.5×4 in.; Spatula 11.5 in.

**10% OFF**

### Magenta Home Santa's Best Cookies/Santa Plate

Serve treats for holiday guests on a ceramic plate decorated with an adorable Santa face and the phrase "Cookies for Santa."

8.8 in.

**5.99**

## Brown Butter Caramel-Corn Cookies

**Hands On** 30 minutes  
**Total Time** 1 hour  
15 minutes plus chilling and cooling time  
**Serves** 24 (1 each)

**1 cup Hy-Vee unsalted butter, softened, divided**  
**2¾ cups Hy-Vee all-purpose flour**  
**1 tsp. Hy-Vee baking soda**  
**½ tsp. Hy-Vee baking powder**  
**½ tsp. kosher salt**  
**1 cup Hy-Vee granulated sugar**  
**¾ cup packed Hy-Vee brown sugar**  
**1 tsp. Hy-Vee vanilla extract**  
**2 Hy-Vee large eggs**  
**2 cups coarsely chopped G.H. Cretors caramel popcorn, plus additional for garnish**  
**1 (3.5-oz.) pkg. Zōet milk chocolate with toffee & sea salt bar, chopped, plus additional for garnish**  
**¼ cup Heath milk chocolate English toffee bits, plus additional for garnish**  
**¼ cup Kraft caramel bits**

**1. MELT** ½ cup butter in a small skillet over medium heat for 2 to 3 minutes or until foamy and brown, stirring occasionally. Immediately pour brown butter into a small, heatproof shallow bowl; cool to room temperature.  
**2. LINE** 2 (17×12-in.) rimmed baking pans with parchment paper; set aside. Sift together flour, baking soda, baking powder and salt in a medium bowl; set aside.  
**3. BEAT** remaining ½ cup butter in a large bowl with an electric mixer on medium for 30 seconds. Add granulated sugar, brown sugar and vanilla; beat for 3 minutes or until combined, scraping side of bowl occasionally. Beat in brown butter and eggs. Stir in flour mixture until combined; stir in 2 cups chopped caramel popcorn, chopped chocolate bar, ¼ cup toffee bits and caramel bits.  
**4. SHAPE** dough into 24 balls; place in

1 prepared baking pan. Cover and refrigerate for 1 to 2 hours or until firm.  
**5. PLACE** oven rack in center of oven. Preheat oven to 350°F. Remove 8 cookie dough balls from refrigerator; place 2½ in. apart in remaining prepared baking pan. Bake, in 3 batches, for 13 to 15 minutes or until edges begin to brown.  
**6. REMOVE** from oven; garnish warm cookies with additional caramel popcorn, chopped chocolate bar and toffee bits, if desired, pressing pieces into the cookies. Cool cookies in pan for 5 to 7 minutes. Transfer to a wire rack and cool completely. Store in an airtight container at room temperature up to 5 days.  
**Per serving:** 240 calories, 11 g fat, 6 g saturated fat, 0 g trans fat, 35 mg cholesterol, 150 mg sodium, 35 g carbohydrates, 1 g fiber, 23 g sugar (22 g added sugar), 2 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 0%





# CHRISTMAS AROUND THE WORLD

FOOD IS A TIE THAT BINDS DURING THE HOLIDAY SEASON, WHEN CELEBRATIONS AROUND THE GLOBE SHARE A SENSE OF JOY AND MERRIMENT. LOOK TO THESE RECIPES INSPIRED BY HOLIDAY TRADITIONS SEEN THROUGHOUT THE WORLD TO SERVE THIS HOLIDAY SEASON.

This year, give a nod to holiday foods and customs enjoyed worldwide. Try something different! Families in Greece celebrate Christmas dinner with roast lamb; in Ethiopia it's a spicy stew. Finland enjoys smoked fish or roast ham for a main meal, and tamales are the star in Mexico. In Poland and Ukraine, Christmas Eve meals are commonly meatless and feature pierogi (filled dumplings) and cabbage rolls. Brazilians serve their roast turkey studded with or surrounded by fruits—pineapple rings, cherries and



pomegranates. An easy way to incorporate global fare into Christmas dinner is with dessert, such as Italian panettone, a round, buttery cake with

fruit, or the French Bûche de Noël, a frosted Yule log. Beyond food, customs play a big part in drawing family and friends together. In Denmark, *julefrokost* lunches usher in the holiday, with family, friends and work colleagues sharing a buffet spread. Mexicans host tamale-making parties to prepare the tamales that will be served at Christmas. In Poland and other Eastern European countries, families eat special wafers and exchange good wishes for each other before starting their meal.

## MEXICO PORK TAMALES

Mexicans honor their history by serving tamales, packets of meats, cheeses and vegetables tucked in masa dough and wrapped in corn husks, then steamed. *Tamaldas* are tamale-making parties held in the days leading up to Christmas dinner.

**Hands On** 2 hours 30 minutes  
**Total Time** 12 hours 30 minutes plus husks soaking time  
**Serves** 15 (2 each)

**6 cups Hy-Vee reduced sodium beef broth, divided**  
**4 dried ancho chiles, stems and seeds removed**  
**2 dried chile de árbol, stems and seeds removed**  
**1 (3-to 3½-lb.) boneless pork shoulder blade roast**  
**2 medium white onions, halved**  
**1 large poblano chile pepper, stem and seeds removed, halved lengthwise and charred**  
**6 large cloves whole garlic, divided**  
**1 tsp. Hy-Vee ground cumin**  
**1 tsp. Hy-Vee cayenne pepper**  
**¾ tsp. Hy-Vee salt, divided**  
**35 corn husks for tamales, divided**  
**2½ cups Hy-Vee shortening**  
**4¼ tsp. Hy-Vee baking powder**  
**8 cups instant corn masa flour**  
**Fresh pico de gallo, for serving**  
**Cilantro, for garnish**

**1. BRING** 4 cups broth, ancho and árbol chiles to boil in a medium saucepan. Reduce heat; simmer 6 to 8 minutes or until softened. Transfer chiles to a bowl. Pour 3 cups cooking liquid into a 6-qt. slow cooker; set aside. Discard remaining liquid.

**2. PLACE** pork in slow cooker. Add an additional 1 cup broth, onions, 2 ancho and poblano chiles, 4 cloves garlic, cumin, cayenne and ½ tsp. salt. Cover and cook on LOW for 5 to 7 hours or until pork is fork-tender. Transfer pork to a cutting board; shred and transfer to bowl. Transfer onions and chiles to another bowl; transfer 4 cups pork cooking liquid to a third bowl. Refrigerate each.

**3. SOAK** corn husks covered in water for 30 minutes or until pliable.

**4. PLACE** remaining 2 ancho chiles and árbol chiles in a blender. Add 1 cup reserved pork cooking liquid, reserved onions and chile mixture,

1 cup beef broth and remaining 2 cloves garlic. Blend until puréed.

**5. FOR CHILE SAUCE**, press puréed mixture through a fine-mesh sieve; set aside. Discard mixture in strainer.

**6. TRANSFER** 2 cups chile sauce to a large nonstick skillet. Cook over medium heat for 2 to 3 minutes or until it begins to bubble. Add shredded pork and heat through; set aside.

**7. FOR MASA DOUGH**, beat shortening, ¾ cup chile sauce, baking powder and remaining ¼ tsp. salt in a bowl with an electric mixer until combined. Slowly beat in 4 cups masa flour and 1½ cups reserved pork cooking liquid until combined. Repeat beating in remaining 4 cups masa flour and remaining 1½ cups reserved pork cooking liquid. Mix with hands until pliable.

**8. TEAR** 5 corn husks into 30 long strands. Place remaining husks, smooth side, up on a flat surface. Spread ½ cup masa dough ¼ in. thick in center third of each husk. Spoon 1½ Tbsp. meat mixture in a strip in center of each dough mound. Fold one long side of husk up and over filling, then unfold; repeat with other long side. Fold narrow end of husk over filling; fold over long sides. Tie open end closed with husk strands.

**9. PLACE** a steam rack inside a 16-qt. stockpot; add 1 to 2 in. water. Stand half of the tamales upright on rack. Cover tamales with a damp towel; cover stockpot. Bring water to a simmer; steam for 1 to 1½ hours or until tamales remove easily from husks and masa dough is steamed through, adding more water if needed. Transfer to a baking pan; cover with foil. Steam remaining tamales.

**10. SERVE** with pico de gallo and sauce and remaining chile sauce; garnish with cilantro.

**Per serving:** 710 calories, 47 g fat, 12 g saturated fat, 0 g trans fat, 40 mg cholesterol, 370 mg sodium, 54 g carbohydrates, 6 g fiber, 3 g sugar (0 g added sugar), 17 g protein.  
**Daily Values:** Vitamin D 6%, Calcium 8%, Iron 10%, Potassium 10%

### TAMALES TIPS

Store tamales in an airtight container in a refrigerator up to 1 week; or in freezer up to 1 month. To serve, wrap each thawed tamale in foil; place in a single layer in a baking pan. Reheat in a 425°F oven for 20 minutes, turning halfway through.







# SPAIN

## CROQUETAS DE JAMÓN

Families in Spain celebrate Christmas from December 24th until the arrival of the Reyes Magos (Three Kings) on January 6th. Spaniards love *tapas*, or small bites, and serve *croquetas*, or croquettes, during their holiday meal. These can be filled with ham, chicken, sausage and/or vegetables mixed into a creamy Béchamel sauce before they're fried in hot oil until crispy.

**Hands On** 40 minutes  
**Total Time** 1 hour 4 minutes plus chilling, freezing and cooling time  
**Serves** 12 (2 each)

**2 cups Hy-Vee 2% reduced-fat milk**  
**1 cup Hy-Vee heavy whipping cream**  
**¼ tsp. Hy-Vee ground nutmeg**  
**¼ cup Hy-Vee unsalted butter**  
**½ cup chopped white onion**  
**½ cup Hy-Vee all-purpose flour**  
**1 (4-oz.) pkg. La Quercia sweet & spicy jambon Americano, chopped**  
**½ cup shredded Soirée Manchego cheese chunk**  
**¼ tsp. Hy-Vee salt, plus additional to taste**  
**¼ tsp. Hy-Vee black pepper**  
**2 Hy-Vee large eggs, beaten**  
**1 cup Hy-Vee Italian seasoned panko bread crumbs**  
**Hy-Vee vegetable oil, for frying**  
**Fresh lemon juice, optional**  
**Fresh basil, for garnish**  
**Roasted garlic aioli, for serving**

**1. LINE** a 13×9-in. freezer-safe baking dish with parchment paper; set aside. Bring milk, heavy cream and nutmeg to boil in a small saucepan, whisking occasionally. Reduce heat to medium-low. Gently simmer, uncovered, for 20 minutes, stirring occasionally.

**2. MELT** butter in a medium nonstick skillet over medium heat. Add onion; cook for 2 to 3 minutes or until lightly golden brown. Stir in flour and jambon. Cook for 3 to 4 minutes more or until heated through and fragrant, stirring occasionally.

**3. REDUCE** heat to medium-low. Slowly whisk heated milk into mixture in skillet. Whisk in cheese,

¼ tsp. salt and pepper until cheese is melted. Pour jambon-cheese mixture into the prepared baking dish. Cover and refrigerate for 2 to 3 hours or until completely cool.

**4. REMOVE** baking dish with jambon-cheese mixture from refrigerator; divide mixture into 24 equal portions. Using wet hands, form each portion into a 2-in.-long oval-shape croqueta. Reline baking dish with clean parchment paper; return croquetas back to the baking dish.

**5. PLACE** eggs in a shallow bowl; place bread crumbs in another shallow bowl. Dip croquetas, one at a time, into eggs. Then gently roll in bread crumbs to coat completely, gently pressing to adhere. Return croquetas to baking dish; freeze for 2 hours or overnight or until frozen.

**6. TO FRY**, heat oil to 300°F to 325°F in a large deep-fat fryer or 6-qt. Dutch oven. Follow manufacturer's instructions for quantity of oil in deep-fat fryer. For Dutch oven, use 6 cups.

**7. FRY** frozen croquetas in batches for 4 to 6 minutes or until croquetas reach an internal temperature of 165°F and are golden brown and crisp, turning occasionally. Using a slotted spoon, transfer to a paper towel-lined tray. Cool slightly.

**8. TO SERVE**, transfer croquetas to a large serving platter. Season to taste with additional salt. Sprinkle with lemon juice; garnish with basil, if desired. Serve with roasted garlic aioli.

**\*NOTE:** Nutrition Facts are not available for fried foods.

# ITALY

## POACHED COD LINGUINE

The Feast of the Seven Fishes is a traditional Christmas Eve meal celebrated by Italians and Italian-Americans. It features seven seafood dishes. Italy's tradition of seafood meals on Christmas Eve dates from the Roman Catholic practice of abstaining from eating meat on that day. The dishes may include cod, shrimp, calamari, clams, mussels and eel.

**Total Time** 1 hour 15 minutes  
**Serves** 6

**1 lb. Fish Market live mussels**  
**12 cups water**  
**1½ tsp. kosher salt, plus additional to taste**  
**½ (16-oz.) pkg. Hy-Vee linguine**  
**1 medium lemon, halved**  
**2 medium cloves whole garlic, peeled; plus 1 clove minced**  
**4 Tbsp. chopped fresh oregano, divided; plus additional for garnish**  
**5 Tbsp. Gustare Vita olive oil, divided**  
**1 (2-lb.) Fish Market Alaskan cod fillet, ½ to ¾ in. thick; cut into 4 pieces**  
**8 oz. Fish Market fresh sea scallops**  
**1 cup chopped white onions**  
**1 (10-oz.) pkg. Basket & Bushel gourmet medley tomatoes**  
**1 (17.6-oz.) bottle Gustare Vita arrabbiata pasta sauce**  
**1½ cups Gustare Vita tomato passata**  
**1 Tbsp. Gustare Vita capers, drained**  
**Fresh lemon juice, optional**  
**Italian parsley, for garnish**

**1. RINSE** mussels under cold running water to remove any sand and grit. Refrigerate mussels, uncovered, until ready to use.

**2. BRING** water and 1½ tsp. salt to boil in a 4-qt.

saucepan or pasta pot. Add linguine. Gently boil, uncovered, for 8 minutes. Drain; reserve pasta water. Set linguine aside; cover to keep warm.

**3. RETURN** reserved pasta water to saucepan. Squeeze juice from ½ lemon into pasta water; add the lemon rind, 2 cloves whole garlic, 2 Tbsp. oregano and 2 Tbsp. olive oil. Bring to a boil. Reduce heat to medium-low; add cod and very gently simmer for 4 to 6 minutes or until fish is opaque and just begins to flake. Transfer cod to a bowl using a slotted spoon. Cover to keep warm. Reserve ¼ cup cooking liquid.

**4. PAT** scallops dry with paper towels. Squeeze juice from remaining ½ lemon over scallops; let stand for 5 minutes.

**5. HEAT** 2 Tbsp. olive oil in a deep 12-in. nonstick skillet or sauté pan over medium-high heat. Add scallops; cook for 2 to 3 minutes or until scallops reach 145°F and golden brown around the edges, turning halfway through. Transfer scallops to a bowl or plate; cover to keep warm.

**6. SLIGHTLY** cool skillet. Add remaining 1 Tbsp. olive oil, onions and tomatoes to skillet; cook over medium heat for 3 to 5 minutes or until onions are golden and tomatoes have burst. Stir in 1 clove minced garlic.

**7. ADD** pasta sauce, tomato passata, remaining 2 Tbsp. oregano and capers to mixture in skillet; cook over medium-low heat for 2 to 3 minutes or until fragrant. Add mussels; cover and cook over medium-low heat for 3 to 4 minutes or until mussels open. Discard any unopened mussels.

**8. ADD** cooked linguine, ¼ cup reserved cooking liquid, cod and scallops to skillet; cover and cook for 2 to 3 minutes or until cod reaches 145°F and mixture is heated through. Sprinkle with lemon juice. Garnish with additional oregano and parsley, if desired. Season to taste with additional salt.

**Per serving:** 510 calories, 21 g fat, 3 g saturated fat, 0 g trans fat, 90 mg cholesterol, 1,160 mg sodium, 43 g carbohydrates, 4 g fiber, 10 g sugar (0 g added sugar), 40 g protein. **Daily Values:** Vitamin D 0%, Calcium 4%, Iron 20%, Potassium 20%





# GREECE

## ROASTED PORK WITH LEMON RICE

In Greece, many families fast before enjoying their Christmas Day feast of roast pork or lamb, lemon-base chicken soup, stuffed cabbage, baklava and *melomakarona* cookies. The day before Christmas, groups of children walk through their neighborhood and sing carols, accompanied by metal triangles; residents often reward them with treats and coins.

- Hands On** 45 minutes  
**Total Time** 1 hour 45 minutes plus standing time  
**Serves** 8
- 1 (3-lb. to 3½-lb.) boneless pork shoulder blade roast**  
**¾ tsp. Hy-Vee salt, divided**  
**¾ tsp. Hy-Vee black pepper, divided**  
**5 Tbsp. Gustare Vita olive oil, divided**  
**½ (0.8-oz.) pkg. fresh poultry herb blend (rosemary, sage and thyme) plus additional for garnish**  
**2 medium lemons, thinly sliced; plus additional for garnish**  
**1 medium orange, thinly sliced; plus additional for garnish**  
**¼ cup Hy-Vee honey mustard**  
**10 B-size red potatoes, halved**  
**8 cloves whole garlic, peeled**  
**1 Tbsp. salt-free Greek seasoning**  
**2½ cups Hy-Vee 33% less sodium chicken broth**  
**2 cups Hy-Vee unsweetened coconut water**

- 2 cups Hy-Vee long-grain rice, rinsed**  
**1 Tbsp. lemon zest, plus additional for garnish**  
**1 Tbsp. fresh lemon juice**  
**1½ tsp. chopped Italian parsley**  
**2 Tbsp. Gustare Vita balsamic vinegar**  
**2 Tbsp. Hy-Vee unsalted butter**
- 1. PREHEAT** oven to 400°F. Tie pork together with kitchen string, if necessary. Pat pork dry; season with ½ tsp. salt and ½ tsp. pepper. Let stand at room temperature for 30 minutes.
- 2. BRUSH** bottom of a deep 13×9-in. baking dish or roasting pan with 2 Tbsp. oil. Chop and set aside 2 sprigs thyme from herb blend. Place lemon slices, orange slices and remaining ½ pkg. herb blend in prepared baking dish; set aside. Whisk together honey mustard and 1 Tbsp. oil in a small bowl; set aside.
- 3. HEAT** remaining 2 Tbsp. oil in a large nonstick skillet over medium-high heat. Sear pork for 2 to 3 minutes on each side or until lightly browned. Place pork, fat side up, on citrus slices and herbs in baking dish.
- 4. TOSS** together potatoes, garlic cloves and Greek seasoning to coat; arrange around pork. Brush pork with three-fourths of the mustard mixture; season pork and potatoes with ¼ tsp. salt and ¼ tsp. pepper.
- 5. ROAST**, uncovered, for 50 to 60 minutes or until pork reaches 145°F, brushing with remaining mustard mixture every 20 minutes.
- 6. PLACE** 2 cups broth, coconut water and rice in a medium saucepan; bring to a boil. Reduce heat to medium-low; cover and simmer for 15 to 20 minutes or until liquid is absorbed and rice is tender. Turn off heat; let stand, covered, for 5 to 10 minutes. Uncover and fluff with a fork; stir in 1 Tbsp. lemon zest and juice, parsley and reserved chopped thyme.
- 7. TRANSFER** roast to a cutting board. Cover with foil; let stand for 15 minutes. Remove potatoes; set aside drippings with citrus, herbs and garlic. Return potatoes to baking dish, cut sides down; roast for 15 minutes more or until fork-tender.
- 8. FOR SAUCE**, strain drippings mixture through a fine-mesh sieve set over a bowl, pressing with the back of spoon to release juices from fruit. Transfer mixture in bowl to the large nonstick skillet; discard mixture in strainer. Add remaining ½ cup broth. Cook over medium-high heat until mixture begins to bubble. Add balsamic vinegar, butter and remaining ¼ tsp. salt and ¼ tsp. pepper. Cook over medium-low heat for 3 to 4 minutes or until butter is melted and combined, whisking occasionally.
- 9. TO SERVE**, remove string from pork and slice. Place rice on large serving platter; arrange pork and potatoes on top. Garnish platter with additional herbs, lemon and orange slices and lemon zest, if desired. Drizzle with ¼ cup sauce; serve remaining alongside.

**Per serving:** 840 calories, 36 g fat, 12 g saturated fat, 0 g trans fat, 115 mg cholesterol, 580 mg sodium, 90 g carbohydrates, 7 g fiber, 10 g sugar (0 g added sugar), 39 g protein. **Daily Values:** Vitamin D 10%, Calcium 8%, Iron 35%, Potassium 40%

### FIND IT AT HY-VEE

#### The Rock by Starfrit 10-Piece Cookware Set

Durable interior finish so food won't stick, pans won't warp. Extra-thick base distributes heat evenly. Oven-safe handles. Scratch-resistant.

10 pc.

129.99

#### Crock Pot Artisan Dutch Oven

Versatile enameled cast iron pot moves from stove to oven to table. Slow-cook, simmer, sauté, roast, braise and bake. Perfect for one-pot meals like soups and stews.

5 qt.

49.99

#### Farberware Cutlery Set

Stylish navy blue and gold cutlery features high-carbon stainless steel blades that retain sharpness longer than conventional stainless steel. Includes rubber wood block.

15 pc.

59.99

## GIFTS FOR THE KITCHEN

Pick up stylish and festive cooking essentials at Hy-Vee as practical gifts—or to add to your own kitchen during this entertaining-heavy season.





# UNITED STATES

## PEPPERCORN & HERB CRUSTED PRIME RIB

A mainstay of Sunday roasts in England, prime rib has become a favorite holiday meal in America because it's delicious, a showstopper and a change from turkey at Thanksgiving. Cut from a loin section above the primal rib cage, the high-quality meat is best prepared with a salt crust, slow-roasted until tender and juicy, then served with a mustard-horseradish sauce.

**Hands On** 1 hour  
**Total Time** 4 hours plus standing time  
**Serves** 16

**PRIME RIB**  
Hy-Vee canola oil cooking spray  
1 (8½- to 9½-lb.) Hy-Vee Choice Reserve beef bone-in rib roast  
¼ cup Hy-Vee canola oil  
2 Tbsp. kosher salt  
2 Tbsp. coarsely ground Hy-Vee Himalayan pink salt  
2 Tbsp. Hy-Vee pepper supreme, finely crushed  
2 Tbsp. herbs de Provence  
2 Tbsp. finely chopped fresh thyme  
2 Tbsp. minced garlic cloves  
Fresh rosemary, for garnish  
Cherry tomatoes, for garnish

**SAUCES**  
¾ cup chopped shallots  
2 cups Merlot wine  
3 cups Hy-Vee beef stock  
½ cup Hy-Vee unsalted butter, cut up  
½ tsp. Gustare Vita balsamic vinegar

**Culinary Tours horseradish sauce, optional**

**1. PLACE** oven rack in lower third of oven; preheat oven to 500°F. Generously spray a roasting rack and large shallow roasting pan with cooking spray; set aside. Tie roast with kitchen string between each bone to hold meat in place.

**2. PAT** roast dry. Stir together ¼ cup oil, kosher and Himalayan salts, peppercorns, herbs de Provence, thyme and garlic. Rub mixture on all sides of roast. Let roast stand at room temperature for 30 minutes.

**3. PLACE** roast, fat side up, on rack in roasting pan. Roast for 20 to 30 minutes or until top becomes golden and crisp. Reduce oven temperature to 275°F; roast for 1¾ to 2½ hours more or until roast reaches 120°F for medium-rare doneness. Transfer roast to a cutting board; loosely cover with foil and let stand for 15 minutes (internal temperature will increase 10 to 15°F.)

**4. FOR WINE SAUCE,** strain drippings through a fine-mesh strainer; discard brown bits. Heat ½ cup drippings in a large skillet over medium heat. Add shallots; cook and stir for 30 to 60 seconds or until soften. Remove skillet from heat; add wine. Return skillet to heat. Simmer for 6 to 7 minutes or until wine is almost evaporated.

**5. ADD** beef stock to skillet; simmer for 12 to 15 minutes or until sauce is reduced to about 1½ cups. Remove skillet from heat. Whisk in butter for a velvety texture. Whisk in balsamic vinegar.

**6. TO SERVE,** remove string from roast and slice. Garnish with rosemary and tomatoes, if desired. Serve with wine sauce and, if desired, horseradish sauce.

**Per serving:** 730 calories, 60 g fat, 24 g saturated fat, 0 g trans fat, 155 mg cholesterol, 1,540 mg sodium, 3 g carbohydrates, 1 g fiber, 1 g sugar (0 g added sugar), 38 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 20%, Potassium 10%

# FRANCE

## BÛCHE DE NOËL

The crowning glory of Christmas dinner in France is dessert. Bûche de Noël, or Yule log, is cake rolled around a creamy filling and then frosted and decorated into something magical, like a fallen tree and pine boughs.

**Hands On** 50 minutes  
**Total Time** 1 hour 5 minutes plus cooling and chilling time  
**Serves** 12

**FILLING**  
½ (8-oz.) pkg. Hy-Vee cream cheese, softened  
1 cup Hy-Vee heavy whipping cream  
1 tsp. Hy-Vee vanilla extract  
¼ cup Hy-Vee powdered sugar

**CAKE & GARNISHES**  
Hy-Vee vegetable oil cooking spray  
6 Hy-Vee large eggs  
1 cup water  
½ cup Hy-Vee vegetable oil  
1 (16.5-oz.) pkg. Hy-Vee extra moist devil's food deluxe cake mix  
Hy-Vee powdered sugar, for dusting and garnish  
1 (16-oz.) container Hy-Vee creamy milk chocolate frosting  
1 (16-oz.) container Hy-Vee creamy chocolate fudge frosting  
Sparkling Cranberries, for garnish  
Sparkling Rosemary, for garnish

**1. FOR FILLING,** place cream cheese in a large bowl. Beat with an electric mixer fitted with a whisk attachment on medium until smooth. Beat in heavy cream, a small amount at a time, until smooth, scraping side of bowl occasionally. Beat in vanilla until combined.

**2. BEAT** mixture on medium-high until soft peaks form (tips curl). Slowly beat in powdered sugar on medium until combined and fluffy. Set filling aside.

**3. FOR CAKE,** preheat oven to 375°F. Line a 17×12×1-in. baking pan with

parchment paper; spray with cooking spray and set aside. Beat eggs in a medium bowl on high for 3 to 4 minutes or until light and fluffy. Add water and oil; beat on high for 1 to 2 minutes more or until frothy. Gently fold in dry cake mix using a whisk.

**4. POUR** cake batter into prepared baking pan; spread smooth. Bake for 12 to 15 minutes or until a toothpick inserted near center comes out clean. Cool in pan for 5 minutes.

**5. DUST** both sides of a large dish towel generously with powdered sugar. Using a narrow metal spatula or table knife, loosen sides of warm cake from pan. Invert cake onto prepared dish towel; remove baking pan and parchment paper. Starting from a short side, tightly roll up warm cake with towel into a spiral. Carefully place rolled cake, seam side down, on a baking sheet. Refrigerate for 30 minutes.

**6. TO FILL** cake roll, carefully unroll cake with towel. Spread filling on cake in an even layer to edges. Starting from a short side, tightly reroll cake with filling and without the towel. Place on a serving platter, seam side down. Cover and refrigerate for 1 to 2 hours or until completely cool.

**7. TO DECORATE,** swirl together milk chocolate and chocolate fudge frostings in a medium bowl. Frost top, sides and ends of cake with frosting mixture. Using the tines of a fork, draw a bark-like texture into the frosting. Garnish with a light sprinkle of powdered sugar; add cranberries and rosemary sprigs, if desired.



SCAN TO SEE the recipe for Sparkling Rosemary.



SCAN TO SEE the recipe for Sparkling Cranberries.

**Per serving:** 660 calories, 35 g fat, 16 g saturated fat, 0 g trans fat, 130 mg cholesterol, 450 mg sodium, 82 g carbohydrates, 2 g fiber, 64 g sugar (64 g added sugar), 6 g protein. **Daily Values:** Vitamin D 6%, Calcium 4%, Iron 10%, Potassium 6%



**STEP ONE**  
Pour batter into rimmed baking pan lined with parchment paper. Smooth batter. Bake; cool for 5 to 10 minutes.



**STEP TWO**  
Invert cake onto dish towel dusted with powdered sugar. Remove parchment. Starting with short side, roll up both cake and towel. Cool 30 to 45 minutes.



**STEP THREE**  
Unroll cake. Top with an even layer of filling. Carefully tightly reroll cake. Place on serving platter seam side down. Refrigerate until cooled completely.



**STEP FOUR**  
Frost cake. Use fork to create bark-like texture to resemble log. Decorate with desired garnishes.



# GLUTEN-FREE GOODIES

SERVE HOLIDAY DESSERTS EVERYONE AT YOUR TABLE CAN ENJOY WITH HELP FROM STYLISH SERVEWARE AND ACCESSIBLE GLUTEN-FREE INGREDIENTS AT HY-VEE.

Another one bites the crust

#### FIND IT AT HY-VEE

##### Mud Pie Circa Pie Plate with Server

This ceramic pie plate is stamped with fun wordplay, has a stylish fluted rim and includes a debossed silver server.

Plate 2¼×11-in.; Server 10-in.

**10% OFF**

## Creamy Eggnog Pie

**Hands On** 20 minutes

**Total Time** 20 minutes plus chilling

**Serves** 10

- 1 (10.5-oz.) pkg. Kinnikinnick gluten-free graham style crumbs
- 6 Tbsp. Hy-Vee salted butter, softened
- 3 cups Hy-Vee classic eggnog
- 1½ cups Hy-Vee 2% reduced-fat milk
- 2 (5.1-oz.) pkg. Jell-O instant vanilla pudding & pie filling
- 1 tsp. Hy-Vee ground nutmeg, plus additional for garnish
- 1 (8-oz.) container Cool Whip frozen whipped topping, thawed, divided

**1. COMBINE** graham style crumbs and butter with your fingers or a pastry cutter until crumbs hold together. Press mixture in bottom and side of a deep 9½-in. glass pie plate to form a crust. Refrigerate until ready to fill.

**2. COMBINE** eggnog, milk, instant pudding mixes and 1 tsp. nutmeg in a large bowl. Beat with an electric mixer on medium for 1 to 2 minutes or until smooth and creamy. Fold in 2 cups whipped topping until smooth. Spread evenly in prepared pie crust. Refrigerate for 2 to 24 hours before serving.

**3. GARNISH** with remaining whipped topping. Sprinkle lightly with additional nutmeg, if desired.

**Per serving:** 490 calories, 22 g fat, 13 g saturated fat, 0 g trans fat, 55 mg cholesterol, 660 mg sodium, 72 g carbohydrates, 1 g fiber, 49 g sugar (18 g added sugar), 5 g protein.  
**Daily Values:** Vitamin D 6%, Calcium 15%, Iron 0%, Potassium 4%

**GF**  
option

**GLUTEN-FREE**

### PRESTO PIE CRUST

This no-bake pie recipe replaces traditional pastry for a quick-to-make graham style crust that simply combines gluten-free graham style crumbs with butter, which can then be formed into nearly any pan.





# Gluten-Free Almond Butter Blossoms

**Hands On** 45 minutes  
**Total Time** 1 hour 15 minutes plus standing and cooling time  
**Serves** 34 (1 each)

- 2½ cups Cup4Cup multipurpose gluten-free flour
- ¼ tsp. Hy-Vee salt
- ¾ cup Hy-Vee unsalted butter, softened
- ¼ cup Hy-Vee no-stir creamy almond butter
- ½ cup Hy-Vee granulated sugar, divided
- ½ cup packed Hy-Vee brown sugar
- 2 Hy-Vee large eggs
- 1 tsp. Hy-Vee vanilla extract
- 36 almond milk chocolate kisses, unwrapped
- Caramel dessert sauce, for serving

**1. PREHEAT** oven to 375°F. Line 3 large cookie sheets with parchment paper; set aside. Whisk together flour and salt in a medium bowl; set aside.

**2. BEAT** butter, almond butter, ¼ cup granulated sugar and brown sugar in a large bowl with an electric mixer on medium until smooth. Beat in eggs and vanilla until combined. Slowly beat in flour mixture until combined. Let dough stand at room temperature for 30 minutes.

**3. PLACE** remaining ¼ cup sugar in a shallow bowl; set aside. Roll dough into 1½-in. balls; roll balls in sugar to coat. Place 2 in. apart on prepared cookie sheets.

**4. BAKE**, one cookie sheet at a time, for 9 to 10 minutes or until bottoms are golden brown, rotating cookie sheet halfway through. Remove from oven. Immediately press 1 chocolate kiss in center of each cookie. Cool on cookie sheet for 5 minutes. Transfer cookies to wire racks and cool completely.

**5. JUST BEFORE SERVING**, drizzle cookies with caramel sauce, if desired.

**Per serving:** 130 calories, 7 g fat, 3.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 35 mg sodium, 17 g carbohydrates, 0 g fiber, 9 g sugar (8 g added sugar), 2 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 2%



**STICK TOGETHER**  
Gluten proteins in wheat flour act as a binder, holding baked goods together, which allows them to be light and airy. Some gluten-free flours contain xanthan gum, a thickening agent that helps retain moisture and binds batters and doughs.

# Gluten-Free Fall Pumpkin Cupcakes

**Hands On** 25 minutes  
**Total Time** 50 minutes plus cooling  
**Serves** 12 (1 each)

- 1 (15-oz.) pkg. Good Graces gluten-free cinnamon oat muffin mix
- 1 Tbsp. pumpkin pie spice, plus additional for garnish
- ¾ cup canned Hy-Vee pumpkin
- ½ cup Hy-Vee whole milk
- ¼ cup Hy-Vee canola oil
- 1 Hy-Vee large egg
- 6 oz. Hy-Vee cream cheese, softened
- 1½ cups Hy-Vee heavy whipping cream
- ½ cup Hy-Vee powdered sugar

- 3 Tbsp. Hy-Vee Select 100% pure maple syrup**  
**1 tsp. Hy-Vee vanilla extract**
- 1. PREHEAT** oven to 350°F. Line a 12 (2½-in.) muffin-cup pan with paper baking cups.
- 2. WHISK** together baking mix and 1 Tbsp. pumpkin pie spice in a large bowl; set aside. Whisk together pumpkin, milk, oil and egg in a medium bowl. Add pumpkin mixture to muffin mix; stir until combined (mixture will be lumpy; do not overmix). Fill each prepared muffin cup ¾ full (about ¼ cup each) with batter.
- 3. BAKE** for 23 to 25 minutes or until a toothpick inserted near the centers of cupcakes comes out clean. Cool cupcakes in muffin cups for 10 minutes. Remove from muffin cups and cool completely on a wire rack.

**4. FOR FROSTING**, beat cream cheese in a large bowl with an electric mixer on medium for 1 to 2 minutes or until no lumps remain. Beat in heavy whipping cream, a small amount at a time, on medium. Increase to medium-high and continue beating until soft peaks form (tips curl), scraping side of bowl occasionally. Slowly beat in powdered sugar, maple syrup and vanilla; beat on medium-high until combined.

**5. SPOON** frosting into a pastry bag fitted with a ½-in.-round-shaped piping tip. Pipe frosting onto cupcakes. Garnish with additional pumpkin pie spice, if desired. Store in an airtight container in refrigerator for up to 3 days.

**Per serving:** 360 calories, 21 g fat, 11 g saturated fat, 0 g trans fat, 70 mg cholesterol, 210 mg sodium, 39 g carbohydrates, 2 g fiber, 24 g sugar (23 g added sugar), 4 g protein.  
**Daily Values:** Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 2%



**GREAT GRAINS**  
Many grains, including rice, oats and quinoa, are naturally gluten-free. Because of this, most gluten-free flour and baking mixes use ground versions of these grains as a base or alternative to wheat flour, such as rice flour and oat flour.



# GLUTEN-FREE MADE SIMPLE

Exclusive to Hy-Vee, Good Graces provides gluten-free ingredients at budget-friendly prices. Stock your pantry with basic items such as gluten-free flours and baking mixes plus pastas, canned soups, granola, croutons, seasoning mixes and more. You'll also find ingredients for holiday meals, such as gluten-free stuffing mix and fried onions.



**BAKING MIXES**  
Ready-made mixes for cakes, cookies, muffins and more make gluten-free baking simple. Just add a few pantry-staple ingredients like eggs, vegetable oil and water.



**FLOURS**  
Good Graces offers several gluten-free alternative flours, including traditional all-purpose flour (made with rice flour), as well as almond and coconut flours.



# FAST APPPS

## FIND IT AT HY-VEE

### Mud Pie Small Bites Cheese Tray Set

Serve cheese and appetizers on this ceramic tray that includes 25 wax cheese papers and two brass-finish markers.

Tray 12.5×7 in.; Papers 6×6 in.; Markers 4 in.

**10% OFF**

## MASTER OF THEIR CRAFT

Rely on the cheese specialists at Hy-Vee to help you curate a crowd-pleasing board from the dozens of domestic and imported cheeses available in-store. A handful of these employees have even earned their credentials through extensive training from the American Cheese Society and are deemed Certified Cheese Specialists, a prestigious status fewer than 1,000 people worldwide can claim.



IMPRESS GUESTS WITH SIMPLE, ELEGANT APPETIZERS YOU CAN PREPARE IN MINUTES OR, LET HY-VEE HELP WITH A WIDE VARIETY OF READY-TO-ORDER PLATTERS.



# BIG DIPPER

THESE QUICK-TO-ASSEMBLE DIPS ARE A CROWD FAVORITE REQUIRING MINIMAL PREP.

## SPICY VEGAN PIMENTO CHEESE BALL ▶

Place 1 (8-oz.) Miyoko's Creamery vegan roadhouse classic sharp Cheddar cheese spread; 1½ oz. dairy-free medium Cheddar-style cheese chunk, shredded (about ⅓ cup); 4 oz. vegan plain cream cheese-style spread; 3 Tbsp. diced pimentos, drained; 1 Tbsp. chopped green onion; ¾ tsp. Hy-Vee cayenne pepper; ½ tsp. Hy-Vee chili powder and ½ tsp. smoked paprika in a food processor. Cover and pulse until combined and almost smooth, stopping to scrape down sides as needed. Transfer mixture to a large sheet of plastic wrap. Bring up edges of plastic wrap to form cheese mixture into a soft ball; place in a small bowl and freeze for 1 hour or refrigerate up to 2 days. Before serving, remove the plastic wrap from the chilled cheese mixture. Shape mixture into a ball with your hands or the back of a spoon. (Cheese ball will be soft.) Stir together 3 Tbsp. Hy-Vee roasted & salted pepitas, coarsely chopped, an additional ½ tsp. chili powder and ½ tsp. smoked paprika on a small plate. Gently roll the cheese ball in pepita mixture to coat. Place on serving tray; serve with Nabisco Ritz original crackers, Nabisco Wheat Thins original crackers and/or Stacy's multigrain pita chips, if desired. Serves 12 (2 Tbsp. each).

**V**  
option  
VEGETARIAN  
DISH

FIND IT AT HY-VEE

Stacy's  
Multigrain  
Pita Chips

7.33 oz.

2.99



## ◀ CREAMY CRAB RANGOON DIP

Preheat oven to 350°F. Lightly spray a 1½-qt. baking dish with Hy-Vee olive oil cooking spray. Stir together 1 (6.5-oz.) container Alouette garlic and herbs soft spreadable cheese; ¼ cup Hy-Vee sour cream; 2 tsp. Hy-Vee Worcestershire sauce; 1 (8-oz.) pkg. Hy-Vee flake style imitation crab meat, chopped; ½ cup Kraft shredded Italian five cheese blend with a touch of Philadelphia and 2 Tbsp. sliced green onions in a medium bowl. Transfer to prepared baking dish. Sprinkle with an additional ¼ cup shredded five cheese blend cheese. Bake for 20 to 25 minutes or until edges are bubbly and cheese is melted. Top with 3 Tbsp. Culinary Tours sweet Thai style chili sauce. Garnish with additional sliced green onions, if desired. Serve with Hy-Vee Kitchen wonton chips, if desired. Serves 20 (2 Tbsp. each).

**30**  
MINUTES  
OR LESS

FIND IT AT HY-VEE

Alouette Garlic  
& Herbs Soft  
Spreadable Cheese

6.5 oz.

4.99



## ▲ MEXICAN STREET CORN AVOCADO TOASTS

Heat a small cast iron skillet over medium heat. Add ¼ cup frozen garlic Parmesan street corn. Cook for 7 to 10 minutes or until corn is charred and begins to pop, stirring occasionally. Set corn aside. Stir together 1 medium avocado, seeded, peeled and mashed; 1 tsp. lime zest and 1 tsp. fresh lime juice in a medium bowl. Spread avocado mixture on 20 Stacy's Simply Naked bagel chips. Top with ¼ cup Mexican-style Elote street corn flavored almonds, chopped; corn and 1 Tbsp. crumbled Cotija cheese. Garnish with cilantro, Hy-Vee everything bagel jalapeño seasoning and coarsely ground Hy-Vee sea salt, if desired. Serves 10 (2 each).

**30**  
MINUTES  
OR LESS

**V**  
option  
VEGETARIAN  
DISH



## ▲ SHRIMP-AND-TZATZIKI CUCUMBER ROUNDS

Place oven rack 6 in. from heat. Preheat broiler to HIGH. Line a large rimmed baking pan with foil; place a wire rack in prepared baking pan. Pat dry 20 Fish Market peeled & deveined raw shrimp, tails removed (31 to 40 ct.). Place shrimp in a medium bowl. Sprinkle with 1 tsp. salt-free Greek seasoning; toss to coat. Cut 10 slices Hy-Vee fully cooked hardwood smoked bacon crosswise in half. Wrap each shrimp with a bacon half-slice. Place, seam-side down, on the wire rack in pan. Broil shrimp for 1 to 2 minutes or until bacon is crisp and shrimp reach 145°F. To assemble, spread about ½ tsp. refrigerated tzatziki with feta dip & spread on each of 20 (¼-in.-thick) English cucumber slices; top with shrimp. Garnish with fresh dill, if desired. Serves 10 (2 each).

**20**  
MINUTES  
OR LESS

## ▲ HOT PEPPER BRIE BITES

Preheat oven to 375°F. Spray 24 (2½-in.) mini muffin cups with Hy-Vee olive oil cooking spray; set aside. Lightly flour a large cutting board. Unroll 1 (8-oz.) can Hy-Vee refrigerated original crescent rolls (8 ct.) onto cutting board. Pinch perforations together. Roll dough into a 12x8-in. rectangle. Cut dough into 24 (2-in.) squares. Place squares in prepared muffin cups. Cut ½ (8-oz.) round brie cheese, rind removed, into 24 pieces and place on crescent dough squares. Top with 6 Tbsp. hot pepper jelly. Bake for 8 to 10 minutes until golden. Top with ¼ cup toasted Hy-Vee walnut pieces. Garnish with fresh thyme and sea salt, if desired. Serve warm. Serves 12 (2 each).

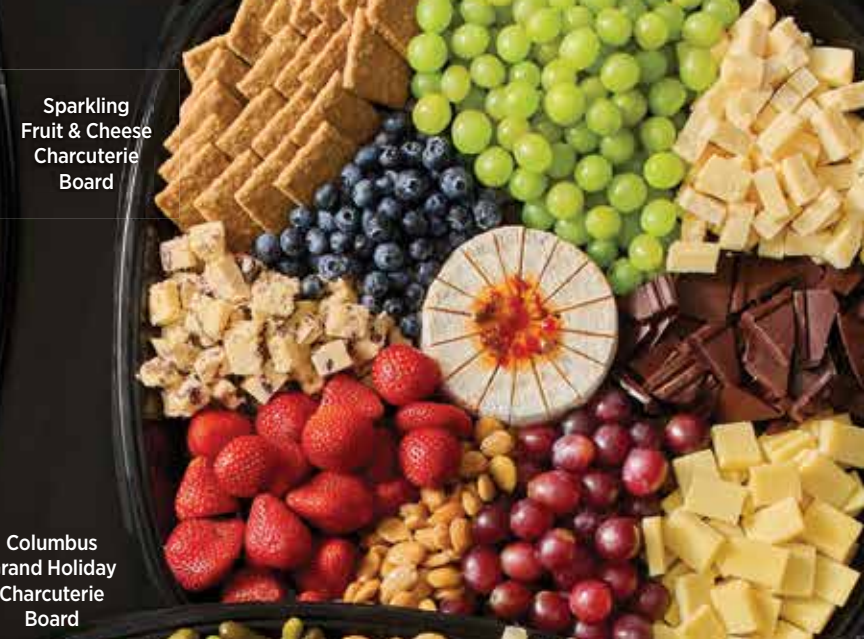
**30**  
MINUTES  
OR LESS

**V**  
option  
VEGETARIAN  
DISH





World Tour Board



Sparkling Fruit & Cheese Charcuterie Board

**ORDER AHEAD**  
Talk with a Hy-Vee Catering manager or order online 3 days in advance to ensure your order is ready for pickup or delivery.



Columbus Grand Holiday Charcuterie Board

# READY TO GO

FROM PERSONAL TO PARTY, HY-VEE HAS THE RIGHT PLATTER FOR YOUR OCCASION. FIND FRUIT, VEGGIE, CHARCUTERIE AND MORE.

Signature Fantastic Fruit Platter



Signature Premier Vegetable Platter



Charcuterie Deluxe Grazer Board



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a variety of  
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# Take 'em home. Made.

Pre-order your bakery fresh holiday pies today!





# BRUNCH

## WITHOUT THE TIME CRUNCH

SAVE TIME AND EFFORT WITH THESE BRUNCH IDEAS TO SERVE YOUR OVERNIGHT HOLIDAY GUESTS.



### SAVE TIME

Split and hollow out bagels in advance, then use an assembly line process to build multiple egg-stuffed bagels at one time.

## SHEET PAN EGG-STUFFED BAGELS

Serve up this simple customizable brunch with your pick of Hy-Vee Bakery Fresh bagels and deli meat to pair with about any topper you can imagine.

### STEP 1: CHEESE

Spread an even layer of shredded hard cheese in 4-in. circles, leaving the middle open. This will ensure that the cheese browns evenly for added crunch and flavor. Hard cheeses include Gruyère, Asiago and Manchego.

### STEP 2: BAGEL

Split a Hy-Vee Bakery Fresh bagel, then cut a hole in the center. Butter the cut side and place it, buttered side down, on top of the cheese circles. The flat bottoms of the bagels will turn crispy when baked, and the hole will accommodate the egg. Hy-Vee Bakery Fresh bagels include flavors such as cinnamon crunch, Asiago and everything-bagel.

### STEP 3: MEAT

Place 2 or 3 slices of thinly sliced deli meats in center of each bagel hole, pleating the meat as needed to

create a basket for the egg to sit in. Hy-Vee deli meats include Black Forest ham, corned beef and cracked black pepper turkey.

### STEP 4: EGG

Place Hy-Vee medium-size eggs in the "basket" of deli meat slices. Bake for 12 minutes, then loosely tent with foil and bake another 8 to 9 minutes to ensure egg whites are set. Medium-size eggs fit best in these bagel treats.

### STEP 5: TOPPERS

Sprinkle salt and pepper on top, then add your choice of toppers. Salt brings out eggs' natural flavor while pepper adds a touch of spice. Toppers allow you to customize flavor, texture and color however desired. Examples include bacon crumbles, arugula, kraut, salad dressing, hot sauce, salsa, pico de gallo, jam and cilantro.

## OUR FLAVOR COMBOS

### Sweet-and-Savory

Hy-Vee Bakery cinnamon crunch bagel ♦ Hy-Vee butter ♦ Culinary Tours Gruyère cheese ♦ Di Lusso Black Forest ham ♦ Hy-Vee eggs ♦ maple bacon onion jam ♦ baby arugula

### Reuben

Hy-Vee Bakery Asiago bagel ♦ Hy-Vee butter ♦ Soirée Asiago cheese ♦ Di Lusso corned beef ♦ Hy-Vee eggs ♦ red cabbage, beets and carrots kraut ♦ Hy-Vee Thousand Island salad dressing

### Huevos Rancheros

Hy-Vee Bakery everything bagel ♦ Hy-Vee butter ♦ Soirée Manchego cheese ♦ Di Lusso cracked black pepper turkey ♦ Hy-Vee eggs ♦ Hy-Vee salt ♦ Hy-Vee black pepper ♦ fresh pico de gallo ♦ avocado ♦ cilantro ♦ hot sauce



#### FIND IT AT HY-VEE

#### Nordic Ware Frozen Snowflake Cakelet Pan

This cast aluminum pan makes six unique snowflake-shape cakes to add charm to the dessert table; made in the USA by a family-owned company.

1 ct.; 3-cup capacity

**10% OFF**

#### SAVE TIME

Use a complete flapjack & waffle mix to save prep work, then bake in these seasonal cakelet pans that save you the hassle of tending to a griddle.



## SNOWFLAKE PANCAKES

*Bring some festive cheer to the breakfast table with this seasonal recipe.*

Preheat oven to 375°F. Lightly spray Nordic Ware Frozen snowflake cakelet pan with Hy-Vee canola cooking spray; set aside. Stir together 1 cup Kodiak Frontier buttermilk & honey flapjack & waffle mix,  $\frac{3}{4}$  cup water and 1 tsp. Hy-Vee vanilla extract in a large bowl (do not overmix). Fill each prepared cakelet mold  $\frac{1}{2}$  full (about  $\frac{1}{4}$  cup each) with batter. Bake for 10 to 12 minutes or until a toothpick inserted near the centers comes out clean. Press tops of cakes with the back of a spoon to flatten, if desired. Cool cakes in pan for 5 minutes. Loosen edges from cakelet molds using a small offset spatula. Place a wire rack over top of pan and invert the pan with the wire rack. If necessary, slightly shake to loosen cakes from pan onto wire rack. Remove pan. To serve, transfer cakes to a serving platter. Garnish with Hy-Vee powdered sugar; serve with Hy-Vee Short Cuts triple berry blend and Kodiak raspberry super fruit syrup, if desired. Serves 6 (1 each).



**SAVE TIME**  
Precooked Hy-Vee Hickory House pulled pork eliminates the need to cook the meat in advance.

## BREAKFAST ENCHILADAS

*Spice up your brunch with Hy-Vee's breakfast enchiladas. This recipe is a southwest fusion the whole family will love!*

**Hands On** 20 minutes

**Total Time** 41 minutes

**Serves** 8 (1 each)

**Hy-Vee canola oil cooking spray**

**4 Tbsp. Gustare Vita olive oil, divided**

**8 (6-in.) Hy-Vee enchilada-size white corn tortillas**

**8 oz. Hy-Vee Hickory House dry pulled pork**

**5 Hy-Vee large eggs**

**$\frac{1}{4}$  cup Hy-Vee whole milk**

**1 (10-oz.) can mild red chile enchilada sauce, divided**

**1 cup Hy-Vee shredded pepper Jack cheese, divided**

**$\frac{3}{8}$  cup canned Hy-Vee no salt added black beans, drained and rinsed**

**$\frac{1}{2}$  cup Hy-Vee sour cream**  
**Jalapeño peppers, for garnish\***  
**Red radishes, for garnish**

**White onion, for garnish**  
**Cilantro, for garnish**

**1. PREHEAT** oven to 350°F. Spray a 4-qt. rectangular baking dish with cooking spray; set aside. Set aside 1 Tbsp. oil for eggs.

**2. HEAT** 1 Tbsp. oil in a large nonstick skillet over medium heat. Cook tortillas, one at a time, in oil for 40 seconds, turning once halfway through and adding remaining oil as needed. Transfer tortillas from skillet to a paper towel-lined plate. Cover plate of tortillas with plastic wrap and set aside.

**3. ADD** pork to same nonstick skillet and cook for 2 to 3 minutes or until pieces begin to crisp. Transfer to a medium bowl; set aside. Carefully wipe skillet out with paper towels.

**4. WHISK** together eggs and milk in another medium bowl; set aside. Heat reserved 1 Tbsp. oil in same skillet over medium-low heat. Add egg mixture. Cook for 1 to 2 minutes. Once bottom of egg mixture has set, use a spatula to stir the mixture and form large curds. Continue cooking and stirring until eggs are cooked through but still glossy. Remove from heat and set aside.

**5. TO ASSEMBLE**, spread  $\frac{3}{4}$  cup enchilada sauce in an even layer in bottom of prepared baking dish; set aside. Divide pork, scrambled eggs,  $\frac{3}{4}$  cup cheese and black beans evenly onto the center of each tortilla; roll up tightly. Place each filled tortilla, seam side down, in baking dish. Drizzle with remaining  $\frac{1}{2}$  cup enchilada sauce;

sprinkle with remaining  $\frac{1}{4}$  cup cheese. Spray a large piece of foil with cooking spray; cover baking dish with sprayed side down.

**6. BAKE** for 15 minutes or until heated through. Remove foil and bake for 5 to 6 minutes more or until cheese is melted.

**7. TO SERVE**, top with sour cream. Garnish with jalapeños, radishes white onion and cilantro, if desired.

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

**Per serving:** 380 calories, 24 g fat, 9 g saturated fat, 0 g trans fat, 170 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar (1 g added sugar), 21 g protein.  
**Daily Values:** Vitamin D 6%, Calcium 10%, Iron 10%, Potassium 2%

## MAKE IT festive

Set the table—figuratively and literally—for fun with holiday-theme paper products from Hy-Vee.

#### FIND IT AT HY-VEE



#### Paper Art Oval Platters

Premium-strength platters accommodate hearty portions—perfect for pan dishes and casseroles.

8 ct.

**3.99**



#### Party Creations Paper Tableware

Add a bright holiday touch with matching snowflake paper plates and napkins.

8 to 16 ct.

**2/3.00**



#### Paper Art Christmas Guest Towels

These 3-ply paper napkins are bright, cheerful and durable.

16 ct.

**2.99**





## BREAKFAST SLIDERS

*These easy breakfast sandwiches can be hot and ready to serve when you are.*

Preheat oven to 350°F. Lightly spray a 13×9-in. baking pan with Hy-Vee canola oil cooking spray; set aside. Whisk together ¼ cup Hy-Vee mayonnaise and 1¼ Tbsp. Culinary Tours coarse ground French style Dijon mustard in a small bowl; set aside. Split 1 (15-oz.) pkg. Hy-Vee Hawaiian rolls (12 ct.) horizontally in half using a serrated knife. Place roll bottoms in prepared baking pan with cut sides up. Set roll tops aside. Cook 12 frozen precooked heat 'n' serve pork & turkey pork sausage patties, thawed, in a large nonstick skillet over medium heat for 2 to 3 minutes or until heated through, turning halfway through. Remove patties and place on roll bottoms; set aside. Carefully wipe out skillet with a paper towel. Whisk together 8 Hy-Vee large eggs, ½ cup Hy-Vee whole milk, ½ tsp. coarsely ground Hy-Vee black pepper and ½ tsp. Hy-Vee salt in a medium bowl. Melt 1 Tbsp. Hy-Vee salted butter in same skillet over medium-low heat. Add egg mixture. Cook for 1 to 2 minutes. Once bottom of egg mixture has set, use a spatula to stir the mixture and form large curds. Continue cooking and stirring until eggs are cooked through but still glossy. Remove from heat. Spoon cooked eggs in an even layer on top of sausage patties. Top with 6 slices Hy-Vee American cheese singles, overlapping if necessary. Spread mayonnaise mixture on cut-sides of roll tops; place roll tops on cheese layer to sandwich. Microwave ½ Tbsp. butter in a small microwave-safe dish on HIGH for 15 to 20 seconds or until melted. Brush roll tops with melted butter. Sprinkle with Hy-Vee everything bagel seasoning, if desired. Cover pan with foil. Bake for 12 to 15 minutes. Remove foil; bake for 2 to 4 minutes or until the tops are lightly browned and cheese is melted. Serves 12 (1 each).

### SAVE TIME

Prep ahead by slicing buns and scrambling eggs the night before, so only assembly and baking are left.

## CINNAMON ROLL PIGS IN A BLANKET

*Pork breakfast sausage wrapped in a cinnamon roll combines sweet and savory in this new take on a brunch appetizer.*

Preheat countertop oven on BAKE setting to 400°F. Lightly spray baking tray with Hy-Vee canola oil cooking spray. Separate individual cinnamon rolls from 1 (12.4-oz.) can Hy-Vee refrigerated cinnamon rolls with icing (8 ct.); set icing packet aside. Unroll each cinnamon roll on a large cutting board. Cut each roll crosswise in half. Using 16 refrigerated fully cooked Vermont maple syrup breakfast sausage links, begin at one end of each sausage and wrap 1 dough strip in a spiral fashion around the sausage link in a single layer. Place half of the wrapped sausage links on prepared baking tray; tuck cinnamon roll ends under sausage links. Bake for 12 to 14 minutes or until cinnamon roll strips are golden brown and sausages are heated through. Bake remaining wrapped sausage links. To serve, transfer sausage links to a serving tray. Cool for 5 minutes; drizzle with reserved icing from packet. Serves 8 (2 each).

### SAVE TIME

Assembly time is about 10 minutes when you start with a can of Hy-Vee refrigerated cinnamon rolls and fully cooked breakfast sausages.



### FIND IT AT HY-VEE

#### Oster Compact Countertop Oven with Air Fryer

Save valuable counter space while cooking meals in an appliance with four different functions: convection oven, air fryer, toaster and broiler.

18.8×15.5×11.8 in.

**99.99**



# setting up a COFFEE BAR

*It's a way station for a beverage that's practically indispensable to morning routines. But a coffee bar has another purpose: to set the tone for a relaxing start to the day. The aroma beckons us to slow down, linger awhile and enjoy the warmth not only of a beloved beverage but also the company of friends and family.*

Make your coffee bar practical and inviting with these tips.

**LOCATION**  
A coffee bar should be located in a convenient spot that has counter space and an electrical outlet nearby. It could sit on a countertop in the kitchen or on a hutch or buffet in the dining room. You might even set it up on a rolling cart and move it wherever you like—even outdoors if the weather is mild. Coffee service on the porch, anyone?

**SETUP**  
Tiered shelving maximizes space, while a seasonal decor adds a homey touch. You'll want to include a coffee maker, grounds, cups, plates, spoons, napkins, sugar and either milk or half-and-half. A single-serving coffee maker

and assorted grind flavors offer guests more choices. It's also considerate to offer decaf, which you can make in advance and pour into an insulated container for serving.

**ADD-INS**  
Flavored creamers and syrups offer a range of flavors such as caramel, chocolate, hazelnut and seasonal favorites like pumpkin spice and peppermint. You can also include honey, maple syrup, cinnamon, molasses-flavor turbinado sugar and even whipped cream.

**OPTIONS**  
In addition to regular and decaf coffee, you might offer an assortment of teas, which is easy with a variety pack of tea bags. Hot chocolate is a good alternative, especially for kids.

**IN THE SPOTLIGHT**  
Make the coffee bar truly impossible to resist with Hy-Vee Bakery Fresh gourmet cinnamon rolls and jumbo muffins—available varieties such as blueberry, double chocolate chip, lemon poppyseed and more. Best of all, no baking required!



## FIND IT AT HY-VEE

### Nonni's Biscotti

Nonni's uses only the finest ingredients and no artificial flavors or preservatives to make bite-size snacks bursting with flavor.

8 ct.

**4.49**

### Cameron's Smooth Coffee

Cameron's uses only 100% Arabica beans—known for their delicate flavor and complex aromas—for coffees that are smooth, never bitter.

4.33 to 12 oz.

**6.99**

28 to 32 oz.

**16.99**

### Magenta Home Holiday Mugs

Seasonal messages include "Jingle Juice," "All this mama wants is a silent night" and "I've been naughty—so what?"

12 oz.

**5.99**

### Keurig K-Mini Single Serve Coffee Maker

Single-serve convenience from a space-saving appliance.

12.1×4.5×11.3 in.

**109.99**

### Torani Syrups

Choose from nearly a dozen natural flavors, most available in both original and sugar-free varieties.

375 ml.

**4.99**



# HO-HO-HOLIDAY

PUT ON YOUR PARTY HATS! THESE POTATOES ARE MADE TO SHINE WITHIN THESE DELICIOUS HOLIDAY SIDE DISHES THAT WILL IMPRESS GUESTS AT YOUR NEXT BIG EVENT.

# POTATOES

## LOADED MASHED POTATO CASSEROLE

Place 1 (1-qt.) carton Hy-Vee half & half, 4 large cloves whole garlic and 2 fresh bay leaves in a 6-qt. stockpot. Bring to a gentle boil over medium heat. Add 1 (5-lb.) pkg. Hy-Vee One Step russet potatoes, peeled and cut into ½-in. cubes. Gently boil, uncovered, for 25 to 30 minutes or until potatoes are very soft. Drain potatoes in a colander set over a large bowl; reserve cooking liquid. Return potatoes and garlic cloves to stockpot; remove and discard bay leaves. Meanwhile, preheat oven to 375°F. Grease a 13×9×2-in. baking dish with 1 Tbsp. Hy-Vee salted butter; set aside. Heat ¼ cup salted butter in a large skillet over medium-high heat. Add 3 leeks, washed and bias-sliced (about 3 cups; white and light green parts only) and ½ tsp. kosher salt. Cook for 4 to 6 minutes or until softened and lightly browned, stirring occasionally. Add 2 cups reserved cooking liquid and ¾ cup mascarpone cheese to stockpot with potatoes and garlic. Beat with an electric hand mixer until creamy and well combined, adding more cooking liquid if needed. Stir in leeks, ¼ cup coarsely shredded Soirée Parmesan cheese, ¼ cup coarsely shredded Culinary Tours Gruyère cheese, ¼ cup coarsely shredded Culinary Tours Cheddar cheese and ½ tsp. kosher salt. Spoon potato mixture into prepared baking dish; top with an additional ¼ cup shredded Parmesan cheese, ¼ cup shredded Gruyère cheese chunk and ¼ cup shredded Cheddar cheese; set aside. Line a large rimmed baking pan with parchment paper. Place 1 (4-oz.) pkg. speck Americano prosciutto in a single layer in prepared baking pan. Bake potatoes, uncovered, on center rack in oven for 20 to 25 minutes or until bubbly and golden brown. Bake speck on lower rack for 12 to 15 minutes or until fat turns golden and meat is crispy; drain on paper towels. To serve, top with crispy speck and dollop of mascarpone cheese. Garnish with chives, if desired. Serves 12 (1 cup each).



### RUSSET

These spuds are high in starch and low in water content, so the interior becomes fluffy when cooked. Russets are great for baking, frying and mashing. Their thick brown skin crisps well when baked or fried. Russets have a neutral flavor suitable for many dishes.



**FIND IT AT HY-VEE**  
**Zyliss Smooth Glide Peeler Set**  
Tackle any peeling prep with this set that includes a swivel peeler for veggies and a soft skin peeler for fruits.  
2 pc.  
**13.99**



HyVee.  
**ONE** STEP.

### GIVING BACK WITH ONE STEP

The Hy-Vee One Step program helps provide resources to struggling communities by providing meals, building water wells, planting trees and more. With every purchase of Hy-Vee One Step russet potatoes, a portion of proceeds is donated to help establish and maintain over 740 One Step community gardens throughout the Midwest.





### SWEET POTATO

Distinct from other potato varieties thanks to their orange flesh and slightly sugary flavor, sweet potatoes have a creamy texture enhanced by baking, boiling, mashing and frying.

## BOURBON SWEET POTATO CASSEROLE

Preheat oven to 375°F. Lightly spray a 2-qt. baking dish with Hy-Vee olive oil cooking spray; set aside. Scrub and pierce 4 lbs. sweet potatoes with a fork; place in a large rimmed baking pan. Bake for 60 to 70 minutes or until fork-tender. Cool slightly. Cut potatoes open and scoop out potato pulp; discard skins. Set 5 cups lightly packed potato pulp aside; reserve any remaining pulp for another use. For streusel topping, stir together ½ cup Hy-Vee old fashioned oats, ½ cup packed Hy-Vee brown sugar, ½ cup Hy-Vee pecan pieces and 3 Tbsp. Hy-Vee all-purpose flour in a medium bowl. Rub in with your fingers ½ cup cubed Hy-Vee salted butter, softened,

until crumbly; set aside. Place 5 cups sweet potatoes, ¾ cup Culinary Tours bourbon barrel aged Vermont maple syrup, 1 Hy-Vee large egg and 1 tsp. Hy-Vee ground cinnamon in a large bowl. Beat with an electric mixer on medium for 3 to 4 minutes until smooth. Transfer mixture to prepared baking dish. Sprinkle with streusel. Bake, uncovered, for 25 to 30 minutes or until heated through. Remove from oven and sprinkle with ½ cup Hy-Vee miniature marshmallows. Bake for 10 to 15 minutes more until the mixture is bubbly around the edges and marshmallows are lightly toasted. Cool for 5 to 10 minutes before serving. Serves 10 (¾ cup each).



GF  
option

GLUTEN-FREE

V  
option

VEGETARIAN DISH

## GOLDEN FONDANT POTATOES

Preheat oven to 400°F. Using 5 lb. B-size Yukon gold potatoes, cut a thin slice off each potato end. If necessary, cut potatoes crosswise into 1¼-in.-long pieces. Lay pieces flat on a cutting board. Cut into 1-in.-round pieces using a 1-in.-round biscuit cutter. If necessary, use a paring knife to cut through the potato piece. Reserve potato scraps for another use or discard. Place potato rounds in a medium bowl; cover with cold water and let stand for 20 minutes. Drain potatoes; pat very dry with a paper towel. Season potatoes with ½ tsp. kosher salt and ½ tsp. ground white pepper. Heat a large cast iron skillet over medium-low heat. Add 2 Tbsp. Hy-Vee salted butter; tilt skillet to coat bottom as butter melts. Stand potatoes upright in a single layer in

skillet. Cook for 12 to 18 minutes or until gold brown, turning halfway through. Chop an additional 2 Tbsp. salted butter. Place chopped butter, 6 large cloves whole garlic, 2 sprigs fresh thyme and 2 sprigs fresh dill around the potatoes in the skillet. Carefully pour 1 cup Full Circle Market organic vegetable broth over potatoes and herbs. Transfer potatoes to skillet to oven. Roast, uncovered, for 8 to 10 minutes. Remove skillet from oven; spoon pan sauce over potatoes and turn potatoes over. Roast, uncovered, for 8 to 10 minutes more or until potatoes are fork-tender. To serve, transfer potatoes to a serving platter; discard garlic and herbs. Spoon sauce from skillet over potatoes. Garnish with additional fresh thyme, if desired. Season to taste with additional salt and white pepper. Serves 6 (3 each).



### YUKON GOLD

This all-purpose potato has a creamy texture, thin yellow skin and rich flavor. Yukon Gold potatoes have firm flesh that holds its shape when baked, fried, boiled or steamed, but can also be mashed without turning gummy.

## POTATO ROSES

Preheat oven to 400°F. Generously spray a 12 (2½-in.) muffin-cup pan with Hy-Vee olive oil cooking spray; set aside. Whisk together ¼ cup Gustare Vita olive oil, 1 (1.12-oz.) pkg. Hy-Vee ranch dressing mix and ½ tsp. coarsely ground Hy-Vee sea salt in small bowl; set aside. Cut 3½ to 4 lb. medium red potatoes, rinsed, crosswise into ⅛-in.-thick (paper-thin) slices using a mandoline with a hand guard. Place potato slices in a large microwave-safe bowl filled with cold water. Microwave potatoes in water on HIGH for 6 to 8 minutes or just until slices begin to soften, but not fork-tender.

Drain well; place potato slices on paper towels. Pat dry and return to bowl. Add oil mixture; toss well to coat slices. Place 2 Tbsp. BelGioioso Parmesan cheese chunk, coarsely shredded, in the bottom of each muffin-pan cup. Spread 1 rounded Tbsp. leftover mashed potatoes over cheese in each cup. For each potato rose, on a flat surface, lay about 15 potato slices in a vertical strip by partially overlapping the slices. Starting at the bottom end of the strip, tightly roll up into a log shape, holding onto slices while rolling. Press one end of the potato log into the mashed potato layer in muffin cup.

Slightly spread center open with your finger. Create a smaller potato log by repeating rolling process using 5 potato slices. Place the smaller log into the open center. Bake potato roses for 30 to 35 minutes or until potato slices are cooked through and edges are crispy and golden. Let stand in muffin cups for 3 minutes. To serve, carefully loosen edges of potato roses from muffin cups using a small metal spoon or small offset spatula; remove from muffin cups. Transfer to a serving platter. Garnish with chopped fresh parsley, if desired. Serves 12 (1 each).

V  
option  
VEGETARIAN DISH



### RED

With high water content and waxy flesh, small red potatoes are best roasted, boiled or steamed. They have a slightly sweet flavor and work well in potato salads and soups because they hold their shape when cooked.



## HOW TO USE A MANDOLINE

SPEED UP PREP WORK LIKE SLICING AND CHOPPING WITH THE CLEAN, EVEN CUTS THIS HANDHELD TOOL CAN MAKE.



### 1. Prep Potato for Slicing

Using a knife, trim the ends from the potato to create a flat surface for slicing. Attach the potato to the hand guard.



### 2. Adjust Slicer Thickness

If necessary, use the knob on the side of the mandoline to adjust the blades to the desired thickness setting.



### 3. Set Up Slicing Area

Position the mandoline over a cutting board. Hold the mandoline handle perpendicular to your body.



### 4. Slice Potatoes

Gripping the potato by the attached hand guard, firmly push the potato down the runway and away from your body to slice.



FIND IT AT HY-VEE

**OXO Good Grips Hand-Held Mandoline Slicer**

The stainless steel blades can be adjusted to three thickness settings.

11.5×3.5×0.5 in.

**16.99**



# BLOOMS

## Winter Roses

Add holiday cheer to your home with simple projects featuring seasonal greenery and readily available roses from Hy-Vee Floral.

## PETAL PRESENTS

Wrap empty square boxes with red or white wrapping paper, then attach stripes of white or red ribbon. Place small vases with water (or wet floral foam) inside each box. Insert roses to create a gift box pattern. Place four roses in matching colors in each corner of the box, then place two rows of contrasting roses perpendicular to each other. Complete the design by piling extra roses in the center.



## ELEGANT BOUQUETS

Drape an evergreen garland across the top of a mantel or table. Place one large vase near the center of the mantel, and fill with trimmed roses. Place two smaller vases on opposite sides of the large vase, and fill with rose stems trimmed to a slightly shorter height.

## INDOOR WREATH

Set individual rose stems in vials of water (available from Hy-Vee Floral), then attach to a wreath with floral wire. Arrange a large cluster of roses on one side of the wreath, with a few individual roses radiating from the group. Hang the wreath indoors, away from freezing temperatures.



## GRAB-N-GO FLORAL AT HY-VEE



### WINTER WONDER

Snow white chrysanthemums pair with frosted pine cones and evergreen sprigs.



### HOLIDAY GLITZ

Bright red carnations pop against evergreens and glittery red artificial berries.



### FROSTED FOREST

A medley of white mums and red carnations contrasts with pine cones and evergreens.



### COMFORT AND JOY

Gray-and-red plaid ribbon threads through red carnations and white cushion mums.



SCAN TO SHOP seasonal floral from Hy-Vee



# DIETITIAN Q&A

## Better Holiday Habits

Elisa Sloss, registered and licensed dietitian and Senior Vice President, HealthMarkets, offers tips to help keep your health on track during a time of holiday feasting.



Elisa Sloss, RD, LD  
Senior Vice President,  
HealthMarkets

### Q: What health habits should I be mindful of during the holidays?

**A:** Holiday feasting and travel can lead to overeating and less physical activity. According to Harvard Medical School, many people gain 1 to 2 pounds during the holidays. This can add up over the years, as most people retain the extra pounds, and can eventually increase the risk of chronic conditions such as cardiovascular disease. Sugar intake can also increase over the holidays—the Dietary Guidelines for Americans recommends limiting sugar intake to 50 grams daily (about 12 teaspoons). However, just one

slice of pumpkin pie can have about 25 grams of sugar, or half of your daily intake, according to the U.S. Department of Agriculture. Too much sugar can also increase the risk of obesity and heart disease.

### Q: What are some strategies for developing better holiday habits?

**A:** A few small changes can help keep your health goals on track during the holidays. To help prevent overeating, try to eat at a slower pace and savor each bite of food. When you're finished, take a 10-minute break before going back for seconds to let your brain catch up with the fullness signals it receives from your stomach. Simple swaps can also help reduce your overall calorie intake—it can be as easy as having one glass of wine followed by a glass of water instead of two glasses of wine. Outside of holiday meals, try to prepare nutritious meals at home instead of ordering takeout. And stock up on snacks that will fuel the body gradually, rather than all at once like sugary sweets do before

causing your energy levels to crash. Examples include fresh and frozen vegetables, low-fat dairy, whole-wheat pastas and breads, seeds, nuts and grains like brown rice and quinoa.

### Q: How can I create better habits during the holidays while still indulging?

**A:** First, give yourself permission to enjoy yourself. You can still enjoy the foods you love and prioritize your health with moderation. Instead of skipping foods at the holiday buffet, start with a smaller portion. Fill the extra space by adding another scoop of veggies or fruit. Using a smaller plate can also help control portions. Try to choose foods with more nutrients, such as a wheat roll instead of a white roll. And rather than eating multiple desserts, choose just one, or take half-portions to sample multiple holiday treats.

### Q: Can I make up for overeating by skipping breakfast?

**A:** Don't skip breakfast. It's tempting when you're trying to

save up calories for later, but you may overcompensate at other meals. Eating balanced meals throughout the day also benefits your metabolism. Another thing that boosts metabolism is physical activity. The holidays are busy and it's easy to fall asleep on the couch after a big meal. Instead, take a walk—it's good for digestion and helps ward off sleepiness. Or go sledding, ice skating or take part in any fun activity that keeps you moving. You'll burn calories and feel better, too.

### Q: Are there foods I should avoid?

**A:** Obviously, if you have certain dietary restrictions, you'll want to keep those in mind. But otherwise it's not so much avoiding foods as enjoying them in moderation. If anything, you might want to add certain foods to your meals. For example, filling up on fiber-rich foods like beans, berries and whole grains can take the edge off your hunger without adding a lot of calories.

## NOURISH MY HEALTH

Hy-Vee is partnering with the National Association of Chain Drug Stores to participate in #NourishMyHealth, a nationwide effort to raise awareness about the benefits of healthy eating, such as lowering the risk of heart disease and diabetes. Hy-Vee dietitians can assist by helping you create a meal plan or by recommending healthy foods to include in your diet. To learn more about the program, visit [Hy-Vee.com](https://www.hy-vee.com) for a list of dietitian services and healthy eating guide.



SCAN TO  
LEARN about  
Hy-Vee Dietitian  
Services.



Smaller food portion sizes decrease daily calorie intake, which evidence suggests may lead to lower body weight over time.

— Cambridge University Press

Sources: [health.harvard.edu/diet-and-weight-loss/holiday-weight-gain-is-a-worldwide-phenomenon-study-suggests](https://health.harvard.edu/diet-and-weight-loss/holiday-weight-gain-is-a-worldwide-phenomenon-study-suggests)  
[fdc.nal.usda.gov/fdc-app.html#/food-details/172787/nutrients](https://fdc.nal.usda.gov/fdc-app.html#/food-details/172787/nutrients) [cambridge.org/core/journals/british-journal-of-nutrition/article/downsizing-food-a-systematic-review-and-metaanalysis-examining-the-effect-of-reducing-served-food-portion-sizes-on-daily-energy-intake-and-body-weight/C6E701A6B87BC0AFBD3EF65AC5AE4FDA](https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/downsizing-food-a-systematic-review-and-metaanalysis-examining-the-effect-of-reducing-served-food-portion-sizes-on-daily-energy-intake-and-body-weight/C6E701A6B87BC0AFBD3EF65AC5AE4FDA)





THE POPCORN  
CONNOISSEUR



THE HOSTESS  
WITH THE MOSTEST



THE JAM & JELLY  
ENTHUSIAST



THE CHOCOLATE  
LOVER



THE BBQ  
FANATIC



THE CHARCUTERIE  
AFICIONADO

## WRAP UP GIFTING SEASON (WITHOUT WRAPPING A THING).

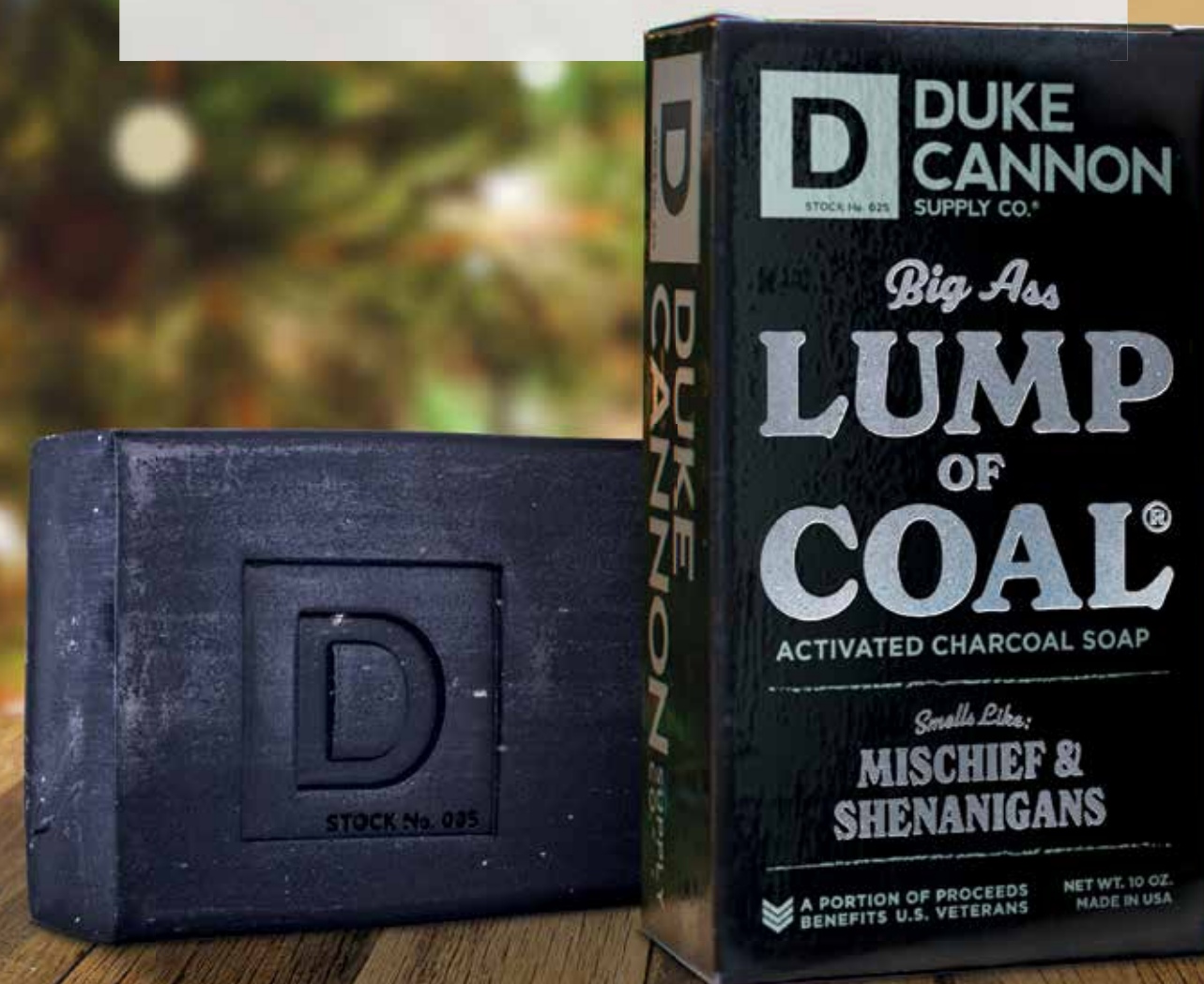
Gift baskets for everyone from hosts to hubbies.  
Order your holiday gift baskets online or in-store today.

**HyVee**

# NAUGHTY OR NICE, HE DESERVES SOME COAL THIS CHRISTMAS.

What do you get the man who has everything? Some broadly appealing holiday-themed soap, of course. Because Duke Cannon products—including our famous Big Ass Lump of Coal® activated charcoal soap—make the perfect stocking stuffers for the men in your life. Plus, they're great at removing chimney soot.

**DUKE CANNON** SUPPLY CO.®





# FINDS

## Guide to Holiday Gifts

Check off your list with a thematic gift grouping or gift basket from Hy-Vee.



For the **Movie Buff** Set them up for a cozy home cinema night with cocoa, popcorn and sweet treats.

### FIND IT AT HY-VEE

#### Popcorn Christmas Advent Wreath

Count down to the holiday with six 3-oz. containers of gourmet kernels, and six 3-oz. seasoning tins.

24 oz.

9.99

#### Reindeer Cocoa Cone

A warm cup of cocoa is just minutes away—spoon the included mix into one cup of hot water, then top with mini marshmallows.

3.9 oz.

5.00

#### Christmas Pretzel Rods

Salty pretzels are dipped in white or dark chocolate, then coated in cookie or peppermint crumbs.

5.2 oz.; 6 ct.

5.99

#### G.H. Cretors Popcorn Select Varieties

Snack on handcrafted popcorns with flavors such as four cheese and cheese & caramel mix.

4.3 to 8 oz.

3.69

#### Highland Plaid Dishes

Share snacks from a large, porcelain-coated steel bowl or tray and enjoy a warm drink from plaid mugs.

Bowl 5 qt.; Mugs 24 oz.

Platter 12×16 in.;

15% OFF

## For the Sweet Tooth

Stock candy lovers with enough chocolates and cookies to last the year.

### FIND IT AT HY-VEE

#### Lindt Chocolate

Melt-in-your-mouth truffles in flavors such as white, dark and milk chocolate caramel are individually wrapped for sharing.

15.2 oz.

13.98

#### Premium Cookies Original Gourmet Tin

Crisp, buttery cookies come in four shapes and are served in a decorative blue canister.

12 oz.

5.00

#### 24 Day Countdown

Savor a square of milk chocolate for 24 days in December with a cute countdown to Christmas Day.

1.9 oz.

5.99

#### Mayana Chocolate

Enjoy gourmet ingredients wrapped in silky chocolate, such as vanilla shortbread with salted caramel.

1.25 oz.

4.99



## For the Coffee Lover

Upgrade their morning rush with seasonal mugs.

### FIND IT AT HY-VEE

#### Ultimate Holiday Mugs

These festive, ceramic and stainless steel insulated mugs keep drinks cold up to 24 hours, and hot for up to 12 hours.

12 oz.

18.99

#### Starbucks Mug Set

Green and red ceramic mugs can hold 11 oz. of coffee; this gift set also includes a pouch of Starbucks Holiday Blend medium roast ground coffee.

3 ct.

20.00

#### Hammond's Classic Stirrers or Candy

Flavor coffee or cocoa with dissolving peppermint stirring sticks, or pair a cup with old-fashioned ribbon candies.

3.75 oz.

4.99



Something for  
**Everyone**

Find gift baskets  
even the tricky-to-  
buy-for person on  
your list will love.



SCAN TO SHOP  
Hy-Vee's full  
selection of  
gift baskets.



**FIND IT AT HY-VEE**

**Wagon Gift Basket**

A decorative wagon holds holiday treats like caramel popcorn, peppermint cocoa mix, a ceramic mug, truffles and more.

1 ct.  
**20.00**

**Winter Wish Gift Basket**

This holiday basket has fun surprises like Werther's candies, hot cocoa mix, shortbread cookies, chocolate wafer rolls and others.

1 ct.  
**20.00**

**Coca-Cola Crate**

Give the Coca-Cola fan in your life a novelty set with a wooden crate, metal coasters, glasses, paper straws and salted popcorn.

1 ct.  
**25.00**

**Home for the Holidays Crate**

Enjoy sweet holiday treats from this wood crate filled with ceramic mugs, Lindt Lindor truffles, peppermints, coffee and more.

1 ct.  
**35.00**

For the  
**Home Cook**

Surprise the aspiring chef with their own set of cookware, knives, seasonings and more.



**FIND IT AT HY-VEE**

**Lodge Seasoned Cast Iron Snowflake Skillet**

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This durable steel container is hand-dipped in porcelain enamel, creating a unique pattern.

5.5 in.  
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# FOODS THAT

## Keep You Energized

Hectic schedules, jam-packed to-do lists and poor food choices can zap your energy. Learn about foods that can help keep you on your toes.

It's a season of joy. But it can also be a season of stress as we add more responsibilities into already busy lives. Couple that with the rich foods, sugary sweets and occasional overindulgence that are hallmarks of the holidays and it's easy to see where the energy drain comes from. Fortunately, food can also play a positive role.

"There isn't one food that will provide all the nutrients your body needs," says Maria Barnes, Ph.D., associate professor of the Biochemistry and Nutrition Department at Des Moines University. She recommends eating a balance of fresh fruits, vegetables, non-fat and low-fat dairy, fish and seafood, lean meats, nuts and legumes.

For increased energy, get a mix of complex carbohydrates, lean proteins and healthy fats into your diet. "Providing the body with good sources of these three will allow you to take each day head-on with sufficient energy," she says.

There are other benefits. Fresh produce provides fiber to improve digestion and help rid the body of toxins, she says, while probiotics boost the number of good bacteria in the gut, which may help immune function and counter inflammation.

While it's okay to enjoy the foods you crave in moderation, Dr. Barnes says eating a balanced diet will help ensure adequate fiber, vitamin D and vitamin B6, which she notes are often lacking in Americans' diets.



### HOW HY-VEE DIETITIANS CAN HELP

- Find meal ideas—as well as dietitian-approved recipes—to fit almost any lifestyle. Use the “Diet” dropdown menu at [Hy-Vee.com/recipes](https://hy-vee.com/recipes)
- Take a virtual nutrition store tour on topics such as navigating nutrition, weight management and plant-based eating. Visit [Hy-Vee.com/health/Hy-Vee-dietitians](https://hy-vee.com/health/Hy-Vee-dietitians)

- Work one-on-one with a Hy-Vee dietitian to create a sustainable, healthy weight management plan that includes nutrition advice and tips on maintaining a healthy lifestyle. Sign up at [Hy-Vee.com/health/Hy-Vee-dietitians](https://hy-vee.com/health/Hy-Vee-dietitians)



SCAN TO SEE what services Hy-Vee registered dietitians offer.

## BOOST VITALITY

*Coupled with exercise and adequate sleep, a balanced diet that includes these components can help keep you healthy, energized and in good spirits during the busy holiday season.*



**Lean Protein** is a primary macronutrient that can help the body heal, improves immunity and provides energy. **Sources:** eggs, meat, poultry, fish, dairy, tofu, legumes, nuts, seeds.



**Antioxidants** are naturally occurring chemicals in foods that reduce the risk of chronic disease. **Sources:** berries, kidney and pinto beans, artichokes, prunes, apples.



**Magnesium** is important to muscle and nerve function, energy production and glucose control. **Sources:** cashews, pumpkin and chia seeds, almonds, spinach, peanuts, soymilk.



**Healthy Fats** containing omega-3 fatty acids reduce inflammation, help control blood sugar and support gut health. **Sources:** avocados, fatty fish, nuts, flax seeds, olive oil.



**Folate**, or vitamin B9, is important for healthy cell function and may help counter depression. **Sources:** leafy greens, beans, peas, nuts, oranges, bananas, melons.



**Probiotics** are a combination of beneficial bacteria and yeasts that support immune function and help control inflammation. **Sources:** sauerkraut, kimchi, yogurt, cottage cheese, kombucha.



**Fiber** feeds good gut bacteria that can reduce inflammation that tends to lead to depressive symptoms. **Sources:** vegetables, fruits, legumes, whole grains, wheat bran.



**Selenium** is an antioxidant that boosts immunity and supports a healthy thyroid, among other benefits. **Sources:** fish, shellfish, barley, brown rice, poultry, beef, Brazil nuts.



**Complex Carbohydrates** release glucose into the bloodstream gradually for sustained energy rather than all at once followed by a crash. **Sources:** whole grains, legumes, fruits, vegetables.

NOTE: To avoid consuming at a potentially toxic level, do not take supplements for nutrients such as magnesium and selenium unless supervised by a medical professional.

Sources: [uclahealth.org/news/eating-healthy-fats-has-many-benefits](https://uclahealth.org/news/eating-healthy-fats-has-many-benefits) [ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/](https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/) [my.clevelandclinic.org/health/articles/14598-probiotics](https://my.clevelandclinic.org/health/articles/14598-probiotics) [health.clevelandclinic.org/what-do-antioxidants-do/](https://health.clevelandclinic.org/what-do-antioxidants-do/) [mayoclinic.org/drugs-supplements-folate/art-20364625](https://mayoclinic.org/drugs-supplements-folate/art-20364625) [hsph.harvard.edu/nutritionsource/selenium/](https://hsph.harvard.edu/nutritionsource/selenium/)





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# MEAL MAKEOVER

## Low-Cal Egnog

Enjoy this holiday classic with all its creaminess and rich flavor, yet just a fraction of the calories!

## Skinny Holiday Egnog

**Hands On** 15 minutes  
**Total Time** 15 minutes plus chilling time  
**Serves** 15 (8 oz. each)

- 13½ cups Hy-Vee fat-free skim milk, divided
- 1 cup Hy-Vee 99% real egg liquid egg product
- ½ cup Hy-Vee Delecta granulated no-calorie sweetener
- 1 (1.5-oz.) pkg. Jell-O sugar- and fat-free vanilla instant reduced-calorie pudding & pie filling mix
- 1 Tbsp. Hy-Vee vanilla extract
- 1½ tsp. Hy-Vee ground nutmeg, plus additional for garnish
- ¼ tsp. Hy-Vee salt
- ¼ tsp. Hy-Vee ground cinnamon
- Hy-Vee frozen sugar-free whipped topping, thawed, for garnish

- 1. PLACE** 3 cups milk, liquid egg, sweetener, pudding mix, vanilla, 1½ tsp. nutmeg, salt and cinnamon in a blender. Cover and blend for 45 to 60 seconds or until smooth.
- 2. TRANSFER** eggnog mixture to a 2½-qt. pitcher. Stir in 3 cups milk until combined. Cover and refrigerate for 4 hours or until cold.
- 3. TO SERVE,** stir eggnog mixture well. For each serving, stir together ½ cup eggnog mixture and ½ cup remaining milk in an 8-oz. mug or glass. Garnish with whipped topping and additional nutmeg, if desired.

Per serving: 90 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 5 mg cholesterol, 290 mg sodium, 13 g carbohydrates, 0 g fiber, 10 g sugar (0 g added sugar), 9 g protein. Daily Values: Vitamin D 25%, Calcium 25%, Iron 0%, Potassium 0%



Source: [fdc.nal.usda.gov/fdc-app.html#/food-details/171258/nutrients](https://fdc.nal.usda.gov/fdc-app.html#/food-details/171258/nutrients)



**LIGHTEN UP!**  
A typical eggnog beverage has about 224 calories per cup. This recipe cuts it to 90 calories by using skim milk, low-cal pudding mix and skipping the egg yolks.





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30  
minutes  
or less

30 MINUTES  
OR LESS

20  
minutes  
or less

20 MINUTES  
OR LESS

10  
minutes  
or less

10 MINUTES  
OR LESS

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option

GLUTEN  
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VEGETARIAN  
DISH

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Sheet Pan Egg-  
Stuffed Bagels  
for an easily  
adaptable  
breakfast,  
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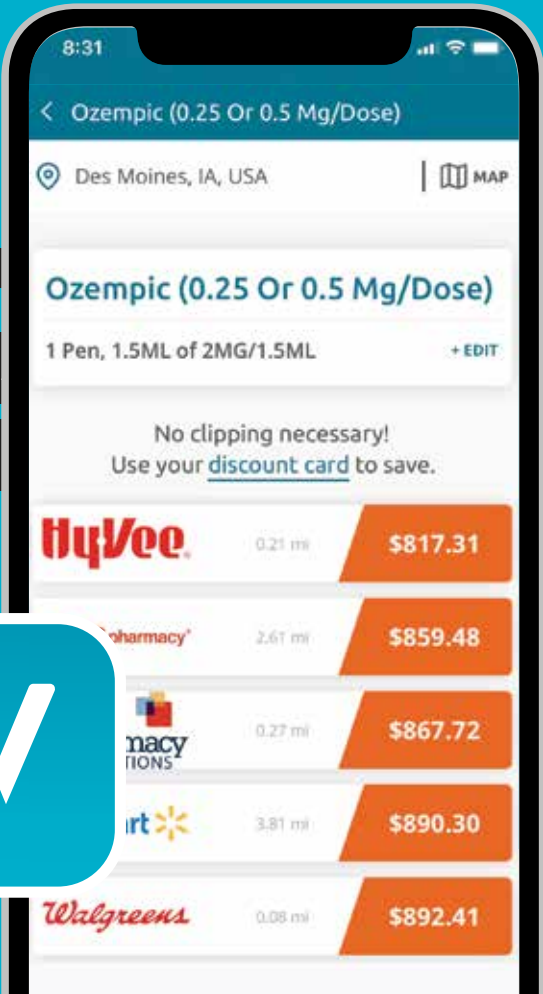
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