NIGHT OF TREATS!
More than 150 NEW ways to save (NOW THAT’S SMART!)

OCTOBER 2019

food

3 AIASES
In store this month: caramel apples, pumpkins, spooky treats.

10 FRIGHT NIGHT
Thirty-one monstrously tasty snacks, sips and meals.

22 CRUNCH TIME
Crushed Chips give bold flavor and crunch to recipes.

31 101: RUSSET POTATOES
How to buy, store and cook, plus a delicious casserole.

34 BEST PORK DINNERS
Your guide to Midwest Pork, along with six delicious recipes.

44 COMFORT SEAFOOD
Fish and crabmeat star in hearty dishes.

50 AUTUMN SMOUDERS
Warming cocktails for slow sipping.

56 PUMP’D FOR FALL FLAVORS
Tortellini recipes—luscious and sweet—feature canned pumpkin.

62 HERE GOES MUFFIN
Create fantastic desserts with Hy-Vee Bakery muffins.

life

70 HOME SPOOKY HOME
Haunt your house with wickedly fun finds from Hy-Vee.

78 COLOR OF FALL
Simple autumnal arrangements with mums and other seasonal favorites from the Hy-Vee Floral Department.

84 IT'S A CHORE THING
Helping around the house gives kids skills and self-esteem.

86 ONE STEP AT A TIME
Buy Hy-Vee One Step products and help communities.

88 SAY “HELLO” TO JOE FRESH
Now at Hy-Vee: modern, affordable apparel.

health

84 BASIN HOME
Fall-inspired bath and beauty products.

100 DIETITIAN Q&A: FOOD AND SLEEP
What you eat before bedtime has a bearing on sleep.

104 FOODS THAT PROMOTE NATURAL COLLAGEN PRODUCTION
Pay attention to protein, zinc, copper and vitamin C.

108 TIME TO GET DYNAMIC
Stretch properly before workouts for better performance.

114 FLU SEASON-STRONG!
Protect yourself! Get a flu shot at the Hy-Vee Pharmacy.

116 BRUSH UP ON DENTAL CARE
Prevent tooth decay, gum disease and other health problems.

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

DONNA TWEETEN

HERE’S TO THE FLAVORS OF FALL! They’re all in this issue of Seasons. Make freaky-fun food combos that put the scream in Halloween, page 10, and check out spook-tacular decorating, page 70. Find recipes that showcase pumpkin and fall spices, page 56. Fashion mums and other blooms into brilliant indoor displays, page 78. Crave a delicious fall meal? Turn to page 34 for recipes and cooking know-how with Midwest Pork, and to page 44 for comfort foods with seafood. Midwest Pork is exclusive to Hy-Vee. Throughout this issue find highlighted brands available only at Hy-Vee, and learn how to win cash prizes by purchasing Hy-Vee-branded products, page 83.

Have a frightfully fun October!
WHAT’S NEW AND NOTEWORTHY IN YOUR WORLD AND AT HY-VEE

CARAMEL APPLES

Fall days feel even better when combined with the sensational combination of chewy caramel and a crisp apple. Tart Granny Smith apples ripen in October and work well with the sweet caramel, making this the perfect month to try your own at home. Find everything you need at Hy-Vee, including apples, caramels and toppings.

OREO HALLOWEEN COOKIES

The classic combination of crunchy and creamy with frightful cookie designs.

PEPPERIDGE FARM SWIRL PUMPKIN SPICE BREAD

Tasty swirls of pumpkin spice on thick-cut slices of bread.

CHOBANI GREEK YOGURT PUMPKIN & SPICE

Sink your spoon into the signature flavor of fall. Grab them while they last.

Halloween
No tricks here! Just tasty seasonal treats to enjoy through October, courtesy of your local Hy-Vee!

INDULGE IN SWEET.

Add some sweet luxury to your day with Zoet premium Belgian chocolate bars. Deliciously decadent and satisfying, Zoet is made by people who love chocolate just as much as you do. Indulge your sweet tooth with Zoet.

Available exclusively at Hy-Vee.

PHOTO: Yellowj/Shutterstock (pumpkin)
Find dark, extra-dark and milk chocolate with toffee and sea salt—exclusively at Hy-Vee!

New in October: Bring even more vibrant colors to fall with a rainbow cake from Hy-Vee. Check your local store for availability or to place an order.

True Chicken—exclusively at Hy-Vee—is raised cage-free with no antibiotics or added hormones. Pick from whole chickens, breasts, thighs or drumsticks.

Available through October: jumbo-size California grapes bursting with sweet, juicy flavor and satisfying crunch.

New this fall: savory Hopyard cheese from Rogue Creamery, a smooth, buttery cheese combined with floral hops.

Bakery

Rainbow Cake

Deli

Rogue Creamery Hopyard

Meat

Hy-Vee True Chicken

Produce

Hobgoblin Grapes

Brand Highlight

Zöet

The chocolatiers at Zöet (also the Belgian word for “sweet”) boast a robust selection of luxurious chocolates that includes milk, dark, extra-dark and white chocolate and much more! Made with high-quality cocoa beans near the Belgian town of Tienen.

Pantry

Trick-or-Treats

Give the kids what they want: candy, candy and more candy! Hy-Vee’s candy aisle is overflowing with tasty options to make your house the go-to place on the block!

Everywhere Halloween

Browse the aisles of your local Hy-Vee for these must-have Halloween items:

1. UNIQUE plates & napkins
2. GHOUL ESSENTIALS Halloween straw
3. GHOUL ESSENTIALS cups
4. GHOUL ESSENTIALS cookie cutter
5. VANDON baking cups
6. CREATIVE TOMIC Frankenstein candy box
7. FUN WORLD pumpkin bucket
8. 10 in. cauldron
9. 1-2 inflatable ghost pumpkin
10. SUPREME GLOW light stick and lanyard
11. Hy-Vee Halloween bag
12. GHOUL ESSENTIALS bat treat kit
13. GHOUL ESSENTIALS Halloween cup
14. FUN WORLD spider family
15. PUMPKIN MASTERS pumpkin carving kit
16. GHOUL ESSENTIALS pumpkin cup and straw
17. GHOUL ESSENTIALS pumpkin torch

Beauty

Spooky Face

Add stylish elements to your Halloween costume.

Fright Night Hair Products

For street colors to make your hair stand out in a crowd.

Fright Night Lashes

Make your eyes pop with glamorous fake lashes.

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SpookyFace

150-Piece Hershey’s Glow in the Dark Miniature Wrappers

Top off trick-or-treat bags with Reese’s, Kit Kat or Hershey’s.

350-Piece Mars Chocolate Favorites

Satisfy everyone with sweet, chewy or crunchy candies.

Chex Mix Muddy Buddies

A crunchy combination of Chex Mix, chocolate, peanut butter and powdered sugar.

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Highlight special occasions with jaw-dropping custom cakes from Hy-Vee. Have a crazy idea? Hy-Vee's talented cake designers make bringing your vision to life, well, a piece of cake! Just walk in or schedule a time to discuss what you'd like. Whether you want a cake to capture someone's interest or the spirit of the season, like the Spooky Stack Cake (pictured) from Hy-Vee cake designer Stephanie Dillon, Hy-Vee has you covered!

A scored support pillar allows cake designers to add levels without the cake toppling over. It can take several layers of color to find the right mix. For this pumpkin: golden yellow, golden brown and orange.

Fondant covers the cake so the designer can add realistic color and jack-o'-lantern face design. Piped-on frosting hides the meeting points between each cake and the cake base, creating a natural look.

The top and bottom are rounded to create a pumpkin shape, followed by extra frosting for texture.

Watch and learn at HSTV.com today!
SNACK ON

Nabisco Multipack
Snacks:
select varieties
20 ct.
7.49

Nabisco Multipack
Snacks:
select varieties
12 to 18 ct.
4.98

Spooky sweets, crunchy entrées and the best pork ever—all from Hy-Vee!

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food

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WAYS TO SCREAMING GOOD FOOD

Celebrate the spookiest season of the year with these freaky, festive treats. From dinner and dessert to simple snacks, these easy recipes are so good it’s scary.

1. EGGS
AND BACON

Use a skull-shape cookie cutter or egg mold to fry two egg whites. Cook, then add yolks for eye sockets and sliced bacon for crossbones.

2. ghoulish donuts

Combine 1 Tbsp. Hy-Vee light corn syrup, 1 tsp. That’s Smart! chocolate-flavored syrup and 6 drops red food coloring in a small bowl. Drizzle over 3 Hy-Vee Bakery raspberry-filled bismarcks with white icing, repeating as necessary. Stick decorated bismarcks and mini knives for snouty, if desired.

3. mummy pops

Insert craft sticks into halved bananas. Freeze 3 hours. Dip into melted chocolate; let dry. Drizzle with melted white chocolate. Add mini M&M’s for eyes and pipe on melted-chocolate pupils.

4. zöet bar robot

Cut the top two squares of chocolate from a Zöet milk chocolate bar. Separate the two squares and cut one diagonally in half. Adhere triangles to sides of candy bar with melted chocolate for arms and the remaining chocolate square on the top for a head. Let dry. Stick on small candies, gummies or candy eyes with melted dark chocolate.

5. green goblin smoothie bowl

Blend ½ cup Hy-Vee almond milk, ¼ cup water, 1 Tbsp. agave nectar, 4 cups baby spinach, 1 cup Hy-Vee peach slices, 2 bananas, 1 Tbsp. fresh mint, 1 Tbsp Hy-Vee frozen pineapple chunks and 1 frozen banana in a blender. Cover and blend until smooth. Drizzle smoothly between 2 (16-oz.) bowls. Garnish with fruit and seeds for a ghoulish face.
SCARES & SNACKS

6. little monsters
Prepare Hy-Vee cake according to package directions; add green food coloring. Cook waffles as directed. Separate waffles into quarters. Add a piece of black licorice for arms and legs. Top with a piece of chocolate bar and a piece of ribbon to close. Add candy eyes and toes.

7. witch waffles
Prepare Hy-Vee pancake and waffle mix according to package directions; add green food coloring. Cook waffles as directed. Separate waffles into quarters. Dip the corner of each waffle into melted dark chocolate. Add a piece of white chocolate bar for a witch hat. Add yellow Twizzlers for hair, candy eyes, a candy corn nose and Twizzler mouth.

8. creepy hand
Place one piece Jolly Rancher sour bites in each of the fingers of a disposable plastic glove. Fill glove with Hy-Vee caramel cashew honey crunch trail mix, tie wrist of glove with a piece of ribbon to close and garnish with small toy snakes or spiders.

9. monster mash
Combine 1 cup Hy-Vee dry roasted peanuts, 1 cup Hy-Vee pretzels, 1 cup Bugles and 1 cup Chex cereal on a parchment-lined baking sheet. Drizzle 2 Tbsp. melted dark chocolate and 2 Tbsp. melted Hy-Vee butterscotch baking chips over mixture. Let dry. Place in a large bowl; add 1 cup Hy-Vee candy corn, 1 cup Reese’s pieces and ¼ cup candy eyes. Toss to combine. Store in an airtight container. Makes 6 cups.

10. frankenstein’s toast
Spread mashed avocados on toasted Hy-Vee Bakery whole wheat bread. Top with baby spinach for hair, Persian cucumber slices and Hy-Vee stuffed Manzanilla olives for eyes, Hy-Vee Short Cut broccoli for bolts, sugar snap peas for a mouth and olive slices for stitches.

11. witch waffles
Prepare Hy-Vee pancake and waffle mix according to package directions; add green food coloring. Cook waffles as directed. Separate waffles into quarters. Dip the corner of each waffle into melted dark chocolate. Attach a Kit Kat chocolate bar for a witch hat. Add yellow Twizzlers for hair, candy eyes, a candy corn nose and Twizzler mouth.

Hogoblin grapes are a sneaky snack to serve for any occasion. Leave them in their spooky goblin-inspired packaging or serve them in a festive cauldron-shape bowl. Find Hogoboblin grapes at your local Hy-Vee.

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**12. super-quick trick-or-treat pizza**

Bake an already-assembled Hy-Vee cheese pizza according to package directions. For cheesy ghosts, cut slices of mozzarella cheese with a ghost-shape cookie cutter to layer on the hot pizza. Add black olive pieces for eyes, noses and spiders.

![Pizza](image)

**GHOULS & GRUB**

Grab a cheese pizza from Hy-Vee and top it with your idea of spookiness.

**time saver SEASONS | October 2019**

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**13. Jack-O'-Lantern Meat Loaf**

- **Hands On**: 15 minutes
- **Total Time**: 1 hour 10 minutes
- **Serves**: 8

**Ingredients**
- 2 Hy-Vee nonstick cooking spray
- 1 (1-lb.) pkg. 80%-lean ground beef
- 1 (14.5-oz.) can Hy-Vee diced tomatoes, undrained
- 1 cup Hy-Vee quick-cooking oats
- 1 cup finely chopped Hy-Vee Short Cuts white onions
- 1 cup finely chopped orange bell pepper
- 1½ tsp. Hy-Vee salt
- 1 tsp. Hy-Vee black pepper
- 1½ tsp. Hy-Vee yellow mustard
- 1 large egg
- 1¼ tsp. Hy-Vee salt
- 2 Tbsp. Hy-Vee ketchup

**Instructions**
1. **PREHEAT** oven to 350°F. Spray a 9×9×1½-in. jack-o'-lantern-shape cake pan with nonstick spray. 
2. **COMBINE** beef, tomatoes, oats, onions, finely chopped bell pepper, egg, salt and black pepper. Transfer mixture to prepared pan. Bake for 35 to 40 minutes or until done (165°F). Let rest 10 minutes. 
3. **MEANWHILE,** combine ketchup and mustard in a bowl. Slide a knife along the edge of pan to loosen meat loaf. Place a serving platter on pan and turn pan over to release meat loaf. Spread ketchup mixture on top. Garnish with a green pepper stem, spinach leaves and orange pepper teeth.

**Per serving:** 220 calories, 13 g fat, 65 mg cholesterol, 610 mg sodium

**All nutrients and health advice are approximate and based on one slice.**

**14. Crispy Rice Sugar Skull Cake**

Spray a 9×9×1½-in. skull-shape cake pan with nonstick cooking spray. Melt ½ cup Hy-Vee unsalted butter in saucepan over low heat. Add 1 (10.5-oz.) pkg. Hy-Vee crispy rice cereal marshmallows; stir until melted and smooth. Remove from heat. Quickly stir in ½ cup Hy-Vee sugar. Press mixture into prepared pan. Bake for 30 to 40 minutes or until golden (325°F). Let rest 10 minutes. 

**Instructions**
1. **PREHEAT** oven to 350°F. Spray a 9×9×1½-in. skull-shape cake pan with nonstick cooking spray. Melt ½ cup Hy-Vee unsalted butter in saucepan over low heat. Add 1 (10.5-oz.) pkg. Hy-Vee crispy rice cereal marshmallows; stir until melted and smooth. Remove from heat. Quickly stir in ½ cup Hy-Vee sugar. Press mixture into prepared pan. Bake for 30 to 40 minutes or until golden (325°F). Let rest 10 minutes. 
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**Per serving:** 220 calories, 13 g fat, 65 mg cholesterol, 610 mg sodium

**All nutrients and health advice are approximate and based on one slice.**
15. JALAPEÑO MUMMIES

16. MONSTER APPLE SLICES
Sandwich peanut butter and jelly between 2 Hy-Vee Short Cuts apple slices. Add a strawberry slice for a tongue. Use peanut butter to attach food almonds for teeth and Spree candies and candy eyes for eyes.

17. ALIEN EGGS
Carve alien faces into Hy-Vee Short Cuts hard-boiled eggs with a sharp knife. Fill carved spaces with Hy-Vee Select balsamic glaze.

18. SPIDER PIZZA BITES
Preheat oven to 375°F. Top plain mini bagel halves with pizza sauce and slices of fresh mozzarella cheese. Add halved olives for spider bodies and olive slices for legs. Bake for 10 minutes. Garnish with Hy-Vee crushed red pepper.

19. SUSHI SNAKE
Arrange 1 (7-oz.) container Hy-Vee tempura shrimp sushi roll in the shape of a snake. Add Hy-Vee seaweed salad around sushi for grass. Carve a cucumber head and teeth, using fragments of red bell pepper for eyes and tongue. Attach with wasabi.

20. pudding graveyard
Top a pudding cup with crushed chocolate sandwich cookies, sprinkles and a sour skull. Pipe melted dark chocolate letters on a Milano cookie for gravestone.

21. spiderweb cookies
Pipe melted white chocolate on Hy-Vee bakery fondant-style brownie cookies in the shape of a spiderweb. Arrange M&Ms to melted white chocolate, then pipe melted dark chocolate around M&Ms for spider eggs.

22. cheese monsters
Using a sharp knife, carve the wax wrapper of Babybel cheese into monsters. Attach candy eyes.

23. scaredy-cat cookies
Use a cat-shape cookie cutter to cut sugar cookie dough. Frost with black royal icing, then pipe white icing in the shape of a skeleton.

24. dinosaur eggs
Tint a small bowl of water with purple food coloring. Gently roll a hard-boiled egg on a hard surface, cracking shell but keeping it intact. Leave cracked egg in food coloring mix at least 4 hours or overnight.

25. cookie bat
Dip chocolate sandwich cookies in melted dark chocolate. Attach 2 chocolate sandwich cookies halves under each cookie to form wings; add candy eyes. Let dry 24 hrs on a wire rack with melted white chocolate melting wafers. Add blood drops with Over the Top red write-on gel.

26. spooky fingers
Peel and trim carrots and parsnips. Make slight cuts for knuckles. Cut red bell pepper into fingernail shapes. Spread Hy-Vee original hummus on each red bell pepper piece and stick on as fingernails.

27. clementine pumpkin
Insert a Hy-Vee Short Cut candy stick in a Hy-Vee Short Cuts peeled Mandarin orange, back in a fresh basil leaf.

28. eyeball bites
Top Hy-Vee original snack crackers with crumbled blue cheese. Wrap strips of prosciutto around blue cheese and top each with a blueberry.
29. Caramel Apple Monster Shakes

Total Time: 20 minutes  
Serves: 4 (8-oz. each)

2 tsp. Hy-Vee ground cinnamon, divided  
1 Hy-Vee Bakery snickerdoodle cookie, crushed  
2 tsp. Hy-Vee light corn syrup  
¼ cup plus 2 Tbsp. caramel ice cream topping, divided  
2½ cups Hy-Vee We All Scream! vanilla ice cream  
1½ cups Hy-Vee apple cider  
Desired toppers: Caramel apple, Hy-Vee Bakery snickerdoodle cookies, Hy-Vee original whipped topping, Hy-Vee Short Cuts apple slices, Reese’s peanut butter cups and/or caramel ice cream topping

1. COMBINE 1 tsp. cinnamon and crushed cookies on a small plate. Using a food-safe brush, coat the rims of 4 (10-oz.) glasses with corn syrup. Dip immediately into cookie mixture, coating well. Drizzle 1 Tbsp. caramel topping along inside of each glass; set aside.

2. COMBINE ice cream, apple cider, remaining 2 Tbsp. caramel topping and remaining 1 tsp. cinnamon in a blender. Cover and blend until smooth. Pour into prepared glasses; add desired toppings.

Per serving (without toppers): 330 calories, 9 g fat, 6 g saturated fat, 0 g trans fat, 35 mg cholesterol, 180 mg sodium, 60 g carbohydrates, 1 g fiber, 49 g sugar (33 g added sugar), 3 g protein. Daily Values: 0% Vitamin D, 10% Calcium, 0% Iron, 4% Potassium.

GET ALL THE TOPPERS
- Caramel apple
- Hy-Vee snickerdoodle cookie
- Hy-Vee original whipped topping
- Hy-Vee Short Cuts apple slices
- Reese’s peanut butter cups

SPOOKS & SIPs

EXCLUSIVE AT HY-VEE
Hy-Vee’s We All Scream! ice cream is made with no artificial ingredients and contains a variety of flavors.

30. Scary Black Cherry Slush

Pour 1 cup activated charcoal water into ice cube trays. Freeze 4 hours or until solidly frozen. Place charcoal ice cubes, 1 cup frozen dark sweet cherries, ½ (0.13-oz.) pkg. unsweetened black cherry drink mix, 2 Tbsp. Hy-Vee granulated sugar and 1 cup activated charcoal water in a blender. Cover and blend until combined and slushy. Pour immediately into 2 (12-oz.) glasses. Garnish with skull-shape charcoal ice cubes, if desired. Serves 2.

martini at midnight

Combine 3 oz. Row vodka, ½ oz. blue curaçao, ½ oz. grenadine, 1 oz. fresh lime juice and ½ cup ice cubes in a molded shaker. Shake well combined. Strain into a 10-oz. martini glass. Garnish with blackberries threaded on a skewer, if desired. Add dry ice* for an eerie effect. Serves 1. (See cautionary note on page 30 for safety precautions.)* A cube of dry ice creates the effect of a bubbling cauldron. Pick up and handle with tongs; avoid contact with skin.
BORN TO RUM.

Award-winning darker flavored rum aged 5 years, featuring notes of caramel with vanilla and baking spice finish.

Available at HyVee.

www.brewpubpizza.com
@brewpubpizza
Chips can add bold and creative flavors to a dish—salty, spicy, cheesy, and definitely delicious!

Flamin’ Hot Cheetos Mac & Cheese Burger Casserole

Total Time: 20 minutes
Serves: 6

1 (7.25-oz.) pkg. That’s Smart! original macaroni & cheese dinner
1 (1-lb.) pkg. 93%-lean ground beef
¼ cup Hy-Vee 2% reduced-fat milk
½ cup Hy-Vee salted butter
½ (8-oz.) pkg. Hy-Vee cream cheese, cubed
6 slices Hy-Vee American cheese, unwrapped and cubed
2 Tbsp. Sriracha hot sauce
1½ cups Flamin’ Hot Crunchy Cheetos, slightly crushed
Assorted sliced chile peppers, such as jalapeños, serranos, habaneros and/or banana peppers, for garnish

1. COOK macaroni according to package directions; drain.
2. MEANWHILE, cook beef in a large nonstick skillet over medium-high heat 8 to 10 minutes or until cooked through (165°F), breaking up large pieces; drain.
3. ADD macaroni to beef in skillet. Sprinkle with sauce mix from macaroni & cheese dinner; add milk, butter, cream cheese and American cheese. Cook over medium heat until cheeses are melted. Stir in Sriracha. Top with crushed Cheetos and desired chile peppers.

Per serving:
530 calories, 30 g fat, 15 g saturated fat, 1 g trans fat, 100 mg cholesterol, 920 mg sodium, 37 g carbohydrates, 1 g fiber, 8 g sugar (0 g added sugar), 25 g protein.

Daily Values: Vitamin D 15%, Calcium 30%, Iron 20%, Potassium 10%.

NOTE: Chile peppers contain volatile oils that can burn skin and eyes. When working with chile peppers, wear protective gloves.
BBQ Chicken Ramenritto

Total Time 20 minutes  
Serves 4

2 cups water  
1 pkg. Hy-Vee picked rotisserie chicken  
1 cup bottled barbecue sauce, plus additional for serving  
2 cups Lay’s kettle-cooked mesquite barbecue potato chips, slightly crushed  
1 cup shredded red cabbage  
¼ cup shredded carrots  
4 Hy-Vee sugar-free bread & butter sweet pickle spears

1. BRING water to boiling in a small saucepan. Add noodles and seasoning mix. Cook, uncovered, for 3 minutes or until tender, stirring occasionally. Drain; cover and keep warm.

2. MEANWHILE, combine chicken and 1 cup barbecue sauce in a medium microwave-safe bowl. Cover bowl with paper towel. Microwave on HIGH for 1 to 2 minutes or until heated through, stirring once halfway through. Heat tortillas in microwave according to package directions to soften.

3. TO ASSEMBLE, place ramen noodles just below the center of each tortilla; layer crushed potato chips, cabbage, carrots, chicken and a pickle spear. Fold up bottom over filling; fold in sides and roll up. Serve with additional barbecue sauce, if desired.

Per serving: 680 calories, 25 g fat, 7 g saturated fat, 0 g trans fat, 45 mg cholesterol, 2,160 mg sodium, 93 g carbohydrates, 2 g fiber, 25 g sugar (4 g added sugar), 25 g protein.

Daily Values: Vitamin D 0%, Calcium 10%, Iron 20%, Potassium 15%.

Mexican Breakfast Pizza

Hands On: 13 minutes  
Total Time: 29 minutes  
Serves 8

1 (10-oz.) pkg. ground fresh Mexican pork chorizo  
1 (13.8-oz.) tube Hy-Vee refrigerated pizza dough  
6 eggs  
¼ cup shredded red onion  
3 Tostitos queso blanco dip, plus additional for garnish  
1½ cups Hy-Vee finely shredded Mexican cheese (6 oz.)  
½ cup chopped fresh cilantro, for garnish

1. PREHEAT oven to 425°F. Cook chorizo in a large nonstick skillet over medium-low heat for 10 minutes or until cooked through (165°F), stirring occasionally. Drain and remove from skillet; set aside. Wipe skillet clean.

2. MEANWHILE, unroll pizza dough and pat into a 15×10×1-in. baking pan. Bake for 8 minutes.

3. WHISK together eggs and milk in a medium bowl until well combined. Lightly spray same skillet with nonstick spray. Add egg mixture. Cook over medium heat for 5 to 5 minutes or until set but still moist, stirring occasionally. Remove from heat; break eggs into small pieces.

4. SPREAD ⅔ cup dip on baked pizza crust. Top with ½ cup of the chorizo, egg mixture and ¾ cup of the cheese. Sprinkle with remaining chorizo, ¾ cup cheese and red onion.

5. BAKE for 8 to 12 minutes or until cheese is melted and dip is slightly bubbly around the edges. Top with crushed chips. Garnish with cilantro and drizzle with additional dip, if desired. Cut into squares to serve.

Per serving: 470 calories, 25 g fat, 9 g saturated fat, 0 g trans fat, 195 mg cholesterol, 1,090 mg sodium, 36 g carbohydrates, 0 g fiber, 4 g sugar (4 g added sugar), 22 g protein.

Daily Values: Vitamin D 6%, Calcium 15%, Iron 10%, Potassium 4%.

Chorizo is pork sausage heavily spiced with cumin, garlic and paprika. For less heat, substitute regular sausage and season to your taste.

MICROWAVE TORTILLAS TO SOFTEN THEM FOR ROLLING.
Dilly Chip
Oven-Fried Fish

Hands On 15 minutes
Total Time 30 minutes
Serves 4

1 tsp Hy-Vee coarse-ground black pepper

2 Tbsp fresh lemon juice

½ cup plus ⅓ cup Hy-Vee mayonnaise, flavored

1 lb skinless cod or tilapia fillets, ¾ in. thick

Hy-Vee nonstick cooking spray

Hy-Vee paprika, for garnish

Per serving:

Calories 280 (0 g sat fat, 25 g 0%)

Sodium 75 mg (0 mg 0%)

Carbohydrates 1 g (0 g 0%)

Sugar 3 g (0 g 0%)

Potassium 4 mg (0 mg 0%)

Iron 4 mg (0%)

Vitamin D 2 mcg (0%)

Calcium 21 mg (0%)

Dilly Chip
Oven-Fried Fish

Hands On 15 minutes
Total Time 30 minutes
Serves 4

1 tsp Hy-Vee coarse-ground black pepper

2 Tbsp fresh lemon juice

⅓ cup plus ⅔ cup Hy-Vee mayonnaise, flavored

1 lb skinless cod or tilapia fillets, ¾ in. thick

Hy-Vee nonstick cooking spray

Hy-Vee paprika, for garnish

Per serving:

Calories 280 (0 g sat fat, 25 g 0%)

Sodium 75 mg (0 mg 0%)

Carbohydrates 1 g (0 g 0%)

Sugar 3 g (0 g 0%)

Potassium 4 mg (0 mg 0%)

Iron 4 mg (0%)

Vitamin D 2 mcg (0%)

Calcium 21 mg (0%)

Cool Ranch
Chicken Fingers

Hands On 15 minutes
Total Time 28 minutes
Serves 4

½ cup Hy-Vee 2% reduced-fat milk

1/2 cup Hy-Vee large eggs, beaten

3 cups Doritos Cool Ranch tortilla chips

1 lb Hy-Vee boneless, skinless chicken breast tenders

¼ tsp Hy-Vee salt

⅓ cup Hy-Vee all-purpose flour

1 cup Hy-Vee nonstick cooking spray

3 Tbsp Paprika for garnish

Per serving:

Calories 230 (3 g sat fat, 1 g 0%)

Sodium 110 mg (0 mg 0%)

Carbohydrates 23 g (1 g 0%)

Sugar 0 g (0 g 0%)

Potassium 0 g (0 mg 0%)

Iron 4%
Heat the vegetarian chili in a 1½-qt. slow cooker. Once it’s hot, keep it warm until serving time.

**Total Time** 30 minutes

**Serves** 6

2 cups Hy-Vee Short Cuts fajita vegetables
4 tsp. Hy-Vee vegetable oil, divided
2 ears Hy-Vee Short Cuts sweet corn
4 tsp. fresh lime juice
1 tsp. Hy-Vee ground cumin
1 tsp. Hy-Vee salt
3 (15-oz.) cans Hy-Vee fat-free vegetarian chili with beans
6 (1-oz.) bags Fritos original or chili cheese-flavored tortilla chips

Desired toppings: Hy-Vee shredded lettuce, Hy-Vee taco sauce, halved cherry tomatoes, chopped avocado, Hy-Vee sour cream, Hy-Vee finely shredded Cheddar Jack cheese and/or chopped fresh cilantro

1. **HEAT** a cast-iron grill pan over medium-high heat. Toss fajita vegetables with 2 tsp. oil. Grill 4 to 5 minutes or until charred, turning occasionally. Remove from pan. Coat corn with remaining 2 tsp. oil. Grill in same pan 7 to 8 minutes or until charred, turning occasionally. Remove from pan. Cut corn off cobs and cut vegetables into bite-size pieces. Toss together with lime juice, cumin and salt.

2. **MEANWHILE,** heat chili according to package directions. To serve, slightly crush chips in bags. Open bags, fold over tops and spoon chili inside. Top with vegetables and desired toppings.

Per serving:
- 390 calories
- 15 g fat
- 2 g saturated fat
- 0 g trans fat
- 0 mg cholesterol
- 950 mg sodium
- 54 g carbohydrates
- 9 g fiber
- 10 g sugar (3 g added sugar)
- 12 g protein

Daily Values: Vitamin D 0%, Calcium 6%, Iron 10%, Potassium 30%
Russet potatoes are characterized by a brown netted skin and white flesh. Low moisture content leads to dry, fluffy cooked texture for baked or mashed potatoes. At just 100 calories, a medium skin-on russet provides 45 percent of the recommended daily value of vitamin C (based on a 2,000-calorie diet) and contains more potassium than a banana.

BUY clean, smooth, firm potatoes with no cuts or bruises. Avoid potatoes that have sprouted eyes or green-tinged skin—both signs of improper storage.

STORE potatoes in a cool, dark place (not the refrigerator) with good ventilation. Russets keep for several weeks when stored at about 50°F. Perforated bags help extend shelf life by allowing air to circulate around the potatoes.

PREP russets by gently scrubbing with a vegetable brush under cool running water. To peel, use a vegetable peeler or paring knife. Cover cut potatoes in cold water before cooking to prevent discoloration. Potatoes that turn pinkish or brown are safe to eat; the color usually disappears with cooking.

SHOW SOME SKIN—SKIN ON POTATOES CUT PREP TIME AND ARE MORE HEALTHFUL

WAYS TO USE

Bake russets until they have light and fluffy centers surrounded by crispy roasted skin. Rub potatoes with olive oil, sprinkle with salt and pepper and wrap in foil. Bake at 400°F for about 1 hour.

Mash russets, which are starchy and easily fall apart during cooking—exactly what you want for easy mashing. Peel, cut and boil potatoes until tender. Then mash or rice, adding butter and/or cream cheese, milk, salt and black pepper; whip until creamy.

Roast russets as hearty oven-roasted fries. Simply cut potatoes into wedges, toss with olive oil and seasonings, then arrange on a parchment-lined baking pan. Roast at 375°F for 40 minutes or until browned and fork-tender.

EXCLUSIVE AT HY-VEE

When you buy Hy-Vee One Step potatoes, you help fund community and school gardens. So far, these potatoes have helped plant more than 400 Midwest gardens.
Easy Cheesy Potatoes

Hands On 20 minutes
Total Time 1 hour 30 minutes
Serves 10

Hy-Vee nonstick cooking spray
1 (8-oz.) pkg. Culinary Tours Alpine style Cheddar cheese, shredded; divided
2 Tbsp. Hy-Vee all-purpose flour, divided
⅛ cup shredded Gruyère cheese
1 Tbsp. Hy-Vee salted butter
1 tsp. Hy-Vee salt
⅛ tsp. Hy-Vee black pepper
2 cups Hy-Vee half-and-half
2 tsp. finely chopped fresh sage, plus additional sage leaves for garnish
⅛ (5-lb.) bag Hy-Vee One Step russet potatoes, peeled and sliced ⅛ in. thick

1. PREHEAT oven to 350°F. Spray a shallow 1 ½ -qt. baking dish and a large sheet of foil with nonstick spray. Set dish and foil aside.

2. TOSS together 1 ½ cups Cheddar cheese and 1 Tbsp. flour in a medium bowl. Toss together Gruyère cheese and remaining 1 Tbsp. flour in another bowl. Set aside.

3. MELT butter in a heavy 4-qt. saucepan over medium heat. Add onion, salt and pepper. Cook and stir for 1 to 2 minutes or until onions are slightly softened. Stir in half-and-half, Gruyère cheese mixture and finely chopped sage; add potatoes. Bring to a simmer over medium heat. Gently cook for 2 to 3 minutes or until mixture is hot, stirring often.

4. SPOON about one-third of the potato mixture into prepared dish. Top with half the Cheddar cheese mixture. Repeat layers. Top with remaining potato mixture.

5. BAKE, covered with prepared foil, for 50 minutes. Remove foil; sprinkle with remaining ½ cup Cheddar cheese. Bake, uncovered, for 10 to 15 minutes or until potatoes are tender and top is lightly golden. Garnish with sage leaves, if desired. Let stand for 10 minutes before serving.

Per serving:
300 calories, 17 g fat, 10 g saturated fat, 0 g trans fat, 60 mg cholesterol, 500 mg sodium, 24 g carbohydrates, 2 g fiber, 3 g sugar (0 g added sugar), 13 g protein.

Daily Values: Vitamin D 0%, Calcium 25%, Iron 6%, Potassium 10%

Substitute winter squash for half the potatoes, and thyme and rosemary for the sage.
Best Pork Dinners

6 EASY WEEKNIGHT-FRIENDLY MEALS

SERVE THESE NO-STRESS-PREP MEALS THAT SHOW THE VERSATILITY OF FRESH MIDWEST PORK CUTS, INCLUDING CHOPS, RIBS AND TENDERLOIN.

Pressure Cooker Rib Carnitas

Hands On 1 hour
Total Time 1 hour 30 minutes
Serves 8 (3 each)

1 Tbsp. Hy-Vee canola oil
½ cup Hy-Vee Short Cuts chopped red onions, drained
2 Tbsp. refrigerated minced garlic
4 lb. Midwest Pork boneless pork country-style ribs, cut in half
1 cup purchased chili lime rub
1 cup Hy-Vee orange juice
1 (15-oz.) container Hy-Vee fresh salsa
1½ cups Hy-Vee Short Cuts pineapple, cut into ¼-in. cubes
1 (15-oz.) can Hy-Vee fresh corn

1. HEAT canola oil on sauté setting of an 8-qt. pressure cooker. Add ¼ cup red onions and garlic. Cook and stir for 1 minute or until softened.

2. PAT pork dry. Sprinkle and rub pork with chili lime rub. Add pork in batches to pressure cooker and sear until browned all over, about 2 minutes per side. Deglaze with beer and orange juice, scraping browned bits from bottom of pan. Cover and cook on high pressure for 30 minutes. Once pork has finished cooking, release the valve and allow steam to escape. Carefully remove lid. Transfer pork to a cutting board; cool slightly. Reserve cooking juices.

3. COMBINE salsa, pineapple, remaining ¼ cup red onion, cilantro, oregano, agave nectar and lime juice in a medium bowl; set aside.

4. SHRED pork into bite-size pieces; transfer to a bowl. Drizzle and toss with enough reserved cooking juices to moisten; discard remaining juices. Serve pork on tortillas topped with pineapple salsa.

Per serving:

680 calories, 27 g fat, 9 g saturated fat, 0 g trans fat, 140 mg cholesterol, 980 mg sodium, 55 g carbohydrates, 1 g fiber, 10 g sugar (2 g added sugar), 55 g protein.

Daily Values: Vitamin D 0%, Calcium 10%, Iron 20%, Potassium 2%.
PORK SHOULDER BLADE STEAK

Stock Up on Midwest Pork, "at
see "15 Go-To Recipes for When You
recipes that follow. For more ideas,
Try the fresh cuts,
in the
locally packaged. Look for the
SELECTED,
and Wisconsin.
Nebraska, Kansas, Missouri, Illinois
Iowa, Minnesota, South Dakota,
RAISED
on 450 farms throughout
QUALITY PORK THAT'S:
THE MIDWEST. IT'S TOP-
FARMS THROUGHOUT
SUPPORT LOCAL FAMILY
PORK AT HY-VEE, YOU
WHEN YOU BUY MIDWEST

Meat Market Manager

minutes for tender, juicy meat.”

surface and let them rest a few

don't overcook them. Get them to
cook more evenly. Most importantly,

Meaty, tender cut from the upper
side of the rib cage, from the fatty
blade end of the loin.

BONELESS COUNTRY-STYLE RIBS
Meaty, tender cut from the upper
side of the rib cage, from the fatty
blade end of the loin.

BONELESS TOP LOIN CHOP
Top loin or rib chop that has bone
removed; Absence of bone makes it
less flavorful.

BONELESS BUTTERFLY CHOP
Cut from the center of the loin, with a small "hinge" in the center to open like a book. The two halves look much like the wings of a butterfly.

BEST METHODS: Pan-fry, oven-roast

Loin chops, cut near the center of the loin, have a T-shape bone that divides loin meat from tenderloin muscle. Top loin chops contain the same bone but no tenderloin. Both chops are lean with mild flavor.

BEST METHODS: Grilled, brine, oven-roast; browning adds moisture

Loosen, boneless meat—one of the most tender cuts of pork. Weighting from ¾ to 1½ pounds, pork tenderloin contains about the same amount of fat as a boneless, skilet chicken breast and cooks quickly.

BEST METHODS: Grilled, oven-roast, sauté, broil or sieve-fry

Baby back ribs
Small, curved slabs from the pig's back ribs and not as meaty as country-style ribs. Quick to cook; flavor and juiciness.

BEST METHODS: Grill, slow-cook, pressure-cook

TENDERLOIN
Lean, boneless meat—on of the most tender cuts of pork. Weighting from ½ to 1 pounds, pork tenderloin contains about the same amount of fat as a boneless, skinless chicken breast and cooks quickly.

BEST METHODS: Thaw, grill, oven-roast, pressure-cook

PORK SHOULDER BLADE STEAK
Cut from the shoulder end of the loin, blade steaks contain more fat and tend to be a bit tougher than loin and rib chops. They have good flavor and are more forgiving when cooking.

BEST METHODS: Grill, brine, pan-fry, brine or slow-cook

TENDERIZED TOP LOIN CHOP
Boneless chops mechanically tenderized to break up connective tissue and muscle fibers, also known as sandich chops. Quick to cook.

BEST METHODS: Breaded and oven-roast; pan-fry or deep-fry for a sandwich

TECHNICAL
SKILLET COOKING
For a family-favor recipe like this, use a 12-inch skillet. Make sure the skillet is hot before adding pork. High temperature causes caramelization, which adds complex, savory flavors.

Pork Chop Skillet Meal

1. COOK pasta according to package directions; drain, reserving ¼ cup pasta water. Set aside.

2. MEANINGLESS. Heat 1 Tbsp. olive oil in a large skillet over medium-high heat. Tos pork with seasoning blend, add to skillet. Cook for 5 minutes or until browned (45°F), stirring occasionally. Remove pork from skillet, set aside and keep warm.

3. HEAT remaining 1 tsp. olive oil in same skillet. Add shallot, garlic and crushed red pepper. Stir in mushrooms and tomatoes. Cook for 2 minutes, stirring occasionally.

4. ADD reserved ¼ cup pasta water to skillet and cook for 2 minutes more, scraping brown bits from bottom of skillet and stirring occasionally. Add pasta sauce, cooked pasta and pork; heat through. Stir in spinach and orange leaves. Top with Parmesan cheese, if desired.

For serving: 450 calories, 14 g fat (2 g sat fat), 470 mg sodium, 25 g carbohydrate, trace fiber; 37% from fat, 17% saturated, 4% polyunsaturated. 22 g protein, 12 g sugar, 12 g fiber. Daily Values: Vitamin A 4%, Vitamin C 8%, Calcium 6%, Iron 18%, Potassium 15%
**Brined and Buttered Pork Chops**

**Hands On: 40 minutes**  
**Total Time: 40 minutes plus brining time**  
**Serves: 4**

- 4 cups water  
- 1/4 cup Hy-Vee salt  
- 2 Tbsp. packed Hy-Vee brown sugar  
- 4 (12-oz. each) Midwest Pork bone-in loin chops, 1 in. thick  
- 24 fresh thyme sprigs, divided  
- 2 lemons, sliced  
- 2 Hy-Vee dried bay leaves  
- 1 tsp. Hy-Vee whole peppercorns  
- 4 cloves garlic, sliced; divided  
- 4 tsp. Hy-Vee canola oil, divided  
- 2 Tbsp. Hy-Vee salted butter, divided

1. **WHISK** together water, salt and brown sugar until salt and brown sugar are dissolved.  
2. **PAT** pork chops dry with paper towels. Place in a single layer in a 13×9×2-in. dish. Pour brine mixture over chops. Add 12 thyme sprigs, lemon wedges, bay leaves, peppercorns and 4 cloves garlic. **Cover** and refrigerate for 4 hours.  
3. **REMOVE** chops from brine; pat dry. Heat 2 tsp. oil in a 10- or 12-in. cast-iron skillet over medium heat until shimmering. Add 2 pork chops; cook 14 to 16 minutes or until done (145°F), turning once halfway through. Remove skillet from heat; add 1 Tbsp. butter, 4 thyme sprigs and 3 clove garlic. When butter has melted, carefully spoon mixture over chops several times.  
4. **TRANSFER** chops and butter mixture to a serving platter, keep warm. Wipe skillet clean. Repeat with remaining chops. Garnish chops with remaining thyme sprigs, if desired.

**Nutrition information not available on brined foods.**

**HOW TO BRINE PORK CHOPS**

1. WHISK together water, salt and brown sugar until salt and brown sugar are dissolved.  
2. PLACE chops in a 13×9×2-in. glass dish; pour brine over top. Add lemon slices, garlic, herbs and peppercorns.  
3. COVER and refrigerate chops for 4 hours before cooking.

---

**Slow Cooker Sausage-Bean Stew**

**Hands On: 25 minutes**  
**Total Time: 5 ½ hours (HIGH) plus 30 minutes**  
**Serves: 6 (2 cups each)**

- 1 1/2 lb. Midwest Pork ground pork sausage  
- 5 cups Hy-Vee vegetable stock  
- 1 cup Hy-Vee Short Cuts chopped white onions  
- 1 (15-oz.) can Hy-Vee no-salt-added dark red kidney beans, drained and rinsed  
- 1 (15-oz.) can Hy-Vee no-salt-added cannellini beans, drained and rinsed  
- 1 (14-oz.) can Hy-Vee pinto beans, drained and rinsed  
- 1 (14-oz.) can Hy-Vee no-salt-added diced tomatoes, undrained  
- 2 Tbsp. refrigerated minced garlic  
- 1 tsp. Hy-Vee black pepper  
- 1/2 tsp. Hy-Vee dried oregano leaves  
- 1/2 tsp. Hy-Vee dried thyme leaves  
- 1/4 tsp. Hy-Vee ground sage  
- 2 cups green or rainbow Swiss chard, stalks and ribs removed; leaves chopped  
- Fresh Italian parsley, for garnish

1. **COOK** sausage in a large skillet over medium-high heat 8 to 10 minutes or until brown, stirring to break into crumbles; drain. Transfer sausage to a 6-qt. slow cooker. Add vegetable stock, onions, beans, undrained tomatoes, tomato paste, carrots, celery, bay leaves, garlic, pepper, oregano, thyme and sage. Cover and cook on HIGH for 5 hours or on LOW for 10 hours.  
2. **ADD** Swiss chard; cover and cook on HIGH for 30 minutes. Remove and discard bay leaves; ladle soup into bowls. Garnish with parsley, if desired.

Per serving: 560 calories, 26 g fat, 9 g saturated fat, 0 g trans fat, 80 mg cholesterol, 940 mg sodium, 50 g carbohydrates, 8 g fiber, 12 g sugar (1 g added sugar), 32 g protein.

Daily Values: 0% Vitamin D, 12% Calcium, 30% Iron, 20% Potassium.

**TECHNIQUE:** Brining  
Lean pork is good for brining. While soaking in a salt-water solution, it draws in moisture, making it tender and juicy when cooked. Add herbs, aromatics and citrus to the brine to infuse more flavor.
Oven-Roasted Pork Tenderloin with Spice Rub

Hands On 20 minutes
Total Time 32 minutes
Serves 4

Hy-Vee nonstick cooking spray
1 (1¼- to 1½-lb.) Midwest Pork tenderloin
¼ cup Hy-Vee plain Greek yogurt
¼ tsp. Hy-Vee salt
¼ tsp. Hy-Vee black pepper, plus additional for serving
¼ tsp. ground coriander
¼ tsp. Hy-Vee ground cumin
¼ tsp. Hy-Vee ground cinnamon
¼ tsp. ground turmeric
2 cups Hy-Vee Short Cuts zucchini and/or yellow summer squash coins
1 white onion, cut into wedges
3 tsp. Gustare Vita extra-virgin olive oil, divided
½ cup cherry tomatoes
½ cup Hy-Vee Greek Kalamata pitted olives
4 cloves garlic, sliced
1 cup baby spinach
Lemon wedges, fresh mint and/or chopped fresh curly parsley, for garnish
2 cups hot cooked orzo, for serving

1. PREHEAT oven to 425°F. Spray a 15×10×1-in. baking pan with nonstick spray. Pat pork dry. Place in prepared pan. Combine yogurt, salt, ¼ tsp. pepper, coriander, cumin, cinnamon and turmeric; spread all over pork.

2. TOSS zucchini and summer squash coins and onion with 1 tsp. oil and add to pan. Roast for 10 minutes. Toss tomatoes, olives and garlic with remaining 2 tsp. oil; add to pan. Roast for 10 to 14 minutes more or until pork is done (145°F) and vegetables are tender.

3. TRANSFER pork to a cutting board; cover and let rest 3 minutes. Add spinach to vegetables in pan. To serve, cut pork into slices. Transfer to platter with vegetables. Garnish with lemon, mint, parsley and additional black pepper. Serve with orzo, if desired.

Per serving:
250 calories, 8 g fat, 1.5 g saturated fat, 0 g trans fat, 95 mg cholesterol, 380 mg sodium, 9 g carbohydrates, 2 g fiber, 4 g sugar (0 g added sugar), 33 g protein.

SPINACH WILTS AT THE END WHEN TOSSED WITH THE ROASTED VEGETABLES.

TECHNIQUE:
OVEN ROASTING
For a simple dinner, rub a spice paste on pork tenderloin, then roast at a high temperature. The high heat creates a delicious crust on the pork, yet keeps the inside moist and slightly pink.

Slow Cooker Baby Back Pork Ribs

Hands On 10 minutes
Total Time 3 hours 50 minutes
Serves 4

1 (2½- to 3-lb.) rack Midwest Pork baby back ribs
2 Tbsp. packed Hy-Vee dark brown sugar
1 tsp. Hy-Vee ground mustard
1 tsp. smoked paprika
½ tsp. Hy-Vee garlic salt
½ tsp. Hy-Vee black pepper
¼ tsp. Hy-Vee onion powder
¾ cup Hy-Vee no-sugar-added apple juice
¾ cup Culinary Tours sweet & tangy bourbon BBQ sauce, plus additional for serving

1. REMOVE the membrane from the back of the ribs. Pat the ribs dry with paper towels. Combine brown sugar, ground mustard, smoked paprika, garlic salt, black pepper and onion powder in a small bowl; rub on both sides of ribs.

2. CUT ribs into 1-rib portions. Place rib pieces in a 4- to 6-qt. slow cooker. Pour apple juice over ribs. Cover and cook on HIGH for 3 to 3½ hours or until tender (180°F).

3. DISCARD liquid from slow cooker. Add ¾ cup BBQ sauce; toss until ribs are coated. Cover and cook on HIGH until heated through. Serve with additional BBQ sauce, if desired.

Per serving:
760 calories, 48 g fat, 18 g saturated fat, 0 g trans fat, 165 mg cholesterol, 1,800 mg sodium, 34 g carbohydrates, 2 g fiber, 27 g sugar (12 g added sugar), 48 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 20%.

TECHNIQUE:
SLOW COOKING
Give baby back ribs a dry rub to amp up the flavor. After cooking for several hours, finish them off with BBQ sauce in the slow cooker until they’re fall-off-the-bone tender.
SWEET EARTH
ENLIGHTENED FOODS

NEW!

AWESOME BURGER

TOTALLY JUICY, TOTALLY PLANT-BASED

Introducing the most righteous plant-based burger. Satisfy your cravings for a traditional burger with the juicy, plant-based goodness of the Awesome Burger. Find it in the refrigerated case, near the ground beef.

Fig. 1 — Try chopsticks.

Fig. 2 — Drop chopsticks.

Fig. 3 — Try chopsticks again.

Fig. 4 — Drop chopsticks again.

Fig. 5 — Use hands.

Authentic taste. However you eat it.

One of the nation’s only retailers guaranteeing 100% sustainably-sourced sushi.
Cozy up to warm and hearty seafood meals packed with flavor and freshness. Our recipes highlight some of the best ways to cook firm white fish and tender, succulent crabmeat.

Sweet and Tangy Tilapia Fish Sandwich

Total Time 50 minutes
Serves 4

Hy-Vee canola oil, for frying
½ red onion, thinly sliced into rings
½ cup Hy-Vee tartar sauce
2 Tbsp. coarsely chopped fresh dill
½ tsp. Hy-Vee bread and butter pickle juice
1 cup Hy-Vee cole slaw mix
½ tsp. Hy-Vee apple cider vinegar
¼ tsp. celery salt
2 (6-oz. each) tilapia fillets, cut into lengthwise pieces
2 tsp. plus ½ cup original fish breading batter mix; divided
½ cup Hy-Vee 2% reduced-fat milk
2 cups Hy-Vee Kettle Cooked sea salt and malt vinegar chips, crushed
4 That’s Smart! white hamburger buns
4 slices Hy-Vee American cheese
1 medium tomato, thinly sliced

1. HEAT 2 in. canola oil in a heavy 4-qt. saucepan or deep-fat fryer to 350°F.
2. RESERVE large outer red onion rings for serving. Finely chop small center rings; combine with tartar sauce, dill and pickle juice. Cover and refrigerate. Toss together cole slaw mix, apple cider vinegar and celery salt; massage to combine. Set aside.
3. PAT fish dry; sprinkle with 2 tsp. breading batter mix. Combine milk and remaining ½ cup breading batter mix in a shallow dish. Add crushed chips to another shallow dish. Dip fish into batter, then coat with chips.
4. FRY fish, 2 to 3 pieces at a time, in hot oil for 5 minutes or until coating is golden brown and fish flakes easily when tested with a fork (145°F), turning once. Drain fish on paper towels.
5. SPREAD bun tops and bottoms with tartar sauce. Layer cole slaw mixture, red onion rings, fish, cheese, pickles and tomato slices on bun bottoms. Add bun tops.

What’s the Best Fish for Fish Sandwiches?
Sturdy, firm white fish, such as tilapia, cod, halibut, catfish or red snapper, hold up to frying without falling apart and layer well with sandwich ingredients.
Cheesy Crab Rangoon Pasta Casserole

**Hands On: 20 minutes**  
Total Time: 45 minutes  
Serves 8

<table>
<thead>
<tr>
<th>1 box Hy-Vee large shell macaroni</th>
<th>1 cup Hy-Vee Short Cuts chopped red bell peppers</th>
<th>2 Tbsp. Hy-Vee salted butter</th>
<th>1 bunch green onions, sliced, divided</th>
<th>1 cup Hy-Vee Short Cuts chopped red bell peppers</th>
</tr>
</thead>
</table>

**Pasta Casserole**

1. **PREHEAT** oven to 350°F. Grease 1 (12-in.) baking dish. Pat mixture on fish; set aside.
2. **STIR IN** cream cheese, sour cream, soy sauce and chives; set aside. Cook pasta in a pot according to package directions; drain and set aside.
3. **ADD:** mixture to prepared dish. Bake, covered, for 15 to 20 minutes or until heated through. Top with chili sauce, wonton chips and green onions. Melt butter; stir in Parmesan cheese, garlic salt, lemon juice and pepper; pour over pasta. Bake, covered, for 15 to 20 minutes or until heated through. Serve 4 portions of pasta, spooning over Rangoon sauce.

**Lemon Butter Sauce:** Heat 1/4 cup unsalted butter in a skillet over medium heat until brown. Whisk in 1/4 tsp. lemon juice, 1 Tbsp. mayonnaise and 1 (8-oz.) pkg. Hy-Vee cream cheese, softened. Add fish; simmer until fish is cooked through. Serve over cooked fish before serving.

**Cooking Methods**

**Pan-Fry/Sauté:** Cook quickly on stove top. Add a little butter or oil to the skillet and cook the fish until brown; turn once. Be sure to fish is at a constant temperature and give the fish a nice, thick coating. The breading protects fish from absorbing too much oil and prevents the fish from becoming dry.

**Grill:** Cook fish fast without it drying out. Use medium-high heat and grease the grate. Grill delicate fish in foil packs.

**Bake/Roast:** Easy but takes longer than other cooking methods. Flavoured coatings protect delicate fish from heat.

**COOKING BASICS**

White fish lends itself well to deep-frying, which creates a crispy crust on the outside and tender, moist fish on the inside. Be sure to fish is at a constant temperature and give the fish a nice, thick coating. The breading protects fish from absorbing too much oil and prevents the fish from becoming dry.

**COOKING METHODS**

- **PAN-FRY/SAUTÉ:** Cook quickly on stove top. Add a little butter or oil to the skillet and cook the fish until brown; turn once. Be sure to fish is at a constant temperature and give the fish a nice, thick coating. The breading protects fish from absorbing too much oil and prevents the fish from becoming dry.
- **GRILL:** Cook fish fast without it drying out. Use medium-high heat and grease the grate. Grill delicate fish in foil packs.
- **BAKE/ROAST:** Easy but takes longer than other cooking methods. Flavored coatings protect delicate fish from heat.

**SEASONS**

Here are ways to enhance the delicate natural taste of white fish.

- **Fresh herbs:** Sage, chives, allspice and dried hyssop
- **Citrus:** Lemon and orange
- **Spices:** Smoked paprika, garlic powder, cayenne, dry mustard, white pepper, lemon-pepper seasoning, sea salt, black pepper, mince garlic

**Pistachio- & Parmesan-Crusted Halibut**

**Hands On: 15 minutes**  
**Total Time: 40 minutes**  
**Serves 4**

**Hy-Vee nonstick cooking spray**  
(4 1/2-oz. each) Halibut Filets, 1 in. thick  
2 leeks, trimmed and cleaned  
1 cup Hy-Vee grated Parmesan cheese  
2 Tbsp. Hy-Vee plain bread crumbs  
2 Tbsp. mayonnaise  
1 cup Hy-Vee Short Cuts Brussels sprouts, halved  
3 medium carrots, peeled and bias-sliced  
2 Tbsp. Gustare Vita olive oil, divided  
1 tsp. That’s Smart! garlic salt  
1/2 tsp. Hy-Vee black pepper  
1/2 tsp. Hy-Vee crusted red pepper  
2 fresh sage sprigs  
1 lemon, for serving

1. **PREHEAT** oven to 425°F. Spray a foil-lined 15×10×1-in. sheet pan with nonstick spray. Pat fish dry. Thinly slice leeks and finely chop the tops. Combine pistachios, Parmesan cheese, bread crumbs, mayonnaise and chopped leek tops. Pat mixture on fish; set aside.

2. **TOSS** Brussels sprouts, red onion, sliced leeks and carrots with 1 Tbsp. olive oil. Spread in prepared pan. Bake 10 minutes. Stir vegetables; push to the side to make room for fish. Spread remaining 1 Tbsp. olive oil on pan and top with fish. Sprinkle fish with garlic salt, black pepper and crusted red pepper; top with sage. Bake 15 minutes more or until fish flakes with a fork (145°F). Serve with lemon.

3. **MELT** butter in same pot over medium heat. Reserve 2 Tbsp. green onions, garlic and 1 Tbsp. fish sauce. Reduce heat; simmer 2 minutes. Reserve from heat.

4. **SPICE:** Add fish, fish sauce, sugar, pepper, Creole seasoning, sea salt, black pepper and crushed red pepper; top with fish. Sprinkle fish with garlic salt, lemon pepper and cayenne. Bake 15 minutes more or until fish is cooked through. Serve 4 portions of fish, spooning over Rangoon sauce.

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- **BAKE/RoAST:** Easy but takes longer than other cooking methods. Flavored coatings protect delicate fish from heat.
One-Pot Bacon-Shrimp Corn Chowder

Total Time 30 minutes
Serves 10 (1 cup each)

1 (1-lb.) pkg. Hy-Vee thick black-peppered slab bacon, chopped
1 lb. raw peeled and deveined shrimp, tails removed (26–30 ct.)
1 small white onion, chopped
1 medium carrot, peeled and chopped
1 stalk celery, chopped
2 cups frozen Hy-Vee potatoes O’Brien
1 (16-oz.) bag frozen Hy-Vee golden corn
¼ cup Hy-Vee all-purpose flour
4 cups Hy-Vee whole milk
2 tsp. Creole seasoning
2 tsp. chopped fresh thyme
1 tsp. Hy-Vee salt
1 tsp. Hy-Vee paprika
1 tsp. ground marjoram
Shredded white Cheddar cheese, for garnish
Thyme sprigs, for garnish

1. HEAT a large pot over medium heat. Add bacon; cook until crisp. Add shrimp, onion, carrot and celery. Cook and stir until shrimp are opaque. Remove shrimp mixture from pot with a slotted spoon. Cover and keep warm.

2. ADD frozen potatoes and corn to same pot. Cook and stir over medium heat for 5 minutes. Add flour and stir until mixture is well combined. Slowly add milk and bring to a simmer, stirring occasionally. Cook for 5 minutes or until thickened.

3. RETURN shrimp mixture to pot. Add Creole seasoning, chopped thyme, salt, paprika and marjoram. Cook until heated through. Serve chowder in bowls topped with cheese and, if desired, thyme sprigs.

Per serving: 350 calories, 20 g fat, 7 g saturated fat, 0 g trans fat, 100 mg cholesterol, 1,010 mg sodium, 26 g carbohydrates, 2 g fiber, 9 g sugar (0 g added sugar), 18 g protein.

Daily Values: Vitamin D 6%, Calcium 10%, Iron 6%, Potassium 10%

Marcjoram cuts through rich flavors, adding subtle hints of citrus and sweet pine. Substitute with ¼ tsp. dried oregano.

smart swap

COOKING SHRIMP
Use onions and veggies to buffer shrimp from direct heat so they cook gently. Smaller shrimp allow flavor to permeate the entire dish.

THE MORE YOU KNOW

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AUTUMN SMOLDERS

Chase away the chill with the warmth and character of a cocktail meant to be savored slowly—just like the season.

Smoked Whiskey Cocktail

Make Rosemary Syrup: Simmer ½ cup Hy-Vee granulated sugar and ½ cup water in saucepan until sugar dissolves. Stir in 3 fresh rosemary sprigs, coarsely chopped. Remove from heat; cool 30 minutes. Strain mixture; set aside. Place 2 oz. Finagren’s Irish whiskey, 1 Tbsp. fig spread or preserves and ¾ oz. Rosemary Syrup in an ice-filled cocktail shaker. Cover; shake well. Break a 3-in. cinnamon stick into small pieces; stack in a fireproof surface. Using a blowtorch, ignite the cinnamon and immediately place a chilled glass upside down on top. When the smoke dissipates, turn glass upright and strain drink into glass. Serves 1.

Spicy Apple-Ginger Cocktails

Total Time 5 minutes
Serves 2 (8 oz. each)
6 oz. Hy-Vee apple juice
4 oz. Row vodka
1 oz. fresh lime juice
1 Tbsp. grated fresh-ginger
1 pinch Hy-Vee cayenne pepper
¼ cup ice cubes, plus additional for serving
4 oz. ginger beer, divided
Gala apple slices, for garnish

1. Combine apple juice, vodka, lime juice, ginger, cayenne pepper and ice in a cocktail shaker. Cover and shake until combined. Strain mixture into 2 (10-oz.) ice-filled glasses. Top each cocktail with 2 oz. ginger beer. Garnish with apple slices, if desired.

Pro tip: SMOKE A COCKTAIL

“Smoke imparts a unique aromatic layer to cocktails. Smoking with oak or hickory wood is a natural, but you can also use other woods like cherry. Or experiment with cinnamon, vanilla beans and herbs like rosemary and thyme. The smoke element pairs well with earthy and botanical spirits like mezcal, gin and whisky.” —Jeff Naples "The Beard Behind the Bar" HSTV.com
Chai Old Fashioned
Combine 6 oz. spiced chai tea, 4½ oz. Cross Keys rum and 6 dashes aromatic bitters. Add ice to 3 (6-oz.) cocktail glasses. Pour chai mixture into glasses; stir. Garnish each with a rosemary sprig and/or cinnamon stick, if desired. Serves 3 (4 oz. each).

CROSS KEYS BARBADOS RUM
A handcrafted rum aged for 5 years in heavy-char white oak casks.

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Red Wine Pomegranate Hot Toddy
Total Time 20 minutes
Serves 10 (6 oz. each)

1 (750 ml.) bottle Castillo San Simón Cabernet Sauvignon wine
2 cups pomegranate liqueur
1¼ cups fresh blood orange juice
½ cup simple syrup
5 star anise, plus additional for garnish
1 tsp. white cloves
5 Hy-Vee cinnamon sticks
Blood orange slices, for garnish

1. COMBINE wine, pomegranate liqueur, orange juice, simple syrup, star anise, cloves and cinnamon sticks in a stockpot. Bring to boiling. Remove from heat and let stand for 5 minutes. Strain mixture. Serve in heat-resistant cocktail glasses. Garnish each with a blood orange slice and star anise, if desired.

4 WAYS TO WARM "EM UP

SMOKE
Light up dried tea, rosemary, sage or dried wood, then cover with a chilled glass. Pour the drink once smoke dissipates.

FIRE
Spirits over 100 proof can be set on fire; lower-alcohol drinks can be warmed with a torch.

SPICES
Add fresh peppers or roasted peppers such as jalapeño, serrano, habanero or Thai chili peppers.

HEAT
Warm up a spirit in a saucepan. Do not boil. Remember, alcohol has a lower boiling point than water.

CASTILLO SAN SIMÓN CABERNET SAUVIGNON
A wine that reveals ripe flavors of blackberries and currants.

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MADE EASY

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Carve out time to sample more than a dozen pumpkin recipes—sweet, savory, even sippable—packed with a medley of warm spices.

### Pumpkin-Pecan Pie Bars

**Hands On: 25 minutes**  
**Total Time: 1 hour 15 minutes plus chilling time**

**Serves: 16**

Hy-Vee nonstick cooking spray  
⅓ cup plus ¼ cup Hy-Vee butter, melted  
⅔ cup plus ¼ cup Hy-Vee granulated sugar  
⅓ cup Hy-Vee ground ginger  
1 tsp. Hy-Vee graham cracker crumbs  
1 tsp. pumpkin pie spice, divided  
1 cup Hy-Vee canned pumpkin  
1 cup Hy-Vee heavy cream  
1 cup Hy-Vee large eggs  
1 cup Hy-Vee all-purpose flour  
1 cup packed Hy-Vee brown sugar  
½ cup Hy-Vee pecan pieces

1. PREHEAT oven to 325°F. Line a 9×9×2-in. baking pan with foil, extending foil over pan edges. Spray foil with nonstick spray; set aside.

2. COMBINE ⅓ cup melted butter, ¼ cup granulated sugar and ginger in a medium bowl. Add graham cracker crumbs; toss to combine. Press crumb mixture onto bottom of prepared pan. Bake 10 minutes or until light brown. Cool on a wire rack.

3. BEAT cream cheese with an electric mixer for 30 seconds. Beat in pumpkin, remaining ½ cup granulated sugar, sour cream, 2 tsp. pumpkin pie spice and vanilla, scraping bowl occasionally. Beat eggs, one at a time, well combined. Spoon filling into crust-lined pan.

4. COMBINE remaining ¼ cup melted butter, flour and remaining ½ tsp. pumpkin spice. Stir in brown sugar and pecans; combine well. Sprinkle topping on pumpkin filling. Bake for 45 to 50 minutes or until center is set. Cool completely in pan on a wire rack. Refrigerate overnight. Use foil to lift uncut bars out of pan; cut into bars. Store in the refrigerator.

Per serving: 350 calories, 22 g fat, 9 g saturated fat, 0 g trans fat, 70 mg cholesterol, 100 mg sodium, 35 g carbohydrates, 2 g fiber, 27 g sugar (23 g added sugar), 4 g protein.
**Pumpkin Churros with Chocolate Dipping Sauce**

**Hands On: 30 minutes**  
**Total Time: 50 minutes**  
**Serves: 6 (4 each)**

- **1 (4-oz.) Zöet premium Belgian 57% cacao dark chocolate bar, chopped**  
- **½ cup Hy-Vee heavy whipping cream**  
- **½ tsp. Hy-Vee vanilla extract, divided**  
- **Hy-Vee vegetable or canola oil for frying**  
- **¾ cup water**  
- **⅓ cup Hy-Vee canned pumpkin**  
- **⅓ cup Hy-Vee salted butter**  
- **1¾ tsp. pumpkin pie spice, divided**  
- **1 cup Hy-Vee all-purpose flour**  
- **3 Hy-Vee large eggs**  
- **½ cup Hy-Vee granulated sugar**


2. HEAT oil for frying in a 4-qt. heavy saucepan or deep-fat fryer to 350°F.

3. COMBINE water, pumpkin, butter, 1¾ tsp. pumpkin pie spice and remaining ¼ tsp. vanilla in a 2-qt. saucepan. Bring mixture to boiling. Add flour all at once, stirring vigorously with a wooden spoon until dough forms a ball. Remove from heat. Cool mixture for 10 minutes. Add eggs, one at a time, stirring well after each addition.

4. SPOON dough into a pastry bag fitted with a large star tip. Pipe 3-in. lengths of dough, five at a time, into hot oil. Fry for 3 to 5 minutes or until golden, turning once. Remove with a slotted spoon; drain on paper towels. Combine sugar and remaining ½ tsp. pumpkin pie spice. While warm, toss churros in sugar mixture. Serve with chocolate sauce.

**Nutrition information not available on fried foods.**

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**Pumpkin Curry Chicken and Rice**

**Hands On: 25 minutes**  
**Total Time: 35 minutes plus marinating time**  
**Serves: 6**

- **1½ lb. boneless, skinless chicken breasts, cut into bite-size pieces**  
- **1 cup Hy-Vee plain Greek yogurt**  
- **3 cloves garlic, minced**  
- **1½ tsp. paprika**  
- **1 tsp. fresh lemon juice**  
- **1 tbsp. Hy-Vee salt**  
- **1 tbsp. Hy-Vee black pepper**  
- **1 tsp. Hy-Vee ground cinnamon**  
- **1 tsp. grated fresh ginger**  
- **1 Tbsp. Hy-Vee canola oil**  
- **1 (15-oz.) can Hy-Vee pumpkin**  
- **(13.5-oz.) can Hy-Vee light coconut milk**  
- **1 cup Hy-Vee 33%-less-sodium chicken broth**  
- **(4 oz.) jar red curry paste**  
- **¾ cup hot cooked rice**  
- **Fresh cilantro leaves, for garnish**

1. PLACE chicken in a large resealable plastic bag. Combine yogurt, garlic, paprika, lemon juice, salt, black pepper, cinnamon and ginger. Add to chicken. Seal bag and marinate in the refrigerator for 1 to 2 hours.

2. HEAT oil in a large pot over medium heat. Add onion; cook for 8 to 10 minutes or until softened, stirring occasionally. Stir in pumpkin, coconut milk, chicken broth, curry paste, garam masala, along with chicken and marinated mixture. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes or until chicken is cooked through (165°F). Serve curry with rice. Garnish with cilantro, if desired.

Per serving: 460 calories, 12 g fat, 6 g saturated fat, 0 g trans fat, 85 mg cholesterol, 1,050 mg sodium, 49 g carbohydrate, 7 g sugar (0 g added sugar), 34 g protein.

Daily Values: Vitamin D 0%, Calcium 8%, Iron 15%, Potassium 15%.

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**try this**

Reheat any leftover chicken and sauce and pour it over a baked potato.
**Pumpkin Grilled Cheese**

Preheat a panini press. Spread 6 Tbsp. Hy-Vee canned pumpkin on 3 thin slices Hy-Vee Bakery Vienna bread slices. Top with 3 (2-oz. each) slices brie cheese and 1 Tbsp. fresh sage leaves. Add 3 more 1 (2-oz. each) Hy-Vee Bakery Vienna bread slices. Spread both sides of each sandwich with butter. Grill, one at a time, in panini press 5 minutes or until cheese melts and bread is crisp. Serves 2.

**Pumpkin Soup**

Heat 2 Tbsp. Gustare Vita olive oil in saucepan over medium-high heat. Cook 1 yellow onion, chopped, to color to 5 minutes or until softened. Add 2 (15-oz.) cans Hy-Vee pumpkin, 4 cups Hy-Vee vegetable stock, ½ cup Hy-Vee heavy whipping cream, 1 Tbsp. agave nectar, 1 tsp. That’s Smart! garlic salt and Hy-Vee black pepper to taste. Simmer 5 minutes. Top with Hy-Vee sour cream, curry powder and Italian parsley. Serves 6.

**Pumpkin Shooters**

Fill an ice cube tray with 1 (15-oz.) can Hy-Vee pumpkin. Freeze several hours or overnight. Add pumpkin ice cubes. 2 cups Hy-Vee whole milk, 1 tsp Hy-Vee pumpkin pie spice, Greek yogurt, 3 Tbsp. agave nectar and 2 Tbsp. pumpkin pie spice to a blender. Cover and blend until combined. Pour into glasses. Top with granola, pumpkin seeds and fresh blueberries. Serves 12.

**Five-Ingredient Pumpkin Pie**

Preheat oven to 400°F. Thaw 1 Hy-Vee frozen deep-dish pie crust. Prick crust with a fork and bake for 5 minutes. Combine 2 (15-oz.) cans Hy-Vee pumpkin, 1 (14-oz.) can Hy-Vee sweetened condensed milk and 1 tsp. pumpkin pie spice in a blender. Pour into pie shell. Bake 15 minutes. Reduce heat to 350°F; bake 45 minutes more or until a knife inserted in center comes out clean. Cool completely. Top with whipped cream and additional pumpkin pie spice. Serves 10.

**Pumpkin Waffles**

Whisk together 2 cups That’s Smart! complete pancake and waffle mix, 1 (15-oz.) can Hy-Vee pumpkin, 1 tsp. 100% pure maple syrup, 2 Tbsp. Hy-Vee unsalted butter, 3 large eggs, 1 (15-oz.) can Hy-Vee pumpkin, 1 (14-oz.) can Hy-Vee sweetened condensed milk and 1 tsp. pumpkin pie spice in a blender. Pour into waffle maker; bake until golden brown. Serve waffles topped with sautéed apples, Hy-Vee Select 100% pure maple syrup and whipped cream. Sprinkle pumpkin pie spice over top. Makes 10 waffles.
Yum! From sunup to sundown, Hy-Vee Bakery Muffins are scrumptious to the last crumb. Bite into one—or use them to make a dessert, like cobbler, bread pudding and more.

**HERE GOES MUFFIN**

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- Cherry Almond
- Strawberry
- Cinnamon Chip
- Blueberry
- Cranberry Orange
- Chocolate Chip
- Red Velvet
- Butter Pecan
- Pecan Nut
- Lemon Poppy Seed
- Apple Spice
- Double Dutch

**DESSERT TRICK**

**BAKER-FRESH MUFFINS STAND IN FOR STREUSEL TOPPING.**

**Chocolate Chip Muffin S'mores**

Preheat broiler on HIGH. Cut 1 Hy-Vee Bakery loaded jumbo chocolate chip muffin vertically into 4 slices. Place slices on baking sheet. Broil 4 to 6 minutes or until toasted, turning halfway through. Top two muffin slices with 2 Tbsp. Hy-Vee miniature marshmallows. Place 3 milk chocolate candy bar squares on each remaining muffin slice. Broil 5 to 10 seconds or until marshmallows are toasted and chocolate is melted. Assemble s'mores. Serves 2.

**Easy Blueberry Muffin Cobbler**

Preheat oven to 350°F. Spray 4 (8-oz.) ramekins with Hy-Vee nonstick cooking spray; set aside. Trim ½ in. off tops of 4 Hy-Vee Bakery loaded jumbo blueberry muffins; set aside. Tear muffin bottoms into bite-size pieces; place in a medium bowl. Add 1 (21-oz.) can Hy-Vee blueberry pie filling; lightly toss together. Divide among ramekins. Break apart muffin tops and place on filling. Bake for 5 to 10 minutes or until bubbly. Cool on a wire rack before serving. Serves 4.

**Lemon Poppy Seed Muffin Parfaits**

Halve 1 Hy-Vee Bakery loaded jumbo lemon poppy seed muffin lengthwise, then crosswise. Break each section into bite-size pieces. Reserve a few pieces for garnish. Add one muffin portion to each of 2 large serving cups. Top each with ½ cup Hy-Vee lemon yogurt and 3 Tbsp. sliced Hy-Vee Short Cuts strawberries, fresh blueberries and/or fresh blackberries. Repeat layers. Top with crumbled muffins. Serves 4.

**Banana Nut Muffin French Toast**

Heat a greased skillet over medium heat. Cut 4 Hy-Vee Bakery loaded jumbo banana nut muffins into ½-in. slices. Combine 3 Hy-Vee large eggs, ½ cup Hy-Vee 2% reduced-fat milk, and ½ tsp. That's Smart! ground cinnamon in a bowl. Coat muffin slices with egg mixture and cook in hot skillet 4 to 6 minutes or until golden, turning once. Transfer to a plate; keep warm. Melt 1 Tbsp. Hy-Vee salted butter in skillet. Add 1 Tbsp. Hy-Vee chopped pecans; cook 1 to 2 minutes. Add ¼ cup Hy-Vee Select 100% pure maple syrup; heat through. Serve toast topped with banana slices and syrup mixture. Serves 4.
**Pistachio Muffin Ice Box Cake**

Cut each of 7 Hy-Vee Bakery loaded jumbo pistachio muffins into four ¼-in. slices; reserve trimmings. Beat 1 (8-oz.) pkg. softened Hy-Vee cream cheese 30 seconds. Beat in ½ cup Hy-Vee 2% reduced-fat milk and 1 (3.4-oz.) box Hy-Vee instant lemon pudding mix. Beat in 2 cups more milk. Let stand 5 minutes. Fold in ¾ (16-oz.) container (4 cups) thawed Hy-Vee frozen whipped topping. Alternate muffin slices and pudding in a 13×9×2-in. pan. Top with chopped pistachios. Cover; refrigerate for 2 to 24 hours. Serves 16.

**Double Dutch Muffin Chocolate Milk Shakes**

Dip rims of 2 (10-oz.) glasses into chocolate fudge sauce; set aside. Crumble 1 Hy-Vee Bakery loaded jumbo double Dutch muffin and place in a blender. Add 1 (1.5-qt.) softened It’s Your Churn chocolate ice cream to blender. Cover and blend until smooth. Pour into prepared glasses. Top with whipped cream and a candy bar square. Sprinkle with Hy-Vee baking cocoa, if desired. Serves 2.

**Red Velvet Muffin Pops**

Line a baking sheet with foil. Crumble 2 Hy-Vee Bakery loaded jumbo red velvet muffins into a bowl. Add ¼ cup Hy-Vee creamy cream cheese frosting; combine well. Use 1½ Tbsp. muffin mixture to form each ball. Place balls on prepared sheet. Refrigerate 2 hours. Melt half (10-oz.) pkg. dark chocolate melting wafers in a 1-cup liquid measuring cup. Dip lollipop sticks into melted chocolate and insert into cakes. Let set for 10 minutes. Dip pops into coating to cover. Add sprinkles, then place upright until chocolate is set. Refrigerate for up to 1 week. Serves 9.

**Cranberry Orange Muffin Ice Cream Pie**

Preheat oven to 350°F. Break 3 Hy-Vee Bakery loaded jumbo cranberry orange muffins into pieces; spread on baking sheet. Bake 15 to 20 minutes or until toasted, stirring occasionally. Cool. Process muffins in a food processor until crumbly. Add 3 Tbsp. melted Hy-Vee salted butter; process until combined. Press crumb mixture onto bottom and sides of a 9-in. pie plate. Freeze 10 minutes. Spread 1 (1.5-qt.) softened It’s Your Churn black cherry ice cream into crust. Cover and freeze 4 hours or until firm. Top as desired. Serves 8.

**Chocolate-Coffee Bread Pudding**

Hands On 10 minutes
Total Time 40 minutes
Serves 12

Hy-Vee nonstick cooking spray
2 (17-oz.) pkg. Hy-Vee Bakery loaded jumbo chocolate chip muffins (16)
1 (3.4-oz.) box Hy-Vee large eggs, lightly beaten
1½ cups Hy-Vee heavy whipping cream
½ cup brewed Hy-Vee coffee, chilled
2 Tbsp. Hy-Vee salted butter, melted
1 Tbsp. dry instant espresso
1 cup Hy-Vee raspberry jam
1 cup Hy-Vee sliced almonds, toasted
1 cup fresh raspberries

1. PREHEAT oven to 350°F. Spray a 13×9×2-in. baking pan with nonstick spray; set aside.
2. UNWRAP muffins. Quarter muffins, cutting lengthwise, then crosswise. Place quarters in prepared pan.
3. COMBINE eggs, cream, coffee, butter and espresso in a medium bowl. Pour over muffin pieces in pan.
4. BAKE, uncovered, 25 to 30 minutes or until puffed and a knife inserted near center comes out clean. Cool slightly. Heat jam in microwave oven just until melted; drizzle over bread pudding. Sprinkle with almonds and raspberries.

Per serving: 540 calories, 33 g fat, 13 g saturated fat, 0 g trans fat, 135 mg cholesterol, 340 mg sodium, 53 g carbohydrates, 1 g fiber, 31 g sugar (0 g added sugar), 7 g protein. 

Daily Values: Vitamin D 6%, Calcium 4%, Iron 15%, Potassium 4%.

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It’s Your Churn premium ice cream adds incredible richness to shakes and other treats. Every spoonful is smooth and creamy.
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**Buy Any Participating Motts and Betty Crocker™ Fruit Snacks Products and Save On Fuel With Your Hy-Vee Fuel Saver + PERKS® Card!**

Offer valid on select varieties for Motts and Betty Crocker™ items during the month of October 2019. Look for participating items in store.

See store for details. Restrictions apply. No cash back. Fuel savings are limited to 20 gallons of fuel per purchase, per vehicle. Save on fuel with your Hy-Vee Fuel Saver + PERKS® Card. 4¢ off per gallon for each Core Size Fruit item purchased. 8¢ off per gallon for each Value Size Fruit item purchased. 12¢ off per gallon for each Mega Size Fruit item purchased. See full fuel program terms at www.hyvee.com/perks & General MIB.
HOME SPOOKY HOME

All the ghouls, ghosts and other spooky decorations your family needs to have a hauntingly good time this Halloween are available at Hy-Vee.

Jack-O’-Lantern Balloons
Pick up orange and white balloons at Hy-Vee. Inflate them, then draw on faces with a black marker. Tie a group together with baker’s twine.

Spidery Trees
Gather urns and dead branches (the spindlier, the better). Paint everything black, then nestle branches in urns. Drape branches with Super Stretch Spider Webs as well as Mini Hairy Spiders and Fuzzy Spiders, all available at Hy-Vee.

Front-Door Fantastic
Expecting guests? Time to show them the door! Frame the entryway with web-covered, spider-filled trees in urn planters. Then add Halloween Dino and Halloween Pumpkin Man inflatables from Hy-Vee.
What’s a trip down Halloween Boulevard without candy? An Iron Cat Halloween Candy Bowl from Hy-Vee is ready to dish out the goodies.

Haunted Hearth

Drape the fireplace in bone-chilling style. Set a tumble of eerily painted pumpkins at the hearth, string black-and-white lights and line the mantel with wickedly fun candles.

Spooky Bone Wreath

Round out your Halloween decor—literally—with a smooth, hot-glue-stick ribbon, then spray-paint the wreath black. Decorate with repurposed pumpkins and bone-shape dog treats painted white (keep them away from Rover).

Painted Pumpkins

Grab pumpkins in assorted sizes and shapes at Hy-Vee so you can create a grouping. Brush black or white paint to give your pumpkins faces, stripes or silhouettes.

Hallow-Wine Time

Turn empty wine bottles into eerie-looking candleholders. Soak bottles in soapy water, scrape off labels, then paint orange or black. Use an enamel paint marker to add images. Finally, place a drip candle in each bottle and let melted wax drip down the bottles.

Spooky Bone Wreath

Looking to make your own Halloween decor? Watch our how-to video to see the simple steps.

Watch and learn at HSTV.com today!
Be on Your Gourd
A spider basket from Hy-Vee is a spook-tacular stage for ghoulish gourds. Paint gourds or mini pumpkins white if they’re not naturally that color, then use a dimensional paint marker to draw faces. Set the basket on a pedestal for heightened emphasis and fill the basket with the gourds.

Happy Mallow-Ween!
Casper has company! Stack marshmallows on wooden skewers, cover with cellophane and tie with chenille stems. Draw ghostly faces on the cellophane with a dimensional paint marker.

Bewitching Lights
Miniature string lights aren’t just for Christmas. Give them a festive fall look with mini Halloween baking cups. Cut a small X in the bottom of each cup and slip it over a light bulb. String lights and baking cups are available at Hy-Vee.

乃是 seasons | October 2019

Haunted Candy Tree
For a different take on a spidery tree, use twist ties or black ribbon to attach candy bars and bags of candy corn and orange and black M&M’s from Hy-Vee. Cover the base with foil-wrapped chocolate kisses.

Sweet Farewells
Set up your haunted candy tree near the front entrance of the home. That way it will greet guests as they enter, and tempt them when they leave to take some sinful sweet treats as party favors.
**Ghostly Cupcakes**

It doesn't get much simpler than this. Top Hy-Vee Bakery Fresh cupcakes with orange pumpkin-shape favors and dollops of white frosting. Add candy eyes to create ghosts. Pumpkin favors and candy eyes are available at Hy-Vee.

**Bat-Wing Cake**

Bat-Wing Cake

Make a flap with a Chocolate Bomb Cake from Hy-Vee. Fashion a small loop at one end of each peace of floral wire. Feed 1½-in.-wide black satin ribbon through each loop and tie in the middle to create a head. Paint small eyes with white dimensional paint, then cut the ribbon ends to mimic bat wings. Stick wire ends in the cake.

**Kooky or Spooky**

Halloween can be a fairyland or a scaryland—it’s your choice. Stock up on decorations, paper goods and tableware from Hy-Vee and let your imagination take flight (along with the bats on the cake).

**GHIRARDELLI DUTCH CHOCOLATE OVERNIGHT OATS**

### INGREDIENTS:

- ½ c. Old-fashioned oats
- 1 c. water
- 1 c. milk
- 1 Tbsp brown sugar
- 1 Tbsp cinnamon
- 1½ tsp. vanilla extract
- 1/4 tsp. salt
- 1/4 c. almond milk

### TIPPING:

- 1/4 c. Ghirardelli Dark Chocolate chips
- 1/4 c. Ghirardelli Mocha Chips
- 1 Tbsp. unsalted butter
- 1 Tbsp. honey

### DIRECTIONS:

1. In a bowl, mix all ingredients except honey.
2. Cover; refrigerate at least 8 hours.
3. Before serving, stir in chips and drizzle with honey. Mix and serve immediately.
HAVE A BLOOMING GOOD TIME WITH CREATIVE ARRANGEMENTS THAT DRAW ON AUTUMN HUES.

Posies Pumpkin
(left) The shape is seasonally familiar. Moisten an Oasis floral foam sphere, then cover with mums cut to 1-in. lengths. Set in painted terra-cotta pots; add a pumpkin or squash stem, if desired.

Eye Candy
(right) Autumn Glitter premium bouquet from Hy-Vee features roses, carnations, alstroemeria, mums and hypericum berries. Place the bouquet in a small glass vase filled with water. Place the vase in a larger glass container, then fill the space between with candy corn.

Succulent Haven
(lower right) Carve out a large pumpkin and a few miniature gourds. Paint the pumpkins, if desired, then fill with a soilless potting mix and a variety of succulents. Tuck moss between plants.
Stick to It
(left) Create woody ambience with a decorative planter of cinnamon sticks from Hy-Vee. Hot-glue the aromatic sticks around a jar, then fill with moist floral foam and an assortment of blooms and greenery.

Subtle Beauty
(lower left) This humble yet elegant arrangement is a trio of glass jars wrapped in burlap and tied with twine. Fill the jars with water and your choice of flowers, then group on a table or sideboard.

Flowers with Flair
(right) A hollowed pumpkin makes a striking vase. Simply place a slightly shorter watertight vessel inside the pumpkin, then add water and a festive bouquet to the vessel. This arrangement from the Hy-Vee Floral Department features roses, mums, statice, alstroemeria, carnations and safflowers.
Come on, Get Happy

Fetch the products they love at the prices you dig.

Paws Happy Life

Hy-Vee Brands for Grand$ – Shop. Swipe. Earn a Chance to Win!

Swipe your Hy-Vee Fuel Saver + Perks® Card and each Hy-Vee brand product you buy gives you one entry for a chance to win a home visit and up to $2,500!

Studies show that kids who routinely take out the trash, wash dishes and perform other chores acquire competence, feelings of self-worth and a sense of working for the common good that follow them throughout their lives. University of Minnesota research found a key predictor of adult-age success with career and relationships was participation in household tasks at ages 3 to 4.

Family-wide plan
Tasks should be clearly explained, demonstrated and age-appropriate (below). Consistency is key, because tasks, at predictable times become habits. For example, ask your child to empty wastebaskets on Saturdays or help clear the table each day. Charts on dry-erase or magnetic boards make chores visible. Preschoolers often enjoy sticker charts, which use pictures of tasks and star stickers to reward them when done.

Alliance or no allowance?
Arguments against an allowance maintain chores are expected, keep the household running and build a work ethic, teamwork and life skills. Those in favor say allowance motivates and teaches money management. Some parents adopt a middle ground, giving no allowance for routine chores and money for additional work.

Children can be surprisingly capable. Preschoolers eagerly complete simple one- or two-step jobs. Older children can manage more.

It’s a Chore Thing

Kids learn to communicate and work as a team when they do chores. Plus, they get a leg up on adult life skills.

Ages 2-3
- Help make bed
- Pick up toys and books
- Put laundry in hamper or laundry room
- Dress themselves (with help)
- Help wipe up messes
- Set place mats on table

Ages 4-5
- Make the bed
- Empty wastebaskets
- Bring in mail or newspaper
- Help set and clear the table
- Water flowers and indoor plants
- Unload utensils from dishwasher
- Feed and water pets
- Match laundered socks

Ages 6-7
Younger-age chores, plus:
- Sort laundry
- Fold and put away clothes
- Sweep floors
- Set and clear the table
- Help make and pack lunch
- Weed and rake leaves
- Keep bedroom tidy

Ages 8-9
Younger-age chores, plus:
- Load dishwasher
- Put away groceries
- Vacuum
- Help make dinner
- Make snacks
- Make own breakfast
- Cook simple foods
- Mop floors
- Walk pet

Ages 10+
Younger-age chores, plus:
- Unload dishwasher
- Clean bathroom
- Wash windows
- Wash car
- Cook simple meals
- Iron clothes
- Do laundry
- Watch younger siblings (with adult at home)
- Clean kitchen
- Change bed sheets

Source: ghk.h-cdn.co/assets/cm/15/12/55071e0298a05_-_Involving-children-in-household-tasks-U-of-M.pdf
Sources: aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Chores_and_Children_125.aspx

Children can be surprisingly capable. Preschoolers eagerly complete simple one- or two-step jobs. Older children can manage more.
ONE STEP AT A TIME

Purchase Hy-Vee One Step products to make a difference in your community and around the world.

Small steps equal big results. That’s the idea behind Hy-Vee One Step. By offering everyday products (page 87) with a portion of proceeds going toward charitable projects, Hy-Vee and its customers have helped benefit many who are in need of support. Projects benefit the four pillars of Hy-Vee One Step: feeding hungry families, growing gardens, providing opportunities to cultivate fruits and vegetables while providing job opportunities and promoting education. Community gardens help citizens better understand health and nutrition by providing opportunities to cultivate fruits and vegetables while providing job opportunities and promoting education.

EXCLUSIVE AT HY-VEE

RESPONSIBLE SOURCING

One Step products—such as boxes for cereal and paper towels—are made from recycled materials, ensuring that one valuable resource from trees continues its life cycle. Trees are vital to community health and well-being. Hy-Vee aims to package and produce products that make the best use of all resources.

One Step water comes in single 1-liter bottles or 16.91 oz. multipacks.

Each purchase of One Step Russet Potatoes contributes to the construction of community gardens across the Midwest. Community gardens help citizens better understand health and nutrition by providing opportunities to cultivate fruits and vegetables while providing job opportunities and promoting education.

Purchasing a box of Hy-Vee brand cereal or a One Step carton of eggs contributes to feeding one of 500 million hungry people worldwide, including 20 percent of new children. Globally distributed meals include rice, soy protein, vitamins, minerals, and vegetables. In 2018 alone, 1,696,775 One Step-funded meals were distributed to 15 countries across five continents.

Hy-Vee One Step eggs come from hens that are pasture-raised and 100 percent cage-free.

Water-related illness is a leading cause of sickness and suffering throughout the world. An estimated one in six people lack clean drinking water and one in six lack adequate sanitation. Through purchases of One Step 1-liter bottles and multipacks, Hy-Vee, along with Rotary Foundation, has helped fund clean water systems in 11 countries.

Trees supply oxygen, food, clean air and shade while lowering energy costs and improving water quality by reducing runoff and erosion. Purchases of One Step products help protect the environment through the planting of trees.

At home and abroad

One Step customers may not see the results of their donation, but communities thousands of miles away feel the benefits. Through Rotary Foundation, the Tanzanian village of Kigogo received its first water system in 2015, built in part with One Step funds. In addition to building the water system, funds were used to train citizens and local councils to manage the completed systems.

According to a three-year impact assessment, the Kigogo water system is paying dividends. Villagers report that the water system has improved quality of life by reducing domestic conflicts, decreasing waterborne illness, improving personal hygiene and boosting school attendance. It’s also created new opportunities for housing and construction jobs and benefitted the environment through the planting of trees.
Looking for fresh fashion at a great price? Hy-Vee picked leading clothing retailer Joe Fresh to bring stylish, affordable clothing for the whole family to select Hy-Vee stores.

WHO IS JOE FRESH?
Joe Fresh is one of Canada’s leading fashion retailers known for on-trend essentials and accessories with thoughtful details—all at smart prices.

WHAT CAN YOU FIND?
Find looks for all ages that go from work to weekend, school day to playtime. Pick up the building blocks to your personal style.

NOW AVAILABLE AT HY-VEE!

A. Plaid Flannel Shirt $29

A. PrimaLoft® Puffers
This fall, add a pop of color to your outerwear with the lightweight PrimaLoft® Puffer Jacket. Available in a variety of colors for men, women and kids.

PrimaLoft® Elevated Technical Features:
- Water-Resistant
- Breathable
- Warmth Without Bulk

A. Puffer Jacket $69 (in styles shown)
Add “new wardrobe” to your next grocery list. Joe Fresh has launched in select Hy-Vee stores (see list below) and offers essential style and exceptional value for women, men and kids.

FIND JOE FRESH AT HY-VEE STORES IN THESE CITIES.
• Des Moines, IA
• Minneapolis, MN
• Lincoln, NE
• Omaha, NE
• Rochester, MN
• Grand Island, NE
• Kansas City, MO
• West Des Moines, IA
• Urbandale, IA
• Robbinsdale, MN
• Liberty, MO

Everyday Essentials For Men
Simple staples are the building blocks to a great wardrobe. Add your next go-to tee, sweater, denim and more at Hy-Vees.

STYLE TIP
White pants after Labor Day? No way. Dark-wash jeans easily handle fall-like temps and can be paired with nearly any color.

A. Striped Tee $14
B. 4-Pack Bodysuit $24
C. Graphic Tee $10
D. 2-Piece Set $19
E. Jacket $49
F. Snow Pant $24
G. Puffer Jacket $59
H. Snow Pant $29
I. 4-Pack Bodysuit $26
J. Graphic Tee $10

ESSENTIAL STYLE, EXCEPTIONAL VALUE.
See what’s new on Hy-Vee’s Basin line, how to boost collagen and stay flu-free through fall.

94 BASIN HOME
100 DIETITIAN Q&A: FOOD AND SLEEP
104 FOODS THAT PROMOTE COLLAGEN PRODUCTION
108 TIME TO GET DYNAMIC
114 FLU SEASON STRONG!
116 BRUSH UP ON DENTAL CARE
It’s the Basin B-Witching Hour—er, make that Season—with special bath and beauty products inspired either by Halloween or Autumn itself.

**BATH BOMBS**
Get hold of some Villains and explore some spooky-looking Cauldrons. These Halloween theme bath bombs will keep you in the spirit of the holiday!

**WISHES BATH SALT**
With its captivating scent of sandalwood, freesia flower and champagne, you’ll be wishing for more Wishes bath salt to soak in and soothe sore muscles.

**SATSUMA HYDRATOR**
This lotion awakens the senses with a mix of cocoa and shea butters, rich moisturizing oils, and extracts from sugar maple trees and other plants.

**BOMBSHELL SOLID PERFUME**
Bombshell features a blend of jasmine, rose, orchid and freesia. It’s a solid perfume you apply to your pulse points so you can enjoy all-day fragrance.

**PUMPKIN BODY BUTTER**
What’s more Halloween than pumpkins? For a limited time, enjoy Pumpkin Body Butter—made with cocoa and shea butters and rich moisturizing oils.

**VEGETABLE GLYCERIN SOAP**
Lather up with a unique handmade soap made just for the season. Choose from Pumpkin Spice Latte, Jack or Bats.

**BASIN HOME**

**WREATH CANDLE WAX**
Blush features a mix of fragrances that include mandarin, bergamot, peaches, berries and musk.

**MIX AND MATCH SCENTS TO MAKE UNIQUE CANDLES THAT SUIT YOUR MOOD OR FIT THE SEASON.**

**HYDRATOR**

**WISHES BATH SALT**

**SATSUMA HYDRATOR**

**BOMBSHELL SOLID PERFUME**

**PUMPKIN BODY BUTTER**

**VEGETABLE GLYCERIN SOAP**
Basin bath and beauty products not only come in a variety of fragrances but also a variety of functions. Can’t tell a balm from a bomb? Here’s a quick rundown of what’s what.

**LIP SCRUB OR LIP BALM**

**LIP SCRUB**
With just four all-natural and edible ingredients, Basin lip scrubs remove chapped, dead skin, leaving smooth lips ready for lipstick or lip balm.

**LIP BALM**
Basin’s natural lip balm contains avocado butter, hemp oil and beeswax to moisturize lips, and SPF 15 for sun protection.

**SHOWER BOMB OR BATH BOMB**

**SHOWER BOMB**
Experience aromatherapy as Basin shower bombs release eight different therapeutic aromas that relieve stress and revitalize the senses.

**BATH BOMB**
Enjoy a true spa experience with richly scented bath bombs enhanced with natural sea salts for a relaxing, refreshing bath.

**HYDRATOR OR BODY BUTTER**

**HYDRATOR**
Basin hydrators nourish and soften skin with essential vitamins and natural ingredients such as jojoba oil.

**BODY BUTTER**
Basin body butters seal in moisture, allowing skin to build a natural protective layer to prevent water loss.

**SHAMPOO BAR**
Basin shampoo bars clean hair naturally—without soap or alcohol. There are bars for all kinds of hair, including oily, dry and chemically treated.

**CONDITIONER BAR**
A mix of jojoba oil, cocoa butter and coconut oil makes a perfect conditioner for healthy, well-nourished hair. There are more than a dozen different kinds of Basin conditioner bars.

**VEGETABLE GLYCERIN SOAP**
Lather up luxuriously with handmade bath soaps from Basin. With nearly a dozen to choose from, your path to smooth, soft skin can take many fragrant paths.

**NATURAL OIL-BASED SOAP**
Each has its own use, from removing tar and oil to soothing dry, itchy skin. There’s even a soap for pet hair!

**LIP SCRUB**

**LIP BALM**

**SHOWER BOMB**

**BATH BOMB**

**HYDRATOR**

**BODY BUTTER**

**SHAMPOO BAR**

**CONDITIONER BAR**

**VEGETABLE GLYCERIN SOAP**

**NATURAL OIL-BASED SOAP**

**SENSITIVE SKIN**
Basin’s all-natural bath and beauty products are chemical-free, making them a good option for anyone with sensitive skin. For face and body, try Oatmeal Natural Soap or the Goats Milk Complexion Natural Soap. For hair, any of the shampoo and conditioner bars are amazing, but I especially love the Macaroon or Scalp Soother. If it’s a skin-soothing body soak you’re looking for, the Butterbomb bath bomb is an excellent choice. Relax while the cocoa butter melts into your bath to soothe dry skin.

—Danielle Griesenbrock
Basin and Beauty Specialist
West Des Moines
HealthMarket

*This or that?*

Basin’s prides itself on offering a variety of products that cater to different needs and preferences. Whether you’re looking for a power-packed shower bomb, a luxurious bath bomb, a hydrating hydrator or a nourishing body butter, Basin has got you covered. These products are not only effective but also delightful, offering a unique sensory experience that enhances your daily routine.

**Raising the bar**

Take your bathing experience to new heights. Basin shampoo and conditioner bars are a gentle yet effective way to care for hair, while vegetable glycerine soap and natural oil-based soap can keep skin healthy and beautiful.
**dietitian Q&A**

**FOOD AND SLEEP**

What you eat and drink, especially before bed, affects restorative sleep. Keep these things in mind.

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**Q:** How does food affect sleep?  
**A:** What you eat is important. Eating late can make you feel like you’re digesting your dinner through the night, keeping you awake. What you eat is also important. Heavy, fatty foods are harder to digest than light fare like salad or fruit. Overall, eat a balanced diet that includes fruits, vegetables and whole grains. Some foods are more sleep-friendly than others.

**Q:** Which foods prevent a good night’s sleep?  
**A:** High-sugar foods ratchet up blood glucose levels, which in turn disrupt sleep, and spicy or fatty foods might cause indigestion and disrupt sleep. Alcohol at night can make you drowsy, but later it can interfere with rapid-eye-movement (REM) sleep, the restorative slumber that occurs about 90 minutes after you fall asleep. Caffeine also interferes with sleep—its stimulating effect can take hours to wear off.

**Q:** Which foods promote sleep?  
**A:** Certain nutrients promote sleep hormones, relax muscles and help you stay asleep. Focus on foods with calcium (milk, yogurt, kale), magnesium (spinach, avocado, quinoa, bananas, beans); vitamin B6 (animal proteins like meat, fish, poultry, eggs and milk plus almonds, nuts and whole grains); and tryptophan (milk, chicken, turkey).

**Q:** What’s a good bedtime snack or drink?  
**A:** A banana, low-fat or nonfat yogurt, a glass of milk or a small amount of cheese with whole grain crackers are good bets. Try chamomile tea—it relaxes muscles and has a mild sedative effect.

---

**CHAMOMILE-LAVENDER TEA**

1. **MIX** equal amounts chamomile and lavender buds (1 tsp. buds per cup of tea). Place buds in a tea ball or infuser basket.
2. **BOIL** required amount of water in a teakettle or saucepan. Pour hot water into a teapot or cup.
3. **SET** tea ball or infuser in water. Steep 5 to 10 minutes.
4. **IF DESIRED,** add almond milk and/or honey to hot tea.

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**A FUN TRAIL MIX TO HELP YOU SLEEP BETTER IS EASY TO MAKE—JUST MIX TOGETHER UNSALTED ALMONDS, DRIED CHERRIES AND A FEW DARK CHOCOLATE CHIPS.”**

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**Julie McMillin, RD, LD**

Assistant Vice President, Retail Dietetics

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**SEASONS | October 2019**
Old Orchard Healthy Balance or Cocktails, select varieties 64 fl oz $1.88

95% less sugar, carbs and calories. Now available in single-serve bottles for healthy hydration on-the-go!
FOODS THAT PROMOTE NATURAL COLLAGEN PRODUCTION

Collagen, the most prevalent protein in the body, plays a variety of roles toward healthy skin, muscles, tendons and ligaments. Think of it as “glue” that holds the body together.

PROTEIN
What it does: Produces lysine, proline and other amino acids that the body uses to make collagen.

FOODS: Beef, chicken, tuna, cod, shrimp, beans, eggs, gelatin, cheese (Parmesan, Romano, Gruyère and Swiss), roasted soybeans, tofu, lentils.

Daily amount: 50 g/day*

ZINC
What it does: Promotes cell growth, cell division, wound healing and healthy elastic skin.

FOODS: Almonds, beans, beef, turkey, eggs, oyster, salmon, shrimp, spinach, pumpkin seeds.

Daily amount: Men 11 mg/day; women 8 mg/day (women ages 14–18, 9 mg/day)

BONE BROTH
What it does: A popular drink or food for its collagen content, bone broth is made from chicken, beef or fish bones, slowly simmered in water up to two days. Commercially available bone broth is sold in jars, bottles and boxes. The jury is still out as to whether collagen in the broth goes straight to joints, skin or other areas in the body.

VITAMIN C
What it does: Anthocyanins fight damage to connective tissue caused by inflammation and free radicals.

FOODS: Oranges, grapefruit, blueberries, blackberries, raspberries, strawberries, cranberries, kiwi, watermelon, bell peppers, tomatoes, broccoli, kale, spinach (sliced), green beans.

Daily amount: Men 90 mg/day; women 75 mg/day

COPPER
What it does: The body requires small amounts of copper to replace damaged connective tissue.

FOODS: Liver, oyster, lobster, beef, dark chocolate, spinach, cashews, almonds, sesame seeds, cooked Swiss chard, cooked spinach, pumpkin seeds.

Daily amount: Ages 19 and older: 900 mcg/day; 14–18, 890 mcg/day

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

Pro tip: VARIETY IS KEY

If you’re eating foods high in collagen specifically to increase collagen production, know that the collagen might go elsewhere in the body. If your body needs protein for wound healing, it will allocate more amino acids to heal that wound than to create collagen. Our bodies are very smart! If you eat a variety of foods within each food group—carbs, protein and fat—your body will have what it needs to create the appropriate amount of collagen.

—Melissa Orf
Dietitian
Hy-Vee, West Des Moines, Iowa

Sources: health.clevelandclinic.org/the-best-way-you-can-get-more-collagen/
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Kale, Berry & Almond Salad

Total Time: 20 minutes
Serves: 8

1 (10-oz.) pkg. fresh kale
2 Tbsp. plus ⅔ cup Culinary Tours creamy Italian white balsamic dressing or bottled balsamic vinaigrette
1 (1-lb.) pkg. Hy-Vee Short Cuts triple berry blend
⅝ cup whole unsalted almonds, toasted
2 avocados, seeded, peeled and cut into wedges
6 Tbsp. goat cheese crumbles

1. REMOVE stems and tear larger pieces of kale; place in a large bowl. Drizzle with 2 Tbsp. dressing. With clean hands, firmly massage kale to soften. Continue massaging until volume is reduced to half and kale darkens in color.

2. ADD berries, almonds and avocados; gently toss to combine. Divide salad among 8 small serving plates; sprinkle with goat cheese. Serve with remaining ⅔ cup dressing on the side.

Per serving: 290 calories, 22 g fat, 3 g saturated fat, 0 g trans fat, 5 mg cholesterol, 330 mg sodium, 22 g carbohydrates, 7 g fiber, 9 g sugar (0 g added sugar), 8 g protein.

Daily Values: Vitamin D 0%, Calcium 10%, Iron 10%, Potassium 15%
Ease your body into exercise by performing dynamic stretches to loosen joints and muscles and improve performance.

**Moves That Matter**

Jumping right into exercise without warming up presents a major risk for injury. Dynamic stretches move joints through a full range of motion, stretching and activating muscles. They often mirror movements of the sport or activity to follow, helping familiarize the body with the motions before the intensity increases. Done at a controlled pace, dynamic stretches increase body temperature and improve blood flow to tissue. This helps improve flexibility, agility, power, speed, and strength and leads to better overall performance in a workout or activity. Dynamic stretches have proven to be effective warm-ups. A review of literature in the Journal of Sport and Rehabilitation found that college athletes who used dynamic stretches to warm up improved vertical and broad jumps and lowered their average completion times for a 600-meter run. For post-workout, reduce muscle tension by performing static stretches—like the sit and reach—which require you to hold a stretch for a prolonged period.

**Pro Tip: Get in the Groove**

Alternating intervals of 30 seconds of movement with 15 to 30 seconds of rest sets a great tempo for a dynamic warm-up. Depending on your fitness level, you may need the full 30 seconds of rest before transitioning to a new movement.

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

**Dynamic Warm-Ups Increase Heart Rate While Warming Up Joints to Prepare Your Body for More Intense Exercise.”

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

**Plan Ahead**

Reserve five to ten minutes to perform dynamic stretches before your workout.
**DYNAMIC MOVES TO STRETCH IT OUT**

**1. HIGH KICKS**
Stand with one leg forward. Bring the other leg back toward the chest. Return to starting position. Alternate side.

Muscles: Quadriceps, hip abductors
Stretch for: Running, jumping

**2. INCHWORM**

From a standing position, bend at the waist, place fingertips on floor and slowly walk hands forward until your body reaches a high plank position. Reverse-crawl to standing position.

Muscles: Full body
Stretch for: Running, jumping

**3. BUTT KICKS**

Stand with feet hip-width apart. Quickly bring left knee toward chest. Lower foot and repeat with opposite leg. Alternate.

Muscles: Gluteus maximus
Stretch for: Hip flexors

**4. HIP STRETCH W/ TWIST**

Lie on your side, bend your right leg and place it beside right hand. Open hips to the left and reach left arm to the ceiling. Return to starting position. Alternate.

Muscles: Hips, core
Stretch for: Lower-body weight training

**5. LUNGE W/ TWIST**

Stand with left hip-width apart. Take a large step forward with right leg, bend both knees and rotate torso to the right. Repeat on alternate side.

Muscles: Core, legs, hips
Stretch for: Running, lower-body weight training

**6. ARM CIRCLES**

Stand with feet slightly wider than shoulder-width. Raise arms, hands about ear-height, draw small circles; gradually increase size. After 20 seconds, reverse circular motion.

Muscles: Shoulders, triceps
Stretch for: Tennis, squash

**7. SIDE SHUFFLE**

Stand with feet slightly wider than shoulder-width. Bend at knees, toss forward. Shuffle to your right five steps (do not cross legs). Then shuffle to the left five steps.

Muscles: Hip abductors
Stretch for: Running, tennis, basketball

**8. WALKING QUAD STRETCH**

Stand with feet together. Grab left foot with left hand and pull toward left glute while reaching right hand straight up. Lower foot and hand, take three steps forward and alternate.

Muscles: Quadriceps
Stretch for: Running, soccer, tennis

**9. WALKING KNEE HUGS**

Stand with feet shoulder-width apart. Raise right knee and graze it with both hands, gently pulling it forward. Lower right leg. Take one step forward and alternate.

Muscles: Hip adductors
Stretch for: Running

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**PERFORM THESE MOVES AT A MODERATE PACE FOR A FULL-BODY WARM-UP DO EACH MOVE FOR 30 TO 45 SECONDS WITH 15 TO 30 SECONDS OF REST BETWEEN EACH SET.**

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**Sources:**
- ncbi.nlm.nih.gov/pubmed/30787647
- acefi.fitnes.org/education-and-resources/lifestyle/blog/6665/warm-up-to-work-out

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**Improved Performance**

A Utah State University study found that men and women between 18 and 21 years old increase their agility by performing pre-exercise dynamic stretching. Another study in the Journal of Strength and Conditioning shows that those who perform dynamic stretches before exercise display greater power, speed and jumping ability than those who don’t stretch.

**A STUDY PUBLISHED IN THE JOURNAL OF SPORTS SCIENCE & MEDICINE FOUND THAT DYNAMIC STRETCHING INCREASED HAMSTRING FLEXIBILITY, REDUCED STIFFNESS AND IMPROVED RANGE OF MOTION.**

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**Getting Warmer!**

A WARM-UP PREPARES THE BODY FOR MORE STRENUEOUS MOVEMENT. AS YOU STRETCH, WORK HARD ENOUGH TO PRODUCE A SMALL AMOUNT OF SWEAT WITHOUT FEELING FATIGUED.

**Lowdown**

Sitting at work through the day can tighten hip flexors and other leg muscles. Focus on the lower body to counteract the effects of sitting.

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**Get the Specifics**

Tailor your dynamic warm-up to your sport or activity. If the bench press is part of your workout, warm up with a few push-ups, then bench-press light weights. Slowly work your way up to the weight you’ll use for your first set. Before running, warm up with side shuffles, butt kicks or long steps to loosen up hip and knee joints and prepare large muscles like quadriceps and hamstrings to work at maximum effort.
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FLU SEASON-STRONG!

Protect yourself against the highly contagious influenza virus. Get your flu shot at Hy-Vee.

1. VACCINATIONS
Flu vaccines are available at Hy-Vee on a walk-in basis without a prescription. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older get an annual flu shot (although some states have different minimum ages).

2. PREVENTIVE MEASURES
Everyday actions can help. Wash your hands often with soap and water, and pick up alcohol-based hand sanitizers at Hy-Vee to keep in the car and at work. Avoid touching your eyes, nose and mouth, because germs spread easily those ways.

3. ANTIVIRAL MEDICATIONS
Antiviral medications treat the flu rather than prevent it. Available by prescription at the Hy-Vee Pharmacy, they can diminish the severity and length of sickness and are recommended by the CDC for anyone at high risk of serious complications from the flu.

FLU SHOT SAFETY
Getting an annual flu shot is one of the best ways to protect yourself. Flu vaccine does not protect against all strains—only those that research suggests will be the most common in a given flu season.

pro tip: START SOON
Antiviral drugs work best when started within 2 days of getting the flu. They can be beneficial even when started later, especially for those at high risk of flu complications due to advanced age or existing health conditions.

—Angie Nelson
Vice President, Pharmacy Operations

FLU SYMPTOMS CAN BE MILD OR SEVERE AND INCLUDE FEVER, CHILLS, COUGH, SORE THROAT, RUNNY OR STUFFY NOSE, BODY ACHES, FATIGUE, AND SOMETIMES NAUSEA, VOMITING OR DIARRHEA (MORE COMMON WITH CHILDREN).

FLU SEASON-STRONG!

Influenza can do more than just make you sick. It can be deadly. More than 80,000 Americans died from the flu during the winter of 2017-18, one of the worst in decades. Elderly people and those with serious health issues are most at risk.

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ON DENTALCARE

Taking good care of your teeth is important. It prevents bad breath, tooth decay, and gum disease while contributing to general good health. These are practical reasons to brush and floss!

BRUSH UP ON DENTAL CARE

National Dental Hygiene Month

It’s only fitting that the month known for sugary treats is also National Dental Hygiene Month. That’s quite a trick! The annual initiative is intended to raise awareness of the importance of good oral health. This year National Dental Hygiene Month focuses on four routines to keep your choppers in good shape (see below).

1. BRUSH your teeth for two minutes at least twice a day with a soft-bristled brush and fluoride toothpaste. Brush outer, inner and chewing surfaces of teeth. Also brush the tongue to remove bacteria. If you have wide spaces between your teeth, use an interdental brush, which has bristles to clear trapped food.

2. FLOSS between all your teeth, even the backside of those in the back of your mouth, to remove food particles and prevent plaque buildup between teeth and under the gum line. Use a gentle rubbing motion to guide floss between teeth, then curve it into a C-shape against each tooth as you move the floss away from the gum line in an up-and-down motion.

3. RINSE and gargle for 30 seconds with mouthwash before bedtime. Mouthwash can prevent tooth decay, reduce plaque and tartar buildup, reduce or prevent gingivitis, and freshen breath. If you have dry mouth—a condition in which salivary glands don’t make enough saliva to keep the mouth moist—use a dry mouth spray, rinse or moisturizing gel.

4. CHEWING sugarless gum for 20 minutes after meals can help prevent tooth decay, according to the American Dental Association. Chewing increases the flow of saliva, which carries with it extra calcium and phosphate to strengthen tooth enamel. Saliva also neutralizes decay-causing acids and washes away food and other debris.

4 HEALTHY steps TO A HEALTHY SMILE

46% OF U.S. ADULTS AGE 30 OR OLDER SHOW SIGNS OF GUM DISEASE AND 99% HAVE SEVERE GUM DISEASE.

EFFECTS OF POOR DENTAL HYGIENE ON YOUR BODY

1. HALITOSIS Bad breath is typically caused by bacteria on the teeth (especially plaque) and debris on the tongue. Although it can be the result of something you eat, poor oral hygiene is often the culprit.

2. GUM DISEASE Gingivitis and periodontal disease (periodontitis) are common forms of gum disease, the leading cause of tooth loss in adults, and have been associated with increased risk of the following conditions.

3. HEART DISEASE Studies show that people with poor oral health have higher rates of cardiovascular problems. One theory is that the bacteria that cause gum disease travel in the body, causing blood vessel inflammation and damage that leads to heart attacks or stroke.

4. RESPIRATORY DISEASE Periodontal disease may worsen respiratory diseases such as pneumonia. It’s also associated with a higher risk for chronic obstructive pulmonary disease (COPD), according to the National Institutes of Health.

5. DIABETES Gum disease may raise blood sugar levels and put people at greater risk of developing type 2 diabetes, according to the American Dental Association. It can also make diabetes difficult to control.
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GET THE GOODS

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

fridge & freezer

- Breaded Pork Tenderloin (6 oz.): $3.49
- Oven Ready Stuffing (Boneless Pork Loin Chops): $2.49
- New York Bakery Texas Toast: $2.99
- Smart Balance Spread (select varieties): 13 to 16 oz. for $2.99
- Bagel Bites (select varieties): 9 ct. for $2.00
- Main Street Kitchen Frozen Meals (select varieties): 9 oz. for $5.00
- Birds Eye Premium Vegetables (select varieties): 10 to 15 oz. for $2.00
- Birds Eye Premium Vegetables (select varieties): 10 fl. oz. for $1.99
- Orville Redenbacher’s Popcorn (select varieties): 3 pk. for $4.00
- Frito Lay Smartfood (select varieties): 4.5 to 10 oz. for $2.00
- Reames Egg Noodles (select varieties): 16 oz. for $2.00
- Udi’s Bread or Pizza (select varieties): 10 to 24 oz. for $6.99
- Folgers K-Cups (select varieties): 36 ct. for $17.99

hy-vee kitchen

- Breaded Pork Tenderloin (6 oz.): $3.49
- Oven Ready Stuffing (Boneless Pork Loin Chops): $2.49
- Fritos Lay Red Rock Deli Chips (select varieties): 6.17 oz. or 7 oz. for $3.99
- Fritos Lay Laykamood (select varieties): 5.5 oz. for $2.00
- Campbells Soup: 15.2 oz. for $1.99
- Old Orchard 100% Apple or Blends (select varieties): 64 fl. oz. for $2.28
- Reames Egg Noodles (select varieties): 5 oz. for $3.99
- Birds Eye Premium Vegetables (select varieties): 10 to 15 oz. for $2.00

beverages

- Perrier Key Sauce: select varieties: 15.5 fl. oz. for $1.99
- Ortega Freeze’n Chillin’ Popcorn: select varieties: 6 oz. for $2.49
- Swiss Miss Café Blends: select varieties: 6 oz to 20 oz for $3.99
- Glutino Cookies or Snacks: select varieties: $3.69
- Folgers K-Cups: select varieties: 36 ct. for $17.99

other

- Save 15% off Nature’s Recipe: select varieties: 2.75 oz to 24 lb.
EXPLORE OUR FLAVORS
Taste your way through Hy-Vee every Friday and Saturday through the month of October

**FRIDAY, OCTOBER 4:**
4 P.M. TO 7 P.M.
SATURDAY, OCTOBER 5:
11 A.M. TO 2 P.M.

**Produce:** Holiday Seedless Grapes
**Meat:** Seasoned Butterfly Fly Chops
**Seafood:** Fair Trade Sesame Tuna Steaks
**Charcuterie:** Columbus Pork Roast
**Cheese:** Vermont Farmhouse Airehouse Cheddar
**Deli:** Di Lusso Premium Sliced Turkey & Di Lusso Sliced Cheese
**Hickory House:** Tortilla Chips with Buffalo Chicken Dip
**Italian:** Medium Single-Topping Pizza
**Chinese:** Asian Chips and Won Ton Chips
**Bakery:** Fresh Hot Apple and Pumpkin Cake Donuts
**Frozen:** Bernatello’s Pizza - Brew Pub Pizza
**Non-Foods:** Procter & Gamble Home Care - Swiffer & Mr. Clean Samples and Coupons

**FRIDAY, OCTOBER 11:**
4 P.M. TO 7 P.M.
SATURDAY, OCTOBER 12:
11 A.M. TO 2 P.M.

**Produce:** Green Hobgoblin Grapes
**Meat:** Hormel Smoked Pork Chops
**Seafood:** Wild Alaska Cod Steamer Meals
**Charcuterie:** Columbus Charcuterie Sampler
**Cheese:** Point Reyes Original Blue Cheese
**Deli:** Hy-Vee Quality Roast Beef & Hy-Vee Sliced Cheese
**Hickory House:** Pumpkin Cheesecake, Family Size
**Italian:** Flatbread Pizza
**Chinese:** Pot Stickers
**Bakery:** Gourmet Cinnamon Rolls
**Grocery:** On the Border Tajin Flavor Chips

**FRIDAY, OCTOBER 18:**
4 P.M. TO 7 P.M.
SATURDAY, OCTOBER 19:
11 A.M. TO 2 P.M.

**Produce:** Honeycrisp Apples
**Meat:** Breaded Pork Loins
**Seafood:** Shrimp Steamer Meals
**Charcuterie:** La Quercia Pre-sliced Charcuterie
**Cheese:** Montchevré Goat Cheese
**Deli:** Roasted Turkey & Provolone Deli Sandwich
**Hickory House:** Hy-Vee Premium Soups, 16 oz.
**Italian:** Medium Tuscano Pizza with Garlic Cheese Bread
**Chinese:** Nori Sushi Crispy and Crunchy Rolls
**Bakery:** Breakfast Bar Coffee Cake

**FRIDAY, OCTOBER 25:**
4 P.M. TO 7 P.M.
SATURDAY, OCTOBER 26:
11 A.M. TO 2 P.M.

**Produce:** Green Hobgoblin Grapes
**Meat:** Our Special Recipe Bratwurst
**Seafood:** Alaskan Surimi Snow Crab Legs Cocktail
**Charcuterie:** Columbus Salame Chubs
**Cheese:** Premium Soups
**Deli:** Supreme Triple Cheese Brie
**Hickory House:** Hy-Vee Premium Soups, 16 oz.
**Italian:** Medium Tuscano Pizza with Garlic Cheese Bread
**Chinese:** Nasi Sushi Crispy and Crunchy Rolls
**Bakery:** Breakfast Bar Coffee Cake
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