



HyVee[®] FOOD | LIFE | HEALTH

seasons

GREAT STEAKS

june



Rethink fast food.

Busy days require the fuel to get you through. For healthy and satisfying to-go options, reach for Fast & Fresh meals from Hy-Vee.

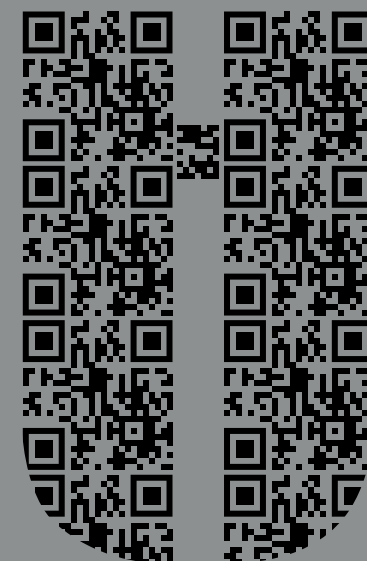
HyVee
Fast & Fresh™



HyVee PLUS™

**EXCLUSIVE
JUNE OFFERS**
for **Hy-Vee Plus™**
Premium Members

**ENJOY BIG
SUMMER SAVINGS
WITH THESE OFFERS!**



SCAN THE CODE TO GET
THE WEEKLY AD AND
OUR HOTTEST DEALS



WITH PURCHASE OF INDYCAR TAILGATING BUNDLE*

From the Meat Department.



- 8 Our Special Recipe bratwurst regular or skinless, select varieties 3.75 oz.
- 4 fresh ground chuck patties 85% lean, 15% fat 5 oz.
- 4 twice-baked potatoes select varieties 5 oz.
- 2 Pepsi products 2 liter
- 2 Crav'n Flavor chips select varieties 13 oz.
- 1 Crav'n Flavor original chocolate sandwich cookies 14.3 oz.



FREE
**1:64 Hy-Vee INDYCAR
Racing Car***
White, red or black.
Limit 1.

2 FREE
**Hy-Vee Pre-Packed
Salads with Purchase
of 24 oz. Full Slab Ribs***
select salad varieties 15 or 16 oz.



Don't have a membership? Sign up today. hy-vee.com/plus

See reverse side for MORE exclusive offers.

*Offer available only to Hy-Vee Plus Premium members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires June 30, 2022. Void where prohibited. Not available in all states.

Make **Vitamine**
your way to
better health.

- 1 Take our quiz.
- 2 Get your recommendations.
- 3 Receive vitamins shipped to your door.

Get 20% off your first order of personalized vitamins.

Use code **WELCOME20**



SCAN
TO GET
STARTED

*Valid on first order, limit 1 per customer.



Scan the QR
code for a
list of great
deals at
Hy-Vee!



with Purchase of
\$25 in Produce,
Seafood and Bakery
Departments*



FREE
Crav'n Flavor
Ice Cream
Bars or
Sandwiches*
select varieties
6 or 12 ct.
Limit 1.



10% OFF
Your First Order on
Deals.com*
No code necessary.

*Offer available only to Hy-Vee Plus Premium members with a Fuel Saver + Perks card. This offer is preloaded to eligible members' Fuel Saver + Perks cards. Swipe or scan your Fuel Saver + Perks card to redeem. Limit 1 use per member. Offer expires June 30, 2022. Void where prohibited. Not available in all states.

JUNE 2022

food



10 GREAT STEAKS

How to select and cook any steak, whether beef, fish or pork.

18 BERRY BLAST

Ways to enjoy sweet, nutritious summer staples.

25 101: CHERRIES

How to clean, prep, pit and eat these juicy gems.

28 BURGERS & SHAKES

The classic duo, with a few surprising and tasty twists.

34 MAKE-AHEAD PICNIC SIDES

Convenient recipes and Hy-Vee mains for outdoor noshing.

40 BASICS: HOW TO MAKE NO-CHURN ICE CREAM

It's just four simple steps to a delicious frozen dessert.

42 10 WAYS TO COOK AN EGG

Tips to make the perfect eggs, from simple to sophisticated.

48 30-MINUTE SEAFOOD SKILLETS

Fish and shellfish dinners in half an hour or less.

52 PAN GRILLERS

Sweet and savory rectangle pie recipes, made on the barbecue.

56 STARS, STRIPES & SIPS

Celebrate Independence Day with festive beverages.

60 TOP-NOTCH BRATS

See the range of Hy-Vee brat flavors, plus tasty toppers and sides.

life



68 JASON DERULO: THE SKY'S THE LIMIT

Meet the performer and influencer—and his new vodka.

74 SHOP LOCAL

The businesses that bring amazing products to Hy-Vee shelves.

78 BEST DAD EVER!

Everything Dad needs and wants for his special day.

82 BANK ON HY-VEE

Learn about the many financial services available at Hy-Vee.

84 WEDDING BLOOMS

Celebrate the memorable day with Hy-Vee floral stunners.

88 OH BABY!

Hy-Vee products to feed, soothe and play with your infants.

92 ECO-FRIENDLY BEAUTY

Sustainable, organic and green products available at Hy-Vee.

health



98 FOODS THAT PROMOTE BRAIN HEALTH

Ingredients and recipes to help keep your brain in top condition.

102 SOUND CHECK!

How lifestyle and diet can impact your ear health.

106 DRINK UP

The how, why and when of drinking enough liquids each day.

110 LET'S GO

Learn all about the KidsFit program and its upcoming events.

114 BACK AT IT

Exercises that can improve strength and relieve back pain.

118 DIETITIAN Q&A: HOW DIET AFFECTS SLEEP

The foods that can help or hinder a good night's rest.

121 MEDICATION THERAPY MANAGEMENT

A Hy-Vee Pharmacy program to simplify complex prescriptions.



DONNA TWEETEN
EXECUTIVE VICE PRESIDENT,
CHIEF MERCHANDISING
OFFICER, CHIEF OF STAFF

Say hello to June—a month for picnics, barbecues and outdoor activities. Make sure your get-togethers are the best yet with steak recipes and tips, *page 10*, super sides, *page 34*, and an impressive yet simple grilling method for a crowd, *page 52*.

The warmer days of June also mark the start of wedding season. And beautiful brides need beautiful blooms. Find tips for embellishing the wedding party and venue with unique arrangements of simple and gorgeous flowers, *page 84*.

If you need another reason to get outside, KidsFit can help you find fun activities for the whole family to enjoy, *page 110*.

Make time to savor the fresh air!

**HY-VEE SEASONS
IS DIGITAL!**



Scan the QR code to enjoy **Hy-Vee Seasons Digital Edition**, a free, highly interactive online version of *Hy-Vee Seasons* magazine. We look forward to connecting with you!

DRIVERS, START YOUR SNACKING

45

HyVee Twizzlers



aisles

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

in the spotlight

GRILL-READY BREADS

Hy-Vee Bakery Fresh buns and breads make an ideal complement to grilled foods.



HY-WAIIAN HAMBURGER BUNS
Butter; grill until marks appear for crunchy texture and smoky flavor.



BAKERY FRESH BAGUETTE
Slice and butter each side; grill over low heat until toasted. Use for bruschetta or with hummus.



BAKERY FRESH ITALIAN BREAD
Spread garlic butter and grill to serve with a meal. Substitute cinnamon brown sugar butter before grilling for a dessert treat.



JALAPEÑO CHEDDAR ARTISAN BREAD
Add a depth of flavor to the jalapeño by brushing slices with olive oil and grilling over low heat until toasted.



FLAVOR PERFECTED

With grilling equipment and supplies from Hy-Vee, you're set to experience a taste bonanza like no other. It starts with a charcoal grill, grilling tools and charcoal made from apple, cherry, hickory or

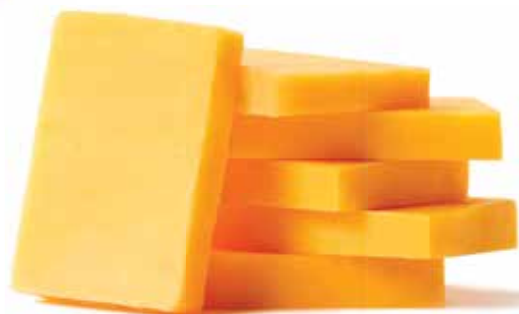
mesquite trees to impart the absolute best woodsmoke flavor. Once coals are glowing, meats, seafood and vegetables are only moments away from taking your taste buds on a great adventure.

NOTABLE AT HY-VEE

CHECK OUT THESE OFFERINGS AT YOUR LOCAL STORE.

DELI

Henning's Cheddar



Discover award-winning Henning's Wisconsin Cheese, a fourth-generation cheesemaker, supporting family dairies and using all-natural ingredients.

PRODUCE

Stemilt Red Cherries



Sweet cherries are at peak freshness right now at Hy-Vee. Get ready to enjoy the crunch and juicy sweetness of one of summer's favorite fruits.

SEAFOOD

Grilling Shrimp



Fire up the imagination when you fire up the grill. Hy-Vee's grill-ready skewers feature Responsible Choice shrimp that are sustainably harvested.

BAKERY

Brioche Buns



Buttery, slightly sweet buns complement burgers made with spicy ingredients or topped with tangy condiments.

brand highlight

PETSHIP

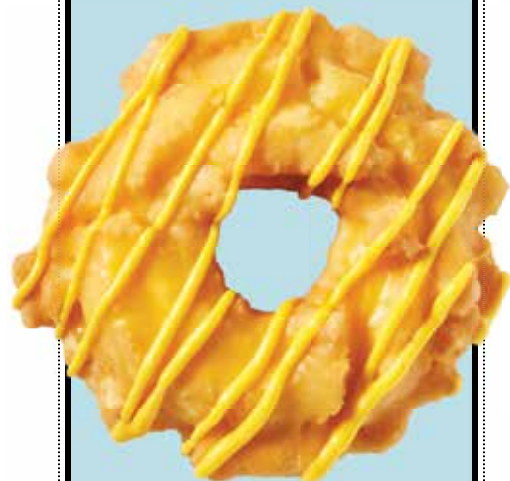
Pet food, treats and supplies are now available through Hy-Vee's **ShopPetShip.com** ship-to-home website. Take advantage of subscription services to have pet supplies conveniently and automatically shipped directly to your home.



donut of the month

LEMON SQUEEZE OLD-FASHIONED DONUT

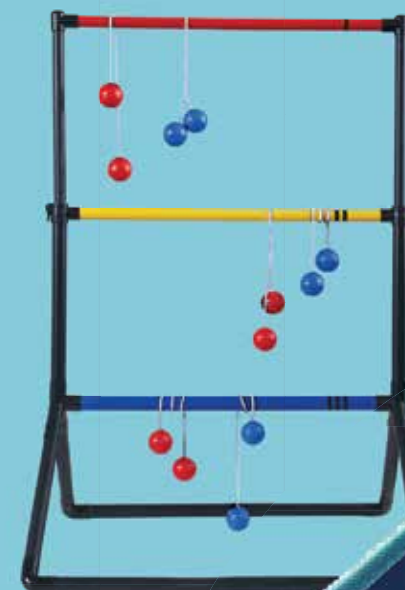
This summer fried treat is light, lemony and the headliner in the Hy-Vee Bakery this month.



now trending

TAKE IT OUTSIDE

WITH THESE OUTDOOR GAMES FROM HY-VEE, FRESH AIR AND FUN TIMES GO HAND IN HAND.



FRANKLIN LADDER BALL SET

Enjoy a classic lawn game that sets up and breaks down in seconds.

NERF RIP ROCKET LAUNCHER

Jump on the stomp pad and fire foam missiles up to 100 feet. Adjustable base allows targeting to make a game of it.



LIGHT UP JUMP ROPE

Lighten things up (literally) with an LED-illuminated jump rope.



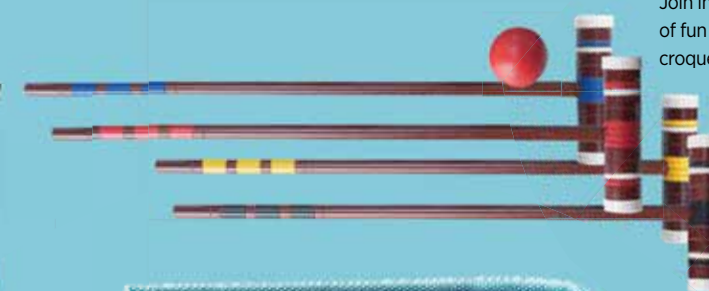
FRANKLIN HORSESHOES STARTER SET

It's a ringer: Horseshoes offers a mix of competition and camaraderie.



FRANKLIN CROQUET SET

Join in on centuries of fun with this croquet set.



FRANKLIN BADMINTON SET

Duke it out over a net with this racquet game played by singles or doubles.



FRANKLIN WASHER SET

Squeaky clean family fun is in store with this washer set and portable carry bag.

LAWN DARTS

Aim to have plenty of fun with these darts, with built-in safety features.



NERF MULTI-SPORT BALL SET

Are you game for soccer, basketball or football? These compact balls give plenty of options.

cake
this!

IT'S THE SCOOP OF A LIFETIME!

Cake Designer: Sara V. Ankeny, IA

Extra! Extra! Read all about it: This ode to summer's favorite treat is all cake, no ice cream. But the cherry-topped imposter is still irresistible—from the fondant waffle cone to the jimmies on top.



Scan the QR Code to see more cake ideas.



The scoop of ice cream is created from a dome cake stacked on a trimmed cake layer.



A wooden skewer stabilizes the cone section and a pillar base supports the scoop portion.



Pink fondant covers the dome cake to create the ice cream. Fondant surrounds the base.



The waffle texture is piped on, then airbrushed. Fondant chocolate, jimmies and a cherry are added.



See how this cake comes to life!

And SHOP the decorating tools used in this episode as you watch Cake This!



Lindt

CLASSIC RECIPE

SMOOTH. CREAMY.
BEYOND WORDS.



Discover Lindt CLASSIC RECIPE - chocolate so smooth and creamy that it's beyond words.

Expertly crafted by the Lindt Master Chocolatier since 1845.





ALL AMERICAN BURGERS

Perfect for year round grilling, this easy recipe honors the classic burger with delicious, mouthwatering flavor.

Prep Time: 10 minutes
Cooking Time: 12 minutes
Servings: 4

INGREDIENTS:

1 pound lean ground beef
2 tablespoons tomato ketchup
1 tablespoon **McCormick® Grill Mates® Hamburger Seasoning**
1 teaspoon worcestershire sauce
4 hamburger rolls

DIRECTIONS:

Mix ground beef, ketchup, Hamburger Seasoning and Worcestershire sauce in medium bowl until well blended. Shape into 4 patties.

Grill over medium heat 4 to 6 minutes per side or until burgers are cooked through (internal temperature of 160°F). Toast rolls on the grill, open-side down, about 30 seconds or until golden.

Serve burgers on toasted rolls with **French's® Yellow Mustard** and any other desired toppings and condiments.



LIGHT UP THE GRILL



Discover different kinds of juicy steaks, get Fourth of July recipes and make no-churn ice cream at home.

- 10** GREAT STEAKS
- 18** BERRY BLAST
- 25** 101: CHERRIES
- 28** BURGERS & SHAKES
- 34** MAKE-AHEAD PICNIC SIDES
- 40** BASICS: HOW TO MAKE NO-CHURN ICE CREAM
- 42** 10 WAYS TO COOK AN EGG
- 48** 30-MINUTE SEAFOOD SKILLETS
- 52** PAN GRILLERS
- 56** STARS, STRIPES & SIPS
- 60** TOP-NOTCH BRATS

Find flavorful, top-quality steaks—beef, fish and pork—at Hy-Vee and grill them to their juiciest best with these recipes, how-tos and tips.

IF FLAMES FLARE UP WHILE COOKING, GENTLY SLIDE THE STEAK TO THE SIDE WITH TONGS UNTIL THE FLAMES DIE DOWN.

3 REASONS HY-VEE HAS THE BEST STEAKS.

TOP QUALITY

Hy-Vee has strict selection and inspection processes. Beef and pork are hand-picked, and a U.S. Department of Commerce lot inspector ensures all seafood is fresh.

SUPERIOR SOURCES

All Hy-Vee beef and pork steaks are raised on local Midwest family farms. Hy-Vee also provides seasonally available seafood, such as wild Alaskan salmon, so you always receive the freshest fish.

BEST VALUE

Experts in the Hy-Vee Meat and Seafood Departments hand-trim beef and pork steaks so you pay for meat, not fat. They can also steam fresh seafood and trim and slice meat on request for custom cuts.

BEEF

Experts in the Hy-Vee Meat Department can help you choose the best cut of beef. Look for these characteristics of an amazing steak.

► GOOD MARBLING

For rich flavor, choose steaks with visible streaks or flecks of white fat within the muscle. As the meat cooks, the fat melts and bastes the meat, making it more flavorful, tender and juicy.

► EVEN THICKNESS

Choose steaks that have an even thickness of at least 1 in. Thinner steaks will cook quickly and won't have time to develop a brown outer crust.

► FRESHNESS

Select bright red beef that is moist but not wet; there should not be much liquid in the packaging. Look for smooth cuts with no jagged edges. Fresh steak will be slightly firm and dense with tightly packed muscle fibers.

Iowa Sirloin Steaks with Whipped Brown Butter

Hands On 20 minutes
Total Time 34 minutes plus standing time
Serves 6

8 Tbsp. Hy-Vee unsalted butter, divided
4 cloves garlic, minced
1½ tsp. finely chopped Italian parsley
2 tsp. kosher salt, divided
1 tsp. finely chopped fresh sage, plus additional for garnish
½ tsp. finely chopped fresh rosemary, plus additional for garnish
1 tsp. Hy-Vee black pepper, divided
4 (8- to 10-oz.) Hy-Vee Angus Reserve beef boneless top of Iowa sirloin steaks, 1 in. thick
Fresh thyme, for garnish

1. PREHEAT charcoal or gas grill for direct cooking over medium-high heat (375°F).

2. MELT 2 Tbsp. butter in small skillet over low heat. Stir in garlic. Cook 2 to 3 minutes or until butter

begins to brown. Transfer to medium bowl.

3. THINLY SLICE remaining 6 Tbsp. butter. Add sliced butter, parsley, 1 tsp. salt, 1 tsp. sage, ½ tsp. rosemary and ½ tsp. black pepper to bowl with brown butter. Beat with electric mixer on high until fluffy and whipped; set aside.

4. PAT steaks dry with paper towels. Season both sides with remaining 1 tsp. salt and ½ tsp. black pepper. Grill steaks 12 to 14 minutes or until steaks reach 130°F for medium-rare, turning halfway through. Transfer steaks to cutting board. Loosely cover with foil; let rest 5 minutes.

5. TO SERVE, slice steaks across the grain. Garnish with thyme and additional sage and rosemary, if desired. Serve with whipped butter mixture.

Per serving: 430 calories, 33 g fat, 16 g saturated fat, 0.5 g trans fat, 150 mg cholesterol, 710 mg sodium, 1 g carbohydrates, 0 g fiber, 0 g sugar (0 g added sugar), 33 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 8%.



TO HELP BUTTER BROWN EVENLY, CUT INTO SLICES AND STIR CONTINUOUSLY AS THE BUTTER MELTS.

GREAT STEAKS

CHECK TEMP

Insert a meat thermometer through the side of the steak to the center (not touching bone) for an accurate reading. Remove steaks from heat when the temperature is 5°F to 10°F below desired doneness. The meat will continue cooking while it rests.

RARE
125°F
Cool red center,
soft texture

MEDIUM RARE
130°F
Warm red center,
slightly soft texture

MEDIUM
140°F
Hot pink center,
firmer texture

MEDIUM WELL
150°F
Mostly brown center,
firm texture

WELL DONE
160°F
Brown, very firm,
much drier

STEAK PREP

THE CLASSIC CHOICE FOR STEAK NIGHT, BEEF STEAKS CAN BE LEAN AND TASTY OR MARBLED AND RICH.

SEASON EARLY

Salt steaks at least 40 minutes before grilling. The salt draws moisture out of the meat, then begins to break down the muscle. The salt-brine mixture is then reabsorbed, flavoring and tenderizing the meat.

REST AT ROOM TEMPERATURE

Take the steak out of the fridge up to 1 hour before cooking. The center of the steak may be colder than the outside of the meat, and this rest allows time for it to reach a more uniform temperature, helping the steak cook evenly.

PAT DRY

Immediately before grilling, pat the meat dry with a paper towel, then add any additional seasonings. This helps create a better sear and crust.

KNOW YOUR BEEF CHOOSE THE RIGHT CUT FOR YOUR COOKING METHOD.



RIBEYE

Rich, marbled cut with buttery flavor. Pan-sear or grill; higher fat can cause flare-ups, so cook quickly.

STRIP

Tender with bold flavor; usually has less marbling than ribeye, which can make it easier to cook on the grill.

TENDERLOIN

The most tender cut of beef with buttery flavor. Grill or pan-sear steaks, or grill whole tenderloin and slice.

PORTERHOUSE

Two cuts (strip and tenderloin) separated by the bone. This cut is already tender, so there's no need to marinate.

SKIRT STEAK

Rich, tender meat marbled with fat and a strongly grained texture. Cook over direct heat and slice against the grain.

SIRLOIN

Lean, flavorful and well-suited for grilling, top sirloin is similar to strip and ribeye but usually more budget-friendly.

COOKING THE PERFECT STEAK

ONCE YOU'VE CHOSEN YOUR CUT, LIKE THIS STRIP, FOLLOW THESE STEPS.



1 Season or marinate the steaks at least 40 minutes before cooking, or up to overnight. Remove steaks from the fridge 30 minutes to 1 hour before grilling.



2 Drain and discard marinade, if using. Pat each steak dry with paper towels.



3 For direct grilling, oil grill rack before heating to prevent sticking. Adjust grill to desired temperature. Preheat skillet, if using, and add oil to skillet.



4 Place steaks directly on the grill rack or in preheated skillet. Cook as directed to 130°F, turning once to create a sear on both sides.



5 Remove steaks from grill or skillet and place on plate. Loosely cover with tented foil to retain some heat. Let rest as directed.



6 At the end of the resting period, slice steaks, if desired. Add desired toppings and serve.

Grilled Buffalo Steaks with Blue Cheese Butter

Hands On 25 minutes

Total Time 33 minutes plus
marinating and standing time
Serves 4

¼ cup Hy-Vee unsalted butter,
softened
½ cup Soirée blue cheese crumbles
1¼ tsp. Hy-Vee black pepper, divided
½ tsp. Hy-Vee garlic powder
½ cup Frank's RedHot original sauce,
plus additional for serving
¼ cup Hy-Vee less sodium soy sauce
4 Tbsp. Hy-Vee vegetable oil, divided
1 Tbsp. Hy-Vee chili powder
2 cloves garlic, minced
2 (10- to 12-oz.) Hy-Vee Choice
Reserve beef New York strip
steaks, 1 in. thick
1 carrot, cut diagonally into
2-in.-long pieces
1 celery stalk with leaves, cut
diagonally into 2-in.-long pieces

1. STIR together butter, blue cheese, ¼ tsp. pepper and garlic powder in small bowl until combined. Shape butter mixture into log, about 1½ in. in diameter, on piece of plastic wrap. Refrigerate compound butter 2 hours or until firm.

2. WHISK together ½ cup hot sauce, soy sauce, 2 Tbsp. vegetable oil, chili powder, minced garlic and remaining 1 tsp. pepper.

3. PLACE steaks in large resealable plastic bag. Pour hot sauce marinade over steaks; seal bag. Turn bag to evenly coat steaks with marinade. Refrigerate 30 minutes to 2 hours, turning bag occasionally.

4. PREHEAT a charcoal or gas grill for direct grilling over high heat (450°F). Place 12-in. cast iron skillet on grill rack to preheat. Remove compound butter from refrigerator; set aside at room temperature to soften.

5. ADD remaining 2 Tbsp. vegetable oil to skillet on grill. Remove steaks from marinade; discard marinade. Pat steaks dry with paper towels. Place steaks in hot skillet; cook 6 to 8 minutes or until steaks reach 130°F for medium-rare doneness, turning halfway through. Transfer steaks to cutting board; loosely cover with foil

and let rest
5 minutes.

6. MOVE skillet to coolest area of charcoal grill or turn off gas grill. Add carrot, celery and celery leaves to hot skillet. Cook 2 to 3 minutes or until crisp-tender, stirring occasionally.

7. TO SERVE, return steaks to skillet with vegetables. Drizzle with additional hot sauce, if desired. Slice compound butter and place slices on top of steaks.

Per serving: 530 calories, 44 g fat, 17 g saturated fat, 0 g trans fat, 115 mg cholesterol, 2,080 mg sodium, 7 g carbohydrates, 1 g fiber, 3 g sugar (1 g added sugar), 30 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 15%, Potassium 4%

RESTING
THE STEAK
REDISTRIBUTES
MOISTURE,
KEEPING FLAVOR
CONSISTENT
THROUGHOUT.

SHIP TO HOME
Lodge 12" Cast Iron Skillet



HSTV.com
STREAM. SHOP. SMILE.

QUALITY BEEF AT HY-VEE

To choose the best beef, look for these grades at Hy-Vee.

Hy-Vee
PRIME
RESERVE

Top-quality cuts from the best cattle. These steaks have the most marbling and flavor.

Hy-Vee
CHOICE
RESERVE

Expect well-marbled, tender and flavorful cuts. Only a limited number of cattle qualify.

Hy-Vee
ANGUS
RESERVE

Affordable, leaner cuts with delicious flavor. Great for steak night with the whole family!

FISH

FISH STEAKS ARE A THICKER, HEARTIER PORTION THAN FILLETS. THEY ARE CUT CROSSWISE AND PERPENDICULAR TO THE SPINE. LARGER FISH OVER 10 POUNDS, SUCH AS SALMON, MAHI-MAHI, TUNA AND SWORDFISH, MAKE THE BEST STEAKS.

Cedar Planked Salmon Steaks with Chimichurri

Hands On 15 minutes
Total Time 40 minutes plus cedar plank soaking time
Serves 4

- 2 (15×7-in.) cedar grilling planks
- 4 (8-oz.) Fish Market fresh farm-raised Atlantic salmon steaks, 1½ in. thick
- ¾ tsp. finely ground Hy-Vee sea salt, divided
- ¾ tsp. Hy-Vee black pepper, divided
- 8 Tbsp. Gustare Vita extra virgin olive oil, divided
- ½ cup coarsely chopped Italian parsley
- ¼ cup coarsely chopped white onion
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. Gustare Vita red wine vinegar
- 1 Tbsp. fresh oregano
- 3 cloves garlic, peeled
- ⅓ tsp. Hy-Vee crushed red pepper
- Fresh mint, for garnish, if desired

1. COVER cedar planks with water; soak 1 to 2 hours.
2. PREHEAT charcoal or gas grill for direct cooking over medium-high heat (375°F). Pat salmon steaks dry with paper towels. Sprinkle both sides with ½ tsp. salt and ½ tsp. black pepper. Brush with 2 Tbsp. olive oil.
3. PLACE salmon steaks on soaked cedar planks; place planks on grill rack. Grill 20 to 25 minutes or until salmon flakes easily with a fork (145°F). If necessary, use a spray bottle with water to put out flare-ups.
4. FOR CHIMICHURRI, place parsley, onion, remaining 6 Tbsp. olive oil, lemon juice, vinegar, oregano, garlic, remaining ¼ tsp. salt and ¼ tsp. black pepper, and crushed red pepper in food processor or blender. Cover and pulse or blend just until coarsely chopped. To serve, top salmon with chimichurri. Garnish with mint, if desired.

Per serving: 730 calories, 59 g fat, 11 g saturated fat, 0 g trans fat, 125 mg cholesterol, 500 mg sodium, 3 g carbohydrates, 1 g fiber, 1 g sugar (0 g added sugar), 47 g protein. Daily Values: Vitamin D 130%, Calcium 4%, Iron 6%, Potassium 20%

SALMON RUN

Every year, Alaskan salmon swim thousands of miles from the ocean to return to their freshwater birthplaces to lay eggs. Fisherman catch some wild salmon as they swim their route upstream (also called a “run”). Varying species of salmon make their runs at different times, but peak season in Alaska is from May to September.



TO CREATE GRILL MARKS, TRANSFER TO A HOT GRILL PAN AND COOK 2 TO 3 MINUTES.

Smoky Tuna Steaks with Lemon-Pepper Sauce

Hands On 20 minutes
Total Time 1 hour 20 minutes plus wood-chip soaking and brining time
Serves 4

- Apple or cherry wood chips
- 4 (8- to 10-oz.) Fish Market fresh yellowfin ahi tuna steaks, 1 in. thick
- 1 lemon, cut into 8 slices, plus additional lemon wedges for serving
- 2 cups warm water
- ⅓ cup Hy-Vee packed brown sugar

- 2 Tbsp. kosher salt
- 1 tsp. Hy-Vee garlic powder
- ½ cup Hy-Vee salted butter, cut up
- 1 tsp. lemon zest
- 2 Tbsp. fresh lemon juice
- ½ tsp. coarsely ground Hy-Vee black pepper
- ¼ tsp. Hy-Vee crushed red pepper
- Italian parsley, for garnish
- Grilled green beans, for serving

1. COVER wood chips with warm water; soak at least 1 hour.
2. PLACE tuna steaks and lemon slices in large resealable plastic bag. Combine 2 cups warm water, brown sugar, salt and garlic powder. Pour brine mixture over tuna in bag; seal bag. Turn bag to evenly coat tuna with brine. Refrigerate 4 to 6 hours, turning bag occasionally.
3. PREHEAT smoker according to manufacturer's directions to maintain

- a temperature between 220°F and 225°F. Use wood chips and water pan as directed.
4. REMOVE tuna steaks from brine; discard brine and lemons. Pat tuna dry with paper towels.
 5. PLACE tuna on greased rack in smoker directly over water pan. Smoke 45 to 60 minutes or until tuna reaches 145°F, adding wood chips as needed to maintain smoke.
 6. FOR SAUCE, place butter, lemon zest and juice, black pepper and crushed red pepper in medium heat-resistant bowl. Place bowl on rack in smoker. Smoke 18 to 20 minutes or until melted.
 7. TO SERVE, spoon sauce over tuna steaks. Garnish with parsley, if desired. Serve with lemon wedges and grilled green beans.
- Nutrition not available for brined foods*

SMOKE PACK HOW-TO

THE PACK ALLOWS YOU TO SMOKE FOOD ON A GAS GRILL WITHOUT A SMOKER.



1 Soak 1 cup wood chips in water for at least 1 hour. Cut an 18-in.square of heavy foil. Place soaked wood chips in the center of the foil.



2 Fold one side of the foil over to completely cover the wood chips. Fold the opposite side to cover. Double-fold the two remaining sides to seal.



3 Cut 2- to 3-in. slits in the packet using a knife so smoke can escape the packet. Place packet on grill to create smoke.

SMOKING ON THE GRILL
For a charcoal grill, add soaked wood chips to the coals and grill over indirect heat. For a gas grill, create a smoke pack and place over medium heat to create smoke. Grill over indirect heat with the lid closed to maintain smoke.



COOK

PORK STEAKS ARE USUALLY THIN CUTS SLICED FROM THE SHOULDER (UNLIKE PORK CHOPS, WHICH ARE CUT FROM THE LOIN). PORK STEAKS OFTEN HAVE PLENTIFUL MARBLING AND ARE TENDER, JUICY AND FLAVORFUL WHEN PAN-SEARED OR GRILLED.

PORK PREP

Before hitting the grill, follow these steps for a delicious pork steak.

► SELECT

Choose pork steaks that are at least ¾ in. thick. Thinner steaks will cook faster, but thick steaks will be juicier after a longer cook time.

► SEASON

Marinate in advance if desired, or season just before cooking. A marinade can help tenderize the meat before cooking.

► SEAR

Create grill marks and a tasty outer crust on each steak by searing over high heat before finishing over indirect heat.

► COOK

Cooking pork over indirect heat for a longer period of time helps melt the connective tissue and tenderize the steak.

LAGER BEER IMPARTS FLAVOR AND BREAKS DOWN FIBERS TO CREATE A MORE TENDER STEAK.

St. Louis Pork Steaks

Hands On 30 minutes
Total Time 2 hours
Serves 6

4 (12- to 14-oz.) Hy-Vee Midwest

Pork shoulder blade steaks,
¾ in. thick

½ tsp. coarsely ground Hy-Vee
black pepper

1 cup Hy-Vee tomato ketchup

¾ cup American-style light
lager beer

3 Tbsp. packed Hy-Vee brown sugar

3 Tbsp. Hy-Vee Hickory House
classic steak sauce

1½ Tbsp. Full Circle Market organic
unfiltered apple cider vinegar

1 Tbsp. Hy-Vee less sodium
Worcestershire sauce

1 tsp. Hy-Vee garlic powder

½ tsp. Full Circle Market organic
jalapeño hot sauce

¼ tsp. liquid smoke

1. **PREHEAT** charcoal or gas grill with two grilling zones: direct grilling over medium-high heat (375°F) and indirect grilling over low heat (325°F).

2. **PAT** pork steaks dry with paper towels; season both sides with pepper. Grill pork steaks over direct heat 8 to 10 minutes or until browned, turning halfway through. Transfer steaks to a Simply Done 13.3×9.6×2.8-in. foil pan.

3. **STIR** together ketchup, beer, brown sugar, steak sauce, vinegar, Worcestershire sauce, garlic powder, hot sauce and liquid smoke in medium bowl.

4. **POUR** sauce over pork steaks; cover pan tightly with foil. Place pan over indirect heat. Grill 1 hour 15 minutes to 1 hour 30 minutes or until pork is very tender.

5. **CAREFULLY** remove pan from grill. Remove pork steaks from sauce; grill steaks over direct heat 2 to 4 minutes or until browned, turning halfway through. Slice steaks and serve with sauce, if desired.

Per serving: 650 calories, 33 g fat, 12 g saturated fat, 0 g trans fat, 185 mg cholesterol, 1,020 mg sodium, 34 g carbohydrates, 0 g fiber, 28 g sugar (26 g added sugar), 48 g protein. Daily Values: Vitamin D 10%, Calcium 4%, Iron 20%, Potassium 15%

Low and Slow

Discover how to grill pork steaks over indirect heat for the most tender meat.

Hy-Vee
seasons

Watch and learn at
Seasons.Hy-Vee.com

GRILLS AT HY-VEE

Every great grill master needs the right set of tools. Gear up with grills and equipment from Hy-Vee.



SMOKER

Cook steak at low temperature, and impart more smoky flavor with the 22-in. Traeger Pro Series smoker. The low-and-slow approach to cooking steak gives the smoke time to flavor the meat and keep it juicy.



CHARCOAL

Usually, charcoal grills, such as the Weber 22-in. Original Kettle, produce more direct heat compared to smokers and gas grills. Steaks will cook quickly, and the extra-hot grill rack will give the meat a delicious caramelized sear.



GAS

It's easy to control the heat on gas grills, such as the Char-Broil Performance 4-Burner grill. Multiple burners allow you to create heat zones: one extra-hot for searing, and one on low to finish cooking the center of the steak after giving it a hard sear.



GET GRILLING TOOLS AT HY-VEE, including

tongs, spatulas, chimney starters, charcoal rakes, grill brushes, grill baskets and more entertaining essentials.

Visit shop.hstv.com/collections/outdoor or scan the QR code to shop tools at Hy-Vee.



BERRY BLAST

Berries are a fresh and flavorful addition to both sweet and savory dishes. These simple and impressive recipes showcase the versatility of in-season berries from Hy-Vee.

Lemon-Blueberry Cream Cheese Galette

Hands On 40 minutes
Total Time 1 hour
10 minutes plus
chilling and cooling time
Serves 8

1¼ cups Hy-Vee all-purpose flour
1 tsp. Hy-Vee apple cider flavored vinegar
½ tsp. Hy-Vee salt
½ cup cold Hy-Vee unsalted butter, chopped
2 Hy-Vee large eggs, separated, divided
½ cup plus 2 Tbsp. cold water, divided
2 cups blueberries, divided
½ cup Hy-Vee granulated sugar
2 Tbsp. Hy-Vee corn starch
1 (8-oz.) pkg. Hy-Vee cream cheese, softened
1½ tsp. lemon zest, divided
1 Tbsp. plus 2 to 3 tsp. fresh lemon juice, divided
Over The Top decorating wispy white sanding sugar, optional
½ cup Hy-Vee powdered sugar

1. FOR PASTRY, place flour, vinegar and salt in food processor. Cover and pulse until combined. Add cold butter and 1 egg yolk; cover and pulse until mixture resembles pea-size pieces. Add ¼ cup cold water to food processor; cover and pulse until combined. Slowly add 1 Tbsp. at a time of cold water, using just enough water until dough holds together. Shape dough into disk; wrap in plastic wrap. Refrigerate 1 hour.

2. FOR BLUEBERRY FILLING, combine 1½ cups blueberries

and granulated sugar in small saucepan. Cook over medium heat 4 to 5 minutes or until most of the blueberries burst, stirring frequently. Stir together corn starch and remaining 2 Tbsp. cold water in small bowl; add to blueberry mixture. Cook and stir 1 to 2 minutes or until thickened. Stir in remaining ½ cup blueberries. Remove from heat; cool completely.

3. PLACE oven rack in lower third of oven; preheat oven to 425°F. Let pastry dough stand at room temperature 5 minutes or until soft enough to roll out. Meanwhile, for cream cheese filling, stir together cream cheese, remaining 1 egg yolk, 1 tsp. lemon zest and 1 Tbsp. lemon juice in medium bowl until smooth.

4. ROLL OUT pastry dough into 13-in. circle on lightly floured surface. Transfer to large baking sheet.

5. SPREAD cream cheese filling on top of pastry, leaving a 2-in. border. Spread blueberry filling on top of cream cheese layer. Fold edges of pastry over filling, pleating as necessary; leave center open.

6. BEAT 1 egg white in small bowl with fork; brush over pastry. (Reserve remaining egg white for another use.) Sprinkle pastry with sanding sugar, if desired. Bake 25 to 30 minutes or until crust is golden. Transfer galette on baking sheet to wire rack; cool completely.

7. FOR ICING, whisk together powdered sugar and enough remaining 2 to 3 tsp. lemon juice in small bowl to make drizzling consistency. Drizzle icing over galette; sprinkle with remaining ½ tsp. lemon zest.

Per serving: 420 calories, 23 g fat, 13 g saturated fat, 1 g trans fat, 105 mg cholesterol, 250 mg sodium, 50 g carbohydrates, 2 g fiber, 25 g sugar (20 g added sugar), 6 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 2%



burst of blue

Blueberries have a mildly sweet taste with a bit of acidity. They release juice when bitten into. They can be added to biscuits, used in ice cream or sprinkled over oatmeal.

ENJOY WITH
Serve warm on toast
or pound cake, or chilled
over cooked poultry and
seafood dishes.



pick of the patch

Strawberries are fruity, sweet and juicy with a hint of acidity. Their seeds are slightly crunchy. Add strawberries to a salad, or use them to flavor cinnamon rolls or make a strawberry hummus.



Savory Strawberry Compote

Total Time 15 minutes plus cooling time
Serves 5 (½ cup each)

4 cups sliced Hy-Vee Short Cuts strawberries, divided
½ cup Cabernet Sauvignon red wine, divided
1 tsp. Gustare Vita aged balsamic vinegar
¼ tsp. Hy-Vee black pepper
1 tsp. Hy-Vee corn starch

1. COMBINE 3 cups strawberries, ¼ cup wine, balsamic vinegar and pepper in medium saucepan. Bring to a boil over medium heat; reduce heat to medium-low heat. Simmer, uncovered, 4 to 6 minutes or until strawberries begin to break down.

2. STIR together remaining ¼ cup wine and corn starch. Remove saucepan from heat; stir corn starch mixture into strawberry mixture. Return saucepan to heat. Cook and stir 1 to 2 minutes or until slightly thickened.

3. REMOVE saucepan from heat; stir in remaining 1 cup strawberries. Cool slightly. Store covered in refrigerator up to 3 days.

Per serving: 60 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 11 g carbohydrates, 3 g fiber, 7 g sugar (0 g added sugar), 1 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 4%



tart, tangy and tasty

Blackberries are succulent, juicy and have a tart flavor. Use them for a grilled chicken glaze, on a ricotta pizza or to make refreshing summer ice pops.

BERRY NICE

Find fresh berries and other produce from Basket & Bushel at Hy-Vee.

And if you're not satisfied, a full refund is guaranteed.

- Blackberries
- Raspberries
- Strawberries



Grilled Halloumi with Blackberries

Total Time 15 minutes
Serves 6 (1 each)

2 Tbsp. seedless red raspberry jam
2 tsp. Gustare Vita balsamic glaze
½ cup blackberries
1 (8.82-oz.) pkg. halloumi cheese, room temperature

¾ cup finely chopped English cucumber
Fresh basil, thinly sliced, for garnish

1. STIR together jam and balsamic glaze in small bowl until smooth. Add blackberries; toss to coat. Set blackberry mixture aside. Cut cheese crosswise into 6 (½-in.) slices.

2. HEAT large grill pan over medium heat. Add cheese slices; cook 2 to 3 minutes or until bottoms begin to brown. Turn cheese slices over and cook 1 to 2 minutes more or until golden brown.

3. TO SERVE, place cheese slices on small serving plate. Top with chopped cucumber, then blackberry

mixture. Garnish with basil, if desired. Serve warm.

Per serving: 160 calories, 10 g fat, 6 g saturated fat, 0 g trans fat, 30 mg cholesterol, 1,000 mg sodium, 7 g carbohydrates, 0 g fiber, 6 g sugar (1 g added sugar), 9 g protein. Daily Values: Vitamin D 0%, Calcium 30%, Iron 0%, Potassium 0%

Watermelon Berry Salad

with Ginger-Lime Dressing

Total Time 10 minutes
Serves 6 (1⅓ cups each)

2 Tbsp. Hy-Vee honey
1 Tbsp. Hy-Vee vegetable oil
½ tsp. lime zest
1 Tbsp. fresh lime juice
¼ tsp. grated gingerroot
¼ tsp. imitation coconut flavoring
1 (20-oz.) container Hy-Vee Short Cuts watermelon, cut into 1-in. cubes
1 (16-oz.) container Hy-Vee Short Cuts triple berry blend
Full Circle Market organic unsweetened coconut flakes, for garnish
Hy-Vee salted party peanuts, coarsely chopped, for garnish
Fresh mint, for garnish

1. FOR DRESSING, whisk together honey, oil, lime zest and juice, gingerroot and coconut flavoring.

2. FOR SALAD, combine watermelon and berries in medium bowl. Drizzle with dressing; gently toss to coat. Transfer to serving plates. Garnish with coconut flakes, peanuts and mint. Serve immediately.

Per serving: 110 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 22 g carbohydrates, 1 g fiber, 16 g sugar (6 g added sugar), 1 g protein. **Daily Values:** Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 4%

BERRY EASY

Save time cleaning and cutting fruit with Hy-Vee Short Cuts berries:

- Triple Berry Blend
- Elegant Berry Blend
- Strawberries



pop of ruby red

Raspberries are soft and sweet with a tart undertone that makes their sweetness more subtle. Try them in a raspberry slaw, over baked French toast or in a salsa.



Slow-Cooker Raspberry Pulled Pork Sandwiches

Hands On 35 minutes
Total Time 6 hours 35 minutes
Serves 12 (1 each)

3 cups raspberries, divided
1 cup chopped yellow onions
¾ cup Hy-Vee tomato ketchup
½ cup Hy-Vee apple cider flavored vinegar
½ cup packed Hy-Vee brown sugar
1 Tbsp. Hy-Vee spicy brown mustard
2 tsp. Hy-Vee less sodium Worcestershire sauce
1 (3½- to 4-lb.) boneless pork shoulder blade roast
1 tsp. Hy-Vee salt

½ tsp. Hy-Vee garlic powder
½ tsp. smoked paprika
½ tsp. Hy-Vee black pepper
1 (12-oz.) pkg. Dole sweet kale salad kit
12 Hy-Vee Bakery hamburger buns, split and toasted

1. STIR together 2 cups raspberries, onions, ketchup, vinegar, brown sugar, brown mustard and Worcestershire sauce in 6-qt. slow cooker.

2. TRIM excess fat from pork, if desired. Combine salt, garlic powder, smoked paprika and pepper in small bowl.

Sprinkle and rub over roast. Place pork in slow cooker; turn to coat with sauce. Cover and cook on HIGH 5 to 6 hours or LOW 8 to 10 hours or until meat is fork tender (210°F).

3. TRANSFER pork to cutting board. Transfer half of cooking juices with raspberries and onions to food processor or blender. Cover and process or blend until smooth. Return sauce mixture to slow cooker. Repeat processing or blending remaining cooking juices; return to slow cooker. Shred pork using 2 forks. Return pork to slow cooker; stir to coat with sauce. Cover; keep warm.

4. COMBINE salad kit greens, toppings and dressing in medium bowl. Cut remaining 1 cup raspberries in half; add to salad mixture and toss to combine.

5. TO SERVE, spoon pork mixture on bun bottoms. Top with salad mixture and bun tops.

Per serving: 590 calories, 21 g fat, 7 g saturated fat, 0 g trans fat, 95 mg cholesterol, 670 mg sodium, 59 g carbohydrates, 3 g fiber, 22 g sugar (15 g added sugar), 34 g protein. **Daily Values:** Vitamin D 6%, Calcium 10%, Iron 20%, Potassium 15%

Fill your summer with colorful fun



m&m's & music



*NO PURCHASE NECESSARY. Open to legal U.S. residents of the 50 US/DC, age 16 or older at time of entry. Promotion starts at 12:00:01 a.m. ET on 4/15/22 and ends 11:59:59 p.m. ET on 6/30/22. For Official Rules, entry methods, entry deadlines, prize details, odds and other terms, visit mms.com/musiclounge. Limit 1 entry per person/day. Void where prohibited. Sponsor: Mars Wrigley Confectionery US, LLC.

101 CHERRIES

Red or yellow, sweet or tart, these stonefruits have a short growing season. So snap them up now for recipes, preserving and eating out of hand.

Cherries are available in more than 1,000 varieties, and are categorized by flavor: sweet or tart. Sweet cherries, such as Bing, Chelan and Rainier, are typically available from May to August and tart cherries, such as Montmorency and Morello, are at their peak in July and August. While fresh cherries are a highly perishable summer treat, you can purchase frozen varieties year-round.

Cherries' smooth, shiny skin can range in color from yellow to a dark red with pinkish flesh around a central pit. They are ripe and ready to eat when the fruit is soft, but not mushy. Sweet cherries have a higher sugar content than tart varieties, and make a great snack. Tart cherries, with their bright, more sour flavor, are typically used in baking.

All varieties are relatively low in calories, but contain significant amounts of anti-inflammatory compounds and antioxidants, including vitamin C, beta-carotene, flavonoids and anthocyanins, which may reduce the risk of some chronic diseases like arthritis, cardiovascular disease, diabetes and cancer. Some studies have shown that cherries may also help improve sleep, cognitive function and muscle recovery.

BUY The cherry's stem indicates freshness. Look for green, unbroken stems and avoid brittle, brown stems. When there isn't a stem, select cherries with taut, glossy skin; wrinkles and discoloration increase with age.

STORE Refrigerate them, dry and unrinsed. Warmer temperatures cause cherries to lose juiciness and they absorb water easily, so don't rinse them until ready to use or eat. They should last 4 to 7 days in the fridge, or up to 6 months when frozen in an airtight plastic bag.

PREP To pit cherries, use a skewer, chopstick, metal straw or other sharp object to push up through the bottom center of the cherry to remove the pit and the stem.

WAYS TO ENJOY

Fresh

Eat sweet cherries right from the container or toss them on a salad. Or use them in a salsa paired with a spicy pepper, such as jalapeño.

Cooked

Both sweet and tart cherries work well baked in desserts or cooked in a sauce for savory meat and seafood dishes. When cooked, they also add flavor and color to ice cream.

Preserved

Can whole cherries with a bit of sugar as an alternative to freezing, or use them to make jams that can be stored in a cool, dry place for up to a year.



Source: ncbi.nlm.nih.gov/pmc/articles/PMC5872786/#:~:text=The%20cherry%20fruit%20is%20a,melatonin%20%5B19%2C20%5D

Chocolate-Cherry Sundaes

Total Time 20 minutes plus freezing time
Serves 6

- 1 (1.5-qt.) It's Your Churn premium vanilla ice cream, softened
- 6 cups Bing cherries, pitted and halved, divided; plus additional for garnish
- ½ cup Hy-Vee granulated sugar
- ½ cup plus 1 Tbsp. water, divided
- 2 tsp. Hy-Vee vanilla extract
- 1½ tsp. Hy-Vee corn starch
- 3 (3×1¼-in.) Hy-Vee Bakery fudge brownies, cut into ¾-in. cubes

- 1. **PLACE** softened ice cream in large bowl. Fold in 2 cups cherries. Cover with plastic wrap; freeze 30 minutes.
- 2. **COMBINE** remaining 4 cups cherries, sugar, ½ cup water and vanilla in medium saucepan. Bring to a boil; reduce heat to medium-low heat. Simmer 6 to 8 minutes or until cherries soften.
- 3. **STIR** together remaining 1 Tbsp. water and corn starch until well combined; stir into cherry mixture. Continue cooking 3 to

5 minutes or until sauce thickens, stirring occasionally. Remove from heat; cool.

- 4. **TO ASSEMBLE**, layer cherry sauce, cherry ice cream and brownie cubes in 6 (8-oz.) glasses. Garnish with additional cherries, if desired. Serve immediately.

Per serving: 580 calories, 21 g fat, 11 g saturated fat, 0 g trans fat, 65 mg cholesterol, 220 mg sodium, 95 g carbohydrates, 4 g fiber, 75 g sugar (49 g added sugar), 6 g protein.
Daily Values: Vitamin D 0%, Calcium 15%, Iron 10%, Potassium 15%

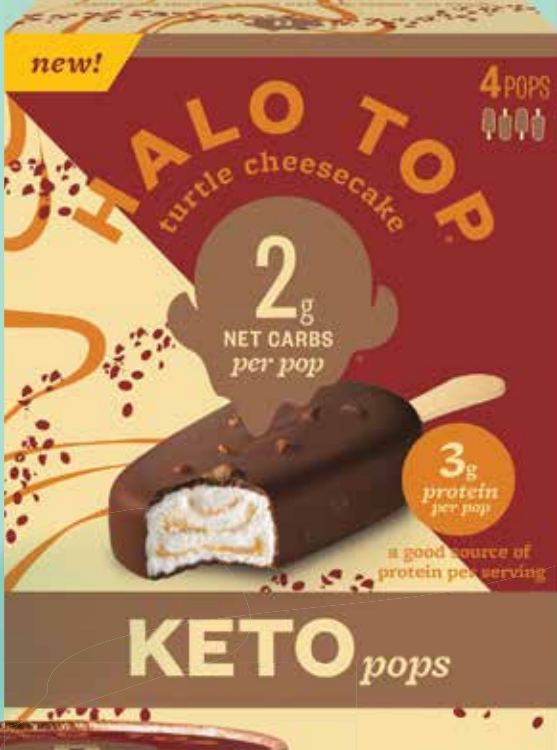
Cherry on Top
See how to make the rich cherry sauce for topping these extra-sweet sundaes.

Hy-Vee
seasons
Watch and learn at
Seasons.Hy-Vee.com



FOR AN ADULT TWIST
Replace the ½ cup water in the cherry sauce with brandy, amaretto or bourbon.

ALMOST TOO GOOD TO BE KETO



NEW



BURGERS + SHAKES

SUMMER'S DYNAMIC DUO

Make these favorite summertime duos extra special with over-the-top flavors and delicious pairings. Serve for outdoor celebrations or weeknight family treats.

Whiskey **Blue Burgers**

Hands On 20 minutes
Total Time 33 minutes
Serves 4

1 cup blueberries
¼ cup whiskey
2 Tbsp. Hy-Vee granulated sugar
1 Tbsp. cold water
1 tsp. Hy-Vee corn starch
8 slices Hy-Vee double smoked thick sliced bacon
3 Tbsp. McCormick Grill Mates brown sugar bourbon seasoning, divided
4 (6-oz.) Hy-Vee Gourmet Steakhouse bacon Cheddar burger patties
4 slices Hy-Vee sliced Havarti cheese
1 (6-oz.) pkg. Hy-Vee Hy-Waiian hamburger buns (4 ct.)
½ medium red onion, sliced and separated into rings
1½ cups loosely packed Full Circle Market organic arugula
Coarsely ground Hy-Vee black pepper, for seasoning

1. **COMBINE** blueberries, whiskey and sugar in small saucepan. Bring to a boil; reduce heat to low. Simmer, uncovered, 10 to 12 minutes or until berries burst,

stirring frequently. Stir together water and corn starch; stir into blueberry mixture. Cook and stir 1 minute or until thickened. Remove from heat.

2. **SPRINKLE** bacon slices with 1 Tbsp. brown sugar bourbon seasoning. Cook bacon in medium skillet over medium heat 12 to 14 minutes or until crisp. Transfer bacon to paper towels to drain.

3. **PREHEAT** charcoal or gas grill with greased grill rack for direct cooking over medium-high heat (375°F).

4. **SPRINKLE** both sides of burgers with remaining 2 Tbsp. brown sugar bourbon seasoning. Grill 10 minutes, turning halfway through. Top with cheese and grill 1 to 2 minutes more or until cheese is melted and burgers reach 165°F. Remove from grill; loosely cover with foil to keep warm. Grill buns, cut sides down, 30 to 60 seconds or until lightly toasted. Remove from grill.

5. **TO SERVE**, top bun bottoms with burgers, candied bacon, red onion, arugula and

blueberry-whiskey mixture. Lightly season with black pepper, if desired. Place bun tops on burgers.

Per serving: 810 calories, 45 g fat, 21 g saturated fat, 0 g trans fat, 170 mg cholesterol, 840 mg sodium, 42 g carbohydrates, 2 g fiber, 19 g sugar (14 g added sugar), 48 g protein.
Daily Values: Vitamin D 10%, Calcium 20%, Iron 35%, Potassium 6%

Fry Fix-Ups

Bake Hy-Vee frozen extra crispy waffle cut French fried potatoes according to pkg. directions. Sprinkle with 1 tsp. McCormick Grill Mates brown sugar bourbon seasoning. Serve with Hy-Vee fry sauce.

GOURMET STEAKHOUSE BURGERS AT HY-VEE

Save time without sacrificing flavor.

Hy-Vee makes it easy with pre-formed gourmet steakhouse burgers that are ready to grill. Choose from:

- Bacon Cheddar
- Burger Mignon
- French Onion
- Jalapeño Pepper Jack
- Mushroom Swiss
- Southwest

+ Mile-High Blueberry Pie Milkshake

Chill 4 (12-oz.) glasses in freezer for 10 minutes. Cut 1 (20-oz.) Hy-Vee Bakery gourmet blueberry half-pie into 4 slices; set aside. Place 4 cups It's Your Churn bourbon barrel premium ice cream, 1½ cups Hy-Vee fat-free skim milk and ½ cup Hy-Vee blueberry pie filling or topping into blender. Cover and blend until smooth. Pour milkshake mixture into chilled glasses. Top each milkshake with a pie slice. Garnish with Hy-Vee aerosol whipped topping, additional blueberry pie filling and fresh blueberries, if desired. Serves 4 (12 oz. each).

WHY THEY PAIR WELL:
PRESENTATION...
AND FLAVOR! THERE'S
BLUEBERRY IN THE SHAKE
AND ON THE BURGER.

TIP | Save a bit of prep work the day you serve these up by making the fruit and whiskey mixture a day ahead and storing in the fridge until needed.





Cheese-Belly Chicken Burgers

Hands On 30 minutes
Total Time 45 minutes plus chilling time
Serves 4

¼ cup Hy-Vee sour cream
2 Tbsp. fresh lime juice
⅔ cup Hy-Vee whipped cream cheese spread
¼ cup finely chopped fresh cilantro
1 jalapeño pepper, seeded and finely chopped*
1 (16-oz.) pkg. 99% lean ground chicken breast
½ tsp. kosher salt
¼ tsp. coarsely ground Hy-Vee black pepper
8 Soirée fresh mozzarella pearls
4 Hy-Vee Bakery hamburger buns, split
4 green leaf lettuce leaves
1 medium tomato, sliced
2 ripe avocados, seeded, peeled and sliced

1. COMBINE sour cream and lime juice in small bowl; refrigerate until serving. Stir together cream cheese spread, cilantro and jalapeño in another small bowl; set aside.

2. COMBINE ground chicken, salt and pepper in large bowl; do not overmix. Form mixture into 8 (3-in. round) patties; cover and refrigerate 10 minutes.

3. PREPARE charcoal or gas grill with greased grill rack for direct cooking over medium heat (350°F).

4. TO ASSEMBLE PATTIES, spoon 1 Tbsp. cream cheese mixture onto each center of 4 patties; add 2 mozzarella pearls to each. Cover cheese-topped patties with remaining patties. Gently press edges together to seal.

5. GRILL patties 12 to 14 minutes or until burgers reach 165°F, turning once halfway through. Grill buns, cut sides down, 30 to 60 seconds or until lightly toasted. Remove from grill.

6. TO SERVE, top bun bottoms with lettuce, cooked chicken burgers, tomato and avocados. Drizzle with sour cream mixture; place bun tops on burgers.

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

Per serving: 660 calories, 36 g fat, 12 g saturated fat, 0 g trans fat, 135 mg cholesterol, 660 mg sodium, 54 g carbohydrates, 9 g fiber, 12 g sugar (3 g added sugar), 34 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 20%, Potassium 30%

TOP IT OFF WITH HY-VEE BAKERY FRESH BUNS

A fantastic burger deserves an equally fantastic bun. Choose from favorites like:

- Brioche
- Hy-Waiian
- Kaiser
- Onion
- Sesame Seed
- Wheat
- White

Fry Fix-Ups

Bake Hy-Vee frozen extra crispy fast food style French fried potatoes according to pkg. directions. Sprinkle with 1 tsp. salt-free fiesta-lime seasoning. Drizzle with Hy-Vee Select chipotle mayo sandwich spread, if desired.

SHAKE MAKERS

Find dozens of ice cream flavors to suit whatever kind of shake you’re making.



Ice Cream

IT’S YOUR CHURN
Variety awaits with this premium ice cream, which comes in more than two dozen memorable flavors.



TIL THE COWS COME HOME
With 15 distinctive flavors, creating a unique milkshake is practically a given.



WE ALL SCREAM!
Hy-Vee’s value-priced line of ice cream puts the magic in milkshake making with 15 budget-friendly flavors.

Nondairy @ Hy-Vee

For those looking for options other than dairy, Hy-Vee offers both nondairy and lactose-free products:

NONDAIRY FROZEN DESSERT

- Ben & Jerry’s
- Halo Top
- Full Circle
- NadaMoo! Organic
- Planet Oat
- So Delicious

LACTOSE-FREE ICE CREAM

- Breyers
- Ben & Jerry’s
- Fairlife
- Halo Top
- Lactaid
- Magnum
- NadaMoo!
- Planet Oat
- Rebel
- So Delicious
- Talenti



Spiced Chocolate Chip Cookie Milkshake

Combine ½ cup dark chocolate hot fudge dessert topping, ½ tsp. Hy-Vee ground cinnamon and ¼ tsp. chipotle chili powder in small microwave-safe bowl. Microwave on HIGH 15 to 30 seconds or until warm and smooth when stirred. Dip the rims of 4 (12-oz.) glasses into fudge topping mixture. Sprinkle coated rims with ½ cup Hy-Vee mini semi-sweet chocolate baking chips; set aside. Place remaining fudge topping mixture, 4 cups It’s Your Churn chocolate premium ice cream and 1½ cups Hy-Vee fat-free skim milk in blender. Cover and blend until smooth. Pour milkshake mixture into prepared glasses. Garnish with Hy-Vee aerosol whipped topping, Hy-Vee Bakery mini chocolate chip cookies with Ghirardelli chocolate chips; sprinkle with additional cinnamon, chili powder and mini chocolate chips, if desired. Serves 4 (12 oz. each).

WHY THEY PAIR WELL:
THE SPICE AND CREAMINESS OF THE MILKSHAKE GOES WITH THE HEAT OF THE JALAPEÑO IN THE CHICKEN.





+ PB & J Milkshake

Coat rims of 4 (12-oz.) glasses each with 1 Tbsp. Hy-Vee creamy peanut butter. Coarsely crush 4 Crav'n Flavor peanut butter crème sandwich cookies; roll coated rims in cookie crumbs to coat. Chill glasses in freezer for 10 minutes. Remove glasses from freezer. Coat the insides of each prepared glass with 2 Tbsp. Hy-Vee strawberry preserves; place in freezer for 10 minutes. Place an additional 4 peanut butter sandwich cookies in blender. Cover and pulse until coarsely chopped. Add 4 cups It's Your Churn vanilla bean premium ice cream, 1½ cups Hy-Vee fat-free skim milk and ¼ cup creamy peanut butter to blender. Cover and blend until smooth. Pour milkshake into prepared glasses. Garnish with thawed Hy-Vee frozen original whipped topping and additional strawberry preserves, if desired. Serves 4 (12 oz. each).

WHY THEY PAIR WELL: THE SWEETNESS OF THE PEANUT BUTTER CONTRASTS WITH THE SAVORY PEPPER, COMPLEMENTING BUT NOT MASKING THE CHILE FLAVOR.

Smash and Sizzle

See how pressing each patty in the pan creates a deliciously crispy burger.

Hy-Vee
seasons

Watch and learn at
[Seasons.Hy-Vee.com](https://www.hy-vee.com/seasons)

Grilled Anaheim-Chile Smash Burgers

Hands On 40 minutes

Total Time 1 hour 10 minutes plus chilling time

Serves 4

¼ cup Hy-Vee mayonnaise
1 tsp. garam masala seasoning
¼ tsp. ground turmeric
4 large Anaheim or Hatch chile peppers*
1 large sweet onion, sliced
1 Tbsp. Hy-Vee vegetable oil
2 tsp. kosher salt, divided
¼ tsp. cracked black pepper, divided
2 Tbsp. fresh lime juice
1 Tbsp. Gustare Vita extra virgin olive oil
1½ lb. Hy-Vee Butcher Block Blend ground beef
4 oz. pico de queso Cheddar cheese, thinly sliced
4 Hy-Vee Bakery brioche hamburger buns, split

1. **PREHEAT** charcoal or gas grill for direct cooking over high heat (400°F). Stir together mayonnaise, garam masala and turmeric in small bowl; set aside.

2. **PLACE** chile peppers and onion slices in large bowl. Add vegetable oil, 1 tsp. salt and ¼ tsp. black pepper; toss to coat.

3. **GRILL** chile peppers and onion slices 10 to 15 minutes or until slightly charred, turning occasionally. Transfer onions to cutting board and chiles to large glass bowl. Cover chiles with plastic wrap. Let stand for 20 minutes or until cooled.

4. **REMOVE** seeds from grilled chiles. Cut chiles in half; slice half of the chiles and place in small bowl. Add half of the onion slices, lime juice and olive oil; toss to coat and set aside. Chop remaining chiles and onion slices.

5. **COMBINE** ground beef blend and chopped chile-onion mixture in large bowl; do not overmix. Divide mixture evenly into 8 portions. Form each portion into a meatball; cover and refrigerate 15 minutes.

6. **PLACE** large cast iron griddle on grill rack to preheat. Remove meatballs from refrigerator; sprinkle with remaining 1 tsp. salt and 1 tsp. black pepper. Place 4 meatballs on hot griddle 4 in. apart. Sear 30 seconds; smash burgers to ¼-in. thickness using a large spatula. Cook 6 to 8 minutes or until edges begin to brown. Turn burgers; cook 4 minutes. Top with cheese and grill 1 to 2 minutes more or until cheese is melted and burgers reach 165°F. Transfer burgers to

a tray; loosely cover with foil to keep warm. Repeat grilling remaining 4 burgers; do not top with cheese.

7. **GRILL** buns, cut sides down, 30 to 60 seconds or until lightly toasted. Remove from grill.

8. **TO SERVE**, top bun bottoms with cheese-topped burgers, plain burgers and sliced chile-onion mixture. Spread mayonnaise mixture on bun tops; place on top of burgers.

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

Per serving: 970 calories, 67 g fat, 24 g saturated fat, 2 g trans fat, 195 mg cholesterol, 1,590 mg sodium, 47 g carbohydrates, 2 g fiber, 14 g sugar (7 g added sugar), 41 g protein. Daily Values: Vitamin D 6%, Calcium 15%, Iron 30%, Potassium 10%

Fry Fix-Ups

Bake Hy-Vee sweet potato fries according to pkg. directions. Sprinkle with ½ tsp. garam masala seasoning and ¼ tsp. Hy-Vee salt.

5 TIPS FOR A PERFECT BURGER

1 Shape chilled meat into patties without massaging or kneading, which makes patties less tender and juicy.

2 Place patties on a clean, hot grill that has been wiped with a light coating of vegetable oil.

3 Form a slight impression in the center of each patty so they don't puff up in the middle as they cook.

4 Cook over medium heat with ½-in.-thick patties on the grill rack directly over the heat source and thicker patties (¾ in. thick or more) on the grill rack away from the heat source.

5 Before serving, allow burgers to rest about 5 minutes to allow juices to redistribute throughout the patty.

PAIR WITH

Hy-Vee fried chicken or hand-breaded chicken tenders for comforting flavors without cooking.



MAKE UP TO

2

DAYS IN ADVANCE

PREP THESE RECIPES AHEAD SO THEY'RE READY TO PACK IN THE COOLER ALONGSIDE THE MAIN DISH FOR PICNICS, BARBECUES AND FOURTH OF JULY PARTIES.

Spinach and Sun-Dried Tomato Pesto Fusilli

Total Time 35 minutes plus chilling time
Serves 12 (¾ cup each)

1 (16-oz.) pkg. Gustare Vita organic fusilli

1 (8.5-oz.) bottle Culinary Tours julienne cut sun-dried tomatoes, divided

1 (2-oz.) pkg. Hy-Vee pine nuts

¾ cup water

½ cup Gustare Vita extra virgin olive oil

1 tsp. Hy-Vee salt

½ tsp. Hy-Vee black pepper

2 whole cloves garlic

1 cup halved yellow cherry tomatoes

¾ cup Soirée fresh mozzarella pearls

½ cup Hy-Vee canned sliced ripe black olives, drained

2 cups Full Circle Market organic baby spinach

1. COOK fusilli according to pkg. directions; drain. Drain sun-dried tomatoes; reserve oil. Set sun-dried tomatoes and oil aside.

2. TOAST pine nuts in large skillet over medium-low heat 4 to 5 minutes or until lightly browned, stirring frequently. Transfer to small bowl; cool.

3. FOR PESTO, place ¾ cup sun-dried tomatoes, water, olive oil, ¼ cup toasted pine nuts, salt, pepper and garlic in blender. Cover and blend until smooth.

4. PLACE pasta and pesto in large bowl; toss to coat. Add cherry tomatoes, mozzarella pearls, olives, remaining sun-dried tomatoes and reserved sun-dried tomato oil, and remaining pine nuts. Gently toss until combined. Cover and refrigerate at least 1 hour or up to 2 days. To serve, stir in baby spinach.

Per serving: 210 calories, 19 g fat, 3.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 300 mg sodium, 32 g carbohydrates, 3 g fiber, 4 g sugar (0 g added sugar), 9 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 0%, Potassium 8%

MAKE-AHEAD PICNICS IDEAS

Loaded Potato Salad

Total Time 35 minutes plus cooling and chilling time

Serves 8 (¾ cup each)

2 lb. small B-size red potatoes
½ cup Hy-Vee sour cream
½ cup Hy-Vee mayonnaise
3 Tbsp. Hy-Vee heavy whipping cream
1 Tbsp. Gustare Vita white wine vinegar
½ tsp. Hy-Vee salt
½ tsp. coarsely ground Hy-Vee black pepper
1 cup Hy-Vee shredded sharp Cheddar cheese, divided
6 slices Hy-Vee sweet smoked thick sliced bacon, crisp-cooked and chopped, divided
4 Tbsp. chopped fresh chives, divided

1. PLACE potatoes in large saucepan. Add cold water to cover potatoes. Bring to a boil; reduce heat. Cover and gently boil 15 to 20 minutes or until fork-tender. Drain and cool 15 minutes.

2. STIR together sour cream, mayonnaise, whipping cream, vinegar, salt and black pepper in large bowl.

3. CUT warm potatoes into 1-in. pieces; add to sour cream mixture. Cover and refrigerate at least 1 hour or up to 2 days.

4. TO SERVE, add ¾ cup cheese, ¼ cup bacon crumbles and 3 Tbsp. chives to potato salad; gently stir until combined. Transfer to serving bowl; top with remaining cheese, bacon and chives.

Per serving:
 290 calories, 20 g fat,
 8 g saturated fat,
 0 g trans fat,
 40 mg cholesterol,
 520 mg sodium,
 20 g carbohydrates,
 2 g fiber, 3 g sugar
 (0 g added sugar),
 9 g protein. Daily Values:
 Vitamin D 0%, Calcium 10%,
 Iron 6%, Potassium 10%

PAIR WITH

Hy-Vee Gourmet Steakhouse burgers for a handheld main course that is easy to eat at a table or on a blanket.



MAKE UP TO

2

DAYS IN ADVANCE

MAKE UP TO

2

DAYS IN ADVANCE

Light and Tangy Coleslaw

Whisk together ¼ cup Gustare Vita white wine vinegar, ¼ cup Hy-Vee plain nonfat Greek yogurt, 2 Tbsp. Gustare Vita olive oil, 2 Tbsp. Hy-Vee granulated sugar, 1 Tbsp. Hy-Vee stone ground Dijon mustard, 1 tsp. lime zest, 1 Tbsp. fresh lime juice, 1 tsp. Hy-Vee salt, ½ tsp. Hy-Vee black pepper and ½ tsp. celery seed in large bowl. Add 1 (14-oz.) pkg. Hy-Vee coleslaw mix and 3 green onions, sliced; toss to coat. Cover and refrigerate at least 1 hour or up to 2 days. To serve, garnish with additional sliced green onions, if desired. Serves 8 (½ cup each).

Keto Avocado Deviled Eggs

Place 8 Hy-Vee large eggs in single layer in large saucepan. Add enough water to cover at least 1 in. above eggs. Cover saucepan and bring to a boil. Remove from heat. Let eggs stand, covered, in hot water 15 minutes. Drain; place eggs in ice water to completely cool. Peel eggs; cut in half lengthwise. Remove egg yolks; place in medium bowl. Add ½ ripe avocado, seeded, peeled and chopped; ¼ cup Hy-Vee plain nonfat Greek yogurt; 1 tsp. Hy-Vee stone ground Dijon mustard; 1 tsp. fresh lemon juice; ½ tsp. Hy-Vee salt and ¼ tsp. Hy-Vee black pepper. Beat with electric mixer on medium until smooth. Pipe or spoon yolk mixture into egg white halves. Serve immediately, or cover and refrigerate up to 1 day. To serve, garnish with sliced radishes and sprinkle with Hy-Vee paprika, if desired. Serves 8 (2 each).

MAKE UP TO

1

DAY IN ADVANCE

PAIR WITH

Hy-Vee brats at your next cookout. Coleslaw is a cool, refreshing balance to the grilled meat.





Tarragon Green Bean-and- Tomato Salad

Total Time 30 minutes plus chilling time

Serves 6 (¾ cups each)

1½ lb. fresh green beans
1½ tsp. Hy-Vee salt, divided
¼ cup Gustare Vita extra virgin olive oil
2 Tbsp. chopped fresh tarragon
1 Tbsp. Gustare Vita red wine vinegar
¼ tsp. Hy-Vee black pepper
2 cups red and/or yellow grape tomatoes, halved
1 medium shallot, thinly sliced and separated into rings
½ cup Soirée crumbled Mediterranean herb feta cheese

1. **FILL** large saucepan half full with water; bring to a boil. Add beans and ½ tsp. salt. Reduce heat to medium. Cover and simmer 8 to 12 minutes or until crisp-tender. Drain; immediately rinse under cold water.

2. **WHISK** together olive oil, tarragon, vinegar, remaining 1 tsp. salt and pepper in large bowl. Add beans, tomatoes and shallot; toss to coat.

3. **SERVE IMMEDIATELY**, or cover and refrigerate up to 2 days. To serve, transfer salad to serving platter; sprinkle with feta cheese.

Per serving: 180 calories, 12 g fat, 3 g saturated fat, 0 g trans fat, 10 mg cholesterol, 820 mg sodium, 12 g carbohydrates, 4 g fiber, 6 g sugar (0 g added sugar), 7 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 10%

PAIR WITH

Di Lusso party subs for a fast and fresh picnic lunch. Hy-Vee has crowd-size options for up to 24 people.



MAKE
UP TO

2

DAYS IN ADVANCE

SIDES FROM HY-VEE

When there's no time to plan ahead, for surprise gatherings or when you simply need more food, get picnic- and cookout-approved dishes from Hy-Vee.



HY-VEE FRUIT PIZZA

BROCCOLI SUPREME SALAD

WILD RICE SALAD

CUSTOM CHARCUTERIE BOARD

COLD SIDES

- Caesar Salad
- Feta Bowtie Pasta
- Fresh Fruit
- Rainbow Rotini
- Watergate Salad
- 7-Layer Salad

HOT SIDES

- Au Gratin Potatoes
- Cheesy Corn Bake
- Glazed Carrots
- Parmesan Potatoes
- Oven Roasted Vegetables

FRUITS & VEGGIES

- Fruit Tray
- Vegetable Tray
- Classic Hostess Tray
- 50/50 Fruit & Vegetable Tray

DIPS

- Buffalo Chicken
- Bacon Cheddar
- Mexicali
- Southwestern
- French Onion
- Spinach Artichoke

DESSERTS

- Cookies
- Cupcakes
- Brownies
- Pies



Scan the QR Code to shop these picnic-ready sides at Hy-Vee.

HOW TO MAKE NO-CHURN ICE CREAM

No ice cream maker? No problem! Whip up a vanilla base with just three ingredients, then go to town with your favorite flavors.

TOOLS YOU'LL NEED

Along with base ingredients and mix-ins, pick up a 9x5-in. loaf pan and ice cream scoop at Hy-Vee.



FUN FLAVORS

Use the suggestions below as inspiration. Add as much or as little of almost any mix-in to personalize your ice cream.

CARAMEL CASHEW
lightly salted cashew halves and pieces + caramel topping

PINEAPPLE-MINT
crushed pineapple in syrup + sweetened coconut flakes, toasted, cooled + mint extract

LIME-THYME
fresh lime juice + lime zest + fresh thyme leaves

MONSTER COOKIE
oatmeal cookies with chocolate chips + candy-coated chocolate pieces + creamy peanut butter, microwaved 15 seconds, stirred

RASPBERRY
fresh lemon juice + freeze-dried raspberries + raspberry preserves, melted

S'MORES
miniature marshmallows + coarsely crushed graham crackers + milk chocolate bars, warmed + hot fudge topping, warmed

No-Churn Vanilla Base IN 4 STEPS

Follow this simple method to make about 3 pints of vanilla ice cream. To flavor, stir in cocoa powder or swirl in preserves along with other mix-ins.



1. BEAT 2 cups Hy-Vee heavy whipping cream and 1 tsp. Hy-Vee vanilla extract in a large bowl with an electric mixer on high until stiff peaks form (tips stand straight).



2. STIR together 1 (14-oz.) can Hy-Vee sweetened condensed milk in a separate large bowl with cocoa, juices, extracts or zest mix-ins.

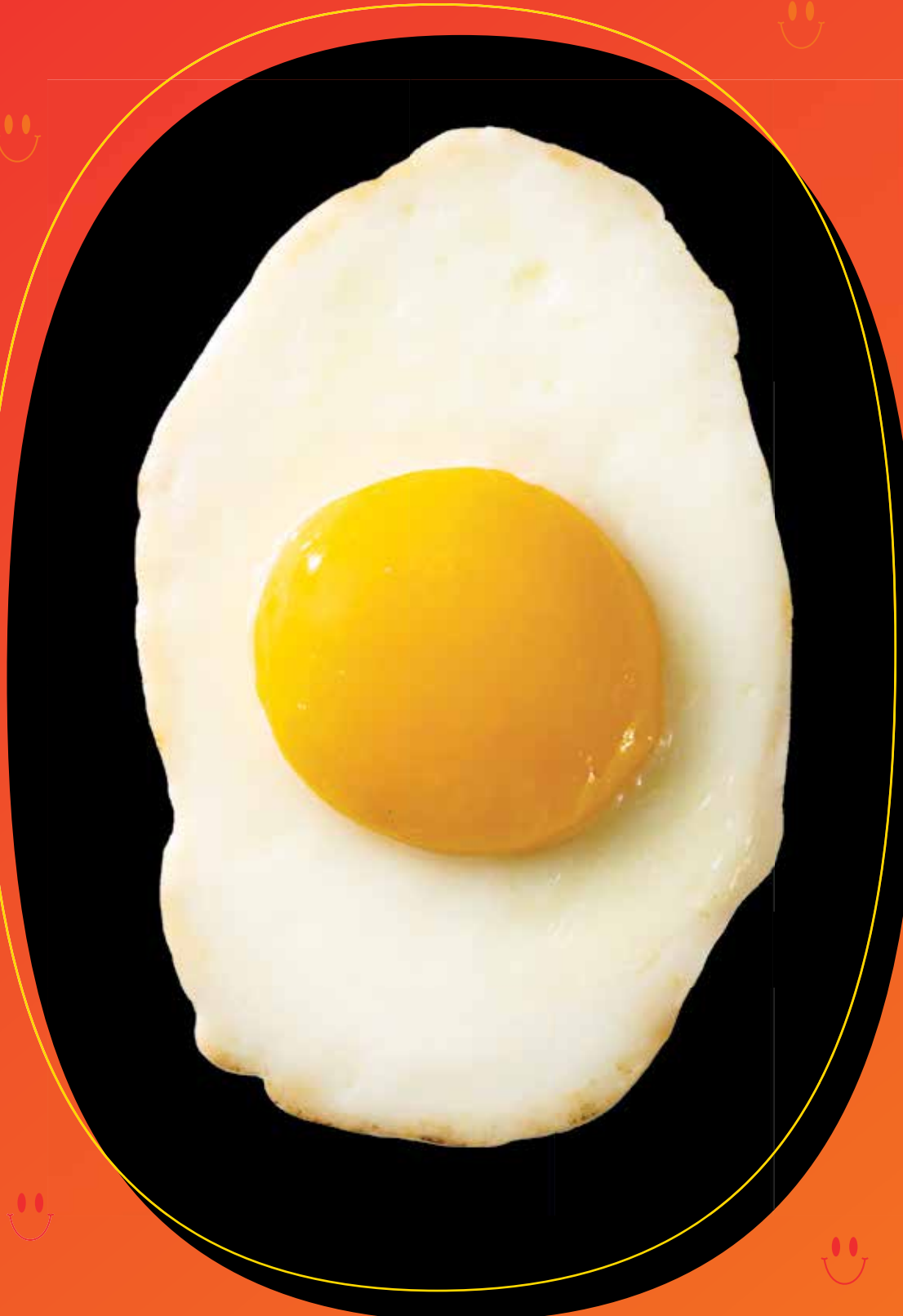


3. FOLD in any solid mix-ins, reserving 1 to 2 Tbsp. to garnish top of ice cream. Fold in whipped cream. Gently swirl in any preserves or toppings.



4. SPREAD mixture in 9x5-in. loaf pan or 2-qt. freezer-safe container. Sprinkle with reserved garnishes. Cover and freeze 6 hours or overnight until firm.

WAYS TO COOK AN EGG



SCRAMBLE UP YOUR EGG ROUTINE with different cooking techniques to enjoy new styles, flavors and textures of eggs on their own or as part of any meal.

1 STEAMED



METHOD: Lightly spray 1 (8-oz.) ramekin with Hy-Vee nonstick cooking spray; set aside. Whisk together 1 Hy-Vee large egg and ½ cup warm water in small bowl until well combined. Pour mixture into prepared ramekin and place in bottom of medium saucepan. Pour enough water in saucepan to

reach halfway up side of ramekin. Bring water to gentle simmer. Cover saucepan; cook over medium heat 12 to 14 minutes or until egg is set. Remove saucepan from heat. Carefully remove ramekin from saucepan. Season to taste with Hy-Vee salt and black pepper. Serves 1.

 **WATER MAKES STEAMED EGGS EXTREMELY TENDER, GIVING THEM A DELICATE CUSTARD-LIKE TEXTURE.**

2 OVER EASY



METHOD: Melt 1 tsp. Hy-Vee unsalted butter in medium nonstick skillet over medium heat. Carefully crack 2 Hy-Vee large eggs into skillet. Reduce heat to low heat; cook 3 to 4 minutes or until egg whites are

completely set. Gently turn eggs over and cook 30 seconds more. Serve immediately. Season to taste with Hy-Vee salt and black pepper. Serves 2 (1 each).


 **FRYING AN EGG ON BOTH SIDES ENSURES THE EGG WHITE IS FULLY COOKED. THE YOLK IS STILL CREAMY, BUT MORE SET THAN SUNNY SIDE UP.**

3 SCRAMBLED



METHOD: Whisk together 3 Hy-Vee large eggs and 2 tsp. Hy-Vee 2% reduced-fat milk in medium bowl until well combined. Spray small skillet with Hy-Vee nonstick spray; heat over medium-low heat. Pour egg mixture into skillet. When bottom begins to


set, use a spatula to stir the mixture and form large curds. Continue cooking and stirring until eggs are cooked through but still glossy. Remove from heat; serve immediately. Season to taste with Hy-Vee salt and Hy-Vee black pepper. Serves 2.

 **WITH WHITES AND YOLKS MIXED TOGETHER, SCRAMBLED EGGS ARE EASY TO SCALE UP TO FEED A CROWD.**



4 Tomato Basil Omelet with Goat Cheese

METHOD: Whisk together 2 Hy-Vee large eggs and 2 tsp. Hy-Vee heavy whipping cream in medium bowl until well combined. Heat ½ Tbsp. Hy-Vee unsalted butter in 8-in. nonstick skillet over medium-high heat. Pour in egg mixture; gently tilt skillet to coat bottom with egg mixture. Cook about 10 seconds. Carefully lift cooked edges of egg using silicone spatula; tilt skillet so liquid egg mixture can flow underneath towards middle. Cook 1 to 2 minutes or until set. Top half of omelet with 1 Tbsp. goat cheese crumbles, 2 sliced Hy-Vee sweet grape tomatoes and ½ Tbsp. chopped fresh basil. Fold in half. Season to taste with Hy-Vee salt and black pepper. Serves 1.

 **THIS VERSION OF THE BREAKFAST FAVORITE ACTS ALMOST LIKE BREAD IN A SANDWICH—ADD IN FIXINGS BEFORE FOLDING FOR A SATISFYING MEAL.**

Consuming unpasteurized, undercooked eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

BAKED

Baked Egg Muffins with Smoked Salmon

Hands On
10 minutes
Total Time
36 minutes plus
cooling time
Serves 12 (1 each)

Hy-Vee nonstick
cooking spray
12 Hy-Vee large eggs
½ cup crème fraîche
1 Tbsp. chopped
fresh dill
1 Tbsp. refrigerated
prepared
horseradish
½ tsp. kosher salt
½ tsp. Hy-Vee black
pepper
1 (3-oz.) pkg. Fish
Market smoked
Alaska sockeye
salmon, chopped
½ cup Hy-Vee
shredded
mozzarella cheese
½ cup chopped
green onions,
plus additional
for garnish

1. **PREHEAT** oven to
350°F. Spray
12 (2½-in.) muffin
cups with nonstick
spray; set aside.

2. **WHISK** together
eggs, crème fraîche,
dill, horseradish,
salt and pepper in
large bowl. Stir in
salmon, mozzarella
cheese and ¼ cup
green onions.

3. **POUR** egg mixture
evenly into prepared
muffin cups. Bake
24 to 26 minutes or
until eggs are set
along edges and
internal temperature
reaches 165°F. Cool
in muffin cups for
10 minutes. Loosen
from cups with a knife;
remove egg muffins
from muffin cups.

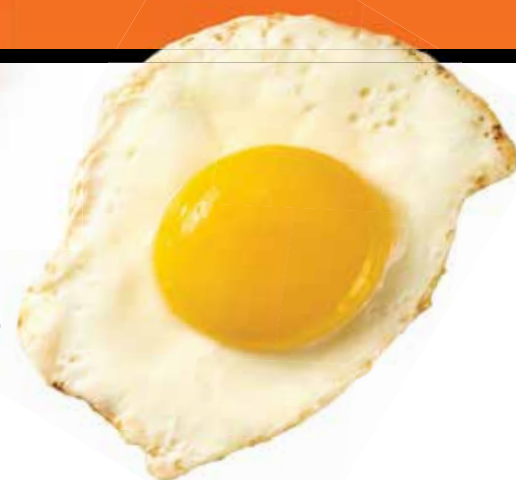
4. **SERVE** warm
or store in airtight
container in refrigerator
up to 1 week. To reheat,
microwave on HIGH
20 to 25 seconds
before serving.

Per serving:
120 calories, 9 g fat,
3.5 g saturated fat,
0 g trans fat,
200 mg cholesterol,
280 mg sodium,
1 g carbohydrates,
0 g fiber, 1 g sugar
(0 g added sugar),
41 g protein. Daily Values:
Vitamin D 6%,
Calcium 6%, Iron 6%,
Potassium 2%

eggs for every
meal: breakfast
10 minutes of prep
provides breakfasts
lasting all week.



**FRYING ONLY ONE SIDE
LEAVES A CREAMY YOLK,
CRISPY EDGES AND
GENTLY-SET WHITES.**



6 SUNNY SIDE UP

METHOD: Melt 1 tsp. Hy-Vee unsalted butter in medium nonstick skillet over medium heat. Carefully crack 2 Hy-Vee large eggs into skillet. Reduce heat to low heat; cook 3 to 4 minutes or until egg whites are completely set and yolks begin to thicken. Serve immediately. Season to taste with Hy-Vee salt and black pepper. Serves 2 (1 each).



7 SOFT-BOILED

METHOD: Fill medium saucepan with water; bring to simmer over medium heat. Gently place 6 Hy-Vee large eggs in water with a spoon. Cook, uncovered, 6 minutes. Remove eggs; immediately place in ice water. Let stand 3 minutes. Peel eggs; serve immediately or cover and refrigerate up to 3 days. Season to taste with Hy-Vee salt and black pepper. Serves 6 (1 each).



A SHORT BOILING TIME CREATES SMOOTH, SILKY WHITES WITH A STILL-FLUID YOLK—A PERFECT TOAST TOPPER.

HY-VEE EGG STAPLES

SPEED PREP WITH QUICK AND EASY EGG PRODUCTS FROM HY-VEE.



Microwavable breakfasts, tender and tasty egg wraps and ready-to-scramble 100% egg whites make mealtimes easy.



CLOUD EGGS

METHOD: Preheat oven to 450°F. Spray baking sheet with Hy-Vee nonstick cooking spray; set aside. Separate 4 Hy-Vee large eggs, placing whites in medium bowl and egg yolks each into prep dishes, keeping yolks intact. Beat egg whites with electric mixer 6 to 7 minutes or until stiff peaks form (tips stand straight). Spoon 4 egg white mounds

onto prepared baking sheet. Make indentation in each egg white mound using back of a spoon. Bake 3 to 4 minutes or until lightly browned. Remove from oven and gently slide each egg yolk from prep dish into indentation. Bake 4 to 5 minutes more or until yolks are set. Serve immediately. Serves 4 (1 each).



KIDS WILL LOVE THE EGGY MARSHMALLOW TEXTURE OF PUFFY EGG WHITES AROUND A YELLOW YOLK SUN! FOLD PARMESAN CHEESE INTO THE WHITES FOR MORE STRUCTURE.



Tarragon-and-Shallot Egg Salad Sandwich

Total Time 35 minutes plus standing and chilling time
Serves 4

8 Hy-Vee large eggs
½ cup thinly sliced celery

½ cup Hy-Vee mayonnaise
2 Tbsp. finely chopped shallot
2 Tbsp. chopped fresh tarragon
1 Tbsp. Gustare Vita white wine vinegar
½ Tbsp. Hy-Vee Dijon mustard
1 tsp. lemon zest
½ tsp. kosher salt
½ tsp. Hy-Vee black pepper
8 slices Hy-Vee Bakery sourdough bread, toasted
Desired fixings, such as butterhead lettuce leaves and/or sliced radishes

1. PLACE eggs in single layer in large saucepan. Add enough water to cover at least 1 in. above eggs. Cover saucepan and bring to a boil. Remove saucepan from heat. Let eggs stand, covered, in hot water 15 minutes. Drain; immediately run cold water over edges or place in ice water to completely cool.

2. PEEL and chop eggs. Combine chopped eggs, celery, mayonnaise, shallot, tarragon, vinegar, Dijon mustard, lemon zest, salt and pepper in medium bowl. Cover and refrigerate at least 2 hours before serving.

3. TO ASSEMBLE SANDWICHES, top 4 slices toasted bread with desired fixings. Add egg salad and top with additional desired fixings and remaining toasted bread slices. Serve sandwiches immediately or cover and refrigerate up to 2 hours.

Per serving: 520 calories, 34 g fat, 7 g saturated fat, 0 g trans fat, 390 mg cholesterol, 960 mg sodium, 35 g carbohydrates, 2 g fiber, 2 g sugar (0 g added sugar), 17 g protein. Daily Values: Vitamin D 10%, Calcium 6%, Iron 15%, Potassium 4%



Scan the QR Code for a quick and easy pressure cooker hard-boiled egg recipe.

eggs for every meal: lunch

Easily chop up for protein-filled egg, tuna and leafy green salads.

HARD-BOILED

HY-VEE SHORT-CUTS HARD-BOILED EGGS ARE PEELED AND READY TO EAT.

Spicy Marinara Pasta with Poached Eggs

Total Time 1 hour
Serves 4

2 Tbsp. chili oil, divided
1 cup cherry tomatoes
½ Tbsp. Hy-Vee crushed red pepper
2 tsp. bottled chopped garlic
1 (17.6-oz.) jar Gustare Vita tomato basil pasta sauce
½ cup chopped fresh basil, plus additional basil leaves for garnish
½ (16-oz.) pkg. Gustare Vita whole wheat spaghetti
1 Tbsp. Hy-Vee white distilled vinegar
4 Hy-Vee large eggs
Soirée shaved Parmesan cheese, for serving

1. HEAT 1 Tbsp. chili oil in large saucepan over medium heat. Add cherry tomatoes, crushed red pepper and garlic. Cook and stir for 30 seconds or until fragrant. Add pasta sauce and ½ cup basil. Reduce heat to medium-low heat. Simmer, uncovered, 15 minutes. Remove from heat.

2. COOK spaghetti according to pkg. directions. Drain; toss with remaining 1 Tbsp. chili oil and set aside.

3. FILL medium saucepan with water. Add vinegar; bring to a boil. Reduce to a simmer. Use large spoon to stir water. While water is moving, carefully crack eggs into water. Gently simmer, uncovered, 3 to 4 minutes or until yolks just begin to thicken. Using a slotted spoon, remove eggs from water and place on paper towel-lined plate.

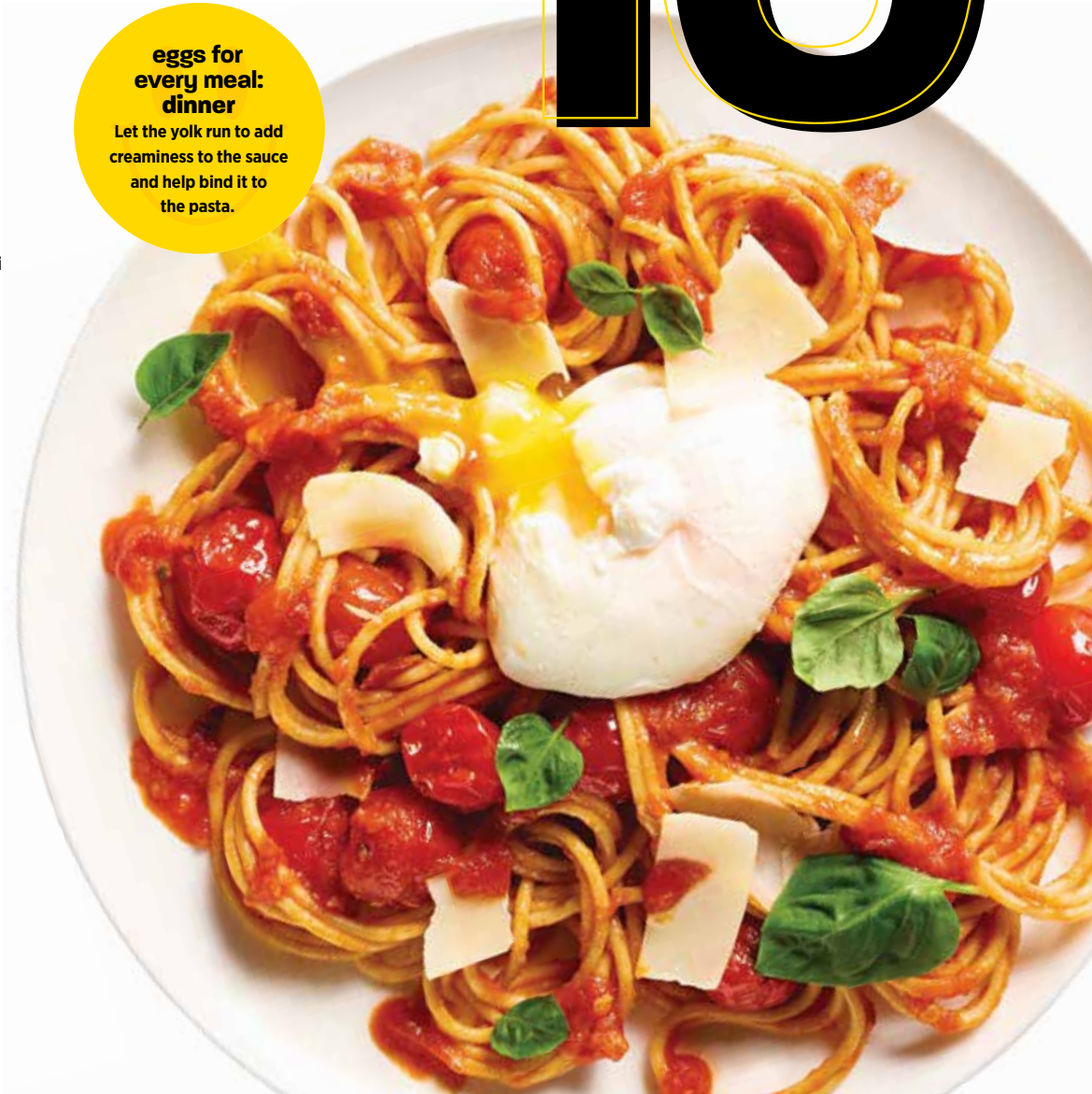
4. TO SERVE, heat sauce over medium-low heat and add cooked pasta; toss to coat. Transfer to 4 serving plates; top each with poached egg. Garnish with additional basil and shaved Parmesan, if desired.

Per serving: 330 calories, 13 g fat, 2.5 g saturated fat, 0 g trans fat, 185 mg cholesterol, 125 mg sodium, 44 g carbohydrates, 7 g fiber, 4 g sugar (0 g added sugar), 14 g protein. Daily Values: Vitamin D 6%, Calcium 4%, Iron 15%, Potassium 10%

POACHED

eggs for every meal: dinner

Let the yolk run to add creaminess to the sauce and help bind it to the pasta.



HOW TO POACH AN EGG Poaching eggs is all about the momentum you get while swirling the water. Adding white distilled vinegar helps the egg whites firm faster.



1 Boil water and 1 Tbsp. white distilled vinegar over high heat in a medium saucepan. Once boiling, reduce to low heat.



2 Using a large spoon, stir water in a circular motion until it is moving rapidly. Carefully crack eggs, one at a time, into the swirling water.



3 Cook for 3 to 4 minutes, or until yolks begin to set. Use a slotted spoon to transfer eggs to a plate lined with paper towels.

30
MINUTE

seafood
skillets

GET ONE-PAN MEALS
ON YOUR TABLE
FAST, STARRING
FLAVORFUL FISH
FROM HY-VEE.

Grilled Lemon-Garlic Lobster Tails

Total Time 30 minutes
Serves 4

4 (7-oz.) Fish Market cold-water
lobster tails
½ cup Hy-Vee unsalted butter, melted
2 tsp. lemon zest
1 Tbsp. fresh lemon juice
2 Tbsp. finely chopped fresh rosemary,
plus additional for garnish
1 Tbsp. finely chopped fresh chives,
plus additional for garnish
¼ tsp. Hy-Vee crushed red pepper,
plus additional for garnish
4 cloves garlic, minced
¼ tsp. kosher salt
½ tsp. cracked black pepper
Lemon wedges, for serving

1. PREHEAT charcoal or gas grill for direct
cooking over medium heat (350°F). Place
large cast iron skillet on grill rack; preheat
10 minutes.

2. USING kitchen shears, cut through
top of lobster shells, down the center,
just to tails. Split shells. Use thumbs and
fingers to spread shells open. Gently
loosen lobster meat from shells, leaving
tail portions attached and lobster meat
in shells; set aside.

3. STIR together butter, lemon zest and
juice, 2 Tbsp. rosemary, 1 Tbsp. chives,
¼ tsp. red pepper, garlic, salt and black
pepper in small bowl. Spoon butter
mixture over lobster.

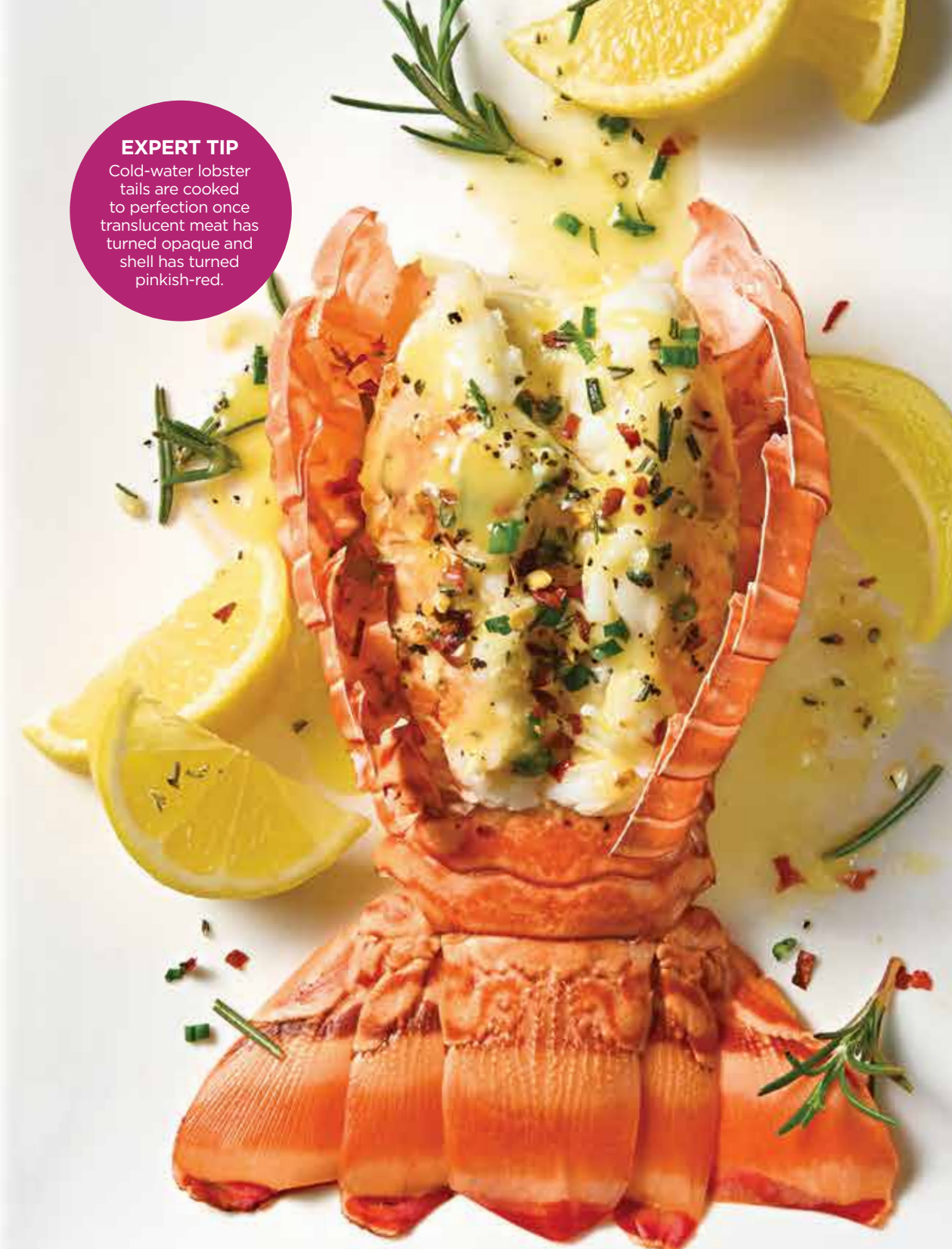
4. TRANSFER lobster tails to hot skillet.
Grill 12 to 15 minutes or until lobster
reaches 145°F.

5. TO SERVE, transfer lobster tails to
serving plates. Garnish with additional
rosemary, chives and crushed red
pepper; serve with lemon wedges,
if desired.

Per serving: 430 calories, 26 g fat,
15 g saturated fat, 1 g trans fat,
200 mg cholesterol, 480 mg sodium,
7 g carbohydrates, 0 g fiber, 0 g sugar
(0 g added sugar), 41 g protein. Daily Values:
Vitamin D 0%, Calcium 8%, Iron 15%, Potassium 8%

EXPERT TIP

Cold-water lobster
tails are cooked to
perfection once
translucent meat has
turned opaque and
shell has turned
pinkish-red.



Hy-Vee Fish Market

Feel good about your buy. Hy-Vee's "Responsible Choice" logo indicates the seafood was farmed or caught in a 100% sustainable way to maintain sea life population and protect sea species. If you have questions about specific seafood products, ask the experts in your local Hy-Vee Seafood Department for cooking techniques and recipe ideas.





EXPERT TIP

To keep fish skin from curling, use a fish spatula to gently apply pressure to the trout fillet after placing in the hot pan.

Trout with Mediterranean Salsa

Total Time 30 minutes
Serves 2

1 Tbsp. plus 1½ tsp. Gustare Vita olive oil, divided
1 Tbsp. Hy-Vee unsalted butter, melted
3 cloves garlic, thinly sliced
1½ tsp. finely chopped fresh oregano
1½ tsp. finely chopped fresh thyme

¼ tsp. coarsely ground Hy-Vee black pepper
½ tsp. kosher salt
1 (8- to 10-oz.) Fish Market fresh rainbow trout fillet, skin on, about ¾ in. thick
½ cup halved cherry tomatoes
1 Tbsp. drained Gustare Vita capers
½ cup fresh Bing cherries, pitted and quartered

2 Tbsp. finely chopped Italian parsley, plus additional for garnish
1 Tbsp. sliced Hy-Vee jumbo queen olives, chopped

1. PREHEAT oven to 425°F. Add 1 Tbsp. olive oil in large cast iron skillet; heat skillet in oven for 10 minutes.

2. STIR together butter, garlic, oregano, thyme, pepper and salt in small bowl; set aside.

3. REMOVE skillet from oven. Place fish, skin side down, in skillet; drizzle butter mixture over fish. Add tomatoes and capers. Bake 10 to 12 minutes or until fish reaches 145°F.

4. FOR SALSA, stir together cherries, 2 Tbsp. parsley, olives and remaining 1½ tsp. olive oil in small bowl. Serve salsa over fish. Garnish with additional parsley, if desired.

Per serving: 320 calories, 21 g fat, 6 g saturated fat, 0 g trans fat, 80 mg cholesterol, 490 mg sodium, 10 g carbohydrates, 2 g fiber, 6 g sugar (0 g added sugar), 24 g protein.
Daily Values: Vitamin D 0%, Calcium 8%, Iron 10%, Potassium 15%

Lemony Shrimp-and-Orzo Skillet

Total Time 30 minutes
Serves 4 (1½ cups each)

2 Tbsp. Hy-Vee salted butter, divided
2 Tbsp. Gustare Vita olive oil, divided
1 small yellow summer squash, halved and sliced (about 2 cups)
1 lemon, thinly sliced, for garnish
1 shallot, minced
3 cloves garlic, minced
1¼ cups Hy-Vee dry orzo
¼ cup Gustare Vita white wine vinegar
3 cups low-sodium vegetable broth
1 lb. Fish Market 100% natural cooked shrimp (26–30 ct.)
3 cups tightly packed Full Circle Market organic baby spinach
½ tsp. kosher salt
½ tsp. coarsely ground Hy-Vee black pepper
2 tsp. lemon zest
2 Tbsp. fresh lemon juice
Fresh dill, for garnish

1. HEAT 1 Tbsp. butter and 1 Tbsp. olive oil in large skillet over medium-high heat. Add summer squash; cook over medium-high heat 2 to 3 minutes or until golden brown and crisp-tender. Remove from skillet; set aside. For garnish, add lemon slices to skillet; sear 1 minute or until lightly charred on both sides. Remove from skillet and set aside.

2. ADD remaining 1 Tbsp. butter and 1 Tbsp. olive oil to skillet; reduce heat to medium-low heat. Add shallot and garlic; cook 2 to 3 minutes or until softened, stirring occasionally.

3. ADD uncooked orzo to shallot mixture; stir to coat. Stir in vinegar; cook and stir until liquid is absorbed. Add broth; bring to a boil. Reduce heat; gently simmer, uncovered, 10 to 12 minutes or until orzo is al dente and most of the liquid is absorbed.

4. PAT shrimp dry with paper towels. Add shrimp, spinach, salt and pepper; stir to combine. Cook 1 to 2 minutes or until shrimp reach 145°F and spinach is wilted, stirring often. Add squash; stir in lemon zest and juice. Remove from heat. Garnish with charred lemon slices and fresh dill, if desired.

Per serving: 420 calories, 14 g fat, 4.5 g saturated fat, 0 g trans fat, 155 mg cholesterol, 820 mg sodium, 48 g carbohydrates, 3 g fiber, 5 g sugar (0 g added sugar), 21 g protein.
Daily Values: Vitamin D 0%, Calcium 10%, Iron 15%, Potassium 10%



EXPERT TIP

For succulent and plump shrimp, add a sprinkle of salt and baking soda to cold water and let marinate for 15 minutes before cooking.

GRILLERS

COOK BIG-BATCH CASSEROLES AND DESSERTS IN A BAKING PAN ON THE GRILL TO FEED A CROWD IN A FEW SIMPLE STEPS.

A rimmed baking pan gives flaky crusts the support they need to keep their shape.

BBQ Blue Cheese and Chicken Pan Griller

Hands On 30 minutes

Total Time 1 hour 17 minutes plus cooling time

Serves 12

Hy-Vee nonstick cooking spray

1 (15-oz.) pkg. Hy-Vee refrigerated pie crusts (2 ct.), divided

1 Hy-Vee large egg yolk

2 Tbsp. water

2 cups Hy-Vee Kitchen picked rotisserie chicken

¾ cup Kansas City-style barbecue sauce, divided

1 cup shredded carrot

1 medium red onion, thinly sliced

1 (8-oz.) pkg. Soirée fresh mozzarella, shredded

½ cup Soirée blue cheese crumbles

Coarsely-ground Hy-Vee Mediterranean sea salt

1. PREHEAT charcoal or gas grill with two grilling zones: direct grilling over high heat (400°F) and indirect grilling over medium-high heat (375°F). Spray a Wilton 15.25×10.25-in. rimmed baking pan with nonstick spray; set aside.

2. ROLL out one pastry crust on lightly floured surface. Cut pastry into 17½×12½-in. rectangle. Fold pastry in half and place in prepared pan. Unfold and gently ease into bottom and sides of prepared pan. Whisk together egg yolk and water; lightly brush with some of egg mixture on edges of pastry crust.

3. TOSS chicken with ¼ cup barbecue sauce. Layer chicken mixture, carrot, red onion slices and mozzarella and blue cheeses on top of crust. Drizzle with remaining ½ cup barbecue sauce.

4. ROLL remaining pastry crust into 15½×10½-in. rectangle. Cut pastry into 1-in.-wide strips. Weave strips in lattice pattern over filling in baking pan; press ends to edges of bottom crust. Trim excess dough from strips, if necessary. Brush lattice with remaining egg yolk mixture; sprinkle with sea salt.

5. PLACE pan griller over indirect heat. Close grill lid; grill 30 to 35 minutes or until filling begins to bubble and top is golden brown, rotating pan halfway through. Move pan griller to direct heat. Close lid; grill 10 to 12 minutes or until crust is golden brown. Remove from heat; cool 10 minutes on wire rack before serving.

Per serving: 300 calories, 13 g fat, 6 g saturated fat, 0 g trans fat, 60 mg cholesterol, 540 mg sodium, 28 g carbohydrates, 0 g fiber, 8 g sugar (1 g added sugar), 13 g protein. **Daily Values:** Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 2%

PANS THAT CAN
Hy-Vee has grill-safe pans and baking sheets.



3 EASY GRILLER STEPS



1. Cover rimmed pan with rolled-out pie crust. Brush egg wash on edges of crust.



2. Layer ingredients; top with second crust. Brush top crust with egg wash.



3. Grill until filling is bubbly and top crust is golden brown. Tent with foil if overbrown.



S'mores Pan Griller

Total Time 45 minutes plus cooling time
Serves 12

$\frac{3}{4}$ cup Hy-Vee salted butter
 $1\frac{1}{2}$ cups Hy-Vee graham cracker crumbs
 $\frac{1}{3}$ cup packed Hy-Vee brown sugar
1 (11.5-oz.) pkg. Hy-Vee milk chocolate baking chips
 $\frac{3}{8}$ cup Hy-Vee mini semi-sweet chocolate baking chips
1 (16-oz.) pkg. Hy-Vee marshmallows

1. PREHEAT charcoal or gas grill for indirect cooking over medium-high heat (375°F).

2. PLACE Simply Done 12.25×8.25×1.25-in. foil cake pan on grill rack over indirect heat. Add butter to pan; heat just until melted. Remove pan from grill.

3. STIR graham cracker crumbs and brown sugar into melted butter until well combined. Firmly press crumbs onto bottom of pan using back of spoon or bottom of glass. Top with milk chocolate chips, semi-sweet chocolate chips and single layer of marshmallows.

4. PLACE pan over indirect heat. Close grill lid; grill 12 to 18 minutes or until marshmallows are golden brown. Cool 15 minutes before serving.

Per serving: 490 calories, 24 g fat, 14 g saturated fat, 0 g trans fat, 35 mg cholesterol, 190 mg sodium, 69 g carbohydrates, 1 g fiber, 51 g sugar (47 g added sugar), 5 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 4%

Make marshmallow cleanup easy with a Simply Done disposable pan.



Spinach & Ricotta Pan Griller

Hands On 25 minutes
Total Time 1 hour 10 minutes plus standing time
Serves 12

Hy-Vee nonstick cooking spray
2 Tbsp. Hy-Vee unsalted butter
2 large leeks, trimmed and thinly sliced (white and light green parts only)
1 cup finely chopped red onion
1 tsp. kosher salt, divided

1 (5-oz.) pkg. Full Circle Market organic baby spinach
6 cloves garlic, minced
1 Hy-Vee large egg
1 cup Hy-Vee part-skim ricotta cheese
 $\frac{1}{2}$ cup Soirée traditional feta cheese crumbles
1 tsp. lemon zest
1 tsp. cracked black pepper
 $\frac{1}{2}$ (13.2-oz.) refrigerated puff pastry sheets (1 sheet)

1. PREHEAT charcoal or gas grill for indirect cooking over medium-high heat (375°F). Spray bottom and sides of US Pan 14 $\frac{3}{4}$ ×9 $\frac{1}{4}$ -in. jelly roll pan with nonstick spray; set aside.

2. MELT butter in large skillet over medium heat on stovetop. Add leeks, red onion and $\frac{1}{2}$ tsp. salt. Cook 2 to 3 minutes or until softened, stirring occasionally. Add spinach and garlic. Cook 1 to 2 minutes or just until spinach begins to wilt. Remove from heat; cool slightly.

3. WHISK together egg, ricotta and feta cheeses, lemon zest, pepper and remaining $\frac{1}{2}$ tsp. salt in medium bowl; set aside.

4. UNFOLD puff pastry sheet onto lightly floured work surface; roll to 17×12-in. rectangle. Fold pastry in half and place in prepared pan. Unfold pastry and gently ease into bottom and sides of

prepared pan. Generously prick pastry with a fork.

5. STIR together ricotta and spinach mixtures; spread in pastry-lined pan to within $\frac{1}{2}$ in. of bottom edges. Fold edges of pastry up and over filling to make a border.

6. PLACE pan over indirect heat. Close grill lid; grill 35 to 45 minutes or until pastry is golden brown. Let stand 10 minutes before serving.

Per serving: 150 calories, 9 g fat, 5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 310 mg sodium, 13 g carbohydrates, 1 g fiber, 2 g sugar (0 g added sugar), 6 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 2%



Dazzling Drinks
See how these colorful ice pop cocktails light up any Fourth of July celebration.

Hy-Vee seasons
Watch and learn at Seasons.Hy-Vee.com

RED, WHITE & BLUE FROZEN SANGRIA

For white ice mixture, place 2 cups ice cubes, 4 oz. Moscato d'Asti wine (non-sparkling), 4 oz. canned unsweetened coconut cream and ½ oz. simple syrup in blender. Cover and blend until ice is crushed. Pour into small bowl; freeze. Rinse out blender container. For red ice mixture, place 2 cups Hy-Vee frozen unsweetened whole strawberries, 4 oz. Moscato d'Asti wine and ½ oz. simple syrup in blender. Cover and blend until smooth. Pour into another small bowl; freeze. Rinse out blender container. For blue ice mixture, place 2 cups ice cubes, 4 oz. Moscato d'Asti wine, ½ oz. simple syrup and 2 drops blue gel food coloring in blender. Cover and blend until ice is crushed. To serve, spoon blue ice mixture into 2 (16-oz.) glasses. Top with white and red ice mixtures. Garnish with fresh strawberries and sparklers, if desired. Serves 2 (16 oz. each).

PATRIOTIC ICE POP COCKTAILS

Place 1 (0.24-oz.) pkg. Kool-Aid cherry-flavored popping candy and 1 (0.24-oz.) pkg. Kool-Aid tropical punch-flavored popping candy into separate shallow dishes. Brush rims of 2 (10-oz.) glasses with 1 Tbsp. Hy-Vee light corn syrup. Dip rim of each glass into a different color popping candy. Add ice to glasses; set aside. Add 12 oz. Hy-Vee lemonade and 3 oz. Smirnoff red, white & berry vodka to ice-filled cocktail shaker. Cover and shake until well chilled. Strain into prepared glasses. Garnish each with frozen Bomb Pop original pops, if desired. Serves 2 (8 oz. each).



Garnishes That Pop:
Brush glass rims in corn syrup, then coat with popping candies and finish with Bomb Pops for extra festive drinks.



SHAVED ICE COCKTAILS

Combine 1 (20-oz.) bottle Gatorade G Series Frost Glacier cherry thirst quencher (white) and 1½ oz. lime-infused vodka in 4-cup glass measuring cup; pour into shallow pan or container. Repeat combining 1 (20-oz.) bottle Gatorade G Series fruit punch thirst quencher (red), 1½ oz. cherry-infused vodka and 2 or 3 drops Hy-Vee red food coloring, if desired; pour into another shallow pan or container. Combine 1 (20-oz.) bottle Gatorade G Series Cool Blue thirst quencher (blue), 1½ oz. UV Blue raspberry-flavored vodka and 2 or 3 drops Hy-Vee blue food coloring, if desired; pour into third shallow pan or container. Freeze each overnight or until frozen. To serve, shave by using the tines of a fork to scrap over each frozen Gatorade mixture to make a snow-like mixture. Spoon and mound each colored mixture into 2 (8-oz.) cocktail glasses. Serves 6 (16 oz. each).



Scan the QR Code for even more festive Fourth of July drink recipes.

★ **USE:** Gatorade G Series fruit punch thirst quencher for red coloring

★ **USE:** Gatorade G Series Glacier cherry thirst quencher for white coloring

★ **USE:** Gatorade G Series Cool Blue thirst quencher for blue coloring

Simple Scoop:
Use large ice cream scoop to dish up uniform cocktails for a crowd.

Summer Canned Cocktails

Stock your cooler with these ready-to-drink sippers.

Cutwater Lime Tequila Margarita
Blend of tangy lime and floral tequila.

Tanqueray The Classic Gin & Tonic
London Dry gin mixed with signature tonic.

Zing Zang Bloody Mary
Spiced award-winning mix with vodka.

Malibu Cocktail Strawberry Daiquiri
Smooth rum with natural fruit flavors.

Nütrl Vodka Seltzer
Fizzy seltzer, vodka and real pineapple juice.

Crown Royal Whisky & Cola
Canadian whisky with bubbly cola.



TOP-NOTCH BRATS

HY-VEE BRATS COOK UP CRISPY ON THE OUTSIDE, JUICY ON THE INSIDE AND ARE READY FOR AN ARRAY OF TOPPINGS. HERE'S HOW TO GRILL THEM LIKE A PRO, WHATEVER FLAVOR YOU CHOOSE.



BRAT GRILLING TIPS

- Brush the grill rack with oil to prevent food from sticking.
- Caramelize the entire brat by rotating often.
- Get proper air circulation and uniform cooking by evenly spacing brats over the grill's flame.
- To keep juices from leaking out, avoid poking holes into brats.

we've got brats

CLASSIC

- Apple & Brown Sugar Maple
- Bacon Cheddar
- Beer
- Chipotle Pepper Jack
- Chorizo
- Fresh Cheddar
- Green Onion
- Hot Italian
- Jalapeño Cheddar
- Mild Italian
- Pineapple
- Pizza

SPECIALTY

- Angry Orchard Hard Cider
- Golden Road Mango Cart
- Kingdom Blonde Ale
- Kona Wave Pineapple

SKINLESS

- Bacon Cheddar
- Busch Light
- Jalapeño Cheddar
- Pineapple
- Pork

PATTY

- Bacon Cheddar
- Busch Light
- Jalapeño Cheddar
- Pineapple
- Pork



A BUN FOR EVERY BRAT

VISIT THE HY-VEE BAKERY FOR FRESHLY MADE WHITE, WHEAT, BRIOCHE AND HY-WAIIAN BRAT BUNS.

top 'em off

HIGHLIGHT AND COMPLEMENT THE FLAVORS OF GRILLED HY-VEE BRATS WITH THESE ULTIMATE TOPPING COMBOS.

GRILL BRATS OVER MEDIUM-LOW HEAT FOR ABOUT 20 MINUTES OR UNTIL THE INTERNAL TEMPERATURE REACHES 165°F.



Chicago-Style Beer Brat Hy-Vee Meat Department beer bratwurst, grilled + Hy-Vee Bakery brat bun, toasted + sliced roma tomato + Hy-Vee sweet relish + Hy-Vee refrigerated kosher dill pickle spears + finely chopped white onion + Hy-Vee original yellow mustard + Hy-Vee mild banana pepper rings, drained + poppy seeds



Gameday Brat Hy-Vee Meat Department bacon & Cheddar bratwurst, grilled + Hy-Vee Bakery brat bun + Hy-Vee shredded sharp Cheddar cheese + Hy-Vee double smoked thick sliced bacon, cooked and chopped + Hy-Vee lightly salted crispy onions + Hy-Vee spicy Buffalo mayo dip and sauce + Full Circle Market organic arugula



Philly-Style Brat Hy-Vee Meat Department skinless green onion bratwurst, grilled + Hy-Vee Bakery brat bun, toasted + Hy-Vee sliced provolone cheese + sliced white onion, cooked + sliced green and/or red bell peppers, cooked + sliced baby bella mushrooms, sautéed



Margherita Pizza Brat Hy-Vee Meat Department pizza seasoned bratwurst, grilled + Hy-Vee Bakery brioche brat bun, toasted + Gustare Vita basil pesto + sliced fresh mozzarella, melted + Hy-Vee traditional pasta sauce + halved cherry tomatoes + Soirée shaved Parmesan cheese + fresh basil



Pepper Rally Brat Hy-Vee Meat Department jalapeño and Cheddar bratwurst, grilled + Hy-Vee Bakery sesame seed brat bun + shredded red cabbage + Hy-Vee sliced mild jalapeños, drained + hot chili paste (sambal oelek) + sliced green onion + chopped Hy-Vee honey roasted peanuts



Apple Thyme Brat Hy-Vee Meat Department apple & brown sugar maple bratwurst, grilled + Hy-Vee Bakery wheat brat bun + apple maple bacon jam + cored and thinly sliced Red Delicious apple + Hy-Vee Short Cuts chopped red onions + chopped fresh thyme

GRILLED PINEAPPLE BRATWURST KABOBS



Hy-Vee Meat Department pineapple bratwurst

+



Hy-Vee Short Cuts pineapple

+



red bell pepper

+



red onion

+



That's Smart! Original Barbecue sauce

Cut 6 Hy-Vee Meat Department pineapple bratwursts into 1-in. pieces. Alternately thread bratwurst pieces, 1 (8-oz.) container Hy-Vee Short Cuts pineapple; 2 medium red bell peppers, seeded and cut into 1-in. pieces; and ½ medium red onion, cut into 1-in. pieces onto 6 (10-in.) metal skewers. Grill over medium heat (350°F) for 15 to 18 minutes or until bratwursts reach 165°F, turning halfway through and brushing with ¾ cup That's Smart! Original Barbecue sauce during the last 5 minutes. Remove from grill; cool 5 minutes before serving. If desired, serve with additional barbecue sauce. Serves 6 (1 each).



GRILLING SAFELY

• To avoid spoilage when shopping, pick up perishable items such as meat shortly before checkout. Perishable items should only be kept at room temperature for under two hours, according to the USDA.



This CALLS FOR A Grill

MAKE Every Day SIZZLE



FIND IN THE REFRIGERATED MEATS SECTION

©2022 Tyson Foods, Inc.

Taste the sound of summer



Coca-Cola
Real Magic™

© 2022 The Coca-Cola Company.

AND INSTANTLY, ALL THE
QUESTIONABLE NECKTIES HE'S
RECEIVED OVER THE YEARS
ARE FORGOTTEN.



GIVE HIM A TOP-SHELF FATHER'S DAY GIFT THIS YEAR.

He taught you to ride a bike, you help him smell great. Seems like a fair trade to us. And he'll be thrilled to receive a brick of Duke Cannon Big American Bourbon Soap that enables him to enjoy a daily dose of whiskey without worrying about being pulled over. Here's to you, pop.



life

Grab drinks with
Jason Derulo,
find Dad a gift
and see how
Hy-Vee can
make your
wedding bloom.



- 68** JASON DERULO:
THE SKY'S THE LIMIT
- 74** SHOP LOCAL
- 78** BEST DAD EVER!
- 82** BANK ON HY-VEE
- 84** WEDDING BLOOMS
- 88** OH BABY!
- 92** ECO-FRIENDLY
BEAUTY



Jason Derulo, 32, made history last year as the first solo artist to top the Billboard Pop Songs Chart for the last three subsequent decades (2000s to 2020s). He's a social media influencer, with a remarkable 52 million TikTok followers, who recently grabbed the attention of Bedlam Vodka—a spirit he tasted and liked so much he invested in it—available at Hy-Vee. Derulo says, "We just got to talking and realized there was a real synergy there, so I became a part owner of the company."

Through his work, Derulo is known as a natural showman—and even reaffirmed when we asked him to dance on the walkway above his swimming pool, which in this case, served as a stage against L.A.'s dramatic deep-blue evening skyline. Derulo's moves—a curated mix of ballet, jazz, hip-hop and freestyle—breathe life into the songs he writes and performs. His memorable tracks, most of which start with a signature opening line of him singing his own name, include pop, R&B and steamy club songs.

He's committed to giving audiences his best, like stars used to give. "When I was coming up, and before my time, people were putting on a real show—singing, dancing, going all out. Now people go on stage with a white T-shirt and that's their show," says Derulo. "I come from a totally different school. I think after a show you should feel like you ran a marathon. You should leave it all on the floor."

Born in Miami to Haitian immigrants, Jason Joel Desrouleaux, simplified later for stage purposes to Derulo, was immersed in his native culture with a tight-knit family, speaking Creole at home. His parents were driven by the promise of achieving the American dream. His mom worked two jobs, in time graduating from law school, and his dad ran an import business.

At 4, Derulo saw an unforgettable influence. "Michael Jackson was the first big inspiration, the sole reason I started singing and dancing in the first place. In my heart of hearts, I knew I was meant to be a performer and entertainer," says Derulo.

DERULO

**THE SKY'S
THE LIMIT**

A MULTIPLATINUM POP STAR, BUSINESSMAN AND ONE OF THE BIGGEST SOCIAL MEDIA INFLUENCERS TODAY, JASON DERULO IS NOW COLLABORATING WITH BEDLAM VODKA, AVAILABLE AT HY-VEE.



His parents recognized early on that his desire to be a performer wasn't just a childish dream; he had talent. From age 8 he attended performing arts schools in Miami and New York, studying opera, theater and ballet.

But by the time Derulo hit junior high he wanted to play basketball. When he got cut from the team he headed to a neighborhood court to practice. There, he met Frank Harris, a former semiprofessional basketball player and law student. Harris helped Derulo with his game for a few years and later learned that the kid who struggled on the court had greater skills as an entertainer.

Harris had contacts in the music industry and put Derulo in front of some decision-makers who recognized his talent. By age 16, Derulo was writing songs, like "Bossy," for Birdman and other artists. The following year he won the TV program, "Showtime at the Apollo," which led to a recording deal and release of his first song, "Whatcha Say," which hit No. 1 on the Billboard Hot 100.

"My biggest mentor is my manager, Frank," Derulo says. "Since I was 12 years old, he's been with me. He guided me well and taught me all about the music industry and about business. He's just in my corner, really helping me navigate through my professional and private life," says Derulo.

Derulo continues to work with Harris, but he now also records and

partners with other artists, trains with choreographers, writes music and sings, as well as has a hand in overall creative decision-making and production tasks.

"I take a piece of everybody I've ever worked with," he says. "Just being in the studio and seeing the work ethic of these artists, I'm like, 'What can I learn from this person?' And it may not necessarily be something you can put your finger on, but just being around that kind of energy, it motivates you in a way you couldn't imagine," he says.

But a competitive marketplace bursting with diverse streaming services and competition requires more from today's artists. "In 2022 you can no longer just compete against musicians," says Derulo. "There's just way too much going on... You're fighting for attention. I see myself as an entertainer... competing for people's time. So if I can get people's time on TikTok, that is just as valuable as my time as a musician."

You could say he, like the lyrics of his recent hit, "Acapulco," is "just riding the wave," with engaging posts that churn the seas of social media and go viral, sometimes repeatedly. But, his trajectory to stardom and influencer isn't luck. The videos are intentional and well-produced with attention-grabbing antics—such as when Derulo "found" Pokémon in his pool or pretended to lose his front teeth when eating corn—that

entertain millions. He's taking what he's learned from building his social media brand to help others trying to make it. "I'm actually starting an agency for influencers to help push that ball forward," says Derulo, who has written a book on social media he says will be coming out soon.

"You're always competing against the world... we all have very similar dreams and hopes and aspirations. So whether you want to be an athlete, a musician or an influencer, you have to work harder than the people next to you. And chances are the person next to you is not going to make it," says Derulo.

Hard work and choosing to do what you love is his best advice. "It's way easier to put everything into something that you are obsessed with, so find what you love to do with your time and do that to the best of your ability," says Derulo.



THE HIGHLIGHTS

1989

Born September 21 in Miramar, Florida

1997

Begins attending performing arts school; writes first song, "Crush on You"

2006

Graduates from The American Musical and Dramatic Academy in New York; wins grand prize on TV show "Showtime at the Apollo"

2009

Releases first single and becomes the opening act for Lady Gaga's Monster Ball tour

2010

Debut album *Jason Derulo* released

2015

Judge for 2 seasons of TV competition show, *So You Think You Can Dance*

2016

Greatest hits album, *Platinum Hits*, released

2019

Part of ensemble in movie adaptation of *Cats*

2020

Starts posting videos on TikTok and now has more than 52 million followers

2021

Joins management team of Bedlam Vodka

Q. What was your family like growing up?

A. I grew up in a Haitian household; both my parents are Haitian and come from large families. My mom is one of 15 kids. It was really tightly knit. My brother works with me, my tour manager is my cousin, my road manager is my cousin, my assistant is my cousin. It's a lot of us!

Q. You're a new dad. What has that experience been like?

A. It's unbelievable! I feel like it changes your perspective. Because we grow up and we're kind of selfish. We're always thinking about what's best for ourselves and then all of a sudden it's like, "how do I better his life?" Everything revolves around him as opposed to myself now. I don't think that I'll ever tour the same...I can't be away from my son for too long, so that life is done.

Q. What drew you to songwriting?

A. I was always the kind of person who could not remember people's songs, so I would just try to make up my own. I would freestyle a ton and I think that helped with the songwriting muscle.

Q. What has impacted your career the most?

A. One super influential moment was when I broke



Q. Why do you think you have been so successful?

A. I never thought this wasn't possible. I literally felt it in my bones that this is what I'm supposed to do, this is who I am going to be...Find one thing that you're good

at and that you love and go full force with that.

Q. What are you most proud of achieving in your career?

A. The thing I'm proud of most is that I've been able to be at such a high level for such a long period of time. I feel like I've made a lot of history in my life and I think it's still just the beginning. I always am working as if I'm still at the start.

WE ALL HAVE VERY SIMILAR DREAMS AND HOPES. YOU HAVE TO WORK HARDER THAN THE PEOPLE NEXT TO YOU.

-JASON DERULO



**I'VE ALWAYS BEEN
A VODKA GUY. AND
I JUST FELL IN
LOVE WITH BEDLAM.
THIS IS REALLY,
REALLY GOOD VODKA...
YOU GET THE
FANTASTIC TASTE
WITHOUT THE BURN.
AND IT'S JUST A
REALLY GREAT VALUE.**

-JASON DERULO

Bedlam Vodka

**JASON DERULO
HAS BROUGHT
HIS BRANDING
EXPERTISE TO
THE MANAGEMENT
TEAM OF BEDLAM
VODKA, BILLED AS
THE "UNVODKA"
DUE TO ITS
SMOOTH TASTE.**

Bedlam Vodka is made from American-grown long-grain white rice, which gives it a silky, slightly vanilla flavor that sets it apart from other popular vodkas. The unique flavor is retained because it is only distilled once. It is a grain-to-glass vodka, which means it is made from rice sourced locally to Graybeard Distillery in North Carolina. "It doesn't burn going down," Derulo says. "You get the best of both worlds. You get the fantastic taste without the burn. And it's a really great value." The team at Bedlam is hoping to use Derulo's ability to blend substance and style along with Bedlam Vodka's unique flavor profile to direct its marketing campaign as it tries to disrupt the vodka industry with its nationwide launch.

THE NEW BEST FRIEND COCKTAIL

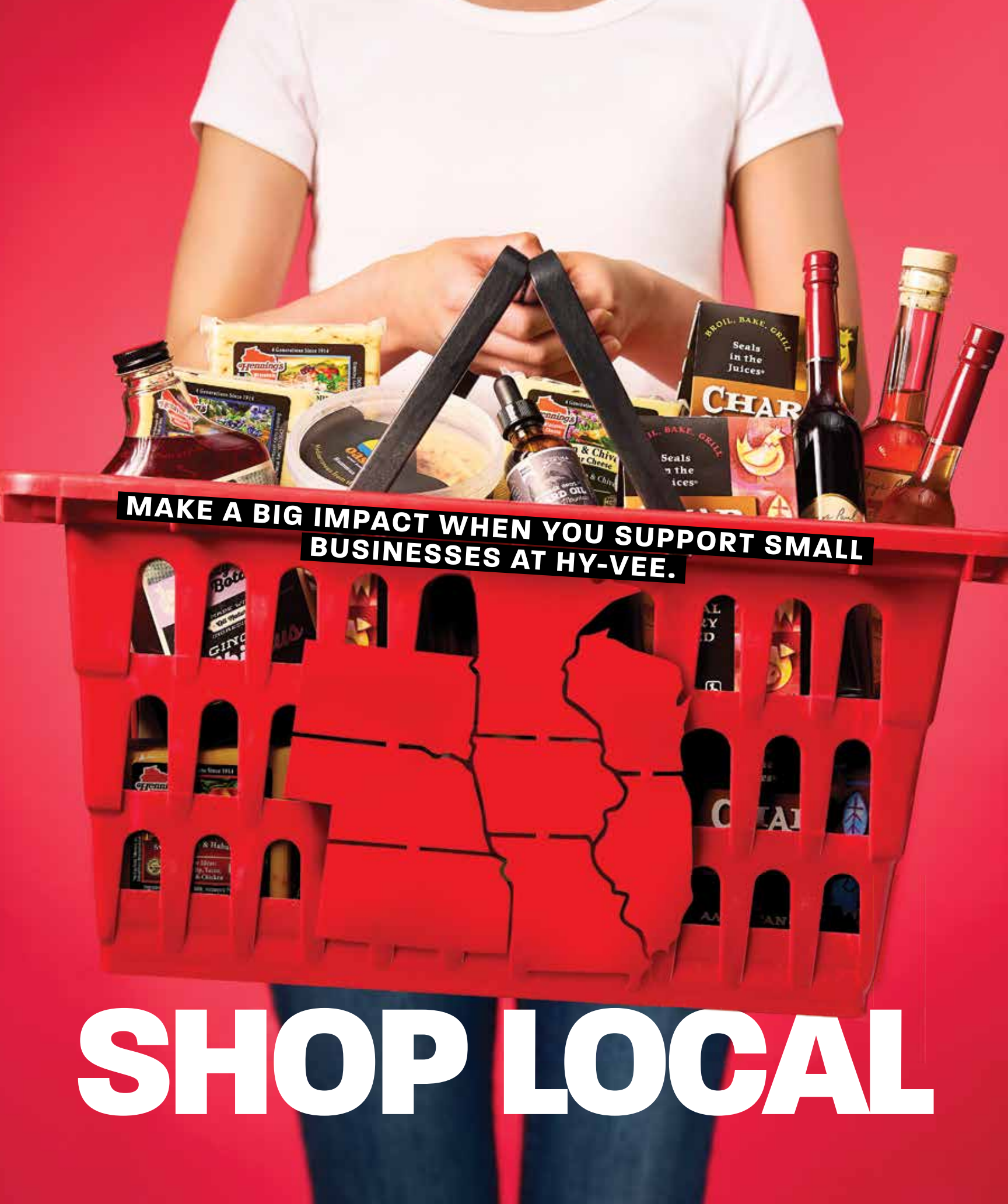
Add ¾ oz. Bedlam vodka, ¾ oz. Grand Marnier liqueur, ¾ oz. Pimm's No. 1 liqueur, ¾ oz. fresh lime juice, ¼ oz. honey syrup,* 4 strawberry slices, 2 habanero pepper slices and 2 serrano or jalapeño pepper slices to an ice-filled cocktail shaker. Cover and shake well until chilled. Strain into 1 (10-oz.) ice-filled glass. Top with 1 oz. Hy-Vee club soda. Garnish with sliced habanero pepper, sliced strawberry and whole serrano or small jalapeño pepper skewered on a cocktail pick, if desired. Serves 1 (4 oz.).

**Look for honey syrup in your Hy-Vee Wine and Spirits Department, or make your own by stirring together 1 tsp. Hy-Vee honey and ½ tsp. warm water.*



Watch Jason Derulo make this cocktail on The Beard Behind the Bar—and **SHOP** the barware you see in this episode on [HSTV.com](https://www.hstv.com)





POWERING LOCAL BRANDS

Hy-Vee is committed to supporting local economies and communities. Find out why you should, too.

Buying from brands made near you puts money back into the local economy. When you spend money within your community, those business owners will be able to do the same. This keeps money circulating regionally, increasing the community's tax revenue and standard of living.

Supporting small businesses creates jobs. When brands are successful and profitable, they're able to grow. This growth can lead to a need for more local employees.

Specialty products can bring in outside funds. When neighborhood businesses have the ability to develop unique items, visitors may come from other cities, towns or states to buy those products—which means more money for your community.

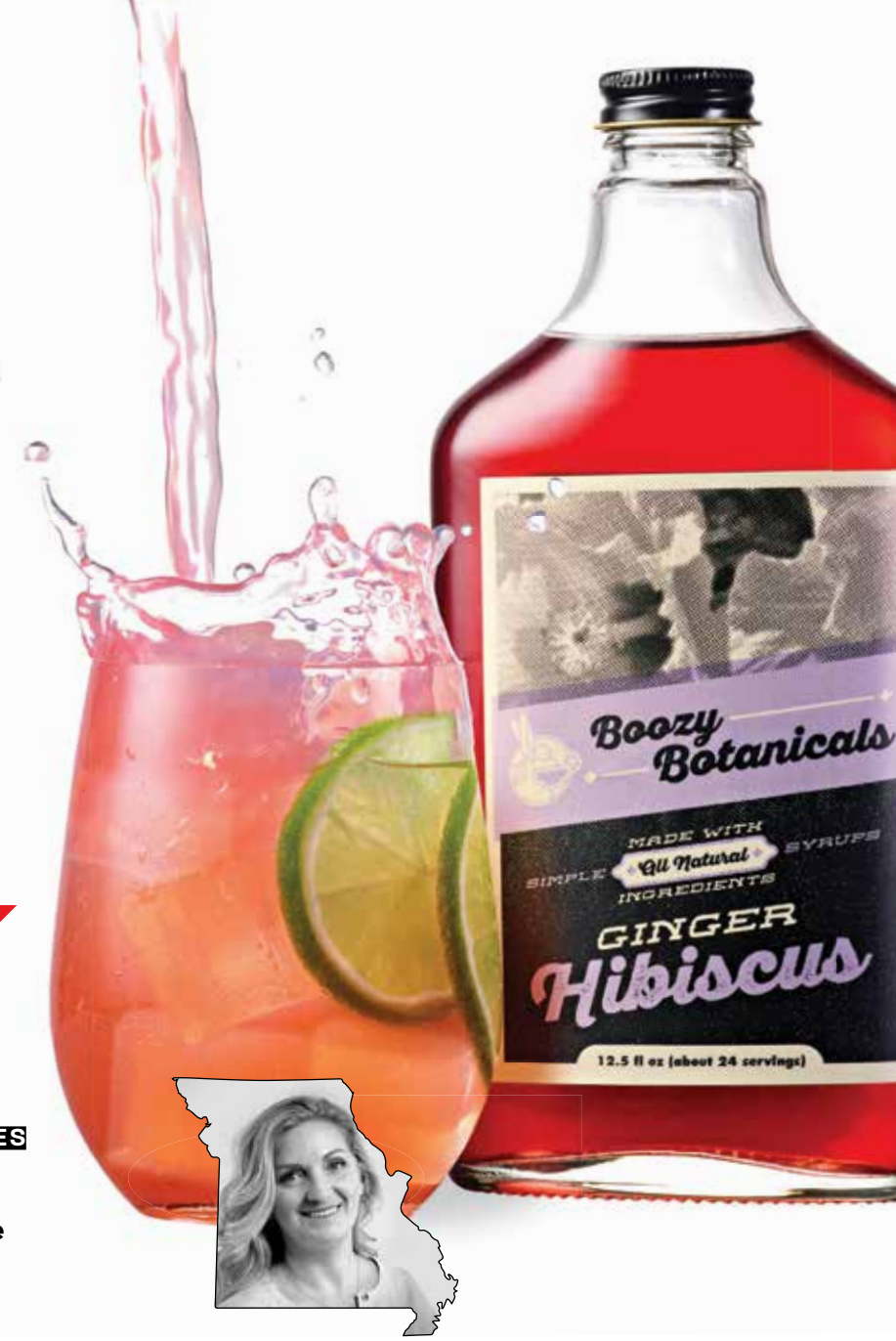
44%

OF ECONOMIC ACTIVITY IN THE UNITED STATES comes from small businesses.



HY-VEE PLANS TO EXPAND INTO FOUR NEW STATES

Soon, customers will be able to shop at Hy-Vee stores outside the Midwest. More than 20 new stores will open in Indiana, Tennessee, Alabama and Kentucky over the next few years, with a new distribution center in Nashville, Tennessee.



BOOZY BOTANICALS

Kansas City, MO
Add delicious flavor to craft cocktails, drinks, desserts and recipes with Boozy Botanicals syrups. When owner and founder Cheryl Bisbee created the brand, she had one thing in mind: quality. "I wanted to bring a premium, all-natural

option to the mixer aisle," she says. "Boozy Botanicals syrups are made with the highest quality all-natural ingredients I can find." Shop for her syrups at Hy-Vee in flavors like ginger hibiscus, cardamom spice and vanilla allspice.

“Seeing my products at Hy-Vee gives me great pride in my accomplishments so far. I love how Hy-Vee is dedicated to being involved in its local communities and is loyal to their employees and customers.”

—Cheryl Bisbee, Owner & Founder

SHOP LOCAL



GEORGE PAUL VINEGAR

Cody, NE

It all began with a few grapevines in the backyard and a tenacity to succeed. Owner and operator George Paul Johnson and his family have now been making small-batch vinegars since 2008 in their straw-bale production facility in the Nebraska Sandhills. "Once we realized we could grow exceptional grapes and produce a very fine wine, the possibility of cultivating a gourmet traditional vinegar was within reach," says Johnson. "As

our selection of vinegars grew, we knew we had something special to contribute to the fine foods world." The company's vinegars are made with precise care and can take anywhere from 2 to 8 years to be ready for store shelves. The brand partnered with Hy-Vee to sell their vinegars because of their shared commitment to quality products and superior customer service. Find George Paul apple cider, Prairie Red and Prairie White vinegars at Hy-Vee.

“Having our vinegars on the shelves at Hy-Vee means we can get them into the hands of home chefs all over the region.”

—George Johnson, Owner & Operator



OASIS STREET FOOD

Iowa City, IA

Naftaly Stramer and Ofer Sivan were craving authentic Mediterranean food but couldn't find any locally—so they started making it themselves. Using original recipes from their families, they made falafel and hummus and sold them from a food cart. "From the first day, we were focused on creating fresh, healthy and delicious products from the heart," says the duo. Their food soon gained enough popularity to open a small Iowa City restaurant called Oasis Falafel. Within a few years, customers wanted to know where they could buy their hummus outside of the restaurant. Those loyal customers paved the way for Oasis Street Food hummus to land on the shelves of Hy-Vee. "We can't believe that at any given moment people across the Midwest are eating our hummus. We wish we could meet them all someday and say 'thank you.' In the meantime, thank you, Hy-Vee, for believing in us," say Stramer and Sivan.

“We could never have imagined our products would be sold not only throughout Iowa but also in neighboring states. Hy-Vee made that happen.”

—Naftaly Stramer & Ofer Sivan, Co-Founders



AVERAGE BROS CO.

Minneapolis, MN

Bobby Willis and childhood friend Nathan French have long had a passion for both the environment and self-care. It inspired them to create products that not only help men look good but also feel good. In 2018, the pair started Average Bros Co., a men's grooming company that creates healthy, affordable, plant-based products in eco-friendly ways. "We use simple, all-natural and botanical ingredients," says co-founder French. "We thought to ourselves, 'If you don't know what's in it, maybe it shouldn't go on your face,'" says the duo. Get their favorite product, the Sawtooth Mountain Cedar Citrus Beard Balm, and more at Hy-Vee.

“We are excited to be part of Hy-Vee's health and beauty product offerings, and we love that Hy-Vee is employee-owned and employee-focused. It's so validating and encouraging for us to have our products on the shelves of such a wide-reaching, quality-focused company.”

—Bobby Willis, Co-Founder

BRAND EVENT

To expand and enhance product offerings, Hy-Vee has hosted six Best of Local Brands Summits, a Pet Products Summit and the Hy-Vee Opportunity Inclusive Business Summit. The events give local, minority- and women-owned brands the opportunity to pitch their products in hopes that they'll land on Hy-Vee shelves.



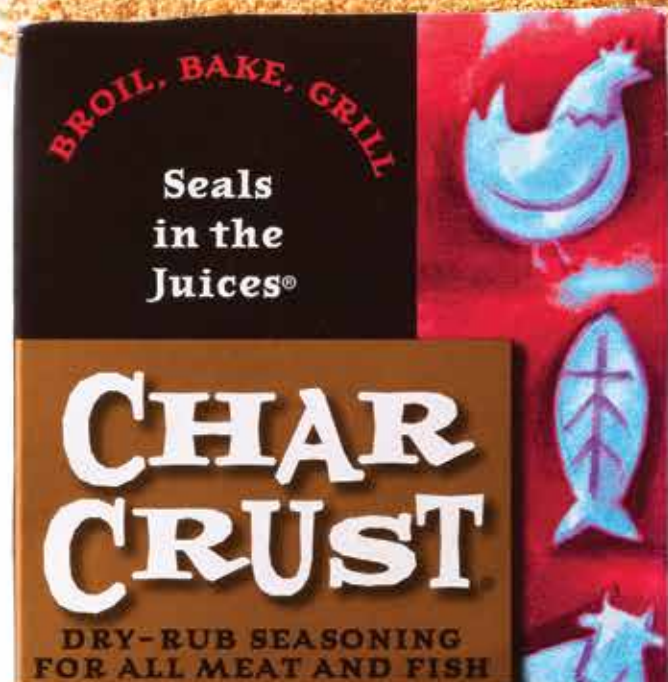
CHAR CRUST

Chicago, IL

Char Crust dry-rub seasonings originated at the popular Al Farber's steakhouse in 1957 in Chicago. After success in the restaurant, the seasonings took off in retail stores for a steakhouse-style flavor and sizzling crust that can be made at home. Al Farber's closed in 1979, but the classic quality of this family business lives on. "When people buy from a small business like Char Crust, they get a product that is made by a small team of people who really care that the end consumer is getting something that will enhance their life," says Elisabeth Settimi, president of Char Crust.

“It is a dream come true for our products to be sold at a progressive retailer like Hy-Vee, right in our own midwestern backyard. It gives so many more people access.”

—Elisabeth Settimi, President



HENNING'S CHEESE

Kiel, WI

Otto and Norma Henning bought their original cheese factory in 1914 after completing a six-week dairy short course. Now, more than 100 years later, Henning's Wisconsin Cheese is still going strong. "My great-grandfather, Otto Henning, was committed to making high-quality Colby and Cheddar cheese. The tradition continues to be our focus," says

fourth-generation owner, Rebekah Henschel. "We only purchase milk from small family farmers who are located within a 30-mile radius of our factory. When you purchase Henning's Cheese, you are keeping small farmers in business for another generation," she says. Hy-Vee has Henning's Cheese in exciting flavors like mango fire Cheddar and habanero Jack.

“Hy-Vee is committed to bringing their customers a variety of high-quality products. Our focus on our craft, along with many innovative everyday and seasonal flavors, makes our partnership with Hy-Vee a perfect fit.”

—Rebekah Henschel, Fourth-Generation Owner

best dad

Father's Day is here! Gather some of Dad's favorite things from Hy-Vee to create a personalized gift bundle that shows how much he is appreciated.

EVER!

The Fitness Fanatic

Give his workouts a boost with New Balance athletic shoes, Gaiam Restore straps, Performance Inspired supplements and snacks, Liquid I.V. hydration multiplier, Blender Bottle and zak! water bottle.



The Outdoorsman

Campout glory is assured with a Lodge cast iron skillet, handle holder and scrub brush, Old Trapper jerky, Hi Mountain seasoning, Shore Lunch beer batter, Duke Cannon lip balm and OFF! bug spray.



ON-TASK DADS



The Dapper Dad

Good looks are a given with King C. Gillette trimmer and face wash; Duke Cannon and Every Man Jack body washes; Harry's shaver, blades and gel; Conair hair brush and Cremo hair-thickening paste.



The Morning Person

Dad's Up and At 'Em attitude gets a boost with a Primula coffee set, Contigo travel cup, Starbucks Cold Brew, Blk & Bold coffees, Sanders' sea salt caramels and Nonni's Cioccolati Biscotti.

The Breakfast Man

Stir up his appetite with a Chefman griddle, KitchenAid turner, color-coordinated mug, oven mitt and dish towels, plus Hy-Vee bacon, Kodiak flapjack & waffle mix, Skinny Sticks maple syrup and more.



The Whiskey Connoisseur

Raise a glass in his honor—he'll enjoy it more when it's Woodford Reserve Kentucky Straight Bourbon. Pour it over Viski Glacier Rocks into a cocktail glass. Or use the True 3-piece bar set for mixed drinks.



FOODIE FATHERS



The Beer Lover

Gather father's favorites together in a red beverage tub overflowing with peanuts, pretzel crisps and Toppling Goliath Pseudo Sue Pale Ale, Bell's Two Hearted Ale and Kona Longboard Island Lager.



The Guy with Good Taste

Have a nosh day, Dad! Start with a charcuterie sampler, crisps, beer-flavored cheeses and bourbon bacon jam. Then turn up the heat with pepped up mustard, hot olives and spicy chipotle sauce.



TWIST ON TASTE
Personalize Dad's grill kit with sauces, marinades and spices to rev up his taste buds.

The Griller

Put Dad in his element with all these great grilling essentials from Hy-Vee: a Weber charcoal grill, grilling planks, food thermometer, grill basket, tongs and turners, plus Rufus Teague Touch O'Heat BBQ sauce and something tasty from the Hy-Vee Meat and Seafood Departments.

Let Evette Rios help the whole family shop for Dad on



Shop the products you see. Only on HSTV.



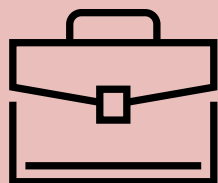
SCAN THE QR CODE to find the best grill for Dad at Hy-Vee.

BANK ON HyVee®

THROUGHOUT EVERY STAGE OF LIFE, HY-VEE CAN HELP YOU REACH YOUR FINANCIAL GOALS. WHETHER YOU'RE JUST STARTING TO SAVE, BUYING YOUR FIRST HOME OR PLANNING FOR RETIREMENT, HY-VEE'S FINANCIAL EXPERTS CAN MAKE EVERY STEP SIMPLE.

START HERE

Hy-Vee Financial Services can help you navigate every major life event.



START YOUR FIRST JOB

Time to start saving. Hy-Vee's Midwest Heritage Bank offers savings and checking accounts.



GET THE BANKING APP!

Easily manage bank accounts and loans through the Midwest Heritage Bank app, available free in the Google Play and Apple App Store.

CREATE YOUR SAFETY NET

Let Hy-Vee do the work of comparing home, auto and renter's insurance rates for you so you always get the best deal and can start saving for bigger purchases.



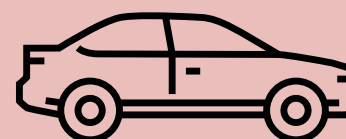
BUY A NEW HOME

Get pre-qualified for a mortgage through Financial Services and move into the home of your dreams.



GET YOUR FIRST PET

Protect the health of your furry, four-legged family members with a discount on pet insurance.

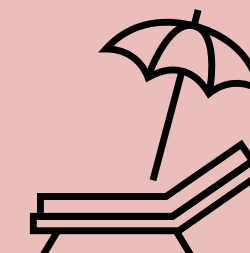


BUY A NEW CAR

Hy-Vee Financial Services also offers auto loans with competitive interest rates.

INVEST FOR THE FUTURE

Hy-Vee makes the often-overwhelming process of financial planning simple. Work one-on-one with an advisor to help reach your financial goals, including retirement planning, tax and estate planning and college funding.



ENJOY RETIREMENT

Hy-Vee can help you choose the right Medicare plan. Talk through your options with a licensed agent by calling 888-275-1122.

SERVICES

Here are a few of the financial services that Midwest Heritage offers.

CHECKING AND SAVINGS ACCOUNT

Open a checking or savings account through Midwest Heritage. Check balances, transfer money and more through online banking, at in-store kiosks or through the Midwest Heritage app. If you're a Hy-Vee Fuel Saver member, you are eligible to receive \$75 when opening a new e-checking account.

HOME AND AUTO INSURANCE

For home or auto coverage, Hy-Vee Financial Services offers auto loans with annual percentage rates (yearly interest) as low as 2.99% for 2016 or newer model vehicles. Plus, no payments are due on new loans for the first 90 days. Start your application online at mhbank.loanwebcenter.com Get a quote online or by calling 888-713-1951.

AUTO LOANS

Available through Midwest Heritage, Hy-Vee Financial Services offers auto loans with annual percentage rates (yearly interest) as low as 2.99% for 2016 or newer model vehicles. Plus, no payments are due on new loans for the first 90 days. Start your application online at mhbank.loanwebcenter.com

PET INSURANCE

Vet bills can quickly add up, and your furry friends deserve the best care. Hy-Vee partners with Figo Pet Insurance to provide coverage for illnesses and injuries. Insurance covers any licensed vet or emergency vet clinic, and includes the Pet Cloud app, which provides 24/7 online access to a veterinarian. Fuel Saver members receive a 5% discount.

HOME MORTGAGES

Simplify the process of applying for a home mortgage with help from Hy-Vee Financial Services. The lending team is available 7 days per week from 7 a.m. to 7 p.m. and can help you get pre-qualified for a loan. Fuel Saver members can receive up to \$480 towards fuel for a year with a first mortgage loan. Apply online or call 888-489-0166.

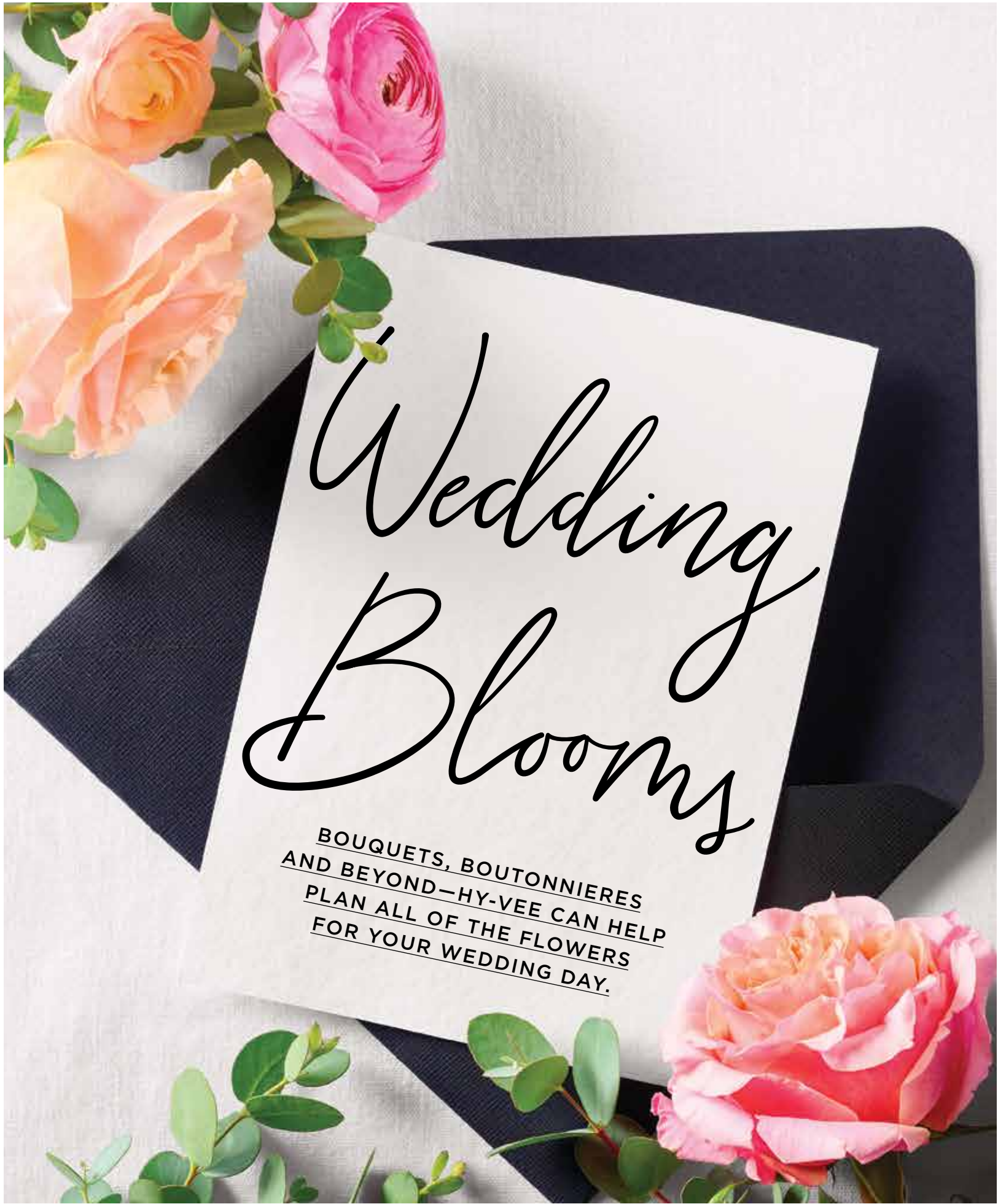
INVESTMENTS

Hy-Vee's Financial Services advisors will work with you to understand your goals and needs. They can then recommend the best financial strategy to help you reach your goals. Services include wealth transfer, legacy protection, term life insurance, disability insurance and annuities and income planning.

MIDWEST HERITAGE

A Hy-Vee Company

**ACCESS HY-VEE'S
FINANCIAL SERVICES AT
IN-STORE KIOSKS, MIDWEST
HERITAGE LOCATIONS OR
ONLINE AT [MHBANK.COM/
FINANCIAL-SERVICES](http://MHBANK.COM/FINANCIAL-SERVICES)**



Wedding Blooms

BOUQUETS, BOUTONNIERES
AND BEYOND—HY-VEE CAN HELP
PLAN ALL OF THE FLOWERS
FOR YOUR WEDDING DAY.

DREAM YOUR DAY

Arrangements by Hy-Vee florists can bring any wedding to life. Your florist will create centerpieces, large displays, bouquets, boutonnieres, flower crowns and more, and can provide updates throughout the process (such as pictures when your flower shipment arrives). They'll also handle delivery and setup on the big day.

ELEGANT DISPLAYS

Large statement pieces make a stunning backdrop for exchanging vows and taking photos. Hy-Vee experts can create installations for your wedding, such as floral pillars, archways, walls and more.

BEAUTIFUL BOUQUETS

Work with your florist to plan bouquets for you and any bridesmaids. Whether you're drawn to bold colors, muted tones or loose bouquets with trailing greenery, Hy-Vee florists will create something one of a kind.

BRIDAL TIMELINE

HY-VEE FLORISTS MAKE THE PLANNING PROCESS EASY!

8-12 MONTHS BEFORE

- Initial consultation with florist to discuss date, venue, theme, colors and inspiration photos.

3 MONTHS BEFORE

- Finalize the details: which floral pieces you'll need, types of flowers, color palette and delivery info.

1 WEEK BEFORE

- Florist confirms your delivery and checks for additional needs such as extra corsages.

THE DAY BEFORE

- To see completed flower pieces (or your shipment of flowers), stop in or request photos from your florist.
- Your flowers are delivered to Hy-Vee and assembled just days before the wedding, so petals are as fresh as possible.

WEDDING DAY

- Enjoy! Hy-Vee can deliver and set up your flowers at your venue.

HY-VEE ALSO CAN SAVE THE DAY IN A PINCH.

Hy-Vee works with vendors worldwide and can provide gorgeous blooms no matter the time frame. If you need blooms quickly, Hy-Vee florists can recommend flowers that will be available on shorter notice.



**HY-VEE FLORIST
LORI MCKENNA**

"We've got a lot of very talented florists at Hy-Vee, and we also have the opportunity to get a lot of different flowers at more moderate prices than some of the traditional florists might."



DETAILS

Hy-Vee florists can create intricate, individual pieces and provide extra flowers as needed.

CENTERPIECES Hy-Vee florists can design almost any centerpiece you envision. "Ranunculus, roses and peonies are still popular," Lori says. "I'm still seeing a lot of texture, too, like berries, scabiosa pods and eucalyptus."

WEDDING PARTY In addition to bouquets, your florist can create stunning items for the rest of the wedding party, such as boutonnieres for the groomsmen and crowns for the flower girl, bridesmaids or the bride.

RECEPTION Hy-Vee can provide additional decor for your reception, such as blooms for the wedding cake and extra flowers for place settings.

ONE-STOP WEDDING PLANNER

More ways Hy-Vee can help create your dream wedding:

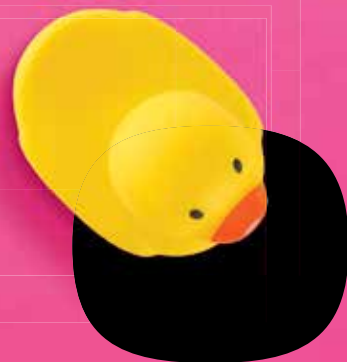
- Catering and service, including black tie dinners
- Brunch or day-of meals for the wedding party
- Wedding cake
- Additional sweets and desserts
- Wine & spirits and pairing recommendations
- Table rentals, table linens, plates, silverware and napkins

Visit [Hy-Vee.com/shop/weddings.aspx](https://www.hy-vee.com/shop/weddings.aspx) to get started.



OH BABY!

HY-VEE IS READY TO HELP BRING BABY HOME WITH FOOD, CARE PRODUCTS, TOYS AND IN-STORE SERVICES.



EAT



Tippy Toes strawberry yogurt bites have no preservatives and are made with real yogurt and fruit. Just right for babies beginning to feed themselves.

Gerber Good Start lactose-free formula has plant-based protein to help babies develop.

FOOD FOR EVERY STAGE

Find nutritious meals and snacks at Hy-Vee to satisfy hungry little tummies.

0-4 months:

Newborns should consume only breast milk or formula. Hy-Vee carries specialized powdered and ready-to-use formulas for a range of dietary needs. Get Gerber Good Start soy concentrated formula for lactose-intolerant babies or Enfamil NeuroPro infant formula if dairy isn't an issue.

4-6 months:

At this stage, little ones will start to show signs of readiness for solid foods. Try baby foods such as Gerber Natural for Baby banana and Beech-Nut Naturals pear & blueberries.

6-8 months:

Introduce more nutritious solid foods into their diet with products like Tippy Toes banana rice rusks and Plum

Organics apple blackberry, purple carrot, Greek yogurt and oat baby food.

8-12 months:

Babies will show signs of readiness for soft finger foods in addition to solid foods at this stage. Add in snacks from Hy-Vee such as Gerber Lil' Crunchies in mild Cheddar, Tippy Toes strawberry yogurt bites and Gerber strawberry apple puffs.

NUTRITION STORE TOUR

If you have any concerns about what to buy and feed your baby, a Hy-Vee dietitian can help you navigate the baby food aisle on a nutrition store tour. They will be able to answer questions on general wellness, allergies and more. Visit [Hy-Vee.com/health/hy-vee-dietitians](https://www.hy-vee.com/health/hy-vee-dietitians) to find a dietitian and sign up.

From Kristen Bell and Dax Shepard, Hello Bello offers plant-based baby care items. Find the line of products at Hy-Vee.



CARE

Shop Hy-Vee for products to wash, wipe, moisturize and soothe a baby's sensitive skin.

1. BABY OIL

Johnson's baby oil locks in moisture, leaving baby's skin soft and smooth.

2. SAFETY SWABS

Clean between toes and other sensitive areas with Tippy Toes safety swabs.

3. BUBBLE BATH

Hello Bello soft lavender bubble bath is tear-free and pediatrician-approved.

4. HEALING CREAM

Use Aquaphor Baby 3 in 1 diaper rash cream to prevent, soothe and treat rashes.

5. BABY POWDER

Hello Bello organic baby powder is made to protect delicate skin.

6. OIL GEL

Tippy Toes baby oil gel with aloe vera and vitamin E applies easily to skin.

7. DIAPER RASH PASTE

Desitin maximum strength original paste is the strongest over-the-counter treatment.

8. FOAMING WASH

Babyganics foaming shampoo & body wash is tear-free foam fun.

9. BABY WIPES

Pampers sensitive wipes are thick and soft for an effective, gentle clean.

10. BABY WASH & SHAMPOO

Lather little ones in natural oat extract with Aveeno baby wash & shampoo.

11. BABY LOTION

Hello Bello soft lavender baby lotion is hypoallergenic and non-greasy.

12. HAND & FACE WIPES

Remove dirt and germs on the go with Johnson's hand & face wipes.

A HY-VEE PHARMACIST CAN HELP ADVISE PARENTS ON OVER-THE-COUNTER AND PRESCRIPTION SKIN CARE PRODUCTS IF THEIR BABY HAS OVERLY SENSITIVE SKIN OR SKIN ALLERGIES.

DIAPER DUTY

HY-VEE HAS PRODUCTS TO FIT YOUR BABY COMFORTABLY DAY AND NIGHT.



PLANT-BASED

Hello Bello diapers are hypoallergenic, have a cloth-like feel and provide a stretchy, comfy fit for baby.



CLASSIC

Tippy Toes diapers at Hy-Vee come in seven sizes to ensure your little one has the right fit at every stage of growth—from 8 to 41 pounds.



OVERNIGHT

Huggies Overnites diapers have extra absorbency and softness for all-night protection and the ultimate comfort for a peaceful night's sleep.

PLAY

So much development happens during playtime. Stimulate their senses with toys from Hy-Vee.

TOYS FOR ALL AGES



0-2 months:

During the first two months, the best toys for babies are bright and colorful to attract their attention and help with visual development. Get plush toys from Hy-Vee like Bright Starts Snuggle and Teethe or Playtex Baby Happy Monkey teether.



3-6 months:

Most babies are ready to explore and take in new sensory information at this point. A noise-making toy like Bright Starts Rattle and Shake Barbell, and a soft toy such as the Bright Starts Teethe and Read teether book help with sensory development.



2-3 months:

Most babies discover their hands at this stage, so naturally

they want to grasp, hold and shake everything they get their newfound fingers on. Plastic bracelets like the Bright Starts Lots of Links toy, or lightweight rattles such as Bright Starts Jingle and Shake Pal are great options.



6-12 months:

At this age, little ones begin to learn problem-solving and cause-and-effect. The Ocean Splash finger puppet toy set will spark their interest and creativity with visual bath time stories, while the Munchkin Baby bath ball will show them the action and result of filling the ball with water and straining it out.

A HELPING HAND

HY-VEE IS READY TO MAKE LIFE A LITTLE EASIER FOR NEW PARENTS AS THEY SHOP WITH THESE SERVICES:

- Reserved parking spots for expectant and new mothers
- Mothers' rooms for changing and feeding (at select stores)
- Information and advice from Hy-Vee dietitians to plan nutritious meals for the whole family
- Ready-to-eat and heat-and-serve meals from Mealtime To Go



PARENT-APPROVED PERKS

Get even more support with a Hy-Vee Plus membership. The benefits include free grocery delivery on Aisles Online orders of \$30 or more, so you can rest at home with your little one while someone else shops and delivers everything to your door. Members also receive free 2-hour express pickup on orders of \$30 or more, exclusive monthly deals and offers to help save money on newborn essentials and so much more.





LEARN HOW TO GO GREEN WITH YOUR MAKEUP ROUTINE
WITH PRODUCTS AT HY-VEE.



This category of beauty products uses ingredients produced from renewable resources, such as argan oil and aloe vera, so they have minimal impact on the environment. The term also refers to packaging made from recyclable materials.

ways products go green

ENVIRONMENTALLY FRIENDLY PRODUCTS HAVE ONE OR MORE OF THE FOLLOWING FEATURES:



Recyclable Products with reduced or recyclable packaging help eliminate waste. The packaging for some products also may be made with previously recycled plastics.



Sustainable Beauty products with sustainable ingredients, such as plant extracts and oils, are often from sources that can be replenished and that break down after use without environmental damage.



Cruelty-Free The "cruelty-free" label means neither the product nor any of its ingredients was tested on animals. Vegan products also do not use animal ingredients such as beeswax or carmine.



Clean Many labels such as "clean" and "all-natural" lack regulated definitions; however, "clean" products typically use ingredients that are nontoxic (for you and the planet) and cruelty-free. "All-natural" products do not use any synthetic ingredients.

GREEN BEAUTY TIPS

IMPROVE THE SUSTAINABILITY OF YOUR BEAUTY ROUTINE:

REUSE

LOOK FOR MULTIPLE-USE PRODUCTS SUCH AS WASHABLE WIPES.

REDUCE

TRY USING SOME PRODUCTS WITH RECYCLABLE PACKAGING, OR MINIMAL PACKAGING.

RECYCLE

WHEN POSSIBLE, WASH AND RECYCLE USED CONTAINERS.

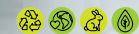


MAKEUP TOOLS ALSO CAN BE SUSTAINABLE.

TRY SWAPPING OUT A FEW PLASTIC MAKEUP BRUSHES FOR ONES WITH BAMBOO HANDLES.

**Urban Hydration
Bright & Balanced
Aloe Vera Leaf Gel
Moisturizer**

Light, gentle gel helps hydrate and smooth skin while reducing acne and dark spots. All Urban Hydration packaging is recyclable, and products are paraben-, paraffin- and microbead-free.



**W3ll People Bio
Correct Concealer**

Liquid concealer hides blemishes while hydrating skin. W3ll People is cruelty-free and verified by the Environmental Working Group as non-toxic, sustainable and free of chemicals that may pose health concerns.



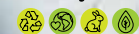
**CoverGirl Clean
Fresh Hydrating
Concealer**

Hide blemishes and dark spots with moisturizing concealer. CoverGirl's Clean Fresh line is vegan, clean and uses reduced-plastic packaging.



Derma E Hydrating Eye Cream

Made with hyaluronic acid and green tea to hydrate under-eye skin and reduce fine lines and wrinkles. Derma E products are vegan, cruelty-free and made with reduced and recyclable packaging.



**CoverGirl
Clean Fresh
Pressed Powder**

Vegan, cruelty-free powder reduces pore visibility and helps create smooth, even skin.



**Milani Skin
Quench
Hydrating Primer**

Contains hyaluronic acid to moisturize skin before applying makeup. Milani is cruelty-free, has over 50 vegan products and is paraben- and sulfate-free.



Burt's Bees Tinted Lip Balm

Moisturizes lips with shea butter while adding subtle color. Products are made with natural ingredients, and packaging is recyclable and made from recycled materials.



**START
SMALL**

TRY SWAPPING OUT ONE PRODUCT AT A TIME TO MAKE YOUR ROUTINE MORE ECO-FRIENDLY.

**e.l.f. Mad
for Matte
Eyeshadow
Palette**

Create natural or dramatic looks using 10 eyeshadow shades. e.l.f. is cruelty-free, uses clean ingredients and is working to reduce package waste and increase recyclability.



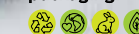
**FLOWER Beauty
Forever Wear
Eyeliner**

Long-lasting creamy pencil liner is great for everyday wear and day-to-night looks. FLOWER Beauty is cruelty-free and has a wide selection of vegan products.



**Pacifica Vegan
Collagen Overnight
Recovery Cream**

Plant-based collagen cream hydrates and smoothes skin. Pacifica is vegan, cruelty-free and uses recyclable packaging.



**Basin Good Hair Day
Shampoo Bars**

Solid shampoo bars last up to 75 washes and are made with a hydrating blend of coconut oil and cocoa butter. Each bar eventually wears completely away with no plastic bottle to dispose of.



**CoverGirl Lash
Blast Clean
Volume Mascara**

Boost lash volume up to 10 times without clumps or smudges. The formula is vegan, cruelty-free and made without parabens, sulfates, talc or mineral oil.



choose green

LOOK FOR THESE ENVIRONMENTALLY FRIENDLY BEAUTY PRODUCTS AT HY-VEE.

ECO-FRIENDLY TOOLS

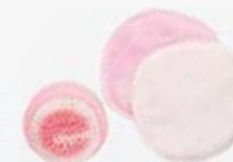
FIND REUSABLE AND BIODEGRADABLE PRODUCTS AT HY-VEE FOR APPLYING AND REMOVING MAKEUP.



ECOTOOLS MAKEUP BLENDERS
APPLY CREAM AND LIQUID MAKEUP WITH SPONGES MADE FROM 70% PLANT-BASED MATERIALS.



ECOTOOLS LOVE YOUR SKIN BRUSH SET
SIX VEGAN, CRUELTY-FREE BRUSH HEADS WITH BAMBOO HANDLES HELP APPLY AND BLEND MAKEUP.



GARNIER SKINACTIVE REUSABLE MICELLAR CLEANSING ECO PADS
USE WITH MICELLAR WATER TO REMOVE MAKEUP, THEN WASH AND REUSE.



SIMPLE KIND TO SKIN CLEANSING WIPES
VEGAN, CRUELTY-FREE AND COMPOSTABLE WIPES EASILY REMOVE A FULL FACE OF MAKEUP.

Summer delights? You've got it in the bag.

With Fresh Express Salad Blends you can make salads your own way. Need some inspiration? Find this recipe and others on freshexpress.com.

You can even use our crave tool to crush your craving in three easy steps at freshexpress.com/crave-tool

Find your craving!



health

Exercise to help relieve back pain, learn the ways food impacts sleep and explore how to get the family moving.

98 FOODS THAT PROMOTE BRAIN HEALTH

102 SOUND CHECK!

106 DRINK UP

110 LET'S GO

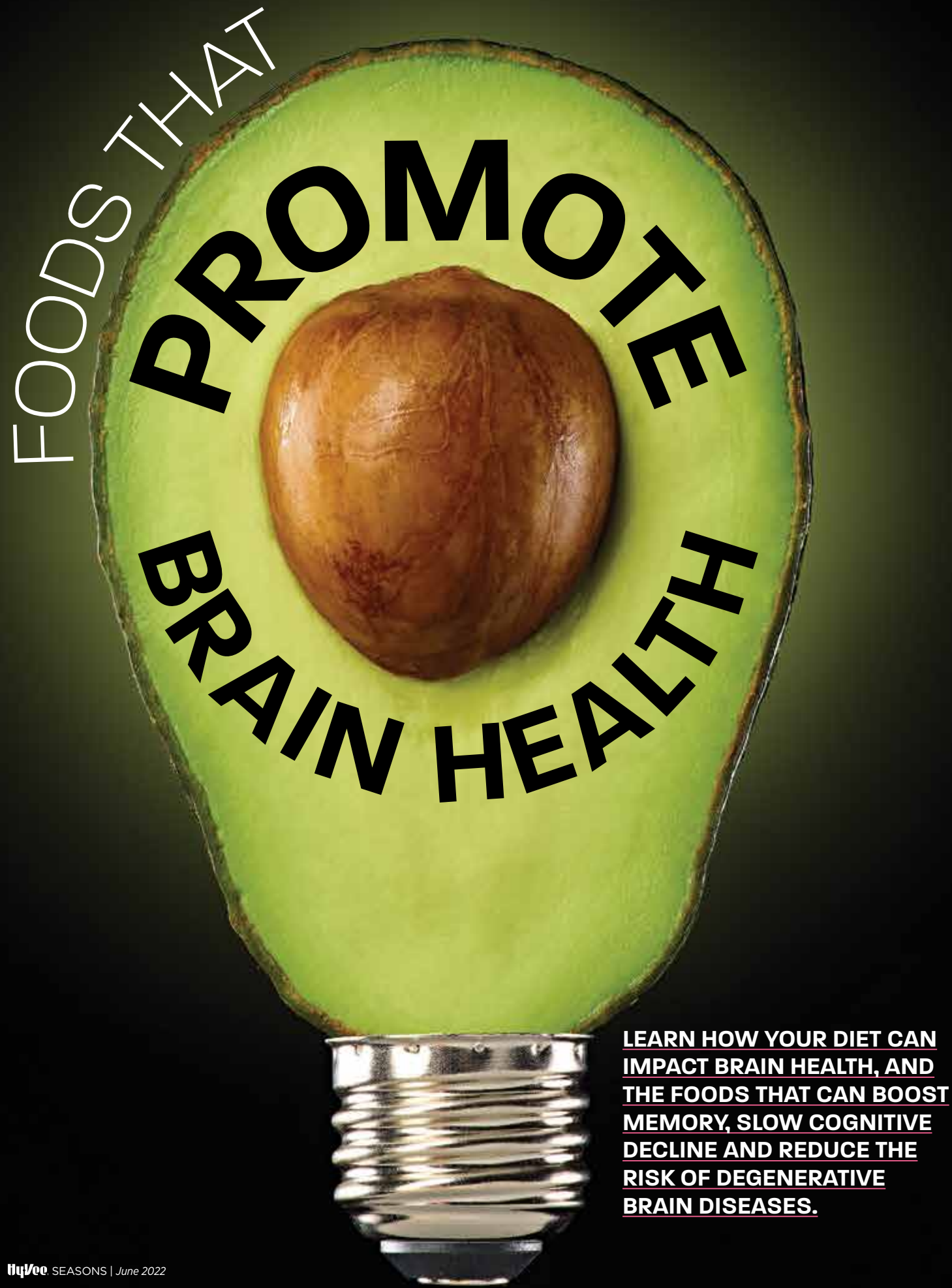
114 BACK AT IT

118 DIETITIAN Q&A: HOW DIET AFFECTS SLEEP

121 MEDICATION THERAPY MANAGEMENT



CONSISTENTLY, *deliciously* FRESH.®



LEARN HOW YOUR DIET CAN IMPACT BRAIN HEALTH, AND THE FOODS THAT CAN BOOST MEMORY, SLOW COGNITIVE DECLINE AND REDUCE THE RISK OF DEGENERATIVE BRAIN DISEASES.

WHAT IS BRAIN HEALTH?

Brain function can be broken down into cognitive and emotional abilities. Cognitive relates to information processing, and emotional refers to how well we respond to and translate feelings. It can be impacted by injury, age and life events—and also by the foods we eat. For example, monounsaturated fats in avocados and olive oil can lower the risk of cognitive decline, while diets high in saturated fats can increase the risk of neurological diseases. To help prolong the life of a fully functioning brain, eat foods that benefit it.

BRAIN-NOURISHING FOODS

The nutrients in these foods can help the brain stay healthy.



LEAFY GREENS

BENEFITS: A recent study connects the folate, phylloquinone and lutein found in leafy greens such as kale and spinach with slower cognitive decline.



BERRIES

BENEFITS: High levels of flavonoids have been associated with improving the flow of oxygen and blood, which can lead to boosted concentration.



NUTS

BENEFITS: DHA, an omega-3 fatty acid found in nuts and nut flours, fights inflammation and helps protect cells against oxidative stress, which can be harmful to the brain.



FATTY FISH

BENEFITS: Omega-3 fatty acid found in fish such as salmon can help support healthy blood flow to the brain, which may assist in brain development and improving memory.



WHOLE GRAINS

BENEFITS: Vitamin E in barley, brown rice and buckwheat protects cells from damage, which may help delay or prevent age-related cognitive decline.



WINE

BENEFITS: Studies have shown that drinking one 5-oz. glass of wine per day may lower the risk of dementia by helping blood flow, which can help reduce the risk of blood clots.

7.5

THE NUMBER OF YEARS THAT BRAIN AGING (MEMORY LOSS, OR A DECLINE IN JUDGMENT AND MENTAL SHARPNESS) CAN BE SLOWED BY EATING BRAIN-HEALTHY FOODS AND AVOIDING UNHEALTHY CHOICES.

Sources: ncbi.nlm.nih.gov/pmc/articles/PMC3098039/ nia.nih.gov/health/cognitive-health-and-older-adults/ ncbi.nlm.nih.gov/pmc/articles/PMC6120115/ nm.org/healthbeat/healthy-tips/nutrition/best-food-for-a-healthy-brain ncbi.nlm.nih.gov/pmc/articles/PMC5772164/ health.clevelandclinic.org/diet-soda-and-juice-tied-to-increased-stroke-risk/ mountsinai.org/about/newsroom/2009/study-shows-that-reducing-processed-and-fried-food-intake-lowers-related-health-risks-and-restores-bodys-defenses

Foods to Eat in Moderation

Some foods may contribute to brain health issues.



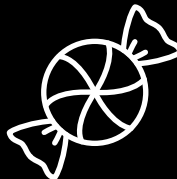
ARTIFICIAL SWEETENER

Cleveland Clinic found that artificial sweeteners often used in diet drinks increased women's stroke risk by 23%.



FRIED FOOD

Advanced Glycation End products (AGEs), toxins that can multiply when food is fried, can lead to brain inflammation.



SUGAR

High blood glucose levels can eventually cause blood flow in the brain to be restricted, and can cause the brain to atrophy or shrink.



ALCOHOL

Men who consume more than 4 drinks per day and women who consume more than 3 may experience brain function impairment due to the alcohol blocking brain communication pathways.



Sweet Potato and Turkey Sausage Hash

Hands On 17 minutes
Total Time 1 hour 5 minutes
Serves 6

- 1 (14-oz.) sweet potato, peeled and cut into ¾-in. cubes
- ½ (1-lb.) pkg. sweet mini peppers, sliced and seeded
- 1 cup Jimmy Dean fully cooked turkey sausage crumbles
- 1 cup Hy-Vee Short Cuts chopped red onions
- 1½ Tbsp. Gustare Vita olive oil
- 2 tsp. Hy-Vee garlic powder
- ½ tsp. fine sea salt
- 6 Hy-Vee large eggs
- ½ tsp. coarsely ground Hy-Vee black pepper
- Fresh cilantro, for garnish

1. PREHEAT oven to 400°F. Line a 17½×11½-in. rimmed baking pan with parchment paper.

2. COMBINE sweet potato, mini peppers, turkey sausage crumbles, red onions and olive oil in large bowl. Sprinkle with garlic powder and sea salt; toss to coat.

3. SPREAD vegetable mixture evenly in prepared baking pan. Bake 35 to 40 minutes or until sweet potato is fork tender and golden brown, stirring halfway through. Remove from oven.

4. MAKE 6 (2-in.-round) indentations in vegetable mixture using spoon. Crack egg into center of each indentation. Bake 6 to 8 minutes or until whites are set and yolks are slightly thickened*. Sprinkle with pepper. Garnish with cilantro, if desired.

***NOTE:** Consuming unpasteurized, undercooked eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Per serving: 230 calories, 11 g fat, 2.5 g saturated fat, 0 g trans fat, 200 mg cholesterol, 470 mg sodium, 22 g carbohydrates, 3 g fiber, 7 g sugar (0 g added sugar), 11 g protein. **Daily Values:** Vitamin D 6%, Calcium 6%, Iron 10%, Potassium 10%

EGG YOLKS CONTAIN CHOLINE, WHICH CAN REDUCE INFLAMMATION THROUGHOUT THE BODY, KEEPING ORGANS LIKE THE BRAIN HEALTHY.

3 BRAIN-BOOSTING RECIPES

1. Goat Cheese and Spinach Stuffed Mushrooms

Preheat oven to 350°F. Line a large rimmed baking pan with foil; spray with Hy-Vee nonstick cooking spray and set aside. Stir together 1 (4-oz.) pkg. Soirée garlic & herbs goat cheese, softened, and ½ cup finely chopped Full Circle Market organic baby spinach; set aside. Wipe 12 baby bella mushroom caps (1¾ to 2½ in.) clean with paper towels. Place mushroom caps, stemmed sides up, in prepared baking pan. Fill mushroom caps with cheese mixture. Sprinkle with 2 Tbsp. whole wheat panko bread crumbs. Bake 10 to 12 minutes or until bread crumbs are golden brown. Cool 5 minutes before serving. Serves 6 (2 each).

2. Gluten-Free Cherry-Chocolate Muffins

Preheat oven to 350°F. Line 12 (2½-in.) muffin cups with paper cup liners. Prepare batter for 1 (11.2-oz.) pkg. Simple Mills almond flour chocolate muffin & cake mix according to pkg. directions. Fold in 1 (5-oz.) pkg. Hy-Vee dried cherries and ¾ cup 53% cacao dark chocolate morsels. Spoon batter evenly among prepared muffin cups. Bake 15 to 20 minutes or until toothpick inserted near centers comes out clean. Cool in pan for 10 minutes. Transfer muffins to cooling rack and cool completely. Serves 14 (1 each).

3. Whole-Grain Peach Power Pancakes

Prepare batter for 2 cups Kodiak Cakes Power Cakes buttermilk flapjack & waffle mix according to pkg. directions. Stir in 1 cup pitted and finely chopped yellow peaches and ½ tsp. Hy-Vee ground cinnamon. For each pancake, pour about ¼ cup batter on heated, lightly oiled griddle or skillet. Cook 1 to 2 minutes or until bottoms are golden brown and bubbles break on surface; turn over and cook 1 to 2 more minutes or until golden brown and cooked through. Serve topped with raspberries and Hy-Vee Select 100% pure maple syrup. Serves 4 (3 each).





LEARN ABOUT THE
MAIN CAUSES OF
HEARING LOSS
AND WHAT YOU
CAN DO ABOUT IT.
THEN SEE HOW TO
KEEP YOUR EARS
SAFE AND SOUND.

hear all ABOUT IT.

HEARING LOSS IS THE THIRD MOST PREVALENT CHRONIC HEALTH CONDITION IN THE U.S., ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION. FORTUNATELY, WITH PROPER PRECAUTIONS, MOST HEARING LOSS CAN BE PREVENTED.

Each person has thousands of hair cells in the inner ear covered by swaying

cilia that sense sound vibrations and initiate the hearing process. Loud noises, age and disease can cause damage to the hair cells, affecting hearing. When enough of these hairs are damaged beyond repair, they die and they can't grow back, resulting in hearing loss that is generally permanent.

Exposure to loud noise can overwork these hair cells, causing them to die. Even a single exposure to extremely loud sounds can cause damage.

Age-related hearing loss can be due to inherited factors, health conditions such as heart disease or diabetes, side effects from medications or continuous exposure to loud noises.

Signs of hearing loss include difficulty making out high-pitched sounds and trouble following a conversation when the surroundings are noisy. The speech of others may sound mumbled or slurred, while some sounds seem overly loud and annoying.



too LOUD

Learn about noise levels to keep yourself safe at home and in public.

Sound is measured in decibels (dB) on a scale that ranges from low/quiet to high/loud. It's not always easy to tell when noise poses a threat to hearing, but it pays to avoid continued or repeated exposure to anything above 85 dB (see examples below). Sound levels are too loud when you:

- can't hear what others are saying
 - experience ear pain
 - have ringing in your ears or muffled hearing afterwards
- Even ordinary things can cause dangerous exposure to noise.

HEADPHONES
The World Health Organization (WHO) estimates that nearly 50% of people ages

12 to 35 in the developed world are exposed to unsafe sound levels from audio devices, which have an output range of 75 dB to 136 dB.

NIGHTCLUBS
Sound levels in bars and dance clubs average 104 dB to 112 dB. Fifteen minutes of listening to music at 100 dB is equal to a factory worker's 8-hour day at 85 dB.

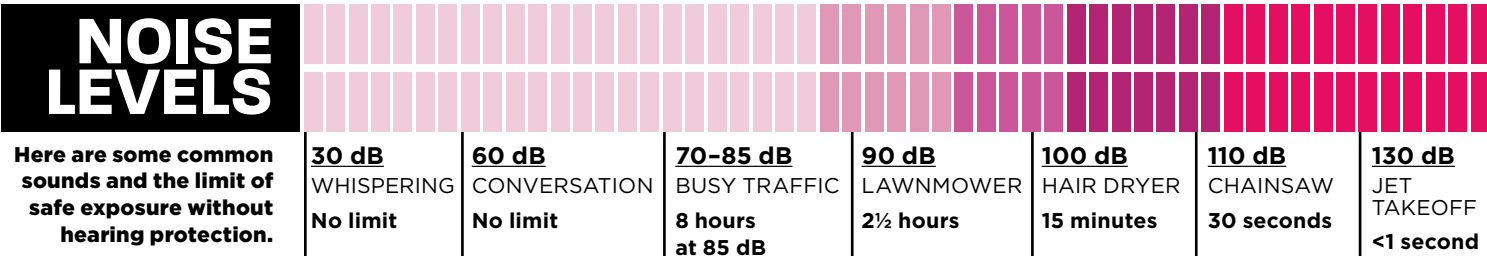
SPORTING EVENTS
Crowd noise in pro sports stadiums ranges from 80 dB to 117 dB. Even short exposure to high-decibel levels can be harmful, so wear hearing protection. See more decibel levels in the chart below.

APPROXIMATELY

15%

OF AMERICANS AGE 18 AND OVER
REPORT SOME TROUBLE HEARING.

Age is the strongest predictor of hearing loss, according to the National Institutes of Health, and men are almost twice as likely as women to develop hearing loss.



Sources: [who.int/publications/i/item/9789240043114](https://www.who.int/publications/i/item/9789240043114)
[nidcd.nih.gov/health/statistics/quick-statistics-hearing](https://www.nidcd.nih.gov/health/statistics/quick-statistics-hearing) [nhs.uk/live-well/healthy-body/-5-ways-to-prevent-hearing-loss/-](https://www.nhs.uk/live-well/healthy-body/-5-ways-to-prevent-hearing-loss/)
[hopkinsmedicine.org/health/conditions-and-diseases/presbycusis](https://www.hopkinsmedicine.org/health/conditions-and-diseases/presbycusis)

Nutrition is Important

Research shows that diet can affect hearing.

Many studies have been done on the relationship between nutrition and hearing loss, leading to some key findings.

HEARING LOSS

The National Institutes of Health reports:

- A lack of **vitamins A, B, C, D** and **E**; **zinc**; **magnesium**; **selenium**; **iron** or **iodine** led to an increased incidence of hearing loss. It is thought that antioxidants—such as vitamins— inhibit the formation of free radicals that can contribute to hearing loss.
- Diets high in **carbohydrates**, **cholesterol** and **fats** and lower in **protein** corresponded to poorer hearing status. This may be due to their negative effect
- on the vascular system and bloodflow to the ear's cochlea, the spiral cavity of the inner ear where nerve impulses are produced in response to sound vibrations.
- Consuming more **healthy fats** such as omega-3s had a positive impact on hearing by improving blood supply to the cochlea.

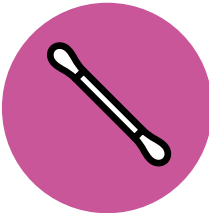
TINNITUS

Tinnitus, ringing or buzzing in the ear, can lead to hearing loss. A study cited by the American Auditory Society notes:

- Higher intakes of **calcium** and **fat** were associated with increased occurrences of tinnitus.
- Higher intakes of **B12** and **protein** were associated with reduced occurrences of tinnitus.

cleaning & grooming TIPS

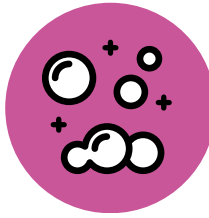
Keep your ears clean and well maintained with these simple steps.



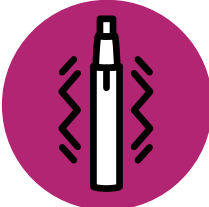
USE COTTON SWABS only to clean crevices on surface of ear. *Do not* insert them into the ear canal—they can push ear wax deeper or puncture eardrums.



REMOVE EXCESS WAX with ear cleaning drops to break it up. Some ear wax is needed to protect eardrums from foreign material, but a buildup can clog the ear canal.



USE A SOAPY WASHCLOTH to clean the surface of the ear when bathing, making sure to reach the backs and tops of ears as well.



TRIM EAR HAIR above the lobe as needed. Use small, blunt-tip scissors or a battery-operated trimmer designed for grooming ear and nose hair.



PROTECT EARS with sunscreen year round and a light layer of lotion when dry. Clean earrings and earlobes of pierced ears with rubbing alcohol.



SEE YOUR DOCTOR if you notice unusual bumps or scaly areas on your ears—or if you injure your ears, feel ear pain or notice a change in hearing.

Have your ears checked by an audiologist if you or anyone else questions whether your hearing is normal. —CLEVELAND CLINIC

EAR CARE PRODUCTS

Hy-Vee has what you need to protect hearing and keep your ears looking and feeling their best.



- TRP Ring Relief Ear Drops** are a homeopathic treatment for tinnitus symptoms like ringing in the ear.
- Herb Pharm Mullein Garlic Oil** is a concentrated mix of organically grown herbs to soothe earaches.
- Clinere Earwax Cleaners** have scoops to remove wax and finned ends to exfoliate outer skin.
- Hyland's Earache Drops** soothe earaches due to swimmer's ear, colds, flu, and/or allergies.
- Wahl Micro GroomsMan Lithium Power** is a personal groomer to trim ear and nose hair.
- Hyland's 4Kids Earache Relief** offers homeopathic treatment for children ages 2 to 12.
- Murine Ear Wax Removal Drops** are a maximum-strength formula with carbamide peroxide.
- Mack's Snore Blockers** are earplugs specially designed to comfortably block out snoring.



STAY HYDRATED THIS
SUMMER TO REPLENISH
WATER LOST FROM HEAT
AND OUTDOOR ACTIVITIES.
HERE'S HOW TO DO IT
WITH HELP FROM
HY-VEE—AND WHY IT'S
SO IMPORTANT.

SIP MORE

Each day—and especially during the warmer months of summer—people lose water through their breath, sweat and urine. To aid regular digestion, cognition, joint health and other bodily functions, that water needs to be replenished. The Mayo Clinic recommends a minimum daily intake of about 15.5 cups of water for men and 11.5 cups for women. Total fluid intake may need to be modified based on factors such as physical activity levels and whether you live in a hot, dry climate.

signs you are...

HYDRATED

- **Elastic skin:** Pinch the skin on your abdomen or lower arm. If the skin snaps back right away, you're hydrated.
- **Not thirsty:** Rarely feeling thirsty can indicate adequate fluid intake.
- **URINATING OFTEN:** If you take a bathroom break every few hours, that's a sign of proper hydration.
- **Urine is pale yellow:** The color of urine is one of the most reliable indicators of the body's level of hydration. When properly hydrated, it will be light yellow.
- **FRESH BREATH:** When hydrated, the mouth is able to produce enough saliva to prevent bacteria and bad breath.

DEHYDRATED

- **INCREASED THIRST:** Feelings of thirst, and a dry or sticky mouth, means it's time to drink up.
- **Headaches or disorientation:** Headaches, migraines, lightheadedness, weakness, dizziness and nausea are all indicators of dehydration.
- **Muscle cramps:** These may happen during or after exercising as a result of loss of water and salt in the body through sweat.
- **Fatigue:** When low on fluids, the body may feel tired and weaker than usual.
- **FOOD CRAVINGS:** When dehydrated, it can be hard for the liver to release stored glucose, which can cause cravings for foods, especially sweets.

ACCORDING TO THE MAYO CLINIC, WATER IS THE BODY'S PRINCIPAL CHEMICAL COMPONENT AND MAKES UP ABOUT

50% TO 70% OF BODY WEIGHT.

Sources (entire article): [mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256)
[mayoclinichealthsystem.org/hometown-health/speaking-of-health/tips-for-drinking-more-water](https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/tips-for-drinking-more-water) [health.harvard.edu/staying-healthy/how-much-water-should-you-drink](https://www.health.harvard.edu/staying-healthy/how-much-water-should-you-drink) my.clevelandclinic.org/health/treatments/9013-dehydration [hopkinsmedicine.org/health/conditions-and-diseases/dehydration-and-heat-stroke](https://www.hopkinsmedicine.org/health/conditions-and-diseases/dehydration-and-heat-stroke)

TIPS TO DRINK MORE WATER

• Track it:

Download a free app on your phone to keep track of all the water you drink in the day, or get a water bottle that tracks the amount of water by hour with measurements on the side.

• Add flavor:

Infuse or simply add fresh fruit like lemon, strawberry and kiwi to water to add flavor and encourage you to drink more.

• Set reminders:

Create alarms or notifications as a reminder to drink water throughout the day.

• Eat your water:

Eat more foods that contain water such as celery, watermelon, lettuce, cantaloupe and zucchini.

• Bottle it:

Get a reliable, portable water bottle to take everywhere you go.

• Sip it at mealtime:

Drink a full glass of water with breakfast, lunch and dinner.

• Filter it:

Whether due to the quality or simply the taste, investing in a water filter to put in the fridge can motivate you to drink more water.

BENEFITS OF BEING HYDRATED

AIDS DIGESTION

The bowel relies on water to properly move food and disperse nutrients in the body.

CLEAR SKIN

Drinking water helps the digestive system flush out toxins from the body. This, in turn, helps improve your complexion.

LUBRICATES JOINTS

The cartilage in joints contains 80% water. Staying hydrated strengthens their shock-absorbing abilities.

MAKES SALIVA

Drinking water helps form saliva to keep the mouth and nose moist, and to help keep the mouth clean from bacteria.

BOOSTS WORKOUTS

Proper hydration helps prevent cramps while you perform strenuous physical activities or exercises.

PROTECTS ORGANS

The brain, spinal cord and other sensitive tissues need water to produce hormones and neurotransmitters.

DELIVERS OXYGEN

Blood, which is made up of more than 90% water, carries oxygen throughout the body.

AIDS HEALTHY WEIGHT

Drinking water creates a feeling of fullness. Replacing sugary drinks with water also can aid weight loss.

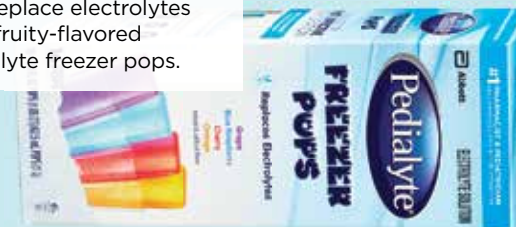
REGULATES TEMPERATURE

Water helps produce sweat to cool the body. Without enough, the body is less able to tolerate hot climates.



PROPER HYDRATION CAN HELP PREVENT HEAT EXHAUSTION OR HEAT STROKE IN HOT, SUNNY WEATHER.

FREEZER POPS: Stay cool and replace electrolytes with fruity-flavored Pedialyte freezer pops.



HYDRATION MULTIPLIER: Liquid I.V. packets have three times the electrolytes of sports drinks and contain no artificial ingredients.



LIQUID WATER ENHANCER: Squirt Hy-Vee Performance liquid water enhancer into water to add flavor, electrolytes and vitamins.

INSULATED WATER BOTTLE: Keep water cold for 18 or more hours with thinksport insulated bottles at Hy-Vee.

HYDRATE AT HY-VEE

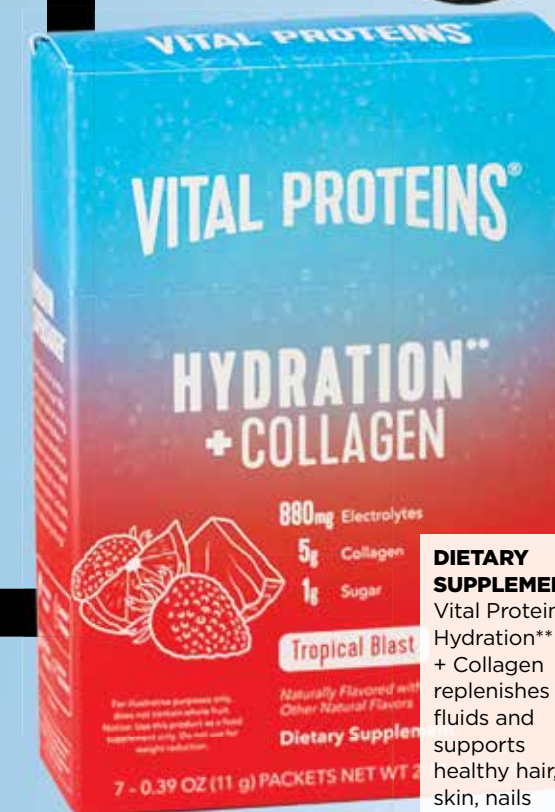
SOAK UP THE BENEFITS OF WATER AND ELECTROLYTES WITH CONVENIENT REUSABLE WATER BOTTLES AND HYDRATION ENHANCERS.



STRAW WATER BOTTLE: The 32 oz. capacity and carrying handle makes this Contigo bottle a great hydration companion.



SUPER HYDRATING WATER: Essentia's alkaline water is free of bitter-tasting acidic ions and unwanted particles.



DIETARY SUPPLEMENT: Vital Proteins Hydration** + Collagen replenishes fluids and supports healthy hair, skin, nails and joints.



SIGN YOUR LITTLE ONES UP FOR HY-VEE KIDSFIT TO HELP GET THEM MOVING AND TEACH THEM HOW TO LEAD A HEALTHY LIFESTYLE.

KIDS NEED ACTIVITY

Regular physical activity helps kids and teens improve their cardiorespiratory fitness, strengthen bones and reduce symptoms of anxiety and depression. "From a physiologic standpoint, activity helps kids develop coordination and muscle strength," says Hy-Vee Chief Medical Officer Daniel Fick, M.D. Exercise also can decrease the risk of future health conditions such as heart disease, Type 2 diabetes, some cancers and high blood pressure.

What is KidsFit?

KidsFit is a free program for kids at home and in schools. It includes online videos, challenges and recipes, plus in-school activities, to teach kids about fitness and nutrition. Join the KidsFit Club for a monthly email newsletter that includes activities, prizes, recipes and health education for kids and families.



VIDEOS

Get moving at home with fitness videos from the KidsFit team. Follow along with complete workouts, watch step-by-step exercise demonstrations and learn cooking skills from easy recipe videos.



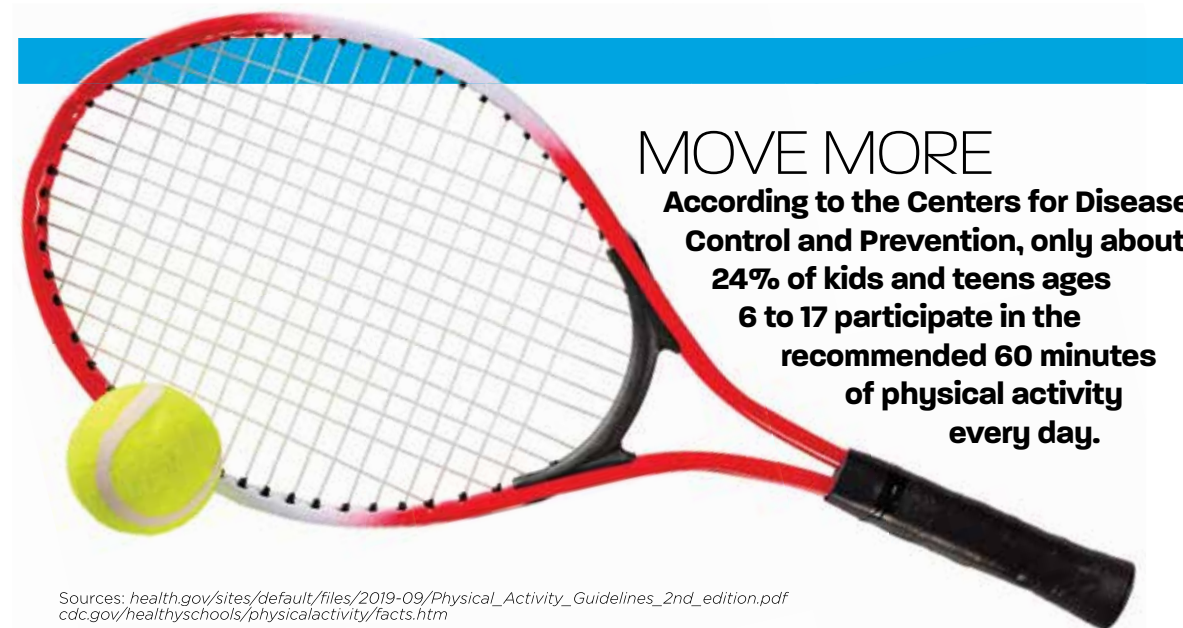
CHALLENGES

Each KidsFit Club newsletter includes a challenge worksheet to complete as a family. Finish the challenge, submit the worksheet online and KidsFit will mail you a prize!



RECIPES

Help make healthy eating a habit with simple, nutritious recipes from KidsFit. Kids can cook with adults to learn kitchen skills and find out about the food they're eating.



MOVE MORE

According to the Centers for Disease Control and Prevention, only about 24% of kids and teens ages 6 to 17 participate in the recommended 60 minutes of physical activity every day.

HOW TO SIGN UP

JOIN THE KIDSFIT CLUB AS A FAMILY TO PARTICIPATE IN KIDSFIT AT HOME.

1 GO ONLINE

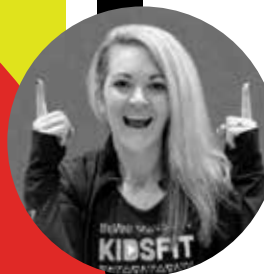
Sign up at [Hy-VeeKidsFit.com](https://hy-veekidsfit.com) or scan the QR code to join the KidsFit Club.

2 CREATE A PROFILE

Enter your email and basic household information to sign your entire family up for the KidsFit Club monthly newsletter.



SCAN THE QR CODE to sign up for the Hy-Vee KidsFit Club.



WITH DAIRA DRIFTMIER, DIRECTOR OF HY-VEE KIDSFIT

Q: How does exercise help kids develop healthy habits?

A: Movement is a learned pattern, and if we don't learn that pattern early in life, then it's not going to be something we enjoy. Sometimes movement can feel uncomfortable, but when we can push through being uncomfortable, then we realize we're actually capable of much more.

Q: What is the goal of KidsFit?

A: We want to make healthy choices easy, fun and rewarding for all kids, and help them have a positive experience around their health. They can't do this just at home or at school; it needs to be a combined experience to make it cohesive. That's why we have the KidsFit Club, which is how families participate in their homes. They can do different monthly challenges that can either motivate them to move, fuel

better or even think about themselves in a positive way.

Q: What are some upcoming KidsFit challenges?

A: There's a new challenge every month in the KidsFit Club. The challenges can range from creating your own chore chart at home to 60-second movement challenges. This summer, the June challenge is Create Your Own Sport, so the kids will imagine a sport they want to play, create the rules, and play it with their family.

Q: Why should families be active together?

A: When you make exercise a group effort, it's more enjoyable. Having strong social wellness as a household is going to make the family bond tighter and the kids more likely to go ask their parents health-minded questions.

“Movement does not have to be complicated. Movement could be walking, or you could follow along to KidsFit videos to help empower kids, and help them understand how to move their bodies.”
—Daira Driftmier



88%

of children between the ages of 7 and 12 copy their parents' physical activity habits, and are likely to continue those habits as adults.

Source: ncbi.nlm.nih.gov/pmc/articles/PMC5778431/

KIDSFIT EVENTS

HAVE FUN AND STAY ACTIVE ALL SUMMER WITH THESE UPCOMING KIDSFIT EVENTS.

Hy-Vee KidsFit Mile Runs

JUNE 26—BLOOMINGTON, MN

SEPTEMBER 18—DES MOINES, IA

OCTOBER 2—OMAHA, NE

Kids can test their mile time at three upcoming KidsFit Mile Runs over the summer, coinciding with Hy-Vee's Women's Half-Marathon and 5k Races.

Out of the Box Into the Kitchen

CAMP 1: JULY 11-14

CAMP 2: JULY 18-21

CAMP 3: JULY 25-28

Dietitian-led virtual cooking camps teach fun ways to help kids eat more fruits and veggies. Intended for kids ages 5 to 12, each class in the four-day camp includes one recipe that sneaks in healthy ingredients, and one activity using food in an out-of-the-box way.

“I want to emphasize when we're talking about activity, it doesn't have to be organized sports. Just getting kids outside when they get home from school and being active and running around with friends is as much benefit as anything else. Getting kids outside and letting them play is the best activity.”

—Daniel Fick, M.D.
Hy-Vee Chief Medical Officer



BACK AT IT

KEEP YOUR BACK STRONG AND HEALTHY WITH SIMPLE LIFESTYLE ADJUSTMENTS AND EXERCISES THAT STRENGTHEN SUPPORTIVE MUSCLES.

Muscle strain is a common cause of back pain. A good way to prevent that is to keep muscles in good working order, says Shane McClinton, DPT, PhD, associate professor at Des Moines University. “All of our tissues, including those in the back, need a certain amount of ‘healthy’ stress and conditioning to maintain strength, mobility and resiliency,” McClinton says. “Exercise is the most effective way to improve strength, mobility and tissue resilience... it just comes down to finding the most appropriate exercise, including stretching.”

WAYS TO PROTECT YOUR BACK



SIT PROPERLY

Incorrect posture while seated puts extra pressure on the discs in the lower spine. If stationary for long periods, get up and move around regularly.



LIFT CORRECTLY

Improper technique when lifting can cause muscle spasms and pain or even serious back injuries. Lift with your legs, and get help when lifting heavy items.

- **STRENGTHEN YOUR CORE** with exercises to tone muscles surrounding the back to better support the spine and reduce lower back pressure.

- **STRETCH DAILY** to promote spinal health and relieve tight muscles that can lead to back pain.

- **WALK** regularly as a safe form of exercise for all fitness levels.

- **SLEEP** on a quality mattress. Reduce spinal pressure with a pillow under knees when sleeping on back, and between knees when sleeping on side.

- **MAINTAIN A HEALTHY WEIGHT** to reduce strain on the back and keep the spine from possibly developing an unnatural curvature.

When to get help

See a medical professional if back pain lasts more than two weeks and interferes with daily activities—or sooner if pain is severe. Muscle pain is the most common short-term form of back pain and can be treated at home with rest, an ice pack applied intermittently for 48 hours and a pain reliever such as aspirin, ibuprofen or acetaminophen.

TAKE IT BACK

MAKE THESE EXERCISES PART OF YOUR ROUTINE TO STRENGTHEN YOUR BACK OR TRY THEM FOR A FULL WORKOUT. DO THREE SETS OF 10 REPS EACH. KEEP RESISTANCE LOW UNTIL YOU GAIN MORE CONFIDENCE IN THE MOVEMENT.



1 BANDED MARCH
Place resistance band around the balls of the feet. Stand upright with hands on hips. Maintain upright posture while slowly performing an exaggerated marching step, bringing knee to about 90 degrees. Slowly lower leg down while maintaining control. Repeat with opposite leg. **Note:** Keep toes lifted upward and avoid swaying hips or torso.



2 BAND SHUFFLE
Place resistance band above ankles. Drop into a partial squat, arms bent, feet shoulder-width apart and facing forward. Shuffle 10 steps in one direction, maintaining a wide stance with hips low, knees bent. Repeat in opposite direction. **Note:** Exercise can also be done with a band above the knees.



3 BAND MONSTER WALK
Place one resistance band above knees, one at ankles. Assume a semi-squat position with a wide stance, toes facing forward and weight on heels. Take 10 small steps forward, keeping back straight and legs wide apart. **Note:** Do not let band pull knees inward.



4 GOOD MORNINGS
Stand with feet hip-width apart, knees softly bent, shoulders directly over hips. Rest a lightweight bar, like a PVC pipe or broom, on upper back, hands just outside shoulders. With chin tucked as if holding an egg, hinge hips and push buttocks backward. Knees should be slightly bent while shins remain vertical. Hold pose for 1 second, then slowly return to starting position by pushing weight through the feet. Finish by squeezing glutes. **Note:** Do not arch back.

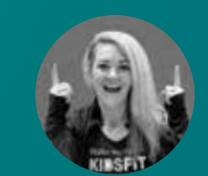


5 SUPERMANS
Lie on stomach with arms outstretched, shoulder-width apart, and legs at hip width. Pull belly button away from floor. Relax shoulders while reaching arms off ground and squeeze quads (front of thigh) while lifting legs. **Note:** Keep abdominals contracted to alleviate pressure on lower back.



6 GLUTE BRIDGE
Lie on back, arms by sides, palms down. Bend knees so heels are under knees. Slowly raise hips until midsection is fully extended. Hold for 10 seconds while squeezing glute muscles, then return to starting position. **Note:** Keep shoulders relaxed and shoulder blades touching floor.

7 BAND BENT-OVER ROW
Set a low-resistance band on the floor and stand on the middle, feet 6 in. apart. Grab the ends with an overhand grip, hinging at the hips, knees slightly bent. Do not arch back. Squeeze back to pull band ends towards chest, as close as band allows. Pause at the top of the motion, then slowly return to original position.



pro tip:
MUSCLE BALANCE
“The key to a strong back is muscle balance and posture. Back pain can be a result of weak core, hips, back or legs. Try to stay consistent with these movements and you will notice improvement with maintaining better posture over the course of the day.”
—Daira Driftmier
Certified Personal Trainer and Director of Hy-Vee KidsFit and Hy-Vee Fitness



SAFE MOVES
Those with persistent back pain should work with a physical therapist to determine the right exercises for their needs. “The approach to exercise will need to be tailored for these individuals so they aim low and go slow,” says Dr. McClinton. “That is, start with things they can do successfully and progress more slowly than they think they can so they have positive experiences with exercise.”

BACK-UP PLAN

Hy-Vee has what's needed to take care of your back.



Tone It Up Resistance Band
Tone and sculpt the body with a band that has convenient handles.



TopCare Maximum Strength Odor Free Pain Relieving Cream
The non-greasy formula contains aloe and Lidocaine for temporary pain relief.



ThermaCare Lower Back & Hip Pain Therapy Heatwraps
Clinically proven to relax tight muscles while enhancing flexibility.



Bayer Back & Body Extra Strength Coated Caplets
Aspirin and caffeine provide relief from back and muscle pain.

NEARLY 65 MILLION AMERICANS HAVE REPORTED A RECENT CASE OF BACK PAIN, AND ABOUT 16 MILLION ADULTS—8% OF ALL ADULTS—HAVE CHRONIC BACK PAIN.

HOW DIET AFFECTS SLEEP

What, when and how much you eat and drink can affect the quality of your slumber. Elisa Sloss, Hy-Vee dietitian and vice president of HealthMarket, answers some common questions.



Elisa Sloss, RD, LD
Vice President,
HealthMarket

Q: How does food impact sleep?

A: If you think about how energetic you feel after drinking a latte or how drowsy you feel after eating a large meal, you can appreciate how food and beverages can affect the way we feel. The body's levels of relaxation hormones, serotonin and melatonin, can be raised through foods. Finding the right balance for your body can help you get a good night's sleep.

Q: What foods might help?

A: Researchers believe fatty fish may benefit sleep by providing a healthy dose of vitamin D and omega-3 fatty acids, which are involved in the body's regulation of serotonin. One study found that people who ate salmon three times per week had better overall sleep. Nuts contain essential minerals like magnesium and zinc that are essential to a range of bodily processes, including sleep.

Q: Are there foods to avoid?

A: For optimal sleep, it can be helpful to reduce caffeine and alcohol, especially later in the day. For most people, I recommend cutting off caffeine by 2 p.m. at the latest. Similarly, alcohol tends to disrupt sleep cycles even if it initially makes you feel sleepy. Plus, both caffeine and alcohol, in addition to fatty or spicy foods, can aggravate acid reflux, making it uncomfortable to lie down in bed.

Q: How does the timing of meals impact sleep?

A: It may be helpful to avoid large meals before bed so the body isn't trying to digest while also trying to relax and slow down. Similarly, it may be wise to drink less fluid before bed. For adults over the age of 40, 69% of men and 76% of women get up to go to the bathroom at least once per night. Since hydration is vital for health as well, you may want to compensate and front-load your water intake early in the day to taper off by dinnertime.

Q: Is warm milk a real thing or just folklore?

A: Good question, and the answer is, maybe? Milk contains tryptophan, an

amino acid that our body can convert into relaxation hormones. In addition to milk, tryptophan is found in turkey, chicken, egg whites, fish, nuts and seeds. A warm beverage, such as decaffeinated tea, can also be a way to relax prior to bedtime. However, if you find yourself getting up in the middle of the night to use the bathroom, it might be better to avoid liquids close to bedtime.

Q: Any tips to help someone sleep better?

A: A consistent bedtime routine can help signal the brain that it is time to sleep. Give yourself time to wind down away from a screen to minimize blue light exposure—read a chapter of your favorite book or practice meditation. Research also shows that individuals who consume tart cherry juice concentrate have improved sleep quality and duration by increasing levels of melatonin. Hy-Vee also has an anti-stress drink mix called Natural Vitality Calm. It is a magnesium supplement. Some studies have shown magnesium may help make it easier to fall asleep, improve sleep quality and reduce symptoms of restless leg syndrome, which can interfere with sleep.

Q: What does healthy sleep look like?

A: A good night's sleep is when you fall asleep easily and don't fully wake up during the night. Also, you arise after 7 to 9 hours of sleep feeling refreshed. Not everyone needs the same amount of sleep, and sleep quality differs over the years, with the amount of time spent sleeping gradually decreasing until leveling off at around 80 years of age.



TIPS ON
CAFFEINE
AND
ALCOHOL
THESE SUBSTANCES
DIRECTLY AFFECT
SLEEP QUALITY.

CAFFEINE

Limit caffeine intake. Caffeine has a half-life of between 5 and 8 hours, meaning half of the dose is still in your system that many hours later. It all adds up throughout the day if you're having multiple drinks or foods such as chocolate that contain caffeine. Even if you can fall asleep, the quality of sleep is impacted, as your brain is more active with caffeine.

ALCOHOL

Alcohol has been found to decrease sleep quality by 39% when consumed in certain quantities (more than 2 servings for men and more than 1 serving for women). Alcohol is also a diuretic, making you more likely to wake up to go to the bathroom. To play it safe when having a drink, try timing it at least two hours before bedtime.



PRODUCTS THAT
MAY HELP YOU SLEEP
Find these items and more
at Hy-Vee.

- Hy-Vee HealthMarket melatonin tablets
- Cherry Bay Orchards 100% tart Montmorency cherry concentrate
- Natural Vitality Natural Calm anti-stress drink
- TopCare Nighttime Sleep Aid caplets

START SUMMER WITH HY-VEE'S
BUY, SWIPE, WIN SWEEPSTAKES

16 WEEKS
16 WINNERS



buy
any participating
or Frito-Lay® products



swipe
your Hy-Vee® Fuel
Saver + Perks® card

to enter for a chance to

score
a \$500 Hy-Vee®
gift card



NO PURCHASE NECESSARY. Open to legal residents of IA, IL, KS, MN, MO, NE, SD or WI, 18+ (19+ in NE). Void where prohibited. Multiple entry periods; ends 9/6/22. Subject to Official Rules at hyveesummersweeps.com. Sponsor: Frito-Lay, Inc. All snack brands are registered trademarks of Frito-Lay North America, Inc. ©2022.

Hy-Vee®

MEDICATION

THERAPY MANAGEMENT

Hy-Vee Pharmacy's commitment to customer care includes offering medication therapy management (MTM), a whole-health approach to assist with prescriptions, action plans, referrals, follow-ups and more.

MTM BENEFITS:

- Can improve your understanding of the prescriptions you take and conditions Hy-Vee treats
- Can detect and prevent adverse medication interactions
- May help you adhere to an existing or new medication schedule

MTM is especially helpful for people who:

- Use several medications or supplements
- Have chronic or complex health conditions
- Take medications requiring close monitoring
- Obtain medications from multiple pharmacies

To see how you can benefit from medication therapy management, ask your Hy-Vee Pharmacist or visit Hy-Vee.com/my-pharmacy

GET EXTRA SUPPORT FROM
vitamine.

Hy-Vee helps you manage your medications through Vitamine, a subscription service with medical professionals who create personalized supplement and vitamin recommendations.



Scan the QR Code
to visit Vitamine or go to
vitaminewellness.com



KEEP YOUR SUMMER CHILL

WITH NEW FLAVORFUL FROZEN MEALS



THE FLAVORS OF SUMMER!



SWEETEN YOUR SUMMER FUN













































Try this Watermelon Berry Salad with Ginger-Lime Dressing, p. 22

recipe index

GREAT STEAKS

-  Iowa Sirloin Steaks with Whipped Brown Butter p. 11
-  Grilled Buffalo Steaks with Blue Cheese Butter p. 13
-  Cedar Planked Salmon Steaks with Chimichurri p. 14
-  Smoky Tuna Steaks with Lemon-Pepper Sauce p. 15
-  St. Louis Pork Steaks p. 17

BERRY BLAST

-   20 Sunny Side Up p. 44
-   20 Soft-Boiled p. 45
-   30 Cloud Eggs p. 45
-  Tarragon-and-Shallot Egg Salad Sandwich p. 46
-  Spicy Marinara Pasta with Poached Eggs p. 47
-  30 Grilled Lemon-Garlic Lobster Tails p. 49
-  30 Trout with Mediterranean Salsa p. 50
-  30 Lemony Shrimp-and-Orzo Skillet p. 51
-  30 Grilled Lemon-Garlic Lobster Tails p. 49
-  30 Trout with Mediterranean Salsa p. 50
-  30 Lemony Shrimp-and-Orzo Skillet p. 51
-  30 Grilled Lemon-Garlic Lobster Tails p. 49
-  30 Trout with Mediterranean Salsa p. 50
-  30 Lemony Shrimp-and-Orzo Skillet p. 51
-  30 Grilled Lemon-Garlic Lobster Tails p. 49
-  30 Trout with Mediterranean Salsa p. 50
-  30 Lemony Shrimp-and-Orzo Skillet p. 51
-  30 Grilled Lemon-Garlic Lobster Tails p. 49
-  30 Trout with Mediterranean Salsa p. 50
-  30 Lemony Shrimp-and-Orzo Skillet p. 51
-  30 Grilled Lemon-Garlic Lobster Tails p. 49
-  30 Trout with Mediterranean Salsa p. 50
-  30 Lemony Shrimp-and-Orzo Skillet p. 51
-  30 Grilled Lemon-Garlic Lobster Tails p. 49
-  30 Trout with Mediterranean Salsa p. 50
-  30 Lemony Shrimp-and-Orzo Skillet p. 51
-  30 Grilled Lemon-Garlic Lobster Tails p. 49
-  30 Trout with Mediterranean Salsa p. 50
-  30 Lemony Shrimp-and-Orzo Skillet p. 51
-  30 Grilled Lemon-Garlic Lobster Tails p. 49
-  30 Trout with Mediterranean Salsa p. 50
-  30 Lemony Shrimp-and-Orzo Skillet p. 51









101: CHERRIES

- Chocolate-Cherry Sundaes p. 26

BURGERS & SHAKES

- Whiskey Blue Burgers p. 28
- 20 Mile-High Blueberry Pie Milkshake p. 29
- 20 Cheese-Belly Chicken Burgers p. 30
- 20 Spiced Chocolate Chip Cookie Milkshake p. 31
- 20 PB & J Milkshake p. 32
- Grilled Anaheim-Chile Smash Burgers p. 33











MAKE-AHEAD PICNIC SIDES









-  Spinach and Sun-Dried Tomato Pesto Fusilli p. 35
-  Loaded Potato Salad p. 36
-   Light and Tangy Coleslaw p. 37
-   20 Keto Avocado Deviled Eggs p. 37
-   30 Tarragon Green Bean-and-Tomato Salad p. 38

BASICS: HOW TO MAKE NO-CHURN ICE CREAM




- No-Churn Vanilla Base p. 41

10 WAYS TO COOK AN EGG


-   20 Steamed p. 43
-   10 Over Easy p. 43
-   10 Scrambled p. 43
-   10 Tomato Basil Omelet with Goat Cheese p. 43
-   10 Baked Egg Muffins with Smoked Salmon p. 44

-   10 Sunny Side Up p. 44
-   20 Soft-Boiled p. 45
-   30 Cloud Eggs p. 45
-  Tarragon-and-Shallot Egg Salad Sandwich p. 46
-  Spicy Marinara Pasta with Poached Eggs p. 47

30-MINUTE SEAFOOD SKILLETS

-  30 Grilled Lemon-Garlic Lobster Tails p. 49
-  30 Trout with Mediterranean Salsa p. 50
-  30 Lemony Shrimp-and-Orzo Skillet p. 51

PAN GRILLERS

- BBQ Blue Cheese and Chicken Pan Griller p. 53
- S'mores Pan Griller p. 54
-  Spinach & Ricotta Pan Griller p. 55

STARS, STRIPES & SIPS

- Red, White & Blue Frozen Sangria p. 57
-  10 Patriotic Ice Pop Cocktails p. 57
- Shaved Ice Cocktails p. 58





TOP-NOTCH BRATS

- Grilled Pineapple Bratwurst Kabobs p. 63

JASON DERULO: THE SKY'S THE LIMIT

- The New Best Friend Cocktail p. 72

FOODS THAT PROMOTE BRAIN HEALTH

- Sweet Potato and Turkey Sausage Hash p. 100
-   30 Goat Cheese and Spinach Stuffed Mushrooms p. 101
-  20 Gluten-Free Cherry-Chocolate Muffins p. 101
-  20 Whole-Grain Peach Power Pancakes p. 101



30 MINUTES OR LESS



20 MINUTES OR LESS



10 MINUTES OR LESS



GLUTEN FREE



VEGETARIAN DISH

Hy-Vee Seasons is a product of Hy-Vee, covering food, lifestyle and health issues, while featuring Hy-Vee products, services and offers, along with advertisements from suppliers of Hy-Vee.

Hy-Vee, Inc., Grey Dog Media, LLC, and any individual or party represented in this work do not warrant or assume any legal liability or responsibility for the quality, accuracy, completeness, legality, reliability or usefulness of any information, product or service represented within this magazine.

Hy-Vee complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Hy-Vee does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Hy-Vee provides:

- Free aids and services to people with disabilities to communicate effectively with us, upon request or when necessary, such as: Qualified language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as: Qualified interpreters
- Information written in other languages upon request

If you need these services, contact your local pharmacist. If you believe that Hy-Vee has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Hy-Vee Civil Rights Coordinator, Attn: Legal Dept., 5820 Westown Parkway, West Des Moines, IA 50266, 515-267-2800, Fax 515-327-2162, legalnotices@hy-vee.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Hy-Vee Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave. SW, Room 509F, HHH Building, Washington DC 20201, 800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-874-3972.

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-866-874-3972.

BLOCK CHEESE JUST GOT REAL.

ALWAYS 100% REAL, NATURAL CHEESE



Always 100% real, natural cheese and full of flavor, the delicious varieties from Sargento are a welcome addition to snack time, dinnertime or anytime.



WE LOVE LOCAL.

You just can't beat the taste of local food and drinks. That's why Hy-Vee is proud to offer many quality local brands from each of the eight states we call home.

HyVee



Stock up and get great deals on hundreds of items for pantry, home, baby and more. Free shipping on orders of \$49+! Plus, there's no membership fee.

Shop now at Shop.Hy-VeeDeals.com

